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Red Deer Lake United Church

Join us at Red Deer Lake United Church where we come and explore God together onsite and online (YouTube - @RedDeerLakeUnitedChurch) every Sunday morning at 10:30 am. We are an affirming, safe space for all. Don't let our name fool you, we are closer than you think and are located only minutes from most communities in the South and 20 minutes from the Northwest via Stoney Trail.

UPCOMING EVENTS

Make sure to check out all of the upcoming events and services!



CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. Check out our upcoming concerts at <https://reddeerlakeuc.com/concerts>.

COUNTRY MARKET begins November 15, 10 am – 4 pm

We are expanding the market this year!

In addition to our great crafts/ beautiful handwork, homemade goodies and Gift Baskets, we are adding some outside vendors to the market.

The tables will be available to people who have services or items to sell which are unique and non-competing with each other and our own items. The tables will be rented for \$50 each. Interested in renting a table?

Contact rdlucfundraisers@gmail.com to book your spot today.

RENTALS

We are excited to launch Meadow Green, Wedding and Events Centre at Red Deer Lake United Church. Meadow Green is a 45,000 square foot facility that provides a variety of affordable spaces for weddings, workshops, art shows, performances and much more. For more information visit us at www.meadowgreenevents.ca or contact the office (403) 256-3181 to book your tour today!

Stay up to date on all our events at www.reddeerlakeuc.com.



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Did you know that along with the health benefits and delicious taste rhubarb provides, it also has some sweet musical sensibilities? Well, not exactly musical, but growers do say that when it is in the dark the plant grows so fast you can HEAR the squeaks, snaps, crackles, and pops of its rapid growth. How cool is that?!

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SILVERADO CONTENT**

**News, Events,
& More**



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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 silveradoca.ca@gmail.com. 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 silveradoca.ca@gmail.com.
- Silverado Community Association updates can be found on our website at silveradoca.ca.



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Silverado Community Association

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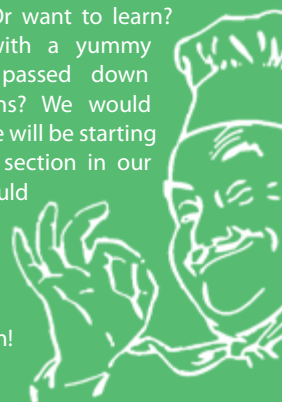
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To contact the SCA, email silveradoca.ca@gmail.com

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 silveradoca.ca@gmail.com.

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 silveradoca.ca@gmail.com!



Small Acts, Big Impact: How 4-H Builds Community Spirit

by Lori Nielsen, Manager, 4-H Intro Clubs

When you think about preparing kids for the future, what skills come to mind? Public speaking? Teamwork? Maybe learning to cook or manage money? At 4-H, all of those matter—but so does something bigger: the value of giving back.



Community service has always been a cornerstone of 4-H. Members don't just build skills for themselves; they learn how their actions can make a difference for others. Research from 4-H Canada shows that youth in 4-H are nearly three times more likely to volunteer in their communities compared

to the average Canadian teen. That sense of connection and responsibility is something families notice long after the program ends.

Here in Calgary, 4-H Intro Clubs give kids ages nine to 15 a chance to experience this first-hand through short, six-week programs. Alongside science projects, food experiments, and leadership games, every club includes a service activity—something as simple as making cards for seniors or helping with a local cleanup. The goal is to show that community spirit isn't about age, money, or time—it's about taking small steps that add up.

Try This at Home: Community Service in Ten Minutes

Here's a quick family activity you can try tonight:

1. Grab some paper, markers, and envelopes.
2. Have each family member write a short "thank you" note to someone in your community—maybe a teacher, neighbour, or coach.
3. Deliver the notes together on a family walk.



It's a simple way to remind kids that kindness counts—and that even small gestures can brighten someone's day.

If your family is looking for more, Calgary's Intro Clubs are starting again mid-November with both a daytime club for homeschoolers and an evening club for busy families. These

programs meet once a week for six weeks and let kids explore hands-on projects, teamwork, and leadership—without needing a farm or animals. It's an easy way to discover what 4-H is really about: life skills, friendships, and confidence that lasts.

For more information, contact introclubs@4hab.com.



WORD OF THE MONTH

Phantasmagoria: Noun
(phan-tas-ma-go-ria)

A rapidly shifting scene or sequence of pictures, like those in a dream.

What happens next was a phantasmagoria of mystery.



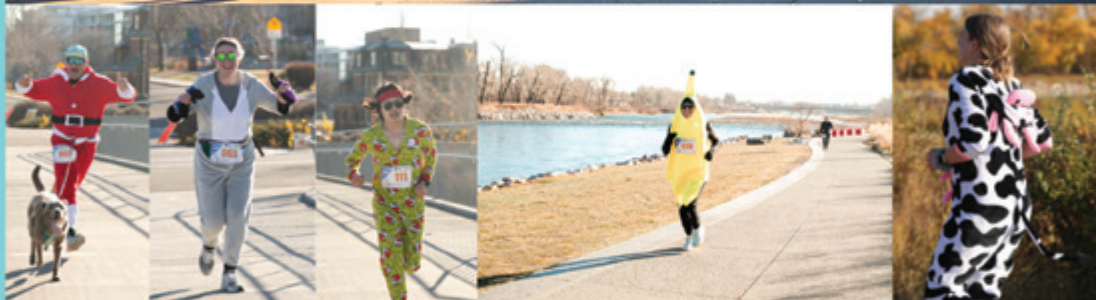
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July	25	14	14	\$686,450	\$679,375
June	25	22	16	\$617,400	\$616,000
May	25	18	19	\$699,900	\$690,000
April	25	17	13	\$759,900	\$737,500
March	25	20	13	\$575,000	\$585,000
February	25	19	18	\$589,900	\$584,250
January	25	21	18	\$594,900	\$582,500
December	24	8	10	\$592,400	\$584,500
November	24	13	16	\$636,950	\$639,500
October	24	19	18	\$592,450	\$583,250
September	24	15	13	\$625,000	\$615,000

To view more detailed information that comprise the above
MLS averages please visit silv.mycalgary.com



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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How You Can Support an Emotionally Avoidant Partner

by Nancy Bergeron, R. Psych. | 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.

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 or by calling 403-476-4100.





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Rightsizing vs Downsizing: It's Not About Less, It's About What's Next

by Christopher Matlashewski, Calgary Realtor and Rightsizing Specialist



The word downsizing can feel heavy. For many, it brings up thoughts of giving something up — losing space, letting go of memories, or saying goodbye to a home that's been filled with life. But what if we shifted the conversation? What if this next move wasn't about less, but about more? More freedom. More simplicity. More time. That's what I call rightsizing — finding the space that fits the life you're living now, not the one you had ten or 20 years ago.

Living in Alignment with Today

The home that served your family beautifully for decades might not serve your life today — and that's okay. Rightsizing is about recognizing that life evolves, and your space should, too. Maybe you no longer need a big backyard to mow or multiple levels of stairs to climb. Maybe those extra bedrooms are just collecting dust — or storage bins. When your home reflects your current stage of life, it becomes a place of comfort, not upkeep. Rightsizing doesn't mean lowering your standards. In fact, it often means raising them. It's about creating a home that supports your lifestyle, your values, and your next chapter.

It's Not About Square Footage — It's About Quality of Life

A smaller space can still feel luxurious. In fact, when your space is intentional, well-designed, and filled

only with the things you truly love, it becomes easier to enjoy the home and the life that comes with it. Without the burden of excess rooms, maintenance, or unneeded furniture, your time opens up. You can focus on what really matters: your health, your hobbies, your relationships, or that trip you've been meaning to take for years. Rightsizing means prioritizing freedom over square footage — and that shift can be incredibly empowering.

Making Space for What's Next

We often think of moving as leaving something behind. But what if it's about making space for what's next? Whether that means locking the door and heading south for the winter, spending weekends with grandkids, or finally taking up painting or golfing; the right-sized home is the launchpad, not the limit. By choosing a home that fits your life (rather than the other way around), you open the door to more experiences, more flexibility, and less stress.

You're Not Giving Up — You're Moving Forward

If you've been wrestling with the idea of downsizing but something about the word feels off — trust that instinct. You're not settling. You're evolving. Rightsizing is a move made with clarity, intention, and vision. It's not about having less. It's about creating more of what matters.

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!

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The Birth of Ballet

On October 15, 1581, Catherine de' Medici, the Queen Mother of France, commissioned "Ballet Comique de la Reine" in Paris. The performance depicted the myth of Circe from Homer's *Odyssey* and is believed to be the first true ballet, combining music, dance, plot, and staging.



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