



CROSSROADS

newsletter

ISSUE NO. 42



OCTOBER 2023

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BOARD INFORMATION



EXECUTIVE

President	Ron O'Shea	president@crossroadsyyc.com
Vice President 1	Christine Dreger	vpl@crossroadsyyc.com
Secretary	Bonnie Sham	secretary@crossroadsyyc.com
Treasurer	Ricardo Cosentino	treasurer@crossroadsyyc.com

BOARD OF DIRECTORS

Entertainment	Vacant	events@crossroadsyyc.com
Bingo	Tammy Nelson	bingo@crossroadsyyc.com
Senior Engagement	Vacant	seniors@crossroadsyyc.com
Facilities	Vacant	facilities@crossroadsyyc.com
Planning & Development	Ruth Twigden	development@crossroadsyyc.com
Airport	Brian Vasseur	
Preschool	Vacant	
Director at Large	Trevor Befus	
Director at Large	David Carroll	
Director at Large	Gordon Fenske Gloria Fenske	

CONTACT



COMMITTEES

Garden	Alysha Lederhouse	communitygarden@crossroadsyyc.com
Planning & Development	Ruth Twigden	developmentcommittee@crossroadsyyc.com
Membership	Vacant	membership@crossroadsyyc.com
Casino	Mary Hajdu	casino@crossroadsyyc.com

COMMUNITY RESOURCES

District 4 CRO (Mayland)	Cst. Brad Blied	pol4380@calgarypolice.ca
		403-428-6443
District 5 CRO (Vista)	Cst. Derek Chaloner	dchaloner@calgarypolice.ca
		403-428-6500
Crossroads Block Watch		crossroadsblockwatch.org
		403-276-6203

EXECUTIVE MESSAGE



Hello, Crossroads!

We're thrilled to share some exciting updates with you!

Grant Funding Applied for Rink Enhancements!

We've applied for grant funding to help cover the cost to pave our ice rink area and add basketball hoops! Stay tuned for more details on this fantastic project.

BrewFest & HarvestFest Success!

Our recent BrewFest and HarvestFest were a hit! The weather was perfect and there were so many fun things to do! Be sure to check out event photos later in this issue for a taste of the fun.

Volunteers Needed for Vista & Mayland Heights Rinks

Calling all volunteers! Help us keep the ice clear in Vista Heights and Mayland Heights this winter. Your support is essential to our community. Please contact manager@crossroadsyyc.com or president@crossroadsyyc.com for more information.

Wishing you a joyous Thanksgiving and a spook-tacularly safe Halloween!

Thank you for your continued support!

Your Crossroads Board

IN THE COMMUNITY



OCTOBER

5
General Meeting

9
Thanksgiving

27 - 29
Ghouls Night Out - Heritage Park

All Month Long
Pumpkins After Dark - Winsport

Saturdays & Sundays
Harvest Pumpkin Fest - Butterfield Acres



2SLGBTQ+ RESOURCES

CALGARY OUTLINK

Support, education, outreach, and referrals for the 2SLGBTQIA+ and allied communities
www.calgaryoutlink.ca

YOU MATTER

Non-crisis peer support & resource line
(587) 800-4121 call or text

RAINBOW ELDERS CALGARY

Rainbow Elders Calgary is a volunteer-run, non-profit organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors.
<https://rainbowelderscalgary.ca/>

SKIPPING STONE

Connecting trans and gender diverse youth, adults, and families with comprehensive and low barrier access to the support they need and deserve.
<https://www.skippingstone.ca/>

CALGARY PRIDE

Calgary Pride is a not-for-profit organization that exists to promote equality and celebrate Calgary's diversity.
<https://calgarypride.ca/>

CENTRE FOR SEXUALITY

Centre for Sexuality is a community-based organization delivering programs & services to support healthy sexuality across the lifespan.
<https://www.centreforsexuality.ca/>

END OF THE RAINBOW FOUNDATION

The End of the Rainbow Foundation creates sponsorship circles (groups of five), hosts support groups, and provides education to help LGBTQ+ people settle in their homes and community.
<https://endoftherainbow.ca/>

PFLAG CANADA

Helping Canadians with issues of sexual orientation, gender identity & gender expression.
<https://pflagcanada.ca/alberta/>



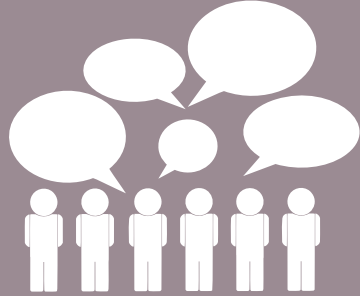
IT'S TIME TO PURCHASE YOUR 2023/2024 CCA MEMBERSHIP

2022/2023 memberships expired August 31.

Memberships can be purchased on our [website](#) or by sending an etransfer to payments@crossroadsyyc.com.

If you renew by etransfer, please email your full name, additional member names, and street address to memberships@crossroadsyyc.com

FAMILY	\$15
SENIOR (50+)	\$10
NON-RESIDENT	\$15



LOTS OF HOPS, FUN, FOOD, GAMES & A HARVEST OF TALENT!

BY ELAINE BROWN

Fear and trepidation transformed into admiration once his Mom helped him choose a sparkling design he liked. A few minutes later he proudly showed his Dad the tattoo shimmering on his wrist. "Dad, Dad...it's a 'keeper'!" he shouted.

Similar smiles and trepidations on many other faces were abundantly evident during an vivid range of games and activities—all free!—at **Crossroads' September 23rd Hops and Harvest.**

A huge bouncy house set one play area stage, embracing chalk square hopscotch to face painting to tattoo imprints, plus cotton candy, candy apples and barbeque corn.

Thanks to **Calgary Coop** for donating the corn. Tubby's Party Rentals also gave extra games with the bouncy house.

A horse drawn small wagon got many takers. And so did the tot golfing putting boards that some parents couldn't master to the glee of the small ones trying to out-putt Dad—and Mom.

"This is absolutely my favourite pair of jeans", a teen exclaimed to Gerald Wheatley, manager of the **Arusha Centre** that hosted the city's Repair Exchange program inside the community Hall.

"She was simply ecstatic to get a broken zipper fixed," said Gerald. "The family had no sewing materials in their house at all."

Gerald said at least 60 eager individuals, from teens to seniors, sought out the program provided by six volunteers who offered repair talent to bikes, fabrics, small household items, and even cell phone diagnostics. (For more information on the Arusha Centre, visit Arusha.org)

The **Perogy Boyz** sizzling food truck was busy as expected, especially for those adults looking for some re-acquaintance time over a brew in the Mayland Room.

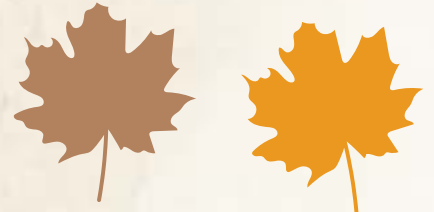
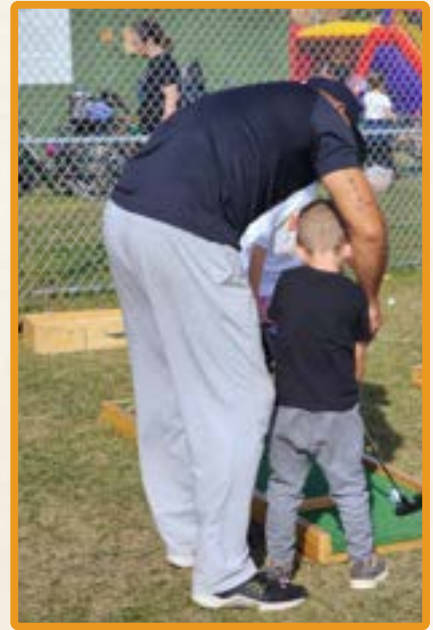
The **BrewFest** offered four sample tasting flights at nominal cost from five local breweries and one cidery, featuring: **Zero Issue Brewing, Stonyslope Brewing Company, Two Pillars Brewery, Common Crown Brewing Co., Evil Corporation Brewing** and **SunnyCider.**

This is the first year the **BrewFest** and **HarvestFest** were held together, said Christine Dreger, VP and Marketing Director at Crossroads, all paid for with funding from the **Ward 10 Community Event Fund** and the CCA.

"It was heartening to see that about 300 people came, especially for the 30 volunteers who put it together."

To all those talented volunteers who worked hard to make Hops & Harvest happen at the Community grounds and Hall --**Thank You, and Congratulations!**

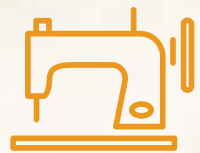
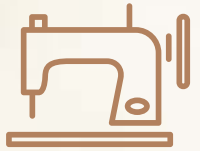
3RD ANNUAL HARVEST FESTIVAL



3RD ANNUAL HARVEST FESTIVAL



ARUSHA
Calgary Taking Action
Environment • Society • Economy



3RD ANNUAL HARVEST FESTIVAL





Registration for 2023/2024 School Year



REGISTRATION IS OPEN!

For more information:
Jenn at 587-582-9087
www.crossroadspreschool.ca

DISCOVER CROSSROADS

"HENRY THE SKELETON"



"Henry the Skeleton" is a local "celebrity" known for his quirky charm. Located on a quiet neighborhood street, Henry brings a smile to all who pass by.

Henry has an extensive wardrobe, changing outfits for every season and holiday. Residents who see Henry on their daily walks hope Henry's parents never stop keeping him up to date.

He serves as a symbol of creativity & individuality, engaging locals to marvel at his ever-changing appearance.

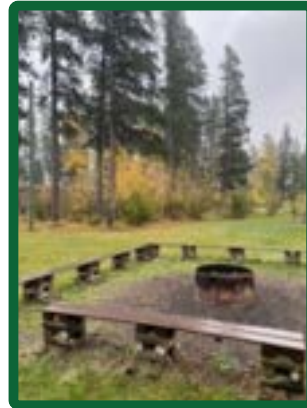
Whether dressed up for holidays or simply standing tall as a testament to artistic expression, Henry the Skeleton adds a touch of eccentricity & wonder to the local landscape, reminding us all to embrace the unexpected in our surroundings.





CROSSROADS SCOUTS

in action



Here are some photos from the latest camping trip!

If you are interested in learning more, please feel free to reach out to us. We are always looking for **new members** and also **new volunteers** to help get youth outdoors and active.

crossroads36otters@gmail.com (ages 5-7)

crossroads36timberwolf@gmail.com (ages 8-11)

crossroads36scouts@gmail.com (ages 12+)





**CROSSROADS
36 BPSA**

SCOUTING

Building youth with courage,
confidence and character, who help
make the world a better place!

SIGN UP

<https://sites.google.com/view/crossroads36scouting>
or call (403)803-3633

Programs for boys and girls aged 5-16.

PROGRAM STARTS IN
SEPTEMBER

MEETINGS AT THE
CROSSROADS
COMMUNITY HALL



Bobcat SAFETY

About Bobcats

- Bobcats are the smallest of Alberta's wild cats - about twice the size of a domestic cat. They have a bobbed tail that gives them their name, black-tufted ears and dark markings for camouflage.
- Bobcats are highly adaptable and if living in or near human development may lose their fear of people and the noises of the city. These bobcats may also learn to become more active at any time of the day.
- Bobcats feed mostly on rabbits, hares and other small mammals like mice and squirrels.

Bobcats and your pets

- Bobcats are opportunistic hunters. If bobcats are known to be in the area, keep cats indoors and supervise small dogs when they are in the yard, as they may be vulnerable.



How to prevent bobcats (and most other wildlife) from coming to your property

- Put garbage & recycling out only on the morning of collection, not earlier.
- Do not leave pet food outdoors.
- Remove bird feeders and bird baths so bobcats are not drawn into your yard to prey on the birds.
- Trees, shrubs and even grass should be kept trimmed so there is no shelter for bobcats to hide in. Spaces under decks and outbuildings should be closed off for the same reason.
- Add motion detector lighting to walkways & driveways.

REPORT SIGHTINGS TO 3-1-1



"The AARC program supports a full range of healthy developmental experiences to assist the adolescent in achieving a drug- and alcohol-free lifestyle."

- Dr. D. Vause, AARC Executive Director



Reach out today for a complimentary consultation.

For assistance, call 403-253-5250
or email info@aarc.ab.ca



"As a parent, I felt judged and at fault for who my son had become. I believed that I was the worst mother and I was so ashamed. After AARC, I

I no longer felt I was to blame for my children and the way in which they chose to live. My desperation was embraced by the care of the AARC Community."

- Parent of Graduate #374 - 2008

The Alberta Adolescent Recovery Centre (AARC) is a highly regarded, research-backed program designed to help youth and young adults aged 12-21 who are struggling with substance abuse despite negative consequences.

AARC is funded in part by the Government of Alberta, Ministry of Health and Addiction which allows us to offer a reduced sliding scale fee for adolescent clients and their families.

No family is denied treatment due to lack of income or savings.

AARC

**Alberta Adolescent
Recovery Centre**

**303 Forge Road SE,
Calgary, AB
403-253-5250
info@aarc.ab.ca
www.aarc.ab.ca**

"I was 16 years old but felt like I was broken. I was hopeless, ashamed, and not want to live anymore as it felt pointless. I was at the lowest point in my life. I had no friends left. I had dropped out of junior high. I entered AARC scared, angry and sad. AARC was able to build me up into a strong, honest, loving daughter, sister, friend, and employee who loves life today."

- AARC Graduate #10 - 1992

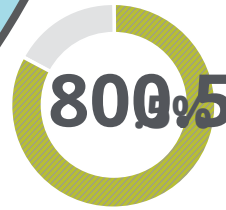
"After years of sadness and chaos, I got my brother back. It's awesome to spend time hanging out together."

- Sibling of AARC Graduate #645 - 2022

"My parents searched everywhere until they found AARC. My family moved from Vancouver to Calgary to save me."

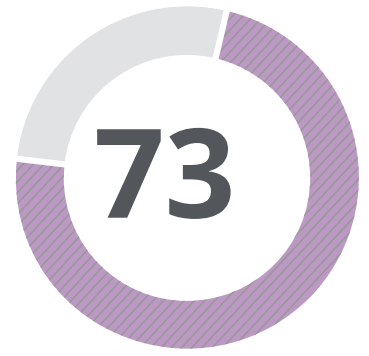
- AARC Graduate #235 - 2003

Dr. Arria et al, 2018



OF YOUTH THAT ENTER AARC
Complete the Program

Dr Patton 2004



OF AARC GRADUATES REPORT
CONTINUOUS SOBRIETY
12 Months Post-treatment

"AARC's outcomes show that recovery is possible even among the most severely addicted adolescents."

Dr Patton, 2004

What makes AARC unique?

Long-Term Treatment

The average treatment duration is 8-12 months

Family Systems Approach

Addiction impacts all of those closest to the addict, so AARC is committed to supporting the entire family through the recovery process

Psychiatric, Psychological, & Social Support

AARC recognizes that addiction is a complex interaction between the Biological, Psychological, Social, and Spiritual, and encompasses all of these approaches in the treatment model

Recovery Homes

AARC is a semi-residential treatment facility

Peer Support

All of AARC's counsellors and support workers are graduates of the program living in active recovery

Post-Treatment Aftercare

All graduates and families have access to continued services indefinitely

AARC is often the last resort for youth, young adults, and their families when other programs have failed. The AARC program asks the entire family to participate and brings each family member to a wider community of care.

At AARC, we understand that addiction is a disease and our compassionate and knowledgeable staff are dedicated to providing the highest level of care to help young people overcome their challenges and achieve lasting recovery.

Our 12-Step Clinical Based Treatment Model with Psychiatric, Psychological and Social Support:

"Adolescents in the AARC program progress through four levels before graduating into Aftercare: Primary Recovery (Levels 1 and 2), Intermediate Recovery (Level 3), and Advanced Recovery (Level 4). Each level focusses on specific issues related to healthy adolescent development and correlates directly with the recovery steps of AA." -

Dr. D. Vause, AARC Executive Director

PRIMARY RECOVERY

Level 1 - AA Steps 1-3:

CLIENTS: *attend mandatory group sessions daily in AARC *continuous supervision *24/7 peer counselling and peer support *work on 12 step material daily *psychiatric support from Dr. Lori Hogg *medication supervision from 4 LPNs * strong focus on nutritional and fitness needs * stay overnight in homes of families further along in treatment

FAMILY MEMBERS: *time to start healing knowing child is well cared for *attend group support sessions on Tuesday and Friday nights and monthly parent work days *optional ladies and men's support groups through a community of parents who understand *after approx. 3 months, begin process of opening a Recovery Home

Level 2 - AA Steps 4-7:

CLIENTS: continue as above plus *slowly return home to reintegrate into the family system with 24/7 program support *encourage newer clients in the program by providing hope

FAMILY MEMBERS: *open recovery home to support new clients *family slowly reconnect and start to repair and rebuild relationships with support 24/7

INTERMEDIATE RECOVERY

Level 3 AA - Steps 8-9:

CLIENTS: continue as above plus *slowly integrate back to school/work with family and program support *minimum of 1 group session daily

FAMILY MEMBERS: *continue to support new clients in Recovery Homes at night *meet with clinical team and support workers to plan return to school/work *continue to repair and rebuild the family unit with program support 24/7

ADVANCED RECOVERY

Level 4 AA - Steps 10-12

CLIENTS: continue as above plus *slowly plan towards graduation upon completion step 12 *post-treatment aftercare introduced

FAMILY MEMBERS: *prepare exit plan for client with clinical support *prepare to celebrate graduation *prepare to live in 'Recovery' and support each other with continued support from the AARC community



@aarcrecovery
www.aarc.ab.ca

AARC is fully accredited by the **Canadian Accreditation Council of Human Services**.

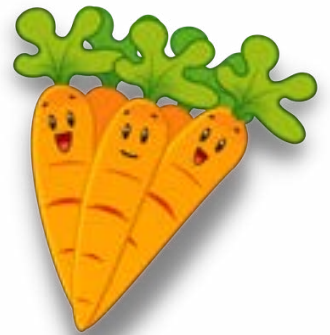
AARC is licensed as a Residential Addiction Treatment Service Provider under the **Mental Health Services Protection Act** in the Province of Alberta.

AARC is a **registered charity under the Income Tax Act** through the Canada Revenue Agency. Our charitable registration number is 13219-9480-RR0001.

GOOD FOOD BOX PROGRAM

What is the Good Food Box?

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary whereby you can purchase fresh fruits and vegetables at affordable pricing. The Good Food Box program is a hands-up program as opposed to hands-out.



Small Box: \$30
15-20lbs* of fruits and vegetables

Medium Box: \$35
25-30lbs* of fruits and vegetables

Large Box: \$40
35-40lbs* of fruits and vegetables

[**CLICK HERE**](#)

ORDER DEADLINE: October 17

PICK UP DATE: October 27

BLOCK WATCH



By John Abramchuk

In order to welcome new residents that have moved into the community of Mayland Heights and Vista Heights, it has been decided that the District Coordinators will select a block in their area for the delivery of the newsletter. This is one way for us to introduce residents that we have a block watch program in our community. Our community is the only one in the City of Calgary that has an active block watch program. Our newsletter is published FOUR times a year and if you still want a hard copy of it, you can have one delivered to your place of residence by the following method. Please contact your Block Watch Coordinator or send your request for home delivery to abe2@shaw.ca. Please leave your name and address so we can continue to deliver the newsletter to you.

Crossroads Block Watch has an updated website that has lots of information in it that tells you how to secure your home, vehicles and other valuable personal items. There are numerous phone numbers to help you out when you have some issues. Please take advantage of this website as it was created with you in mind. The quarterly newsletter will be printed on the Crossroads Block Watch web page. Login on to our website at: crossroadsblockwatch.org or you can also google Crossroads Community Block Watch then click on About Us.

If you wish to see additional items included on our website, please let us know. We are here to serve you, our residents.

If you are interested in becoming part of a group that shares information of what is ongoing in our community and other communities, we can recommend the following two community sites:

- Nextdoor.com the app is available online.
- VISTA HEIGHTS residents can sign up to the following on Facebook page: Vista Heights Guardians. If you need additional information, you can contact your Block Watch Coordinator.

For more information about our Crossroads communities, you can also follow:

- <https://www.facebook.com/groups/crossroadscommunityassociation>

The community newsletter is also online so you can have a look at it to see activities and events in the community.

BLOCK WATCH



By John Abramchuk

MAYLAND HEIGHTS

Mayland Heights experienced 11 crimes in June 2023, in comparison to 15 crimes the previous month, and 25 crimes in June one year ago. The Mayland Heights community has an average of 15.3 crimes per month. On an annual basis, Mayland Heights had a total of 184 crimes as of June 2023, which is down 3% in comparison to 190 crimes as of June 2022.

With a population of 5,961 residents, the Mayland Heights community recorded 1.85 crimes per capital (per 1,000 community residents) in June 2023 vs. it's average of 15.24 crimes per capital.

With 1,258 total crimes, Victoria Park Calgary had the highest number of total crimes in the last twelve months, while Mayland Heights ranked 33rd. in Calgary. With an average rate of 18.50, Meadowlark Park community had the highest annual crime per capital in Calgary.

In the last twelve months, with a per capital average of 0.02 crimes, the safest Calgary community was Evergreen, while Mayland Heights ranked 28th safest community in Calgary.

VISTA HEIGHTS

Vista Heights had 5 vehicle related crimes (theft of or theft of vehicles) in June 2023, in comparison to 2 vehicle related crimes in the previous month, and 5 vehicle related crimes in June 2022. On a annual basis, Vista Heights had a total of 58 vehicle related crimes as of June 2023, which is up in comparison to 34 vehicle related crimes as of June 2022.

With a population of 2,370 residents, the Vista Heights community recorded 4.22 crimes per capital (per 1,000 community residents) in June 2023 vs. its annual average of 19.34 crimes per capital.

Vista Heights ranked 150th. safest community in Calgary.

BLOCK WATCH



2023

	MAYLAND								2023 YTD
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	
Assault (Non-domestic)	1	1			1	2	1		6
Break & Enter - Commercial	3	2	3	1	2			3	14
Break & Enter - Other Premises							1		1
Street Robbery			2						2
Theft FROM Vehicle	2	3	1		3	4	4	2	19
Theft OF Vehicle	1			1	2				4
Violence Other (Non-domestic)			1						1
Violence 'Other' (Non-domestic)			1						1
	7	6	8	2	8	6	6	5	

YEAR OVER YEAR (JAN - AUG)

	MAYLAND			
	2020	2021	2022	2023
Assault (Non-domestic)	7	3	1	6
Break & Enter - Commercial	20	15	21	14
Break & Enter - Dwelling		1		
Break & Enter - Other Premises		1	4	1
Street Robbery	1		3	2
Theft FROM Vehicle	10	7	22	19
Theft OF Vehicle	3	5	11	4
Violence Other (Non-domestic)	2	1	1	1
Violence 'Other' (Non-domestic)			1	1
	43	33	64	48

BLOCK WATCH



2023

MAYLAND HEIGHTS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	2023 YTD
Assault (Non-domestic)			3	3			1	2	9
Break & Enter - Commercial	2							1	3
Break & Enter - Dwelling	2			1		3	1		7
Break & Enter - Other Premises	1	3		1	1			3	9
Street Robbery						1			1
Theft FROM Vehicle	7	5	4	4	12	9	5	4	50
Theft OF Vehicle	2	3	5	2	3	1	2	2	20
Violence Other (Non-domestic)		2	3		1				6
Violence 'Other' (Non-domestic)		2	3		1		1	1	8
	14	15	18	11	18	14	10	13	

YEAR OVER YEAR (JAN - AUG)

MAYLAND HEIGHTS

	2020	2021	2022	2023
Assault (Non-domestic)	10	13	9	9
Break & Enter - Commercial	8	5	10	3
Break & Enter - Dwelling	5	3	7	7
Break & Enter - Other Premises	19	9	10	9
Commercial Robbery		1	4	
Street Robbery	1	1	2	1
Theft FROM Vehicle	97	61	57	50
Theft OF Vehicle	33	18	40	20
Violence Other (Non-domestic)	4	3	10	6
Violence 'Other' (Non-domestic)			10	8
	177	114	159	113

BLOCK WATCH



2023

VISTA HEIGHTS

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	2023 YTD
Assault (Non-domestic)	1	2	3		1	2	1	3	13
Break & Enter - Commercial		1		1	2				4
Break & Enter - Dwelling								1	1
Break & Enter - Other Premises						1		1	2
Theft FROM Vehicle	1	2	2	2	1	3	1	1	13
Theft OF Vehicle	1	1	3	1	1	2		1	10
Violence Other (Non-domestic)	1					3			4
Violence 'Other' (Non-domestic)	1					3	2		6
	5	6	8	4	5	14	4	7	

YEAR OVER YEAR (JAN - AUG)

VISTA HEIGHTS

	2020	2021	2022	2023
Assault (Non-domestic)	19	10	10	13
Break & Enter - Commercial	2		2	4
Break & Enter - Dwelling	5	3	3	1
Break & Enter - Other Premises	6	4	3	2
Commercial Robbery		2	1	
Street Robbery	3	0	2	
Theft FROM Vehicle	28	18	28	13
Theft OF Vehicle	14	17	13	10
Violence Other (Non-domestic)	5	7	7	4
Violence 'Other' (Non-domestic)			6	6
	82	61	75	53

INTERESTED IN JOINING CALGARY'S COOKING PROGRAM?

Discover the Joy of Cooking Healthy on a Budget!

Cooking healthy meals on a budget is not only possible but can also be a fun and rewarding experience. Join us as we explore budget-friendly recipes, smart shopping tips, and innovative cooking techniques that will transform your culinary skills.

This program is in collaboration with the Community Kitchen of Calgary, aimed at helping you learn how to prepare delicious and nutritious meals without breaking the bank.

October 12 (planning session)
November 16 (planning session)
December 7 (planning session)

October 19 (cooking session)
November 23 (cooking session)
December 14 (cooking session)

OPEN TO ALL AGES AND INCOME LEVELS



To register, please contact Daniel Kebede
The City of Calgary, Neighbourhood Strategies
Email: daniel.kebede@calgary.ca
Phone: 403-476-4184



The logo for the City of Calgary, featuring the word "Calgary" in white text on a red rectangular background.

DIVERSE SENIORS 60+ PROGRAM

STARTS: SAT. OCTOBER 14TH 10:30 AM - 12:00 PM

RUNS EVERY OTHER SATURDAY UNTIL OCT. 2024

AT CEDAR COURT HUB - 1820 14TH AVE NE

ACTIVITIES

**YOGA
ARTS & CRAFTS
HEALTH & WELLNESS
SPEAKERS**

Contacts

Brijbala Bakhshi: (403) 510-6581

brijbala45@hotmail.com

Daniel Kebede: daniel.kebede@calgary.ca

FUNDED BY THE CITY OF CALGARY NEIGHBOURHOOD GRANT PROGRAM

JOIN THE CLIMATE RESILIENT COMMUNITIES WORKING GROUP

We are starting a working group to learn about how climate change is impacting you and your community

Benefits

- Share your experience
- Inform climate action in your community
- City of Calgary reference
- Payment for participation
- Food at all in-person sessions
- Transportation and childcare as requested

Contact: Ruth DeSantis at ruth.desantis@calgary.ca OR text or call - 403-370-4786



CROSSROADS

Mayland Heights & Vista Heights

REAL ESTATE SALES

from April 1st to September 28th

Style	Number Sold	Median Price
Apartments	11	\$238,500
Detached	36	\$547,500
Ful Duplexes	0	\$705,000
Townhouses	14	\$253,500
1/2 Duplexes	4	\$444,500



TREC

THE REAL ESTATE COMPANY

www.rankmyagent.com/ronoshea

www.ronoshea.ca

ronoshea@shaw.ca 403-999-8701





BINGO CREDIT PROGRAM

Volunteers can earn bingo credits to help cover a portion of the fees associated with a variety of activities including recreational sports, preschool, and other programming.

Each volunteer Bingo Barn shift earns a **\$40 credit** (no cash value) which is on file for two years and is transferrable. Lunch or dinner is also provided!

WE NEED YOUR HELP!

UPCOMING BINGO DATES

WED., SEPTEMBER 13

4:30 PM (EVENING)

FRIDAY, SEPTEMBER 22

4:30 PM (EVENING)

FRIDAY, SEPTEMBER 22

9:00 PM (LATE)

For more info or to **volunteer:**
bingo@crossroadsyyc.com



The members of Calgary's *Partners for Safety*: Calgary's Child Magazine, AHS EMS would like to remind parents and trick-or-treaters of Halloween safety tips as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be (route) and advise them if you will be late returning.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

LET'S BE

social



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