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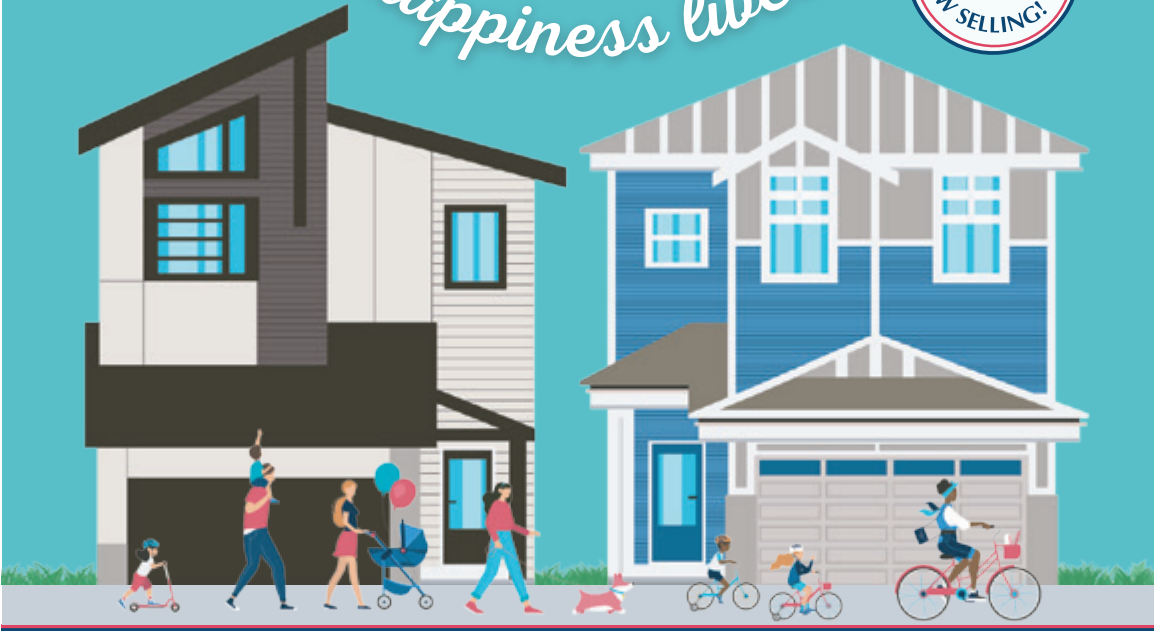
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To contact the SCA, email info@silveradoca.ca

COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. If you wish to join us or if you have any questions, please feel free to email us at info@silveradoca.ca.

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to info@silveradoca.ca!



TAKE ON WELLNESS

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!



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Silverado
COMMUNITY ASSOCIATION

Become a part in your Community! Join
the Silverado Community Association

Family Name:

Date:

Applicant's First Name(s):

Home Phone:

Address:

Postal Code:

Email:

- The easiest way to become a member is by registering on our website.
- Memberships cost \$25 per year for each address and are renewable annually. You may alternatively mail an application form to: Silverado Community Association, 141 Silverado Creek Crescent SW, T2X 0C5, or send an email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow three to four weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA-sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but you will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up to date on the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be found on our website at silveradoca.ca.



Follow Silverado Community Association on Facebook
www.silveradoca.ca



South Health Campus Wellness Centre

Better Health for Free

Find information, resources, and classes to help make decisions about your health. Visit the 2023 Fall Program Guide for more information and registration details at www.ahs.ca/shcwellness.

Questions? Call 403-956-3939.

Upcoming Free Programs in October and November 2023

Tasty Low Salt Cooking

Are you struggling with how to implement a lower salt (sodium) diet? Learn practical ways to lower salt in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Register for one or both classes.

When: Dips and Sauces: October 10 from noon to 1:00 pm.
Meal Ideas: November 21 from noon to 1:00 pm.

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration: <https://redcap.link/TastyLowSaltCooking>

Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue or mobility issues related to neurological conditions or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

When: October 18 from noon to 1:30 pm.

Program Provider: AHS Nutrition Services Registered Dietitians, Allied Health and the Wellness Kitchen.

Registration: <https://redcap.link/CookingWhenFatigued>

Easy and Healthy Mediterranean Cooking

The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being.

When: November 16 from noon to 1:30 pm.

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration: <https://redcap.link/EasyHealthyMediterraneanCooking>

Food and Nutrition for Cancer Treatment and Recovery

Are you faced with eating challenges due to swallowing difficulty, taste changes, or dry mouth caused by your cancer treatment? Learn and share tips for regaining health through good nutrition with other survivors. Plan to attend both sessions.

When: October 26 and November 2 from 10:00 am to noon.

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen.

Registration: <https://wel.gametime.net/cne/public/list>

Stampede BBQ Thank You

Thanks to all of you that participated in our Silverado events this past summer! We would like to especially thank all those who helped to make this year's Silverado Stampede BBQ such a great success.

Thank you to the sponsors:

- Sobeyes
- Rollin' Smoke BBQ
- Solar YYC
- TD Bank
- The Office of Honourable Rebecca Schulz, MLA for Calgary-Shaw

We'd like to express our appreciation to the 264 Somerset Bridlewood Scouts for their enthusiastic participation. A special shoutout goes to Paul Geddes from Zimco and Multiply Church for their generous contribution of chairs and tables. We also extend our gratitude to the other vendors who played a valuable role in making this event possible.

Congratulations to the prize winners Kaitlyn and Sharon. Kaitlyn won the 50/50 draw, with proceeds going towards the Silverado Rink, and Sharon won the SCA Member Raffle, which was a prize pack generously donated by Cavalry FC.

Lastly, we would like to invite anyone who may be interested in becoming a member of the Silverado Community Association to act now. It's easy to sign up, just head to our website, www.silveradoca.ca and click on register.



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1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
				1	8			
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April	23	14	14	\$503,950	\$515,625
March	23	19	17	\$539,000	\$550,000
February	23	20	22	\$491,200	\$498,750
January	23	16	11	\$525,000	\$524,500
December	22	6	8	\$444,450	\$433,750
November	22	4	7	\$520,000	\$515,000
October	22	15	15	\$470,000	\$499,900
September	22	13	17	\$460,000	\$455,000

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Real Estate Statistics



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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A promotional graphic for mybabysitterlist. It features the logo at the top, which includes a cartoon baby and a woman. Below the logo is text about calling all babysitters and parents. The background is light blue with colorful blocks at the bottom right.

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A promotional graphic for Carya. It features a purple background with a pattern of colorful dots at the top. In the center, there is a photo of two children wearing safety gear. Below the photo is text about opening a free RESP account and receiving a \$20 gift card. To the right of the text is a QR code. At the bottom, there is text for more information and the Carya logo.



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