













**Calgary**

**Newcomers Club**

*is the way to meet other expat wives and engage in a broad range of fun and interesting activities.*

*Visit: [www.calgarynewcomersclub.com](http://www.calgarynewcomersclub.com) or call 403-245-8993 and leave your name and number.*

**Shell Chinook Club**

*gives you social and amateur recreational activities and services for its members.*

*The club offers a range of benefits and great networking possibilities.*

*Reach the Chinook Club office at: 403-691-3358*

- Find Old Happy Meal Toys. They are small enough for them to play with in bed.
- Go to [www.familyfun.com](http://www.familyfun.com) for craft ideas and activity packets that contain word searches. They have one especially for sick children.
- Go ahead and have a movie day.
- Put together a doctor bucket filled with everything you will need. Beach pails work well and you will be able to go from room to room in only one trip. Fill it with any medicine needed, measuring spoons for liquid medication, a thermometer, alcohol and cotton balls to clean the thermometer, hand sanitizer, and anything else you think will be helpful.
- Make chicken soup. Studies have shown that eating chicken soup when you are sick helps, but who knows if it is something in the soup or the special love that goes into it!

The Children’s Hospital and Regional Medical Center for Seattle, Washington, has some helpful information on activities and activity guidelines by age for sick children at

<http://www.wvidep.org/Portals/31/PDFs/IDEP/Activities%20for%20sick%20child.pdf>

Good luck and stay well!

Leslie Moon

**Flu shots - where can you go?**

If you would like yourself or your kids to get the seasonal flu shot, you can go to your family doctor or a walk-in clinic. It is now available at the vaccination clinics as well.

If you would like yourself or your kids to get the H1N1 flu shot, you need to go to one of the special clinics provided by the city. If possible, you will want to go during the day when the line-up is shorter.

The seven clinics are located throughout Calgary at:

Avenida Village: Unit 303, 12445 Lake Fraser Drive SE

Brentwood Village Mall: Unit 302, 3630 Brentwood Road NW

EMS Whitehorn: North Side Entrance, 100, 3705 - 35 Street NE

MacEwan Student Centre Loft, University of Calgary: 2500 University Dr NW

Richmond Road Diagnostic Treatment Centre> 1820 Richmond Road SW

South Calgary Health Centre: 31 Sunpark Plaza SE

Stampede Grounds - Grandstand: 1410 Olympic Way

**NB: Shell is offering the H1N1 vaccine to all employees.**



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## Make a Difference over the Holidays

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Thank you for all your hard work volunteering and supporting the Calgary Drop In & Rehab Centre over the past year. You have helped make a huge difference. In fact, volunteers like you mean we met the needs of over 12,000 individuals last year. Thank you!

It's that festive time of year, and we are once again running two exciting programs that make a difference in the lives of our clients, while providing an opportunity for Calgarians to get involved and make a difference!

These are our Christmas Sock Program and the Christmas WishList.

We invite you to take a look and share the information with your circle of friends, family and co-workers and business partners.

### **Some Highlights:**

*Fill a Sock. Fill a Need: The Christmas Sock Program.*

Men's and women's socks are filled with small toiletries, candy/chocolate, or Tim's coupons/McDonalds coupons. Christmas Morning every client awakes to a sock beside their pillow.

What we need: Socks and any supplies to fill them. OR filled socks delivered to the Drop In Centre.

The Volunteer Opportunity: A terrific team building opportunity. You can build socks around a theme – you can stuff them as a group at your home, office, school or any place you hang out. However, please do not include mouth wash or hairspray.

*The Christmas WishList:*

Check out the Christmas WishList at [www.homelesspartners.com](http://www.homelesspartners.com) Client stories and Christmas wishes are online. Calgarians are invited to sponsor a client by giving them what they wished for at Christmas.

Gifts are dropped off at the DI and clients receive their gifts Christmas morning. Names will be on the website by this Saturday. Again, please share the information with everyone you know!

Thank you for all of your support and we wish you all best of the Season.

### **Want to help the Calgary Drop In & Rehab Centre?**

If you would like more information on Fill a Sock. Fill a Need or on The Christmas WishList, feel free to contact Outpost for a pdf.

You can also contact the volunteer coordinators directly:

Mark Powers, 403-699-8272 / 403-699-8278, [markp@thedi.ca](mailto:markp@thedi.ca)  
Donnell Blonjeaux-Willis, 403-699-8277, [donnellb@thedi.ca](mailto:donnellb@thedi.ca)

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## Upcoming Events

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December 11: **Outpost Christmas Lunch** at Earls Restaurant, Westhills - an email has been sent out with details.

December 15: Come and support a musical charity event when Ami Westrich invites to **Jewellery & Holiday Party**. Bring your friends and stop by for a short while or stay for the afternoon.

Enjoy some nibbles and coffee, tea or sip some mulled wine while looking at the jewellery. The party takes place from 1pm - 4pm on 2613 Erlton St. S.W.

If you have any questions, please call Ami at 403-457-4530 or 403-614-9243.

**The Outpost office will be closed over Christmas and New Year's, but we will get back to you with many more events in the new year!**

### You are looking forward to it - why not share it?

We encourage anyone who knows of an event that might be of interest to other spouses to send us an email with a short description, date/time, and place.

We are always looking for events to promote whether they are for men, women, kids, or pets. It could be a bookreading, a fair or even a local garage sale.

Let us know, and we will advertise it for you!

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## Welcomes & Goodbyes

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We would like to **welcome**:

Jeremy and family  
Hamish and family  
Ayaz and family

to Calgary!

At the same time, we take our **goodbyes** with:

John and Audrey  
Jim  
Jamie

We wish you all the best of luck on your new adventures!

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