

DECEMBER 2025

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THE OFFICIAL WILLOW PARK MAPLE RIDGE COMMUNITY NEWSLETTER



## THE CHRISTMAS WONDERLAND

### PAGE 12

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New technology: Needle-free laser dentistry

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General Dentist

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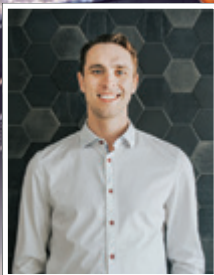


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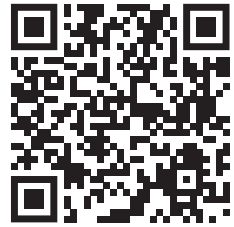
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**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**WILLOW PARK**

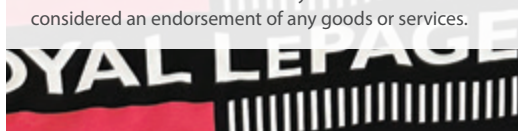


**MAPLE RIDGE**



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# WILLOW RIDGE COMMUNITY ASSOCIATION

680 Acadia Drive SE Calgary, AB T2J 0C1

Ph: 403-271-8044  
Website: [mywillowridge.ca](http://mywillowridge.ca)  
Email: [info@mywillowridge.ca](mailto:info@mywillowridge.ca)

We are available by phone Monday to Friday 8:30 am to 3:30 pm  
(Voicemail is checked daily and will be responded to by the end of day the next business day). In-person by appointment only.  
\*\*Closed Weekends and Holidays

## Board Members

|                        |                 |                                                                              |
|------------------------|-----------------|------------------------------------------------------------------------------|
| President              | Jason Carling   | <a href="mailto:president@mywillowridge.ca">president@mywillowridge.ca</a>   |
| Vice President         | Dustan Byrnes   | <a href="mailto:vp@mywillowridge.ca">vp@mywillowridge.ca</a>                 |
| Treasurer              | Kody Shiels     | <a href="mailto:treasurer@mywillowridge.ca">treasurer@mywillowridge.ca</a>   |
| Secretary              | Jecielle Alonso | <a href="mailto:secretary@mywillowridge.ca">secretary@mywillowridge.ca</a>   |
| Membership Coordinator | Vacant          |                                                                              |
| Facilities             | David Hughes    | <a href="mailto:facilities@mywillowridge.ca">facilities@mywillowridge.ca</a> |
| Sports and Recreation  | Vacant          |                                                                              |
| Funding                | Don Boykiw      | <a href="mailto:dboykiw@mywillowridge.ca">dboykiw@mywillowridge.ca</a>       |
| Social                 | Vacant          |                                                                              |
| Casino                 | Marshall Horne  | <a href="mailto:mhorne@mywillowridge.ca">mhorne@mywillowridge.ca</a>         |
| Communications         | Vacant          |                                                                              |
| Volunteer Coordinator  | Vacant          |                                                                              |
| Civic Affairs          | Gord Rouse      | <a href="mailto:grouse@mywillowridge.ca">grouse@mywillowridge.ca</a>         |
| HR Director            | Michael Krisa   | <a href="mailto:mkrisa@mywillowridge.ca">mkrisa@mywillowridge.ca</a>         |
| Urban Forestry         | Gordon Paynter  | <a href="mailto:gpaynter@mywillowridge.ca">gpaynter@mywillowridge.ca</a>     |
| Strategy Director      | Andres Galindo  | <a href="mailto:agalindo@mywillowridge.ca">agalindo@mywillowridge.ca</a>     |

## Directors At Large

|                   |                |                                                                            |
|-------------------|----------------|----------------------------------------------------------------------------|
| Director-at-Large | Tom Firth      | <a href="mailto:tfirth@mywillowridge.ca">tfirth@mywillowridge.ca</a>       |
| Director-at-Large | Peter Gibson   | <a href="mailto:pgibson@mywillowridge.ca">pgibson@mywillowridge.ca</a>     |
| Director-at-Large | Roger Lohrey   | <a href="mailto:rlohrey@mywillowridge.ca">rlohrey@mywillowridge.ca</a>     |
| Director-at-Large | Katie Bradbury | <a href="mailto:kbradbury@mywillowridge.ca">kbradbury@mywillowridge.ca</a> |
| Director-at-Large | Gordon Palmer  | <a href="mailto:gpalmer@mywillowridge.ca">gpalmer@mywillowridge.ca</a>     |

## Other Contacts

|                       |                             |                                                                              |
|-----------------------|-----------------------------|------------------------------------------------------------------------------|
| Soccer Administration | Rich Cree                   | <a href="mailto:soccer@mywillowridge.ca">soccer@mywillowridge.ca</a>         |
| Garden Liaison        | Joshua Plumb<br>Megan Festa | <a href="mailto:wrveggiesandherbs@gmail.com">wrveggiesandherbs@gmail.com</a> |

## WRCA Staff

|                            |               |                                                                      |
|----------------------------|---------------|----------------------------------------------------------------------|
| General Inquiries          |               | <a href="mailto:info@mywillowridge.ca">info@mywillowridge.ca</a>     |
| Community Services Manager | Anna Glickman | <a href="mailto:gm@mywillowridge.ca">gm@mywillowridge.ca</a>         |
| Office Administrator       |               | <a href="mailto:info@mywillowridge.ca">info@mywillowridge.ca</a>     |
| Bookkeeper                 | Jenna Burns   | <a href="mailto:jburns@mywillowridge.ca">jburns@mywillowridge.ca</a> |

## Community Resources

|                         |                    |                                                                                  |
|-------------------------|--------------------|----------------------------------------------------------------------------------|
| City of Calgary Liaison | Christa Zaharychuk | <a href="mailto:christa.zaharychuk@calgary.ca">christa.zaharychuk@calgary.ca</a> |
|-------------------------|--------------------|----------------------------------------------------------------------------------|

## Community Resources

### Councillor - Ward 11

Rob Ward

### MLA - Calgary Acadia

Diana Batten      403-640-1363      [calgary.acadia@assembly.ca](mailto:calgary.acadia@assembly.ca)

### MP - Calgary Midnapore

Stephanie Kusie      403-225-3480      [stephanie.kusie.c1@parl.gc.ca](mailto:stephanie.kusie.c1@parl.gc.ca)

### CPS Community Resource Office

Cst. Matt Forest      [mforest@calgarypolice.ca](mailto:mforest@calgarypolice.ca)

### Girl Guides of Canada Calgary Area

403-283-8348      [ggcinfo@calgarygirlguides.com](mailto:ggcinfo@calgarygirlguides.com)

### Scouts Canada Chinook Council

403-283-4993      [www.scouts.ca](http://www.scouts.ca)

## The Willow Ridge Community Association (WRCA) Vision

To be an integrated community connecting partners, family, neighbours, and nature.

## The WRCA Mission

To foster an integrated community by providing meaningful and inclusive programs and experiences, safe gathering spaces, and advocacy for the needs and interests of our residents.

**GET WRCA NEWS IN YOUR INBOX** – With your membership, receive e-newsletters to share up-to-the minute news and events. We think you'll find the information valuable, but you can unsubscribe at any time.

## SOCIAL MEDIA



@willowridgecommunity



@mywillowridge

**WRCA website**

[mywillowridge.ca](http://mywillowridge.ca)

The myWILLOWRIDGE.ca is the official newsletter of the Willow Park and Maple Ridge communities. It is generously published by Great News Media and distributed monthly for free to all residents of Willow Ridge (approximately 3,900 households).

Monthly Board of Directors Meetings are normally held on the third Wednesday of each month, but please check with the office as these meeting dates may change. They commence at 7:00 pm in our WRCA Boardroom. If you would like to make a brief presentation to the WRCA Board, please notify the WRCA office at least three (3) days prior to the meeting date and state the topic you wish to address.

# EXPERIENCE

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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

## Activities at the Willow Ridge Community Centre

### Sunday

- Unity of Calgary ([www.unityofcalgary.org](http://www.unityofcalgary.org))

### Monday

- Expand Yoga ([www.expand-yoga.com](http://www.expand-yoga.com))
- Sparks ([www.girlguides.ca](http://www.girlguides.ca))
- Pyramid Psychology  
([www.pyramidpsychology.com](http://www.pyramidpsychology.com))

### Tuesday

- Devotion Danceworks  
([www.devotiondanceworks.com](http://www.devotiondanceworks.com))
- National Sports Academy  
([www.nationalsportacademy.ca](http://www.nationalsportacademy.ca))

### Wednesday

- Devotion Danceworks  
([www.devotiondanceworks.com](http://www.devotiondanceworks.com))
- Expand Yoga ([www.expand-yoga.com](http://www.expand-yoga.com))
- Girl Guides ([www.girlguides.ca](http://www.girlguides.ca))

### Thursday

- Because You Can Fitness  
([www.becauseyoucanfitness.ca](http://www.becauseyoucanfitness.ca))
- Embers ([www.girlguides.ca](http://www.girlguides.ca))
- Expand Yoga ([www.expand-yoga.com](http://www.expand-yoga.com))
- National Sports Academy  
([www.nationalsportacademy.ca](http://www.nationalsportacademy.ca))
- Pyramid Psychology  
([www.pyramidpsychology.com](http://www.pyramidpsychology.com))
- Ujamma Grandmas

### Monday to Friday

- FLC Brushstrokes ([www.flcseniors.ca](http://www.flcseniors.ca))
- FLC Line Dancers ([www.flcseniors.ca](http://www.flcseniors.ca))
- Creations Child Care  
([www.creationschildcareinc.com](http://www.creationschildcareinc.com))
- Willow Park Preschool  
([www.willowparkpreschool.com](http://www.willowparkpreschool.com))
- Willow Ridge Community Kids Club  
([www.willowkidsclub.ca](http://www.willowkidsclub.ca))

### Saturday

- Devotion Danceworks  
([www.devotiondanceworks.com](http://www.devotiondanceworks.com))



## Good Food Box Schedule

Order Deadline

Pick-up On

January 19

January 28

February 16

February 25

**GOOD FOOD BOX**  
*We're Back!*

The Good Food Box Program is part of the Community Kitchen Program of Calgary, where anyone can purchase boxes of fresh fruit & vegetables at an affordable price.

| SMALL | MEDIUM | LARGE |
|-------|--------|-------|
| \$30  | \$35   | \$40  |

Step 1. Order online at [wrca.getcommunal.com](http://wrca.getcommunal.com)  
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## GAMES & PUZZLES

### Guess the Christmas Song!

1. Brenda Lee was only 13 years old when she recorded this "new old-fashioned" Christmas favourite.
2. In December of 1965, this was the first song played in space. Hint: It is a classic written by James Lord Pierpont.
3. This song was originally called "Tinkle Bells".
4. Thurl Arthur Ravenscroft, the singer of this mean, green song, was also the voice of Tony the Tiger.
5. Sammy Cahn and Jule Styne ironically wrote this romantic winter song during a heat wave.
6. There are three official music videos for this modern Christmas song, as well as a celebrity lip-syncing montage video.



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FOR THE  
ANSWERS!



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[www.appledentalgroup.ca](http://www.appledentalgroup.ca)

\*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensive Dental Examination by a General Dentist which does not include X-Rays or Dental Hygiene.

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## Contact Us

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Calgary, AB T2X 2R8

**Call us now**  
(403) 256-9282

**Email us**  
[info@jacksonjackson.ca](mailto:info@jacksonjackson.ca)  
[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)



**[www.jacksonjackson.ca](http://www.jacksonjackson.ca)**

## Rent Our Space!

The Willow Ridge Community Association can accommodate a wide range of guests for activities or functions like wedding receptions, birthday parties, baby showers, workshops/seminars, art shows, fitness classes, and more!

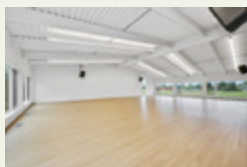
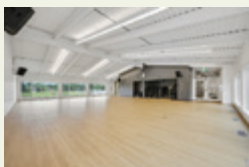
Located outside are two private parking lots, crock curl (in the winter), gaga ball pit, pickleball/tennis courts, lacrosse box/hockey rink, baseball diamond, 50-plot community garden, and a large green space which we use for our WRCA Soccer league in the summer and a pleasure skating rink in the winter.

Our newly renovated, air-conditioned building has the following spaces available for rent!

- The Willow – 1,924 sq. ft. North Hall (135 dining/200 standing) with large windows, built-in audio/speakers, vaulted ceilings, wood sprung floor. Perfect for high-impact activities!
- The Maple – 1,200 sq. ft. South Hall (60 dining/135 standing) with large windows, separate sink/washing area, additional storage, vaulted ceilings, and a sound system.
- The Herard Room – 540 sq. ft. Board Room (25 dining/50 standing) with large windows, available projector, and mounted whiteboard, conveniently situated off the Ridge Lounge. Perfect for small group yoga, art classes, meetings, catering set-up, etc.

The community centre has the following additional features:

- The Ridge Lounge, an upstairs gathering area for members with a view of the rinks/fields.
- Large floor-to-ceiling windows to allow for more natural light.
- Internal stairs and elevator access to lower level.
- Four individual gender-neutral washrooms, two of which are wheelchair accessible.
- Wi-Fi throughout building.
- Large change area/washrooms with rubber flooring, accessible to rink users in the winter.



# Memberships Available Online



**Family  
Membership**  
**\$35**



**Seniors 60+  
Membership**  
**\$20**



**Individual  
Membership**  
**\$25**



**Business  
Membership**  
**\$40**

*Support your  
Community*



**WILLOW RIDGE  
COMMUNITY  
ASSOCIATION**

Visit [mywillowridge.ca](http://mywillowridge.ca) for more info

**RENTAL RATES:** Minimum 3-hour rental on weekends.

| Facility                                 | Size                                 | Capacity          | Hourly Rates                             | Day Rates                       | Deposit | Usage Examples                                                                                               |
|------------------------------------------|--------------------------------------|-------------------|------------------------------------------|---------------------------------|---------|--------------------------------------------------------------------------------------------------------------|
| Willow<br>(North Hall)                   | 11m x 16m<br>37' x 52'<br>1924 sq ft | 200 people        | \$65/hr – Weekdays<br>\$98/hr – Weekends | \$550 – 6hrs<br>\$1,175 – 13hrs | \$550   | Scouts or Guides, Art shows and exhibits, Larger AGMs, Town hall meetings, Martial arts, Dance classes       |
| Maple<br>(South Hall)                    | 11m x 9m<br>37' x 31'<br>1200 sq ft  | 125 people        | \$54/hr – Weekdays<br>\$81/hr – Weekends | \$450 – 6hrs<br>\$975 – 13hrs   | \$450   | Faith groups, Low-impact activities, small AGMs                                                              |
| Denis and Rose<br>Herard<br>(Board Room) | 8m x 6m<br>27' x 20'<br>540 sq ft    | 25-30<br>people   | \$33/hr – Weekdays<br>\$49/hr – Weekends | \$275 – 6hrs<br>\$575 – 13hrs   | \$275   | Corporate meetings, Break-out meetings, Wedding party preparations, Interviews and staff reviews, Green Room |
| <b>PARTY<br/>PACKAGE</b>                 | Over<br>4,000 sq ft                  | 300-400<br>people | N/A                                      | \$2,500 – 13hrs                 | \$1,000 | Exclusive use of Kitchen Area, Ridge Lounge, Washrooms, All Rooms on upper level.                            |

WRCA Members receive a 5% discount for one-time rentals.

Contact: [info@mywillowridge.ca](mailto:info@mywillowridge.ca) or 403-271-8044



**Willow Ridge CA  
680 Acadia Dr**



# *The Christmas Wonderland*

**December 13, 2025 @ 2-5pm**

*Fun for the whole Family!*

- Cookies and Milk
- Pictures with Santa
- Performance by Devotion Danceworks
- Christmas Craft
- Hot Chocolate Bar

**\$10 per family**  
**Register at [wrcagetcommunal.com](http://wrcagetcommunal.com)**

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Benchmark / Elizabeth Rieb at Devotion Danceworks

## News from our Board Members

In September 2024, our Community Association building was partially shut down due to structural elements that no longer met code. It was a heartbreaking event given the extensive renovation that occurred just several years before. Bringing the building back to code was a huge effort, but through the support and collaboration of our volunteers, staff, and partners at the City of Calgary, Stantec, and CANA construction, we were able to re-open the building in just under one year. The timely execution of the renovation was a testament to the volunteer base and financial position of our community organization that so many people in our community have contributed to over the years. The project, as unexpected as it was, was only one of many exciting projects we have undertaken in the past few years, including rebuilding a community playground, installing community-owned benches in green spaces across Maple Ridge and Willow Park, and most recently, reinvigorating our fields. Many of the volunteers who have been working on these projects are going on 5+ years of service, and it's important to keep momentum by finding the next generation of volunteers who have the passion and skills to continue building our community into one of the best in the City. If you are interested in hearing more about the opportunities, reach out to me at [president@mywillowridge.ca](mailto:president@mywillowridge.ca).

Jason Carling

WRCA President

[President@mywillowridge.ca](mailto:President@mywillowridge.ca)

Congratulations and welcome to Rob Ward, our new Ward 11 Councillor. We are excited to have Rob and his team representing our community.

We have been working with the city on two projects. The first is how to address congestion and speeding along Acadia Drive, particularly between the community association building and Southland drive. We are hoping to have an update from them in November. The second and partially related is an initiative to increase mobility and pedestrian traffic along 90 Avenue from Macleod Trail through Acadia and down to Anderson Road. Information has been collected over the last several months and a draft of what will be proposed should be available to us soon.

Lastly, with our newly elected council, there will likely be changes to blanket zoning. We will summarize and communicate any changes when made available. The local area plan prior to blanket zoning included the change from RC-1 to RC-2 thus even if the blanket zoning is reversed or changed, RC-2 will be the default zoning for our communities. We had a round of Restrictive Covenants signed in May and if there is additional interest in pursuing this option for your property, please contact me.

Enjoy the holiday season,

Gord Rouse

WRCA Civic Affairs Director

[grouse@mywillowridge.ca](mailto:grouse@mywillowridge.ca)



## Fingerprints

Though identical twins have the same DNA, they experience development differently. One interesting part of this, is that due to environmental factors in the womb they will not have the same fingerprints!



# WRCA TREE CANOPY REPLACEMENT PROJECT

For the Future

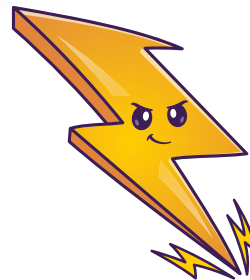
## HOW TO DONATE IN 4 EASY STEPS:

- ✓ Visit [www.parksfdn.com/projects](http://www.parksfdn.com/projects)
- ✓ Click on "Donate to a Park Project"
- ✓ Select our project from the list "Willow Ridge - Tree Canopy Replacement"
- ✓ Complete your online donation

A charitable tax receipt will be emailed from Parks Foundation - think of us for your annual end of year giving!

## LIGHTNING STRIKE!

You may associate getting struck by lightning with electricity. But you can't forget about the extreme heat! Lightning can heat the air it passes through to 50,000 degrees Fahrenheit (27,760 degrees Celsius), which is five times hotter than the surface of the sun!



# FRIENDS of 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



Site map - satellite view



Site map - regular view

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.bowvalleyranch.com/iiststiik> 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](http://www.friendsoffishcreek.org).

## JOKE OF THE MONTH

Why did the football coach go to the bank?

To get his quarter back.





# WRCA CRIB DROP IN

## Crib Drop In



Through our community survey done in July/August 2025, we heard from many community members that they would love to see more available programs for kids, adults, and seniors! As a first step, we are thrilled to be "test driving" our new WRCA Crib Drop In for the months of November, December, January, and February. Tea, coffee, cookies, cards, and crib boards are provided.

WRCA members: \$1

Non-members: \$5

Please register and pay cash at the office upon entry.

## Every Wednesday 1:00-3:00pm

## Wanted: Pet of the Month



Do you have a pet at home? Would you like your pet to be Willow Ridge famous? Please submit an article about your furry friend (slimy, smooth, bumpy, and spiky also accepted) in 250 words or less along with a photo and we

will let you know which monthly newsletter they will be appearing in!

Submissions can be sent to [info@mywillowridge.ca](mailto:info@mywillowridge.ca).



## BRAIN GAMES

## SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 3 | 2 |   | 7 |   |   |   |   |
| 7 |   |   |   |   |   | 1 | 3 |   |
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|   | 7 |   | 8 | 9 | 5 |   | 6 |   |
| 2 |   |   |   |   | 3 | 5 |   |   |
| 4 |   |   |   | 1 |   |   | 9 |   |
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SCAN THE QR CODE  
FOR THE SOLUTION



## 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 15<sup>th</sup> 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
- ¼ cup chopped red onion
- 6 tbsps. extra virgin olive oil
- 1 loaf of French bread

- ½ cup mayonnaise
- ½ cup crumbled bleu cheese
- ¾ tsp. dry mustard
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 1 tbsp. white wine vinegar

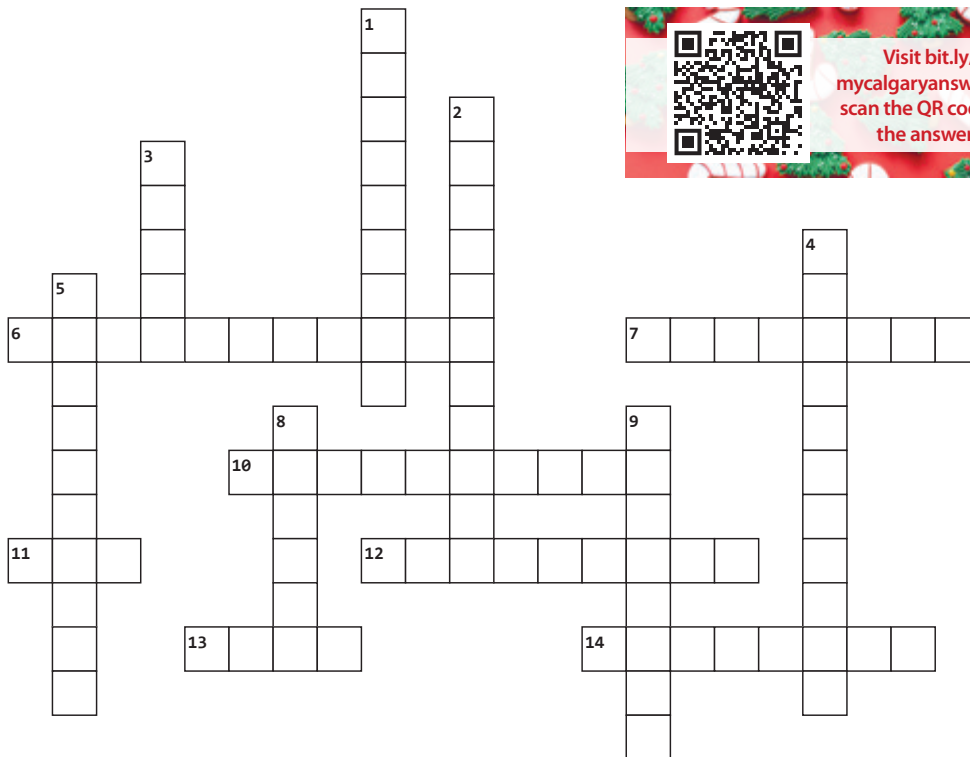
### Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. 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.
3. 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.
5. Spread the cheese mixture on the toasts then top with the tomato mixture. Garnish with fresh basil leaves and serve.

Bon Appétit!



# December Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Across

6. The Statute of \_\_\_\_\_ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. 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.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the \_\_\_\_\_ Hall of Fame.

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# Self-Care Through the Holiday Season

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto: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.

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# The Art of Finding Work: When Job Searching You Are Being Compared

by Nick Kossovan



Job hunting is a ‘winner takes all’ competition in which you’re compared and judged against other applicants. Putting in an application for a job is no different from entering a baking or short story contest. However, there’s one difference: there’s no second place—silver medal—nor does “everyone win for doing their best,” hence why giving participation trophies does a disservice to children; it fails to prepare them for two universal life truths that they’ll one day confront:

1. Everything in life is earned. (Yes, birthright exceptions exist. Choosing to squander your time and energy, resenting those who’re an exception doesn’t change this truism.), and
2. Sometimes, your best isn’t good enough to beat those you’re up against.

Job searching intensifies these truths.

Irrespective of your feelings about the “fairness” of having to do “what it takes,” you don’t rise through the ranks of whatever career path you’ve chosen by being meek. Be it corporate, artistic endeavours, athletics, or military, without a competitive spirit, you won’t have a career comparable to someone who does. Thus, generally (keyword) speaking, CEOs of Fortune 500 companies, higher-ranking military officers, celebrities, and elite athletes tend to be hyper-competitive.

I keep the following phrase from American author Ashley Antoinette in my head: “You can’t compete where you don’t compare.”

When entering any competition, for instance, job searching, it’s crucial to understand the standards and benchmarks—your ego may insist you have the skills and qualifications. But do you really against those which you’ll be compared; therefore, consider the following:

### Awareness of Standards

Knowing and accepting what employers in your profession and industry will most likely expect from you is critical.

If you’re applying for any job requiring strong writing skills (e.g., grant writer, content creator, communications manager), it’s a given that your writing skills need to be well above average. When applying for a sales position, your sales record and ability to sell yourself will be evaluated.

Along with industry and profession expectations, employers evaluate applicants based on the expectation of applying professionally.

I repeatedly see sloppy applications and an unprofessional appearance as the biggest hindrance to a successful job search. Even with all the online job search advice, typos, grammatical errors, incomplete LinkedIn profiles, and dressing inappropriately for interviews—dress for the position you’re interviewing for—are common. In 2025, there’s still a strong conservative element in the workplace, albeit not as strong as before.

### Self-Assessment

You can identify your strengths and weaknesses by honestly comparing yourself to those you’re competing against. My advice: To be competitive and considered a contender, focus on your strengths (read: lead with) and be less concerned about your weaknesses.

My “go with your strengths” story:

Years ago, over a Thai lunch, I asked my then-boss how he managed to work so fluidly. He never seemed stressed; it was as if he floated through his workday, accomplishing high-level tasks. His answer: “I work with my strengths. As long as my weaknesses do not hinder me from doing my job, I don’t spend time and energy trying to overcome them. I spend my time and energy improving my strengths.” The food wasn’t memorable,

but my then-boss's words were. As a result of ignoring my non-detrimental weaknesses and focusing on my strengths, I've become a stronger competitor and have benefited from it.

### Strategic Positioning

Knowing where you stand in relation to your competitors helps you improve your strategy.

The words uttered by another ex-boss during what I think was a friendly dust-up some 20 years ago, "There's always someone younger, more skilled, and hungrier than you," have stayed with me all these years. His words remind me that I must always be at least one step ahead of those nipping at my heels. I've seen many careers implode because the person rested on their laurels.

It's surprising how many people don't try to stay relevant by learning and becoming proficient in the technological advances affecting their profession and industry, AI being the latest.

Demonstrating continuous learning and adaptation is what employers like to see in candidates and their employees.

Always know where your skills and experience stand and what you can offer employers in terms of measurable value. Calling yourself "talent," as many nowadays do without quantifying how your supposed talent will make money for an employer, isn't a compelling argument for why an employer should hire you.

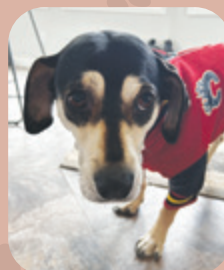
I hear from many job seekers experiencing the "Silver Medal Curse," where they land interviews and then hear, "We went with someone else." Clearly, their resume and LinkedIn profile are competitive, which anyone can achieve with all the resume help available. However, one thing no one can do for you is your interviews, the meetings where the hiring manager assesses your suitability for the position and the company and compares you to the other candidates they're interviewing.

My tip for making your interviewer see you as a contender for the job is to prepare specific examples that showcase your skills and achievements and aligning them with the job requirements. The best strategy for beating your competition is to show employers that you are a winner who has produced measurable value (key) for your previous employers.

## Cats, Canines, & Critters of Calgary



Addie, Renfrew



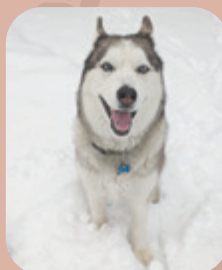
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Eowyn, Edgemont



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Pepper, Evergreen



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Talbot, Queensland

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## Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) - Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



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# #HealthyTechnologyUse

by Recovery Alberta – Community Health Promotion Services



Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use among the technology being used along with continually learning about different platforms especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers, or do they feel FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on it during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are signs that may lead to problematic use. When they are not using technology, are they bored or angry, have low self-esteem, worsening symptoms of mental health issues such as anxiety or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to see where/ if there needs to be of focus to ensure the positives of technology are outweighing the negatives.

## COLOURING PAGE

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This past year has been one of growth and collaboration across Calgary-Acadia. From legislative work to local events, town halls, and community projects, I've seen the dedication and compassion that make our community so strong. I'm grateful for the trust you've placed in me and for the many residents, leaders, and volunteers who make Calgary-Acadia such a vibrant place to live.

Since returning to session in late October, our office has heard from hundreds of constituents about the issues that matter most. Education remains a top concern. The government's use of the notwithstanding clause to order teachers and students back into classrooms has left many Albertans feeling unheard and unsafe. Forcing people back into schools that lack adequate safety measures and resources does not solve the real challenges facing public education. I will always stand up for public education and for the educators who give so much of themselves to help every child learn and thrive. Every Albertan deserves the best start possible through smaller class sizes, safe classrooms, respect for staff, and a lasting commitment to inclusion. When our children and educators succeed, Alberta succeeds.

Many residents are also deeply concerned about the government's growing reliance on the notwithstanding clause and what it could mean for other rights and freedoms. I share those concerns and will continue to speak out against any misuse of power that threatens fairness and democracy.

Looking ahead, my focus remains on the priorities I hear most from Calgary-Acadia residents: strong public education, accessible health care, affordability, community safety, and inclusion. Your voices guide my work, and I'm committed to ensuring they are heard in the Legislature.

Thank you for your continued engagement and trust. It's an honour to serve as your MLA.

Cheers,

*Diana*

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## Willow Park

Detached Home Stats - Last 45 Days



**17**

# New Properties



**8**

# Sold Properties



**36**

Average Days on Market



**\$790,875**

Median Sold Price

## Maple Ridge

Detached Home Stats - Last 45 Days



**11**

# New Properties



**4**

# Sold Properties



**372**

Average Days on Market



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Median Sold Price

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