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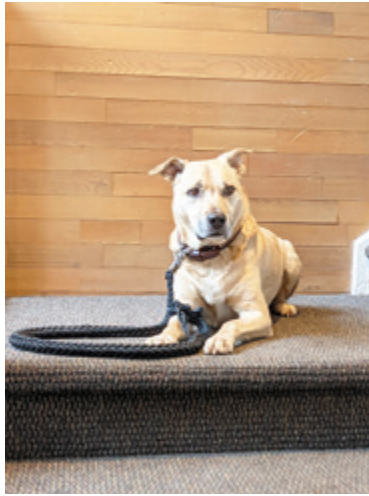
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Theo and Rupert

# Share your thoughts on the future of your community

## West Elbow Communities Local Area Planning

**Get involved  
now until  
October 24, 2023**

- Provide input online at [calgary.ca/WestElbowPlan](http://calgary.ca/WestElbowPlan)
- Check your mailbox for an engagement booklet which includes a feedback form that can be mailed in with prepaid postage included.
- Attend an in-person or virtual engagement session – check out the schedule online at [calgary.ca/WestElbowPlan](http://calgary.ca/WestElbowPlan)

### Apply to join a West Elbow Working Group

**We Need you!**

Interested in getting involved at a deeper level? Apply to join one or both working groups:

- 1. The West Elbow Local Area Planning Working Group** will provide feedback on a wide range of topics connected to the entire West Elbow Communities area.
  - 2. The West Elbow Heritage Guidelines Working Group** will provide feedback on heritage guidelines, so that new developments complement identified heritage assets within the West Elbow area.
- Apply online by October 24, 2023 at [calgary.ca/WestElbowPlan](http://calgary.ca/WestElbowPlan)

We want to hear from you about the past, present, and future of your community and the surrounding West Elbow Communities: **Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.**

Your input will help shape a plan for your local area (a local area plan) to guide the evolution of these communities over the next 30 years. The local area plan will provide guidance and direction when ideas for new development, investment, and community improvements are proposed or considered within this area in the future.

Through the first phase of engagement, ENVISION, we’re discussing:

- 1. PAST:** what is important for people to know about the area’s history.
- 2. PRESENT:** opportunities and challenges that exist within the area today.
- 3. FUTURE:** what’s important to you and for future generations when thinking about how the area could evolve.



MEMBER	POSITION	EMAIL
Lynn McRae	President	president@mrca.ca
Claude Durocher	Vice-President	vp@mrca.ca
Terra Renton	Secretary	secretary@mrca.ca
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Send an email to [membership@mountroyalstation.ca](mailto:membership@mountroyalstation.ca) and we will add you to our email distribution list.

"Like" us on Facebook and Stay Connected!

We currently don't have any open board positions but are looking for individuals to join our Events Committee to assist with events like our Stampede BBQ and Progressive Dinner. Email [events@mrca.ca](mailto:events@mrca.ca) to learn more.

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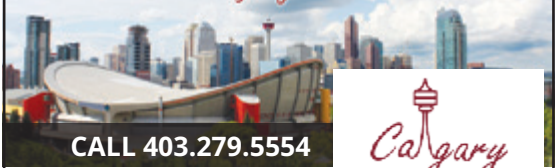
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## GAMES & PUZZLES

### 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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### Fall of the Leaf

In Canada and the US, the season between summer and winter is typically called 'fall'. In the UK, the term 'autumn' (derived from the French word 'automne') is preferred. However, up until the 17th century, the UK also used the term 'fall' as it comes from the Old English word 'feallan,' which means the "fall of the leaf."

### A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



#### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

#### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



## Membership Drive 2023

***Become an MRCA member today!  
Renew your membership!***

Mount Royal is a vibrant and diverse community with wonderful neighborhoods, parks, and amenities.

Our Community Association volunteers run events and programs (Stampede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

**Becoming a member and renewing membership just got easier!  
Memberships now valid 1 year from start date (no need to wait for July 1!).  
Online Payment and auto-renewal options available!**

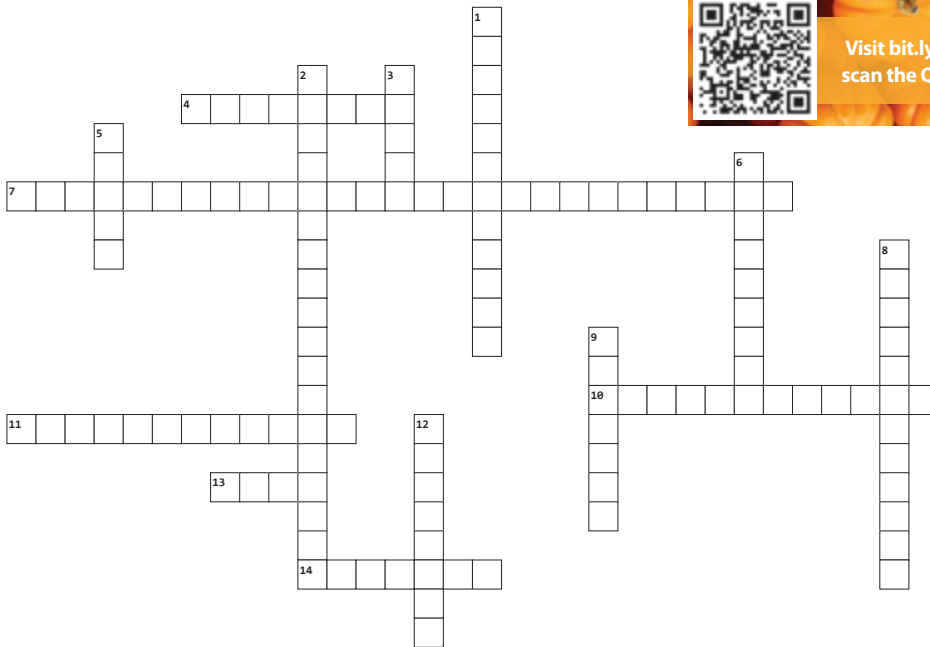
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# October Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the \_\_\_\_\_ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, \_\_\_\_\_.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

## Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, \_\_\_\_\_ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International \_\_\_\_\_ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



# 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!

## Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, 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.

## Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

**Prep Time:** 12 minutes

**Cook Time:** 12 minutes

**Servings:** 4

### Ingredients:

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsps honey
- 1 tbsps Dijon Mustard
- ½ cup extra virgin olive oil

### Directions:

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsps of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Place cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!



## Tips For Cutting Down on Your Tobacco Use

by Alberta Health Services



Every year, more than 4,000 Albertans die because of commercial tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses. Tobacco and tobacco-like products can cause lung, heart, fertility, and other health problems.

### **If you want to cut down on your tobacco use but aren't yet ready to quit:**

- Lower the number of cigarettes or other tobacco products you use.
- Add more time between cigarettes or tobacco products.
- Smoke or use tobacco only during odd or even hours.
- Limit your smoking or using tobacco to certain places.
- Wait as late in the day as you can before use.

### **If you are ready to quit:**

- Create a quit plan. AlbertaQuits.ca has a Tobacco Change Plan to help you quit.
- Make a list of reasons to quit smoking or using tobacco and reflect on them.
- Set a quit day. Think about when your quit date should be. Try within the next three weeks. Let someone close to you know you are making a quit attempt. Try to plan your quit day for when your stress levels are lowest.

### **Here are more resources to help you quit:**

- AlbertaQuits.ca provides information and tools to prepare for your quit.
- Talk to a counsellor at the AlbertaQuits helpline (1-866-710-7848). Free for all Alberta residents, it's open from 8:00 am to 8:00 pm, seven days a week.
- Register for QuitCore (albertaquits.ca), a free virtual or in-person group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco.
- Ask your doctor or other healthcare provider for one-on-one tobacco counselling.
- Sign up for AlbertaQuits by text. It's a free, three-month text messaging program that delivers motivational messages, advice, and tips to your cell to help you quit. Text the word ABQUITS to number 123456 to register.
- Get support 24 hours a day, seven days a week through the Addiction Helpline, 1-866-332-2322, or Health Link at 811.
- Talk to your healthcare provider or pharmacist about medications that can help you quit.

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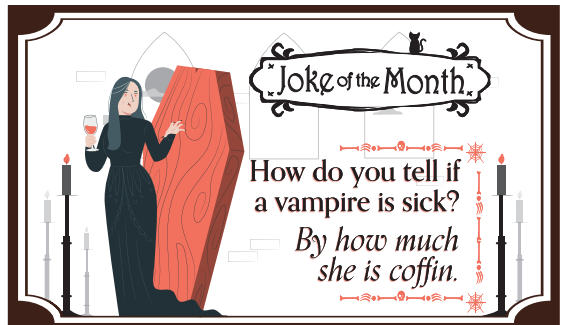
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# Flame-Proof Your Kitchen: Fire Prevention Week Puts Safety on the Front Burner!

*from the City of Calgary*

As autumn begins to set in and the cozy scent of comfort foods fills the air, we're reminded of the joys of cooking in our kitchens. With the joy of cooking, it's essential to remember our responsibility for fire safety.

This year, from October 8 to 14, the Calgary Fire Department (CFD) is proud to observe Fire Prevention Week with the theme, "Cooking safety starts with you. Pay attention to fire prevention."

Cooking-related incidents are the leading cause of indoor fires and injuries in Calgary. The CFD urges everyone to prioritize safety in the kitchen.

Never leave cooking unattended and set a timer to remind yourself. If you must leave the kitchen, turn off the burners.

Turn pot handles away from the stove's edge. Keep a lid and oven mitt nearby to smother small grease fires.

Maintain a one-meter "kid- and pet-free zone" around cooking areas. This includes tripping hazards such as toys.

### **Additional tips and reminders:**

- Keep flammable items away from the stovetop.
- Educate children about hot objects to prevent scalding injuries.
- Grill outdoors, away from structures, with a one-metre safety zone for children and pets.
- Use microwave ovens safely; avoid extension cords and open food cautiously.
- Avoid cooking when tired or after consuming alcohol or medication.

Follow these tips to keep your homes and loved ones safe. Together, we can ensure our kitchens remain places of joy and comfort, free from the risk of fires.

For more information, visit [calgary.ca/firepreventionweek](http://calgary.ca/firepreventionweek) or call 3-1-1.



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