



OUTPOST-CALGARY JANUARY/FEBRUARY 2012



MAKE THE MOST OF THE SNOW!

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We welcome ideas or comments.
Please email your input to:
scan-outpost-calgary@shell.com

For the next issue, please send your contributions by February 24, 2012

Outpost Calgary

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Now that December festivities are over and we are back into a routine, people's thoughts often turn to resolutions for the new year. If yours include getting fit or losing weight, as many people's seem to, after the overindulgences of Christmas, then look no further than Alberta's great outdoors to fit the bill!

Whether it's skiing downhill or cross country, snowshoeing, skating or ice hockey, Canada can boast a mighty array of winter sports. And Calgary has an unusually sunny climate to encourage you to get outside.

Check out the mini review of ski resorts and winter activities. If you have other tips for readers, please consider emailing us with your ideas. We love to share!

This month sees the celebration of the Chinese Lunar New Year. This year is the year of the Dragon. The Chinese Cultural Centre in downtown Calgary is holding a weekend of exciting events, not to be missed! Put January 20-22nd in your diaries!



At Outpost Calgary our new Meet and Greeter, Sigrid Kroon, is now in the office. Both she and Nicky Turner staff the office on Mondays and Thursdays. If you have any questions about Calgary or future posting destinations just give them a call between 10am and 1pm and they'll be happy to help.

Helen



Outpost Coffee Mornings

Our next coffee morning will be on January 26th, from 10am till noon, kindly hosted by Natasha Downs. Hope to see you there! It's a great chance to network, ask questions and share tips about life in Calgary, and Canada in general.

Sigrid Kroon will be hosting the February coffee morning. Make a note of the date, Feb 23rd from 10am till noon. This will be a little different. Sigrid lives by Auburn Lake and suggests we may like to skate or cross country ski before coffee. Sounds like fun! Watch out for more details of both events via email and on our Facebook page.



OUTPOST FESTIVE LUNCH

Many thanks to Natalie Little for hosting our Festive Lunch. Forty people turned out to make it a memorable and thoroughly enjoyable event. Thanks too to the Outpost Team and other volunteers who set up and cleared away afterwards, and who made things, brought things and did things to make the event run very smoothly. Much appreciated by all!



The mountain of toys under the Christmas tree, all donated by lunch guests, was fantastic! Thanks to Carla Rainey for delivering them to the Salvation Army collection point.



FACEBOOK GROUP

Our private Facebook group page for Outpost Calgary is up and running. It's fast, fun and fascinating to see what questions and info people are sharing. Recently everything from where to buy a Christmas pudding to where to see ice sculptures! Welcome to those who have joined, and thanks to those who are sharing information about life and activities in Calgary. If you would like to join the group, please email scan-outpost-calgary@shell.com (you need to have a Facebook account to join.)



LIVING IN CALGARY

“Skiing is a dance, and the mountain always leads” - author unknown.

Living in Alberta, we are lucky to be within easy reach of some of the finest skiing in the world. The Canadian Rockies are renowned for their fine powder snow, and vast quantities of it! And there are a good range of resorts to suite all levels and abilities.

Here’s a mini guide to skiing the western Canada way.

For greater detail, visit www.skitown.com

One thing to note... if you are entering Banff National Park (or travelling to Jasper, Yoho or Kootenay National Parks) or you will need to buy a Parks Canada pass. Banff National Park gate is 7 miles west of Canmore. You can buy a day permit to enter, however, if you intend to ski frequently it may be cheaper to invest in an annual pass for the family, which also covers entry into 27 national parks and 77 national historic monuments across Canada (cost approx. \$136)

Resort	Location	Annual snowfall	Runs	Run ratings: Beginner Intermediate Advanced	Terrain Park; Half Pipe	Ski and snowboard lessons & rental	Night skiing	Adult daily lift ticket
ALBERTA		Snow- making	Lifts				Cross country	
Canada Olympic Park (COP)	West side of Calgary, 15 mins from downtown	114cm yes	3 6	25% easy 75% more difficult	yes yes	yes	Yes 2 km	\$49
Nakiska (Banff National Park)	45 min west of Calgary	249cm yes	30 6	16% B 70% I 14% A	no yes	yes	No	\$65.95
Mount Norquay (Banff National Park)	5 min from centre of Banff 90 mins from Calgary)	305cm yes	28 6	11% B 45% I 44% A	yes - 2 no	yes	yes	\$59
Sunshine Village (Banff National Park)	1 hour 45 mins west of Calgary, 15 mins west of Banff	1,006 cm no need	108 12	20% B 55% I 25% A	Yes - 2 yes	yes	No 100km	\$79.95
Lake Louise (Banff National Park)	184 km west of Calgary; 60 km west of Banff	366cm yes	139 9	24% B 45% I 30% A	Yes yes	yes	No 80km	\$79.95
Castle Mountain Resort	2 hours 30 min south of Calgary	909cm no need	78 6	15% B 40% I 45% A	Yes no	Yes but no snowboard lessons	No 50km	\$65



LIVING IN CALGARY

Resort	Location	Annual snowfall; Snow-making	Runs; Lifts	Run ratings: Beginner Intermediate Advanced	Terrain park Half pipe	Ski and snowboard lessons & rental	Night skiing Cross Country	Adult daily lift ticket
BRITISH COLUMBIA								
Panorama (18km from Invermere)	3½ hours south west of Calgary	475cm yes	120 9	20% B 15% I 25% A	Yes no	yes	Yes 18km	\$70
Kicking Horse (14km from Golden)	3 hrs 10min from Calgary	762cm No need	137 6	20% B 20% I 60% A	Yes no	yes	No 17km	\$75
Fernie	3½ hours from Calgary	884cm limited	140 10	30% B 40% I 30% A	Yes no	Yes	No 14km	\$76.95
Kimberley	4 hrs 40 min from Calgary	396cm limited	80 5	20% B 42% I 38% A	No no	yes	Yes 33km	\$62.95
Revelstoke	5hr 10 min from Calgary	1,829cm No need	54 4	7% B 46% I 47% A	No no	Yes	No No	\$74

There are a number of equipment rental shops around Calgary where you can pick up skiing, cross country, or snowshoeing gear. They also offer ski waxing and repair services

Winter Sports Equipment Rental

Mountain Equipment Co-Op (MEC): 830 - 10th Avenue S.W., Calgary www.mec.ca

You need to be a member to rent - lifelong membership is just \$5. The store is large and contains a huge range of gear.

Canmore Nordic Centre Provincial Park: Suite# 100, 1988 Olympic Way, Canmore. Cross country trails, rentals and lessons.

http://www.tpr.alberta.ca/parks/kananaskis/parks_canmore.asp

The Ski Cellar: 1442-17th Ave S.W., Calgary Retail, rental and service centre. Check out Ladies' Ski Days Feb 3-Mar 7 at Nakiska. \$119 for transport from COP (8:30am) to Nakiska, rental, 1.5 hour lesson, ski pass, gourmet lunch and more. Back by 5pm. <http://www.skicellarsnowboard.com/NakLadiesPoster.pdf>

Abominable Sports: 410 Crowchild Trail N.W. and 300A 17th Ave. S.W., Calgary. www.abominablesports.com - everything including snowshoes and roof racks.



Norseman X-Country Skishop: 37th Ave S.W. Cross country and snowshoe rentals and equipment. www.norsemanski.com

Sports Rent: 4424 - 16th Ave. N.W., Calgary, Alberta T2N 0M4 www.sportsrent.ca
Everything from full ski packages to ice skates and clothing.

For more information on lift passes and all things alpine, visit www.goski.ca

Curiosities of the World: Chinese New Year celebrations

2012 is the year of the Dragon. It will start on Jan 23rd, in our calendar. This date is not a random choice; celebrations start on the new moon and finish 15 days later on the full moon. This interesting celebration is a time for empowerment, for family gatherings to enhance the collective spirit and a moment to pay respect and get guidance from the ancestors. It sounds simple, but as you will see it is a process full of rules and surrounded by mysticism.

House Cleaning.

The entire house should be cleaned before New Year's Day. On New Year's Eve, all brooms, brushes, dusters, dust pans and other cleaning equipment are put away. Sweeping or dusting should not be done on New Year's Day for fear of sweeping away good fortune.

After New Year's Day, the floors may be swept. Beginning at the door, the dust and rubbish are swept to the middle of the room, then placed in the corners and not taken or thrown out until the fifth day. At no time should the rubbish in the corners be trampled upon. In sweeping, there is a superstition that if you sweep the dirt out over the threshold, you will sweep one of the family members away. Also, to sweep the dust and dirt out of your house by the front entrance is to sweep away the good fortune of the family; it must always be swept inwards and then carried out through the back door.

You are certainly going to have problems if you live in an apartment!

Bringing in the New Year and expelling the old

Setting off firecrackers on New Year's Eve is the Chinese way of sending out the old year and welcoming in the new. On the stroke of midnight on New Year's Eve, every door and window in the house must be open to allow the old year to go out.

New Year activities set a precedent for the coming year

All debts must to be paid by this time. Nothing should be lent on this day, because anyone who does so will be lending all year. Back when tinder and flint were used, no one would lend them on this day or give a light to others.

Everyone should refrain from using foul language and bad or unlucky words. Negative terms



are not to be uttered. Death and dying are never mentioned and ghost stories are totally taboo. References to the past year are also avoided as all thoughts should be turned toward the New Year and new beginnings.

If you cry on New Year's Day, you will cry all through the year. Therefore, children are tolerated and are not spanked, even though they are mischievous.

More New Year Superstitions

For those most superstitious, before leaving the house to call on others, an Almanac should be consulted to find out the best time to leave the house and the most auspicious direction to travel.

The first person you meet and the first words heard are significant as to what your fortunes will be for the entire year. It is a lucky sign to see or hear songbirds or red-colored birds or swallows.

It is considered unlucky to greet anyone in their bedroom so that is why everyone, even the sick, should get dressed and sit in the living room.

Do not use knives or scissors on New Year's Day as this may cut off good fortune.

While many Chinese people today may not believe in these traditions they are still practiced, probably because most families realize that it is these very traditions, whether believed or not, that provide continuity with the past and provide the family with an identity.

Veronica Viruega

ICE MAGIC FESTIVAL

Visit the Lake Louise Ice Magic Festival from January 20th – 29th!

An international ice carving championships hosted by Fairmont Chateau Lake Louise hotel runs from Jan 20-22nd. See amazing ice sculptures made from 300lb blocks of pure ice, on the shores of Lake Louise itself. Family-friendly activities are scheduled to run on the weekend of January 28th- 29th. It's all part of Banff National Park's Snow Days, and the festival is now in its 18th year.



Make this your renewal time!

Speaking of the New Year, I was reminded by my grandmother about how we face the transitions in our lives and how we have to be ready to awake fresh for a new opportunity every day!

It is completely true. All you have done remains in the past and you cannot change it. It is there, all your actions, your success, your mistakes. It is so important and so irrelevant at the same time, that it is basically what defines you as the person you are at this very moment.

Therefore, every day we are a new person, with a new opportunity to act in the correct way, to make the correct choice and focus on our transition to guarantee our spiritual growth and happiness.

Yes, I know that this is becoming a bit too spiritual. But in the end, leaving the past behind after learning from experience builds your character so that you can move on. That is exactly the intention of the New Year: closing the door to the past and opening the door to new opportunities, adventures and learning in the future.

For the Chinese, the New Year's celebration is a process of 15 days; starting with the new moon (when you cannot see it on the sky) and ending with the full moon, (representing completion!). That allows time for families to get rid of the useless and purposeless things from the previous year and prepare the house and themselves for the abundance of the new cycle.

In America, the Catholic Church made several adjustments to align their celebration (already adjusted many years ago in line with Eurasian paganism) with the new beliefs encountered in Latin America, where all this cleanup process started in, "Meso-America" with the Aztecs, Mayans etc. on the winter solstice. It had the very same purpose: renewal. During this preparative process, all spheres of life were reviewed: house, work, family, ourselves. As a result of the evaluation all the clutter accumulated was donated to somebody who could get something positive out of it. It was important to receive gracefully anything that was given to you. As you are not seeing a true image of yourself, others can help you to see what you really are, your potential and your capabilities; those are the treasures to be discovered during the meditation and fast time.

I was taught to make this personal re-discovery from time to time, particularly when facing a big transition, I usually do not wait until New Year's Eve to make a new list of purposes, my plan to reach them and the skills I have to develop or keep working on. The success is a daily exercise, transformed into routine. The repeated habit of making things happen starts with you at every step.

If you didn't prepare a list of goals or things you would like to do this year, this is a great chance.



Think as Goethe, the German author: *We must always change, renew, rejuvenate ourselves; otherwise, we harden*"

So find a way to break your vicious patterns, we all have at least one, it does not mean only drugs, smoking or alcohol consumption, we are searching deeply for patterns that take your energy away, that keep your mind busy but unproductive, that keep your body working but unhealthy, that keep your heart beating but not committed...so, get out of your comfort zone!

As part of my own self contentment process, I was meditating a few days ago, on the infinitesimal number of alternatives that we have as part of our choices every single day. And how some minimal things led me to create a routine, some of them prevailed along the time and some others took me too much effort and energy and were definitively superfluous. Those were the perfect candidates to eliminate.

1. Start on yourself. What are the usual things you do every day? Are all of them necessary? Do all of them satisfy you? Do you feel happy doing each and every one?
2. What are you going to learn this month/year? Swimming, baking, hair-cutting, painting, learning about history, understanding electromagnetism...
3. Try new things. Go to the library and borrow a book, choose from any of those that are in the rack of recently returned. It can be a great discovery. Similarly try a new place for vacations, try a different type of food, or different nail polish or even a different haircut. Just as some organisations find or create the way to reinvent, optimize, improve and transform, so people can do the same, one step at a time!

The only problem you may face is that you love your discoveries and decide to move from the comfort zone to another pattern and reinvent yourself.

So take this opportunity to release things, and make your hands empty and ready to receive the many new experiences that are on your doorstep.

Veronica Viruega



CAREERS AND DEVELOPMENT

Career Search Success

Continuing our series on how to find your dream job, Veronica Viruega, our C & D expert, takes a look at the job interview...

Have you ever heard the phrase “Keep your friends close, and your enemies closer”? This quote belongs to Sun Tzu (~400 BC), a Chinese general and military strategist. You may be surprised to learn that this line is quoted at nearly every business school and you may wonder why a business school would quote him so many years later. It’s simple. He was very wise and his strategy for war is, in fact, a strategy for survival. I am quoting him, to ensure you do not overlook any details in your job hunting process.

If you manage to get an interview, please remember to think like THE MANAGER WHO IS HIRING.

The manager has the job of screening applicants to find the best person for a certain position. Linked to this, there is a lot of subjective information so you have to make sure you create a unique impression so you stand out from the crowd.

Preparing for a job interview by thinking like the hiring manager

One of the most stressful processes you can go through is preparing for and having a job interview. How can anyone prepare for an interview?

You don't know who you will be meeting with, you don't know what the environment will be like and you certainly don't know what the questions will be.

However, there are ways you can reduce the stress and have a successful job interview.

1. Put yourself in the other person's shoes. Place yourself in the hiring manager's position. What type of questions would you ask a potential staff member? The questions will range from behavioural to technical. Behavioural questions are typically quite general as the answers provide insight into what type of person you are and how you handle different situations.

The technical questions will be more specific to the main area of the job position because this is the side that will be handling the various technical problems, be they accounting, technology, planning etc. Questions can be open or very specific. Open questions can give an overview of how the prospective employee would handle a particular issue. Beware that too much small talk can lead to you offering too much personal information or could be taken that you are a very talkative person. A more specific question will pinpoint the professional personality and behaviours of that individual.

2. Carefully review the job description. Identify what the primary duties are for the position in question. Look for key words that provide clues to what the organisation is looking for. Every position has specific duties that are unique. The hiring manager is looking primarily for someone who can handle these duties successfully and at the same time be able to process other tasks correctly and in a timely manner.

What contributions do you think a hiring manager would expect from a new hire and how would you meet those expectations?



3. Investigate and identify. If possible, attempt to determine *why* the organisation is offering the position. This will help you to determine the background and culture of the hiring division as well as the skills that will be needed. It will also help you answer the hiring manager's questions efficiently and effectively. A good search of the Internet may reveal more about the organisation or the hiring manager. Has the manager made a presentation lately about a project they are working on? That would be a goldmine for a job seeker.

These are just three things to consider from the hiring manager's position. There are other things to consider as well. Your interview is your golden ticket to working for a great organisation or maybe getting the job of your dreams so you don't want to do anything to ruin that opportunity. Here are some other points to consider:

- Research the organisation. If you are asked questions about it, be prepared; having prior knowledge about the organisation shows that you take interest in the position/organisation and you are more likely to enjoy your job.
- The hiring process takes a lot of time out of the hiring manager's day. He/she is looking for someone in particular who can not only do the primary job duties but can also multitask and work well both as an individual and with others. If you have to think about your answers, you probably won't make it to the next round.
- Listen and speak clearly. If you have the opportunity to ask questions, do so, but only about what was discussed unless directed otherwise. Too much too soon could do harm.
- Attitude - be positive but not so enthusiastic that you are doing cartwheels. Relax, your life is not on the line; the hiring manager is just trying to learn more about you and what you have to offer his organisation.

The unknown can be scary. As humans, we tend to worry about things that actually turn out well in the end. Sun Tzu was right. Knowing more of your "enemy" will make it feasible for you to achieve your objective.

Therefore, preparation for an interview is possible and the more knowledge you have the more successful your interview will be.

The best of luck to you in your next interview!

Veronica Viruega



WHAT'S ON IN CALGARY

Here is a selection of events in Calgary over the next few months.

Concerts and Comedy

Jan 28-29	City and Colour @ Jack Singer Concert Hall, EPCOR
Feb 3	Simple Plan @ Stampede Coral
Feb 14	Chicago – The Band @ Jack Singer Concert Hall, EPCOR
Feb 15	The Harlem Globetrotters – basketball @ the Saddledome
Feb 19	Deep Purple @ Southern Alberta Jubilee Auditorium (The Jube)
Mar 16	Lady Antebellum @ the Saddledome
April 18	Coldplay @ the Saddledome
May 9	Van Halen @ the Saddledome
May 16	Nickleback @ the Saddledome
July 18	Neil Diamond @ the Saddledome
July 27	Il Divo @ the Saddledome

Music, Theatre and Dance

Jan 21 - Feb 19	<i>When Girls Collide</i> @ Vertigo Theatre
Jan 31 – Feb 19	<i>ENRON</i> (Canadian premiere) @ Theatre Calgary, EPCOR
Feb 9-11	<i>Cinderella</i> - National Ballet of Canada @ The Jube
Feb 10-11	Wicked Divas-Broadway's Best (CPO) @ Jack Singer Concert Hall , EPCOR
Feb 17	China Carnival Spring Gala @ The Jube
Feb 24	Michael Flatley's <i>Lord of the Dance</i> @ The Jube
Feb 28- Mar 18	<i>Shirley Valentine</i> @ Theatre Calgary, EPCOR
Mar 20-25	Blue Man Group @ The Jube
Mar 29-31	<i>Swan Lake</i> - National Ballet of Canada @ The Jube
April 10 - May 6	<i>CATS</i> @ Theatre Calgary, EPCOR
June 28 - July 15	<i>Jersey Boys</i> (musical) @ The Jube

For Families

Feb 16 - 25	<i>Alice's Adventures in Wonderland</i> @ Pumphouse Theatre
Feb 17- Mar 3	<i>The Lion, the Witch and the Wardrobe</i> @ Pumphouse Theatre
Mar 25 - Apr 9	<i>HMS Pinafore</i> @ Pumphouse Theatre

Exhibitions

Feb 9-12	Calgary Boat and Sportsmen's Show @ BMO Centre, Stampede Park
Feb 11	Travel Expo by Flight Centre @ TELUS Convention Centre
Feb 23-26	Calgary Home and Garden Show @ BMO Centre, Stampede Park
Mar 2-4	Calgary Kennel and Obedience Club Dog Show @ Stampede Park

www.discovercalgary.com

www.calgaryarea.com

www.pumphousetheatres.ca

www.vertigotheatre.com

www.nationalballet.ca

Calgary Philharmonic Orchestra (CPO) www.cpo-live.com

EPCOR Centre for the Performing Arts www.epcorcentre.org

Southern Alberta Jubilee Auditorium www.jubileeauditorium.com

Glenbow Museum www.glenbow.org

TELUS Convention Centre www.calgary-convention.com

Stampede Park and Saddledome venues.calgarystampede.com



WELCOMES AND GOODBYES

WE WOULD LIKE TO WELCOME

Arriving in Calgary

Hendrik Bates
Bell family
Michael Blanch and Caron McCloughan
Bueno family
Haridas Bhaskaran and Shanti Menon
Chavrier family
Drabble family
Donna Dombowsky
Dirk Hofland and Isobel Agnew
Donna Hendrix and Amell Stuart
Hernandez family
Joel and Rachel Ann Ita
Anand Iyer
J Kushminder and Katherine Allen
Ines Lampreia and Thomas Klink
Heather McPherson
Christy de Nike
Nding family



Hong Bing Ping
Raheem family
Paola Santoli and Jeroen van Bammel
Yves Slagmulder and Olga Shamanovska
Ernest Stutzman
Ravi Subraya
Teasdale family
Claudia Urban
Van der Windt family
Williams family
Wilkinson family

Arriving in Scotford

McNally family
Santos family

Arriving in Edmonton

Bhala Kanade

AND WE BID A FOND FAREWELL TO

Leaving Calgary

Michael Beier
Stephen Bourne
Joshi Himanshu
Christopher Howel
Jozsa Orsolya

WE WISH YOU ALL GOOD LUCK IN YOUR NEW LIVES!



ADVERTISEMENTS

VACATION RENTAL CLOSE TO PANORAMA SKI HILL

New three-bedroom townhouse (sleeps up to 8) available for weekend or midweek vacation rentals.

Just a 15-minute drive to Panorama mountain village.

Situated in downtown Invermere, within walking distance of local eclectic shops, restaurants and skating on Lake Windermere.

For more information and availability, please call [403-697-4319](tel:403-697-4319) or email njmvachome@gmail.com

Perfect for a weekend or mid-week getaway!

Welcome the Year of the Dragon!

Don't miss the Chinese New Year Carnival 2012 hosted by the Calgary Chinese Cultural Centre. Events run from Friday Jan 20th to Sunday Jan 22nd, with the highlight events, the Dragon and Golden Lion Dances, on Sunday at noon. Daquin Square, 197 - 1st Street, downtown Calgary.

JOIN THE TEAM

Your Outpost Team is always looking for volunteers. If you would like to get involved please email Nicky Turner at scan-outpost-calgary@shell.com.

INFORMATION BOARD

Our information board at coffee mornings is a place to display news of forthcoming events, details of local clubs and societies etc. If you have an event or a group you'd like to publicise, contact the Outpost Calgary office.

**Next Issue:
Spring Break activities for all the family
Calgary Stampede Centenary
Theatre in Calgary**