

FALL 2023

# lotus link



Connecting the **Genesis Centre** and Surrounding  
**Northeast Calgary Communities**

## Indoor Fieldhouses

NOW OPEN  
at Genesis Centre

**Saddle Ridge Community Association**  
**Orange Pumpkins,  
Thanksgiving & Garlic**

**Green Calgary**  
**To Rake or Not to Rake?**

**Dashmesh Culture Centre**  
**Food Hamper &  
Hot Meal Requests**

**Ward 5**  
**Fall Update**

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Lotus Link  
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## Dr. Rashmi Bajaj, DDS & Team

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**118 - 3840, 104 Avenue NE Calgary AB T3N 0T1**

*(In Jacksonport Plaza, near DQ, Esso Gas, Mediwell Medical Clinic & Pharmacy)*

SUMMER 2023

## Table of Contents

### SADDLE RIDGE COMMUNITY ASSOCIATION

Message from the President	4
Orange Pumpkins, Thanksgiving & Garlic	6
Remembrance Day	8
Field of Crosses Memorial	

### GENESIS CENTRE

Indoor Fieldhouses (1 & 2) Now Open at Genesis Centre!	10
Community Champion Profile: Muhammad Aslam	12
Genesis Centre's Volunteer Program	14
Diwali is India's Most Important Holiday	16
Save the Dates!	18
Spotlighted Upcoming Events	

### GREEN CALGARY

To Rake or Not to Rake	22
Winterizing Your Rain Barrel	23
Keep Energy Efficient This Winter	23

### DASHMESH CULTURE CENTRE

DCC Food Bank	28
Food Hamper & Hot Meal Requests	28
Mata Sahib Kaur Ji	29
Women & Children's Transitional Housing	

### THE CITY OF CALGARY – WARD 5

Fall Update	24
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### THE CITY OF CALGARY

Changes to Cart Collection This Fall	26
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CAULDRON OF FUN AWAITS

# WEAR YOUR BEST COSTUME, RECEIVE FREE ACCESS

31 OCTOBER 2023 • ALL DAY • ALL AGES  
THE GENESIS CENTRE

Lotus Link is published four times per year by the Genesis Centre. To submit stories and photos or inquire about advertising, please email our editor, **Jonah Ardiel**, at [jardiel@genesis-centre.ca](mailto:jardiel@genesis-centre.ca).

### Genesis Centre

#10, 7555 Falconridge Blvd. NE, Calgary, AB T3J 0C9  
(403) 590-2833 • [info@genesis-centre.ca](mailto:info@genesis-centre.ca) • [www.genesis-centre.ca](http://www.genesis-centre.ca)

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Calgary Public Library	(403) 260-2600
1000 Voices	(403) 930-3370
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Genesis Physiotherapy	(403) 453-2420
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[1000voices  
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/programs/  
1000-voices](http://1000voices.aspenfamily.org/programs/1000-voices)

# COMMUNITY

# Saddle Ridge



## Message from the President

I hope everyone is enjoying the sunshine while it lasts. There are a number of things happening in Saddle Ridge in coming days.



By the time, you have this issue in hand, we would have finished our free recycling event.

This event happens every year in September. The city garbage trucks, electronic recycling and sometimes tire and bicycle recyclers are arranged.

We are also planning to paint the pavement as a part of placemaking project we did with the University of Calgary Urban Planning department. The traffic island we choose is at Saddletowne Circle and Saddlemont Blvd.



## Saddle Ridge Community Association

### OFFICE

27 7555 Falconridge Blvd NE  
Calgary T3J 0C9  
Phone: (403) 590-2833

[WWW.YRSCA.CA](http://www.yrsc.ca)

To contact the board please email [president@mysrca.ca](mailto:president@mysrca.ca). Or connect with us on [facebook.com/mysrca](https://www.facebook.com/mysrca).

### BOARD OF DIRECTORS

#### Executive:

Asim Baig	President
Peter Bullar	Vice President
Neal Jones	Secretary
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Shuvro Das  
Imran Rafique  
Raphael Ramos  
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### BECOME A MEMBER TODAY!

Visit [www.mysrca.ca/become-a-member/](http://www.mysrca.ca/become-a-member/)  
or scan the QR code.



We have also applied for a study with the University of Calgary student to work with us to identify places that can be improved in our community whether it is more seating for seniors, placemaking, more trees or way finding. We are excited for the possibility of working with their graduate class.

I might sound like a broken record but I cannot emphasize enough on signing up for the Saddle Ridge Community Association membership. The more funds we have, the more opportunities we can create for residents to participate.

Finally, please keep your surrounding area clean - specially around mailboxes. The junk mail can

be recycled at home instead of just shoving them between the mailboxes or littering all around. We need to take the ownership of our community and keep it clean. With strong wind blowing, loose garbage will go all over the place, get stuck in fences and does not portray a good picture to visitors of our community.

Lastly, we always look for more volunteers from Savanna - if you are interested or know anyone who is curious how our community association works, please do not hesitate to reach one of us. We hope you all have a great fall! 🍁

**Asim Baig**  
President, SRCA

# BECOME A MEMBER TODAY!

*Proceeds from SRCA memberships get reinvested back into the community and members receive exclusive benefits.*



**VISIT**

[mysrca.ca/become-a-member/](https://mysrca.ca/become-a-member/)

or

**SCAN THE QR CODE**

below using your phone camera.



# Orange Pumpkins, Thanksgiving & Garlic

It's that time of year when thoughts turn to orange pumpkins and Thanksgiving. Frequently, October is the month to do the last of the garden harvesting and yard tidying. But did you know that it is a planting month? In Calgary, October is the month to plant garlic. Fall planting of garlic provides a jump on the garlic growing season and should result in better yields and larger bulbs.

The garlic type to plant is "hardneck" which is cold hardy and performs well in Calgary. It gets its name from the flower stalk (scape) that grows up the center of the bulb and forms a hard stalk when

the plant matures and dries. There are three main kinds of hardneck garlic: Porcelain, Purple Stripe and Racambole. Porcelain has a thick-white papery skin, the tunic, surrounding the bulb and a strong flavour. It stores the best of the hardneck garlics. Purple Stripe become sweeter after cooking and has purple striping on the tunic. Racombole usually has pink to purple colouring in the tunic, is rich in flavour and is the most commonly grown hardneck garlic. It produces beautiful double-curling scapes that are delicious. Within these groups there are many varieties to choose from bearing names such as Music, Chesnok Red and Spanish Roja.



**LEFT:**  
Embracing autumn  
vibes with a pumpkin.



**ABOVE:**  
Planting garlic bulbs.  
**RIGHT:** Chesnok Red  
garlic curing.

To plant garlic, prepare the bed. It should have light, rich soil and be well-drained. Garlic does well in a raised bed when planted with at least 15 cm of soil between the bulb and an outside wall. Having a well-drained soil is important, otherwise the bulb may rot before spring. Light soil yields readily to the emerging garlic sprout and will make lifting the bulbs next summer easier. As well, light soil usually readily sheds excess moisture. Add compost before planting to give the soil a nutritional boost that the garlic can use when it starts to grow in the spring.

Inspect the bulbs. There should be no signs of mould. If there is mould, cool, damp weather may cause the mould to flourish and grow into the flesh of the clove. Break and remove the outer paper tunic of a healthy bulb and divide it into its cloves. Leave the protective paper on

the cloves. Cloves are planted with the pointed end up and the basal end down. The roots grow from the basal end and the green shoot from the pointed end.

Garlic is a member of the Allium genus, so practice crop rotation to help ensure plant health, and do not plant garlic where garlic or onions were planted the previous year.

Plant the cloves 10 cm deep and space them about 15 cm apart. If the soil is dry, water. Cover the bed with 10 cm of mulch. Dry chopped leaves, straw or grass clippings can be used as mulch. The mulch, by providing an insulating layer, helps prevent the cloves from being heaved out of the soil by the freeze-thaw cycles, maintains the soil moisture content and helps regulate the soil temperature.

If you are growing more than one variety of garlic, place identification labels in the bed. Metal tags may be pricey, but they usually over-winter well. Cover permanent marker ink with clear packing tape to prevent fading. Be sure to supplement the bed markers with a journal notation, then next summer you can check your notes if the labels are unreadable or can't be found.

May you have a wonderful Thanksgiving with family and friends, sharing the harvest from your garden. Perhaps, include planting garlic on Thanksgiving weekend as one of your festive traditions

If you are interested in learning more about gardening in Calgary, visit the Calgary Horticultural Society's website, [calhort.org](http://calhort.org). Fall is the start of the learning season at the Society. 🌸

**Deborah Maier**  
*Calgary Horticultural Society*



# Remembrance Day Field of Crosses Memorial

Service, Courage and Sacrifice

Calgary's Field of Crosses Memorial, a poignant and solemn tribute, graces the city's landscape annually, reminding all who pass by of the sacrifices made by Canada's brave soldiers. This powerful display is the inspiration of Calgary businessman and philanthropist, Murray McCann. It blankets the Memorial Drive area with over 3,500 white crosses each November.

The memorial goes beyond mere symbolism. Each cross is adorned details of an individual soldier, transforming the stark rows into a sea of personal stories and sacrifices. The annual assembly of these crosses, carried out by dedicated volunteers, is a labor of love and respect for the fallen.

From November 1-11, the memorial offers a serene and reflective atmosphere. Visitors from all walks of life come to pay their respects, remember the past, and reflect on the ongoing importance of peace.

The Field of Crosses has become a symbol of unity, drawing in volunteers, organizations, and schools to participate in its setup and maintenance. This collective effort speaks to the memorial's profound impact, extending far beyond its physical presence. It is a living tribute, fostering a deep sense of community and gratitude among the people of Calgary.

For more information, visit [www.fieldofcrosses.com](http://www.fieldofcrosses.com). 





**ABOVE:** The poppy is a powerful symbol of Remembrance


**RIGHT:** The United Nations flag stands tall, celebrating 75 years.



# UN 75

## 2020 AND BEYOND

2023 marks the 75th anniversary of United Nations peacekeeping. Canada has a long history of helping defend and maintain peace around the world, with more than 125,000 Canadian Armed Forces members having served in international peacekeeping efforts in dozens of countries.

The 75th anniversary of the United Nations marked a significant milestone in the history of international diplomacy and cooperation. Established in the aftermath of World War II, the UN has played a pivotal role in maintaining global peace, advancing human rights, and promoting sustainable development. 



**FIELD  CROSSES**  
*Memorial*


# Indoor Fieldhouses (1 & 2) now open at Genesis Centre!

For the last couple of months, both Fieldhouse 1 and Fieldhouse 2 have been undergoing some major renovations. As always, our priority is to deliver safe, accessible, and high-quality recreational experiences to our community. The decision to upgrade our facilities was driven by the evolving needs of our community, as well as our commitment to providing high-quality services to our clients. We're happy to announce that these renovations have recently been completed and the fieldhouses are now open for community use.

## What changed?

- In Fieldhouse 1, new artificial turf was installed for the Fall/Winter seasons (October-March). For the Spring/Summer seasons, this turf will be replaced by a concrete pad, providing a more comfortable and consistent playing surface.
- Field House 2, on the other hand, now has a new pulastic flooring that is designed to reduce the risk of injury while providing excellent traction. The flooring in Field House 2 will be comparable to those used in our Community and Feature Gymnasiums.
- Both fields also feature 8-foot boards, compared to the original 4-foot boards. This provides more containment for equipment and makes for a more enjoyable playing experience.
- The outer area of the boards is made of strong Plexiglass material, creating a quality viewing experience for those enjoying from outside the Field Houses while ensuring safety is maintained on the inside.

## Quick FAQs:

- Q.** How many badminton courts will be added?
- A.** As the playing surface changes in Fieldhouse 2, 9 badminton courts will be available following the renovation. Alternatively, the newly renovated Fieldhouse 2 will accommodate up to 3 volleyball courts instead. Additional features include field hockey lines, futsal lines, and pickleball lines for alternative play.
- Q.** Are there going to be curtains separating the badminton courts?
- A.** Yes, there will be curtains dividing the courts in fieldhouse 2. Each dividable section can hold up to 3 badminton courts or 1 volleyball court. 



# SIGN ONTO A MEMBERSHIP

*Benefits*

- Convenience
- Monthly savings
- Bonus: Get the activation fee waived (\$25) and receive a Genesis Centre cap



**LIMITED TIME OFFER: OCT 1 - 31  
VISIT FRONT DESK TO REGISTER**

Pass & Admission Rates

## Indoor Field House Rates

FIELD HOUSE 1 (Artificial Turf)	RATES / HR	DAILY MAX
<b>Adult Prime</b> (October 1 - March 31)	\$204	\$2,786
<b>Youth Prime</b> (October 1 - March 31)	\$166	
<b>Non Prime/School Rate</b> (October 1 - March 31)	\$82	
<b>Dry Pad/Concrete Flooring</b> (October 1 - September 30)	\$86	\$1,176
FIELD HOUSE 2 (Pulastic Turf)	RATES / HR	DAILY MAX
<b>Adult Prime Full</b>	\$204	
2 Courts	\$145.50	
1 Court	\$97	
<b>Youth Prime Full</b>	\$157	
2 Courts	\$117.75	
1 Court	\$78.50	
<b>Non-prime/School Rate Full</b>	\$101.50	
2 Courts	\$76.13	
1 Court	\$50.75	

## COMMUNITY CHAMPION PROFILE:


# Muhammad Aslam

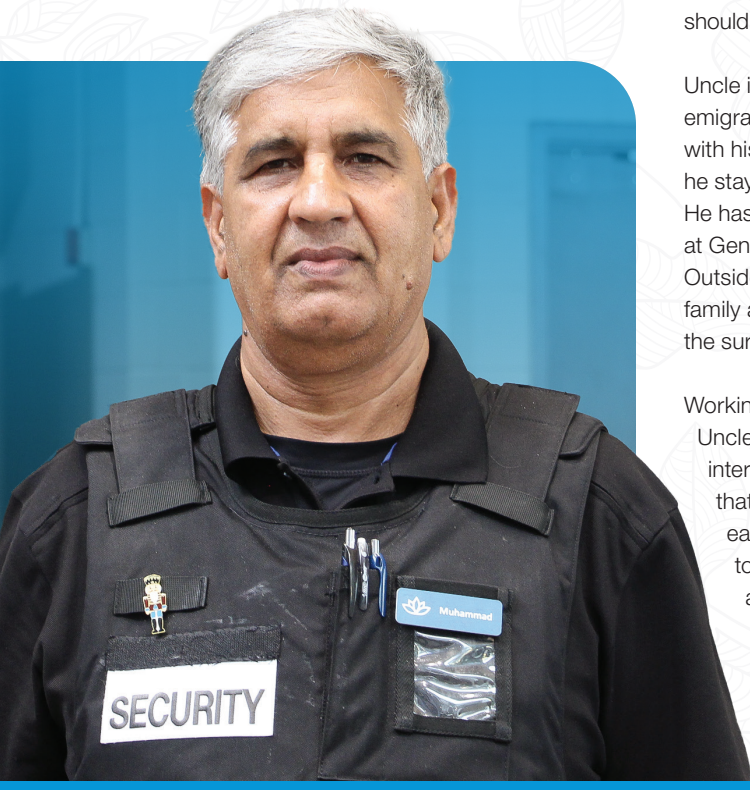
## Genesis Centre Commons Attendant

Muhammad (colloquially referred to as “Uncle”) started his Genesis Centre journey as far back as 2012 as a security guard contractor through Garda Security.

However, since 2019 security personnel have been brought in-house and Muhammad now works directly with the Genesis Centre as a Commons Attendant. While security is a large focus area of his, he also acts as a customer service representative supporting clients with referrals, directions, and any other help should they need.

Uncle is originally from Okara, Pakistan but emigrated to Canada in 2001. At that time, he moved with his wife and young kids to Montreal where he stayed until 2004 before moving to Calgary. He has five kids – one of which, Shoaib, also works at Genesis Centre as an Operations Attendant. Outside of work, Uncle enjoys quality time with his family and frequently exploring Lake Louise and the surrounding Rocky Mountains.

Working at the Genesis Centre is a passion for Uncle because of his love for people. He loves interacting with and helping the many guests that frequent the facility, which makes work easy and fun! Stop by on a weekday afternoon to say hi to Uncle directly and learn more about the Commons Attendant role, and Genesis Centre! 



**LEFT:** Genesis Centre Commons Attendant, “Uncle” Muhammad Aslam.



# calgary baby & tot show

For bump, baby and beyond



**SAVE  
THE DATE**

## OCTOBER 28 & 29, 2023 GENESIS CENTRE

- › Educational Seminars
- › Shopping
- › Toddler Play Zone
- › Diaper Derby
- › Princess Party
- › Baby Bux
- ...and More

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- Experience endless family fun and attractions at **Calaway Park**
- Fill your day with health, wellness and community unity at the **Genesis Centre**
- Explore and discover science, technology and art at **TELUS Spark**

### Shopping

- Visit over 200 stores, premium outlets and unique services at the must-see **CrossIron Mills**

Find out more at [visitcalgary.com/northeast](https://visitcalgary.com/northeast)  
f t i y /tourismcalgary #tourismcalgary


# Genesis Centre's Volunteer Program:

## An Opportunity to Give Back and Get Involved!

For more than 10 years now, Genesis Centre has been a staple in NE Calgary and pivotal Community Hub for the communities surrounding it. It partners with dozens of social service agencies to offer high-quality critical programs and services to millions of people annually. Additionally, it functions as a recreational facility where it engages hundreds of thousands of users annually in engaging sport & recreation leisure opportunities. Furthermore, it hosts large-scale public events on a more than weekly basis. Because of all this activity, the dedicated help of volunteers and staff are crucial to the functioning of the business.

Earlier this summer, Genesis Centre was proud to receive funding support from the Canadian Red Cross to formally establish and implement a volunteer program to its business. The intention of this program is to establish a platform to support dedicated community champions in their efforts to support community development and programming, through a formal volunteer contract with Genesis Centre.

Presently we are building the framework to support this program, while simultaneously conducting the intake of volunteers. If you are interested in this opportunity and giving back to an enthusiastic and energetic mission-forward organization like the Genesis Centre, we encourage you to get involved.

Please email **Lance Kangas** at [lkangas@genesis-centre.ca](mailto:lkangas@genesis-centre.ca) for more information. 

## Reasons to Volunteer!

### 1. BUILD EXPERIENCE

Gain invaluable experience by playing a key role in strategic decision-making and boost your resume for future opportunities. You will also be given the opportunity to join subcommittees via your position on the board.

### 2. SUPPORT THE COMMUNITY

As a volunteer, you will be contributing to a non-profit, charitable organization mandated to support and foster community development.

### 3. LEARNING OPPORTUNITY

You will learn several aspects that stem from your involvement on the board, including governance, audit & finance, stakeholder relations, as well as gain several professional development opportunities along the way.

### 4. EXPAND YOUR NETWORK

As an ambassador of the Genesis Centre, you will interact with other board directors, staff, and several other stakeholders.



# Diwali is India's Most Important Holiday

—and a celebration of good over evil

**Observed by more than a billion people across faiths, this five-day festival of lights brings prayer, feasts, fireworks and, for some, a new year.**



Diwali is India's most important festival of the year—a time to celebrate the triumph of light over darkness, knowledge over ignorance, and good over evil.

Widely observed among more than a billion people from a variety of faiths across India and its diaspora, the five days of Diwali are marked by prayer, feasts, fireworks, family gatherings, and charitable giving. For some, Diwali is also the beginning of a new year.

But Diwali is perhaps best known as a festival of lights. Derived from the Sanskrit *dipavali*, which means “row of lights,” Diwali is known for the brightly burning clay lamps that celebrants line up outside their homes.

The dates of this festival are based on the Hindu lunar calendar, which marks each month by the time it takes the moon to orbit Earth. Diwali begins just before the arrival of a new moon between the Hindu months of *Asvina* and *Kartika*—which typically falls in October or November of the Gregorian calendar. In 2022, the five days of Diwali begin on October 22, with the most important festival date taking place on October 24.

The meaning of Diwali—and its many legends—Diwali is so widely celebrated—it's an important religious festival for Hindus, but is also observed among Jains, Sikhs, and Buddhists—that it has no single origin story. But while each religion has its own historical narrative behind the holiday, they all ultimately represent the victory of good over evil.

In Hinduism alone—which is considered the world's oldest living religion, dating back to the second millennium B.C.—there are several versions of the Diwali story that vary among geographic communities. These, however, are all epic tales of victory won by men who were considered incarnations of the Hindu god *Vishnu*, regarded as the sustainer of the universe, and whose role it is to restore the balance of good and evil in times of trouble.

In northern India, Diwali commemorates Prince Rama's triumphant return to the city of *Ayodhya* after 14 years of exile due to the plotting of his evil stepmother—and after a heroic rescue of his wife *Sita*, an incarnation of the goddess *Lakshmi*, who had been kidnapped by the rival king *Ravana*.



---

In South India, meanwhile, Diwali honors the victory of Lord Krishna over the demon king Narakasura, who had imprisoned 16,000 women in his palace and meted out harsh punishments to any of his subjects who dared stand up against him. And in western India, the festival celebrates Vishnu's banishment of King Bali—whose immense power had become a threat to the gods—to the underworld.

Sikhs, Jains, and Buddhists, three minority religions in India, have their own Diwali stories. For Sikhs, whose religion arose in the late 15th century as a movement within Hinduism that is particularly devoted to Vishnu, Diwali commemorates the release of the 17th-century guru Hargobind after 12 years of imprisonment by Mughal emperor Jahangir.

Jains, whose ancient religion dates back to the middle of the first century B.C. and also shares many of the beliefs of Hinduism, observe Diwali as the day that Lord Mahavira, the last of the great Jain teachers, reached nirvana.

And Buddhists, whose religion emerged in the late 6th century B.C. in what some describe as a reaction to Hinduism, celebrate it as the day the Hindu Emperor Ashoka, who ruled in the third century B.C., converted to Buddhism.

## How Diwali is Celebrated


Just as the legends of Diwali differ from region to region so, too, do the holiday's rituals. What most have in common, though, are the abundance of sweets, family gatherings, and the lighting of clay lamps that symbolize the inner light that protects each household from spiritual darkness.

But generally, each of the five days of Diwali has its own significance. On the first day of Diwali, people pray to the goddess Lakshmi, bake sweets, and clean their homes—which they decorate the next day with lamps and rangolis, designs made on the floor out of colored sand, powder, rice or flower petals.

Diwali's third day is its most important: On this day, people may go to temple to honor Lakshmi or gather with friends and family for feasts and fireworks. Devotees also set ablaze the lamps they had displayed the day before.

For many celebrants, the fourth day of Diwali marks the new year and a time to exchange gifts and well wishes. Finally, the fifth day is typically a day to honor one's siblings.

Over the years, Diwali has become India's biggest holiday season—rivaling Thanksgiving or Christmas in the United States. Shoppers take advantage of the sales and communities across India and across its diaspora host small fairs. Fireworks are also a major part of the celebrations, particularly in New Delhi where they are often criticized for causing spikes in the city's notoriously bad pollution. (The city has banned the use of firecrackers in recent years to mitigate these harmful effects.)

However it is celebrated, the spirit of Diwali is universal—the belief that, eventually, light will triumph over darkness. 

**Amy McKeever**

*Originally published October 11th, 2022  
in National Geographic*

# Save the Dates!

## Spotlighted Upcoming Events

See below for some select events happening at the Genesis Centre, in the community, and across broader Calgary!

### AT GENESIS CENTRE

**October 28-29**

#### **Calgary Baby & Tot Show**

**Genesis Centre Feature Gymnasium**

Calgary Baby & Tot Show is coming back to Genesis for another year! \$12 admission, children under 12 get in free. Features include Daily baby bux draws, new & exciting products, educational seminars, family entertainment, and a daily diaper derby.

**November 11**

#### **783 Calgary Wing RCAFA Remembrance Day Event**

**Genesis Centre Feature Gymnasium**

Stop by at 10am to pay your respects to the Canadian military, past and present, who valiantly fight on behalf of Canada. There will be a commemorative program for you to participate in.

**November 5**

#### **Mega Fair, hosted by the Canadian Pakistani Support Group**

**Genesis Centre Community Gymnasium**

Visit dozens of local artisans and merchants for purchasable merchandise and food. The Fair will open at 12pm and closes at 6pm.

**December 2-3**

#### **Geeky Gift Holiday Market**

**Genesis Centre Feature Gymnasium**

Join the festive season! Christmas is on the horizon and this holiday market will appeal to your geeky nature. Cosplay welcome! The market will open at 10am and close at 4pm.

**December 13**

#### **Calgary Surge x Meals on Wheels Community Winter Event**

**Genesis Centre Community Gymnasium**

Calgary Surge has partnered with Meals on Wheels Calgary and Genesis Centre to put on a free winter event for families facing affordability issues to still enjoy the Christmas season with a hot cooked meal, activities, and gifts.

**December 16**

#### **Mingle and Jingle Christmas Fair**

**Genesis Centre Feature Gymnasium**

Get your last-minute Christmas shopping at this vendor-abundant Christmas market the week before Christmas. Dozens of vendors, artisans, and merchants will be present for you to shop around.



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- Thyroid, Lymphnodes  
and Soft Tissue Biopsies
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### Saddleridge Shopping Centre

914 Saddletowne Circle NE  
Calgary, AB T3J 0H5

Ph 587.623.6650  
Fax 587.623.6561

(Located across the street from Genesis Centre)



### Hours of Operations

Monday to Friday	8 am - 6 pm
Saturday, Sunday	Closed
Statutory Holidays	Closed

[saddletownradiology.ca](http://saddletownradiology.ca) | [info@saddletownradiology.ca](mailto:info@saddletownradiology.ca)

## October 2023

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## November 2023

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## December 2023

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# CALGARY-WIDE EVENTS

### Beginning November 9

## Goodnight Moon

### Telus Spark

Goodnight Moon is a classic children’s storybook, and this year Telus Spark is bringing it to life with a digital immersion experience. Attendees will be able to listen to the story while playing with the characters and images from the great green room in the story in an interactive digital format. The Goodnight Moon experience is about 10 minutes long and included with a Telus Spark admission. Visit [www.sparkscience.ca](http://www.sparkscience.ca) for more information.

### November 18 – January 8

## Zoolights

### Wilder Institute/Calgary Zoo

Did you know the Calgary Zoo’s zoolights festival includes more than 2 million lights? In 2023 this magical display will be back for its 25th year and will include a new display in Prehistoric Park, a new Polar Wonderland, and a multi-sensory experience in the gorilla amphitheater. Tickets must be purchased in advance, and separate from the regular day admission. Visit [www.calgaryzoo.com](http://www.calgaryzoo.com) for more information.

### November 26 – December 8

## Once Upon a Christmas

### Heritage Park

Come down to Heritage Park between Nov 26th and Dec 8th to experience a traditional Christmas celebration. Features of the event will include visits with Santa, a reindeer scavenger hunt, photo ops, roaming carollers, gingerbread decoration, a Christmas market, and many more family-friendly activities. Entrance is included with standard admission to the park. Visit [www.heritagepark.ca](http://www.heritagepark.ca) for more information.

# HOLIDAYS AND OBSERVANCES

- October 31 – Halloween
- November 11 – Remembrance Day
- November 12 – Diwali
- December 8 – Hannukah
- December 25 – Christmas
- December 26 – Boxing Day
- January 1 – New Year’s Day

If you have an event upcoming (January – March 2024) that you’d like to see advertised in the Lotus Link, please email the editor Jonah Ardiel at [jardiel@genesis-centre.ca](mailto:jardiel@genesis-centre.ca) 

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# To Rake or Not to Rake?

## What to do with all those leaves!

Fall is the time of the year when we marvel at the beautiful colours of the changing leaves but as they gather on our lawns, we are reminded of the tedious task of raking them up. Well, you can save some time and your back because a light layer of leaves left on your lawn is actually good for it. It's also beneficial to the environment for a variety of reasons and here's just a few:

1. Many insects and other animals hibernate for the winter in the fallen leaves which act as an insulating blanket and offers protection from the cold.
2. These overwintering insects are an important food source for birds.
3. As the leaves break down over the winter, they transform into a natural mulch, which enriches the soil and acts as a natural fertilizer.

While thick piles of leaves can impact the growth of grass and other plants come spring, leaving a light covering can improve the health of our gardens and lawns. If you have a lot of leaves, you could also add them to your garden and flower beds or tuck them under shrubs and bushes. Some folks may use a lawn mower to mulch the leaves into tiny pieces which means they break down and incorporate into the soil quicker.

Still have extra leaves? Remember you can put them into your green cart for composting by the City of Calgary. If your green cart is full, put the leaves in a paper yard waste bag making sure it is rolled up, weighs less than 20kg and is one foot to the side of your cart. Want to learn more about putting your yard to bed for the season? Visit [greencalgary.org](https://greencalgary.org) for events this fall! 🌸



**LEFT:** Fallen leaves can improve the health of our gardens and lawns.

# Winterizing Your Rain Barrel

So you've used your rain barrel to collect free rainwater for your yard this year. Well, with a few quick actions to keep your barrel from cracking when the cold weather arrives, you'll continue to save money for years to come!

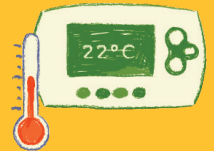
1. Remove the black hose and store it for next spring
2. Turn your barrel upside down and drain completely
3. Move your barrel to a garage/shed if you can but if you're leaving it outdoors, store it upside down and secure it to prevent damage and water accumulating
4. Reconnect the downspout to allow melting snow to drain away from your foundation

Interested in conserving water and saving money with a rain barrel but don't have one? Rain barrels can save you over 3,000 liters of water each year and Green Calgary will start selling them in April 2024. Mark your calendar and then visit Green Calgary's website at [greencalgary.org](https://greencalgary.org) to learn more and order a barrel! 🌱



ABOVE: Proper winterization can keep your barrel safe for years to come!

## Keep Energy Efficient This Winter



As our temperature drops, our energy use increases. Here are a couple of small things you can do to reduce your energy use this winter!

1. Lower your thermostat by a few degrees
2. Block exterior door drafts with towels or draft snakes
3. Insulate hot water pipes with foam tubing

Join Green Calgary's ongoing energy efficiency conversation at [greencalgary.org/energy](https://greencalgary.org/energy) 🌱



@green.yyc

@greencalgary

/greencalgary.org

# Fall Update

It has been a very busy summer with festivals, events, community and alley cleanups and the best part has been meeting with residents to hear their feedback.

## Calgary Housing Strategy

City Council passed the Housing Strategy titled Home is Here in its entirety with amendments to further strengthen its impact and I was pleased to vote in support. This is the most comprehensive strategy addressing the costs and creation of housing in our city's history and will help us pursue more affordable and accessible housing for all Calgarians. I encourage you to read the recommendations and amendments by visiting [calgary.ca](http://calgary.ca) and searching housing strategy.

## Youth Advisory Council

I am pleased to launch the Youth Advisory Council, a platform to engage youth between the ages of 16 to 21 living in the communities of Ward 5. It is critical that we ensure our youth are civically engaged as the decisions being made by leaders impact their future and their input is critical.

Many residents have shared with me that there is a lack of meaningful engagement for youth in Ward 5. As a youth member, they will work closely with me and Ward 5 office to learn about local policies and governance, understand the importance of volunteering, make suggestions and help create opportunities to engage more youth. Letters of support for job and post-secondary applications will be provided to participants. Please contact our office if you would like to get involved.

## Ward 5 Office at the Community doorsteps

We have heard from many residents that the lack of a physical office in Ward 5 can sometimes be a challenge to reach us. I am therefore pleased to share that Ward 5 staff is present at the Saddlestone Library Room 5 to meet residents, provide information and follow up residents.

We encourage you to stop by and chat with us about your concerns and suggestions on **Monday – 11 am to 4 pm and Friday – 1 pm to 5 pm.**





## Budget Adjustments

Council's Strategic Direction provided a foundation to help Administration care for our community through the 2023-2026 Service Plans and Budgets. Every year, we make adjustments to our service plans and budgets, continuing to refine them to make life better every day for Calgarians.

We're currently planning for the upcoming Adjustments, which happen in November 2023. The City is also sharing the progress we've made on the recommendations from The City's citizen-panel Financial Task Force. These recommendations are all about making sure Calgary's finances are sustainable and that living here remains affordable for all of us.

To provide written feedback to Council, please visit [calgary.ca](http://calgary.ca) and search adjustments. You can also directly contact our office as mentioned below.

Please continue to send in your ideas and concerns as you see things in the Ward. Do you have a suggestion for a community garden or an art project? Improvement to a current park or pathway? How can we help our Ward become greener with more trees?

The QR code will direct you to our office email where you can send us your queries and concerns. You can also email us directly at [ward05@calgary.ca](mailto:ward05@calgary.ca) or call 403-369-9537 to connect with us. 🌸

**Raj Dhaliwal**  
Councillor Ward 5,  
City of Calgary



**MOVING WARD 5 FORWARD | [www.rajyyc.ca](http://www.rajyyc.ca)**



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# Changes to Cart Collection This Fall

Starting in November, green cart collection will be once every other week, resuming weekly in the spring.

## Here's what you need to know:

- Fill Your Green Cart First: Leaves, branches, grass, and plants can go directly inside the green cart. If it's full, use paper yard waste bags for extra waste.
- Extra Yard Waste Bags: Place them at least 0.5 meters (2 feet) away from your cart. Roll the tops closed to prevent spills, and make sure you can lift the bag with one hand.
- No Plastic Bags: They are not allowed in your green cart.

## Do You Have Too Much Yard Waste?

You can drop off yard waste free of charge at any landfill from Friday, September 22, 2023, to Saturday, November 4, 2023. Check your schedule at [calgary.ca/collection](https://calgary.ca/collection) and sign up for reminders. Visit [calgary.ca/waste/drop-off/yard-waste](https://calgary.ca/waste/drop-off/yard-waste) for more information and make your yard clean-up a breeze! 🍂



## Start in a Better Place with Your Food Waste

Did you know that Waste Reduction Week is October 16 – 21st? Reducing food waste can help you make the most of your food budget, reduce trips to the grocery store and positively impact our community, economy, and environment.

## Here are some actions you can take to start saving money, time and food in your home:

- Use a grocery list and meal plan to avoid buying food you won't use.
- Schedule one day a week to cook from the freezer and cupboard only.
- Label leftovers so they don't become mysteries in the freezer.
- Set aside the fridge's top shelf as a 'leftovers' or 'eat first' shelf.
- Use blemished or unused produce in soup, smoothies, or baking.

Check out more tips at [calgary.ca/foodwaste](https://calgary.ca/foodwaste). 🍂

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### Martindale Location

79 Martindale Blvd NE  
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Ph. 403-453-9210



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### Genesis Centre Location

#30 7555 Falconridge Blvd NE  
Calgary, AB T3J 0C9

Ph. 403-300-1995



# Dashmesh Culture Centre



## Our Services

### DCC Food Bank

The DCC food bank provides essential foods for families and individuals. Our Food Hampers generally include breakfast items (cereal, pancake mix, milk), canned food items (beans, lentils, sauce, soups, veggies, etc.), dinner foods (Kraft Dinner, pasta, etc.), kids' snacks, and hygiene products (soap, toothpaste/toothbrushes, pads, tampons, etc.). DCC Food Hampers are available for pick up and delivery.

### No Hungry Tummy Hot Meals

The No Hungry Tummy initiative is a service that provides fresh Hot Meals containing Flat bread, lentils, and rice pudding. Hot meals are served at Dashmesh Culture Centre and are available for delivery.



## Food Hamper & Hot Meal Requests

### Delivery

To request a Food Hamper delivery, please email [food@dashmesh.ca](mailto:food@dashmesh.ca) and we will get back to you within 24 hours.

#### In the email, include:

- How many people are in the household.
- Any dietary restrictions.
- If any hot meals are required.

*\*Deliveries are made from Friday to Sunday.\**

### Food Hamper & Hot Meal Pickup

We are open Monday to Sunday, from 12 PM to 4 PM.

#### Our address for pickup is:

135 Martindale Blvd NE,  
Calgary, AB  
T3J 2X5

# Mata Sahib Kaur Ji Women and Children's Transitional Housing

In 2020, Dashmesh Culture Centre was successful in acquiring properties located at 198, 202 and 206 Saddleback Road NE from the City of Calgary. On this site Dashmesh Culture Centre will develop a 62 unit Women and Children's Transitional Housing Project. The mission and vision of the project is to provide a safe environment to support individuals, families and communities to live free of violence and abuse. Through strategic partnerships with service providers, individual and corporate sponsors and all levels of government, our goal for project is to provide a safe facility/environment for women and children to seek the protection they require and receive the help and guidance to have a bright future.



We believe it is every human's right to live without fear of physical and emotional abuse. In partnership with our community, we would like to empower and support women and children to move beyond violence and abuse through the safety of transitional housing, education and outreach services.

This Development is much needed in the NE quadrant and will serve families off all communities, faiths and backgrounds. This project is strategically located close to Saddletowne Circle, Saddletowne LRT station, schools, Genesis Centre and also Dashmesh Culture Centre. We are proud to partner with Gracorp and Graham Construction for development of this project. Construction will commence in spring of 2023 will a completion date of fall 2024.

PROJECT  
PARTNERS



GRACORP

**GRAHAM**



Rick Balbi Architect Ltd.



**For more information** on our projects and food security initiatives please visit [www.dashmesh.ca](http://www.dashmesh.ca) or email [info@dashmesh.ca](mailto:info@dashmesh.ca).

If you would like to support our Mata Sahib Kaur Ji Women and Children's Transitional Housing Project or DCC Food Bank through donations, please visit in person at 135 Martindale Blvd NE, or via e-transfer at [donate@dashmesh.ca](mailto:donate@dashmesh.ca). 





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