

SEPTEMBER 2017

DELIVERED MONTHLY TO 3,150 HOUSEHOLDS

# CROSSROADS CONVENOR

THE OFFICIAL VISTA HEIGHTS, BELFAST, MAYLAND HEIGHTS COMMUNITY NEWSLETTER



[www.crossroadscommunityassociation.com](http://www.crossroadscommunityassociation.com)

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| [www.great-news.ca](http://www.great-news.ca)



**Barlow Trail**  
**ANIMAL HOSPITAL**  
Small Animal Hospital & Wellness Centre

- Vaccinations
- Wellness & Medical Exams
- Nutritional Counselling
- Litter Exams
- Microchips
- Spays and Neuters
- Soft Tissue & Orthopedic Surgery
- Dentistry
- Digital Radiography
- Internal Medicine
- Compassionate Euthanasia



Providing health care for your pet using the latest state-of-the-art medical technology.

2307 Centre Ave., Calgary  
587-393-VETS (8387)

Mon-Fri: 8am-7pm  
Sat: 9am-3pm  
Sun. & Holidays: closed

barlowtrailvet.ca

403.293.3261

Mon-Fri: 6am-9pm  
Sat: 7am-7pm  
Sun. & Holidays: 9am-7pm

CHASIN-TAILS.CA

**CHASIN TAILS™**  
Boarding, Daycare, Grooming, Training & Retail

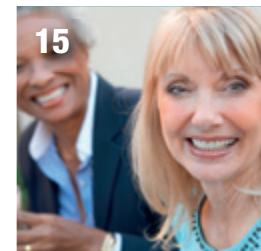
**All Play-Time No Cage-Time™**



2309 Centre Ave., Calgary

## CONTENTS

- 5 PRESIDENT'S MESSAGE
- 5 ANNUAL GENERAL MEETING (AGM) AND ELECTIONS
- 7 NOTE FROM THE EDITOR
- 9 CROSSROADS SUMMER WALK
- 9 DRUM FUN IS STARTING AGAIN!
- 10 VISTA HEIGHTS GARDEN
- 12 CROSSROADS CROCHET AND KNITTING GROUP
- 15 DOLLARS & SENSE: DON'T GIVE YOUR MONEY THE SILENT TREATMENT
- 15 50+ CLUB
- 16 TAKE ON WELLNESS: BACK TO SCHOOL HEALTH CHECKLIST
- 17 SAFE & SOUND: BACK TO SCHOOL SAFETY
- 18 AT A GLANCE



a foundation for oral health

oral and maxillofacial surgery

dental implants • wisdom teeth • jaw surgery • bone grafting

dr. douglas vincelli

100, 628-12th ave sw

calgary ab t2r0h6

phone 403-263-5193

www.drvincelli.ca



foundation  
oral surgery







## 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

### Editorial Submissions

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

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
Calgary, AB  
T2C 2K2

Check out our website:

[www.great-news.ca](http://www.great-news.ca)

**GREAT NEWS** PUBLISHING **28 YEARS**

*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Crossroads Community Association.*

*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

Good Day Crossroads. I hope you all had a pleasant summer filled with Family and relaxation.

Our Annual General Meeting is on September 10<sup>th</sup> at 7pm. Come out and join us. All members with a valid 2016-2017 membership are eligible to vote and run for a position. If you are reading this after the fact, we welcome committee chairs and committee members all year, so step forward and let us know if you are so inspired. Our committees include, but are not limited to: Multicultural Festival (May 26<sup>th</sup>), Entertainment (Movie nights and more), Facilities, Grants, Fundraising, Publicity, Development and more.

Speaking of Movie Nights... October 13<sup>th</sup> and November 10<sup>th</sup> are our next 2 dates for Family movie nights. More details later in this newsletter.

As summer winds down, our Vista Heights Community Garden is also winding down. We hope you were all able to celebrate a bountiful harvest?

Our Annual Summer Festival, was a HUGE hit. Thank you to all of our wonderful Collaborative partners for all of their work and support. Along with your Crossroads Community Association, Servus Credit Union, Vista Heights Strong Neighbourhoods, Crossroads Community Church, Aspen Family Services, Brown Baggin it for Calgary Kids, Cornerstone Youth Centre, Phoenix Education Foundation and Renfrew United Church.

There are a number of initiatives for the adults going on via the City of Calgary and Vista Heights Strong Neighbourhoods. Digital Literacy, Crochet Club and Walking group all have details in the coming pages. Join them, learn and meet your neighbours. Find out more at their Get Together night, September 22nd.

Let's help keep each other safe. 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 and I certainly hope at this time of renewal that your back to school has been most pleasant.



## Join Us Annual General Meeting (AGM) and Elections

Sunday, September 10<sup>th</sup> 2017  
7pm

Crossroads Community Hall

Up for election: President, Secretary &  
2nd Vice President along with Committee chairs

For more information:  
[crossroadscommunity@shaw.ca](mailto:crossroadscommunity@shaw.ca), 403 277-6201





# 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](mailto:crossroadscommunity@shaw.ca)

## Newsletter submissions

[convenor.editor@gmail.com](mailto:convenor.editor@gmail.com), Christine Hourd

## History Book

403-601-5141, Jerry Rourke

Like us on Facebook

[https://www.facebook.com/groups/](https://www.facebook.com/groups/118048868249237/)

118048868249237/

Follow us on Twitter @CrossroadsComm

For more information, visit

[www.crossroadscommunityassociation.com](http://www.crossroadscommunityassociation.com)

Blockwatch Volunteers Required!

Contact 403-276-6203 for more information

## EXECUTIVE

President	Larry Leach	<a href="mailto:crossroadspresident@gmail.com">crossroadspresident@gmail.com</a>
1st Vice President	Inga McLean	
2nd Vice President	Ricardo Cosentino	
Treasurer	Marilyn Johnson	
Secretary	Beth Jamieson	<a href="mailto:execsecretary@gmail.com">execsecretary@gmail.com</a>

## 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)	Trevor Befus	403-262-2545
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



This has been an amazing summer and I'm sure it's the hottest yet! My garden has produced quite the bounty, enjoyed by me, the boys, and the local rabbits. There are quite a few beautiful gardens in our community, which I'm happy to see there is a lot of pride in keeping our properties well maintained.

If you love to garden and don't have one, contact Rikki at [rikkischlosser@shaw.ca](mailto:rikkischlosser@shaw.ca). They are always looking for volunteers to help out at the Vista Heights Garden and it can be quite rewarding!

The kids are off to school now to start another year and I'd like to think that most are excited to return. At least to see their friends again. With that, please be aware of the increased pedestrian traffic from the little ones in the morning and after school. Extra caution is needed in the pick-up areas at all the schools, since it can be quite congested. The kids sometimes come out of nowhere, making it difficult to see them darting to their parent's car. So, beware!

There has been changes to the 2017-18 schedule for start and end times for our schools. The information is below, indicating the new times and in brackets the previous year's times to see where the change is:

**Belfast:** 8:30 am to 3:00 pm, Friday end time 12:15 pm (12:00 pm)

**Mayland Heights:** 9:00 am (8:30 am) to 3:30 pm (3:00 pm), Friday end time 1:20 pm (12:45 pm)

**Sir John Franklin:** 9:10 am (9:00 am) to 3:50 pm (3:35 pm), Friday end time 1:20 pm (1:00 pm)

**Vista Heights** was unchanged: 8:50 am to 3:09 pm

The printed version of the Crossroads Convenor arrives mid month, although you can find the digital version on the Crossroad Community Association Facebook Group at the beginning of the month.

I wish you a safe and happy September!

Christine

## WHAT'S GOING ON AT THE HALL

DrumFun	Wednesdays @ 9:30am!
Annual General Meeting and the GM	Sept 10th at 7:00pm
Movie Night	Sept 8th at 7:00pm
Pub Night	Sept 29th @ 7:00 pm in the upper hall

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

RBC Dominion Securities Inc.

## QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

### MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



**MICHAEL MARTIN, MBA, CFA, CFP**

Investment Advisor

403-266-9655

[michael.t.martin@rbc.com](mailto:michael.t.martin@rbc.com)

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

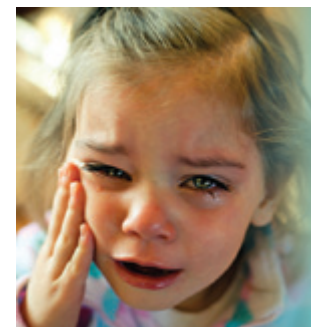
- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

[www.martinwealth.ca](http://www.martinwealth.ca)



RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™



## Back to Cruel

Didaskaleinophobia is the fear of going to school, which 2.4 per cent of children world-wide suffer from.



## MAYLAND HEIGHTS CHILDCARE CENTRE

We provide care for children from 13 months to 12 years, transportation to Mayland Heights and FFCA Schools, and we provide nutritious lunch and AM/PM snacks.

**SUBSIDY AVAILABLE. ACCREDITED DAY CARE.**



## SAFETYSYNC

Manage Your Workplace Safety

safetysync.com

**the Gutter Doctor**  
EAVESTROUGH  
Cleaning • Repair • Installation  
FASCIA • SOFFIT • SIDING • ROOFING  
20,000 happy customers since 2003!  
**403-714-0711** gutterdoctor.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**  
**Trevor Befus • 403-262-2545 (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.

## Vista Heights Community Get-Together

**Come meet your neighbours and  
enjoy a fun evening together!**

**When: Friday, September 22, 2017**

**Where: Vista Heights School  
(2411 Vermillion Street N.E.)**

**Time: 6:30 – 8:30p.m.**

- Free event! The whole family is welcome.
- Get to know your neighbours and find out ways to be involved to create a stronger community.
- Enjoy fun Board Games
- Snacks will be available

**For more information, please contact:  
Geraldine: 403-250-7439**

Organized by Vista Heights Residents Working Group  
Supported by The City of Calgary and  
Aspen Family and Community Network

## Crossroads Summer Walk (July – September)

**Fitness • Meet your Neighbours**

Are you interested in joining a neighbourhood summer walking group?

Weekly walk starts on Wednesday, July 19th at 7p.m.

For schedules and information, please contact  
Geraldine at 403-250-7439.

Organized by Vista Heights Residents Working Group



## 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.



## Drum Fun is starting again!

**Every Wednesday morning at 9:30 a.m.**

Hope to see you there!



## Christmas Craft Fair

**Crafters Wanted!**



VISTA HEIGHTS GARDEN

The Vista Heights Garden is growing well... but we need your help. We are actively looking for volunteers - as a bonus you will get a share of the harvest as it becomes available.

If you would like to join us we meet every other Tuesday at the Garden and we are always looking for people to assist us with weeding, watering and checking in on the garden in between those meetings, so please get in touch with Rikki at rikkischlosser@shaw.ca

**Meeting Dates**  
Sept 12 & 26

Vista Heights Communal Garden is located on the North Side of the Vista Heights School grounds on 22nd Ave.

*Rikki Schlosser*  
Community Garden Co-ordinator

BRAIN GAMES SUDOKU

9				4	1		7	
			2				3	4
			5			2	6	9
		8	9			3	1	5
2	1	3			5	4		
4	8	9			2			
3	5				6			
	6		8	5				3

FIND SOLUTION ON PAGE 15

COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month’s publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**WOMEN’S BARBERSHOP STYLE 4-PART HARMONY GROUP:** Seeking new members for all parts, particularly low bass. Practices held in NW on Tuesdays, 7-9 pm, September through June. Fun, non-competitive, charitable performances. Call Deb at 403-519-8980 or email [chordiallyyours.singers@gmail.com](mailto:chordiallyyours.singers@gmail.com).

**NEED LEGAL HELP? FREE LEGAL CLINIC:** Wednesday October 18 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 403-541-4804 between 8 am and 5 pm, Sept 27 to Oct 11. Space is limited.

**NATIONAL PHILATELIC STAMP SHOW:** Exhibits, Dealer Tables, Seminars, Club Tables, and Auction. Free admission. Sept 1-3, 2017. At the Calgary Hyatt Regency, 700 Centre St SE. 1-888-591-1234. More details at online.

**LOVE TO SING?** A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. Vocal Latitudes puts on a winter and spring concert and participates in special events. For more information, see [www.vocalitudes.org](http://www.vocalitudes.org).

**PRACTICE ENGLISH:** Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com), 403-444-1752.

**FLC SENIORS CLUB 55+ -Tai Chi-** call Juliette 403-225-1593 or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca). -Line Dancing - call Ann 403-254-9181 or email [linedancing@flcseniors.ca](mailto:linedancing@flcseniors.ca). For more activities, visit [www.flcseniors.ca](http://www.flcseniors.ca). Join us for a very affordable, healthy, and active lifestyle.



**DID YOU KNOW?** Phoenix Foundation is our Cross-roads 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](mailto:frontdesk@phoenixfoundation.ca).

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

A FAMILY FOOTCARE CLINIC

**Gentle Relief of Painful:**  
Nails, Heels, Corns, Arches, Bunions

 **Dr. Edwin Medina**   
*Se Habla Español*

**Specializing in:**  
Custom Arch Supports, Medical and Surgical Care, Children to Adults.


Evening Hours - No Referral Needed

Suite 650, Marlborough Mall  
Professional Building

**403-235-5452**

RE-ELECT

Communities First!



**Ray Jones**

FOR WARD 10

The next civic election is on **October 16, 2017.**  
Did you know the Ward boundaries are changing?

If you live in these communities, you will be voting in Ward 10:

• Abbeydale

• Coral Springs

• Marlborough

• Marlborough Park

• Mayland Heights

• Monterey Park

• Parkridge Estates

• Pineridge

• Rundle

• Temple




• Vista Heights

• Whitehorn

Do you need a mail-in ballot?  
Do you know where your polling station is?  
Visit [www.electionscalgary.ca](http://www.electionscalgary.ca) or phone 311 for more information about the 2017 Civic Election.

Campaign Office #921, 2220 - 68 ST NE (Monterey Square)

[aldjones@telus.net](mailto:aldjones@telus.net) ph: (587) 535 - 6247

   @rundleray



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. Now I need to hire more people to keep up with all my new customers! 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.



## 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  
1/20 14<sup>th</sup> Avenue N.E.

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



### Vista Heights Neighbourhood Grant

Neighbourhood Grants of up to \$600 are available to support projects that strengthen connections between residents of Crossroads Community, with emphasis on residents of Vista Heights, and to make the neighbourhood an even better place to live.

#### GOT A GREAT IDEA?

##### Submit your Community Project!

Examples of projects that have been funded in other  
neighbourhoods are:

Block Parties | Pedestrian Safety Campaigns | Container  
Gardening Workshops | Neighbourhood Walking Groups |  
Youth Initiatives

Projects need to be for the 2017 calendar year.

**More details and guidelines provided on the application form.**

**Applications will be received up to October 31, 2017**

For more information or application form contact Clara Yuen, Community  
Social Worker, at [clara.yuen@calgary.ca](mailto:clara.yuen@calgary.ca) or call (403)370-7352.

**Brought to you by The City of Calgary,  
Calgary Neighbourhoods.**





**GREAT NEWS PUBLISHING 28 YEARS**

**FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.**

**If You Feel the Same Let's Talk.**

**403-263-3044**



**di<sup>vine</sup> intervention**


**Eligible Entrepreneur**

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for a very pretty, slim, feminine, smart, 5'5"+, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)  
info@divinematchmaking.com  
divinematchmaking.com | 403-456-4870



**Hoffman INSTITUTE**

"The Hoffman Process helped me enormously. It was pivotal, enlightening and life-changing"

*Brett Wilson - Dragon's Den judge, philanthropist and Hoffman Grad.*

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

Make peace with your past  
Release from negative behaviors  
Emotionally heal and forgive  
Discover your authentic self

Email [shift@hoffmaninstitute.ca](mailto:shift@hoffmaninstitute.ca) to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.



**Crossroads mybabysitterlist**

Name	Age	Contact	Course
Abigail	11	403-703-2963	Yes
Louise Ann	16	403-796-3634	No
Nicole	30	587-968-5862	Yes
Ryder	17	857-716-0006	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

**Volunteering**  
is good for the soul

## DOLLARS & SENSE

### Don't give your money the silent treatment

By Suzanne Smith-Demers – Consultant

Finances can be tough to talk about, but keeping your money issues a secret can be bad for your personal and financial health. A 2014 study\* asked people what their most difficult conversation would be and 44 percent said personal finances.

Silence around money encourages people to remain uninformed about financial options and strategies and to hide resulting financial errors. If we seldom know what our loved ones think about money, misunderstandings can fester.

Despite plenty of good reasons to open up, people often find that money is a difficult topic to discuss as it can come with an emotional attachment. The technical details of financial planning can be complex, but it also requires people to think about aging and their own mortality.

As with other hard-to-discuss topics, it's often easier to stay quiet than to admit that you're deep in debt or have another money-related problem. But studies show that talking about money can reduce feelings of financial stress and help you make better money decisions\*\*.

Of course, talking is easier said than done. When you're ready to open up, accept that the discussion will inevitably not just be about money, but also what it symbolizes. It helps to have a goal in mind about what you want the talk to accomplish, and to start conversations about money with professionals that you have no emotional connection with before sharing financial feelings with loved ones.

A great way to start your money conversation is by talking to your professional advisor. They can provide the financial knowledge and planning that will reduce stress and emotion making it easier to communicate your financial goals, dreams and concerns with others.

Sources:

\*<http://www.reuters.com/article/us-money-conversation-idUS-BREA2Q1UN20140327>

\*\*<https://www.psychologytoday.com/blog/in-therapy/201606/talking-about-money>

**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](mailto:crossroadscommunity@shaw.ca) with your mailing or email address.

**BRAIN GAMES SUDOKU**

9	2	6	3	4	1	5	7	8
8	7	5	2	6	9	1	3	4
1	3	4	5	7	8	2	6	9
6	4	8	9	2	7	3	1	5
5	9	7	4	1	3	6	8	2
2	1	3	6	8	5	4	9	7
4	8	9	1	3	2	7	5	6
3	5	2	7	9	6	8	4	1
7	6	1	8	5	4	9	2	3





## Back to School Health Checklist



It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.

- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.

## BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto: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](http://www.communitymediation.ca), 403-269-2707.

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

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

**THE GUTTER DOCTOR!** We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**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.

## Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



## HALLOWEENDS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: [calawaypark.com](http://calawaypark.com).



## ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: [galleryhouseconcerts.com](http://galleryhouseconcerts.com).



## CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: [canadasoccer.com](http://canadasoccer.com).



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

### Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: [calgarycornmaze.com](http://calgarycornmaze.com).

### The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

### Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: [artscommons.ca](http://artscommons.ca).

### Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: [wordfest.com](http://wordfest.com).

### Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: [vibrantcalgary.com](http://vibrantcalgary.com).

### Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: [heritagepark.ca](http://heritagepark.ca).

Starting from

# \$300,

Modern features,  
Prayer room,  
Close to schools,  
3 Bedroom  
2.5 Baths,  
Open Concept,  
Guest Rooms,  
Ample Storage,  
Spice Kitchen,  
Mud rooms,  
Walk-in closet,  
Side entry,  
Patio

# 000

There's more built into our price



Townhomes – From \$310s • Semi-Detached - from \$400s • Single Family – From \$390s

CORNERSTONE

REDSTONE

To learn more about what we put in for the price, visit [jayman.com/north-east](http://jayman.com/north-east)

**Jayman**  
BUILT  
Performance lives here.



# memorial square dental clinic



*We are dedicated to comprehensive family dental care*

**LOOKING FOR A  
NEW FAMILY DENTIST?**

**CALL US AT (403) 273-7666**

**The Oral Health of You and Your family is *Our Commitment*  
Creating Beautiful Smiles is *Our Passion***

At Memorial Square Dental Clinic, it is our goal to help you and your family achieve a lifetime of oral health.  
Some of our general dental services include:

**The Memorial Dental Team  
Welcomes Dr. Siavash Yari!**



- Emergency Dental Appointments
- Sedation (Sleep) Dentistry
- Oral Surgery (including wisdom teeth)
- Family Dentistry (including Children's Dentistry)
- Hygiene/Preventative Dentistry
- Cosmetic/Restorative Dentistry
- Invisalign™ Invisible Braces

**OPEN EVENINGS &  
SATURDAYS**

**INSURANCE BILLED  
DIRECTLY**

**Languages Spoken**  
English, French, Arabic, Hindi, Punjabi, Vietnamese,  
Cantonese, Parsi and Mandarin

**Serving Calgarians for over 25 years**  
**We warmly welcome new patients and emergencies**

**403-273-7666**  
**MEMORIALDENTAL.CA**  
All services provided by General Dentists

**Dr. Akbar Nathu, Dr. Iju Chuah,  
Dr. Goltakin Ezati, Dr. Siavash Yari**

Memorial Square Dental Clinic  
#12, 5268 Memorial Drive NE  
[www.memorialdental.ca](http://www.memorialdental.ca)

