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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.
- 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 Ravenscrof, 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.
- There are three official music videos for this modern Christmas song, as well as a celebrity lip-syncing montage video.



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

UPPER MOUNT ROYAL



LOWER MOUNT ROYAL





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Send an email to membership@mountroyalstation.ca and we will add you to our email distribution list.





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!







Programs, Events, and the Spirit of the Season

As December arrives, bringing snow-covered streets and festive lights, the Mount Royal Community Association turns its focus to the activities, traditions, and programs that bring warmth and connection to our neighbourhood. From seasonal events to yearround programming, this is the month we celebrate the people and moments that define community spirit in Mount Royal.

Our hallmark winter event is the beloved Skate with Santa, held annually at the Mount Royal outdoor rink. Families bundle up and gather for hot chocolate, music, and a visit from Santa himself. It is a joyful celebration that reflects what makes our community so special: neighbours coming together to create memories. The rink itself, maintained each winter by dedicated volunteers, is one of our most cherished amenities. It is open to all residents and provides a safe, welcoming space for skating and socializing.

In addition to the rink, MRCA offers a wide variety of seasonal and ongoing programs. These include yoga and fitness classes, parent-and-tot sessions, gardening workshops, and neighbourhood cleanup initiatives. The community hall, Mount Royal Station, hosts rental groups, educational seminars, and club gatherings. Our outdoor spaces support informal meetups, while our terrace and gardens provide a peaceful retreat in every season.

Much of what happens in December is possible thanks to our volunteers. Whether they are decorating the hall, setting up lights, clearing snow from walkways, or delivering newsletters, volunteers are the foundation of everything we do. Their work often goes unseen, but its impact is everywhere. MRCA's board of directors, composed entirely of volunteers, also works behind the scenes to coordinate programming, manage finances, liaise with the City of Calgary, and oversee hall operations.

We also encourage residents to consider hosting their own events at Mount Royal Station. The hall is available for private rentals and is a beautiful venue for holiday parties, fundraisers, and family celebrations. Members of the MRCA receive preferred rates on bookings, and our staff and volunteers can help facilitate access, setup, and support. For details on availability, amenities, and booking guidelines, please visit www.mrca.ca.

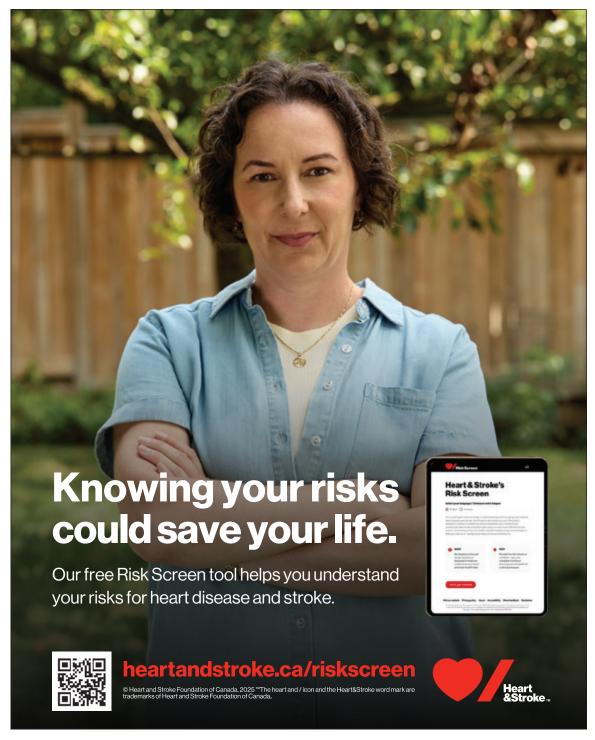
If you appreciate the programs and events that bring our neighbourhood to life, we ask you to support them by becoming a member. Your annual membership fee supports rink maintenance, community decorations, volunteer appreciation, event supplies, and seasonal programming. It also allows us to secure matching grants and demonstrate to the City that we are an active and engaged neighbourhood.

December is not only a time of celebration, but also a time for giving. As you consider your end-of-year charitable contributions or volunteer hours, we invite you to include MRCA in your plans. Whether you can give a few hours or a full season, your participation is valued. We are currently seeking volunteers to help with the skating rink, special events, and seasonal programming.

We close the year with gratitude. Thank you to every neighbour who showed up, helped out, joined in, or quietly supported our work. You make this community stronger. We wish you a warm and joyful holiday season.

Join or renew your membership today at www.mrca.ca. Your community thanks you.







Membership Drive 2025

Become an MRCA member today! Renew your membership!

Mount Royal is a vibrant and diverse community with wonderful neighbourhoods, parks, and amenities.

Our Community Association volunteers run events and programs (Stampede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

Becoming a member and renewing membership just got easier!

Memberships now valid 1 year from start date (no need to wait for July 1!).

Online Payment and auto-renewal options available!

Use your phone to scan this code or visit

www.mrca.ca

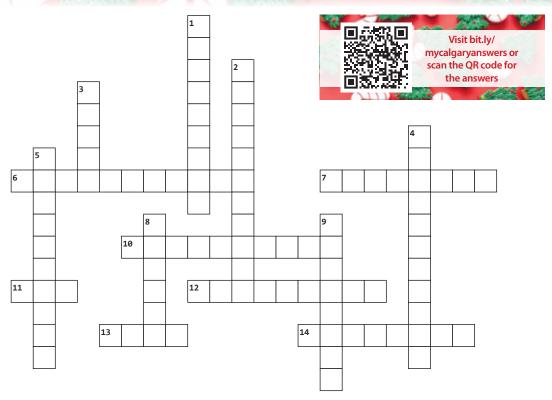
to join, renew or check membership status today!



Membership category and rate information available online at www.mrca.ca/membership

Call <u>403-437-0520</u> or email us at <u>membership@mrca.ca</u> for inquiries and non-online purchase options.

December Crossword



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.

Nutrition Check-up for Older Adults Now Available

by Alberta Health Services, Nutrition Services



Alberta Health Services (AHS) is excited to announce the launch of the Nutrition Check-up for Older Adults, a quick and easy online screening tool designed to support the health and independence of older Albertans.

As we age, changes in appetite, weight, swallowing, and meal habits can quietly impact our nutrition—often going unnoticed until they lead to more serious concerns like frailty or falls. This new tool helps identify those risks early.

In just a few minutes, older adults can complete a simple questionnaire and receive a personalized report with practical tips, helpful resources, and guidance on where things are going well—and where there may be room for improvement.

Take the Nutrition Check-up today and encourage the older adults in your life—parents, grandparents, friends, or caregivers—to do the same!

Scan the QR code or visit ahs.ca/OlderAdultNutrition.



Are you a health professional? Learn about nutrition screening at ahs.ca/NutritionScreening.

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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.



MLA Calgary-Elbow Samir Kayande

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403-252-0346

□ calgary.elbow@assembly.ab.ca

Dear Neighbours,

As we approach the holiday season, I have found there is a feeling of heaviness for many Calgarians. I have been hearing from many families and individuals who are the experiencing the crunch of inflation - rising energy bills, rent and mortgage payments, grocery costs, and childcare mean that extra costs incurred during the holidays can cause more stress than merriment.

As much as we want to settle into the holiday season, many struggle meeting basic needs, let alone scraping together a couple extra dollars for celebrations and gifts.

As you draw close with your family and friends in celebration, I want to encourage you to also be connecting with your community and helping those who may have less to find joy. Reach out to your neighbour, a member of your congregation, or a parent from your child's school. Meaningful connection with those around us is how we build a community.

I am fighting for a brighter, affordable future for you and your families every day. You deserve an affordable life. In session, I have been advocating for the needs of teachers, healthcare workers, and all those facing the rising cost of living.

I wish you all a very happy holidays from my family to yours. As always, it is an honour to represent the individuals in Calgary-Elbow who care so deeply about this community and put in such effort to make it safe and prosperous.

Best.

Samir Kayande





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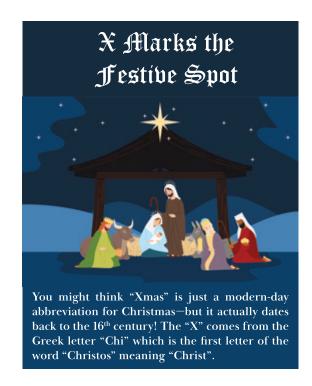
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ALLODOXAPHOBIA

Living in a society, we all feel a bit insecure or anxious about fitting in sometimes. But did you know there is actually a phobia called Allodoxaphobia that is the fear of other people's opinions? It is an anxiety disorder that can cause people to avoid engaging in discussions or debates for fear of being judged or criticized. Be kind out there! We're all just trying our best.



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