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# DJ KELLY FOR WARD 4



## Calgary's Future Announces Official Endorsement for Ward 4: DJ Kelly

### DJ Kelly is a Proven Community Builder

Calgary City Council candidate DJ Kelly is a dedicated community leader who lives and works in Ward 4, where he's raising his family. He's the former Community Association President in Winston Heights-Mountview. DJ is a former City staffer who authored Calgary's Digital Strategy and also led strategy on the Corporate Cultural Transformation Project. He initiated Calgary's Open Data Portal, making City data available to the public, and the Calgary's Poet Laureate program.

As Director of Community Partnerships at the University of Calgary, DJ has built impactful partnerships with many different community groups to improve the lives of Calgarians, such as TELUS Spark, Calgary Economic Development, Calgary Pride, Calgary Stampede and United Way of Calgary and Area. DJ has also been recognized with local, national and international awards for his volunteer work.

### Here's why DJ Kelly is the right choice

Here at Calgary's Future, we're looking for council candidates who will give their community a real voice at City Hall. DJ's already led key municipal projects and championed transparency. He's helped build Calgary's reputation into a creative hub for arts and culture.

He knows how the City works better than most people, and he's demonstrated time and again that his main priority is to make Calgary, and Ward 4 a better place to live. We're confident he'll show up for his ward to do more than just vote no. Ward 4 deserves a councillor who knows the city, lives the issues, and gets things done. That's DJ Kelly.

### Here's why we're endorsing DJ Kelly:

- **Knows Ward 4:** Longtime resident, active in local schools and community groups.
- **City Hall experience:** Former City staffer who already knows how to get things done.
- **Proven leader:** Builds partnerships that make Calgary better.

*"I first ran in 2021 because neighbours asked me to step up when Ward 4 needed strong representation. Today, I'm running again because Calgary is at a turning point. We need councillors who listen, collaborate, and take action to build a city that works for everyone."*

— DJ Kelly, Calgary City Council Candidate for Ward 4



If you want to hear more about where DJ Kelly stands on the critical issues facing Calgarians, check out his answers to our Candidate Questionnaire.

MANY OTHER PACKAGES AVAILABLE!

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## The Birth of Ballet

On October 15, 1581, Catherine de' Medici, the Queen Mother of France, commissioned "Ballet Comique de la Reine" in Paris. The performance depicted the myth of Circe from Homer's *Odyssey* and is believed to be the first true ballet, combining music, dance, plot, and staging.





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## News from the Friends of Nose Hill

by Anne Burke

The first recorded land occupancy of Nose Hill was an 88,000-acre lease in 1882. Large range leases were bought by well-financed ranchers, such as Senator Patrick Burns, who purchased most of two sections of Nose Hill. Cattle grazing occurred until Nose Hill was established as a park. Crops, such as wheat, oats, and rapeseed, were first grown on the plateau in 1907. Privately held farmland was horse pasture until 1912. The negative impact of horse and cattle grazing was widespread on slopes and ravines. However, it helped to control taller nuisance weeds, such as thistle and common nettle.

By 1910, Calgary's boundaries extended north to 48 Avenue. Residential development between 1945 and 1959 pushed as far north as Capri Avenue and east of 14 Street as far north as 56 Avenue. Aerial photographs reveal traffic to and from fields on the Hill to sites in the ravines and gullies along the escarpment. There were many old vehicle trails. Pickups and 4x4 trucks on the Hill used the sloping benches south of 56 Avenue and east of 24 Street. Trail development and use by walkers increased with the Winter Club.

Gravel mining began in 1961. Many Owls Valley was part of the route for commercial trucks on the main road and along the ridge on the south slope of the valley. Severe damage was caused to slope crests and the top of hummocky areas. Construction of John Laurie Boulevard in 1968-69 caused overuse in areas without fencing. More people trespassed on private lands north of the Boulevard or drove to riding club stables south of the gravel pit. There were many horse trails and dirt bikes, walkers, and joggers from 1975 to 1980. Agriculture on the Hill was suspended in 1979.

## Cats, Canines, & Critters of Calgary



Charlie, Copperfield



Cody, Glenbrook



Dobby, Huntersen Place



Guzel, Huntersen Place



Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

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## Small Acts, Big Impact: How 4-H Builds Community Spirit

by Lori Nielsen, Manager, 4-H Intro Clubs

When you think about preparing kids for the future, what skills come to mind? Public speaking? Teamwork? Maybe learning to cook or manage money? At 4-H, all of those matter—but so does something bigger: the value of giving back.



Community service has always been a cornerstone of 4-H. Members don't just build skills for themselves; they learn how their actions can make a difference for others. Research from 4-H Canada shows that youth in 4-H are nearly three times more likely to volunteer in their communities compared

to the average Canadian teen. That sense of connection and responsibility is something families notice long after the program ends.

Here in Calgary, 4-H Intro Clubs give kids ages nine to 15 a chance to experience this first-hand through short, six-week programs. Alongside science projects, food experiments, and leadership games, every club includes a service activity—something as simple as making cards for seniors or helping with a local cleanup. The goal is to show that community spirit isn't about age, money, or time—it's about taking small steps that add up.

### Try This at Home: Community Service in Ten Minutes

Here's a quick family activity you can try tonight:

1. Grab some paper, markers, and envelopes.
2. Have each family member write a short "thank you" note to someone in your community—maybe a teacher, neighbour, or coach.
3. Deliver the notes together on a family walk.



It's a simple way to remind kids that kindness counts—and that even small gestures can brighten someone's day.

If your family is looking for more, Calgary's Intro Clubs are starting again mid-November with both a daytime club for homeschoolers and an evening club for busy families. These programs meet once a week for six weeks and let kids explore hands-on projects, teamwork, and leadership—without needing a farm or animals. It's an easy way to discover what 4-H is really about: life skills, friendships, and confidence that lasts.

For more information, contact [introclubs@4hab.com](mailto:introclubs@4hab.com).



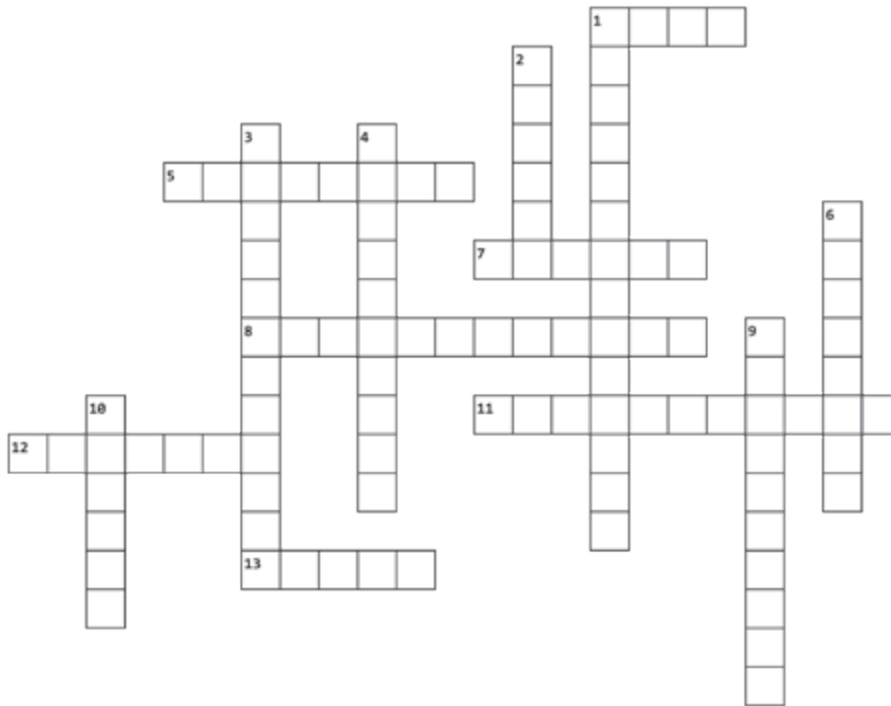
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# October Crossword



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answers or  
scan the QR  
code for the  
answers

## Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World \_\_\_\_\_' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

## Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black \_\_\_\_\_.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The \_\_\_\_\_* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in \_\_\_\_\_" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



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SCAN ME



## YOUR CITY OF CALGARY

### The 2025 General Election Is Here

by *The City of Calgary*

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the "Where Do I Vote?" tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3. The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at [electionscalgary.ca/vote](https://electionscalgary.ca/vote) or by calling 403-476-4100.



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## Halloween Safety

by Alberta Health Services



As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS 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.

# How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.



## Celebrating Calgary 150 - Booms and Busts (1967-1987)

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Calgary has seen many booms and busts, including the turmoil of the 1970s and 1980s. War caused gas shortages and then overdevelopment crashed oil prices, leading to Calgary's worst economic slump.

Great Canadian Oil Sands operated near Fort McMurray (ca.1962), the largest private investment in Canadian history.

Petro Canada became Calgary's newest, tallest building. Toronto-Dominion Square (ca.1977) was built, including Devonian Gardens. Calgary's downtown now has the most skyscrapers in Canada outside Toronto.

Bow Valley College received a building (ca.1972). Nearby the federal government's Harry Hays Building was built (ca.1978), with city hall relocating to the Municipal Building (ca.1985).

General Hospital #2 was demolished in 1973. A preservation society tried to save it. Today, Rundle Ruins holds its original sandstone foundations.

Deerfoot took a decade to build, named after the Siksika man, Api-kai-ees, who was known for winning the 1886 Dominion Day race. The C-Train opened (ca.1981) and has expanded since.

The Flames arrived from Atlanta (ca.1980), beginning a decade-long playoff streak. They occupied the Saddledome in 1983. It has a reverse hyperbolic paraboloid roof (think Pringles chip). But Calgarians saw a horse saddle and the name stuck.

For Calgary's 100th anniversary, Fort Calgary's site was preserved, which hosted a re-enactment of the NWMP's arrival. The Bow River Pathways and Century Gardens were established.

Glenbow Museum opened in 1976, followed by Arts Commons (ca.1985). It hosts the Orchestra in Jack Singer Concert Hall, one of North America's most acoustically acclaimed venues.

Brutalist architecture was all the rage. Mayland Heights School (ca.1968) has open spaces and sloping concrete walls. St. Luke's Church in Brentwood is another example.

More community institutions appeared. St. Vladimir's Church has unique copper-domed towers. Sien Lok Park celebrates Chinatown's preservation.

Nose Hill was also preserved. A stone medicine wheel represents where Indigenous ceremonies were once performed. Fish Creek Park was created from Burns' ranch lands.

1977 was the centennial of Treaty 7, when The Prince of Wales placed a marker at Blackfoot Crossing.

For recreation, Calaway Park (ca.1982) became Western Canada's largest amusement park. At Banff, Sulphur Mountain Gondola received a new complex (ca.1980). The summit had previously hosted a cosmic ray station.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF155UXD2?WS=SearchResults>. "Group examining tar sands, Fort McMurray, Alberta," 1927, (CU1176185) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://commons.wikimedia.org/wiki/File:Calgarytowershot.JPG>. A view from the Calgary Tower overlooking downtown (Suncor Energy Centre West Tower in centre), Calgary, 2008. Photo in the public domain.



[https://commons.wikimedia.org/wiki/File:Calgary\\_Devonian\\_Gardens\\_5\\_\(222085639\).jpg](https://commons.wikimedia.org/wiki/File:Calgary_Devonian_Gardens_5_(222085639).jpg). Calgary Devonian Gardens, July 2006 (Tony Hisgett, via Creative Commons Attribution 2.0 Generic license).



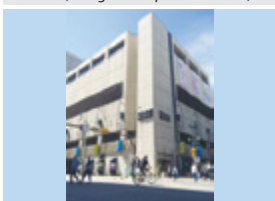
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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1QJ33MM?WS=SearchResults>. "[Deerfoot], Blackfoot runner; 1886, (CU1107025) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://commons.wikimedia.org/wiki/File:Atlantaflamesgoalhug.jpg>. Tom Lysiak (left), center with the Atlanta Flames (NHL), celebrates a goal with teammates during a game against the Colorado Rockies, circa 1978 (Rick Dikeman, image in the public domain).



[https://commons.wikimedia.org/wiki/File:Glenbow\\_NE\\_corner.jpg](https://commons.wikimedia.org/wiki/File:Glenbow_NE_corner.jpg). Glenbow Museum, NE corner, August 2015 (Darthrussel, Creative Commons Attribution-Share Alike 4.0 International license).

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## Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

### Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!



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**Chinatown 2 Bedroom Condo**



**\$799,900**  
JUST LISTED

**Chaparral 2-Storey**



**\$1,499,900**  
COMING SOON

**Large Varsity Bungalow**



**\$1,749,900**

**Varsity 5 Level Split**



**\$699,900**  
Sold 4 DOM 104% of List Price

**Varsity Bi-Level**



**\$819,900**  
SOLD

**Charleswood Raised Bungalow**

RE/MAX Real Estate (Mountain View) Suite 201, 4600 Crowchild Trail NW, T3A 2L6