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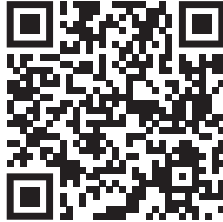
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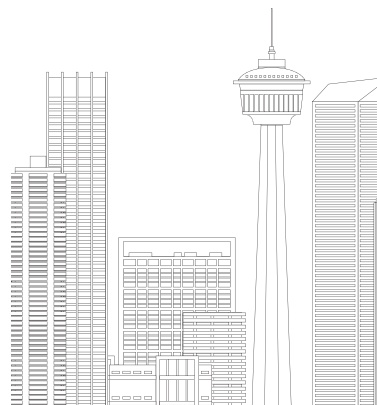


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Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.



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Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

Prep Time: 12 minutes

Cook Time: 12 minutes

Servings: 4

Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsps honey
- 1 tbsps Dijon Mustard
- ½ cup extra virgin olive oil

Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsps of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!



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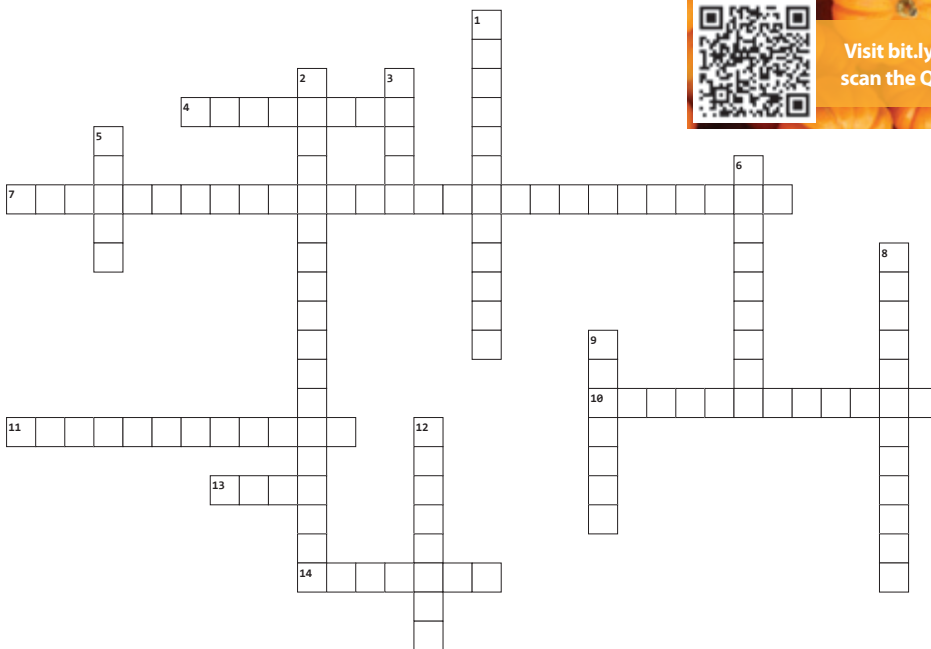


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October Crossword



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

Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



Councillor, Ward 4
Sean Chu

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✉ ward04@calgary.ca
🌐 www.calgary.ca/ward4
🌐 www.seanchu.ca

Exploring Calgary's Historical Gems Through an Interactive Map

Dear Ward 4 Residents,

Calgary's rich history, woven with stories, architectural marvels, and iconic landmarks, has played a pivotal role in shaping the city's character. Experience the unveiling of this captivating narrative by delving into the Inventory of Evaluated Historic Resources Map. This remarkable online resource showcases over 900 heritage sites and assets scattered across Calgary. Embark on an enthralling journey through time as you engage with the interactive map, easily accessible at <https://maps.calgary.ca/HeritageInventory>, it is also mobile-friendly! For more cartographic treasures from the City of Calgary, explore the Map Gallery at www.maps.calgary.ca.

Prioritizing Fire Safety During Fire Prevention Week

As the crisp embrace of autumn envelops us and the aromas of comforting cuisines fill our kitchens, the joy of cooking is rekindled. Yet, in this gastronomic delight, let us not overlook our paramount duty toward fire safety. From October 8 to 14, the Calgary Fire Department (CFD) takes pride in observing Fire Prevention Week, spotlighting the theme, "Cooking safety starts with you. Pay attention to fire prevention."

A glaring reality is that cooking-related incidents take the lead in indoor fires and injuries within Calgary. The CFD ardently advocates for everyone to make safety a focal point in the kitchen. Essential precautions include never leaving cooking unattended—employ timers as reminders, and when leaving the kitchen, ensure burners are off.

Furthermore, swivel pot handles away from the stove's edge and keep a lid and oven mitt in proximity to swiftly stifle minor grease fires. A designated one-meter "kid- and pet-free zone" encompassing cooking spaces, toys excluded, aids in preventing mishaps. Additional tips encompass keeping flammable objects distant from the stovetop, educating children about hot surfaces, grilling outdoors with ample space, and cautious use of microwave ovens.

Incorporate these guidelines to safeguard your abode and loved ones. Together, we can maintain our kitchens as sanctuaries of delight and solace, free from the specter of flames. For detailed information, visit calgary.ca/firepreventionweek or dial 3-1-1.

Thank you for your attention.

Best regards,
Sean Chu



MLA Calgary-Edgemont
Julia Hayter

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f @NDPjulia
i @NDPjulia
X @NDPjulia

Hello to everyone who calls the beautiful communities in Calgary-Edgemont Home. I'm Julia Hayter, and it is an honour to be your new MLA. I look forward to representing you and bringing your needs and interests into the upcoming legislative session starting on Monday, October 30.

The communities within Calgary-Edgemont have so much to offer, including the amazing restaurants, businesses, organizations, and community groups, and I am proud to call this area of Calgary home with you all. I have recently been named the Official Opposition Critic for the Status of Women and am so thrilled about the strong and caring climate we have here in the Northwest. It is an area I'm lucky to raise my children in and to get to call you all my neighbours.

Should you require assistance with services such as notarizing documents or letters of support, please feel free to book an appointment with my office located at 202-1829 Ranchlands Blvd NW, Calgary, AB, T3G 2A7.

Please don't hesitate to reach out to my office if you have any questions or concerns, especially as they relate to provincial matters. We will do our best to help you navigate resources available to you. You can also reach our office at Calgary.Edgemont@assembly.ab.ca or 403-288-4453.

I look forward to connecting with so many of you.



Fall of the Leaf 🍂

In Canada and the US, the season between summer and winter is typically called 'fall.' In the UK, the term 'autumn' (derived from the French word 'automne') is preferred. However, up until the 17th century, the UK also used the term 'fall' as it comes from the Old English word 'feallan,' which means the "fall of the leaf."



Time to Give Thanks

It is Thanksgiving and time to gather around the family table for a feast – or is it?

For many families, Thanksgiving dinner will be a little leaner and will lack many of the usual trimmings as they fight to stay within their food budget. For others, it is even worse.

The price of groceries continues to increase dramatically as stubbornly high inflation rates continue to drive up grocery bills across Canada. Our community is not immune to these challenges and an increasing number of our neighbours are finding it harder to feed their families.

The statistics are sobering. Almost one in five Canadians are facing food insecurity. Roughly 1.5 million Canadians visit a food bank in any given month and one-third of food bank users are children.

Canada's first food bank opened in 1981 in Edmonton. Today, the need is greater than ever and there are over 640 food banks in Canada. Food banks are now reporting that usage has more than doubled in many locations since last year. At the same time, donations are slowing as past donors struggle to make their own ends meet.

Food insecurity has devastating effects on individuals and families. It leads to conflict in the home, poor health outcomes, mental health issues, suicide, and reduced educational performance. Furthermore, the psychological effects of suffering through food insecurity can last a lifetime.

I am asking those that are able to donate to consider helping out those in our community by donating to the Calgary Food Bank. Please visit www.calgaryfoodbank.com or call 403-253-2059 to donate. If you are in need of food, please visit their website or call 403-253-2055.



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Unveiling Calgary's Historic Treasures on Map

from the City of Calgary

Our vibrant city holds a tapestry of stories, architecture, and landmarks that have shaped Calgary's identity. Unveil this history by exploring the Inventory of Evaluated Historic Resources Map, featuring over 900 Calgary heritage resources

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The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.



Changes to Green Cart Collection This Fall: What You Need to Know

from the City of Calgary

Starting in November, green cart collection will be once every other week, resuming weekly in the spring. Here's what you need to know:

- **Fill Your Green Cart First:**

Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.

- **Extra Yard Waste Bags:** Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.

- **No Plastic Bags:** They are not allowed in your green cart.

Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023.

Check your schedule at calgary.ca/collection and sign up for reminders.

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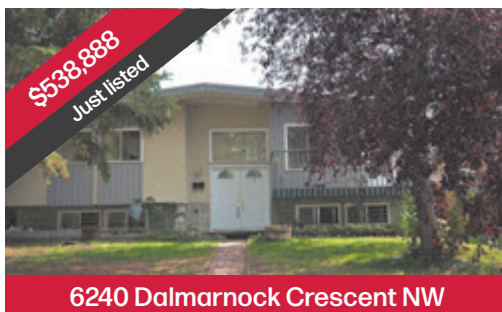
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