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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.



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Vacant	Development Committee
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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!

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.



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News, Events, & More



Crime Statistics



Real Estate Statistics





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SilverSpruceCalgary.com



Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4



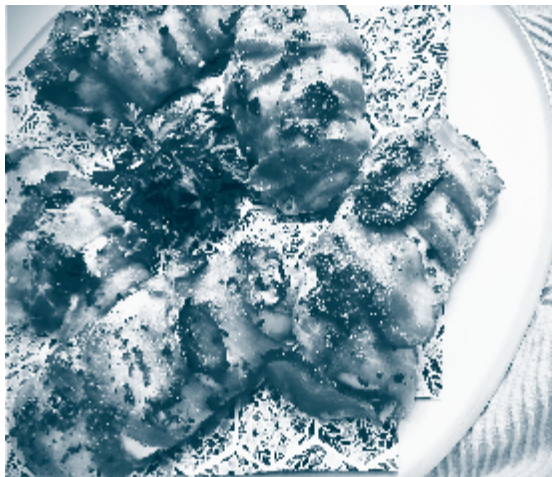
Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!



Use the Homeowner Water Guide Fall Checklist to Prepare Your Home and Yard for Winter

by the City of Calgary



Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.

You'll find reminders and tips like:

- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

Together, we can make every drop count.

To find everything you need, including the Fall Checklist, visit calgary.ca/waterguide.

Join us at Red Deer Lake United Church where we come together in community and explore God together Sunday mornings at 10:30 am. We are excited to share that our Sunday Worship Services are now livestreamed and can be found on YouTube - @RedDeerLakeUnitedChurch. We are an affirming, safe space for all. Our location is ideal and easy to get to via Stoney Trail, virtually only taking minutes from most anywhere in the city. Don't let our name fool you, we're closer than you think!

MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- ***NEW*** Sound & Soul Service – October 3, 7 pm
- On The Edge Concert Series with Tim Isberg – Friday, October 18, 7:30 pm
- Soup Lunch – October 20, following the service
- Men's Breakfast – October 26, 9 am
- Family Pumpkin Carving Event – October 26, TBA
- ***NEW*** Low-Sensory Worship – October 27, 4 pm
- Sound & Soul Service – November 7, 7 pm
- Community Handcrafted Market & Cafe starts on November 16, 10 am – 3 pm
- Turkey Supper – November 30, 5 pm

RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a one-time or recurring basis. You do not need to be affiliated with the church to rent our space. Some of our past and current tenants rent our facilities for catering, art shows, music concerts, business meetings, and of course, weddings, baptisms and funeral services. Our memorial garden is a beautiful place for photos.

For more information about booking an event, availability, and pricing, please contact the office at office@reddeerlakeuc.com or (403) 256-3181.

You may also complete the Rental Booking Request form on our website to submit your requirements. Visit us at <https://reddeerlakeuc.com/> to stay up to date on all our events!





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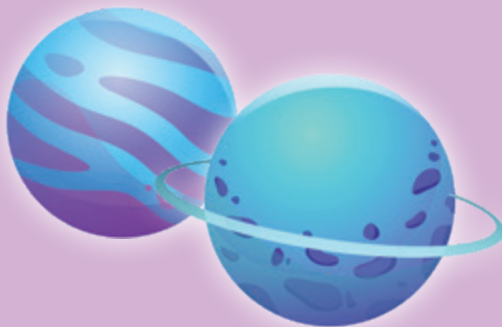
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ICE GIANTS

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Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.



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🌐 stephaniekusiemp.ca

Dear Constituents,

In mid-September, I returned to Ottawa for the start of the fall session of Parliament. United behind our leader Pierre Poilievre, my Conservative colleagues and I started right where we left off in June holding the Liberal government to account. Throughout the summer I heard from many constituents across every corner of Calgary Midnapore who have had enough, and I've brought back your stories to Ottawa.

Our Commonsense Conservative team will continue to advocate for our plan to axe the tax, build the homes, fix the budget, and stop the crime.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore and this great country my home.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media: @StephanieKusiePolitian (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



BRAIN GAMES

SUDOKU

1			8					
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April	24	25	19	\$569,900	\$585,000
March	24	17	15	\$599,900	\$595,000
February	24	15	12	\$521,400	\$533,950
January	24	10	9	\$549,900	\$539,900
December	23	5	3	\$649,888	\$636,000
November	23	9	12	\$499,450	\$507,450
October	23	13	9	\$535,000	\$526,000
September	23	9	8	\$604,894	\$611,500

To view more detailed information that comprise the above
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