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SUNDANCE



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president@midsun.org

Treasurer Cindy Hart

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MID-SUN DIRECTORS

Directors at Large Patsy McNish

Fundraising Karen MacDonald

Planning and Development Erwin Gotthold

Community Garden Wayne Hewitt
garden@midsun.org

Community Playgrounds Erin Delamont
midsunplayground@gmail.com

Community Seniors Programs Joan Trotz and
Darleen Hornaday
seniors@midsun.org

CONTACTS

Mid-Sun OOSC Program Servicing St. Theresa of Calcutta
School
403-256-4422
childcare@midsun.org

Midnapore OOSC Program Servicing Midnapore School
403-254-0288
midnaporeoosc@midsun.org

Past President Mark Schmidt

MLA for Calgary-Fish Creek Myles McDougall
calgary.fishcreek@assembly.ab.ca

Ward 14 Councillor Peter Demong
eaward14@calgary.ca

MP for Calgary-Midnapore Stephanie Kusie
stephanie.kusie@parl.gc.ca



CHURCHES

Sunwest Christian Fellowship

Tree of Life Lutheran Church

St. Paul's Anglican Church

Deer Park United Church

First Alliance Church

All Saints Lutheran

Lutheran Church of Our Saviour

New Hope Community Church

Fairview Baptist Church

Spiritual Community Church of the West

Red Deer Lake United Church

The Church of Jesus Christ of Latter Day Saints

Mountain Creek Community Church

Campbell-Stone United Church

Southview Church

Knexions Church

Bonavista Baptist Church

St. Patrick's Church

Trinity Mennonite Church

Grace and Glory Foursquare Church

NewGate Baptist Church



We are looking for enthusiastic people to join our volunteer base and lend a helping hand with community events such as, June Jamboree, Community Clean Up, Annual Casino Fundraising, and more. If you would like to get involved with community events, please email your interest to info@midsun.org.



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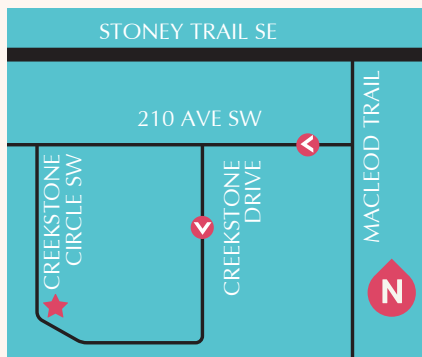
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Mid-Sun Social Seniors' Group

Welcome, November! Mid-Sun Social Seniors' are prepared for the coming of winter. Whatever the weather brings, we are able to gather every Thursday with a hot beverage and snack in a warm and welcoming environment. Our group mixes chat, laughter, and lively card and games sessions. We currently play old favourites like Canasta, Euchre, Five Crowns, and many others. We also purchased a Mahjong game and are looking forward to someone joining the group who can teach us how to play. New members are welcomed, as we all enjoy participating in familiar games and learning new ones. Other activities like potlucks, Bingo, informational speaker sessions, wiener roasts, picnics at the lake, and more are planned and hosted during each year. A MSCA membership is required to join activities. You are invited to come, meet us, and experience an activity event before you purchase a membership.

Throughout the year, Mid-Sun Seniors' support citizens in Calgary with food bank donations. For the month of September our contributions were received by the Veteran's Food Bank, a total of 40 items weighing 58 pounds as well as a generous cash donation. Our September contribution to AARCS (Animal Rescue) was 37 pet food, care, and toy items. Thank you, seniors.

November Activities

Card and Games: Thursday, November 6, 13, 20, and 27.

10:00 am to noon or 1:30 to 3:30 pm. Mid-Sun Community Centre.

Bingo: Monday, November 10, 6:30 to 8:30 pm, MSCC.

We play ten games with cash prizes. Pre-registration is required. A \$5 fee which provides admission and a pack of ten Bingo cards (one for each game) is collected at registration. Additional cards are available at the door (\$5 per pack, cash only). A small cash concession is also offered. Seats are limited and all players must hold a MSCA membership.

Monthly Pub Nite: Tuesday, November 25, 5:00 to approximately 7:00 pm.

Our group meets once per month at a local venue to share a meal and socialize. Community Seniors' 55+ are welcome to join us. Each person is responsible for their own menu choice, bill, tip, and transportation.

If you are interested in one or all of the above activities, please contact us by dropping in at MSCC on a Thursday, calling 403-254-8058, or emailing seniors@midsun.org for details or further information. We are happy to talk with you.



Happy Birthday!

What does a clam do
on its birthday?
It shellebrates



Raising Non-Anxious Kids

by Nancy Bergeron, R.Psych | info@nancybergeron.ca

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

FRIENDS of Fish Creek

The Friends of Fish Creek Have Saved Over 45,000 Native Plants This Year!

Ahh, summer. It was a time for enjoying beautiful weather, getting outside, and—of course—rescuing plants. Saving mature plants from sites slated for development and transplanting them into the grasslands where they can not only survive, but thrive, is a no-brainer for us here at the Friends.

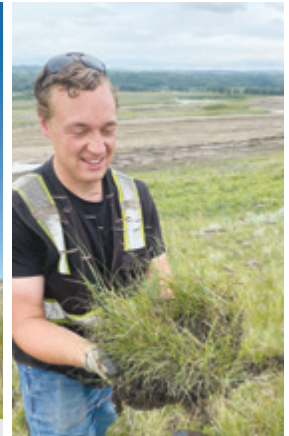
And thanks to our developer partners Genesis Land Development Corp, Qualico Communities, and Calbridge Developments, we've had an extremely successful (if sometimes muddy) plant rescue season.

So far in 2025, across four sites, we estimate that we've saved over 45,000 plants—and these have all found a new home in the grasslands at Bow Valley Ranch! This not only gives our grassland and creekside habitat restoration projects a big boost, but these plants will produce harvestable seeds that we can then use to continue propagating and planting new plants, keeping the circular seed cycle going!

Here's a look at just a few of the incredible species we've been lucky enough to rescue this year. We hope you enjoy the beauty of these amazing native plants and grasses. If you want to get involved in plant salvage, you can volunteer to come out with us on weekends to help rescue plants for grassland restoration (or grab some for your own garden). Learn more about volunteering at friendsoffishcreek.org/volunteer or email us at info@friendsoffishcreek.org.



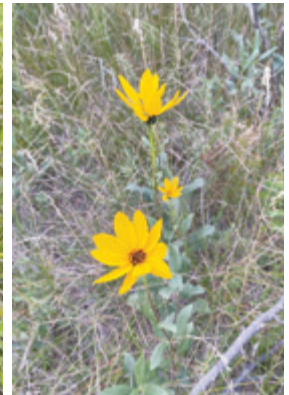
Porcupine Grass (*Hesperostipa curtiseta*)



Blue grama grass (*Bouteloua gracilis*)



Dotted Blazing Star (*Liatris punctata*)



Rhombic-leaved Sunflower (*Helianthus pauciflorus subrhomboideus*)



Yellow Owl's Clover (*Orthocarpus luteus*)



Parry's Oatgrass (*Danthonia parryi*)



Nodding onion (*Allium cernuum*)

NEWS FROM THE MIDNAPORE LAKE RESIDENTS ASSOCIATION

Invoicing – Important!

2026 Invoices will be distributed by email. If you have not provided the office with your email address, or if you think you may have an old email address on file, please contact us at 403-256-0550 and we will update your account.

Please ensure that you check your email before the first of December to access your invoice.

If you have any questions or have not received your invoice by the middle of December, please call the office at 403-256-0550.

Please note that invoices are due by January 1 of each year. Not receiving your invoice is not a valid reason for non-payment. Fees for 2026 will be increasing by 3% to cover operating expenses. Fees for 2026 will be \$314 + \$15.70 (GST) = \$329.70. For your convenience, we recommend payment by e-transfer. We will be charging a fee for lake fee payments by credit card. We do not accept credit card payments over the phone and do not accept cash.

New Technology

Midnapore Lake is excited to be testing out a new app. This app will allow you to carry a digital card rather than a hard card, it will allow you to check guests in on your phone and eventually allow you to view your account and pay your bill.

We are looking for members interested in technology to test the app for us. If you are interested, please contact the office, during business hours, at 403-256-0550.

Park Hours

Please check the website for up-to-date park hours. As we move into fall, the park will close earlier in the evening, matching sunset. Park hours will be extended once we open for the winter season.

Looking Forward

- December 1, 2025 - Turn on Christmas Lights
- December 2025 - Skate with Santa (date TBD)
- January/February 2026 - Skating Lessons

Message from the President

Thanks to everyone who came out for our Pumpkin Hunt last month—it was such a blast, and we loved seeing so many families enjoying the event! The costumes were amazing.

A quick note: as mentioned above, lake fees for the coming year have gone up by 3%. This small increase helps us keep up with rising costs and makes sure we can continue to take care of the lake for years to come. The board has determined that aligning with inflation is a preferable approach to delaying and having larger increases down the road.

We're also trying out something new, a digital membership card you can keep right on your phone! If you're someone who tends to misplace your lake card, you might be the perfect person to test it out. Let us know if you're interested!

As we head into shoulder season, please remember that our hours are a bit shorter. If Mother Nature cooperates, we're hoping to have ice on the lake by mid to late December. Fingers crossed!

See you at the lake,

Jen Hawkins

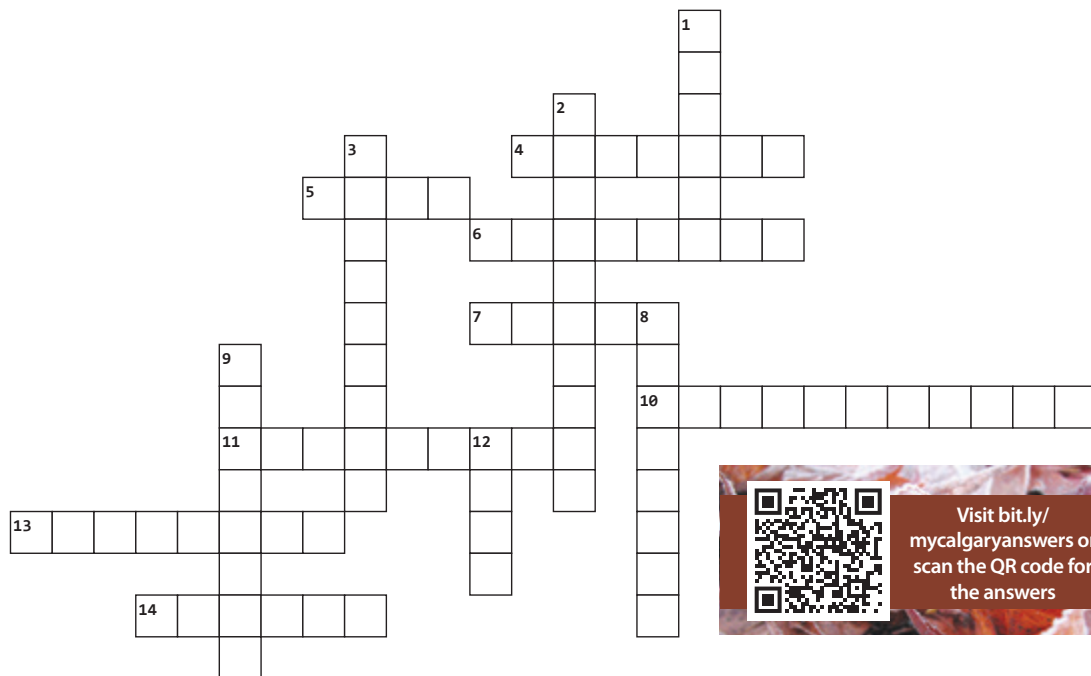
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For your Lake Room, Cookshack, and large group bookings please call the office staff at 403-256-0550.



November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

NOVEMBER MID-SUN 2025 HOUSING MARKET REVIEW



MIDNAPORE

DETACHED

High | \$2,165,000
Low | \$458,100
Avg. | \$729,776
#Sold | 33
Avg. days on mkt. | 32

ATTACHED

High | \$635,000
Low | \$365,000
Avg. | \$498,472
#Sold | 18
Avg. days on mkt. | 32

CONDO

High | \$353,000
Low | \$225,000
Avg. | \$297,617
#Sold | 24
Avg. days on mkt. | 34

SUNDANCE

DETACHED

High | \$1,750,000
Low | \$436,000
Avg. | \$752,135
#Sold | 79
Avg. days on mkt. | 23

ATTACHED

High | \$531,500
Low | \$440,000
Avg. | \$499,929
#Sold | 7
Avg. days on mkt. | 14

*January 1 - September 30, 2025 (Stats current as of September 30, 2025 @ 11:59 pm. For more detailed market sales information, please contact Team Palmer)

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The Value of Kobudō

by Josh MacDonald

Kobudō (古武道) literally means “old martial ways.” It is the umbrella term for Japan’s classical martial arts — traditions that have been handed down for centuries, preserved not only as systems of combat but also as cultural treasures. While modern Japanese martial arts such as judo, karate, and aikidō are widely known, kobudō represents the source material from which many of them evolved. In a time when most of us will never face combat with swords or spears, why do these arts still matter?

A Living Heritage

Kobudō connects us directly with the past. The movements, etiquette, and terminology come from an age when martial skill was not a hobby but a matter of survival and social responsibility. To train in these arts is to preserve a piece of intangible cultural heritage. The bows, the stances, the kata — all of these embody the worldview of earlier generations. Unlike museums, where artifacts are preserved behind glass, kobudō is heritage made living through practice.

The Central Role of Weapons

Weapons feature prominently in kobudō. The Japanese sword, often called “the soul of the samurai,” is studied in kenjutsu (sword combat) and iaijutsu (sword drawing). Spears (yari), glaives (naginata), staves (bōjutsu), and even lesser-known implements like the jutte or kusarigama appear in various schools. Each lineage has its own repertoire, often shaped by the needs of its founding family or domain.

Practicing with weapons brings a special kind of focus. The length of a staff, the edge of a blade, or the weight of a wooden sword creates a natural demand for precision and awareness. Even in safe, controlled training, weapons magnify mistakes and reward proper posture, timing, and distance. In this sense, weapons are not just tools of combat but instruments of learning.

Beyond the Battlefield

Although kobudō was born in times of war, its value today lies well beyond the battlefield. Most of the great lineages matured in the Edo period (1603-1868), an era of relative peace. Techniques were refined not only for dueling but also for cultivating discipline, presence



of mind, and refined movement. In this way, kobudō became as much about shaping the character of the practitioner as defeating an opponent.

Body–Mind Integration

Kobudō training is a whole-body discipline. The mechanics of wielding a weapon teach balance, posture, and coordination. At the same time, it demands mental focus — awareness of surroundings, sensitivity to the partner, and the ability to remain calm under pressure. Breath, body, and intent must align for the technique to work. These qualities naturally carry over into daily life, building composure, resilience, and confidence.

Community and Connection

Another often-overlooked value of kobudō is the sense of community it builds. Training is never solitary. Whether through paired kata, group practice, or the relationship between teacher and student, kobudō fosters trust and cooperation. To train is to step into a chain of transmission, connecting with generations past while building bonds with present-day partners. In this way, the dojo becomes not just a place of training but a community of shared pursuit.

Why Kobudō Still Matters

The value of kobudō today is not found in preparing for combat. Instead, it lies in preserving cultural heritage, cultivating discipline, and experiencing the unique lessons of training with weapons. It teaches posture and poise, but also respect, patience, and humility.

Kobudō reminds us that martial arts were never only about fighting. They were about learning to live with awareness, to act with precision, and to carry forward traditions that continue to shape who we are. To pick up a sword, a staff, or any of the old implements is not simply to reenact the past, but to make those lessons present — alive again, in the body, here and now.

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by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

NEWS FROM THE SUNDANCE LAKE RESIDENTS ASSOCIATION

As we move into the colder months, Sundance Lake Residents Association would like to thank all residents for an amazing summer. We were proud to host a variety of events that brought our community together.

Summer Highlights

- Community favourite– Stampede Breakfast
- Fall Festival
- Movie in the Park

Thank you to all the volunteers that helped make these events a huge success.

Upcoming Events

- Annual General Meeting – Thursday, November 6 at 7:00 pm
- Family Holiday Party – Date TBD
- New Year's Eve Fireworks – Tuesday, December 31 at 9:00 pm

For updates or event changes, please visit www.lakesundance.org or follow our Instagram and Facebook.

Park Hours and Winter Amenities

As of November 2, adjusted park hours are in effect – 9:00 am to 4:30 pm.

These hours will remain in effect until the top skating rink opens for the season.

Indoor amenities such as ping pong, foosball, and giant Connect Four remain available, while outdoor amenities including tennis and pickleball courts, and tobogganing will be available weather permitting.

Facility Rentals – Book Your Indoor Space

Looking for a warm, indoor venue this season? Our multi-

purpose rooms are available to rent and are ideal for:

- Birthday Parties
- Meetings
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- Weddings
- Anniversaries
- Birthday celebrations
- Retirement parties
- Holiday parties

Please note: Banquet Hall rentals do not include access to the park grounds.

For further information, please visit our website or contact the office at 403-256-4728.

Stay Connected

- Follow us on Instagram and Facebook.
- Visit our website for updates: www.lakesundance.org.
- Not receiving our email newsletter? Sign up under the "Forms" tab on our website to stay informed.



Musical Birthdays

November is a special month for Canadian music legends as many celebrate their birthday! Among the legends are Joni Mitchell, Neil Young, Bryan Adams, Gordon Lightfoot, Denny Doherty, and k.d. lang.



Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!

CCSD BOARD OF TRUSTEES

www.cssd.ab.ca/board-column | trustees@cssd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Newly Elected CCSD Board of Trustees

The recent municipal election on October 20, 2025, brings some familiar and new faces to our CCSD Board of Trustees. We wish to thank our outgoing trustees for their service, especially our long-serving trustees Linda Wellman and Mary Martin. Their contributions to Catholic education have been commendable. We also want to welcome all our new trustees. Further information about our new trustees will be shared in the coming weeks.

West Calgary Catholic High School

On September 16, 2025, municipal and provincial government representatives, clergy, contractors, Métis Elder Edmee Comstock, the St. Gregory School band, employee union groups, district staff, and trustees came together to commemorate the blessing and sod turning of our future Catholic high school. This project is the result of years of planning, advocacy, and collaboration, and it reflects our commitment to ensuring our students receive the best possible faith-filled learning opportunities close to home. We were so pleased when in May 2025, the Government of Alberta announced full construction funding for this long-awaited project through the province's School Construction Accelerator Program. With a proposed capacity of 1,230 students, the school is essential to address rising enrolment pressures—our 13 existing high schools are projected to reach over 100 percent utilization next year; many already are. Located in the community of Aspen Woods, the school's boundaries and attendance areas will be finalized through community consultation closer to the opening expected in 2028.

Future CCSD Schools Update

This senior high school is one of six new schools that Calgary Catholic currently has in various stages of development. This school year, we welcomed Living Spirit School, located in the community of Legacy, to the Calgary Catholic family. While the school building won't be ready for occupancy until 2026, the school community has already begun thriving. Currently, the K-9 school community is functioning as a school-within-a-school model. This means that kindergarten to grade 6 students living in Legacy began the school year at St. Catherine School. Students in grades 7-9 began their school year at St. Stephen School. This is a model the district has used previously when opening a new school as it allows students to start creating their school culture and ensures a seamless transition once the building is ready. Additionally, St. Martin de Porres High School in Airdrie is currently undergoing an extensive modernization and enhancement. This project represents a significant investment in the school, converting the 400-core capacity school to a 1,200-core capacity school. Learn more: cssd.ab.ca/future-schools.

Calgary Catholic is experiencing consistent growth. This is resulting in many of our schools being over 100 percent utilization, even with the school projects currently underway. CCSD trustees will continue to advocate for sustainable and equitable funding for all students, the necessary resources to build and open Catholic schools where they are most needed, and additional staffing and funding to support classroom complexities.

Doggy Inspiration

Did you know that Chewbacca from Star Wars was inspired by George Lucas' dog! His loyal Alaskan Malamute, Indiana, not only shaped Chewie but also gave his name to another icon - Indiana Jones. Proof that man's best friend can also be Hollywood's best muse!



The Art of Finding Work: Myths Job Seekers Believe or Are Sold

by Nick Kossovan

Mythologies arose to explain natural phenomena. Many Greek and Roman gods—like Apollo (sun and light), Athena (war and wisdom), and Zeus (sky and justice)—represented various forces of nature. Eventually, mythology gave rise to organized religion, which developed more imaginative, almost human-like characters. While myths are, by definition, false or inaccurate, they remain as relevant today as they were to the ancients.

Myths aren't just stories. Ancient and modern cultures use them to explain the world and our experiences, answer timeless questions, and serve as a [moral] compass. Because myths aren't substantiated, they're not considered factually credible in the same way as documented history, scientific studies, and empirical evidence; however, they can have profound impacts on a person or community, often in negative ways, such as creating limiting beliefs that inhibit a person's thoughts, actions, and experiences.

Every day, I see job seekers cling to myths about job searching, often sold to them by self-professed career coaches peddling fear, false hope, and outright snake oil because it serves their self-interests to sell you their supposed magic bullet services.

The most common myths I encounter:

Using LinkedIn's "Open to Work" Banner Makes You Look Desperate

I find the often-heated ongoing debate about whether someone should use LinkedIn's "Open to Work" banner feature childish and ridiculous. The banner is nothing more than a signal, no different than a bakery hanging a 'Help Wanted' sign in its window or standing on the side of a road with your thumb out because your car broke down and you now need a lift. You do you; let others do themselves. Your job search strategy is yours to design. Ultimately, your job search results will speak for themselves.

The ATS is Rejecting Your Application Because of Keywords

Excuses abound:

- "Recruiters aren't doing their jobs."
- "I'm getting ghosted by bots."

- "It's all about keywords."

Here's the harsh truth. Job searching is a competition. You're competing against many candidates just as qualified as you, many more so. As I've stated in previous columns, there's always someone younger, more skilled, qualified, and hungrier than you.

Most of the time, your resume is seen by a human being, but like most resumes, it's not compelling. Then there's the common scenario, where your resume presents you as a "rockstar," but your LinkedIn profile and/or digital footprint, which employers study to determine whether you are interview-worthy, raises red flags and is an employer turnoff. Give this possibly serious consideration.

Resume Advice: Most resumes and LinkedIn profiles are mere lists of opinions. Employers hire results, not opinions.

Numbers are the language of business; therefore, your resume and LinkedIn profile should be populated with numbers (revenue increase, savings created, time efficiency, amount of work done, scope of work) that clearly show employers the value you've brought to previous employers, which demonstrates what value you can bring to a new employer.

It's All Just Luck

"You just need to get lucky" translates to "I don't want to take ownership of my actions." Success in today's market isn't about luck; it's about strategy, clarity, positioning, and relentless repetition. How many job seekers can say they're focusing on, even mastering, these four action pillars?

There's a lot of truth for job seekers in the words of Canadian writer and humourist Stephen Leacock: "I am a great believer in luck, and I find the harder I work, the more I have of it."

Employers Should Talk to All Applicants

This myth stems from a sense of entitlement. Employers don't owe applicants—who've freely chosen to apply—anything. Yet, I hear: "If I could just talk to someone, they'd see how great I am," and "Employers should stop making us jump through hoops and just call people."

Reality Check: Employers receive hundreds, sometimes thousands, of applications per advertised job opening. Expecting every applicant to receive a call is unrealistic. If you didn't get a call, it's not because the system is broken; it's likely because your resume didn't align with



the role or, as I mentioned, wasn't compelling enough (read: didn't convey your value), or your LinkedIn profile/digital footprint is an employer turnoff.

Biases and "Isms" are Why I'm Not Getting Hired

This myth can be filed under the many "I'm a victim!" excuses job seekers have. Yes, biases exist. Every person on this planet carries a bucket of biases; it comes with the human condition. You and I have biases, so pointing out what you perceive as an employer's bias is hypocritical.

Biases aren't what's holding you back. I've seen countless candidates prove biases inaccurate by showing up prepared with a clear message and evidence of their value, and most importantly, without an "I'm a victim!" mindset. Do your actions support common biases, such as older people being less energetic or exhibiting health issues, or do they challenge them?

Today's job market is the new norm. Believing in the face of ongoing rapid advancements in AI and automation, the myth that we'll one day return to an employee-led market is believing a comforting lie. More than ever, job search success requires clearing your head of unsubstantiated myths.



A Minute Lost in Silence

by Garth Paul Ukrainetz

A minute lost in silence

Loud the roar of wartime years

Sacred poppies of November

In remembrance of their tears

In our minute lost in silence

We must listen close together

Lest we all forget to hear it

Lest the silence lasts forever

Brain Freeze

That sharp headache from cold treats? Doctors call it "sphenopalatine ganglioneuralgia". Try saying that the next time you eat an ice cream and get brain freeze!





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Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!

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GOAL! OR MAYBE NOT...

The first international soccer match was played between England and Scotland on November 30, 1872, on a cricket ground, no less! Tickets were sold for one shilling, and it is estimated that there were more than 2,500 spectators. The historic game ended scoreless, 0-0.



MLA Calgary - Fish Creek

Myles McDougall

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Honouring Our Past

On Remembrance Day, we pause to honour the courage and sacrifice of the men and women who served our country in times of war, conflict, and peacekeeping. Their bravery secured the freedoms we enjoy today, and their legacy reminds us of the importance of unity, resilience, and service to others.

Across Alberta and Canada, ceremonies will bring communities together to reflect, remember, and express our gratitude. We owe it to our veterans and fallen heroes to build a future worthy of their sacrifice—one that is strong, prosperous, and inclusive. Let us take this time to listen to their stories, learn from their example, and recommit ourselves to the values they fought to protect.

Building Our Future

Alberta's government is stepping forward to lead a project of national significance: a new pipeline to the West Coast. This initiative goes beyond infrastructure—it's about securing Canada's energy future and unlocking our full economic potential.

Indigenous communities in Alberta and British Columbia are engaged from the outset as partners. Their leadership and perspectives will guide every stage of development, ensuring the project reflects shared values and long-term vision.

With \$14 million committed to early planning and a technical advisory group that includes South Bow, Enbridge, and Trans Mountain, Alberta is showing real leadership in advancing responsible energy development. This project will create jobs, drive economic growth, and open up new opportunities for Canadians across the country. It is our intention that any future pipeline costs will be covered by the private sector.

If you have questions, concerns, or ideas you'd like to share before the townhall or session begins, please don't hesitate to reach out to my office at Calgary.FishCreek@assembly.ab.ca. I always appreciate hearing from you.

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22

New Properties



12

Sold Properties



31

Average Days on Market



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Median Sold Price

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Detached Home Stats - Last 45 Days



8

New Properties



2

Sold Properties



29

Average Days on Market



\$1,457,500

Median Sold Price