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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 contribution by October 25, 2010

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FOCAL POINT CORNER

Welcome to the Outpost Calgary New-Look October newsletter!

We hope that everyone has enjoyed the summer, wherever it was spent, and that at least a few sunny days came your way! For all of the new arrivals over the summer – Welcome to Calgary’s whacky weather!

Now that the leaves are turning, the children are back at school, and the weather has had us dusting off our skiwear, The Outpost team are springing back into action! We still have some time to go before the slopes open, and the promise of warmer days ahead, so watch our events column which spotlights just a few of the many activities to enjoy around Calgary in the fall.

Over the summer break there have been a few changes in Outpost Calgary. There are two that I would like to mention at this time. Leslie has now fully taken over as our Newsletter Editor. This is her first edition, Thanks Leslie, it looks great!

I would also like to welcome Nneka to the team. Nneka has recently arrived from Singapore, where she was Focal point for Outpost Singapore. As well as joining our team as a regular office member, she will take over the welcoming activities.

As always, we do appreciate your feedback, ideas and suggestions. Please e-mail us at scan-outpost-calgary@shell.com, or come along to one of our regular coffee mornings and catch up with us there.

Happy Reading

Nicky Turner



VOLUNTEER SPOT

A Volunteer's Experience At The Association For The Rehabilitation Of The Brain Injured (arbi) By Lindsie

A volunteer is a person who chooses to assist others willingly and without compensation. Anyone who has volunteered knows the multiple benefits of such service....benefits which simply cannot be calculated with dollar signs, but which can be measured by quiet signs and miracles.

From the moment I first walked through the front doors of ARBI in April 2008, I instinctively knew that this was not an organization, as much as an organism...with life, pulse, and spirit. A being composed of mutually interdependent parts working together in love, harmony and shared vision, with the express goal of maintaining a variety of vital processes.

Support and encouragement flow freely, and somehow, staff and volunteers at ARBI attend to every human need with a caring and compassionate touch. Consequently, it is little wonder that those within this warm environment of healing, love and quiet miracles are treasures.

Volunteers are "making life better."

Volunteers are trained to support individuals with severe acquired brain injuries including stroke. This is an ideal opportunity for people looking for a challenge and wanting to make a meaningful difference in our community.

On-site Program

We provide training in the implementation of personal rehabilitation programs which are developed by our physiotherapists, occupational therapists and speech-language pathologists.

Community Integration Program

We provide training to allow you to assist in the facilitation of the groups that are run by our staff.

Requirements

- Physically able to implement physiotherapy portions of the program,
- Positive attitude and a great sense of humour!
- We do ask for a minimum of 6 months commitment due to the extensive training provided as well as to ensure continuity for our clients.

Please call or email
Wendy Daitch
Volunteer Program Leader
(403) 217-4591
wendy@arbi.ca





THE CALGARY STITCHERS

As in many places in the world, so too in Calgary: A group of women come together on a weekly basis to enjoy each other's company, while sharing an interest in thread, stitches, fabric, silk, wool, and each other.

Approximately two years ago, Jan Clayton moved from The Middle East to Calgary and because of her pleasant experiences with the stitchers' group that existed in Oman, she started looking for others who shared her interests.

Soon, 'The Calgary Stitchers' was formed.

At the moment we are a group of eight women with internationally diverse backgrounds and varied expatriate and stitching experiences.

Some of us quilt, some enjoy cross stitch, other work with wool or silk, and one even uses plastic and metal (sometimes!). Both traditional and contemporary approaches are enjoyed and supported.

We meet every Wednesday morning in each other's houses. This is a group where the emphasis is on enjoying each other's company and knowledge of the crafts we do, as well as the lives we lead, and although we do have a cup of coffee or tea, that is not the focus of the meeting.

We would like to further develop our knowledge and experience with textiles. To this end, the group also arranges occasional visits to galleries downtown. Recently, we visited Untitled Arts Society and the Epcor Centre Windows. Karin, one of our members, had some of her work exhibited in the latter.

Once a month Karin also offers us a fabric dying workshop in her studio, which is a great way to explore new terrain for many of us!



If you are interested in these workshops, feel free to contact Karin directly.

Joining the group is a great way to meet other women when you are new to Calgary, and it allows you to share your love of your hobby. It also widens your interests and knowledge.

In the last months, some women have left the group due re-assignment and some newcomers have joined. If you are interested in stitiches, one way or another, and are also interested in sharing that interest with a group, please feel free to make contact and check us out.

Paula Middendorp 403-764-9797
and Karin Millson 403-453-1823



2010 PICNIC IN THE PARK THANK YOU

Outpost Calgary would like to thank Ann and Dave Kirchman for hosting the 2010 Picnic In The Park. There were over 30 people in attendance, and all who attended had a great time! It was wonderful to see old friends and make some new ones.
THANK YOU ANN AND DAVE!

UPCOMING EVENTS

OCTOBER COFFEE-

Ginny Ebben has kindly offered her home for the next Outpost-Calgary Coffee Morning, so be sure to put it on your calendar!

When: October 21

Time: 9:30-11:00

DOCUMENTATION: PRACTICE, PROCESS, PERCEPTION

October 5 -23, 2010 at the Resolution Gallery

Opening: Friday, October 15 from 5- 8:00 pm

A collective of fibre artists join together to find meaning through the process of documentation, examination and discovery.

233 – 10 St NW, Calgary (2nd level of Eleven Eleven Boutique in Kensington)

Contextural.ca

CALGARY CORN MAZE, PETTING ZOO & PUMPKIN PATCH-

Open until Oct. 17, 2010.

284022 Township Road 224

Rockyview, AB T1X 0J6

403-690-2676

www.calgarycornmaze.com

BUTTERFIELD ACRES

Harvest Pumpkin Hunts, Pony Rides, Tractor Rides, and More.

254077 Rocky Ridge Road NW, Calgary

403-547-3595

www.butterfieldacres.com

CALGARY ZOO BOO & DINOS TOO!

Celebrate Halloween and the last day for Dinosaurs Alive!

Sunday, Oct. 31

10:00 am to 3:00 pm

WORLDWIDE WOW PHOTO EXHIBITION & GALA AT WILLOW PARK WINES & SPIRITS

October 21- 6:00 pm

Around the World in an Evening without Jetlag!

Your Worldwide passport includes unlimited access to a globe of culinary expertise and the finest wine, beer and spirits the world has to offer. From hot and spicy Bangkok to Scotland's masters of malt, this festival of the senses blends all under one artistically inspired roof.

Through the eyes of Canadian photographers you'll journey to our planet's remote and mystical regions where lined faces tell a hundred stories, monuments cloaked in history come to life and roaring waves batter the white cliffs of Dover.

Throw in a front row ticket to an eclectic slate of the world's great music and dance traditions and there you have it – WOW!

Tickets \$95.00 or 10 for \$800. For information or to purchase tickets visit www.elevatecpc.ca, email: tickets@elevatecpc.ca or call Elevate at 403.686.0636.



BUY AND SELL

FOR SALE: TOYO G-02 PLUS OPEN COUNTRY 245/55R19 - SNOW TIRES (4) ONLY USED FOR 1 WINTER SEASON. \$600.00.

IF INTERESTED CONTACT MIRANDA ERWIN AT: MERWIN85@SHAW.CA

WANTED: BIKE FOR PURCHASE-

IF YOU HAVE A BIKE IN GOOD CONDITION YOU WOULD LIKE TO SELL, PLEASE CONTACT PERCY PATEL AT: PERCY.PATEL@SHELL.COM

New Rental Listing Service

Looking for a rental house? Take a look at <http://www.rentcompass/calgary>, a service that uses your mobil phone and GPS. Search for rentals in the surrounding area, call landlords, or email them with a single click.

Welcomes & Good-byes

We would like to welcome:

**Ivan Gonzalez and Family
Jeronimo Gallart and Family
Wally Steinke and Family
Mark Van Engelen and Family
William Bigelow
Nadege Assale
Lakshmi Jambukeswaran and Family
Marcel Polikar and Family
Ivana Novosel
Terzah Poe and Family
William Quinn**

At the same time, we bid a fond farewell to:

**Singla Mayank
Mairead Boland and David Paton
Arnold Ronhaar and Sanieh Hassan
Nicolaas Butter
Paul and Nicole Rijks
John Dudley and Family
Mary O'Neill
Kole Petrovski and Family
Mark and Karen Duplantis
Anthony Dupuy and Family
Tim Murray, Clare Snow, and Family
Todd Suhre and Family
Lori and Chad Fremin
Sau-Wai Wong and Ling Cheng
Soren and Hanne Maretti
Desiree Collins
Peter van Heerebeek**