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PARKLAND HALL WEEKLY CALENDAR

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MAIN ROOM:			
MONDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	8:00 to 9:30 pm	Karate (private booking)	403-225-1894, esential@telusplanet.net
TUESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	1:15 to 2:45 pm	Bliss Yoga	rosemary@blissyogacalgary.ca
	5:30 to 7:45 pm	Guides of Canada	403-283-8349
WEDNESDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 6:00 pm	Available for booking	403-278-5330
	6:00 to 7:00 pm	Thistle Dog Sports	403-614-2040
THURSDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	2:00 to 5:00 pm	Available for booking	403-278-5330
	5:15 to 7:45 pm	Vanshaw Dance Academy	vanshawacademy@gmail.com
FRIDAYS	9:00 am to noon	Parkland Preschool	403-225-0083
	11:30 am to 12:30 pm	My Tai Chi	403-271-9658
	1:00 to 6:00 pm	Available for booking	403-278-5330
	6:00 to 9:00 pm	Baha'i Community of Calgary	403-278-7307
SATURDAYS	8:45 to 9:45 am	Pilates	engagemobilepilates@gmail.com
	10:00 am onwards	Available for booking	403-278-5330
SUNDAYS	8:30 am to 3:00 pm	Harvest International Baptist Church	403-616-7597, www.Harvestinternationalbaptistchurch.com
	3:30 to 6:30 pm	Keys of Kingdom Church	403-370-5604
MEETING ROOM:	:		
MONDAYS	9:00 am to 6:30 pm	Available for booking	403-278-5330
	7:00 to 8:00 pm	Al Anon	403-266-5850
TUESDAYS	9:00 am to 5:30 pm	Available for booking	403-278-5330
	5:30 to 7:45 pm	Guides of Canada	403-283-8349
	8:00 pm onwards	Available for booking	
WEDNESDAYS	9:00 am to 6:00 pm	Available for booking	403-278-5330
	6:30 to 8:00 pm	Harvest International Baptist Church	403-616-7597, www.Harvestinternationalbaptistchurch.com
THURSDAYS	11:00 am to 7:00 pm	Available for booking	403-278-5330
	7:00 to 9:00 pm (First Thursday of each month)	Parkland board meeting	403-278-5330
	7:00 to 9:30 pm (One Thursday a month)	Bow View Ringette	www.bowviewringette.com
	6:00 to 8:00 pm (Last Thursday of each month)	Hatikyah Ministry	403-604-1244
FRIDAYS	9:00 am to 12:30 pm	Available for booking	403-278-5330
	1:00 to 3:00 pm (Third Friday of each month)	Parkland Book Club	403-278-5462
	6:00 to 9:00 pm	Baha'i Community of Calgary	403-278-7307
SATURDAYS	10:00 am to 12:00 pm	Knitting Group	403-278-5330

MENTAL HEALTH MOMENT

Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

FRIENDS Fish Creek

Seed Processing and Listen Garden

It's December now and you might be asking what sort of work the Friends of Fish Creek are up to when it's cold out, the days are short, and not much is growing. Well, our work actually continues year-round, and we have the time once field season ends to reap the fruits of our labours – kind of literally! Through spring, summer, and fall, after you see beautiful blooms on all kinds of different species of native plants, those plants go to seed. And we're out there at plant salvages, in the park, and on land we've been given access to by our partners, harvesting those seeds to continue building species diversity within the park. After harvesting, our incredible volunteers gather weekly to help us separate the seeds from the chaff so that they're easily stored, measured, and perhaps most importantly, planted.

And this year, we've got a special purpose for all those seeds we're harvesting – putting them into the Listen Garden at Bow Valley Ranch – a space for native plants, Indigenous knowledge, and reconciliation. This area has been treated with herbicide to remove the invasive species that cover much of the park and prepare it for the cover crop (annual Plains coreopsis) and native seed mix we'll apply in spring. After one to two seasons, the Plains coreopsis will die, and the high-diversity native seed mix will emerge from below. To speed revegetation along, hundreds of large, salvaged mature plants like Foothills rough fescue, Parry's oatgrass, and Western porcupine grass will be planted in the spring alongside the seed





mix. The Listen Garden will also feature several "Habitat beds" that highlight Alberta's diverse ecosystems. Beds on the garden's west side will showcase alpine/montane, foothills parkland, and Foothills rough fescue grassland ecosystems, merging into the dry mixed grass and badlands ecosystems on the east side of the gardens. These more "formal" gardens will be installed in a few years. Right now, the space consists of contoured pathways – what isn't currently path will be a home for thousands of tiny native plant seedlings.

You can learn more about the Listen Garden project at https://www.bowvalleyranche.com/iiststiiik or stop by Fish Creek's Bow Valley Ranch day use area to see the future site of incredible species diversity (and an impressive assortment of blooms once these species reach maturity).

Help us with this and other exciting projects by making a donation or becoming a member today! www. friendsoffishcreek.org.





UPCOMING EVENTS AND NEWS

Halloween Party – Thank You

A huge thank you to all the community members who joined us for the Parkland Community Association Halloween Party! It was wonderful to see families, friends, and neighbours come together to celebrate and dance the night away.

From the creative costumes to the spooky cakes, everyone brought their Halloween spirit in full force. Baseline DJ kept the energy high, and the dance floor packed all night long, while The Dog Father food truck served up some frightfully tasty Halloween-themed eats.

A special shout out goes to our amazing volunteers; your hard work and dedication make events like this possible. Thank you for helping make this year's Halloween party such a fun and memorable night for all!

Our volunteers were:

- Jill Hatch
- Ellie, Steve and Kaia Robson
- Jennifer and Liam Rocker
- · Lisa, Jason, Jaselyn, and Gianna Gallant
- Mary, Corey, Claire, Noah Simon-Johnston
- Lana Bedard
- Willow Anderson
- Gwen Bates
- Chloe Johanson
- Blake Robinson

Parkland Hall Has a Meeting Room That Can Hold Meetings, Training Sessions, and Tutoring Sessions!

Parkland hall's meeting room has audio visual equipment included as part of the rental cost. Our meeting room holds up 20 people and there are tables that can be folded and moved aside if need be. We have daytime spots available and some later evenings, as well as Saturday afternoons.

Give the hall a call at 403-278-5330 if interested, or email parklandca@telus.net.

Did You Know?

Did you know that a current Parkland Community Association membership gives you a 30% discount at any Cloverdale paint store. All you have to do is show the sales associate your membership card and let them know the FCC (Federation of Calgary Communities) gets a discount for your community.

Parkland Cares

Parkland Cares is a community-based organization of families and neighbours committed to helping others.



Early Season's Greetings and Merry Christmas to all our Parkland friends and community members. Let's spread some joy!

Grocery Gift Card Collection: December 1 to 15, we will be collecting grocery cards to help local families in need celebrate the season. Families to receive the cards will be identified through local schools. Drop off at Park96 in the mailbox, at the office, or at 599 Parkridge Drive SE.

Please contact us if you have ideas for ways to encourage strong community connections, or if you would like to help with any of our planned events.

Parkland Cares Calgary

parklandcaresyyc@gmail.com

403-863-9927

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News, Events, & More







How to Highlight the Quality of a Newer Home to Attract Serious Buyers

by Virginia Cooper



Selling a newer home should, in theory, be easier—after all, the paint is fresh, the systems are modern, and everything feels move-in ready. But in practice, newer homes compete on perception, not just price. Buyers want proof of quality, and the sellers who demonstrate that proof most convincingly are the ones who convert "curious browsers" into buyers.

TL;DR

- Buyers trust what they can see, verify, and document.
- Showcase builder upgrades (materials, finishes, warranties).
- Offer a pre-listing inspection to show transparency.
- Present an organized documentation packet that reinforces quality and condition.

These actions shift buyer perception from "Is this home worth it?" to "This home is a safe investment."

1. Start with the Builder's Story

Most buyers don't just want to know who built the house — they want to know why it's better than the average home next door. If your home includes premium materials, energy-efficient systems, or smart-home upgrades, make them visible:

- Feature builder highlights in your listing description.
- Include brand names (e.g., Andersen windows, Moen fixtures, Bosch appliances) for credibility.
- Showcase any transferable warranties or green certifications (like Energy Star or LEED ratings).

A clear, fact-based comparison to standard features can create trust quickly.

2. Create an Experience, Not Just a Showing

Newer homes can sometimes feel impersonal — so your job is to make quality tangible. During showings:

- Stage selectively. Highlight craftsmanship with minimalist décor that lets details shine.
- Use daylight to emphasize finishes like hardwood, tile, and cabinetry.
- Keep all mechanical and system panels (HVAC, electrical, etc.) spotless and clearly labeled.

Buyers notice cues of care. Even new homes lose appeal if they feel unmaintained.

3. Offer a Pre-Listing Inspection

Transparency is magnetic. A certified pre-listing inspection signals confidence in the home's condition — and that you're not hiding surprises.

An inspection can:

- Validate that systems are in peak shape.
- Identify minor fixes before they become buyer objections.
- Reduce negotiation friction and build immediate trust.

4. Organize Proof of Quality (The Confidence Packet)

Buyers love documentation — especially those purchasing newer homes. Creating a downloadable, well-organized packet builds buyer confidence faster than any marketing phrase can.

Include in your packet:

- Builder plans and upgrade lists.
- Inspection reports and receipts for recent services.
- Appliance manuals and warranties.
- Maintenance records and HOA documentation.

Store the file digitally, label everything clearly, and save it as a PDF so it's universally accessible. A clear, structured packet demonstrates professionalism and reliability — two powerful emotional triggers for serious buyers.

If you're not sure how to compile or convert files, you can use a free online tool to combine or convert different file types into one polished PDF. Buyers and agents appreciate having an organized, shareable summary at their fingertips.

5. Add a Human Touch: Testimonials and Builder Endorsements

Real people validate what glossy marketing can't. Include:

- A short testimonial from your builder or contractor about the materials and workmanship.
- Reviews from neighbours who bought similar models or upgrades.
- Quotes from local service pros who can vouch for system reliability.

These micro-endorsements transform a data-driven listing into a story that resonates emotionally. You can even use layout inspiration you find online.

6. Checklist: Quality-Confidence Readiness

Use this quick self-audit before going live:

 Builder name, upgrades, and warranties clearly stated in the listing.

- Pre-listing inspection completed and summarized for buvers.
- All receipts, records, and floor plans consolidated into one PDF packet.
- Home is spotless, staged, and systems labeled.
- Testimonials and neighbourhood context included.
- Agent presentation materials emphasize transparency, not salesmanship.

This checklist ensures your home isn't just seen — it's trusted.

7. Comparison Table: What Buyers Notice Most

Buyer Focus Area	Traditional Home	Newer Home Done Right
Maintenance Costs	Unpredictable	Documented, predictable
Efficiency	Varies by upgrade	Proven energy metrics
Transparency	Reactive inspection	Proactive pre- listing report
Documentation	Scattered or absent	Single organized packet
Emotional Pull	Nostalgia- driven	Confidence- driven

FAO

Should I still stage a newer home?

Absolutely. Even pristine homes need warmth. A few well-placed furnishings guide buyers' imagination without masking details.

Is a pre-listing inspection worth it for a new house?

Yes. It confirms what buyers hope is true — that the home is sound — and it prevents surprise renegotiations later.

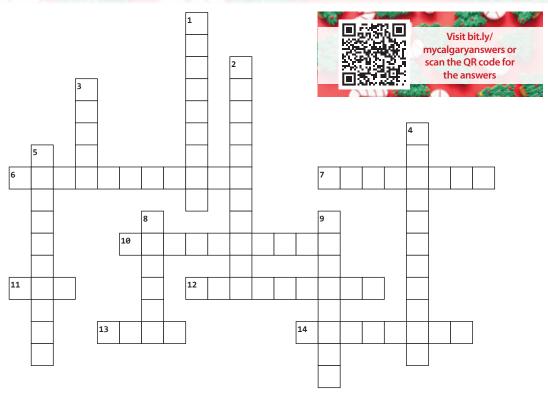
What if my builder is no longer in business?

Provide whatever documentation remains (permits, manuals, or product brand lists). The goal is to show the story of quality, not the brand name alone.

Conclusion

A newer home sells fastest when it tells a story of verified quality. Clear builder documentation, visible upkeep, and transparent proof transform your property from "another listing" into a verified investment. In today's data-driven market, credibility isn't just earned — it's engineered.

December Crossword



Across

- 6. The Statute of ______ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
- Known for his role in Stranger Things, Canadian actor Finn ______ celebrates his birthday on December 23.
- 10. The ______ is also known as the Christmas flower.
- 11. "Gangnam Style" by ______ became the first YouTube video to reach one billion views on December 21, 2012.
- 12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
- 13. Star _____: The Motion Picture premiered on December 7, 1979.
- 14. December 14 marks the start of this Jewish holiday.

Down

- 1. The bust of this Egyptian queen was found on December 6, 1912.
- 2. Annually on December 12, _____ House Day is celebrated.
- 3. The first human-to-human ______ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
- 4. ______'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
- 5. Jane Austen's last novel, _____, was published on December 20, 1817.
- 8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
- Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the Hall of Fame.

Quick and Easy Bruschetta Appetizers

by Jennifer Puri



Affordable and versatile, bruschetta is a deliciously simple tomato and basil combo.

A classic Italian appetizer, bruschetta originated in 15th century Italy. Olive growers would grill bread over an open fire to taste their freshly pressed oil. The simple slice of toasted bread later evolved to include cheeses, meats, and olives.

Soft cheeses like goat cheese, ricotta, or brie can create a unique flavour. This recipe uses bleu cheese and slices of French bread, but you can also use ciabatta bread instead. Bruschetta can be served warm or cold as part of an appetizer platter.

Bruschetta pairs well with pastas and salads, grilled chicken, or fish. Leftovers can be refrigerated for two to three days in an airtight container.

Prep Time: 15 minutes **Cook Time:** 10 minutes

Servings: 4 to 6 Ingredients:

- 4 cups of chopped tomatoes
- 2 tbsps. chopped basil
- ullet '4 cup chopped red onion
- 6 tbsps. extra virgin olive oil
- 1 loaf of French bread

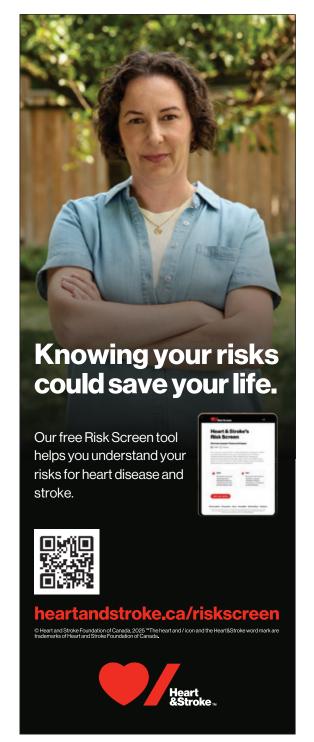
- 1/2 cup mayonnaise
- ½ cup crumbled bleu cheese
- 3/4 tsp. dry mustard
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 tbsp. white wine vinegar

Directions:

- 1. Preheat oven to 400 degrees Fahrenheit.
- Slice French bread into ½-inch-thick slices and then cut into half. Lightly brush slices with olive oil on both sides, place on a baking sheet and bake in oven for 10 minutes or until lightly brown.
- Prepare tomato mixture by mixing together tomatoes, red onion, basil, salt, pepper, 2 tbsps. of olive oil, and the white wine vinegar.
- 4. In a separate bowl gently mix together mayonnaise, mustard, and crumbled bleu cheese.
- Spread the cheese mixture on the toasts then top with the tomato mixture. Garnish with fresh basil leaves and serve.

Bon Appétit!





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403-225-3480 🗎 403-255-3504

stephanie.kusie.c1@parl.gc.ca

stephaniekusiemp.ca

Dear Constituents of Calgary Midnapore,

It's always nice to return home from Ottawa – but this is especially true at Christmas!

From Legacy and Wolf Willow all the way to Kingsland, Christmas has come to Calgary Midnapore! As I drive through the riding and see the beautiful lights, it's clear that our community is a joyful one.

I want to thank the community associations, churches, and charities who have been looking out for our neighbours this holiday season. From food bank drives to arranging gifts for kids in need, your efforts are truly appreciated.

Please join me in supporting our local businesses this holiday season. Whether it's browsing wines, picking up specialty items for your party, or browsing through boutiques, there's something for everyone on your list.

This Christmas, I hope your home is filled with love, delicious food, laughter, music, and memories in the making. As we enter 2026, I pray for your health and happiness -- and for protection over our cherished communities.

Looking back on 2025, from a federal political standpoint, it was a whirlwind. From Justin Trudeau's prorogation and resignation in January followed by Mark Carney's selection as Liberal leader to a federal election it's certainly been a lot for everyone. Especially when we continue to hear of the pain, struggle, fearfulness, and injustice in our country. However, I can promise you that Conservatives will continue to fight for the quality of life and safety that good, hard-working Canadians deserve.

To keep up to date on the work I am doing on your behalf, please subscribe to my e-newsletter at www. stephaniekusiemp.ca.

Sending my warmest holiday wishes your way!
Sincerely,

Stephanie Kusie



MLA Calgary - Fish Creek Myles McDougall

7 – 1215 Lake Sylvan Drive SE

□ Calgary.FishCreek@assembly.ab.ca

S 403-278-4444 | **©** MLAFishCreek

f MylesMcDougallYYC | X MylesYYC

Merry Christmas!

As the holiday season approaches, I want to take a moment to extend my warmest wishes to you and your loved ones. This time of year is an opportunity to reflect on the past, celebrate our accomplishments, and look forward to the promise of a new year.

Whether you're gathering with family, connecting with friends, or simply enjoying the peace of the season, I hope your holidays are filled with joy, warmth, and gratitude.

Thank you for the privilege of serving as your MLA. I look forward to continuing our work together in the coming year to build a stronger, more vibrant Calgary-Fish Creek!

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

I always appreciate hearing from you.





Elle McAndrews

Don't miss Calgary's own Elle McAndrews—an electrifying singer-songwriter blending soul, pop, and synth vibes. With powerful vocals and a fresh sound, Elle brings energy, emotion, and artistry to every performance!

Tuesday, December 2nd at 7:00pm



Christmas in the Village

The Halls will be filled with laughter, festive decorations, and the joyful activities to spark the spirit of the season. Enjoy sweet treats, warm drinks, and maybe even a visit from a very special guest... Ho ho hope to see you there!

Saturday, December 13th from 1:30pm to 3:30pm



Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call

403-258-1849

11800 Lake Fraser Drive SE, Calgary unitedactiveliving.com/communities/lake-bonavista-village



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We extend our sincere appreciation for the very pleasant experiences we have had with you.

We wish you all a joyous Christmas and a season filled with laughter, good company, and heartwarming memories. And...

Happy New Year!
May it be filled with peace, happiness, and good health.



IF YOU ARE THINKING OF BUYING OR SELLING, LET US HELP GUIDE YOU THROUGH THE PROCESS



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