

## The Wedge "Village News" 2016 Fall/Winter Edition



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**Message from the Publisher**

*"The Wedge is a great place to call home!"  
KHMackie, Publisher*



Although it is difficult to believe that another year has passed, the holiday season is once again just around the corner!

It has been another busy year at “The Wedgewoods of New Discovery” and the Board of Directors would like to thank all residents for their continued patience and understanding. Most of the larger flood mitigation projects are now complete with the remainder including transfer switches for temporary generator power, review of pumping capacities and the purchase/ installation of the remaining flood proof doors.

The Board was pleased to approve the 2016/2017 Budget, which included the remaining 3rd instalment (\$500,000) of the 3-phase flood mitigation plan initiated in February 2014 by the 2013/2014 Board, without the requirement for a special assessment or an increase to monthly condo fee contributions.

Despite unexpected delays in setting up new Pre-Authorized Debits with the Condo Corp’s new bank for the October 1 instalment, we are now fully operational with a more self-sufficient strategy. If you have not provided an updated Pre-Authorized Debit agreement, you are now considered in arrears and will be charged interest. You can find the form at [www.wedgewoods.ca/category/residents/forms](http://www.wedgewoods.ca/category/residents/forms). (note that you need to be logged into the website in order to view this form). If you have any questions regarding this, please contact Susan Meronek at [onsitemanager@wedgewoods.ca](mailto:onsitemanager@wedgewoods.ca).

We hired a bookkeeper and have set up bank accounts that are owned by the Condo Corporation. In addition, we have upgraded our website to include a Document Store to enable the Condo Corporation to sell its own documents for real estate purposes.

As mentioned in the last newsletter, security upgrades, including additional cameras and FOBs, will be commencing soon. These upgrades are expected to be completed prior to the end of this calendar year and the timeline for installation is approximately two weeks per Chateau.

There will be repairs completed to the membrane which protects the suspended slab parkade in C30, P1 East and West this winter. Some resident vehicles will need to be relocated for each portion of the work and affected residents will be notified. Our contractor assures us that this will affect a limited number of stall users and they will work as quickly as possible. The Corporation will offer pre-arranged dedicated spots in visitor parking to those affected.

The Board is pleased to acknowledge the highest percentage of owners/residents now registered for the Wedgewoods website since the first website was launched by the condo corporation. Whether you own or lease, it's the best place to find everything you need in regards to your investment. If you haven't signed up, please consider doing so at [www.wedgewoods.ca](http://www.wedgewoods.ca).

The Board would like to acknowledge the tireless efforts of Susan and Rick of SOC Management Corp. as without their support the Board would not have been in a position to accomplish what we have in the past two years.



We would also like to acknowledge all the volunteers who give their time again and again to our Wedgewoods community. As Board members, we are volunteers as well, and appreciate your support with everything from taking care of our summer planter boxes, helping with the annual clean up, putting together the annual BBQ and even writing, editing and creating this newsletter.

Thanks to all of you.

***All the best for the Holiday Season and upcoming year!***

## A MESSAGE FROM SOC MANAGEMENT CORP.

### **AFTER HOURS EMERGENCY CONTACT**

Telephone courtesy is something we all need to think about. Not just how you speak on the phone or what you say, or what you text about, but when and why you are calling or texting.

#### **TO CALL OR TEXT OR NOT**

SOC Management is generally available to take phone calls and texts during business hours, 9am-5pm Monday to Friday, at 587-439-5900.

Calls after 5pm or before 9 am are for **EMERGENCIES ONLY**.



**AN EMERGENCY IS A CRITICAL SITUATION, SOMETHING THAT REQUIRES URGENT ACTION DUE TO THE POTENTIAL OF CONTINUING OR INCREASING DESTRUCTION OF PROPERTY, EXAMPLE WOULD BE A LEAK.**

**IF A THREAT TO AN INDIVIDUAL OR A CRIME IS IN PROGRESS, CALL 911.**

Wedgewoods does not employ an answering service and calls after 5pm and prior to 9 am do not go to a voice mail. Either Susan or Rick will answer every time as it is presumed the call is an emergency. If you call about some ordinary business you may prevent an emergency call from being attended to in a prompt and timely fashion.

Please email SOC rather than telephone outside of business hours. Leave the calling and texting to emergencies only.

Service request forms can be found at [www.wedgewoods.ca/category/resident/forms](http://www.wedgewoods.ca/category/resident/forms) and should be emailed to [onsitemanager@wedgewoods.ca](mailto:onsitemanager@wedgewoods.ca).



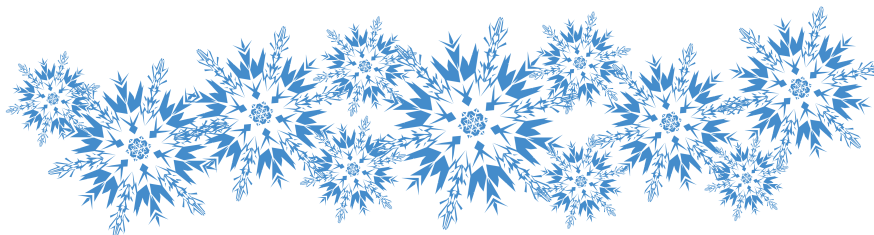
## SEASONAL THINGS TO DO

- Fireplaces should be cleaned before resetting the pilot light. Don't forget to turn the gas off for safety before you begin. Give the inside a gentle vacuum & wash both sides of the glass with a non-abrasive chemical free cleaner (never Windex or similar product). Once done, it's time to reignite the pilot light to enjoy the warmth & comfort of your fireplace.
- Make sure the thermostat in your condo is working, turn it up to 30° for about 5 minutes & then back down to a comfortable level. You should be receiving heat in all your rooms. Remember, only the exterior wall baseboard units provide heat, the interior walls have baseboard covers.
- It's time to re-educate ourselves & be a responsible utility consumer. Use LED lights (household & holiday lighting), turn off lights when away from home, have a timer on lights so you don't forget they are on, unplug electronics not in use (plugged in but not in use still draws energy), think about using a power bar so turning electronics off is easier, use your window covers to stop drafts instead of turning up the heat, turning thermostats up & down increases utility costs.
- Remove & clean window screens before storing them away for the season. Screens reduce the amount of sunlight in a room making the space darker, removing them will allow maximum natural light in. It also makes the spring clean easier because the winter grunge won't collect on your screens.
- At the same time give your windows a wash to remove the summer dust that has no doubt collected. Don't forget to close them tight once done, they could freeze shut. Having open windows in the winter is dissuaded due to the potential of pipes freezing & water damage occurring. Should this occur, titled unit owners are held financially liable for all remediation costs.
- Get out winter coats, boots, hats & gloves so you can be prepared for the inevitable. And don't forget your pets, they get cold too 🐾 🐾 🐾

- Clean the dryer exhaust vents in the laundry room, this should be done monthly however at minimum seasonally. This is the vent at the top of the dryers exhaust pipe, close to the ceiling. Understanding that some of you may need a hand, this is a good time to ask a neighbour to assist you.



- Clean your balconies by removing potted plants. Close the lid of the BBQ. Living on the edge of Griffith Woods we have squirrels, birds & mice that are attracted to dead foliage & attracting them is not a good idea for you or your neighbours. The natural gas valve on your balcony should be closed during the winter months as well for the safety of all.
- Tidy your storage cages, put seasonal things away & remember, if you change tires for winter driving, tires cannot be stored outside any cage or on balconies. They must be stored in your storage cage or off site. Remember all items in your cage must be visible to the Fire Dept. pursuant to the AB Fire Code.
- Organize your vehicle winter supplies; scraper, windshield wiper fluid, portable shovel, first aid kit, booster cables, spare tire, bag of sand, candle & matches, warm blanket, etc.
- Christmas trees should be bagged as they come onto the property, into elevators, down hallways, to stop needles & sap from dropping. Keep all natural trees well hydrated with a sugar water mix in the stand & away from heat sources. The occasional spritz of water to the needles doesn't hurt either. When it's time, have proper disposal arrangements, bag the tree to take it away & remember The Wedgewoods will not dispose of your tree for you.
- Remember to keep your emergency contact information current, let SOC know when you will be away for more than just a few days. If there are winter emergencies with pipes freezing or other issues that could cause damage to your suite SOC can only respond if they know who to contact on your behalf.



## SNOW REMOVAL



Get ready!!

There will be snow and it will be unwelcome.

HYDRA will provide snow removal for us again this year; including the Villas, all our surface lots and walkways.

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You are going to learn all about the Chinook Winds we will experience this winter in the upcoming article on pg. 17. These winds can cause havoc and very icy conditions.

Warm tires can create icy patches as well. It is important to use the sidewalks for everyone's safety and leave the surface lots for vehicles.

And please, slow your driving down! We have many residents, guests and pets that will thank you for your consideration.

Keeping the guest parking lot clear is tricky, please try to have your guests park in areas that have already been cleared.

Take extreme care on foot in and around all vehicles. You can see them, they may not see you.

If you see an area of concern on the property please let SOC know so additional care can be arranged with HYDRA.

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## GARBAGE HOUSE ETIQUETTE

**ONLY HOUSEHOLD DOMESTIC WASTE & ALLOWABLE RECYCLABLES ARE ACCEPTABLE TO BE DISCARDED IN OUR GARBAGE HOUSE.**

**IN OUR GARBAGE HOUSE WE HAVE:**



**Green Bins** - flattened corrugated cardboard  
**Large Blue Metal Bins** - garbage that cannot be placed in the compactor

**Caged Bin** - small electrical recycling only

**DO NOT BAG YOUR RECYCLING, IT WILL NOT BE SORTED & ENDS UP IN LANDFILL**

**Large Blue Carts** - loose recycling only, including non-refundable glass & bagged shredded paper

**Beverage Bins** - refundable beverage containers & clean refundable glass only (eg. wine bottles)

**Trash Compactor** - bagged household waste, no hazardous waste, pet waste or diapers (read on for user info.)

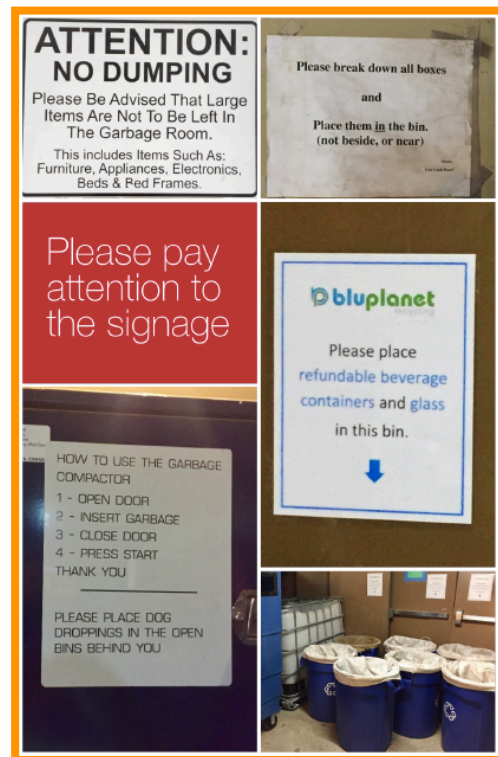
**Clothing Donation Carts** - gently used clean clothing, coats, hats, scarves

### **ITEMS THAT RESIDENTS MUST TAKE TO LANDFILL**

- **HAZARDOUS WASTE DISPOSAL IS NOT ACCEPTED IN ANY FORM:**
  - **PAINT, BATTERIES, APPLIANCES, LIQUIDS, CHEMICALS, TIRES, ETC.**
- **FURNITURE IS NOT ACCEPTED**
- **CHRISTMAS TREES CANNOT BE LEFT**

**IF ANY ITEMS ARE LEFT A REMOVAL FEE WILL BE CHARGED BACK TO THE TITLED UNIT OWNER WITH NO EXCEPTION.**

For disposal of items we are unable to take please reference The City's Website for: [What Goes Where](#) to see a complete list of items, including Christmas trees.



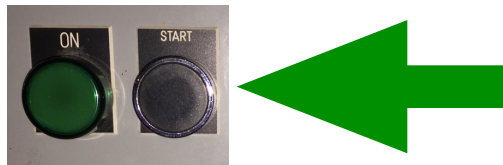


## COMPACTOR 101

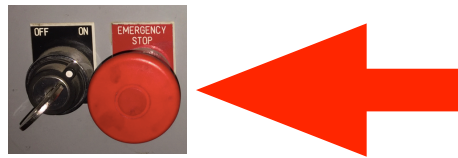
Compacting waste reduces the amount of space in the disposal bins & more importantly it has a smaller footprint in the landfill. We all need to be environmentally responsible so please take time to familiarize yourself with the equipment.

**HOW TO USE** instructions are posted on the outside of the compactor. Make sure the door is closed properly after placing your bagged waste in. Residents using the compactor system may accidentally deactivate the unit by pressing the emergency stop button. Simply pull the button out to restart the compactor. Learn what to do when the compactor unit is not functioning, there may be simple resolution to the problem.

The start button is clearly marked



Emergency stop button



**Educate yourselves,  
it will pay off in the long run!**

When placing bagged waste in the compactor please make sure you have **NOT INCLUDED** any of the following identified items:

- No liquids, oils or fluids of any kind
  - No Kitty Litter or Pet Waste
  - No diapers or other personal hygiene products
  - No aerosol cans, chemicals or paints
  - No glass\*
  - No Cardboard\*
- These items\* should be placed in the appropriate recycling bin.

Powerhouse Cleaning & Progressive Waste are diligent about keeping the garbage house in check, we all need to do our part too.



*Compactor information provided by  
James Lindon, Powerhouse Cleaning*

## COMMUNITY NEWS



### **THE SW RING ROAD IS COMING**

The SW leg of Calgary's Ring Road is proceeding. Hopefully, you are aware that the Discovery Ridge Community Association's Ring Road Committee continues to proactively work with Alberta Transportation, our MLA & the Minister of Transportation to mitigate the potential impact of the imminent SW & West Calgary Ring Road on our community. We are about to cross another critical milestone & we wanted to provide residents with a status update & important information about the segment of the Calgary Ring Road along our northern boundary.

*Posted in Community News on September 29, 2016 by Jacqui Basha*

Find the full article by following the link below:

**[The Impact of the SW Ring Road on Discovery Ridge](#)**

Residents of Discovery Ridge, if you have any comments, questions and/or concerns about the Ring Road, you should feel free to contact:

- MLA Mike Ellis  
**[Contact Mike Ellis](#)**
- Brian Mason, Minister of Transportation & Infrastructure  
**[Contact Brian Mason](#)**
- DRCA Board  
**[DRCA Board Members](#)**



**Centralized Switchboard:  
(403) 260-2600**

**Transit:  
Bus #13, 93, 94, 112 & 454**

[SIGNAL HILL LOCATION WEBLINK](#)

We are so fortunate to have a public library close to home, easily accessible by car or bus & truly an all ages facility. And library cards are free!

Take a moment to have a look at some of the programs available at Signal Hill from now until December 31st, 2016. These are live links, so a click brings you to full program details.

**Seniors**

- 50+ Lecture Series

**Adults**

- Adult Book Club
- Career Coaching
- Computer Technology Coaching
- eBooks and Library Apps Coaching
- ESL Conversation (Intermediate)
- Introduction to Microsoft Excel
- Intermediate Microsoft Excel

**Kids school age**

- Brixology: Carnivals
- Code Club
- Crumpled Milk Skin
- Eco-Friendly Art for Children
- Homework Help (ages 8-12)
- Math Minds
- Math Playground
- Reading Buddies (ages 5-9)
- School's Out All Day

**Kids with caregiver**

- 1-2-3: Count With Me!
- Babies Go Boo!
- Baby Bookworms
- Baby Rhyme Time
- Colossal Calgary Playdate!
- Crumpled Milk Skin
- Drop-in Family Storytime (ages 2-5)
- Jingle Bell Babies
- Papa Time
- Waiting for Santa
- Words and Wiggles

**All ages**

- National Child Day: We All Belong!

[Visit Calgary Library](#)

## **CITY NEWS**

**The Community of Discovery Ridge is part of Ward 6,  
represented in City Council by Alderman Richard Pootmans.**

### **Ward 6 Communities**

Aspen Woods  
Christie Park  
Coach Hill  
Cougar Ridge

**Discovery Ridge**  
Glamorgan  
Glenbrook  
Glendale

Patterson  
Signal Hill  
Springbank Hill

Strathcona Park  
West Springs

October 22nd. 2016, Ald. Pootmans held a Town Hall meeting to discuss traffic concerns relevant to Ward 6. A summary of the presentation is available online through [The Ward 6 Report](#). This report is a bi-monthly update about top-of-mind issues, as well as City, Ward 6 + Community related News & Events.

The traffic in our community always seems to be in a hurry. Posted speed limits are frequently ignored. Drivers do not pay attention to posted signage. There are significant distracted driving habits observed regularly. The Wedgewoods drivers are not receiving any awards as many continue to disregard posted speed limits & the stop sign at the exit.

Reporting traffic violations or concerns is very important for the way The City makes areas a priority. The best way to provide the locations you are concerned about is by calling 311. The City can track traffic data this way. If there is an area you would like the Police to monitor, you can submit a [Traffic Service Request](#).

Examples of when a [Traffic Service Request](#) would bring attention to the traffic issues to The City:

- The playground zone we drive through coming from & going to The Wedgewoods is an area of crucial concern. The 30km/hr. speed limit is critically important, sadly far too many motorists speed through that area.
- Drivers not stopping at the STOP sign as we exit our property can receive a ticket from Calgary Police Services. Not only is not stopping illegal it is critically unsafe.
- Speeding past a vehicle in the community that has single lanes from the time you drive through the traffic circle entering Discovery Ridge is unlawful, irresponsible & reckless.

I was nearly hit by a vehicle leaving The Wedge recently; driving too fast, talking on their phone & not even pausing at the stop sign. The Board of Directors & SOC Management Corporation have done so much to ensure our safety. Speed limits have been posted, signage is in place, notices have been displayed regularly, board minutes speak to traffic concerns, SOC are constantly reminding residents, guest, delivery & service vehicles to slow down. And yet, the problem is still front & centre.

**Please drive responsibly!**

## WINTER ACTIVITIES IN CALGARY

Calgary offers lots of opportunities to get out & about with family & friends. I would like to share a few & once intrigued my hope is you will discover even more winter activities to enjoy.

Stay active as you [Explore Calgary](#) this winter season!



Skiing  
Snowboarding  
Snow Skating  
Light Displays  
Calgary Winter Festival  
Winter Hikes  
Olympic Plaza  
Parks  
Hockey  
Making Snowmen  
Tobogganing  
Making Igloos

## Heritage Park Events



In the Winter Season, only Heritage Town Square & Gasoline Alley Museum are open. **Heritage Town Square**, loaded with great shopping, food establishments & a 2-acre nature park, is located before the gates & is an admission free zone.

Winter admission includes access to **Gasoline Alley Museum** where you can explore a rare antique truck & car collection as well as the world's largest public petroliana display.



## Fort Calgary



**THE HEART OF CALGARY IS RED**, the scarlet red of the North West Mounted Police tunic. When the NWMP built their fort at the confluence of the Bow & Elbow Rivers in 1875 they laid the foundations for the city we enjoy today. Fort Calgary, is a place that provides quiet, reflective, meaningful experiences in contrast to an increasingly rapid, complex, technological & fragmented world. Come explore the fort this winter!

**Zoolights** transforms the Calgary Zoo into a magical winter wonderland. Most magical of all, is its ability to bring friends & family together during the holiday season. Bundle up & enjoy the experience.



“There is no better time than winter to start some new traditions & appreciate the beauty of where we choose to live!”

KHMackie



## **RESIDENT ARTICLES**

### **A GREENER HOLIDAY SEASON**

The approaching holiday season promises an abundance of merriment and joy, but the holiday season is also the most waste producing time of the entire year. With some thoughtful planning for the festivities that lay ahead, we can easily reduce a large portion of that waste by incorporating some simple choices.

Topping the list would be packaging, gift boxes and all that gift-wrap! In lieu of purchased wrapping paper, presents can be wrapped in comics, newspaper, maps, blueprints, grocery paper bags, fabric remnants, or even leftover wallpaper. Rather than ribbons or bows we can adorn gifts with pine cones, cinnamon sticks, reused ribbon, etc.

Literally thinking “outside of the box”, there are lots of alternative gift containers. For instance, gifts can be placed in glass jars with decorated lids, pretty shopping bags, cookie or chocolate tins, painted coffee cans, baskets, and endless other imaginative items.

Make a gift extra special by wrapping it in another present, such as a hand-knit scarf, a beautiful table cloth or runner, purse or cosmetic bag, sports bag, or another personally selected gift.

When going out to shop for the holiday bring reusable bags and decline merchant’s offerings of tissue paper, boxes, and bags.

If mailing gifts, replace bubble wrap or foam packing with shredded flyers, plastic bags, or shiny newsprint which has ink that doesn’t smear.

Here are some other considerations:

Did you know that 40% of batteries are purchased during the holidays? Taking into account discarded batteries are an environmental hazard with even rechargeable batteries eventually finding their way into the waste stream, let’s all try to buy battery-less gifts if possible.

LED Christmas lights are an easy swap and use up to 95% less energy than the larger, traditional holiday bulbs. If during the holidays we’re gifted with any electronics, computer components, cell phones, etc, let’s remember to donate or properly dispose of our old ones.

Finally, let’s not forget there are lots of ways to give back such as donating to our favourite charity, volunteering, donating toys/gifts to those less fortunate, giving to the food bank, lending a helping hand when needed, and being a bright light to all during this magical time of year.

*Submitted by Alannah Vanel, Resident*

*This Holiday Season*



*Happy Holidays!*

## COLOURING

### THE CHILDHOOD PASTIME THAT HELPS ADULTS RELIEVE STRESS

At one time colouring was considered a child's activity. Recently colouring has found a different demographic as more adults find themselves enjoying a fun way to pass the time. But it's the therapeutic properties of colouring that are really quite significant.

Colouring can help to:

- relieve stress, provide comfort & relax
- present a creative avenue for you to release your artistic side
- focus your mind & improve concentration levels
- promote a relaxed mindset

Colouring is therapeutic, contributing to better overall well being.

***“I find time every day to colour. It allows me to switch off & focus on the moment. It's my time for reflection & meditation. I believe you are never too old to colour. Make it part of living, you won't be sorry. I simply love it!”***

***KHMackie***

***Colouring book colouring by Kim :-)***



## CHINOOK WINDS

Comments often heard in Calgary “If you don’t like the weather wait 10 minutes” or “Of course we have 4 seasons....they just happen to occur within 24 hours”.

If you have spent a winter in Calgary you have had the good fortune of experiencing the positive effects of the Chinook. Nestled in the foothills of the Rockies, Calgary is perfectly situated to benefit from these warm winds that blow over the mountains.

The winds have been known to gust in excess of 120 km/h (hurricane force) & can raise temperatures 20-30°C within a few hours, sometimes lasting several days, releasing us from Mother Nature’s icy grip & providing a welcome respite from a cold winter.

I recall many snowless Christmases, the most recent in 2005, when the temperature on Christmas day was +20°C. There are photos from the early 1900’s of Calgary winters where the ground is void of snow. As far back as 1877 David Thompson stated the temperature rose as much by heading west as it did by traveling south. (Thompson was a British-Canadian fur trader, surveyor & map maker, mapping much of western Canada. The Thompson River in Kamloops, BC is named after him.)

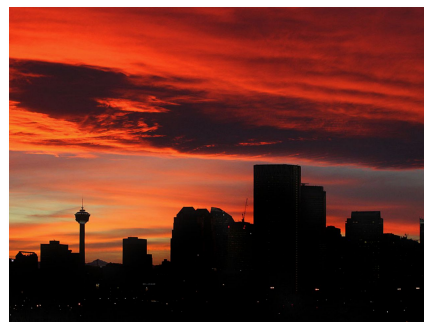
Though often, for every positive circumstance there can be a negative consequence. Warm winds cause the snow to melt removing much needed winter insulation it provides to plants. Warm temperatures cause soil moisture to be lost & the high winds can cause soil loss.

A rapid change in temperature can deceive trees & plants into thinking it’s spring & cause them to come out of

dormancy making them vulnerable to later cold snaps.

Humans are affected by the Chinook as well. Because of pressure changes, people who are susceptible often complain of headaches or migraines, often called “Chinook Headaches”. As well increasing irritability & sleeplessness in others has been reported.

The Chinook winds typically occur from November to April. A precursor to a Chinook is the Chinook Arch, a band of dark stationary clouds that form against the mountains. Although they appear threatening they rarely produce rain or snow. They can create amazing sunrises & sunsets with the colours changing throughout the day from yellow, orange, red & pink shades as the sun rises, grey shades at midday, changing to pink/red colours & then orange/yellow hues just before the sun sets. Thereby affording the avid photographer the chance to capture Mother Nature’s wonder for posterity.



Love it or hate it, the “Snow Eater” is part of what makes weather in Calgary so interesting & unpredictable.

*Submitted by Sheila Rivers, Resident*



One of the (many) great things about dogs is they don't fake their emotions. They're not going to lick you & then go complain to their doggie friends how their walks aren't long enough. But we can't always read a dog's body language accurately. Dogs, just like people, have their own, unique personalities, & they don't all express themselves in the same way.



- One dog wagging its tail might mean that the animal is happy to see you or wants to play. The same gesture in another dog might mean that it's anxious or nervous.



- Sometimes, dogs will yawn, put their ears back or raise a paw if they are feeling worried. As the dog gets more concerned about the situation it's in, its behaviour will change.



- For example, if a dog tucks its tail under its belly or leg, lies down with a leg up or stiffens its body & stares at you, it could be trying to tell you that it's frightened or threatened.



- When the dog reacts by growling, snapping or nipping, it's telling you that it wants to be left alone – Right Now! Remember, we can't predict a dog's behaviour based on size or breed. Focus on the body language of the animal.



- The important parts to watch are the head, ears, tail & back. The higher these are the more dominant a dog is feeling & the lower they are the more submissive or uncertain their feelings are.

- Look also for tension in the dog's body, particularly in the back & legs. The tenser a dog is, the higher its energy level will be.

- A stressed dog will often show displacement behaviour, any of a variety of activities that seem inappropriate in the situation. These behaviours occur most often during times of emotional conflict. Some displacement behaviour examples could be a dog grooming itself when afraid & is faced with the decision to fight or run away, a dog who is licking their lips even though they haven't been eating or drinking, or perhaps they are panting when it's not hot.

**Dogs can't tell us in words what they're thinking & feeling because they don't have to. They're expressing themselves constantly through body language. Once we learn how to understand this, a whole world of communication with our dogs opens up.**



*Submitted by Alannah Vanel, Resident & Petsitter*

## **REMEMBRANCE DAY**

**On this day Canadians take pause to remember those in our Armed Forces who have died in the line of duty. Originally called Armistice Day, this day commemorates the signing of the armistice that ended World War I at, 11:00am on the eleventh day of the eleventh month, in 1918.**

World War I saw more than 650,000 Canadian men & women volunteer for the war effort. 66,000 gave their lives & more than 172,000 were wounded. World War II, once more saw Canada step up to the plate. With a population of only 11 million people, more than one million Canadians served in the military, 45,000 gave their lives & 55,000 were wounded. Considering the small population of Canada, our contributions to the two World Wars, the Korean War, Afghanistan & other world conflicts has been nothing short of outstanding.

The tradition of wearing a red poppy on this day can be attributed to a poem written in 1915 by Lieutenant Colonel John McCrae a member of the Royal Canadian Medical Corps. He noticed, in the spring, the vast number of poppies growing amongst the devastation of war torn towns, farms & fields. Thus the inspiration for his famous poem, "In Flanders Fields".



When I was growing up in the 1950's every school child had to memorize & recite this very poignant poem. World War II was recent history & the fact my parents lived during & took part in the war is the reason why I will never forget.

But as the years pass, along with the Veterans who served in these conflicts, we must ensure that future generations will always be aware of the sacrifices made by these brave men & women. They sacrificed their lives, their health, their youth, so we could enjoy the freedoms we have today.

### **Lest We Forget**

**"Those who cannot remember the past are condemned to repeat it."  
George Santayana**

***Submitted by Sheila Rivers, Resident***



On September 13th we held the first Social Group 'Meet & Greet' gathering. A good number of residents came with enthusiasm & ideas, it was so rewarding to see this response!

Jane Welsh contacted me after the last newsletter asking for guidance / assistance with getting social group interest tested at The Wedgewoods & so much has evolved from that first discussion at the Welsh dining room table.

September & October were start up months as social groups & activities began to come together. Hopefully you will have noticed our postings in the glass message boards in each Chateau lobby. These will update as often as groups grow & activities update their details. The events calendar on the Wedgewoods website is kept current, likely to be the best point of reference for interested residents.

The intention of our social groups is to provide an avenue of interaction for residents, bringing people together to enjoy things you may not be inclined to do on your own. Anyone can participate, either regularly or occasionally. Fun in life is such good medicine, I hope you will prescribe some for yourself as you can.

*KHMackie*

## **SOCIAL GROUP EVENTS & ACTIVITIES, FUN AND GAMES**

Are you new to Wedgewoods?

Are you finding it difficult to meet people with similar interests?

Do you enjoy chatting, walking, playing games, doing crafts, reading, going to movies, painting, playing cards?

Or do you have other ways to spend your free time and have fun, and would you like to meet some friends to take part in these activities with you?

We have a number of fledgling groups forming at Wedgewoods.

Please feel welcome to join in any time, we would like to have you come to be with us!

If you need further information not available on the notices please email:

Jane / [tiztiz61@gmail.com](mailto:tiztiz61@gmail.com) or Kim / [volunteering@wedgewoods.ca](mailto:volunteering@wedgewoods.ca)

## **GROUUPS THAT ARE UNDERWAY:**

### **Coffee Time**

Bring your coffee to the Social Room on the 1st & 3rd Tuesday morning every month between 10:30am & 12:00pm. Enjoy a chat with friends & neighbours.

### **Movies**

We are trying to see one movie per month on the 2nd Tuesday afternoon, it's CHEAP SEAT DAY at Westhills Cinemas. We may try Canyon Meadows too as their films start earlier & every day is CHEAP SEAT DAY. Car pooling is available & depending on the group we may share a light supper after the movie.

### **Board Games**

Join the games in the Social Room on the 2nd Wednesday each month from 2-4pm. It's a fun way to spend an afternoon.

### **Craft Group**

Bring your crafts to the Social Room the 2nd Tuesday each month 10:30am - 12:30pm. Some crafts may be pre-planned but feel free to join in any time.

### **Cards**

We have people interested in playing bridge, euchre, poker, canasta & cribbage. Bridge took place for the 1st time just recently & the other groups have yet to start playing.

### **Pool**

A group has begun to play pool. Once regular times are determined information will be posted.

### **Walking Group**

Weather permitting, there is a group walk on the LAST Friday afternoon each month. Meet in front of Chateau 20 at 1pm to continue exploring Griffith Woods. If the weather is inclement we may just do a short brisk neighbourhood walk & stop for hot chocolate @ Javino. There are many scenic, walkable areas in Calgary so if & when we venture further, carpooling will be available.

### **Book Club**

The 1st meeting took place Oct 31st. We will meet monthly on the last Monday of the month in our condo units & each member taking a turn hosting. Group members will suggest books to read.

### **Painting & Mahjong**

There are a number of people interested in each activity & we will be getting together in November to discuss where & when we can get these groups started.

Lots of things are happening & we have some challenges. With discussion & innovative / outside the box discussion, these can be overcome. One major challenge at this point in time is where large groups can meet & work together. Another is, many of us want to be part of several groups, so timing is important.

You are welcome to come & join any group. Coffee time is a great place to start meeting your neighbours & make new friends.

The monthly activities are posted on The Wedgewoods website events calendar. Make sure to register for the website so you can stay current with what is happening. There are also notices posted in the lobby of each Chateau in the locked glass display cases.

If you have other ideas that you would like to explore, please let us know. Hope to meet you soon!

*Submitted by Jane Welsh, Resident & Events Contact*

## **LISTENING TO THE VOICE OF YOUR SOUL THROUGH THE ANCIENT PRACTISE OF YOGA AND MEDITATION**

Physiologically our mental state is controlled by the flow of messages between neurones in the brain & hormones released by the body. Major hormones that affect the way we think & feel include estrogen, testosterone & thyroid hormones. These hormones are controlled by the pineal, pituitary, thalamus & hypothalamus glands. Without going into the scientific aspect of how these glands work together to regulate mood & metabolism, it is safe to say that we must work at keeping this system healthy & balanced. By doing this we will remain happy, healthy & calm, able to live life from the deepest aspect of our truest "Self".

Trying to control the mind with the mind will not work & there are basic biological reasons for this. The human body has many cycles that are regulated by the production of these major hormones & it depends on the ever-changing state of this system as to how it operates synergistically within the body & mind. The mind is directly affected by the harmonious state of these master glands. Yoga & meditation are the most direct ways to change the hormonal release, literally changing the brain chemistry & calming the mind.

There are also many outside influences that affect the hormones in our body. Sun light, diet, physical activity & chemicals that might stimulate or relax our nervous system can all play a role in our physical & mental health. Our social environment is also a key component & by surrounding ourselves with positive people that support & love us, we profoundly change the way we feel & this influences the release of hormones. Our environment plays a role & we are extremely fortunate to be surrounded by the magical atmosphere of Griffith Woods. Candles, beautiful music & essential oils aid in calming our state of mind. The love we share with our very precious furry companions fills our heart & soul with calming waves of pure tranquility & joy.

Laboratory tests have been performed on the effect of a relaxed muscular system. When the body is totally relaxed by using a carefully administered drug, it is impossible to feel anxious from an outside influence or perceived threat. Yoga is one of the most powerful ways to relax the body & alter the release of these hormones (estrogen, testosterone and thyroid). But gently stretching the muscles is only one aspect of yoga that can help to achieve a more relaxed muscular system. Breath work, chanting or singing a mantra, gently focusing on an intention that comes from your heart & not your ego all play a major role in altering the production of these hormones. When I refer to yoga, please keep in mind that I am not referring to the standard yoga classes that can sometimes be frightening for us to imagine. It is easy to believe that we are not capable of this strenuous near impossible task of twisting, bending & standing on our heads..... let alone climbing into yoga apparel! Fear of the unknown is very real & totally understandable.

The type of yoga that I am referring to is a simple, personal, soulful practice that will enhance our mental, physical & spiritual selves by giving these master glands the fuel they need to change. A regular routine beginning with a yoga practice will lead us to an altered state of mind that benefits almost every aspect of our lives. You can easily do this yoga practice at home, alone or with a partner. I personally place my sheepskin next to the window, dressed in my favourite & most cozy Lolé yoga clothing, Guru Giz at my side. I absolutely relish this quiet time first thing in the morning (after coffee) taking in the smells, sounds & views of the woods. Simple stretches, focused long deep breathing & several minutes of total relaxation allowing the mind to become quiet.

Begin the practice by using your breath to guide you through a short series of simple yoga postures, gently allowing your body to reach slightly past your threshold, yet still gentle, comfortable & with compassion. This allows the body to be awakened & to release the tension in your muscles. The next step is to sit or lie down on your back in silence, or as I prefer with beautiful soothing relaxation music. Be in this time quietly with eyes closed & slightly rolled up to look from within to the space between your eye brows, also known as the third eye. Focusing on this point is known to directly stimulate intuition. Begin to focus on your breath, in & out through the nose. Feel the cool air through your nostrils, then down past the back of your throat, bringing the air all the way down to your belly first, then allow the ribs & finally the chest to expand with your breath. Hold this breath briefly & then release slowly, first from the chest & then the ribs, finally pulling the belly back toward your spine so that you release every bit of air left in the bottom of your tummy. Continue with this breathing for at least 7 minutes & work up to longer periods of time as you feel comfortable. Do not worry if the mind is still busy, the breath alone is creating a shift within the internal universe of your body. The mind will become calmer the more you practice & some days will be better than others, don't judge yourself. Simply breathe & know that change is happening whether you feel it or not.

That's it, no tight-fitting clothing, no scary postures or crowded studios. Yoga can be just this simple & yet immensely life changing. As with anything in life, you must experience yoga & meditation to realize the effect that it will have on you personally. Of course, we are all at different levels of fitness & spiritual curiosity (the willingness to explore our spiritual selves), so please take these recommendations as just that. Explore & find your own path, listen to the voice of your own soul & discover the way that leads you to your true destiny filled with love & joy.

## SAT NAAM

*Submitted by Teresa Ahloy, Resident & Yogini*





My message to everyone is simple, “Please, be kind to one another”. With all the moments & events that collect in our day it’s easy to become overwhelmed with life. However, it is important to love your life, every minute of it. We choose how to deal with things & I believe when I choose happiness for myself I take that forward into the day. I walk with a smile on my face & if I see someone without a smile I share mine with them. We all have the power to be happy, so if I can make someone else happy in some way I will! There’s no such thing as a small act of kindness.

The way we speak to one another should come from a place of respect & understanding. My Mom always said “speak to another as you would have them speak to you”, often followed by “think before you speak”. Words have an impact on everyone. When someone asks you how you are, remember they are asking because they care!



*“Be the change that you wish to see in the world.”  
Mahatma Gandhi*

As we go into the Holiday Season it’s important to remember it is a time of stress for some. During my upbringing we were exposed to many traditions, most have stayed with me. It is the time of year to show “Good will to all mankind” & pray that “There Be Peace on Earth’.

*Best wishes to all, KHMackie*