



**OUTPOST-CALGARY** **NOVEMBER/DECEMBER 2011**



**GEARING UP FOR WINTER!**

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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 December 20, 2011***

**Outpost Calgary**

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Karin Millson

How fortunate we were to have such a beautifully mild October! I hope you made the most of it, because, as I write, the first real snow of winter is falling. Hallowe'en is over but the mounds of candy still remain! Remembrance Day is just around the corner. The air of winter anticipation is growing. And I've even seen Christmas trees and decorations in the stores.

In this issue we look at some of the festive celebrations taking place in and around Calgary in the next two months. Calgary is not a huge city by any means, but the diversity of clubs and activities as well as music, theatre, arts and entertainment on offer is remarkable. So there's plenty to keep everyone busy during November and December from Christmas Markets, craft fairs and charity runs to concerts and plays galore.

But make sure you stay healthy enough to enjoy it all. It's flu shot season, so take advantage of the free clinics which run till mid December.

Hope you've made a good start on your winter preparations. Look for some more car related tips inside.

There's a lot going on at Outpost Calgary at present. We are planning a festive lunch, we are launching a Facebook page and we are looking for volunteers. We also feature some Career and Development advice. Please consider getting involved so that we can make Outpost Calgary a service that really meets your needs.

And finally...

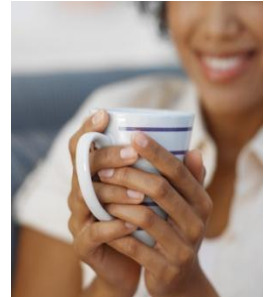
Even if the weather turns cold you can still keep up an exercise program inside. Nicola Murthi, a Shell spouse, is a qualified fitness instructor and personal trainer who can help you reach your goals.

*Helen*



## Outpost Coffee Morning

Our next coffee morning will be on November 18<sup>th</sup> at 11am-1pm, kindly hosted by Nicola Murthi. Hope to see you there! It's a great chance to ask questions and share tips about life in Calgary. Watch for future emails with address and contact details.



## Christmas Lunch

We are planning an Outpost-sponsored lunch on Friday, December 9<sup>th</sup> to celebrate the festive season and we hope you can join us. The lunch will be catered and Natalie Little has kindly offered to host it, from 11am till 2pm. More details to follow! Make a note of the date now before your diary fills up!

## Information Board

We now have an information board at coffee mornings where we 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.

## Coffee with a Talk

We were delighted to see so many people turn out for the September and October coffee mornings. Thanks to Leslie Moon and Regina Stegenga for hosting them. We are planning a slight addition to the format of some of our coffee mornings. We feel they are a good opportunity to spread information to a ready audience, so we are hoping to have speakers at some of the coffee mornings, to talk on issues affecting us in Calgary.

We would like to launch the first Coffee with a Talk in November or December. The theme will be Careers and Development (C & D) led by Veronica Viruega, our C & D team member. She will try to answer your questions on the job search process in Calgary. We hope you'll come and support this new initiative! Watch for a follow-up email.

## Facebook Page

We are launching a private Facebook group page for Outpost Calgary as a more immediate way to keep everyone up to date with news and events. If you would like to join the group, please email [scan-outpost-calgary@shell.com](mailto:scan-outpost-calgary@shell.com)

## Destinations Magazine – Wanted... Stories of India!

India will be the focus for the first issue of 2012. Editor Joanna Morrison Mayo is hoping you can contribute. She is looking for stories about what it's like to live and work in India; stories of settling in, culture shock, volunteer projects, trips and excursions, working life, bringing up children, education, communication, medical/welfare articles... anything that tells us more about the lifestyle, culture and day-to-day life for Shell employees and their families in India. Please send your stories to Anne McCallum ([outpost.bangalore@shell.com](mailto:outpost.bangalore@shell.com)) or Joanna ([Joanna.morrison@shell.com](mailto:Joanna.morrison@shell.com)). The deadline for contributions is 13 January, 2012.



### WATCH YOUR HEALTH

Living in Alberta brings a set of health challenges that may be very new to you. The dryness of the climate can play havoc with your skin, nails, hair, and even eyes and contact lenses! We have a climate that is officially termed semi-arid, so taking precautions to keep hydrated is very important.

During the winter months when the temptation to stay inside is at its height, you have to make sure you are getting enough vitamin D, the so-called "sunshine" vitamin. Children, and women over 50, are particularly vulnerable and lack of the vitamin affects calcium absorption. Alberta Health Services, our provincial health authority, claims that the majority of Albertans tend towards vitamin D deficiency during the winter. Even on those cold sunny days the sunlight isn't really strong enough to get the vitamin D production up and running. Supplements are the only real solution. And that's in a city that has approximately 333 days of sun a year!

A long winter can mean snow cover for many months. Since Calgary is so dry, this is often hard compacted snow that squeaks underfoot, but black ice can be lurking where people have cleared away the snow from their drives and pathways. Make sure you have boots with a good grip or you may end up in the hospital waiting with hoards of others to have an x-ray and a plaster cast!

### Free Influenza Immunization Clinics – now until December 18th

Alberta Health Services is running six clinics this year covering all of Calgary, and offering free seasonal influenza and pneumococcal vaccines. Clinics are run on a drop-in basis.

Opening hours and Locations: Mon-Thurs 11:30am-7pm; Fri-Sun 9:30am-5pm

**Avenida Village** 303-12445 Lake Fraser Dr. SE, Calgary, AB T2J 7A4

Use the northwest parking area (between Boston Pizza and Calgary Lab Services)

**Brentwood Village Mall**, 302, 3630 Brentwood Road NW, Calgary, AB T2L 1K8

Mall parking - Clinic located next to Safeway

**Richmond Road Diagnostic Treatment Centre**, 1820 Richmond Rd SW, Calgary, AB T2T 5C7

Use entrance at south side of building off 20 Avenue SW. Free parking.

**South Calgary Health Centre**, 31 Sunpark Plaza SE, Calgary, AB T2X 3W5

**Beddington Towne Centre**, 8120 Beddington Boulevard NW, Calgary, AB T3K 3V9

**Northgate**, A154, 495 36 Street NE, Calgary, AB T2A 6K3

It is recommended that everyone have the flu shot. You are reminded to bring your Alberta Health card and wear a short-sleeved shirt.

Other locations offering influenza immunizations during November include the pharmacies at Safeway, Costco Shoppers Drug Mart and Co-op. Appointments are often required and there may be a charge for vaccinations.



## HEALTHLINK ALBERTA

HEALTHLink Alberta is a 24 hours a day, seven days a week telephone health advice and health information service answered by registered nurses that anyone in Alberta can access. View online health information at [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca).

Their goal is to give health care consumers a greater role in managing their own health so they can make informed decisions about their health situations and what healthcare resources to use from their own homes. The result is a more knowledgeable public, fewer hospital visits and healthier communities.

Highly trained registered nurses will provide you with advice and information about health symptoms and concerns that you or a member of your family may be experiencing.

HEALTHLink Alberta provides information on diseases, treatments and wellness by telephone and can help you find appropriate health services and information. Nurses receive many calls asking for health advice, and you can view the answers to some of the questions by visiting [Top Health Questions](#).

The telephone service also gives you an opportunity to provide recommendations or concerns regarding health service.

### **Contact HEALTHLink Alberta**

Anyone in Alberta with a health concern can call:

Toll-free: 1-866-408-5465 (LINK)

Edmonton: 780-408-5465 (LINK)

Calgary: 403-943-5465 (LINK)

**Important:** if you cannot find the information you are looking for on the website, or if you have immediate symptoms that are cause for concern, pick up the phone and call the HEALTHLink Alberta number where registered nurses will help you.

### **Christmas Markets**

Get in the holiday spirit early this year with a trip to one of the areas' colourful Christmas markets. Apart from the usual Christmas crafts on sale, there are hay rides, wonderful food and drink, festive music and, naturally, Santa's Workshop! Admission charges apply.

**Millarville Christmas Market:** Nov 11<sup>th</sup> -13<sup>th</sup> Opens at 10am.  
<http://74.220.207.166/~millarvi/?q=event/millarville-christmas-market>

**Spruce Meadows Christmas Market:** Nov 18<sup>th</sup>-20<sup>th</sup> and 25<sup>th</sup>- 27<sup>th</sup>  
[http://www.sprucemeadows.com/christmas\\_market.jsp](http://www.sprucemeadows.com/christmas_market.jsp)

**Calgary Festival of Crafts** BMO Centre Stampede Ground:  
<http://www.ourbesttoyou.ca/ourbesttoyou/calgary/>



(See What's On page for more Christmas events)



### Winter Checklist:

1. If you have never driven in seriously snowy conditions before, check out the Alberta Motoring Association (AMA) winter driving lessons, where they will teach you to cope with snow and ice safely and be prepared for any emergency: [www.ama.ab.ca](http://www.ama.ab.ca) or call 1-800-642-3810 to register.
2. If you have a rock chip or crack in your windshield, now is the time to get it fixed before the cold weather really sets in... it will only get worse! (shop online for good deals from Cal Alta Autoglass, Speedy Glass or Crystal Glass, amongst many others.)
3. Remember to plug in your car block heater whenever the temperature dips below -15C. This will help preserve the life of your battery. <http://www.ama.ab.ca/automotive/car-care-tips>
4. Remember to have your garden's underground sprinkler lines shut off and blown out by an irrigation company to prevent damage from freezing
5. Calgary City by-laws state that residents are responsible for removing the ice and snow from the sidewalks in front of their property within 24 hours of a snowfall. If a sidewalk is not shovelled the City can issue the resident a notice to clear, and if the resident does not comply the City will clear the sidewalk at a minimum charge of **\$115** for the first hour. Time in excess of an hour is charged at the minimum rate of **\$85** per hour plus GST and a 15% administration fee.

### DID YOU KNOW...?

#### U-TURNS IN ALBERTA ARE USUALLY ILLEGAL!

Have you wondered whether or not it is legal for you to make a U-turn? Well, I have lived here for more than four years and was still not sure, so I looked it up.

Transportation Canada states that they are not allowed:

- On a roadway between intersections.
- Where a sign prohibits making a U-turn.
- At an intersection controlled by a traffic-control signal (lights)
- At an alley intersection.

That covers almost everything. I think it is safe to assume that unlike many other areas in the world where U-turns are allowed unless signage indicates otherwise, here in Alberta U-turns are not allowed in most instances. This infraction will also cost you two demerit points.

For more information on Alberta traffic laws you may refer to

[www.transportation.alberta.ca](http://www.transportation.alberta.ca).

*Carrie Musetti*



## DO SOMETHING FOR CHARITY

At this time of year many charities are holding fund-raising events or Christmas appeals. Here are three you may wish to support.

### SIGHT NIGHT RUN

When the sun goes down on **Saturday, November 19th** the light from hundreds of headlamps will bob and weave along the Bow River Pathway as enthusiasts and supporters of visually impaired Albertans join in Sight Night – a fun run after dark.

Raising funds and awareness for the Alberta Sports and Recreation Association for the Blind (ASRAB), Sight Night is more than just another run. It is a vision-optional event. Runners who are visually impaired will share the path with sighted runners. The after-dark timing makes it a more even playing field!

Meet at Eau Claire Market for an 8K run or 3K walk. All registrants will receive a high quality headlamp. To register visit <http://www.events.runningroom.com/site/?raceId=6364>

### ANNUAL SANTA SHUFFLE FUN RUN & ELF WALK

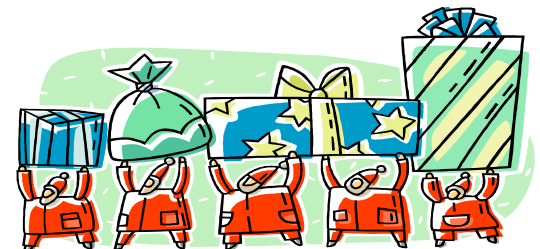
**December 3:** The annual Salvation Army fund-raiser, the Santa Shuffle 5K Fun Run & 1K Elf Walk brings families and friends together. The event, which is held across North America, helps The Salvation Army to assist families and individuals in need during the Christmas season and throughout the year. The Calgary event starts at Eau Claire Market at 10am. <http://www.events.runningroom.com/site/?raceId=7032>

### 17<sup>TH</sup> ANNUAL TOY MOUNTAIN CAMPAIGN IS NOW ON!

Radio station Lite95.9 is working with the Salvation Army to collect a mountain of toys for the Salvation Army's Family Christmas Assistance Program which helps families in need during the holiday season so that they too can have a Merry Christmas.

The Salvation Army served 2,720 families last year and this year they are seeing an increase in the numbers of new families coming in. The largest needs this year include, not in any particular order:

- Girls & boys aged 10-17
- Toys for babies 0-3 years
- Clothes for girls & boys of all ages
- Electronics (MP3's, DVDs, games)
- Crayons & Colouring Books
- Lego for all ages
- Books for all ages
- Sports items (balls, hockey sticks, skateboards)



Toys should be new and unwrapped. For drop-off locations visit:

[http://www.lite959.com/events/more.jsp?content=20101102\\_182612\\_9160](http://www.lite959.com/events/more.jsp?content=20101102_182612_9160)



### CAREER SEARCH SUCCESS TIPS

Essential to your job and career satisfaction is matching your own unique skills, interests and personality to those job-related tasks and activities you find most enjoyable, interesting and challenging. By performing a little self-analysis, you can create the opportunity, perhaps for the first time in your career, to choose the position and organization that is personally satisfying as well as financially rewarding.

#### **Embrace the challenge! Discover what you love to do...**

As an ex-working expat spouse I was concerned when coming to Canada with the work situation. I felt relieved as soon as I got an open work permit. But in spite of the work permit, my credentials and background were not impressive enough to make Fortune 500 companies take a chance on me without a guarantee that I would stay in the job. I don't blame them. I wouldn't invest my money in somebody who might leave my company in two or three years! Would you? Certainly NOT!

On the other hand, adding letters after my name would require an investment of several months or years in order to get the qualifications.

So I had to ask myself the question, "Why make that investment if my family is in transit here? Should I study something else instead?"

This was really a moment to do some self-analysis and get back to basics. If you have been looking at the big corporate ladder this might have been your experience too.

My tip would be to think about what you enjoy doing, what is important to you, and what you do well. Try asking yourself some questions that can help you plan your new path:

- What motivates you to jump out of bed in the morning?
- What activities do you engage in that bring you the most satisfaction?
- What kinds of activities do others ask you to perform?
- Were you ever acknowledged, praised or presented with an award for something you did?
- What skills and talents have you used in the past to achieve goals?
- Were you ever told you do certain things better than others?
- Think of a time when you felt successful. What were you doing?
- Was there ever a time that you achieved results that exceeded your/others' expectations?
- Was there something you did that made you feel proud?

After assessing myself as objectively as possible, I discovered a few different things I would love to do. Then came the hard work - searching, contacting and networking. This whole process has allowed me to get in contact with some interesting people and organizations with whom I now have ongoing projects. The next step on my journey is "leveraging". Don't forget that people know other people, and in this market the best recommendation starts with the word, "I met somebody who helped me/us with...".

Remember... work on what you love to do and the things you enjoy and do best!

*Veronica Viruega*



## CLUBS AND ACTIVITIES

### CALGARY NEWCOMERS

Calgary Newcomers' Club provides its members with opportunities for social interaction with other women who are new to Calgary, through shared interests and activities.

Founded in 1961 by Kay Dant, the club just celebrated its 50<sup>th</sup> anniversary. Calgary Newcomers' Club is a member of the National Newcomer's Council of Canada.

Any woman who has moved to Calgary in the last 3 years or, by special motion of the Executive Board, within the past 5 years, is eligible to join. We also accept applications from women who have experienced a major life change (employment, marital etc) who want to experience Calgary in a new way.

There is annual membership fee of \$40. The member is also responsible for any and all costs related to their attendance at Club events or interest groups.

Some of the activities are: book clubs, mahjong, hiking and snowshoeing groups, walking groups, tennis, golf, pub night, pot-luck dinner parties, wine tasting parties, lunch and coffee meetings at various locations around town.

A prospective member may attend a Hospitality Event where a member of the Club Executive Board will answer all her questions about the club. Just contact the club through the website or by phone.

More information is available at [www.calgarynewcomersclub.com](http://www.calgarynewcomersclub.com) or by calling [403-245-8993](tel:403-245-8993)



### WEST BRAGG CREEK WALK

*ONE CHILLY MORNING IN LATE OCTOBER A GROUP OF SHELL LADIES, WRAPPED UP WARM AND ARMED WITH BEAR SPRAY, SET OFF TO BRAGG CREEK FOR A SPOT OF WALKING. OF COURSE, WE HAD TO STOP FOR A HOT COFFEE FIRST, BUT WE*

*EVENTUALLY HEADED OUT TO THE WEST BRAGG CREEK AREA AND SPENT TWO INVIGORATING HOURS WALKING THE WOODED HILLS AND TRAILS, ENJOYING THE FRESH AIR AND THE END OF THE FALL COLOURS. (NO BEARS THOUGH!) THEN IT WAS BACK TO BRAGG CREEK FOR LUNCH AND HOME IN TIME FOR THE SCHOOL RUN!*

*IF YOU FANCY GETTING TOGETHER WITH OTHER SHELL SPOUSES TO WALK, SNOWSHOE, CROSS COUNTRY SKI OR EVEN FORM A BOOK CLUB, VISIT A RESTAURANT OR GO TO THE MOVIES, LET US KNOW. IF THERE IS A DEMAND WE WILL TRY TO COORDINATE SOME EVENTS.*

*[WWW.SCAN-OUTPOST-CALGARY@SHELL.COM](mailto:WWW.SCAN-OUTPOST-CALGARY@SHELL.COM)*





## CLUBS AND ACTIVITIES

### CALGARY STITCHERS

#### Wednesday Morning Meet-Up

If you enjoy fibre art - stitch, knit, patch and so on - there's a group that might interest you on Wednesday mornings 10:00 - 12:30 approx. Bring along what you are working on and enjoy sharing your ideas with others or learning a new skill from other participants. We learn about Calgary and Canada and the countries we are from. It's like a book club for stitchers!

Call Karin for information: tel. 403-453-1823.

#### Exhibition News

Karin's work is on show at the Epcor Centre for Performing Arts, Calgary:-



a collection of miniatures by the members of **Contextural: a fibre arts co-operative**  
gallery windows 14 & 15  
across from the Max Bell Theatre Box Office  
at the EPCOR CENTRE for the Performing Arts  
225 - 8th Avenue SW, Calgary AB  
**October 3 - December 30, 2011**

12 members of *Contextural*\* (a group in which I actively participates) are exhibiting at the Epcor Centre Calgary. There is an amazingly eclectic mix of miniature pieces all no more than 3" in any direction. I believe there is something to appeal to everyone in the two window spaces. Other very talented artists are exhibiting in adjacent windows (see link below). I hope you can make it to take a look some time before the end of the show on Dec 30th.

See the show catalogue at <http://www.blurb.com/bookstore/detail/2576352>

Go to <http://www.epcorcentre.org/Education/VisualArtsandMedia.aspx> and scroll down to see the other artists' work and a couple more of my 'Strange Creatures'.

Karin Millson

\**Contextural* is a community of textile artists fostering a cooperative creative environment in support of the production of new artistic works.

## WORKSHOPS

### Kreative Momentum

**WHERE**  
Studio at  
4519 Coronation Drive  
SW Calgary  
T2S 1M5

**WHEN**  
Once a month  
or by arrangement  
generally 9:30 - 2:30  
(includes break for lunch  
bring a light snack)  
Tea and coffee provided

**TOPICS**  
Textile and mixed media arts  
Digital Print on diverse materials  
Hand-stitchery free and easy  
Sewing machines can do more  
Photoshop : Design for Fabric  
Felting  
Dyeing  
Working with recycled materials  
Continuous thread techniques  
Modern knitting, crochet, tatting  
Make paper : stitch paper  
Creating textural surfaces  
Free-style quilting and applique  
Working with wire  
Paper: Print and Stitch  
Surface decoration  
Postcards and ATCs in fibre  
Shibori  
Fibre art with a hot tool  
.....and many more

**CLASS SIZE**  
Maximum 5 students

**COSTS**  
\$40 per class  
\$140 set of 4 classes  
Excludes materials




### CONTACT

Karin Millson  
Home: 403 453 1823  
Mobile: 403 978 2299  
[ioftheneedle@me.com](mailto:ioftheneedle@me.com)  
[www.i-sew.blogspot.com](http://www.i-sew.blogspot.com)



## WHAT'S ON IN CALGARY

**Want to get out and about and discover what's on offer in Calgary? Here are a few ideas to get you started! I think you'll agree that the choice is excellent!**

### **Concerts and Comedy**

Nov 28 Gordon Lightfoot @ Southern Alberta Jubilee Auditorium (The Jube)  
Dec 4 The Moody Blues @ The Jube  
Dec 5 Joan Rivers @ Jack Singer Concert Hall, EPCOR

### **Music, Theatre and Dance**

Nov 12- Dec 11 *Blithe Spirit* by Noel Coward @ Vertigo Mystery Theatre  
Nov 12, 16 & 18 *Pagliacci and Gianni Schicchi* @ The Jube  
Nov 15-16 *Romeo & Juliet* – Moscow Ballet @ Jack Singer Concert Hall, EPCOR  
Nov 22 – 27 STOMP @ The Jube  
Nov 26 Pianomania (6 pianos, 12 hands) @ Jack Singer Concert Hall, EPCOR  
(including *Carnival of the Animals*)  
Dec 1 – 24 Charles Dickens' *A Christmas Carol* @ Theatre Calgary, EPCOR  
Dec 16-24 *The Nutcracker* – Alberta Ballet @ The Jube  
Dec 9 & 10 Handel's *Messiah* (CPO) @ Jack Singer Concert Hall, EPCOR  
Dec 11 Sing-along *Messiah* fundraiser (CPO) @ Jack Singer Concert Hall, EPCOR

### **For Families**

Nov 13 *Winter Solstice: A Rocky Mountain Fairy Tale* (CPO) at Jack Singer, EPCOR  
Nov 16-20 *The Great Jazz History Mystery* @ Theatre Junction (5yrs +)  
Nov 23-Dec 31 *The Wizard of Oz* @ Martha Cohen Theatre, EPCOR  
Dec 4 Sinterklaasfeest 2-4pm @ Edgemont Community Centre (registration required: call 403-366-5345)  
Dec 27-Jan 1 Disney's *Beauty and the Beast* @ The Jube

### **Exhibitions and Christmas Events**

Nov 12-13 Elbow Valley Arts and Crafts Christmas Market @ Elbow Springs Golf Club  
Nov 17-20 Art Market @ TELUS Convention Centre [www.artmarketcraftsale.com](http://www.artmarketcraftsale.com)  
Nov 18-20 *Christmas in Inglewood* @ 9<sup>th</sup> Ave SE (sleigh rides, live music)  
Nov 18-19 Fall Grape Escape wine and beer fest @ BMO Centre, Stampede Park  
Nov 19-27 *Christmas all through the House* @ Peter Lougheed House 707-13<sup>th</sup> Ave SW  
Weekends from Nov 19<sup>th</sup> *Once upon a Christmas* @ Heritage Park (old fashioned Christmas charm)  
Nov 20 Mountain Equipment Centre Snowfest gear swap @ MEC on 10<sup>th</sup> Ave SW  
Now till Dec 24 *Watch Me Move* – the history of film animation @ Glenbow Museum

[www.discovercalgary.com](http://www.discovercalgary.com) [www.calgaryarea.com](http://www.calgaryarea.com) [www.pumphouse theatres.ca](http://www.pumphouse theatres.ca)  
[www.vertigotheatre.com](http://www.vertigotheatre.com) [www.nationalballet.ca](http://www.nationalballet.ca)

Calgary Philharmonic Orchestra (CPO) [www.cpo-live.com](http://www.cpo-live.com)  
EPCOR Centre for the Performing Arts [www.epcorcentre.org](http://www.epcorcentre.org)  
Southern Alberta Jubilee Auditorium [www.jubileeauditorium.com](http://www.jubileeauditorium.com)  
Glenbow Museum [www.glenbow.org](http://www.glenbow.org)  
TELUS Convention Centre [www.calgary-convention.com](http://www.calgary-convention.com)  
Stampede Park and Saddledome [venues.calgarystampede.com](http://venues.calgarystampede.com)



## WELCOMES AND GOODBYES

### WE WOULD LIKE TO WELCOME

#### Arriving in Calgary

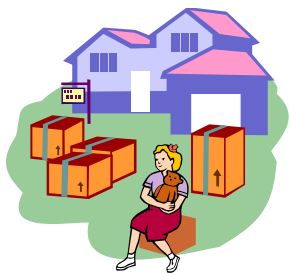
Wael Awad and family  
Gail Bodard  
Dennis and Kelly Bruetsch  
Jeff Edwards  
Marco In Het Veld  
Mahmoud Ismail and family  
Sandra Jurzok  
Paul and Dawn McEwan

Matt and Kathryn Meyer  
Obasi and Emem Nwamadi  
Chandran Peringod and family  
Connie Ping  
Mike and Carla Rainey  
Rodrigo and Ursula Ribeiro  
Tajudeen and Abiba Salami  
Alexander Sergeyev and family

Daria Spivakovskaya  
Krey Stirland and family  
Joost Van Tilburg  
John Van Venrooy and family

#### Arriving in Fort McMurray

Mohammad-Arif Hamzah  
Joaquin Caldera and family



### AND WE BID A FOND FAREWELL TO

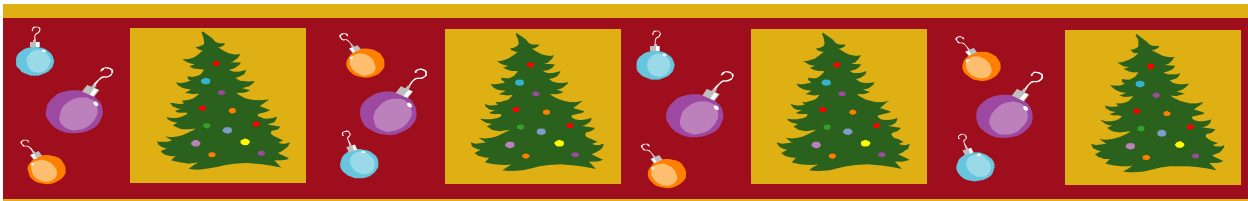
#### Leaving Calgary

Liz George and family  
Ik-Hwan Ho  
Aditya Pattanaik and family  
Susannah Pierce and family  
David Pugh and family  
Louis Struijs and family

#### Leaving Fort McMurray

Philip Tolk and family

**WE WISH YOU ALL GOOD LUCK IN YOUR NEW LIVES!**





## INSPIREFIT FITNESS CLASSES - TIME TO THINK FIT AND GET INSPIRED!

As we approach our 40s and 50s, and discover those favourite pair of jeans, which fitted so perfectly for the past five years, begin to feel a little too snug, we look to our eating habits for the reason for those extra few pounds. However, we usually conclude that our eating habits have remained the same, yet those pounds are still piling on. The reason: our metabolism is slowing down as each year passes, we are losing muscle (our body's fat burning system) and we simply cannot get away with eating like we used to, without some form of exercise.



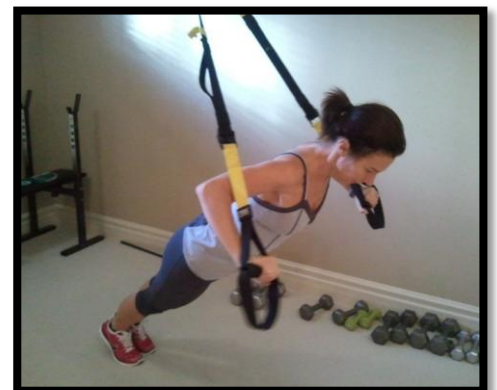
We should implement a regular strength training and cardiovascular program, not only from a weight maintenance standpoint, but also to maintain flexibility, improve cardiovascular endurance (so we don't get out of breath walking up from the basement to the top floor of our house!), increase energy levels and decrease the chances of injury during everyday activities, such as shoveling the driveway of snow during those snowy Canadian winters. The current recommendations are for at least 45 minutes per day 3 times a week of some form of cardio activity and a strength training program at least 2-3 times per week.

Inspirefit is a company that I have set up over the last two years, following training as a Group Exercise Instructor and Personal Trainer. I currently teach 12-15 classes per week in different gyms across the city. Three of these classes are in my home basement, which I have equipped with a bike trainer, Step, BOSU, dumbbell weights, Bender Ball core balls, stability balls, TRX suspension trainers, and other fun exercise toys!

I am looking to add two classes on Tuesday and Thursday mornings, from 10.15-11.15am, in my home gym basement located in the West Springs neighborhood (SW Calgary) and would like to invite you to join the classes and sign up for one FREE trial class. If you have just moved to Calgary it is the perfect opportunity to socialize and meet new people while having fun working out. All fitness levels are welcome and groups are no larger than 7, providing more of a personal training environment. If you prefer more of a one-on-one approach to fulfill your fitness goals, I also provide personal training and can travel to your home.

If you are interested in the free trial class, or would like more details about personal training, please call me on 403-803-0355 or email [nicky.murthi@shaw.ca](mailto:nicky.murthi@shaw.ca). You can also join my Facebook page, Inspirefit, which lists weekly classes.

It's never too late to embark on your fitness journey!



*Nicola Murthi, AFLCA Certified Group Exercise and Resistance Trainer & CanFitPro Personal Trainer Specialist, First Aid & CPR*



## ADVERTISEMENTS

### DUTCH LESSONS

We all want the same for our Dutch children:

- **Smooth transition** to the Dutch school system when we move back to the Netherlands, without experiencing hiccups with the Dutch language;
- **Staying in touch** with family and friends back home through letters, post cards, mail, Skype, Chatbox etc.;
- **To enhance the skill set** for learning second or third languages more easily now and in the future.

For Dutch lessons tailored to meet your children's needs, contact Beatrix Zwinkels, Dutch teacher. Tel: 403-668-7373; email: [beatrix.zwinkels@gmail.com](mailto:beatrix.zwinkels@gmail.com)  
Dutch lessons also available for adults.

### CHRISTMAS IN SONG

Celebrate the festive season with the Mount Royal Choirs, the Calgary Boys' Choir and the Calgary Youth Orchestra! This popular annual concert will again present a delightful mix of holiday favourites and traditional carols. Calgary's Heebee-Jeebees return as special guests. Buy tickets online at [www.kantorei.ca](http://www.kantorei.ca).

**Saturday, December 17<sup>th</sup> at 7pm. Jack Singer Concert Hall, EPCOR Centre**

### 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](mailto:scan-outpost-calgary@shell.com).



**The Outpost Team would like to wish you all a very merry Festive Season and a healthy and happy New Year!**

Next Issue:  
Skiing and Winter Sports - Canadian Style