

Alberta Newsletter

Outpost



OUTPOST EXPATRIATE NETWORK

Dear Shell Community,

Welcome to the June Newsletter.

It now really does seem as though summer is around the corner. Hopefully, we have seen the last of the snow for a few weeks! The children are enjoying their last week of school before the long break, and holiday plans are about to become reality!

Outpost Calgary will be taking a break over the summer too – please see inside for details of our summer office hours.

For many people, the summer is the time to move on to the next posting.

If you are arriving in Calgary over the summer and have not heard from us at Outpost, please do e-mail us, and we will get in touch. We will be attempting to continue our welcoming over the summer.

For those leaving Canada, we wish you Bon Voyage. We trust that you will be taking fond memories with you as you embark on your new posting.

The time has come to say Goodbye to two of our Outpost Calgary team members.

Clare Snow, our Volunteer Co-ordinator and organiser of Outpost lunches, is moving back home to London, and Hanne Maretti, Outpost Calgary Webmaster and the talent behind our great new look newsletter, is moving back home to Denmark in August.

Both Hanne and Clare have been with Outpost Calgary longer than I have. Thank you both for your valuable contributions, your help, and for your commitment to Outpost. We will miss you. Enjoy your new adventures!

We are also happy that Natalie Little is joining the team to help out with some valuable administrative jobs. Welcome Natalie.

Finally, if you are free on the 26th of August, please join us for our picnic at the beach – details are inside.

We wish you all a wonderful summer!

Nicky Turner

Editor: Hanne Maretti

Contributions:

Nicky Turner
Leslie Moon
Cheryl Lineboom
Veronica Viruega
Nicola Murthi
Gilly Cole
Hanne Maretti

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

For the next issue, please send your contribution by September 9.

Outpost Calgary Summer Hours

The Outpost Calgary Office will be closed for the summer holidays, from June 21st. We reopen on Thursday 2nd September 2010.

We will, however, continue to work behind the scenes, and we will be checking our e-mail as often as we can. So, if you need to contact us or have a request for information, please do e-mail us at scan-outpost-calgary@shell.com. We will respond to you as soon as we can.

We will also do our best to continue with our welcoming over the summer. We do struggle to track down new arrivals with the information that we are given. If you are a newly arrived and have not heard from us, it is not because we are not interested! Please do e-mail us, and we will get in touch with you.

There will be no formal Coffee Mornings over the summer months, but please mark **26th August** in your calendar. We are meeting for a **picnic at MacKenzie Beach Club from 11.30am – 1.30pm.**

Bring yourself, your children, a picnic, and enjoy the chance to meet new faces, and catch up with familiar ones!

Important – As this is a private beach club, you must register with Outpost Calgary beforehand. We will be sending out e-mails nearer the time.

Help the Breast Cancer Foundation!

On June 26th at Southcentre Mall, Canadian Breast Cancer Foundation is having a big event where The Bay, Crab Tree & Evelyn, and a Cosmetic store will be giving mani/pedi's, hand massages, make up applications, and hair streaking to collect funds for CBCF.

Please visit the mall and support the cause or, if you are interested in getting more info or help us, contact Veronica at lvviruega@hotmail.com

Pet a la Mode - dog walking and pet services!

Pet à la Mode is simply the best dog walking and pet services company in Calgary! We offer physical and mental stimulation to dogs as well as excellent support service to our customers. We are personal, professional, and playful!



We believe that dogs are fulfilled with exercise, discipline and affection, and use affection to praise dogs for their good behaviour.

We offer on-leash private walks for under socialized dogs, on-leash group walks to socialize dogs, off-leash group walks for happy, graduated on-leash, or balanced dogs as well as and in-house sitting for all pets with love and cuddles.

Visit www.petalamode.com or call 403 771 4962 to book a free consultation.

Recommended by Hanne Maretti

Do you aspire to become a writer, or do you have an idea for an article that might be relevant for other expat partners?

Don't hesitate to bring your suggestions forward so we together can take a look at the possibilities for publishing!

Notice Board

LiveInCalgary.com

LiveInCalgary.com is a website to support people considering a move to the Calgary region as well as longtime Calgarians. The website contains information about post-secondary opportunities, neighbourhood and lifestyle information as well as links to local job boards.

Find the website at liveincalgary.com
from Calgary Economic Development

Elizabeth Rebozo piano concert

Elizabeth Rebozo presents work by Mozart, Hayd & Chopin, and by Cuban composers Saumell, Cervantes & Guerra from her cd One Culture Two Visions.

The concert takes place on Saturday June 26, 2010, at 7pm at Leacock Theatre at Mount Royal University.

The admission is free, but an invitation is required for the concert and the following cd sale & signing following the concert.

For invitations and private function bookings, contact Mr. Fernandez at 403-282-4201 or email him at evarebdi@yahoo.com

Recommended by Veronica Viruega

Join Boy Scouts of America Scout Troop 511!

The Boy Scouts of America Scout Troop are in Calgary.

Using a method called "Inside Out Coaching", the Scoutmasters serve as coaches in helping boys develop into men with strong leadership skills and a sound character.

The troop meets every Sunday from 6pm – 7.30pm as well as for various camp outs and backpacking trips in the local parks and the wilderness areas.

The purpose is to help young men develop character, citizenship, and physical fitness, thus considered a "game with a purpose".

If you want more information about the Boy Scouts of America Scout Troop, you can contact Scoutmaster Patrick J. Starich at 403-237-2825 or email him at CalgaryBSA@gmail.com

Looking to buy or sell?

If you haven't found what you're looking for or sold what you wanted at Outpost, take a look at:

www.kijiji.ca
www.buysell.com
www.usedcalgary.com

What do you recommend?

What have you done, read, seen or experienced that might be of interest to others?

Let us know and we will share your thoughts with the expat community!

Notice Board

Fitness that is Fun, Fresh, and Functional

Join a small group outdoor fitness class held in West Springs Park on Mon & Weds at 9 am or Mon at 7 pm. Classes are also held during the summer holidays, so kids can play while Mom works out!

For more info, please email
Nicky.murthi@shaw.ca



Alberta steam train - a fun day trip from Calgary!

Do you want to get out of Calgary, but you just cannot leave town for the whole weekend? If so, you may want to take a trip back in time aboard an Alberta Prairie Railway train.

Imagine traveling across Alberta in a steam or diesel locomotive powered train, viewing the landscape rolling by just as they did during the wild west era.

Imagine the chills that go up your spine as you watch bandits riding horses to stop the train in order to rob you of your money and the train of its bank deposits.

Imagine your relief when the gunman hired to protect the train outshoots the bandits and saves the day!

Imagine the fun you'll have as you listen to the entertainer play songs from days long ago with some comedy to pass the time.

If this sounds like a fun time to you, read on for more information on how you too can spend a day re-living the wild wild west.

Railway Excursions is located in Stettler, Alberta, and the company offers several different railway excursions for adults and children aboard a steam or diesel locomotive powered train each year between May and December.

Choose from an Adults Only excursion, a Dinner Theater excursion (original musical comedy by Shadow Productions of Calgary), Country Dinner buffet with Alberta roast beef, A Murder Mystery tour, and last but not least the Christmas Special excursion.

Each trip lasts anywhere between 5 and 6.5 hours and includes entertainment, a meal, and a possible robbery (check schedule). Any money collected during the robbery goes to a chosen charity such as the Alberta Children's Hospital.

For more information go to: www.absteamtrain.com or call 403-742-2811
Located about 3 hours from Calgary at: 4611- 47 Ave, Stettler

Recommended by Leslie Moon

Shell Chinook Club
gives you social and
amateur recreational
activities and services for
its members.

The club offers a range
of benefits and great net-
working possibilities.

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

The Mountains: A small travel guide

It is the weekend – or maybe a week day, and you want to go somewhere. Somewhere nice, outdoors. Maybe you just have the one day, maybe you have two. In any case, you do not mind a bit of driving.

Why not take a trip down south to Waterton Lakes National Park, Canada, or Glacier National Park, USA?

If you have already been there, you will know why it is definitely worth the about three hours drive.

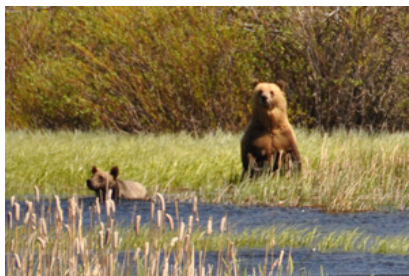
Waterton Lakes National Park: If you decide on Waterton, you are in for some wonderful views at different elevations. Make sure you stop at the information centre if you are up for a short, but good hike. The hike, Bears Hump, that starts at the parking lot offers the best view in Waterton. Once you climb up the 100-something meters of elevation, you will be able to get a full overview of Waterton City, the lake that runs through Rocky Mountains, and the mountains surrounding it. The hike can be a bit tough, though it is short, but it is worth every effort when you reach the top!



The next stop could be Waterton City that offers some very nice dining opportunities. Keep your eyes open when you drive through the streets, because it is rare to go through it and not see deer or Big Horn Sheep walking about among the houses and on the roads. They do not scare easily, and they are usually up for some great photo opportunities.

From Waterton City, the drive to Lake Cameron is approximately 16km. It is a narrow road that takes you through the mountains with great chances of seeing all kinds of wildlife. There are many trails along the route if you feel up for another hike. The road ends up in a parking lot right by the lake, and it only requires the 50 meters of walking from the car to see the beautiful scenery. The lake is surrounded by mountains, and in still weather you will see the mountains reflect in the water, creating perfect symmetry.

Now, you may want to explore some more hikes, or you may consider returning to Calgary before it gets too late. On your way out of the park, you take a right turn and drive up the narrow path to Prince of Wales Hotel. Drop the car in one of the spaces and take the short walk around the hotel. At the back, you will find the same view as you saw earlier from Bears Hump, only at a different elevation. Whether you did the hike or not, you will want to see the lake and the depth of the mountains from this angle as well.



When you have left the park and is driving back, keep your eyes open during the first 10 kilometers. Bears are known to cross the road, and if you are lucky, you will see one in the near distance and be able to complete the day's photo collection.

Facts: The annual park pass for the Canadian national parks is valid in Waterton, do bring your

bear spray as bears are plentiful in this area, and remember to bring your camera!

Glacier National Park: The drive to Glacier is not longer than the one to Waterton, but you need to cross the border to the States. If you are not a Canadian or American citizen, you might require a visa. See www.cnp.gov for details. Once you have entered the States, you will need to drive a bit further to St Mary, before taking a right turn, going straight into the park. There is a fee to enter the park, but if you plan on coming back, consider buying the annual pass for Glacier at the entrance.

When you are in Glacier, you are on Going to the Sun Road which will take you across the Mountains. The 70 mile drive will take you through the mountain peaks, and it will offer the most stunning views down into the valleys and over the mountains.

The road across offers many opportunities for hikes, but it also offers many turnouts where you can get the most amazing pictures. One place, you definitely need to stop is Wild Goose Island. It is a must.



If you go all the way across, you will reach West Glacier, a small city surviving by serving tourists. You will be able to get a nice steak with fries before heading back on Going to the Sun Road and experiencing the scenery from a different angle. There is no question that this is a trip you need to take at some point while living in Calgary.

Facts: Bring your passport, be aware of what kinds of food your are allowed to bring across the border so it does not get confiscated, and make sure to fuel your car before you drive into Glacier!

So, Waterton and Glacier are two very good reasons to take one or more full day trips. Whether you are into hiking or prefer smaller walks, neither park will disappoint you. And if you have already been, go again. Every month offers a new version of the same landscape, and it is impossible ever to get tired of the grandness of the Rocky Mountains.

Hanne Maretti

Daycare places from beginning of July

Carole Poirier runs a dual language (English/French) day home for children aged 6 months to 6 years Monday-Thursday in Marda Loop/S.W. The children enjoy regular trips to Calgary Zoo, Telus Science Museum, Heritage Park, libraries, and playgroups as well as arts and crafts, cooking, outdoor sand pit, growing area, tiny tikes bikes, and play house.

Carole is a great fount of knowledge on all that is going on in Calgary for kids as she is a block parent and also a member of the local Community council.

If you are interested, please contact Carole at 403-249-7301 or 403-472-3892.

Volunteer Spot

Volunteer for BBQ

CPAA Calgary is looking for five volunteers to help out for a family Bar-B-Que on June 26 from 10am – 3pm, a great opportunity to help while enjoying the outdoors. Volunteers will help set up the Bar-B-Que, table, chairs, and a display table, and help take things down at the end. If this is something that interests you, please call Marci at 403-219-3610 or email marci@cpalberta.ca

Help needed for moving

In June, the Cerebral Palsy Association in Alberta is moving offices and needs help packing boxes. If you have great organizational skills and can lift a 10 pound box, this could be for you whether individual or a group. If you have been waiting to put your office skills to great use, now is the time. Please contact Marci at the CPAA office at 403-219-3610 or email marci@cpalberta.com

Are you a volunteer?

If you know of an organization that seeks volunteers that you would like to recommend, let us know and we will advertise it in the next issue of the Outpost newsletter.

Outpost Calgary news

Are you looking for networking possibilities, a chance to practice your mentoring skills, or do you just like to meet new people? If you answer yes to any of these questions, you should consider joining the Welcome Team for Outpost Calgary. This is your chance to welcome fellow expats to Calgary and pass along your knowledge of the local area and expat life.

Moving can be a difficult and stressful time for many people, but moving to a new country has its own difficulties. For expats on their first overseas assignment, the transition can be especially daunting. Many of the incoming expats, and especially those on their first assignment, can benefit from talking with other expats who have been through the transition and come out on the other side for the better. Expat life has many challenges, but the rewards are great too! You can help make a difference by sharing your experience and knowledge with incoming expats. All it takes is a simple phone call or a cup of tea or coffee at a local coffee house.

We are looking to build a network of welcomers in every quadrant of the city. The time commitment should be minimal since it would only require a phone call or the time it takes to have a cup of coffee.

If you are interested, contact Nicky Turner or Leslie Moon at scan-outpost-calgary@shell.com or phone 403 691 4829

Are you familiar with the
**Partner Development
Program (PDP)?**

Make sure you know
what you can gain and
what you can claim as an
expatriate spouse!

Find more info:
www.outpostcalgary.com

**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 or call
403-245-8993 and leave
your name and number.

Grab the opportunity!

Cheryl Lindeboom came to Calgary two and a half years ago, joining her husband on a four year assignment. Having worked at law in her native Holland, Cheryl saw the expatriation as a great way to take a sabbatical.

"When I got to Calgary and got settled, I thought it was nice to get a break from real life. However, it didn't take me that long before I started looking for things to do to keep my day busy."

Cheryl decided to grab the opportunity that the sabbatical had given her and started training to become a pilates instructor with help from the PDP program.

"I started doing pilates back in 2006 in Holland, and with the financial support and the once in a lifetime chance of becoming a pilates instructor, I quickly had a full schedule."

The program has meant spending a total of several months in Seattle, Washington, and lots of lots of hours practising, constantly trying to stretch the limits of the body just a little farther.

"It's an incredibly tough program that anyone who has ever tried pilates will probably understand. But it was the best decision I ever made, and it has meant so much more than just being able to teach pilates," Cheryl explains.

"I'm so much more aware of my body now, consciously as well as unconsciously. It just brings another level of awareness into your mind."

Cheryl does not know what she will do when she returns to Holland in a year and a half.

"I haven't thought about it too much. However, I think a combination of working part time at law and part time as a pilates instructor would be ideal. At least now I have this extra opportunity and time will tell what to make of it. You never know what the future will bring."

Cheryl is hesitant about recommending the pilates program she is taking, the Romana's Pilates teacher's program, to other spouses. The program is extremely hard, not only physically, but also because you have to travel so much. When you live in Canada, you have to go to the US to New York, Seattle, Chicago etc to complete.

However, if you are interested in becoming a pilates instructor, there is a different pilates school in Calgary, offering a program in Stott's Pilates. You will want to make sure that you are certified in your base country or wherever you want to use it, though.

"Whether you like pilates or not, I think spouses should realize the opportunity to do something and grab it. It could be a change of career or a change of lifestyle. I guess my pilates might turn out to be a combination of the two, and I wouldn't have wanted to miss this chance for the world."

Hanne Maretti & Cheryl Lindeboom

Buy & Sell

Selection of XBOX 360 games for sale from \$10- \$30 including FIFA, Call of Duty Modern Warfare, Halo and many more.
Contact Clare at 403-614-7632 if you are interested.

Upcoming Events

June 26: Elizabeth Rebozo is performing a **piano concert**, presenting works from her latest cd. The concert is followed by cd sale and signing. Admission is free, but invitation is required. Contact Mr. Fernandez at 403-282-4201 or email him at evarebdi@yahoo.com

August 26: Outpost Calgary Picnic at MacKenzie Beach Club from 11.30am - 1.30pm. You need to register with Outpost Calgary to be able to attend and scan-outpost-calgary@shell.com

See you after the summer holidays!

Summer is upon us, at least according to the date, and there will be no Outpost arrangements till late August. We trust that you will have your hands full, enjoying Calgary, the mountains, and other places at their best.

We do, however, still encourage you to send us information about events and activities of all kinds so that other expats might also get a chance to enjoy them, whether they are indoor or outdoor.

We welcome all suggestions!

Welcomes & Goodbyes

We would like to **welcome**:

Andrew, Mandy, and son Stijn

Anton

Phillip

Vincent and Dimphina

to Calgary!

At the same time, we say **goodbye** to:

Douglas and Desiree

Chris

Alexander and Liesbeth

Sambit

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

Outpost Calgary

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Monday & Thursday

10am - 1pm

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