

NOVEMBER 2017

DELIVERED MONTHLY TO 3,150 HOUSEHOLDS

CROSSROADS CONVENOR

THE OFFICIAL VISTA HEIGHTS, BELFAST, MAYLAND HEIGHTS COMMUNITY NEWSLETTER



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renfrewjellybean@gmail.com

Movie Night

7 PM

November 10

Crossroads Community Members!
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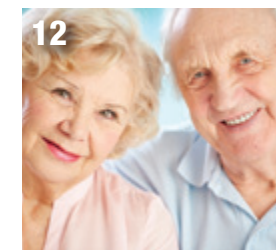
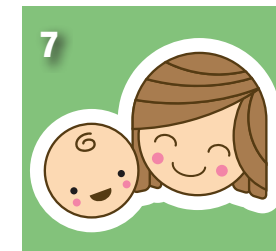
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CROSSROADS COMMUNITY ASSOCIATION

(Vista Heights, Belfast, Mayland Heights)
 Mailing address and community hall location:
 1803 14 Avenue, NE
 Calgary, AB T2E 1G4

Delivered monthly to 3,150 households and businesses

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convenor.editor@gmail.com
 All editorial content must be submitted by the 1st of the month for the following month's publication.

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Check out our website:



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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Crossroads Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

PRESIDENT'S MESSAGE

We have had our Annual General Meeting and October meeting, and I am pleased to share that we have several new people on our board and one on our executive. We also have had several people join our committees (Hall marketing, Community Planning and Playground committees). Thanks Kim Ellen, Gloris Fenske, Alyshia Lederhouse, Yvonne DePeel, Annette Bennet, Ravi Mani and Ruth Desantis for joining us and committing your valuable time to make your community better. We still have a few open spots and room on our committees if you'd like to join us and impact the best community in Calgary. I am thrilled with the new enthusiasm and energy!

November 10th is our next date for Family Movie Night. Remember, membership has its privileges. All members at movie night get into a draw for a DVD copy of the movie and a free snack from the snack bar.

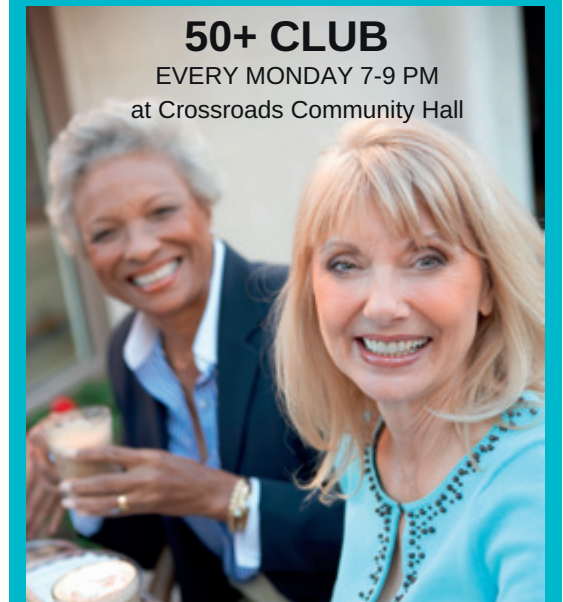
Drum Fun, Pub Nights, Scouting and Guiding are all back and running in our hall. It's great to see the action from all ages of Crossroads Residents.

Another shout-out this month to join our Facebook Safety page: <https://www.facebook.com/groups/1849696171950456/> and add to the discussion. Join us to make our community safer. Look out for your neighbours, Crossroads. You can follow the CCA on Facebook and twitter as well (@crossroadscomm).

Discussions have been going on and will continue for a Community Hub in Vista Heights. Andrea Wall from United Way is leading the engagement of residents to find out what we want to see in a hub and where it might be. I encourage you to answer this survey (<http://bit.ly/2ylXCxj>) and get out to the many community events that her and her team are attending to have your say.

Mark your calendar on December 3rd for our Annual Winter Festival at the hall. Watch for a new feature activity on our posters and our social media channels. It is not to be missed. The next night, join our entertainment committee for our annual 50 plus Christmas Dinner. That's December 4th at the hall.

Remember: "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." Join us, we'll welcome you with a smile.



50+ CLUB
 EVERY MONDAY 7-9 PM
 at Crossroads Community Hall

Meet people in Crossroads for coffee and snacks, bingo, cards, and on occasion a potluck dinner

New Members Welcome!
 Contact Anne Couture 403-568-6393

If you would like to join our mailing list to receive information on upcoming events and activities please call 403-277-6201 or email crossroadscommunity@shaw.ca with your mailing or email address.

REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



CROSSROADS Community Association

Community hall manager Tracey Cairns
Office hours: Mon/Wed/Thurs, 9 am to 1 pm
Office phone: 403-277-6201
Kitchen phone: 403-276-3818
Fax: 403-277-6205
Email: crossroadscommunity@shaw.ca

Newsletter submissions

convenor.editor@gmail.com, Christine Hourd

History Book

403-601-5141, Jerry Rourke

Like us on Facebook

<https://www.facebook.com/groups/118048868249237/>

118048868249237/

Follow us on Twitter @CrossroadsComm

For more information, visit

www.crossroadscommunityassociation.com

Blockwatch Volunteers Required!

Contact 403-276-6203 for more information

EXECUTIVE

President	Larry Leach	crossroadspresident@gmail.com
1st Vice President	Inga McLean	
2nd Vice President	Ricardo Cosentino	
Treasurer	Marilyn Johnson	
Secretary	Beth Jamieson	execsecretary@gmail.com

DIRECTORS

Community Garage Sale Committee	Jeremy Smith
Newsletter Committee	Christine Hourd
Entertainment Committee	Brijbala Bakshi
Airport Noise Committee	Paul Gardham
Membership Committee	Jeannette Leach
Development and Planning Committee	Jason Pare
Preschool Committee	Courtney Clark
Facilities Committee	Dee Jackson
Director at Large	Michelle McDonald
Grants Committee	Tara Pasveer
Bingo Committee	Sandy Johnson
Editor	

CROSSROADS COMMUNITY BLOCK WATCH ASSOCIATION BOARD OF DIRECTORS

OFFICERS

President	Joyce Gardam	403-276-6203
Vice-President	Brad Clarke	403-230-2058
Treasurer	Vicki McNeill	403-276-3603

DISTRICT CO-ORDINATORS

Vista Heights	(Geo Code 3204)	Ed Brooks
Belfast	(Geo Code 3205A)	Marilyn Fehr 403-276-6646
Belfast	(Geo Code 3205B)	Jim Johnson 403-277-0841
Mayland East	(Geo Code 3206A)	Alysha Lederhouse 403-797-3407
Mayland East	(Geo Code 3206B)	Linda Then 403-276-6507
Mayland East	(Geo Code 3208)	John Abramchuk 403-276-6025
Mayland West	(Geo Code 3207)	Brad Clarke 403-230-2058
Vista Heights	Trevor Befus (Geo Code 3204)	Vista Heights
Mayland West	Marilyn Fehr (Geo Code 3205A)	Belfast
	Jim Johnson (Geo Code 3205B)	Belfast
Mayland East	Alysha Lederhouse (Geo Code 3206A)	McKinnon Dr. - N
	Side 8 Ave. 19 St. E Side - W Side	Mayland Dr.
Mayland East	Linda Then (Geo Code 3206B)	McKinnon Dr. N to N
	Side 8 Ave. - E Side	Mayland Dr. - Barlow
Mayland East	John Abramchuk (Geo Code 3208)	19 St. E Side to Barlow
Mayland West	Brad Clarke (Geo Code 3207)	19 St. West Side 8 Ave. S. - 3 Ave.

NOTE FROM THE EDITOR



As I write this message it's the beginning of October and we have our first snow fall. I took my dog out for a walk in the morning, the weather was beautiful and the sun was out. During our walk, many of the sidewalks were very icy, making it difficult for us to enjoy and it's quite stressful. The

alternate is to travel on the street.

Now that we're in November the likelihood of snowfalls and icy sidewalks has increased. Please be sure to get out to clear off the sidewalk as soon as you can. Many of the residents in our neighbourhood walk to the buses or walk their dogs, and need a safe journey.

Speaking of ice—our amazing volunteers will begin preparing the skating rinks in our community, getting them ready for you to enjoy! We do have a few in our community that you can visit. The south playground at 3rd Ave and 19th Street NE - you can park in the back lane close to the rink and there is a bench to change in and out of your skates. The Crossroads Community Hall, where there are many parking spots and a few benches. In Vista Heights, there is one at the new playground on Valleyview Road.

Another great winter activity in our neighbourhood is sledding. There is an amazing hill over in Deerfoot Park. You can access this via the road just east of the 8th Avenue bridge. Once you get to the bottom there is parking. This is a fun activity for the whole family!

November is also a time to pay tribute to those who served for us to make Canada a safe place to live. There are many people who I connect with who have come from other countries. They tell me of how happy they are to be living in Canada and appreciate the freedom they have here. Talking to them about their experience reminds me to be grateful for what I have here.

I recall when I was younger and worked at a gas station in Manitoba, I worked on Remembrance Day. Although then, it was limited hours and we could only sell necessities, like milk and bread. Now, there's much less significance placed on November 11th, because of the mighty dollar. For me, November 11th is a time to remember to be grateful for the freedom I have.

Enjoy your day!

Christine

CCA HALL EVENTS

General Meeting	Nov 5th Dec 3rd	7:00 pm 7:00 pm
Movie Night	Nov 10th Dec 8th	7:00 pm 7:00 pm
Pub Night	Nov 24th Dec 15th	7:00 pm 7:00 pm
Winter Festival	Dec 3rd Free Family Event	TBA
Seniors' Dinner	December 4th	TBA
DrumFun: \$10 a month with memberships, \$20 without.	Every Wednesday	9:30 am Main Hall (time to change to 10:00 am once the snow flies)
Craft Sale tables \$10 for members and \$20.00 for non-members.	November 25th Saturday	10:00 am till 3:00 pm

**WANT TO VOLUNTEER?
CALL 403-277-6201**



Name	Age	Contact	Course
Abigail	11	403-703-2963	Yes
Aimee	13	403-700-6423	Yes
Louise Ann	16	403-796-3634	No
Ryder	18	857-716-0006	Yes
Nicole	30	587-968-5862	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Block Watch

Block Watch helpers/Captains are needed for several vacant blocks in Belfast and Vista Heights. Please call:

Jim Johnson • 403-277-0841
Marilyn Fehr • 276-6646
Ed Brooks (Vista Heights)

Your involvement by delivering the quarterly newsletters and being involved in Block Watch ensures your block is represented in the program and you are kept abreast of all criminal activity in the community. The time commitment is very minimal. To find out more, please call the respective District Coordinators listed who would love to talk to you.

YOUR CITY OF CALGARY

It's time for everyone to keep food and yard waste out of the garbage

Live in an apartment, condo or townhouse? It's time to keep your food and yard waste out of the garbage. As of November 1, 2017, all multi-family complexes in Calgary are required to separate food and yard waste from the garbage for composting or diversion. Your building owner or manager is responsible for setting up a food and yard waste program in your complex – ask them how it works.

Businesses and organizations are also now required to separate food and yard waste from the garbage. Look for the food waste bin at your workplace, food court or favourite coffee shop. If your multi-family complex or workplace does not offer a food and yard waste program, you can contact 311 for support.

Food and yard waste makes up nearly 40 per cent of garbage from apartments, condos and townhouses, and over 30 per cent from businesses and organizations. Composting will create a useful new product and keep this material out of the landfill.

Find out more at calgary.ca/multifamily.



Community Planning, How Can Crossroads Residents Have a Say?

By Larry Leach

A recent conference on crime prevention through environmental design in Calgary shared some great ideas and wisdom on how residents can have a say in how their community grows. We are now on the ground level of big changes as our inner-city communities grow. You can see the changes in our neighbouring communities: Renfrew, Bridgeland and Winston Heights/Mountview. The Midfield Mobile Home Park being closed and what is going in there will all have a big impact on our community.

Often, communities wait for their leaders to tell them how it is going to be and if people don't like it, they get upset with their leaders. My hope is that Crossroads can be a proactive community and put together a solid 5 or 6 people on a planning committee, where right now, there is one. That committee will meet and decide how to move forward, but it is my hope that we engage residents to ask everyone what they wish to see in their future community and put together a community planning document we can use to engage with our city, our developers and our residents; present and future.

Our community can attract development and businesses if we have a *clear vision* of how we see our future community. We can tell our city how we see our community. What is missing is you. As I like to say, "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in." Join us Crossroads and let's start planning for a great community. If you have an interest and desire to help us, please email me at crossroadspresident@gmail.com, subject planning committee.



The Good Food Box Mission

DID YOU KNOW? Phoenix Foundation is our Crossroads Good Food Box Depot?

There is another depot to add in with the Phoenix Foundation - Cedar Court Hub near 1820 14th Ave NE

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

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 a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

GOOD FOOD BOX OPTIONS

Small Box: \$25, 20-25lbs* of fruits and vegetables

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

Large Box: \$35, 40-45lbs* of fruits and vegetables

For more information phone (403) 265-7701 or email frontdesk@phoenixfoundation.ca.

You can also contact Andrea Reitan at her home number of 403-273-2022, or by her cell: 403-891-6715.

RESIDENT PERSPECTIVES

Good Sport

by Bev Watson

All my life I've been very competitive and a little contrary, but that has served me well. I've learned there's really nothing you can't do or learn if you find out what it takes, then break it down in tiny steps and go for it.

So, my life has been full of all kinds of interesting challenges and adventures. But here I want to talk about cancer and how Wellspring Calgary has helped me.

I had been a triathlete for 15 years when I won the 2013 World Championship Ironman in Hawaii. After that, biking and swimming started getting hard. I kept pushing myself, but something didn't feel right.

I went to the doctor but tests showed nothing was wrong. I started losing my balance when I was walking or swimming, but I kept training.

I went in to see my dermatologist about another issue and when I told him my symptoms, he said he thought I might have a brain tumour. At his insistence, I went to Rockyview Hospital. They did a CT scan and saw a big dark spot, so they ordered an MRI. They took one look at the results and I was ambulated to Foothills Hospital.

It took a while to get the diagnosis. Brain tumour – malignant. Metastatic melanoma. I had brain surgery and vigorous treatment. I was told I had months, then weeks to live. That was two years ago, and I'm still here.

I'm here and I still have things to do. I go to Wellspring Calgary several times a week. They have all kinds of programs - free for people with cancer. Everyone is so caring and welcoming there.

It doesn't matter how bad you are at painting, or playing ukulele, you are always encouraged. If you have cancer – find Wellspring – it's a life-saver!

Bev Watson with her sister and caregiver, Jan Watson.

This is Bev's art she made at Wellspring Calgary.



Welcome Everyone to Part Four of a new feature in the Crossroads Convenor! Every month I will feature an excerpt of our **"Journey Through the Crossroads"** history book. Sorry to have missed the last 3 issues of the Convenor, I have been a bit busy publishing a book on my family history and teaching driving in car! We are back at it this month looking back on our war history for Remembrance Day.

I have heard there are other residents and former residents who would like to submit their stories as well. I welcome any and all fresh stories to our feature. Does anybody remember the old milk farms at the end of 14th Avenue? How about

the old greenhouses? Also, I have been in contact with residents who know Lillian Mayland, but I have lost their contact info. If you are reading this, please contact me again at the number below; I would very much like to publish some new stories and pictures of the Mayland family and if anybody has any new pictures of Ralph Klein in our community, I will add it to a future story. **Please submit your stories and pictures of the past growing up in the community to my email: jrouke1@shaw.ca or call me at 403-601-5141.**

Miss Helen Kozicky, WW2 Sgt. Major



Courtesy of Miss Helen Kozicky

I have always admired the braveness and boldness of Miss Helen and her accounts of her actions during World War II. It was a pleasure to talk to her 11 years ago, and although she has since passed away, I can still see her in her uniform, proud as can be, for her country and the people she served with. I can't think of a better tribute for Remembrance Day than Sgt. Major Helen Kozicky.

Miss Helen is a Sgt. Major by serge, but now a captain. She says, "I am very proud of my medals, only 6 other men got them." When she left for war, Harry, her father, didn't even get a chance to throw her a party and Miss Helen was not allowed to tell anyone but her parents and the parish priest. "They were the only ones allowed to go to the railway station, at that time the station was on 9th Ave., the CPR Depot and I didn't tell a soul." She has many stories about her trip overseas to join the war effort. She was able to finally get a ride on the "Queen Elizabeth" after the "Pasteur" had been condemned and the QE was turned into a battleship. "There was 16,000 on board when we went overseas, the sea deck was just big enough for the 92 girls and myself and some officers.



Courtesy of Miss Helen Kozicky

—Special Photo by J. C. Smith. Volunteered Helen C. Kozicky of the Canadian Women's Army Corps, who is attached to M.D. 12 as a driver.

"When we left, the port was sideswiped by a submarine and so we wondered why everything had turned cold, we were heading to Iceland! ... We couldn't go too far north because of the ice, so we headed straight across to Scotland. Our ship was too big to get into port, so we had to fit 25 to a rowboat to get to Greenoch. We then traveled 5 days in the brown-out down to London and they were waiting for us with a hot meal." She was stationed in England for 3 years during the worst of the fighting, called the "Battle of Britain". "For the first couple weeks, I was an instructor and disciplinarian, you name it, I was it to keep the peace.

Miss Helen says, "I was there during the worst of the German raids, I was right off Hyde Park, which was a vacant from all civilians, except us girls. One whole block, they called it a mew with a garden in the middle, just bushes, and we had our barracks just to one side, and the dining area on the other. We were all women-at-large, there was nobody around, and we weren't looking for anybody. ... Before the air raid, we didn't think of anything, except what we had to do. Visualize 400 German planes overhead! There was nothing you could do, you could only block your ears with Kleenex. I had to get my 24 girls in the air raid shelter underneath us, and I sat upstairs by the front door to report who got hit; if we'd got hit, I wouldn't be here today." She says all of the windows were blown out, plumbing was wrecked and she had to be the go-between to headquarters. "You lived from day to day, you never knew what was coming tomorrow.

When our men took over, there were big rockets that were as long as a room. As long as they were burning at one end, you knew that they were going beyond you, but if they stop burning and you heard a sputter, someone would get killed. That would blow up a whole block, and I will never forget the day they blew up the Convent. The nuns didn't want to leave, they figured they could offer some help. They were only a block away from us and they got a direct hit, just blew up everything. All we found was limbs, hands; nothing we could do. All I could do was report to headquarters that the Convent had a direct hit."



Courtesy of Miss Helen Kozicky

"On many mornings, I heard the girls crying, or giggling because it was funny to see other girls dying. (Probably hysterical) That was life. We lived it. I remember so well when Colonel Wynn got a report that my area had been bombed and he phoned my officer and said 'I hope you keep a close eye on Sgt. Kozicky because she lost a fiancé at the end of August of 1939, so she's got a double loss. She's got another young man she's been seeing, so she's not going to be feeling very well! So, they made sure the girls kept me busy so I wouldn't get hurt, but I didn't cry. You take death as it comes.

"I had 24 girls to look after, all in different stages of distress. Of course, a lot of them didn't know I had lost a fiancé and then a lot didn't know that George got killed in Italy in March. There was no sense in crying, the girls were afraid that I would get a heart attack for not crying. I just said, it's the will of God. I pray morning and night, I don't care how you pray or where you pray, when your time is up it's up. He's not going to make appointments!"



Miss Helen and George-1943. Courtesy of Miss Helen Kozicky. Taken from "Journey Through the Crossroads."

It has been such an honor to have known Miss Helen, she is a multi-talented woman known for being well respected by dutiful men in our military. I admire her wit, her bold spirit and her smile, Thanks Miss Helen! We are proud that you helped keep Canada free!



Old Age Security: Now or Later?

If you meet the eligibility requirements, you can start collecting Old Age Security (OAS) benefits as soon as you turn 65. But did you know that you don't have to take them then? You can delay getting your benefits by up to five years and increase your payments by up to 36%.

Why delay?

There are two main benefits to delaying OAS:

- **Earn higher monthly payments.** For each month beyond age 65 that you delay receiving OAS, your payments will go up by 0.6%. For example, if you turned 65 this summer and are eligible for the full OAS pension, you'll receive approximately \$580 a month.* But if you delay these payments to age 70, they will increase by 36%, to about \$790 a month. And that's not including any cost of living increases.
- **Reduce or avoid OAS claw-back.** If your net income exceeds a certain level (\$74,789 for 2017), your OAS benefits are gradually clawed back. So, if you're planning to work past age 65 or expect to have other sources of income, deferring OAS may help minimize the claw-back.

Every situation is unique

There are pros and cons to either option. A financial advisor can help you weigh all the factors and decide what's right for you.

*Government of Canada Old Age Security payment amount June–September 2017.



Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at calgarylibrary.ca/tumblebooklibrary.

\$1M grant transforms early learning at the Library

The Calgary Foundation Early Learning Centre at Saddlestone Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit calgarylibrary.ca, click programs, and search Math Quest.



Who Are We and What Do We Do

Hello and welcome to our new monthly column!

You're probably wondering who the Federation of Calgary Communities is. We are a local non-profit organization that supports over 220 other small non-profit organizations in Calgary, including our city's community associations. In case you don't know what a community association is, they are also non-profit organizations that exist in every neighbourhood in Calgary. Community associations work to foster a sense of belonging by bringing neighbours together through social, recreational, and educational opportunities close to home, as well as be a voice for community life on issues that affect the neighbourhood. A great example is this community newsletter. Much of this wonderful content is gathered and produced by your community association. There are 152 community associations in our city, and we at the Federation of Calgary Communities are their support organization!

Did you know that community associations make up the largest collective volunteer movement in Calgary, with more than 20,000 volunteers involved?! Many Calgarians aren't aware that community associations are run by volunteers in the community. These volunteers make up a Board of Directors, which needs an organization that understands their needs and can support them in their various roles, and that's where we come in!

For over 55 years, we at the Federation of Calgary Communities have been educating, supporting, and encouraging the organizations we serve and their volunteers. How do we do this? In short, we offer 50+ educational workshops every year along with over 400 online resources, we provide one-on-one support and networking opportunities, and we celebrate and promote the great work taking place in our city's community associations.

To learn more about us at the Federation of Calgary Communities, or community associations in general, visit us online at calgarycommunities.com.

See you next month!

Help Us Maintain a #buttfreeYYC

The City of Calgary is looking to citizens to help solve a littering issue; extinguishing cigarette waste. Smoker or non-smoker, you've likely witnessed someone flicking a cigarette butt on city streets (yes, that is a littering offense). While we have many systems in place to manage waste effectively, the solution begins with citizen responsibility when it comes to littering.

Proper disposal of cigarette waste at home:

1. Extinguished cigarette butts should be thrown away in the black cart.
2. Cigarette ashes need to be double bagged, tied closed and thrown away in the black cart.
3. Never flush cigarette butts or cigarette ashes down your toilet, sink or drain, as they are harmful to the environment and may cause damage to the pipes in your home.
4. Cardboard cigarette packaging goes in the blue bin for recycling.

As a safety protocol, the Calgary Fire Department encourages citizens to ensure that smokers in your home douse cigarette butts and ashes with water before placing them into a non-combustible container and to not ash out or dispose of cigarette butts in planters, mulch or flower beds. The components of soil include organic material that can smolder for hours before igniting.

The city centre is populated with cigarette butt receptacles for citizens to utilize while in public. Many communities and businesses self-manage receptacles for proper waste disposal or recycling purposes.

We want to maintain the standard of cleanliness and safety we work toward collectively. Help us maintain a #buttfreeYYC.



Crossroads Crochet and Knitting Group

A City of Calgary Initiative

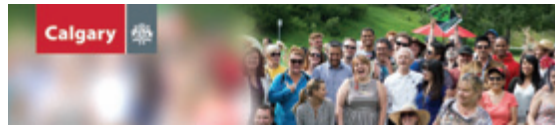
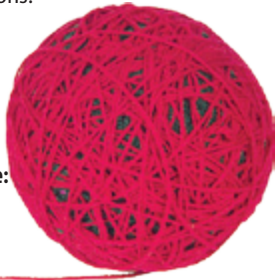
Have you ever wanted to learn how to make your scarves, hats, or slippers?

Free Knitting and Crochet Lessons:
Beginner to Intermediate

Every Monday: 10:00-12:00

Cedar Court Community Hub
1820 14th Avenue N.E.

Questions? Contact Daniel Kebede:
403-476-4184
Daniel.kebede@calgary.ca



FREE Digital Literacy (Computer Class)

At Cedar Court Hub
(1820 14 Ave.NE)

Brought to you by Calgary Public Library in partnership
with The City of Calgary

Tuesdays

First Session 9:00-11:00 AM
Second Session 11:15-1:15PM

If interested to attend these classes or require more
information please contact Daniel Kebede at
403-476-4184. Daniel.kebede@calgary.ca.



MAYLAND-VISTA Real Estate Update

Last 12 Months MAYLAND HEIGHTS
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
September 2017	\$449,900	\$438,000
August 2017	\$439,000	\$437,000
July 2017	\$499,900	\$460,000
June 2017	\$495,000	\$485,000
May 2017	\$499,900	\$501,000
April 2017	\$449,900	\$435,000
March 2017	\$459,900	\$447,500
February 2017	\$469,000	\$465,000
January 2017	\$457,450	\$446,500
December 2016	\$409,969	\$410,000
November 2016	\$415,700	\$400,000
October 2016	\$439,900	\$420,000

Last 12 Months VISTA HEIGHTS
MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
September 2017	\$0	\$0
August 2017	\$449,900	\$417,500
July 2017	\$410,000	\$394,750
June 2017	\$0	\$0
May 2017	\$449,800	\$449,500
April 2017	\$349,900	\$345,000
March 2017	\$419,900	\$400,000
February 2017	\$0	\$0
January 2017	\$0	\$0
December 2016	\$400,000	\$393,000
November 2016	\$0	\$0
October 2016	\$375,000	\$356,500

To view the specific SOLD Listings that comprise the above
MLS averages please visit maylandvista.great-news.ca

YOUR CITY OF CALGARY

Nominations Open for Advisory Committee on Accessibility's Annual Awards

Do you know an individual, group or organization
who is removing barriers for people with disabilities
in Calgary? Nominate them for one of three annual
accessibility awards sponsored by the Advisory
Committee on Accessibility. Categories include:

- Advocacy Award
- Access Recognition Award
- The Ella Anderson Accessible Transportation Award

The nomination deadline is Friday, November 17. Visit
calgary.ca/accessibility for more information.



Walking Your Dog Daily? Unleash Your Inner Volunteer!

Become an Off-Leash Ambassador and be a *pawsitive*
role model in your community! We are recruiting vol-
unteers to participate in the City of Calgary's Off-Leash
Ambassador Program to help us promote responsible
pet ownership, positive pet interactions and safety in
off-leash parks.

Take ownership in making your community a better
place to live for citizens and pets, one off-leash park at
a time. Conveniently choose when and where to volun-
teer to best fit your schedule.

To learn more or sign up, visit calgary.ca/offleashvolunteer
or contact 311.

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RE/MAX

Thinking of buying or selling?
**Contact your
LOCAL EXPERTS.**

403-284-6376
#206 2411 4st NW
www.TNTteam.ca | info@tntteam.ca

RE/MAX Real Estate (Central) **A Family Operated Real Estate Team.**

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\$189,900
MLS# C4141457
2 Bed, 1.5 Bath,
1028sqft

#237 910 Centre Ave NE
\$239,900
MLS# C4135430
1 Bed, 1 Full Bath,
495sqft

906 Radford RD NE
\$899,000
MLS# C4136279
5 Bed, 4.5 Bath,
2334sqft

3706 1ST NW
\$649,900
MLS #C4137875
4 Beds, 3.5 Bath,
1,664sqft

Not Intended To Solicit Clients Currently Under Contract.



Letter to the editor

Dear Great News Publishing,

Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.

Renfrew Community Association

Candy Rave

November 24, 2017

8 pm to 10 pm

\$5 per person
Grades 6 to 9 only

Prizes
Live DJ
Concession

Winter Holidays

renfrewcandyrave@gmail.com

SAFE & SOUND



Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization were made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit ahs.ca/influenza or call Health Link at 811.

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Faith formation is a priority at the Calgary Catholic School District (CCSD). To guide us in our faith journey, we have an annual faith theme. For the 2017-2018 school year, we have introduced a new three-year faith theme –“Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you.” (Matthew 7:7)

This year, we will focus on the first part of the theme, “Ask, and it will be given you.” This theme speaks to the power of faith and prayer. Fostering a faith relationship with God through prayer is part of the ongoing work of Catholic education, as it is through prayer that we come to know God's abundant love and mercy for us, are helped to become all that God wishes us to be and learn to live and act in God's abiding presence.

Faith formation remains one of our four district priorities this year, as well as student success, student wellness and success for First Nations, Metis and Inuit students. Together with our district administration, we will focus on our faith theme, as well as our district priorities. We are thankful to our district administrators, teachers and staff; we know that through working together we can meet these priorities and help our students succeed.

In recognizing the value and importance of Catholic education, we encourage our community to celebrate Catholic Education Sunday at their local parish on November 4-5. During this weekend, there will be a special collection at each mass, with some funds going to the Calgary Catholic Education Foundation (CCEF). The CCEF is a charitable organization that provides grants to support innovative programs and projects that touch the lives of students in our schools. We thank the CCEF for their support in providing enhanced educational opportunities for Calgary Catholic students and we look forward to celebrating the wonderful work that takes place throughout our province in Catholic schools.



BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

MONEY'S WORTH HOME SERVICES: Contact Jerome Feist at 403-242-4307 for home repairs, carpentry, fences, decks, siding and handyman services.

GRAYSON ESL TUTORING: Certified English language teacher offering tutoring to those taking a language training program or wanting to improve their English for other educational, professional, or general conversational purposes. Call Candy at 403-869-3267.

VISTA HEIGHTS DAY HOME: Now accepting kids of all ages. Located in Vista Heights. For more information, rates and availability, call Paige at 403-796-5756.

Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).



THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpep and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: lunchboxtheatre.com/the-santaland-diaries/



TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: artstarcreations.net/category/news/.



DECEMBER DECEMBER DECEMBER

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: sprucemeadows.com.

Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. www.eventbrite.ca/e/boy-registration-37158757845?aff=es2.

A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: cowtownoperacompany.com.

The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: hitmenhockey.com/teddy-bear-toss.

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HERE

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87 Monthly Community Newsletters
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SOLD

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