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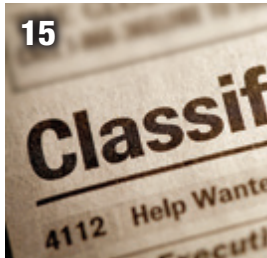
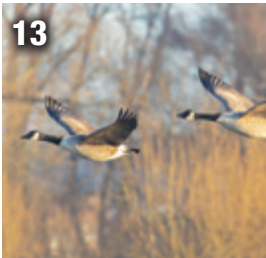
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**News, Events,
& More**



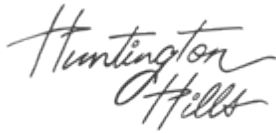
**Crime
Statistics**



**Real Estate
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Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.

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WHAT'S HAPPENING AT HHCA

Here's what's happening at HHCA!

The Huntington Pioneers Association is thrilled to announce the launch of a new class called Active Seniors! The class will be focused on gentle fitness for seniors to help improve flexibility, mobility, strength, posture, balance, mood, brain function, and improving overall health. The program is great for seniors looking for a gentler approach to fitness and activity. The program will run on Mondays at 2:30 pm, starting October 7. If you have any questions or would like more information, contact the HPA at pioneers50@shaw.ca or 403-275-4294.

Session Two of our Shiny Hockey program will be open for registration on October 25. Best suited for children aged 7 to 11. Our Shiny Hockey program is loved by children and parents alike. We provide a casual learning environment with on-ice supervision for players to gain hockey confidence, make friends, and have fun for an affordable price! The program is seven weeks in length. Visit our website for more information and to secure your spot for session two!



The fall and winter seasons are here, which means arena sports like hockey, ringette, skating, etc. are in full swing. LiveBarn has partnered with the Huntington Hills Community Association to make arena sports easily accessible. Never miss a game again by subscribing to LiveBarn. With LiveBarn, you can live-stream arena events or watch them on-demand on your devices. Use promo code `hhca-rink` for 10% off your subscription. Subscribe to LiveBarn today!

Host your corporate holiday parties in our Curling Lounge! With eight sheets of ice, seating for up to 64 guests, and bar service available, our family-friendly lounge is a great place to host your next gathering or corporate event! Contact our curling department at curling@huntingtonhillsalgary.com for more information on rental packages and booking!



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Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, 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.

The Art of Finding Work: What Determines Your Worth to an Employer? The Job Market or You?

by Nick Kossov



Being paid what you're worth is a hot topic.

Five anecdotal examples of how employers assess a job's worth:

A Vancouver-based software company pays \$180,000 for a senior developer role, citing the high cost of living and intense competition for talent.

A nationwide retail chain compensates its store associates according to regional minimum wage laws rather than their individual skills and experience.

Even though the ideal candidate must have extensive fundraising expertise, a non-profit organization lowers the salary range for a grant writer position to accommodate the decline in donations.

A rural manufacturing plant pays its production workers less than their urban counterparts, citing the lower cost of living.

A consulting firm's compensation packages for junior analysts include a base salary, bonuses, and stock options designed to attract top graduates.

In the same way, the price of milk, housing, or dog food varies from store to store and region to region; a position's

worth isn't universal. What's universal when determining the value of a position is to consider the expected return on investment (ROI) for the employee's salary:

Productivity: For production roles, employers estimate the candidate's potential output, efficiency, and contribution to revenue or cost savings based on their skills, experience, and track record.

Revenue Generation: For revenue-generating roles, employers predict how the candidate will increase sales, secure new clients, or expand the business.

Cost Savings: For operational roles, employers estimate the employee's potential to improve processes, reduce errors, or streamline workflows, quantifying the expected cost savings the candidate will deliver.

Market Rates: Companies research salary benchmarks for similar roles in their industry and region.

Affordability (cash flow): How much can the company spend on payroll? (Companies closely monitor their payroll, their largest expense, to keep it from being a "profit distraction.")

These factors help employers determine what compensation will make the position worthwhile; in other words, the employee adds more value than their salary will cost.

Three key takeaways:

1. Employers seek to maximize the ROI on their human capital.
2. Candidates are more valuable when they're seen as synonymous with profits.
3. Worth (read: value) in the business world isn't subjective; it must be proven.

Internet talking heads, trying to appeal to today's prevalent sense of entitlement, advise job seekers to "demand their worth." This advice is the cause of the dilemma many job seekers struggle with: Should I base my compensation expectation on what I think I'm worth or what the job market says the job is worth?

Wrong question!

Job seekers should ask themselves, "Should I base my compensation expectation on what I can prove I'm worth or what the job market says the job is worth?"

Always strive to prove what you're worth, especially during an interview, while considering the following:

Evaluate the job responsibilities.

Expertise-intensive, decision-making-intensive, complex, or business-critical roles garner higher compensation. For instance, senior data scientists earn more than entry-level data analysts.

Additionally, there's the scope and scale of the role. Directors and managers overseeing multimillion-dollar budgets or large teams are valued more highly than those in smaller managerial roles.

Know the industry standard.

Platforms like Glassdoor, PayScale, and Salary.com, as well as government labour statistics and industry association surveys, provide crowdsourced salary data you can use as a starting point. Even though the objective of proving your worth is to obtain the highest compensation possible, you don't want to ask for compensation that's excessively outside the ballpark.

Supply and demand (a critical factor).

ECON 101: Supply and demand influence price; hence, roles with a limited talent pool and high demand will naturally command a higher salary.

The shortage of certain specialized technical skills, such as cybersecurity or data engineering, increases the cost of hiring those candidates. Conversely, recruiters and talent acquisition specialists are abundant, so employers can be more selective and offer lower salaries.

The employer's budget (the most significant determining factor).

Employers aren't a bottomless pit of money. As much as 70% of a business's expenses can be attributed to labour costs (wages, benefits, payroll tax). Much like we're constrained by financial realities when shopping for "whatever," employers are similarly constrained when hiring.

Organizational size, revenue, profitability, investor and shareholder demands, and strategic priorities are considered when determining a position's wage. Generally, companies allocate higher compensation budgets to roles essential to achieving their key objectives.

Never base your expectations solely on your own sense of worth. Research industry benchmarks, regional pay

trends, and the specific demands of the role. Then, be prepared to discuss and justify the measurable value (key) you can bring to the employer. Highlight your unique skills, experience, and, most importantly, the results you've delivered.

Some examples of this could be:


- Grew email subscriber list from 300 to 2,000 in eight months with no budget increase.
- Managed 500+ customer accounts for five years without a complaint and got a 98% rating on reviews online.
- Wrote 400+ informative articles, increasing organic website traffic by 21%.

The job market is the primary determinant of a role's worth—not your personal assessment. (Why should employers be responsible for the lifestyle you created?) A successful job search comes down to convincing an employer that your compensation request will result in a positive ROI.

BRAIN GAMES **SUDOKU**

1			8					
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All About Low Blood Pressure

by Alberta Health Services

Blood pressure is a measure of how hard blood pushes against the walls of your arteries as it moves through your body. Low blood pressure means that your blood pressure is lower than normal. It's also called hypotension.

In healthy adults, low blood pressure may not cause problems or symptoms. In fact, it may be normal for you. But if your blood pressure drops suddenly or causes symptoms like dizziness or fainting, it is too low.

In general, low blood pressure symptoms happen when blood pressure is less than 90/60.

The Causes of Low Blood Pressure

Often people learn that they have low blood pressure when their doctor checks it. Or you may find that you have low blood pressure when you check it at home. To check for the causes of your low blood pressure, your doctor will ask about your past health, your symptoms, and the medications you take. You will have a physical exam, and other tests may be done. Your doctor may check for another health problem that could be causing your low blood pressure.

Some causes of low blood pressure include:

- Getting up quickly after you sit or lie down. This can cause a quick drop in blood pressure called orthostatic hypotension.
- Standing for a long time.
- Not drinking enough fluids (dehydration).
- Medications. Examples are high blood pressure medicine or other heart medicines.
- Health problems. Examples are thyroid disease, severe infection, and neuropathy.
- Trauma. Examples are major bleeding and bad burns.

Symptoms of Low Blood Pressure

Many people with low blood pressure don't have any symptoms. Symptoms to watch for include:

- Feeling dizzy, light-headed, or faint.
- Feeling sick to your stomach or vomiting.
- Feeling more thirsty than usual.
- Having blurry vision.
- Feeling weak.



- Being confused.
- Being tired.
- Having cold, clammy skin.
- Breathing very fast.
- Having a fast heartbeat.

If you have symptoms of low blood pressure, especially dizziness or fainting, call your doctor. Watch for symptoms of low blood pressure. Tell your doctor when the symptoms happen so they can be treated.

Prevention and Treatment

Treatment depends on your symptoms and what's causing the low blood pressure. Your doctor may have you:

- Get fluid through an intravenous (I.V.) line. This helps with dehydration.
- Change or stop medications that lower your blood pressure.
- Take medicine to treat the problem that is causing low blood pressure. For example, you may need antibiotics to treat infection or medicines to stop vomiting or diarrhea.

Your doctor may suggest that you try some ways to prevent symptoms. To reduce dizziness, you might try standing up more slowly, drinking more water, or limiting alcohol. Other ways could include:

- Add more salt to your diet.
- Drink more water.
- Drink little or no alcohol.
- Wear compression stockings.

Be sure to talk with your doctor before you add more salt to your diet. If you feel dizzy or light-headed, sit down or lie down for a few minutes. Or you can sit down and put your head between your knees. This will help your blood pressure go back to normal and help your symptoms go away. If your doctor prescribes medicine to help prevent a low blood pressure problem, take it exactly as prescribed.



4-H in the City - It's Not Just for Farm Kids!

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H Intro Clubs are returning and they're ready to give Calgary youth a taste of what 4-H is all about for another year! Since its launch last fall, 4-H Alberta's Intro Clubs have introduced 4-H in the City to 75 Calgary youth ages nine to 16. With the support of the Calgary Foundation, we are thrilled to extend this pilot program for another year.



While 4-H has its origins in agriculture, urban 4-H clubs have expanded the program to include projects that cover a wide array of projects, including foods, science, crafts, health and fitness, performing arts, photography, and much more! The 4-H program combines youth-led activities with adult-guided instruction to teach members lifelong skills such as effective communication, leadership, and friendships. After attending an intro club program, one mom commented, "My daughter is growing in confidence and creativity. This program is her favourite day of the week. She loves the new skills each week, the friends she has made, and the "club" format with special jobs for each member."

Now, more youth will see what 4-H is all about through these six-week programs. During Intro Clubs, participants will "Learn to do by Doing" with hands-on activities as they explore a variety of different 4-H projects including Health and Fitness, Food Sustainability, All About Bees, Art, Pottery, Baking with Sourdough, Floral Arranging, and more. With options available for both homeschool families during the day and evening sessions in NW Calgary starting in November, there's something for everyone. If you're intrigued and eager to learn more, feel free to reach out via email at introclubs@4hab.com.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.



**Councillor, Ward 4
Sean Chu**
 403-268-3727
 ward04@calgary.ca
 www.calgary.ca/ward4
 www.seanchu.ca

Greetings, Ward 4 Residents!

As the crisp October air settles in, it's time to prepare our homes for the winter season. In this month's newsletter, we've put together some essential tips and reminders to help you get ready. From protecting your pipes to winterizing your garden, we've got you covered.

Preparing Your Home for Winter? Start with the Homeowner Water Guide Fall Checklist.

This checklist offers reminders and helpful tips, including:

- Inspect toilets, taps, humidifiers, hot water heaters, water softeners, and other water-using devices for leaks.
- Shut off your outdoor water supply and winterize your irrigation system to prevent winter leaks.
- Consult the Watering 101 Guides to determine when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in garden beds over winter to create a habitat for pollinators.

Toilets, faucets, and outdoor irrigation systems are common sources of household leaks. Our Homeowner Water Guides offer step-by-step instructions for identifying and fixing leaks, enhancing water efficiency, and preparing your yard for winter. Together, we can make every drop count. For the Fall Checklist and more, visit calgary.ca/waterguide.

Enjoy the Holidays Without Clogging Your Pipes

The holidays bring thoughts of food, family, and fun, with the aromas of gravy, turkey, and bacon filling the air. However, remember that fats, oils, and grease (FOG) can block pipes and cause costly sewage backups if they go down the drain.

Remember to:

- Cool it: Allow FOG to cool in a disposable can or container.
- Scrape it: Transfer it into a certified compostable or paper bag.
- Compost it: Place the sealed bag in your green cart.

Smaller amounts of FOG can be wiped up with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

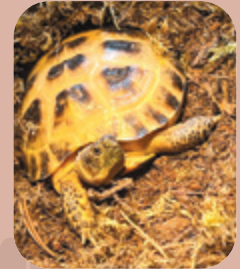
Kind regards,

Ward 4 Councillor Sean Chu

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Celebrate Your Spiritual Side!

Settling into the routine of fall schedules can often leave us longing for connection. Cultivate your faith/spirituality and connect with others on their faith journeys through:

- Sunday morning worship at 10:00 am, followed by refreshments and conversation
- Going Deeper Study Groups, Mondays at 2:30 pm
- Senior Socials, the third Friday of the month from 1:00-3:00 pm (refreshments, conversation, and entertainment)
- Monthly Book Club, the fourth Wednesday of the month at 10:30 am
- Spiritual Direction Groups (contact us for more information)
- Pastoral care and conversations
- And, we are always open to new ideas and ways to support your spiritual journey!

Good Shepherd Church

☎ 403-274-4888

📍 6311 Norfolk Dr NW, Calgary AB

✉ moravian@telus.net

