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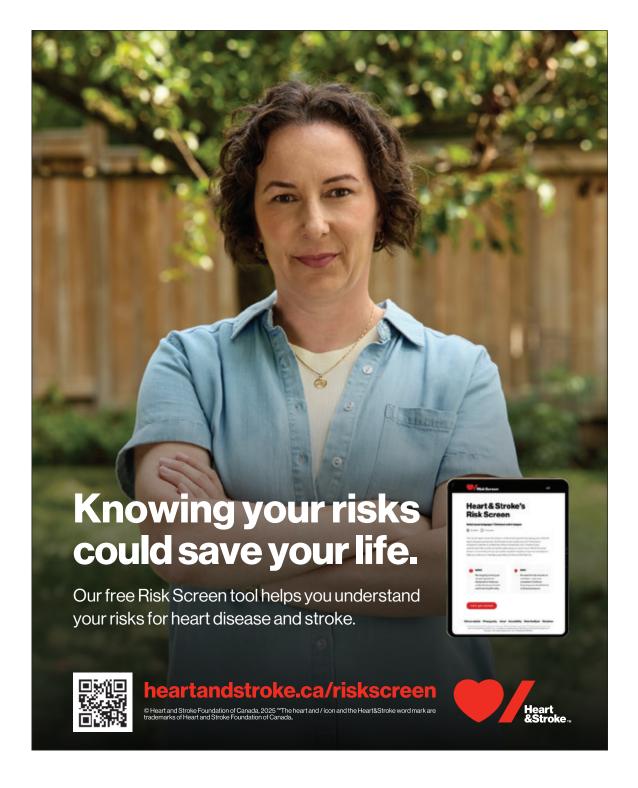


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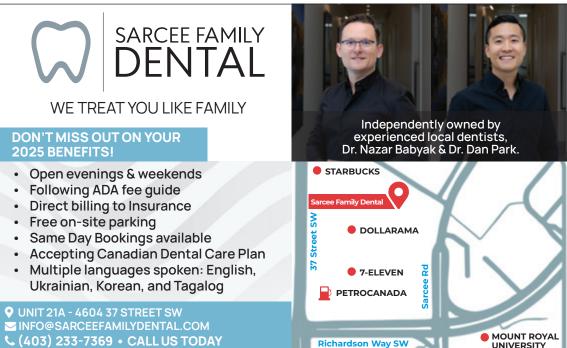


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It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary In foothills west a silent night The constellations fill the sky Forever sharing starry light

The whitetail deer in Nose Hill Park Prancing over city's glow Sweet homes of dancing candlelight Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow

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Real Estate Statistics





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

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

Personal Christmas Reflection from CCSD's Board Chair Lory Lovinelli

As the Christmas season quickly approaches, so do the many lists that come with preparing for this special time of year. I have always made it my purpose to make every Christmas meaningful for my now four adult children - from decorating our home with ornaments that tell the story of their childhood, to baking sugar cookies delicately iced and shared with family and friends, to wrapping each gift with care adorned with a satin bow of their favourite colour. I cherish finding that one gift that brings both a smile to their face and warmth to their heart.

Yet, the true gift we give to those we hold dear is not found wrapped beneath the tree. It is the gift of hope, peace, joy, and love - the very essence of the season and the virtues we are called to share. As we prepare not only our homes, but more importantly our hearts, to celebrate the birth of our Lord, Jesus Christ, we recognize the many blessings that surround us: the gifts of our precious families, of publicly funded Catholic Education, and the Calgary Catholic School District.

This year, following the October Municipal Election, the Board of Trustees welcomed two new members - Trustees Steven Chapman and Terry Thuo - and celebrated the re-election of returning Trustees Cook, Dur, D'Souza, and Vecchio-Romano. The minds and hearts gathered around the table bring unique and diverse perspectives reflective of the students and families we are humbled to serve

We also bid farewell to two of our most senior trustees, Mary Martin and Linda Wellman. Their wisdom, dedication, and faith-filled leadership have left a lasting imprint on our district and in our hearts as we embark on a new term.

Our teachers and students returned to the classroom this fall after a strike. We pray for healing, restoration of trust, and a renewed sense of mission and collaboration in our schools. May we, together - board, administration, teachers, students, and parents - walk forward united in our shared calling to form young minds and hearts, to inspire hope, and to shine the light of Christ's love in every classroom.

As we prepare for this blessed season, may we, like the candles of the Advent wreath, be reminded of the pillars of our faith: Hope, that every student may reach their full potential and know God. Peace, for our teachers during times of uncertainty, that they may feel valued, respected, and supported. Joy, for the gifts of talent, creativity, and passion that thrive within our schools and the district. Love, for the students we are privileged to serve and for the gift of Catholic education itself.

On behalf of the Board of Trustees of the Calgary Catholic School District, we wish you and your families abundant joy, peace, hope, and love this Christmas season.

Lory Lovinelli, Chair, CCSD Board of Trustees



YOUR CITY OF CALGARY

Warm Up to Winter in Calgary Parks

by The City of Calgary



Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor, natural ice-skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? Check out the outdoor rink, firepit, and decorative winter displays this winter.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit Calgary.ca/winteractivities.

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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.





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		Listed	Sold	Listed	Sold	
October	25	3	4	\$787,000	\$763,000	
September	25	9	5	\$1,200,000	\$1,225,000	
August	25	11	15	\$975,000	\$987,500	
July	25	6	9	\$835,000	\$810,550	
June	25	12	8	\$1,112,500	\$1,102,500	
May	25	13	12	\$994,950	\$997,500	
April	25	10	6	\$874,950	\$876,000	
March	25	11	8	\$709,950	\$725,000	
February	25	5	5	\$899,000	\$970,800	
January	25	11	9	\$799,900	\$830,200	
December	24	0	0	\$0	\$0	
November	24	5	6	\$827,450	\$812,000	
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To view more detailed information that comprise the above MLS averages please visit lakv.mycalgary.com

Pedestrian Safety in the Winter

by Courtney Harron, Red Cross First Aid Instructor

Winter is an exciting season full of snow, sledding, and fun! But with snow and ice also comes slippery sidewalks, darker days, and reduced driver and pedestrian visibility. That means we all need to be extra careful when we're walking or crossing the street. A few smart choices can help you stay safe all winter long!

Take Your Time, Be Bright, and Be Seen!

Take Your Time. Everything moves a little slower in winter, walking, driving, even getting out the door! Ice and snow make slipping easier, so move slowly and carefully. Give yourself extra time when walking to school or playing outside and never run across the street. Slow and steady keeps you safe!

Look, Listen, and Wait. Crossing the street in winter can be tricky. Snowbanks might block a driver's view, and cars can take longer to stop when the roads are slippery.

Here's what to remember every time you cross:

- Stop and stay at the edge of the sidewalk. Look left, right, and left again, checking the side where cars will be closest to you last (left).
- Wait until every car comes to a complete stop before stepping onto the road.
- Make eye contact with the driver. If you can see them, they can see you.
- Even if the light says "walk," look left, right, and left once more before crossing.

Be Bright and Be Seen. Winter days are short, and it gets dark early. Sometimes it's hard for drivers to see people. Make it easy for them to spot you, the brighter you are, the safer you are!

Wear reflective clothing or add reflective stickers or patches to your jackets or backpacks.

Wear fluorescent or bright colours like red, yellow, or orange.

If it's really dark, carry a flashlight or wear a headlamp.

Watch for Slippery Spots. When it's icy, it's not just cars that can slide; people can too! Watch for shiny or wetlooking patches on the sidewalk and walk carefully. Keep your hands out of your pockets to help you balance and break your fall in case you slip. Try the "Penguin Walk":



keep your feet slightly apart, toes pointing out, and take small, careful steps, just like a penguin waddling on ice.

Safe Drivers and Smart Walkers Work Together. Drivers try their best to go slowly in the winter, but they need your help too. When you follow safety rules, drivers can see you and stop in time. Working together keeps everyone safe!

Winter can be one of the best seasons of the year, so let's all stay safe. Take your time, be seen, and always wait for cars to stop before crossing. A few extra seconds can make a big difference. Bundle up, watch your step, and enjoy the snowy season safely!

TAKE ON WELLNESS

Adult ADHD

by Carley Hyder, Reg. Psychologist



The typical stereotype of Attention Deficit/Hyperactivity Disorder (ADHD) often centres on young boys who appears restless and unable to sit still. However, ADHD has vastly changed now that research in the past ten years has (finally) branched out to include girls and adults. Adult ADHD is one of the top diagnoses right now, next to adult autism because so many of us were

missed or never diagnosed as children. What does adult ADHD look like? Adult ADHD can differ by person, but these common traits are associated with adult ADHD:

- 1. Disorganization: Documents being scattered, messy cabinets/closets, missing appointments. Some people are able to 'keep it together' at work, even when their home life feels chaotic. This is called masking, and can work for a while, but can also lead to burnout. Other people struggle to stay employed due to the severity of their disorganization.
- 2. Impulsivity: Some indicators include impulsive spending, impulsive decisions, and erratic changes in daily schedule. Some individuals may not be able to plan for things in advanced. There also seems to be a preference for change their routine.
- 3. Executive Function: The ability to plan and execute, such as meal planning, prioritize tasks, and being able to stick with them might be challenging.
- 4. Struggles To Get Simple Activities Completed: Having a hard time doing chores or tasks that are not exciting or 'less dopamine rich' such as dishes, laundry, tiding up, and balancing a budget.

If this sounds like you, you could have some of the symptoms associated with ADHD. There are great tools to help you stay on task and organized. Use a calendar to keep track of deadlines, appointments, and events. Do the less favourable task first, followed by a 'reward' or favourable task. Try to schedule each day to get a balance of items completed. You are not in this alone, ask for help; professional organizers, financial planners, executive function support from a licenced psychologist and in some cases, talking to your family doctor can also be helpful.





RESIDENT PERSPECTIVES

From Home Office to Headquarters: Key Steps for Buying a Larger Home

by Sidney Allen



Running a home-based business often starts small a spare room, a shared corner, or even the kitchen table. But as operations expand, inventory multiplies, and client interactions grow, that once-cozy setup can become a constraint. Upgrading to a larger home that accommodates your evolving business isn't just a lifestyle upgrade — it's a strategic move.

TL;DR

When scaling a home-based business, consider space planning, zoning, financing, and resale implications before purchasing a bigger home. Look for homes with adaptable layouts, clarify business-related tax deductions, and plan for work-life balance. Investing in skills such as business strategy or leadership can also sharpen decision-making for this transition.

Reimagining Home as a Dual-Function Investment

Buying a home that doubles as your business headquarters means blending personal comfort with professional efficiency. Your decision should weigh:

- Space utilization (office, inventory, production)
- Access for clients, deliveries, and team members
- Local zoning and business regulations
- Energy efficiency and tech infrastructure

As more entrepreneurs operate from home, properties suited for hybrid living gain long-term resale value.

Some sites note increased demand for dual-use homes, underscoring the importance of functional layout and compliance.

Expanding Your Business Acumen Before You Expand Your Space

Before taking on a mortgage for a larger home, many owners reassess their business growth trajectory. A broader understanding of operations, risk, and financing can make expansion decisions more strategic. That's where continuing education — for instance, choosing to_earn an online MBA — provides tangible value. It equips entrepreneurs with analytical and leadership tools to evaluate return on space investment, forecast operating costs, and build sustainable growth plans.

Home Buying Checklist for Business Owners

Use this checklist before committing to your next property:

- Confirm zoning allows home-based business operations
- Verify infrastructure and internet adequacy for business needs
- Evaluate neighbourhood access (parking, delivery routes, noise rules)
- Check insurance policies for mixed-use coverage
- Consult a tax advisor for deductible workspace proportions
- Ensure future resale flexibility if your business model changes

How To Plan and Finance a Dual-Purpose Home

Step 1: Define your needs.

Separate personal vs. professional square footage to determine the right size and layout.

Step 2: Engage a financial advisor.

Professionals listed on CFP Board can help analyze affordability and tax strategies.

Step 3: Secure flexible financing.

Explore mortgage options that allow partial business use and document your business revenue for qualification.

Step 4: Inspect beyond aesthetics.

Ensure the electrical capacity, storage, and ventilation support business activity — not just comfort.

Step 5: Future-proof your setup.

Consider adaptable spaces and modular designs that can evolve with business demands.

Decision Table: Balancing Home and Business Factors

Factor	Personal Impact	Business Impact	Long-Term Consideration
Location	Commute, lifestyle	Client access, delivery routes	Brand perception, logistics
Space	Family comfort	Storage, workflow	Expansion capacity
Cost	Mortgage + maintenance	Tax implications	Asset leverage
Zoning	HOA rules	Business compliance	Legal sustainability
Technology	Entertainment + security	Connectivity, bandwidth	Automation readiness

Frequently Asked Questions (FAQ)

Q1: Should I register my new address with licensing authorities?

Absolutely. Update your business licenses and marketing materials immediately after the move.

- **Q2:** How much extra space should I plan for growth? Aim for 20 to 30% more than your current operational need to allow scalability without rapid relocation.
- **Q3:** What's the best home layout for work-life balance? Detached offices or separate-access suites reduce noise and psychological fatigue.
- **Q4:** Does a larger home always mean higher profit? Not necessarily. Focus on functional gain per square foot, not just size.

Glossary

- Zoning: Legal framework defining allowable property uses.
- Dual-Purpose Home: Property serving both residential and business needs.
- Business Equity: The portion of your home's value attributed to your business use.
- Resale Flexibility: The property's adaptability for future buyers with or without a home business.

Buying a larger home to accommodate your growing business is a pivotal move — both financially and strategically. By aligning space, skill, and structure, you create an environment where your enterprise can flourish sustainably. Whether you scale operations, expand your team, or simply seek better work-life boundaries, the key lies in planning intelligently and investing in your own business literacy.







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