



# **Falconridge/Castleridge Community News**

## **SUMMER 2021**



### ***FCCA COMMUNITY CLEAN UP***

**SATURDAY, SEPTEMBER 18TH**

**9:00 am to 2:00 pm**

**There will be trucks for trash, furniture, appliances and electronics, as well as recyclables. COVID protocols will be in place this year to ensure everyone's safety. This may be your last chance of the season to dispose of your trash free of charge. Our clothing bins are open year round.**

**Volunteers are needed for this event.**

**Call the office at 403-280-4422**

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**Facebook: Falconridge Castleridge Community Association**

**Address: 95 Falshire Drive N.E. Phone: 403-280-4422**

**WEB-SITE: [falconridgecastleridge.ca](http://falconridgecastleridge.ca)**



# COMMUNITY CLEANUP

SATURDAY, September 18th

9:00 am to 2:00 pm

95 Falshire Drive NE

Organics  
Household goods  
Cardboard, etc.  
Furniture  
Electronics  
Metals  
Appliances



**VOLUNTEERS NEEDED**  
**CALL: 403-280-4422**



# FCCA PRESCHOOL

## Now Accepting Registrations For September 2021 to June 2022 Classes



### 2 - Day Classes

- ◆ PURPLE CLASS 9am - 11am
- ◆ ORANGE CLASS: 12pm - 2pm

### 3 - Day Classes

- ◆ GREEN CLASS: 9am - 11am
- ◆ YELLOW CLASS: 12pm - 2pm

### Weekend Class (Sat / Sun)

- ◆ GOLD CLASS 9am - 11am

All classes are tentative based on COVID restrictions and registration numbers

### MISSION STATEMENT

"Our mission is to be one-of-a-kind, to inspire, to challenge, to teach, to learn, to make a difference in the lives we touch."

CALL FOR MORE INFO!  
403-280-4422

All children must be at least 3 years old and TOILET TRAINED to attend these classes.



BEFORE & AFTER  
SCHOOL CARE



# club

Call For Info  
403-280-4422



## Ages: Kindergarten to Grade 6

Sessions are year-round, including Summer Programs. We provide breakfast, as well as after school snacks



We are fully licenced under the Alberta Children & Youth Services Child Care Licensing Act.

## FCCA Board Of Directors for 2020/2021

**President**– Mark Langlois  
**Vice President**– Dhruv Sharma  
**Treasurer**– Rajinder Sidhu  
**Secretary**– Stephanie Graves-Beckman  
**Directors**- Christopher Cote'  
Dave Hewlett  
Jasleen Mutti  
Jasmine Singh

## FCCA Staff - 403-280-4422

**General Manager** - **Lee Pederson** fccamgr@telus.net  
**Bookkeeper** - **Helen Powers** fccabk@telus.net  
**Hall Rentals/Admin** - **Anita Warriner** fccainfo@telus.net  
**Children's Program Mgr**- **Natalie Cuthbert** fccacpm@telus.net  
**Preschool Teacher** – **Mandy Atwal**  
**Buzz Club Staff** – **Indu, Jasmine, Rajinder, Sandy**  
**Maintenance** – **Wendell Kupila**  
**Janitor** – **Beverly, Corrine**  
**Event Staff**– **Anthony, Caitlyn, James, John, Keith, Liam, Mark, Pat, Sandy, Serena L., Serena R. , Sheenah, Umair, Zack**

Hello Neighbours!

We are well into the summer and smoke season! We have two more activities for you to enjoy.

The first is Door Decorating. This was very popular last year. Neighbours were talking to neighbours they had never talked to before. It can be done at all ages from toddler to grandparents. You can use any theme you like. Some ideas are pirates, flowers, camping, family, your summer up to this point or whatever makes your family happy. Just have fun! To help with costs we will be giving out a limited amount of gift cards to help with getting supplies. You can contact us for the gift cards at the email below and I will meet you at the community hall. Don't forget there are prizes at the end of August for all registered participants!

In August we will put a scavenger hunt on the face book page. It will be a family event as well, and not too tiring on a hot night. It will be a self guided walk around our community. More information will be available as we get closer. Do you know of an interesting clue or bit of history we should include? We are always open to new ideas!

We have a little chalk left over from our first event which we would also love to share!  
As a final note, these activities are free. No cost to you. They are meant to be done with your family, so no groups of strangers if you are still concerned about covid19.  
This is the contact email if you have questions or suggestions.  
[fccasummercontests2021@gmail.com](mailto:fccasummercontests2021@gmail.com)

We would all love to see your creations! Please send in a picture to our facebook page at:  
[Falconridge Castleridge Community Association](#)

August 3– Heritage Day  
September 7– Labour Day  
September 18– Community Clean-up  
October 11– Thanksgiving Day  
October 21– Annual General Meeting  
October 31– Halloween  
November 11– Remembrance Day  
December 25– Christmas Day  
December 31– New Year's Eve  
January 1, 2022– Happy New Year



Also watch for final dates for:

Fall Market

Christmas Market

FCCA 40th Anniversary

Breakfast With Santa

Like our Facebook page for most  
current information

[Falconridge Castleridge Community Association](#)

# Hall Rentals

We are now open with full capacities available.

Bookings are very busy right now as people have rescheduled events that were postponed due to Covid-19. To arrange bookings and/or viewings call the office as soon as possible to avoid disappointment.



Walsh Hall  
300 capacity



Langlois Hall  
150 capacity

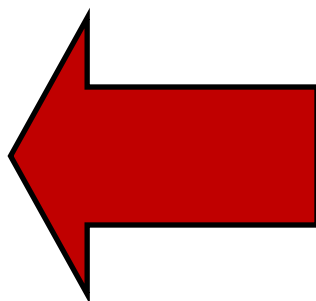
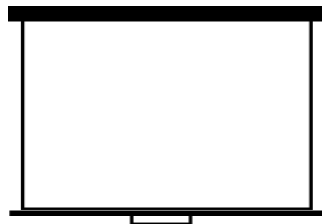
*Smaller  
meeting  
rooms also  
available*

**For Rental information call FCCA**

**Office Monday to Friday 9:00 am to 4:00 pm**

**403-280-4422 email: [fccainfo@telus.net](mailto:fccainfo@telus.net)**

Bartenders, set-up or cleanup, and corkage packages are available as well as podium, audio visual rentals, portable stage & coffee urns. Hourly and day rates are also available.



**OFFICE NOW AVAILABLE FOR RENT  
MONTHLY RATES AVAILABLE  
BUILT IN SINK AND CUPBOARD  
PUBLIC WASHROOMS IN HALLWAY  
FURNISHED OR UNFURNISHED  
PHONE AND INTERNET READY**

# Senior's Corner



Falconridge/Castleridge Community Association

**ALL SENIORS WELCOME**

**Games + BUS TOURS + Potlucks N' more**

**MONDAYS 1 to 3 PM**

(Closed Stat holidays)

**95 Falshire Drive N.E.  
FCCA Office 403-280-4422**

"The older the fiddle, the sweeter the tune!"

Happy summer to all the "sweet fiddles" out there!! Our FCCA 55+ Social Club is currently meeting at the hall on a biweekly basis. Next dates are August 9<sup>th</sup> and August 23<sup>rd</sup> at 1pm. Weather permitting we might also have gatherings at Prairie Winds Park for a nice change. Masks are optional, and there's plenty of room in the hall to space out the chairs. Current agenda: no touch games or a catch up with club friends over coffee and snack.

If all goes well in September, we will resume weekly meet ups and selected programs. Always looking for fresh ideas!

Please stay tuned for further developments. If you are a senior who would benefit from connecting with other seniors, please reach out. Call the FCCA office @ 403-280-4422 and they will pass on your contact information to me.

On behalf of the FCCA 55+Social Club ~ Cher

## **Programs coming to North East Family Connections**

### **Fall 2021**

**Magic Carpet Ride** – in person sessions free

*listening, talking, playing, singing, and sharing books and stories  
learn, use and practice skills in a safe and welcoming environment*

Tuesdays 9:15 – 11:15 and 1:15 – 3:15

Starting Tuesday September 14<sup>th</sup>

**New Friends and Neighborhood Group**

Wednesdays 10:00 – 12:00

Starting Wednesday September 15<sup>th</sup>

*New Friends and Neighborhood Groups (NFNG) is available to any female born outside of Canada. We welcome visitors, refugees, work permits, citizens, and more. All immigration statuses are welcome. At NFNG women will practice their spoken English, make friends, and learn about life in Calgary/Canada. Participants get to make friendships, share life's experiences, learn about other cultures, improve English fluency, see guest speakers, go on field trips, and more. The program is free and participants do not need to register in advance. Participants may also bring their young children with them.*

### **Clothing days**

Wednesday September 1      noon – 4:00pm

Thursday September 2      4:00pm – 8:00pm

### **Fall Market**

Saturday October 2      11:00 – 3:00



## Heat Related Illness



With the return of summer weather, EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water;
- Be aware that excessive alcohol consumption will promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.



## Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over a layer of shock-absorbing material.

### Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(\*) high and have a self-latching, self-closing, lockable gate.  
(\*Alberta Building Code)

### Lawn and garden tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen - Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting or other environmental cause, seek medical attention or call 9-1-1



## What Goes Where?

Find the right place for all your unwanted stuff. The What Goes Where online search tool is an easy way to find the answers for recycling, donating and safely disposing of materials around your home.

Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to get started.



**Advertise**

To advertise in Falconridge/Castleridge Community News

call 403-280-4422 or via email [fccamgr@telus.net](mailto:fccamgr@telus.net)

## The Calgary Community Food Map

Need free or low cost  
food?

[www.tinyurl.com/covidfoodyc](http://www.tinyurl.com/covidfoodyc)



Open your smart phone camera and hold it  
over the QR code to visit the website

### OTHER ORGANIZATIONS OPERATING

#### WITHIN FCCA

1955 Army Cadets Supports Society  
Alcoholics Anonymous  
Bab-Ui Hawij Islam Centre Of Calgary  
Canadian Blood Services  
Girl Guides (Sparks)  
Global Mission Fellowship Church  
Impact Church  
Opendoor Fillipino Church Of Calgary  
RSS Radha Soami Society Church  
SIEC Sufi Islamic Education Centre  
Victory Tabernacle Centre  
Zai Ul Islamic Society  
For Contact information on these programs  
call FCCA office  
**403-280-4422**

# WE'RE HIRING CLASS 1 DRIVERS



Send your resume to:  
[employment@klsearthworks.com](mailto:employment@klsearthworks.com)

**Deadline for submissions to next Newsletter is October 18th, 2021**