FROM THE DESK OF THE PRESIDENT

I am super excited about our Q3 issue of Above & Beyond. It is filled with so much information, I am sure you are going to enjoy reading it. My Editor, Myra, has put together interesting articles and events from June to September.

Our Fall dinner meetings commenced on September 19 with Mr. Bradley Ball’s **10 Effective & Successful Networking Tips**. If you missed this enlightening presentation, we outlined the “Tips” on Page 11. The turnout was fantastic, it was heartwarming to see our loyal members (thank you for your continued patronage!), new partner-sponsor, future speaker and three new members (stay tuned for more information about our new “partner-sponsor” and “speaker”).

The October meeting is of great significance; we are pleased to have George Ayee speak to us about “Change & Resilience”. With Alberta’s volatile economy, it is beneficial for us to learn how to navigate the winds of change and come out stronger. Followed by our Community Involvement month, I would like to thank my Executive Board who are working diligently to collect donations for **“Calgary Drop-In & Rehabilitation Centre”** adopting the “fill-a-purse” theme. A big thank you to our members for their contributions. Your donations will be presented to Mark Powers on November 21. Mark your calendars! You don’t want to miss these events.

As summer bid us adieu, fall is here to mesmerize us with its breathtaking hues. Remember to enjoy the beautiful outdoors and take pictures of the scenery we have been blessed with. Don’t forget to send them to Myra, to be featured in our Q4 issue.

Happy Thanksgiving and see you on October 17!

Warmest regards,
Evelyn Serbout
LETTER FROM THE EDITOR

Here we are again with the Fall issue of Above & Beyond!! *sigh* Autumn, my favourite time of the year, when the distinct crispness of the air sparks interest in lighting a fire and watching the sun set over red, gold and orange trees; early evening walks, thanksgiving, apple pies, plaid, boots, sweaters, of course PSL (Pumpkin Spice Latte) and Halloween!

I have been very preoccupied this summer with job hunting, sensing my disappointment, a friend recommended the “Opportunities Knock” Program at Manpower. In partnership with Alberta Human Services, Manpower’s Opportunities Knock program provides job search services supporting unemployed individuals in the Calgary region, from entry level skills to professionals, who are job ready and motivated for finding full-time employment as quickly as possible. If you or anyone you know are feeling frustrated with the job search process, call Manpower and ask to be connected to the Program Coordinator. If you know of any opportunities, please let Evelyn and me know, it can be announced during “open mike” session at our dinner meetings.

Back to the newsletter, I added a new section “Member in Focus”, where we interview a member from the Association. In this issue we showcased Jackie Pontin. For those you who don’t know Jackie, she is the National President and Past President of the Calgary Branch. I didn’t know she evolved from the Newsletter Editor to National President; I can see where I am heading in a few years *smile*. If you have a member in mind for the next issue, please let me know. A special thank you to the contributors of this issue: Shelley Billinghamurst, on how to write an effective resume so that you can “Stand Out” of the crowd; and Pam Eike with Nara Nutrition for her healthy recipe and swaps.

Well, as the seasons change, and leaves swirl and fall around us, we are reminded of change, some good, some not so good. Here we bid a fond farewell to Bita Hedayati, one of our Community Engagement Coordinators. Thank you Bita for your contributions, we will miss your smiling face. On a personal note from one shoe enthusiast to another I will miss envying your fabulous shoes 😊. We are thrilled to welcome Vanessa Rabel. She has accepted this position by writing a poem to express her delight with volunteering on the Executive Board (Page 6). I have nicknamed Vanessa the "Elizabeth Barrett Browning" of our Association as she possesses a wonderful talent and ability to turn any event into a poem.

As always, I hope this issue is entertaining and informative. As always, I look forward to your comments/suggestions. For the next issue, please submit your favourite Christmas recipes and DIY ornament latest by November 15.

On behalf of the Executive Board I wish you and your family a Happy Thanksgiving!

Myra Paul
## CALENDAR OF EVENTS (2016-2017)

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<td>October</td>
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<td>Change &amp; Resilience: George Ayee</td>
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<td>September</td>
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<td>Saving Your Future: Poornam Bhata</td>
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Details and updates will be posted on Facebook: [https://www.facebook.com/](https://www.facebook.com/)
MEMBER IN FOCUS

Jackie Pontin
President, National
Past President, Calgary Branch

1. **When did you join the Association and how did you find us?**

   When the Calgary Branch reactivated in 2002 I was invited to attend a meeting by a colleague who was a member and was hoping to help the branch grow. I initially resisted as I thought I would have to take the QAA courses. Once I found out that wasn't the case, I was curious to find out what it was all about. I attended a few meetings, and liked the ladies and the meeting format. My company was very supportive of membership so I joined shortly afterwards, in 2003.

2. **What motivated you to join the Executive Board and stay with us for 13 years?**

   I had been a member for a year or two and was asked if I would consider becoming editor of the Calgary newsletter. I did that for a while and then was asked to join the Calgary board as program chair. The branch was small and short on volunteers. I found it enjoyable so did that for a couple of years and then when the branch president couldn't find anyone else to take on the VP role I agreed to try that. She stepped down the following year and I found myself elected branch president. After another few years I was asked by one of the national directors if I would accept the nomination to national VP as the person in that role seemed to have left the association without notice. Two years later I was nominated to national president and although my initial intent was to only serve for one year, now here I am enjoying my fourth year. I've stayed with the Association even though I'm retired because I value the friendships I've made and the contact with people from coast to coast.

3. **What do you consider most valuable about the Association?**

   - The networking opportunities. If you have a problem, there's a whole network of people out there who are willing to help and the chances are really good that one of them will have the answer.
   - The learning opportunities, access to great speakers, webinars and workshops.
   - The travel, I've been all over Canada with the Association, to places I doubt I would have visited otherwise.

4. **What’s one of the most important things you have learned?**

   To step outside my comfort zone and not be afraid to fail. We are among friends and they are non judgemental.

5. **What advice would you give our members and the Executive Board?**

   You get out of the Association what you put into it. You will never know what you can do until you try. Get involved, it will broaden your horizons and give you so much in return.
ANNOUNCEMENTS

**Congratulations** to Samantha Dassanayake, she won a one-year membership to the Association in a lucky draw at the “Travel Trade Expo” on September 9, at the Metropolitan Centre.

A little about Samantha, she is an Executive Assistant at Worley Parsons. She has over a decade of executive experience in the financial and O&G sectors. She recently obtained her Registered Professional Recruiter (RPR) designation. On a personal note, she is passionate about baking and loves trying new recipes (Samantha, I am expecting a “tried and tested” Christmassy recipe for my next issue). In her words “the more my passion grows, the more I grow horizontally 😊”. She is married and has a beautiful fur baby!

Remember to stop by our booth at the next expo; and meet our fabulous Executive Board and member volunteers; and who knows, you might just get lucky like Samantha!

**UPCOMING DINNER MEETINGS:**

**Change & Resilience**
Monday, October 17

George Ayee
MBA, BSc.

**New Members Q3-2016**
Samantha Dassanayake
Karen Dacanay
Fitore Bajraktari

**Community Involvement Month**
Calgary Drop-In & Rehabilitation Centre
Monday, November 21

Mark Powers

**NEW MEMBERS Q3-2016**

**Deadline**
Submission for the Winter Issue
November 15
I am Vanessa Stefanie Rabel, a member of the AAA, Association of Admin Assistants, a profession that I am proud to say is a fantastic group of people, offering education, career insight and more. It’s like making a whole bunch of new friends, when you walk through that door.

The AAA hosts regular meetings, speakers and networking opportunities are a given. The passion of this group is amazing, all members deserve a first place ribbon.

Each and every time spent with this group, is better than the last. They are always looking forward to the future, only reminiscing, when we focus on the past.

I am happy to have found the support, and attend educational sessions and dinners. It is apparent that I have connected with, a group of hardworking, dedicated winners.

I am currently working towards my QAA, and am always engrossed in learning more. I only have three more courses to finish, And will hopefully graduate with a high score.

This chance to help would be great and join the brilliant Executive Team. It would be nothing short of a thrill, it would truly be a dream.

I am very pleased to accept this offer, and begin volunteering with you. I hope to learn lots, help where I can, and pick it up quickly, though I am new.

I look forward to creating and growing, as an individual and in my career. I hope that this is the news that Evelyn and the Team wanted to hear.

Thank you again for this chance, I look forward to working with you all.

Let’s get started and hit the ground running, with this group, I know I will have a ball!

So when Evelyn had an opportunity for me, To become the Community Engagement Coordinator. I felt humbled and excited, I did not even know that I was on her radar!

The Association of Administrative Assistants would love to hear from you! We pride ourselves on being an organization that welcomes open communication and feedback from our members! Join the @yycaaa conversation on Facebook, LinkedIn, Twitter & Instagram to upload photos, share articles and participate in discussions about upcoming events. Use the hashtag #AAANetworking in your posts to spread awareness to others so that we can continue to expand the AAA network and watch the organization grow.

Allison Rooney & Vanessa Rabel
Community Engagement Coordinators
2016 EVENTS (QUARTER 3)

“Party-up” at Calgary Marriott with Glen McKenzie and Kai Hochhausen

Stampede Breakfast at Port ‘O’ Call
Mayor of Calgary
His Worship Naheed Nenshi

Stampede Breakfast at Port ‘O’ Call
With Virginia Sekhon
Fall National Board Meeting, September 16 & 17, 2016
Edmonton, Alberta

Executive Board, Calgary Branch

Delegates of 2016 Fall National Board Meeting

10 EFFECTIVE & SUCCESSFUL NETWORKING TIP BY BRADLEY BALL
SEPTEMBER 19, 2016

Happy Birthday Rozy Visanji
from the Executive Board
TRAVEL TRADE EXPO, SEPTEMBER 9, 2016

Amanda Lindhout

Amanda is a New York Times bestselling author, journalist and founder of The Global Enrichment Foundation. Her multiple award-winning memoir, A House in the Sky, has been on The Globe and Mail top ten list for over three years and is in development as a feature film. A captivating, unforgettable speaker, Amanda embraces the positive and gives audiences a fuller understanding of the freedom we can all experience when we choose to embrace compassion.

Most Requested Presentation

Freedom Through Forgiveness

Submission for the Winter Issue
November 15
AAA BOARD MEETING...MY EXPERIENCE

I’ve had the privilege of attending the Association of Administrative Assistant’s National Board Meetings with our President, Evelyn Serbout and I must say it’s a very humbling experience. All the National Board members are ladies who are very hardworking, and dedicated to the Association. Their warm welcome made me feel at home and instantly one gets the sense of belonging - which obviously is an instant gratification for me. I feel like I’m part of these amazing women who work together so beautifully. There’s no doubt, these ladies know how to work hard and have fun too at the same time.

For me, it was a great opportunity to get to know and meet new people who work in the same industry. There's an incredible amount of sharing, learning and networking that happens at these meetings, which is absolutely great. I definitely benefit from my attendance at these meetings. I feel it encourages me and is my biggest motivator, only to return home to my team and be more supportive.

To sum it up, it’s a win-win situation. If you’re ever given an opportunity to attend one of these meetings in the near future, I would highly recommend you take advantage and truly make it a valuable experience for yourself.

Victoria D’souza
Vice President, Calgary Branch

My experience at the National Executive Board Meeting in Edmonton was wonderful. It was my first time attending a National Executive Board Meeting for the AAA, and it was fantastic to meet some of the ladies I have been corresponding with over the last 4 years. It was exceptionally exciting to hear all of the National Executive Board Members discuss the future of the Association and the exciting changes ahead. I am hopeful I will be able to attend a National meeting again in the future.

Dixie Dayka
Membership Coordinator

10 EFFECTIVE & SUCCESSFUL NETWORKING TIPS

1. Have a goal in mind before you attend a meeting (be prepared)
2. Pretend it’s your event (talk about the venue)
3. Practice your 30 second spotlight pitch (be specific)
4. Stand out from the crowd (wear something to remember)
5. Be conscious how you stand (open angle preferred)
6. Be confident never aggressive
7. Be fascinating (two ears one mouth)
8. Ask the right questions so they ask the right questions back
10. Follow-up! Follow-up! Follow-up!

Bradley Ball
Much is being said about the sheer number of candidates who are applying for a position. For administrative roles, it is not uncommon to receive 150 resumes in 5 days. Applying these 3 steps could take you to the short list.

1) Content
   - Include your entire work history
   - Keep the dates (Month/Year) – if they are missing recruiters assume you are hiding something
   - Explain any gaps in your work history – one sentence will do
   - Two pages is the limit – no more
   - Professional references
     - List on a separate document NOT on your resume (using the same format)
     - “Available upon Request” as a notation at the end of your resume

2) Readability
   - First pass reading; use simple language
   - TEST: Count the number of multi-syllable words – more than 1 in a sentence is too many
     - BAD: Strategically aligned with the organizational infrastructure which resulted in increased integrity of the corporate global brand.
     - BETTER: If a task force needs to be created, I’m sure to be involved. No matter the location, my relationships with our staff from around the world was the key in our ability to respond quickly to where ever we are needed.

3) Layout
   - Pick one font type and stick with it
     - BAD: Times New Roman this typeface equivalent of wearing sweatpants to an interview
     - BETTER: Calibri, Arial, Garamond, Helvetica. Font size of 10.5 to 12 gives the best result
   - Use of white space – make it easy on the eyes
   - Showcase your skills in Word – after all, it’s what is expected of most admin roles
   - Everything moderation
     - BAD: Multiple font types (especially script), tight spacing, inconsistent margins, busy patterns
     - BETTER:

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<th>Text box</th>
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<tr>
<td>Table</td>
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Shelley Billinghurst, Principal & Founder

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For more information, please contact:
Myra Paul
evelyn.serbout@calgary.ca

1. Fee will be considered as “donation” to AAA. You will receive a letter of appreciation in return.
2. Advertising will run every three months (four issues per year). Deadline to submit your materials to the Editor at calgaryaaanewsletter@gmail.com is no later than 30 days prior to the issue of the next edition (Publishing Schedule on Page 2)
3. For more information, please contact:
   - Myra Paul: calgaryaaanewsletter@gmail.com
   - Evelyn Serbout: evelyn.serbout@calgary.ca

BECOME A SPONSOR
AND GET YOUR BUSINESS NOTICED

AAA Calgary Branch Partner Sponsor Program
As a partner sponsor, you will:
a) provide monetary support to AAA, Calgary branch only (min $500); and
b) sponsor our Executive Board meetings minimum two (2) times per year.

In return, as partner sponsor to AAA, Calgary branch only, you will be given the opportunity to:
1) market products/services to our members throughout the fiscal year;
2) connect with our members’ individual company to endorse products/services;
3) use email blast for any promotional or marketing campaign 2-4 times per year; and
4) add your logo in all of our events for promotional/marketing purposes.

For details, please contact Evelyn Serbout at evelyn.serbout@calgary.ca
Around the globe, there are many varieties of happy people and listed here are the top ten common things that most happy people do regularly. These rituals, habits and ways of thinking are the keys to feeling happier and creating a happy life. How many of these things do you do?

1. They are Grateful: One of the most common characteristics amongst the happy is that they are also grateful. Happy people recognize and express that they are grateful for the things they have, the people they know and their experiences. If you want to feel happier, try listing some things you are grateful for each day, maybe at the beginning or end of each day.

2. They Rest: Happy people know when it is time to take a break, to slow down and to rest. They know how to get things done but they also know how to rest when it is time. They incorporate rest and relaxation as a mandatory part of their lives. They know that resting is essential to rejuvenating.

3. They Read: Happy people are known to read things that inspire them. Whether it is fiction or non, happy people are quite often also readers. They like to be entertained, to continue to learn and to better themselves through greater knowledge.

4. They Eat Healthily: You simply don’t see truly healthy people binging on junk food or fast food. New studies are linking mood to food. Happy people take care of their bodies. It’s not to say they don’t enjoy the occasional sweet treat or drink, but overall, people who fuel their bodies with good food, feel better.

5. They Turn Off Their Technology: Happy people are not addicted to their cell phones, tablets or laptops. They take time to engage with the people around them face-to-face. They also take time to enjoy the world around them, not just through technology, but with their own two eyes and the rest of their senses.

6. They Move: Our bodies were made to move. Happy people move their bodies. Bodies need to move to stay healthy and it helps people to feel good and happy. From stretching to high intensity interval training to walking to yoga – move your body for increased happiness.

7. They Plan Ahead: Happy people love the present moment, but they also plan ahead so that they are prepared in life situations. This keeps their stress lower and allows them to enjoy the present moment feeling calm.

8. They Think: One definite trait of happy people is they use their brains. Happy people recognize that thinking is one of their greatest assets and they think through what they’re doing and how they’re doing it. They also consciously think about choosing happiness, what that means to them and how to do it.

9. They Do Things They Enjoy: Happy people know that an essential component to being happy is to create time to engage in doing the things they enjoy. The make the time and then they do it, happily.

10. They Choose Happiness: Not every situation is a happy one and that happiness is not automatic. Happy people recognize this and choose to make the most out of all situations and all environments. They find joy in the journey – both the ups and the downs. They view happiness as a choice and then they make the choice to respond positively to all experiences.
9-TO-5 STYLE: THE WORKING CHIQUE

MYRA’S AUTUMN PICK

9-to-5 Style brought to you by Myra Paul
7 Tips to Transition Your Summer Wardrobe to Fall Clothing Fashion

Ah, autumn. It comes with pumpkin spice lattes, cooler temperatures, and the onset of the holiday season, so what’s not to love? Well, if you have a pretty tight clothing budget, the change in seasons might not be all that welcome. You were fine with your breezy dresses and standard-issue flip-flops, so what happens when the weather starts to cool off and you’re expected to start wearing shoes again?

Don’t fret if the changing window displays at your favorite stores remind you that you’re not ready for fall. Chances are that you have the foundation for a great autumn wardrobe already in your closet. By adding a few key pieces and wearing your summer staples in different ways, you can mitigate a frugal clothing budget.

**Transitioning from Summer to Fall Fashion**

The easiest way to make your summer pieces more fall appropriate isn’t to ditch them altogether, but to cook up new ways to wear them. Here are some of the simplest ways to stretch your wardrobe and make all your old favorites work until winter.

1. **Keep your Maxi Dress:** Pair it with a chunky sweater, blazer or chambray shirt
2. **Tights or legging**
3. **Layer Up:** Try the “Layer long over lean” rule. This means matching up longer-length tops (think tunics or boyfriend cardigans) over leaner bottoms, such as tights or skinny jeans. This can help you extend some of your summer favorites, such as a long tank top.
4. **Invest in a Statement-Making Jacket**
5. **Add Deep Colours:** Think rust coloured skinnies, turquoise statement necklace, mustard scarf...
6. **Ignore the Rules:** “Not wearing white after Labor Day”, feel free to wear white after Labor Day (a chic, yellow-toned winter white looks perfect with jewel tones), or wear your favorite open-toed booties with a pop of colored tights.
7. **Buy Boots:** An autumn staple that easily make all of your summer outfits warmer and more functional. While you can spend a ton of money on good-quality boots, purchasing a few pairs of lower-cost fashion boots (more about looks for the fall than function in the winter), you’ll extend everything from dresses, to jeans, to shorts.

**Final Word**

It would be really easy to blow your fashion budget on buying new clothes for the fall, especially with so many tempting window displays and sales. But the turning of the leaves doesn’t have to mean buying a completely new wardrobe. By adding darker colors, richer textures, and a little added warmth, your summer clothes get to stick around for another season while you save money to splurge on functional winter clothes.

*Don’t spend too much time thinking about whether or not an outfit is fall-appropriate, but that it’s weather-appropriate and makes you feel great, regardless of the rules*

Excerpts taken from Jacqueline Curtis
Money Crashers

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Contribution WANTED!

9-to-5 Style brought to you by Myra Paul
Fall has arrived! When it starts getting cooler and the urge to eat comfort food hits; and nothing screams comfort like pumpkin seasoned with cinnamon and nutmeg, and hugs you more than a warm curry with ginger, garlic and turmeric. These recipes are great if you’re making them for your family or entertaining.

**Creamy Pumpkin Curry**

1 small sugar pumpkin
2 lbs. of shrimp or other seafood/protein of your choice
2 carrots, sliced
1 medium yellow onion, diced
4 small zucchinis, diced
1 cup chicken stock
2 tbsp. coconut oil
1 tsp fresh grated ginger
1 tsp crushed garlic
1 tsp coriander
½ tbsp. turmeric powder
sea salt to taste
1 14oz can coconut milk (make sure you have your coconut milk in the fridge a day ahead of time so that the coconut cream is solid on the top)

1. Preheat oven to 350. Cut the pumpkin in half and remove the seeds (save them for roasting). Place the pumpkin cut side up in a glass baking dish with about a cup of water in the bottom of the dish and bake for 45 minutes – 1 hour.
2. In a large soup pot, sauté the onion and carrots in the coconut oil over medium heat until the onions become translucent.
3. Turn up the heat on the onions and carrots to medium high, scoop out just the cream from the canned coconut milk and add to the hot soup pot. Let it sizzle and stir until the cream is melted and mixed well with the onions and carrots. Turn down to medium low and let it simmer.
4. While the coconut cream, onion and carrots are simmering, scoop the roasted pumpkin into a food processor or blender along with the remaining coconut water from the can, the chicken broth, and all of the spices. Process or blend until completely smooth.
5. Add the zucchini to the soup pot and pour the pumpkin mixture into the pot as well. Mix well and bring to a simmer.
6. Add the peeled and de-veined shrimp to the soup and cook until the shrimp are pink and firm (about 3-4 more mins.)
7. Serve in bowls topped with fresh diced cilantro.

*If using a different protein, such as chicken, add the chicken in immediately after you add the coconut cream into the pot to give it enough time to cook prior to adding the zucchini and remaining ingredients. Do not add at the same time as the zucchini or your zucchini will turn into mush.*

**Pumpkin Flan with Pepita Brittle Garnish**

**Brittle recipe:**
1 cup sugar
½ cup water
¾ cup toasted hulled pumpkin seeds (“pepitas”)
½ teaspoon smoked paprika

Line a baking sheet with non-stick foil or parchment paper sprayed with oil. In a small saucepan, heat sugar and water to a boil over medium high heat, until color is deep golden brown. Stir in seeds and paprika. Pour into lined baking sheet. Let cool. Break into small pieces.

**Caramel Recipe:**
3/4 cup sugar
1/4 cup water

In a small saucepan, heat sugar and water to a boil over medium high heat, until color is deep golden brown. Pour into 1 ½ quart soufflé dish. Let cool.

**Plan Recipe:**
2 cups half and half
1 cup pumpkin puree
2 tsps. pumpkin pie spice (combination of cinnamon, allspice, ginger & nutmeg)
½ tsp chili powder
½ tsp cinnamon
½ tsp salt
6 large eggs
¾ cup sugar
2 tsps. vanilla extract

1. Preheat oven to 350 degrees
2. In a saucepan, whisk together the half and half, pumpkin puree, spices and salt. Bring to a simmer and simmer for about 2 minutes, until thickened, whisking frequently. Strain the mixture through a fine mesh strainer. There should be about 1/2 cup of solids to discard
3. In a bowl, beat eggs, sugar and vanilla together. Slowly whisk in hot liquid mixture
4. Pour into soufflé dish on top of caramel. Place soufflé dish in a large roasting pan and add hot water to roasting pan to half way up the soufflé dish. Bake for 70 to 80 minutes, until set in center and knife comes out clean
5. Refrigerate for at least 2 hours. Invert onto serving platter and garnish with broken pepita brittle
**Taco Tartlets**

*Tartlet:*
1 lb. ground beef  
2 tbsp. taco seasoning mix  
2 tbsp. ice water  
4 oz. shredded Cheddar cheese

*Tortilla Chip Filling:*
½ pint dairy sour cream (1 cup)  
2 tbsp. taco sauce  
2 oz. chopped ripe olives  
¼ cup coarsely crushed tortilla chips

1. Preheat oven to 425 F (220 C)  
2. Prepare Tortilla Chip Filling; mix all the ingredients in a small bowl and set aside  
3. In a medium bowl, mix beef, taco seasoning mix and ice water with hands  
4. Press into bottom and sides of 1-½ inch mini muffin cups, forming a shell  
5. Place a spoonful of filling into each shell, mounding slightly. Sprinkle Cheddar cheese over tops  
6. Bake 7-8 mins. With the tip of a knife, remove tartlets from pan. Serve immediately or cool and freeze (flash freeze - use within 3 months - thaw 1-2 hours at room temp or reheat frozen 10-15 minutes at 375 until hot)  
7. Makes about 30 appetizers

**Variation**
For a main-dish pie, substitute a 9-inch pie plate for muffin cups. Bake in preheated 375 F (190 C) oven 45 minutes. Makes 6 main-dish servings

-Jackie Pontin

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**Pumpkin 101:**
Sugar pumpkins (also known as pie pumpkins or pumpkin pie squash) are 2-4 lbs. and 6-8 inches in diameter, are sweeter than larger carving pumpkins and are perfect for all of your favourite pumpkin dishes.

To make pumpkin puree cut the pumpkin into half and lightly brush the inside of the pumpkin with oil or butter. Cook on baking sheet at 375°F (190°C) until flesh is easily pierced with a knife, about 1-1/2 hours. Cool on rack. Scoop flesh into blender or food processor; whirl until smooth.

For fun, roast the pumpkin seeds: rinse and pick off the flesh bits from the seeds and boil them in salt water, this way the salt permeates into the seed. Pat dry and then toss it with olive oil and your favourite seasoning and roast for 5-20 minutes until the seeds are fragrant and tasty.
Making the Shot: The Photographer’s Gallery

Fall brings the most spectacular sunrises! “Heaven’s on Fire”

Illuminasia 2016, Calgary Zoo

Mother Nature Strikes Gold

Myra’s Kitchen: Creamy Pumpkin Curry, I substituted the sugar pumpkin with butternut squash and it was perfect

Photo credit: Myra Paul

Last sunrise of summer 2015
2016 – 2017 CHARITY

Please don’t forget to bring your donations to the dinner meetings

Project: Fill-a-Purse

I have a box that I keep at my desk (or in the kitchen/common area) where people can drop the toiletries that they collect when on trips. When my guys travel, they all have their own travel kits and rarely use the supplies that are offered by the hotel, so they tuck it into their suitcase and bring it back to the office for me. I then collect it all and send it over to the DI, they love receiving it!

Suggested by Krystal M.

JACKIE’S PICK

WANTED

Branch Information

Monthly Dinner Meeting: calgaryaaa@gmail.com
Membership and QAA: calgary-membership@aaa.ca
QAA Registrar: qaregistrar@gmail.com
Community Engagement: calgaryaaaengage@gmail.com
All other inquiries: evelyn.serbout@calgary.ca