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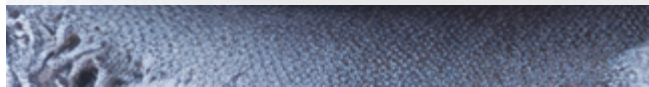


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Halloween Safety

by Alberta Health Services

As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 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 at well-lit corners. 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 where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

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

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup 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 extend below your child's ankles.

- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.



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Ghosts, Legends, and Strange Stories of Mount Royal

October is an important month for the Mount Royal Community Association, but first, a well-earned thank you.

Our annual Community Cleanup was a tremendous success. Neighbours arrived with vehicles full of unwanted household items, electronics, metal, donations, and other materials that had been taking up space in garages and basements. Thanks to our volunteers, sponsors, and community partners, a remarkable amount was diverted for recycling, reuse, and donation. Just as importantly, the cleanup brought neighbours together and demonstrated what can be accomplished when the community pitches in. Thank you to everyone who volunteered, donated, sponsored or simply came by to say hello.

October is also typically the time of our Annual General Meeting, when we report back to members on the past year, review finances and priorities, and elect the volunteer directors who will guide the Association through the year ahead.

Several Board positions will be available. If you have ideas for the neighbourhood, want to meet more of your neighbours or would like to help shape future programs and priorities, please consider putting your name forward. You do not need previous Board experience—only an interest in Mount Royal and a willingness to contribute some time and energy. Watch MRCA communications for the AGM date, nomination information and details about the available positions.

We are also looking forward to another favourite community tradition: The Progressive Dinner.

For anyone unfamiliar with the event, a Progressive Dinner begins with appetizers at one home, moves to another home for the main course and finishes with dessert at a final location. It is a relaxed and enjoyable way to meet neighbours, visit several homes and share a meal without placing the entire responsibility on one host.

Despite the name, it is not a political fundraiser—although more than a few people have initially wondered. The only thing “progressive” about it is that the dinner progresses from one house and course to the next. Watch for registration details and information about how you can participate or volunteer as a host.

With those community matters covered, October also gives us an excuse to explore a slightly stranger part of our local history.

Just beyond Lower Mount Royal, at 707 13 Avenue SW, stands Lougheed House, originally known as Beaulieu. Built in 1891 for Senator James Alexander Lougheed and his wife, Isabella Hardisty Lougheed, the sandstone mansion was once on the outskirts of a Calgary of fewer than 4,000 people. The house was expanded in 1907 and became one of the City's important social and political gathering places. Today, it is a National and Provincial Historic Site and one of Calgary's oldest surviving buildings on its original location.

It has also acquired a reputation for something else.

Stories collected over the years describe an older woman dressed in period clothing appearing in or near a front window. Others have reported footsteps when nobody appeared to be upstairs, movement glimpsed from the corner of an eye and furniture seemingly shifting in Lady Lougheed's former bedroom. One account claims that visiting schoolchildren independently asked about a woman they believed they could see in a window, although the adults nearby could see no one.

The stories eventually attracted a Calgary paranormal investigation team, which was given access to the house after hours.

Their investigation is interesting partly because not everything mysterious remained mysterious. A cold spot detected in the basement, for example, was traced to a draft coming through an exterior door. Several impressions involving supposed servants and their children could not be reconciled with the known history of the house. The investigators themselves ultimately acknowledged that they had found no conclusive evidence of a haunting.

There were, however, a few incidents they found harder to explain.

During the investigation, recording equipment reportedly captured several apparent voices. More intriguingly, a stationary camera left in an empty second-floor bedroom recorded the room's lights switching on and off several times. According to the investigators, the recording included the sound of the switch itself clicking, even though the room was closed and the group was elsewhere in the building. They could not determine what had caused it.

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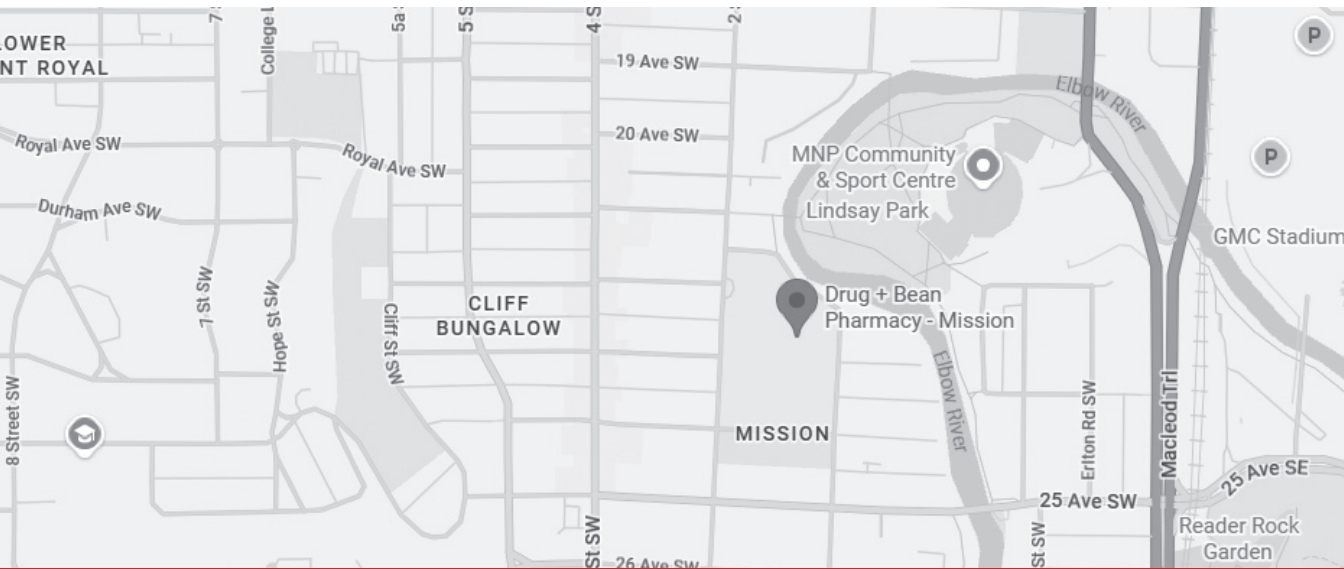


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Then there is the story of Sarah.

During the investigation, one participant reported an overwhelming feeling of sadness in an upstairs room and said that the name Sarah repeatedly came to mind. The investigators later claimed they learned that a 13-year-old named Sarah Lougheed had died in the house. Importantly, their own published account cautions that they found no evidence establishing that Sarah haunts the room—or that any of the experiences represented a haunting at all.

Lougheed House itself is considerably more interested in history than ghosts. Its official interpretation focuses on the remarkable lives the building has lived. After the Lougheed family era, it served various community purposes, including wartime use by the Canadian Women's Army Corps and later as a Red Cross blood donor clinic. The museum has nevertheless embraced the darker side of Victorian storytelling from time to time, including a 2023 exhibition appropriately titled *Victorian Haunts: A Horrifying House History*.

So, is the old sandstone mansion beside Mount Royal haunted?

There is no historical evidence establishing that it is. There are only stories, unexplained experiences, and more than 130 years of human history contained within its walls.

Which, on a dark October evening, may be quite enough.

Happy Halloween from the Mount Royal Community Association. Please watch for trick-or-treaters, drive carefully on our winding streets, and keep sidewalks and steps safe and clear.

And should you happen to pass Lougheed House after dark, you might want to glance at the front window.

Just once.

Rob Smith



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Thankfulness in the Everyday

by Rebecca Pink



October invites us to think about gratitude and all the things that we are grateful for. It can be meaningful to pause and reflect on the moments that stay with us, and become a part of us. So often, they aren't the big, planned out moments, or the stuff you have accumulated over time. Have you ever noticed that some of the moments you're most grateful for, are often the simplest, most spontaneous, or most genuine ones?

Sometimes, what stays with us is the feeling of an experience more than the experience itself. The laughter, the unexpected conversation, a great meal together, and in my house, the beautiful messiness of everyday life. These are the memories that stay with us, not because they were perfect, but because they were lived. They become the treasures that never gather dust, quietly weaving themselves into our stories.

The challenge is that when we're busy, overwhelmed, or anxious, our attention can so easily move toward what's next. We anticipate, plan, problem-solve, and manage, sometimes leaving less room to notice what is happening right in front of us. We can spend so much time anticipating

the future, or reliving the past, that we can miss what is happening right in front of us. There is nothing unusual about this; our minds are simply trying to keep up with the demands of life.

Being present doesn't always come naturally; it takes intention. Sometimes it is as simple as putting down the phone, taking a deep breath, looking around, and allowing ourselves to actually take in what is happening. This may be part of the experience of thankfulness, too. Not simply identifying what we appreciate but being present enough to experience it.

As thanksgiving approaches, maybe we don't need to search for something extraordinary to be grateful for. Maybe we simply need to slow down enough to notice what is already here.

An ordinary moment can become a lasting memory, one that still makes you smile years later and brings you back to the people and the experiences that matter most. Looking back, those are often the moments I feel most thankful for. Happy Thanksgiving and Happy Spooky Season!

Halloween Decorations and Wildlife

by the Calgary Wildlife Rehabilitation Society

As Halloween approaches, many neighbourhoods across Calgary come alive with pumpkins, fake spider webs, glowing lights, and spooky lawn decorations. While these displays help celebrate the season, some common decorations can unintentionally pose serious risks to local wildlife.

Autumn is an active time for many species. Deer, coyotes, squirrels, rabbits, songbirds, and owls are still foraging, while some birds are completing their fall migration before winter arrives. As wildlife continues to move through urban parks, backyards, and neighbourhoods, decorations can become unexpected hazards.

One of the most concerning decorations is synthetic spider webbing. The stretchy fibres can easily entangle birds, small mammals, and even beneficial insects. Birds may become caught while flying through shrubs or trees decorated with webbing, while squirrels and other mammals can become tangled as they move along fences or branches. Entanglement can cause severe injuries, restrict movement, and make animals more vulnerable to dehydration, starvation, or predators.

Loose cords, fishing line, string, ribbon, and lightweight decorative netting can create similar problems. Birds may accidentally use these materials while gathering nesting material or become wrapped in them during flight. Even decorations intended to sway in the wind can become tangled around wings, legs, or necks if they are not securely fastened.

Lighting is another consideration. Many people enjoy illuminating their homes with decorative lights throughout October. While temporary lighting is unlikely to have the same impact as large commercial lighting, excessive outdoor lighting can still disrupt wildlife. Artificial light at night has been shown to alter the behaviour of birds, mammals, and insects by interfering with natural navigation, feeding, and activity patterns. During late September and early October, some migratory birds are still travelling through southern Alberta, and reducing unnecessary overnight lighting can help lessen disorientation.



Pumpkins and natural decorations also deserve some thought. While a pumpkin may seem harmless, the smell can attract wildlife looking for an easy meal. Carved pumpkins that contain candles, mold, paint, glitter, or preservatives can make wildlife seriously ill if consumed. If you have pumpkins, bring them inside at night to ensure animals like bears, deer, or coyotes do not consume them. Feeding wildlife, even accidentally, can encourage animals to return to residential areas, increase conflicts with people, and expose them to foods that are not part of their natural diet.

Fortunately, a few simple choices can make Halloween safer for wildlife without taking away from the fun:

- Secure decorations tightly so they cannot blow away or become tangled in vegetation.
- Avoid using artificial spider webbing or decorative netting outdoors.
- Keep electrical cords and extension cables neatly bundled and out of areas where wildlife regularly travels.
- Turn off decorative lights before going to bed.
- If using pumpkins outdoors, keep them inside after going to bed, and remove candles promptly and dispose of pumpkins appropriately once they begin to spoil.
- Dispose of decorations promptly after Halloween to prevent wildlife from encountering them later in the season.

Halloween is a time for creativity and community, and with a little planning, it can also be a season that respects the wildlife sharing neighbourhoods with people. By choosing decorations thoughtfully and cleaning them up promptly, we can help ensure that southern Alberta's wild neighbours stay safe while everyone enjoys the festivities.

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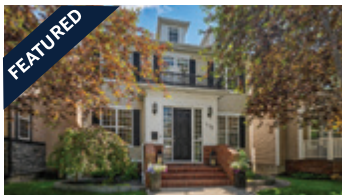
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