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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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30 Everstone Blvd,
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Red Deer Lake United Church

96187 178 Ave West,
Foothills, AB T1S 2R9

St. Patrick Parish

1414 Shawnessy Blvd
SW, Calgary, AB T2Y 2L7

FAC Southwest (Campus of First Alliance Church)

16520 24 St SW
(Glenmore Christian
Academy)

SBCA Board of Directors

Sarah Milne	President
Jad Abboud	Vice President
Lena Chalmers	Secretary and Communications Lead
Nicole Klein	Treasurer
Sheryl Normandeau	Community Garden Director
Marlene Hahn-Bennett	Membership Director
Jad Abboud	Social Media Director
Mel Dunn	Events Director
Curtis Bouliane	Director at Large
Michelle Braun	Director at Large
Donna Revenco	Director at Large

SBCA Meetings

Meetings are held the first Wednesday of every month in the Jets Room in the Cardel Rec Centre at 7:00 pm.

Get a SBCA Membership!

Some Membership Benefits Include:

- Perks with local business incentives (check out our website for details)
- Free access to community events
- Access to the community garden

If you have any questions, contact Marlene at sbcamembershipcalgary@gmail.com.

SBCA Snippets

The autumn equinox has just passed, and we hope you're enjoying all that this fresh new season has to offer! There are plenty of opportunities in our communities to enjoy long walks in the crunchy fallen leaves (perhaps with a pumpkin spice-flavoured hot drink in hand?), why not head over to the Bridlewood Wetlands or perhaps the Somerset Water Park?

An exciting new art project is being undertaken in the community of Somerset! The Somerset Bridlewood Community Association has been awarded a grant from the City of Calgary to spruce up one of the utility boxes near the Somerset Bridlewood LRT station with artwork. South Calgary artist Faith Varvara will be creating a vibrant, colourful, and fun work of art on the utility box for everyone to enjoy as they pass by! Watch our socials and website for details about the official unveiling of the piece.

A reminder to SBCA members: you can use your membership to obtain discounts and incentives from local businesses! Make sure you get the most out of your membership when dining out, doing your drycleaning, ordering some flowers, buying pet food, purchasing hair products, and so much more!

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Somerset Bridlewood Community Association (SBCA)

Incorporated in 1997



Our Vision

Somerset Bridlewood Community Association is a multicultural community which engages and supports connections among neighbours of all ages.

Our Mission

We encourage social, cultural and recreational activities by inspiring our neighbours to create a positive impact with pride and ownership.



132-250 Shawville Blvd SE
PO Box 176
Calgary, AB T2Y 2ZY
sbcasecretarycalgary@gmail.com

www.mysbcacalgary.wordpress.com



Get a membership

Members are the cornerstone to the association. We develop activities and services to enhance our community's needs and interests. Your membership goes towards those activities, maintaining the community garden, and supporting the neighbourhood.

Senior (65 +) Membership \$10

Family Membership \$20

Business Membership \$40

Purchase or renew online

Note: Community Association memberships are separate and not affiliated with Residents Association fees.

Get involved

Did you know that SBCA is run entirely by volunteers? Volunteers are the backbone of the organization. A community that works together thrives together. It is a great way to participate in decisions made and give back, all while becoming more engaged in your neighbourhood.

Join the Board of Directors
Volunteer at Community Events
Share Skills & Start New Programs
Sponsor or Donate

SBCA Membership Benefits

- Somerset Bridlewood community association membership card must be presented to the businesses in order to access SBCA membership benefits.
- barBURRITO offers 10% discount on any item, dine in or take out only. Shawnessy location only.
- Bijoux Hair Salon offers 20% off any hair service (first visit only) and 10% off any haircare products. Shawnessy location only.
- Bridlewood Fine Drycleaning offers SBCA members 25% off an order of six or more regular drycleaning items.
- Cloverdale Paint – SBCA Members receive a 25% rebate on paint and a 15% rebate on paint supplies. Midnapore location only.
- Curry Craft offers 10% off on pick-up orders only. Excludes special orders and catering.
- The Donair Place (Mediterranean Cuisine) offers SBCA members 15% off dine-in and take-out orders. Online orders excluded. Shawnessy location only.
- Global Pet Foods offers 10% off entire purchase. Limits apply. Not valid with any other offer or promotion. Shawnessy location only.
- Hudsons Canada's Pub offers 20% off regular priced food and drink. Dine-in only. Excludes alcohol. Shawnessy location only.
- Marble Slab Creamery offers 20% off all prepackaged treats in their ice cream cabinet. Shawnessy location only.
- Moxies Test Kitchen Restaurant offers 15% off when dining in. Excludes alcohol.
- NABI Flowers offers 10% off purchases in-store. Excludes events including, but not limited to weddings, corporate events, etc.
- Sheryl Normandeau (author) offers a 10% discount off the retail price of the cookbook The Little Prairie Book of Berries and all the titles of the gardening book series The Guides for the Prairie Gardener. Book orders will be delivered to community members for no extra charge.
- Pet Valu offers 10% discount off all pet supplies excluding grooming. Does not apply with other offers. Shawnessy location only.
- Precision Home Renovation Ltd. offers 15% off home renovations for SBCA members.
- Pro Motion Calgary is a multidisciplinary health clinic that has roots in Somerset. Pro Motion Calgary offers SBCA members 15% off their first visit to the clinic.
- Ricky's All Day Grill offers 15% off dine-in orders only. Excludes alcohol. Shawnessy location only.
- Rusty's Roadhouse offers 15% off regular priced meals, dine-in only. Excludes alcohol.
- Swiss Chalet offers 10% off any menu items. Not valid with other offers or promotions. Not valid on online or delivery orders. Shawnessy location only.
- Tom's House of Pizza offers 10% off food and beverage orders (pick up and dine in only). Excludes alcohol. Maximum discount \$25. Somerset location only.
- Tuk Tuk Thai (Shawnessy) offers 10% off all orders, dine-in and take-out. Online orders excluded.



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Protect Your Pipes

by the City of Calgary

The holidays are a time for food, family, and fun. The aromas of gravy, turkey, and bacon may come to mind.

It's important to remember that any fats, oils, and grease (FOG) that travels down the drain can block your pipes and may result in messy and costly sewage backups.

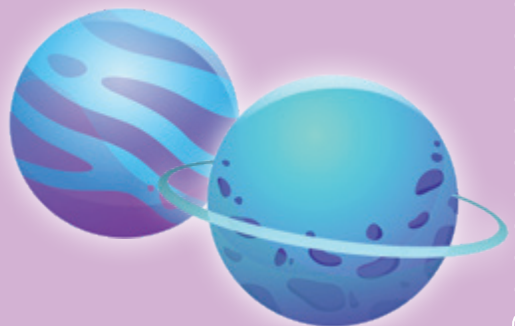
Remember to:

- **Cool it:** in a disposable can or container.
- **Scrape it:** into a certified, compostable bag or paper bag.
- **Compost it:** place the rolled up or tied up bag in your green cart.

Smaller amounts of FOG can be wiped with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.




INFORMATION for SOMERSET RESIDENTS



Hi Somerset!

There are some exciting new improvements coming soon! We are getting some shaded tables, bike racks, and umbrellas installed around the park.

There is no water fountain at the park available for use, but the central restrooms are open, as well as the portable toilets the city has placed at the park.

If you have trash that does not fit in the bins available for use, please take your trash home for disposal. This helps keep our park clean and functional for everyone.

Please join us for the annual Somerset meeting that will be held on October 22, at 7:30 pm at the Cardel Rec Centre to discuss the updates from the year, financials, future plans, and we will vote in the new board of directors.

If there are concerns about the waterpark or its function, please contact 3-1-1 or check out this webpage for status updates about the city water features: <https://www.calgary.ca/parks/activities/outdoor-pools-spray-parks.html?redirect=/sprayparks>.

If you have any questions, concerns, ideas, or opinions on things going on in the park, please let us know! We can be reached through several different methods:

- The contact us page of the somersetwaterpark.org website
- Emailing somersetresidents@shaw.ca
- Calling/Texting: 403-807-8736
- Sending a message to our social media accounts
- Facebook: Somerset Residents Association



Thanks,

The Somerset Residents Association

Staying Hydrated

by Alberta Health Services



Remember to drink water throughout the day. Staying hydrated is crucial for many functions in the body. Our bodies need fluids to digest food, cool down, and move nutrients and waste.

Most adults need nine to 12 cups of fluid daily; however, every person's needs depend on age, sex, body size, activity level, and health status. For example, a young adult may need more fluids if exercising intensely and in hot temperatures.

Did You Know?

Older adults and children are more likely to become dehydrated? Older adults have a diminished thirst sensation, and young children may not always be attentive to their thirst signals when they are busy playing. Watch for signs of dehydration, which include

dizziness, headaches, feeling tired, or having a dry mouth, lips, and tongue.

Be mindful of your hydration levels at all times. Drink beverages and eat foods with fluid content to help you stay hydrated. Here are some refreshing tips to beat the heat:

- Add flavour – Infuse your water with fruits and herbs like lemon, cucumber, or fresh berries with mint for a cool and citrusy twist.
- Enjoy variety – Besides water, choose unsweetened drinks like lower fat milk (1%, 2%, and skim), fortified plant-based soy or almond beverage, or iced herbal teas.
- Make fruit easy-to-go – Pack up fruit kabobs by threading strawberries, blueberries, raspberries, and grapes onto skewers. Serve with a yogurt dip.

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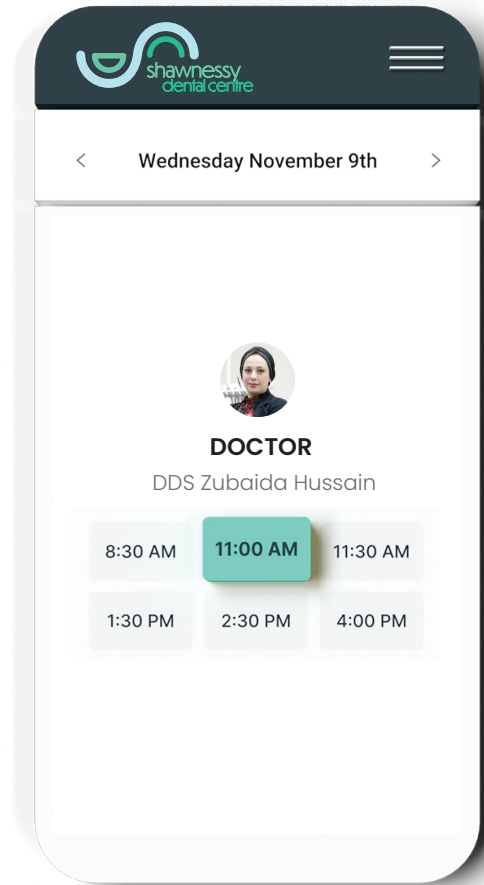
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11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66

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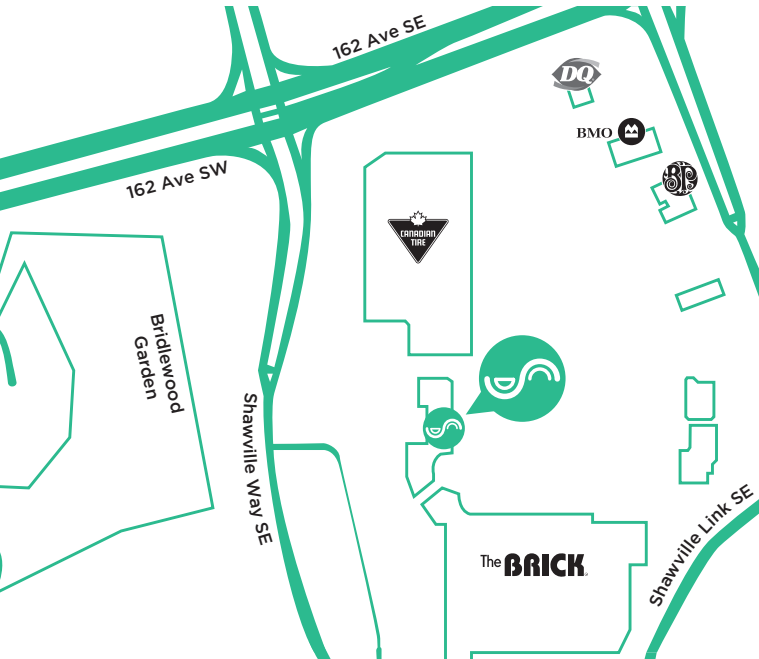


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Guess the Colour!

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!

- Prepare a tangy and sweet fruit salad – Combine chopped apples, oranges, and pears in a bowl. Add lime juice and spice it up with a hint of chili powder for a tangy flavour.
- Make a zesty cucumber smash salad – Smash cucumbers with a rolling pin until they form bite size pieces. Add rice vinegar, sesame oil, and a dash of soy sauce. Mix and enjoy.

Common Beliefs and Misconceptions About Drinks

Does adding a pinch of salt to water make it more hydrating?

A recent social media trend claimed that adding salt to water can hydrate better than plain water because it replaces electrolytes. It is true that electrolytes like sodium play an important role in maintaining fluid balance; however, adding salt (which contains sodium) to water is unnecessary for the general, healthy population. Most people get enough salt from the foods they eat. Adding extra salt to your water will not improve your hydration and for some people, it can harm their health. Drink tap or filtered water and eat a balanced diet to stay hydrated and maintain your electrolyte balance.

Do you need sports drinks after exercising?

You may lose more water and electrolytes if you exercise longer than one hour, or intensely, in hot and humid conditions. In this scenario, a sports drink (which contains water, sugar, and electrolytes like sodium and potassium) may help replace the water and sodium you lose in sweat. However, for most active people drinking water is enough for proper hydration.

Does coconut water hydrate better than water?

Coconut water is not more hydrating than water. Just like sports drinks, coconut water contains sodium, potassium, and sugar in various amounts depending on the brand. Aside from the additional flavour that coconut water offers, research suggests that there is little to no difference between drinking coconut water or plain water for hydration in healthy adults.

The bottom line?

Water works! Choose water most often to stay hydrated.

To learn more about hydration and healthy drink choices, search 'drinks' at ahs.ca/nutritionhandouts.



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Protect Your Knees: Top Strategies for Preventing Knee Injuries

by Alberta Health Services

Knee injuries can happen to anyone.

Sometimes issues develop from everyday wear and tear from jobs, sports, physical activities, having a disease such as osteoporosis or arthritis, or simply aging can increase your chances of having problems with your knees.

There are many ways to help reduce the risk of knee injuries – here are a few strategies to consider.

Top Tips for Preventing Knee Injuries

- Stay at a healthy weight.
- Wear kneepads when kneeling on hard surfaces. Avoid prolonged kneeling.
- Avoid deep knee bends.
- Avoid running downhill unless you are fully conditioned.
- Wear shoes with good arch supports.
- Always do a warm-up before physical activities such as five to ten minutes of light jogging or riding a stationary bicycle.
- Make stretching part of your warm-up before the activity and your cool-down after the activity. Stretching can help you keep and improve your range of motion and reduce stiffness in your joints.

Strength Training and Conditioning

Strengthening your leg muscles can greatly reduce the risk of knee injuries. Pay special attention to your front and back thigh muscles (quadriceps and hamstrings).

Try these strength training activities:

- **Agility.** Learning to crouch and bend at the knees and hips when turning may reduce the stress on your knees. Agility exercises include running forward and backward and running in diagonals (run diagonally to one spot, then cut the other way and run to another).
- **Jumping and spinning.** On the same spot, bend your knees and jump into the air. Spin one-quarter turn (90 degrees) to the right and land on both feet. Repeat to the left. Advance how much you spin to a half turn, three-quarters turn, and full turn.
- **Tuck jumps.** On the same spot, jump straight up with your hands at your side. As you jump, bring your knees up toward your chest. Repeat immediately ten times.
- **Hopping.** You will need a small object to hop over for this exercise. You can start with a small object like a book or even a piece of tape along the floor. Place the object or tape on the floor to your left and hop over it using both legs. Then hop back to your right. Hop back and forth over the object 20 times. You may also hop back and forth on one leg.
- **Landing skills.** When landing after jumping always remember to:
 - Land with the knees bent. As the knees bend during landing, make sure they travel in a straight path. Do not let them move closer together.
 - Land softly on the balls of the feet and roll back onto the heels.
 - Keep your knees and hips aligned and your upper body upright. Don't bend too far forward or backward as you land.
 - Try not to land on one foot. If this is not possible, bring the other foot down as soon as possible to distribute weight evenly.

Joke of the Month



Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.

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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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 Calgary, AB T2X 1M2
 📞 403-225-3480 📠 403-255-3504
 ✉️ stephanie.kusie.c1@parl.gc.ca
 🌐 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: @StephanieKusiePolitician (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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		3			5			
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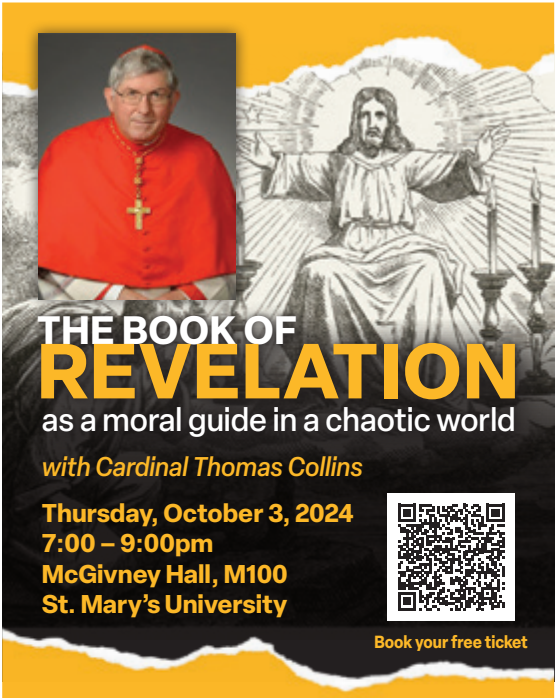
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