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Please contact timbits@dqca.ca for more information.

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January 17 and 18, 2025

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2. Register your children in Timbits Soccer – our local U4, U6, U8 soccer league.
3. Be an active contributor and supporter of your community.
4. Vote at the Annual General Meeting.
5. Sit on the board, or become involved in regional committees and initiatives.
6. Be aware of planning and development issues.
7. Maintain and improves outdoor rinks and shacks.
8. Support your community newsletter.
9. Pay-it-forward bottle drive program.
10. Make a difference and be an ambassador for your community.

You don't have to live in the community to use the Benefit Partner Program. Encourage your nearby friends and family to buy a Membership too!

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Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

Back to School: Healthy Eating for Post-Secondary Students

by Alberta Health Services

Starting your first year at post-secondary is an exciting time. From attending orientation to finding the best place on campus to study, you will have many new experiences during the school year.

There are plenty of tips online about the best study methods to help you ace your exams, but did you know what you eat can also affect how well you do in school? Research shows that maintaining a healthy eating pattern may contribute to higher grade point averages in undergraduate students. Including a variety of vegetables and fruits, whole grains, and protein foods like chicken, fish, and beans in your meals and snacks can help provide your body and mind with the nutrients it needs to function at its best.

Starting Off on the Right Foot: Proper Equipment

If you moved away from home to attend school, you might be living on your own and preparing all your meals for yourself for the first time. Keep reading to find out what kitchen equipment you can use to prepare most dishes and some meal ideas to get you started.

Food skills are an important part of healthy eating. This includes knowing what foods to buy, where to buy them, and how to store and prepare food. The list below is a starting point that you can add to based on your budget and the types of foods you like to eat.

Helpful Kitchen Equipment:

- Medium-sized pot with a lid
- Non-stick frying pan
- Cutting boards – try to have at least two, one for raw meat and another for vegetables and fruit
- Knife for chopping
- Spatula and tongs – silicone versions of these tools can prevent damage to protective coatings on pots and pans
- Can opener
- A set of measuring cups and spoons
- Mixing bowl
- Instant read food thermometer – important for

checking that foods are fully cooked to help prevent foodborne illness

- Microwave safe food storage containers to store leftovers or bring food with you to campus to eat on the go

Having the equipment to prepare meals is the first step. Once you have settled into your new place, take the time to explore your neighbourhood to find the closest food store.

Throughout the school year, you may find it takes a lot of time and energy to figure out what to cook every day. Meal planning can help you decide what to eat, help stay within your food budget, and reduce food waste. Here are some quick meal ideas to fuel your brain and body.

- Greek or Icelandic yogurt topped with whole grain cereal, fresh or frozen fruit, and nut or seed butter.
- Burritos made with eggs, cheese, tomatoes, and green onions wrapped in a whole wheat tortilla. Add salsa to the eggs for extra flavour.
- Add a protein food of choice like canned tuna, beans, or cooked chicken to a pre-made salad from the grocery store.

You can also use Canada's food guide plate as a guide for building meals. Aim to make $\frac{1}{2}$ your plate vegetables and fruit, $\frac{1}{4}$ whole grain foods, and $\frac{1}{4}$ protein foods. Along with healthy eating, hydration also contributes to your health. Try to make water your drink of choice. Keep a reusable water bottle with you to drink from throughout the day to help make it easier to stay hydrated. A healthy lifestyle also includes allowing seven to nine hours for sleep a night and making physical activity part of your routine to support your overall health.

Find more resources on healthy eating including meal planning, recipes, and shopping tips at HealthyEatingStartsHere.ca and search "Choose and Prepare Healthy Food."

For information on food safety, including safe cooking temperatures, and general tips for handling, storing, and preparing food, check out the Food Safety page on Canada.ca.



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RESIDENT PERSPECTIVES

Persons Day

by Danielle Robbartz

October is a special month for women in Canada with the celebration of Women's History Month and International Day of the Girl Child. There is also Persons Day which has a



close connection to Albertans. You might find yourself wondering, what exactly is Persons Day, and how does it relate to women? The name may sound unusual, but the history behind it is deeply impactful. Before 1929, women were not considered "persons" in Canada's legal system. It wasn't until five determined women from Alberta decided to fight against this that the definition changed.

In 1927, the Famous Five - Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby, and Henrietta Muir Edwards - asked the supreme court of Canada what the word "persons" entailed. They were surprised to hear that the definition of "persons" in the British North America Act did not include women. The British North American Act (now known as the Constitution Act, 1867) was a significant piece of law at the time as it laid out the obligations and power structure of the federal government and Canadian provinces. Therefore, it was especially significant that this Act did not include women in the definition of "persons."

The Famous Five did not take this omission lightly and went to Canada's highest court of appeal to fight against this injustice. Then on October 18, 1929, the Famous Five won their fight and they along with their fellow women were finally considered "persons." Which also meant women could serve on all levels of government.

Though there was (and some could argue still is) a long way to go in making the definition of "persons" more inclusive - not only in law but also in society (including people of colour, Indigenous people, etc.) - it was at least a step in the right direction. So, for this Persons Day let it be a kind reminder to us all that we are all "persons," and that no individual should be excluded from that ever, no matter their ethnicity, religion, race, nationality, sexual orientation, or gender.

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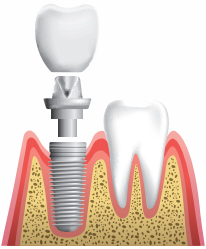
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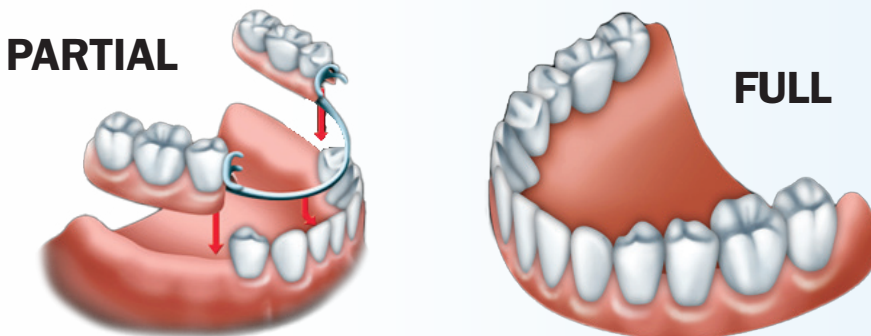


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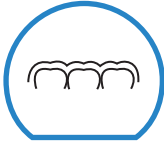
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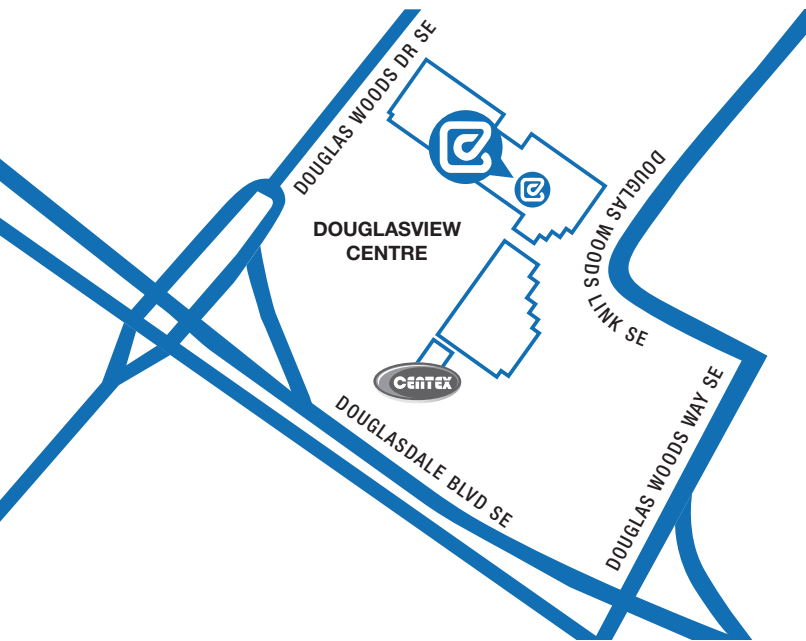


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Photo Gallery

by Marni Cain



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.

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SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.

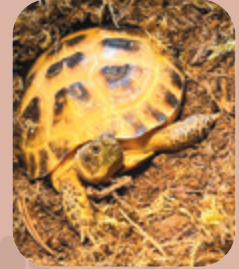


SCAN THE QR CODE FOR THE ANSWERS!

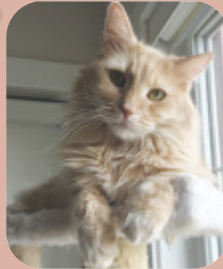
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Buck, *Montgomery*



Dry Bones, *McKenzie Lake*



Harper Lee, *Beddington*



Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



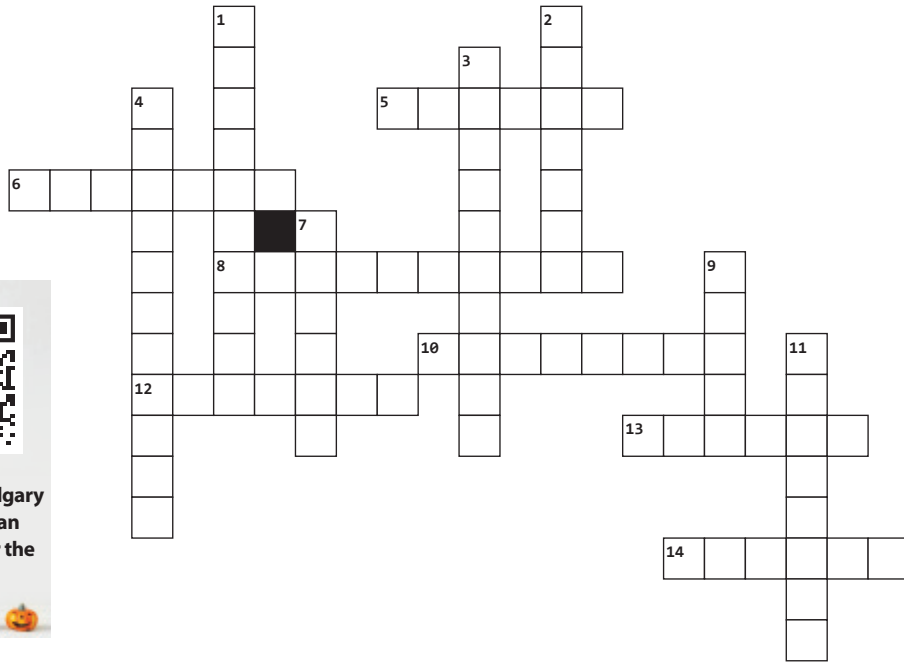
Leo, *Panorama Hills*



Percy, *Evanston*

To have your pet featured, email news@mycalgary.com

October Crossword



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



Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



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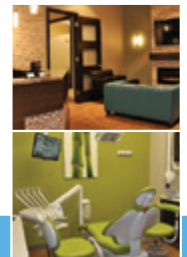
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