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A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.





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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."



Unofficial National Food

Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!



PRESIDENT’S MESSAGE

The Sage Hill Community Association was unable to meet throughout the summer due to quorum issues, however, we are back at it now focussing on reviewing development permits for the winter and filing our annual fiscal reports with the province.

We’re also gearing up for the ice rink and are currently seeking volunteers to help flood and shovel snow one to two evenings a week (weather permitting). If anyone is interested in joining the team, please email info@SageHillyyc.com.

With Halloween upon us, we’d like to remind everybody to be safe, dress children with reflective accessories, and teach them to be visible, remove tripping hazards from your front yard, and if operating a motor vehicle, slow down and expect pedestrians to be on the road. Also, ensure that seasonal Halloween decorations are in good working order with no frayed cords, loose sockets, and that they bear the CSA and/or ULC certification stickers.

For Halloween, we are having an all ages pumpkin carving contest for a \$50 gift certificate to the new Cactus Club Cafe in Crowfoot town centre, courtesy of General Manager (and Sage Hill resident) Curtis Alexander. For anyone who is interested in entering:

Simply take a picture of your carving creation.

Like and follow our Instagram account @SageHillyYC.

Post a photo of your pumpkin using the hashtags #sagehillyyc and #cactusclubcrowfoot

We will select a winner from the submissions.

Our next community association meeting is Monday, October 30 from 7:00 to 8:30 pm. The location will be announced shortly.

Thank you,

Ross Utigard

President, Sage Hill Community Association



GAMES & PUZZLES

Halloween Edition

- 1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
- 2. Based on Stephen King’s novel, this 2017 film is the highest grossing horror movie of all time.
- 3. The two Ms in M&M’s candy-coated chocolates stand for _____ and _____.
- 4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
- 5. Jack-o’-lanterns were originally carved out of _____.
- 6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.



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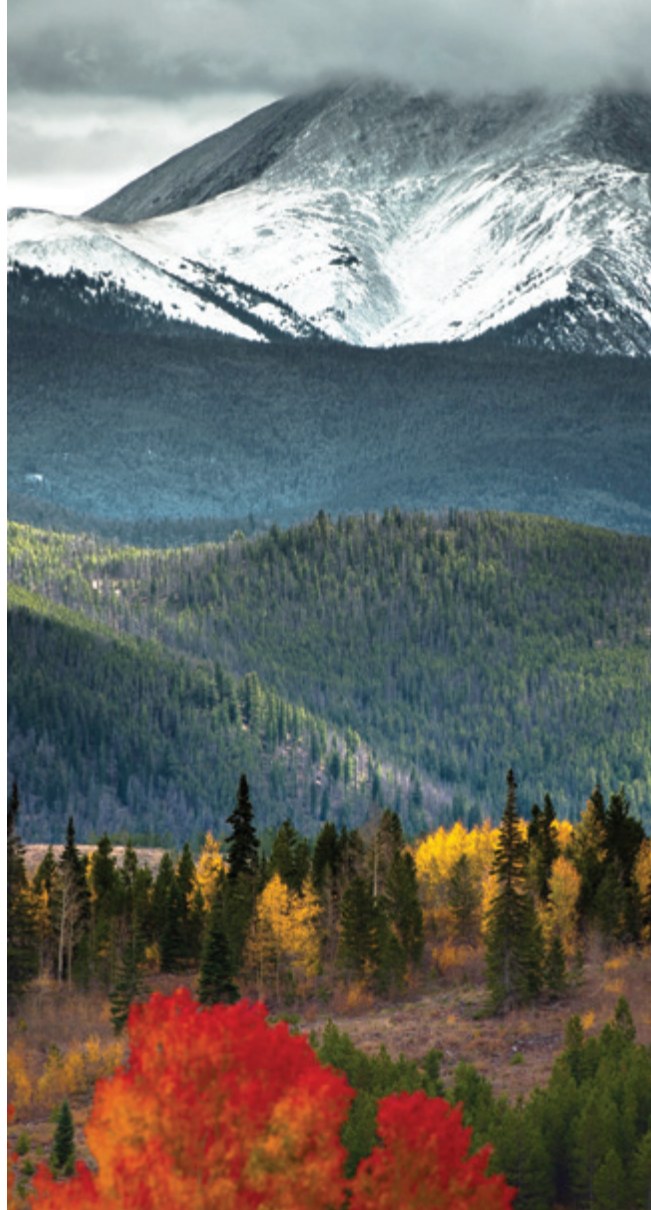


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YOUR CITY OF CALGARY

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.

Visit calgary.ca/waste/drop-off/yard-waste for more information and make your yard clean-up a breeze!



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Visit sagehillyyc.com to purchase an annual Sage Hill community association membership for only **\$25** so we can fund events in the community, as well as tackle community improvement projects.

Improvement Plans Are:

- Sage Hill skating rink
- Community garden project
- Trash can vinyl decals wrap project
- Future playground lifecycle replacement

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A Registered Education Savings Plan (RESP) is a smart way to begin saving for your child's or grandchild's education after they finish high school. It's a savings plan that's meant for the long term.

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HALLOWEEN in TRANSYLVANIA

Sighișoara, a medieval Transylvanian town, is a UNESCO World Heritage Site and the birthplace of Vlad Dracul (Vlad the Impaler). Dracul served as inspiration for Bram Stoker's blood-thirsty protagonist in *Dracula*. For historic and literary reasons, this town is a popular Halloween destination, hosting parties and tours of Dracula's castle!



Symons Valley Park Update

Join Our Team: Board Secretary Wanted!

Dear Neighbours,

Are you passionate about community involvement and want to play a vital role in shaping the future of our neighbourhood? We're currently searching for a dedicated and enthusiastic individual to join our team as a board secretary!

Role Description:

As the board secretary, you will serve as an essential link between board members and community residents. Your responsibilities will include:

- Recording minutes: Accurately record meeting minutes during board meetings, ensuring all decisions, discussions, and action items are documented.
- Communication: Maintain effective communication with board members, ensuring they have access to relevant documents and updates in a timely manner.
- Archiving: Organize and maintain historical records, ensuring easy access to past meeting minutes, reports, and other essential documents.
- Meeting preparation: Assist with meeting preparation, including creating agendas and distributing them to board members and residents.
- Collaboration: Work closely with the board president and other board members to support the smooth operation of the board and facilitate productive discussions.

Qualifications:

- Strong organizational and time-management skills.
- Excellent written and verbal communication skills.
- Attention to detail and a commitment to accuracy.
- Ability to maintain confidentiality.
- Proficiency with basic office software (e.g., Microsoft Word, Google Docs).

Why Join Us?

- Make a meaningful impact on our community.
- Collaborate with dedicated and passionate board members.
- Gain valuable experience in community leadership and governance.

- Strengthen your organizational and communication skills.
- Be part of a supportive and close-knit team.

How to Apply:

If you are excited about the opportunity to contribute to the growth and success of our project, we encourage you to apply! Please reach out to president@symonsvalleyleisure.org.

The deadline for applications is October 31. Don't miss this chance to become an integral part of our community's future!

We look forward to welcoming a new board secretary who shares our passion for Symons Valley and its residents!

Sincerely,

Kris McPherson - President, Symons Valley Park

Word of the Month

Arcane: adjective (aar-kayn)
Mysterious, obscure, or understood by few.
"He had an arcane knowledge of Vedic astrology."



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Hello to residents of the riding of Calgary-Foothills. My name is Court Ellingson, and I am honoured to be your new MLA and provincial representative in the Alberta legislature. Having grown up in Valleyview, AB and living most of my adult life in Calgary, I bring both an urban and rural perspective to my work. I served as Vice President, Strategy with Calgary Economic Development and Program Director with the Calgary Innovation Coalition, and look forward to representing you, as well as our technology ecosystem, as Alberta's Official Opposition Critic for Technology and Innovation.

I live in Sherwood and I'm happy to call Calgary-Foothills home. Our constituency is diverse, and I'll work hard to represent all our communities in the legislature. As we prepare for the fall sitting of the legislature, I'd like to invite you to join MLA Julia Hayter and I as we celebrate the opening of our office space together on Thursday October 19, 2023 from 5:30 pm - 7:30 pm. Our Constituency Office address is 202-1829 Ranchlands Blvd. NW, Calgary. RSVP here: tinyurl.com/edgemontfoothillsofficeopening.

Throughout the election campaign, we heard that Calgary-Foothills needs additional public schools. In the Symons Valley communities, there are only two Catholic schools. Thousands of children are bussed or driven up to 30 minutes away to attend overcrowded schools in other parts of the city. We would love to hear from you on this important topic and are inviting you to join our Schools Town Hall on Monday, October 23 from 6:30 pm - 7:30 pm at 12 Arbour Lake Drive NW. RSVP here: <https://tinyurl.com/courtellingsonschoolstownhall>.

Should you require assistance with services such as notarizing documents, letters of support, or access to provincial resources, please feel free to book an appointment with my office.



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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!

Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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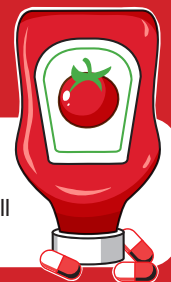
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The Medicinal Condiment

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.



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