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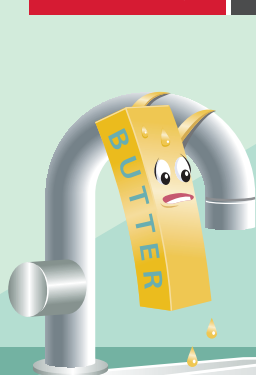
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- Supply & install new subfloor
- Installation of new tile flooring
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## Sulphur Mountain Sasquatch

by Garth Paul Ukrainetz

Where hot springs flow from long ago  
Where mountain trees did younger grow  
A Sasquatch soaked in water hot  
And all his problems there forgot

But then one day his world would change  
His dear ol' Rocky Mountain range  
Banff National Park, the first to be  
Now tourists flocked for all to see

Up Sulphur Mountain Sasquatch climbed  
His favourite hot pool left behind  
He at the top made cave of snow  
And cried alone in moonlight's glow

From high above he got to scheming  
He'll go back down while Banff was dreaming  
So, down below he'd go at night  
And back up top by morning light

Where hot springs flow from long ago  
Where mountain trees now older grow  
A Sasquatch soaks in water hot  
With one eye open, lest he be caught



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**GREENVIEW**



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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.

## 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.



## 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.



## PICKING UP THE PIECES *The Songs of Gordon Lightfoot*

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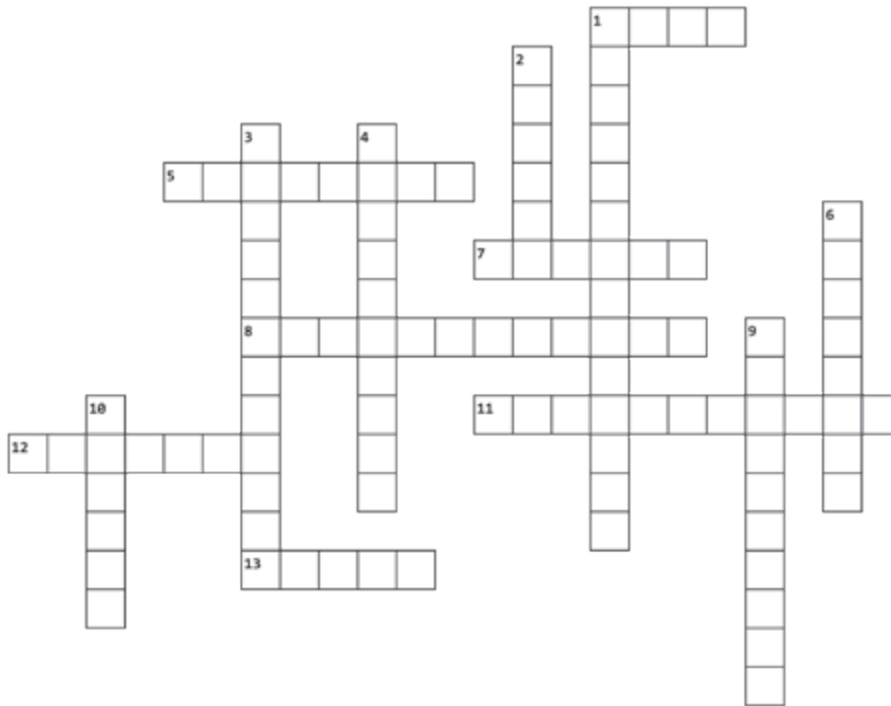
Tickets: \$25 (14 & under free)

[www.winstonheights.ca/events](http://www.winstonheights.ca/events)





# October Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
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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## ***THE ROCKET***

On October 19, 1957, hockey history was made. Montreal Canadiens star Maurice "Rocket" Richard became the first player in NHL history to score 500 goals. He reached the milestone on home turf at the Montreal Forum, cementing his legacy as one of hockey's greatest legends.



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SCAN ME



# The Art of Finding Work: Job Seekers: Be Clear on Your “Secret Sauce”

by Nick Kossovan

Most job seekers present themselves to employers as a jack of all trades, master of none, when they should be presenting a unique set of skills.

You think you're talented.

Everyone you're up against thinks they're talented.

What makes you special?

When you apply for a job, possessing the necessary skills and qualifications is not enough. You need to find ways to differentiate yourself; otherwise, you will blend in with the other job seekers you're competing against.

The key to differentiating yourself and rising above all the noise so you're seen and heard rather than ignored lies in your “secret sauce”—the unique skills, experiences, and attributes that make you one-of-a-kind. Thus, you become what most job seekers aren't: memorable.

### Asking Yourself the Following Questions Will Help You Define Your Secret Sauce:

#### In My Current or Previous Positions, What Were My Favourite Tasks?

For the most part, we enjoy activities we're good at (e.g., working with numbers, designing costumes, conducting research, organizing events, writing blogs). Our inherent strengths and aptitudes create a natural talent for the activity, thereby making it enjoyable since you're not fighting who you are.

List everything, work-related and non-work-related, you enjoy doing.

#### What Feedback Have I Received from Colleagues or Supervisors Regarding My Work?

Reflect on your career journey. Think of all the positive and negative feedback you received, whether in formal performance reviews or an offhand manner, regarding your work or something you did.

- “I enjoy sitting in on your presentations.”
- “You have a knack for listening.”
- “The way you motivate your team is impressive.”

#### What Problems Have I Successfully Solved in Previous Positions?

Every position exists to solve a problem. For instance, accountants are hired to monitor a company's incoming revenue and outgoing expenses and oversee its compliance with local tax laws.

What problems have you solved for your employers? Increased website traffic? Decreased spending? Increased customer satisfaction? Decreased safety violations? Increased sales? (employers' favourite).

#### What Unique Experiences or Backgrounds Do I Have That Contribute to My Skill Set?

A candidate who grew up in Québec City will have a competitive edge being fluently bilingual over someone who simply attended French immersion in Calgary, Alberta. The same could be said for a candidate whose mother was a social worker, making them more attuned to the needs of others, or their father who was a pharmaceutical representative, thus exposing them to human dynamics that influence.

Everyone has a unique story of how their place of birth and experiences, especially first experiences, developed their strengths and passions. Explaining to an employer that your enjoyment of and passion for providing customer service comes from having spent your weekends and summers working the front desk at your family's 85-room hotel in Estevan, Saskatchewan, has much more impact than simply saying, “I like helping people.”

#### What Skills Have I Gained Through Hobbies or Volunteer Work?

I once hired a call centre agent who volunteered at a local suicide prevention hotline for several years. And a candidate who coached a little league baseball team turned out to be one of the best first-time managers I ever hired.

Don't ignore the skills and experience you've acquired outside your employment or education. Skills, experience, and knowledge aren't just acquired at work or school. The skills and experience you gain from volunteering, starting/running a business, being a parent, playing in a sports league, or serving on your condo board can be valuable to employers.

If the above questions don't solicit as many skills as you'd like, seek the opinions of family members, friends,





and colleagues. Ask them what they think your key strengths are. Their insights may surprise you.

Once you've identified your hard and soft skills—your soft skills (e.g., communication, critical thinking, time management) are the most important to employers—you need to communicate your unique skills as selling points. Merely listing your “skills” and “qualifications” doesn't distinguish you from other applicants. You must describe who you are and what you offer in a straightforward, memorable narrative conveying your unique value proposition.

Not memorable: “I speak French.”

Memorable: “I was born in Québec City. French is my mother tongue.”

Additionally, frame your skills and qualifications in terms of how they can benefit an employer.

No value add: “I have strong analytical skills.”

Value add: “During my seven years as a financial analyst at Wayne Enterprises, I developed above-average analytical skills that enabled the company to take advantage of several initial public offerings that turned out to be quite lucrative. One recommended buy resulted in a \$7.5 million gain within less than a year.”

Based on my experience, most candidates fail to emphasize their uniqueness; hence, they don't stick in my head. Given the number of candidates I've interviewed throughout my career, one would think I'd have heard many inspiring, funny, entertaining, and sad career and life stories. Unfortunately, that's not the case. Job seekers need to work on being mentally sticky. In a competitive job market filled with qualified candidates, articulating your secret sauce will ultimately set you apart.

# School Board Trustees in the Upcoming Election

by Brit Hart, Public School Board Trustee Candidate



As the city prepares for the municipal election on October 20 there is always a great deal of attention paid to the Mayoral candidates and Councillors. This election also provides the opportunity to elect a Public or Separate School Board Trustee. I wanted to take this opportunity to let you know about the role that a School Board Trustee plays and where you can find information about the candidates running in Ward 2. Education is top of mind for many Albertans and voting for a Trustee can make a significant impact on parents, guardians, teachers, and administrators.

### **What Does a Trustee with the Calgary Board of Education Do?**

**Advocacy** – It is the role of a Trustee to consult with Calgarians and advocate for public education, the local school system, and the success of its students.

**Accountability** – The Board of Trustees set expectations through policy to achieve a desired result. This creates a system that can easily be monitored and evaluated to measure rate of success in achieving these results.

**Fiduciary** – It is the responsibility of the Board of Trustees to ensure that each student has the opportunity to

achieve their potential, that they are safe at school, that the jurisdiction's financial and capital resources are well managed, and that all business is conducted in a legal and ethical manner.

**Decision Making** – Each Trustee must gather information from many sources, process that information and evaluate it in order to make a decision that considers the interests of all the students the CBE serves – not just the interest of a particular school or community.

There are five candidates running for Public School Board Trustee in Ward 2 and you can find more information about each candidate by visiting <https://www.electionscalgary.ca/for-voters/candidates-school-board.html>.

It is also important to note that as information becomes more available regarding the looming teacher's strike in Alberta, the Calgary Board of Education has created a Labour Action information page with updates for parents and guardians to help them better understand what is happening and how it will affect students. <https://cbe.ab.ca/news-centre/Labour-Action>.

## 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.



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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!



**MLA Calgary - Klein  
Lizette Tejada**

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Hello October!

As the leaves start to turn and we settle into fall, I want to thank everyone who's taken the time to connect over the past few weeks—whether at community events, town halls, or just out in the neighbourhood. It's been great to hear directly from you about what matters most.

Session is set to begin at the end of the month, and I'm heading in with your voices in mind. The issues coming up again and again are healthcare and education—two areas that impact every family and deserve serious attention. I'll be working hard to make sure your concerns are heard loud and clear.

It's also been great to see so many of you at town halls recently. These conversations are invaluable, and I appreciate your honesty, your questions, and your ideas. If there's a gathering in your area, let me know—I'd love to join.

And of course, October wouldn't be complete without Halloween. Whether you're carving pumpkins, dressing up, or just enjoying the candy, I hope you get a chance to have some fun and connect with your community.

As always, my constituency office is here to support you—whether it's navigating provincial programs, answering questions, or connecting you with the right resources. You can reach us by email at calgary.klein@assembly.ab.ca or by phone at 403-216-5430.

To stay up to date, follow me on Facebook, Instagram, Twitter, Threads, and Bluesky under the handle @lizettendp.

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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.