

# CROSSROADS

newsletter



ISSUE NO. 110



AUGUST 2023

# CONTENTS



Board Information	2
Community Contact	3
Executive Message	4
What's Happening	5
2SLGBTQ+ Resources	6
Boundless Birds	7
Membership Renewal	9
Community Cooking Program	16

# BOARD INFORMATION



## EXECUTIVE

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

## BOARD OF DIRECTORS

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

# CONTACT



## COMMITTEES

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

## COMMUNITY RESOURCES

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

# EXECUTIVE MESSAGE



We hope this newsletter finds you all in high spirits as we bask in the warmth of summer. There's no better time to come together as a community and share some exciting news and updates!

## **16th Avenue Bridge Painting is Complete**

We are thrilled to announce that the long-awaited 16th Avenue bridge painting project is finished! Our iconic bridge received a vibrant makeover, showcasing the beauty and creativity of our community. The new look surely is a sight to behold for generations to come.

## **Vista Heights Very Own Matalyn Represents at Miss Teenage Canada Pageant**

A big shout-out to our very own Matalyn, affectionately known as "Miss Teen Calgary", as she embarks on a thrilling journey to Toronto for the prestigious Miss Teenage Canada Pageant. Let's all rally behind her and show our unwavering support. We know she'll make Crossroads incredibly proud! You can follow her journey on Instagram @missteencalgary

## **"Bestest Day Ever" on CBC Kids**

Calling all parents and kids! We have a superstar among us! Vista Heights resident, Lisette, is set to host an exciting new show on CBC Kids called "Bestest Day Ever." Tune in starting July 31st for fun-filled adventures and heartwarming moments that are sure to brighten your day.

## **Community Membership Renewal Reminder**

As summer days drift by, we want to remind everyone that the Crossroads Community Association memberships will expire on August 31st. But don't worry, renewing your membership is a breeze! You can conveniently do it online, ensuring you stay connected with all the latest happenings, events, and opportunities within our wonderful community.

That's it for now, Crossroads! Remember to cherish these summer moments with your friends and family, and let's continue to foster the strong sense of community that makes our city so special.

Your Crossroads Board

# IN THE COMMUNITY



## AUGUST

**3**

CCA General Meeting

**3**

Community Nature Walk

**4**

Dodgeball Pop Up in the Park -  
Murdoch Park

**7**

Heritage Day Festival - Olympic Plaza

**18**

Bridgeland Night Market

**19**

Muslim Heritage Day Festival

**19 & 20**

Alberta Open Farm Days

**24**

Movie on the Rise - Super Mario  
Bros.

# 2SLGBTQ+ RESOURCES

## CALGARY OUTLINK

Support, education, outreach, and referrals for the 2SLGBTQIA+ and allied communities  
[www.calgaryoutlink.ca](http://www.calgaryoutlink.ca)

## YOU MATTER

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

## RAINBOW ELDERS CALGARY

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

## SKIPPING STONE

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

## CALGARY PRIDE

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

## CENTRE FOR SEXUALITY

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

## END OF THE RAINBOW FOUNDATION

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

## PFLAG CANADA

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

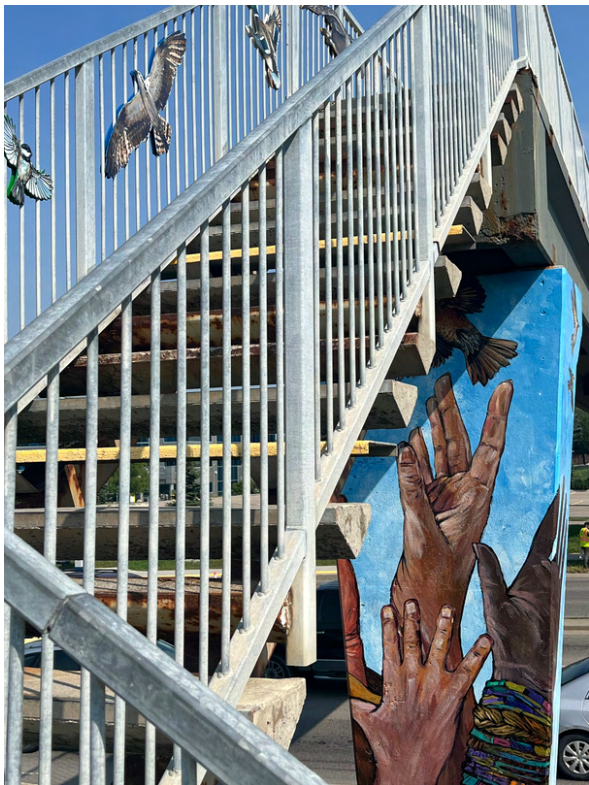
# BOUNDLESS BIRDS



During 2015-16 we embarked on a project called "[This is my Neighbourhood](#)" (full details can be found by clicking the link) which helped fund & add resources from the City of Calgary to help better our community.

First, a full residential engagement took place & a list of resident priorities were drawn up. One of those priorities turned out to be "**Boundless Birds**".

A lack of connection was identified between Vista Heights & Mayland Heights & this was the inspiration for the art project. Sites were chosen in both neighbourhoods as a symbolic



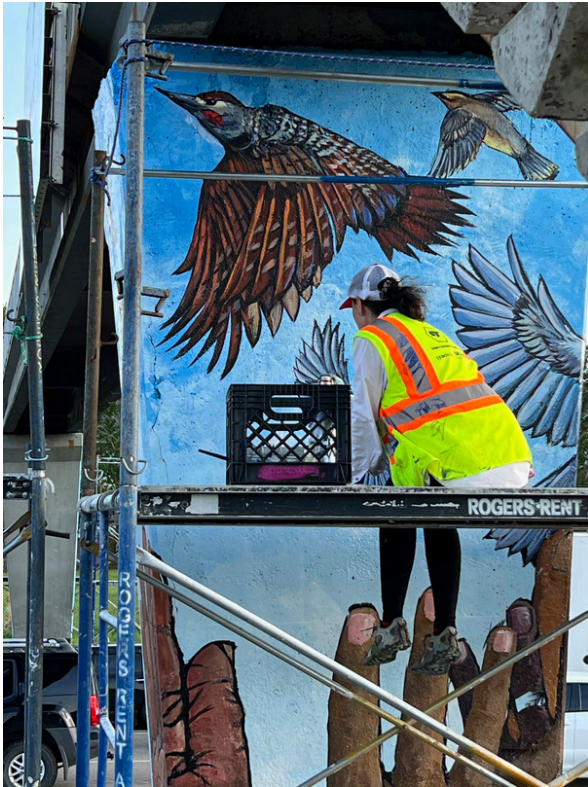
way to connect the communities. Fourteen signal boxes & garbage bins were enhanced with fantastic art by Doug Driediger & his Metro Graphics team.

Later on we were able to get some funding to complete the project by painting the pedestrian bridge over 16th Avenue July 22 & 23.

*continue on next page*



# BOUNDLESS BIRDS



Doug says the project's intent was "to celebrate the residents of Crossroads & their support of this project: the many painted boxes within Vista & Mayland Heights, each highlighting a different species found in the neighborhood, each selected by residents, & each assisted in the painting **BY** residents!

The second phase was the birds on the overpass – solid, bright colours facing out (to motorists), fully rendered jewels of nature within the walkway.

My intent here was to provoke some curiosity from the road (& not create a driving hazard!), while giving the big reward to those USING the overpass.

The conclusion of my plan has just been completed, & will contribute to the 'completeness' of the overpass project: bright, lively avian & human agents, leading the eye up, and hopefully to, the overpass birds.

**Mystery - what's up there?"**





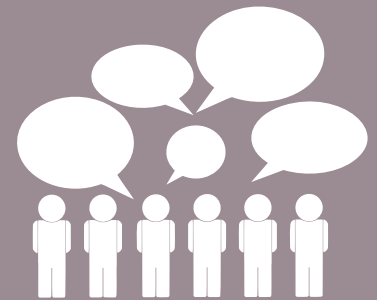
# IT'S TIME TO PURCHASE YOUR 2023/2024 CCA MEMBERSHIP

Current memberships expire August 31.

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

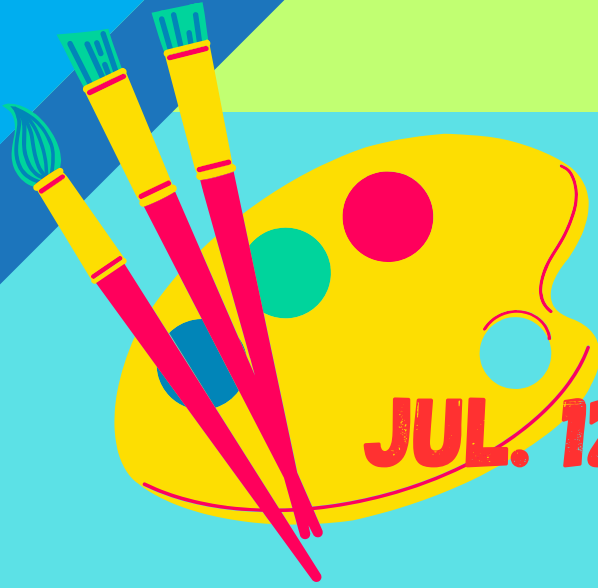
If you renew by etransfer, please email your full name, additional member names, and street address to [memberships@crossroadsyyc.com](mailto:memberships@crossroadsyyc.com)

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



# SUMMER OF FUN

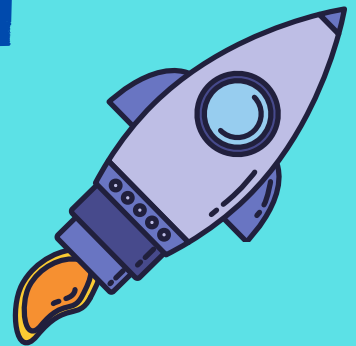
## AT CROSSROADS



**JUL. 12: ART NIGHT**

**JUL. 26: SPORTS NIGHT**

**AUG. 9: CRAFT NIGHT**



**AUG. 23: SCIENCE NIGHT**

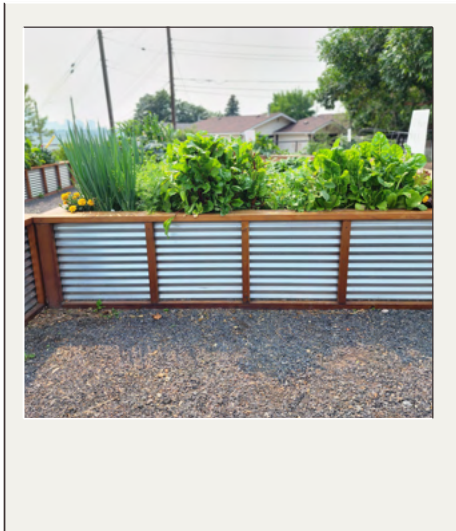
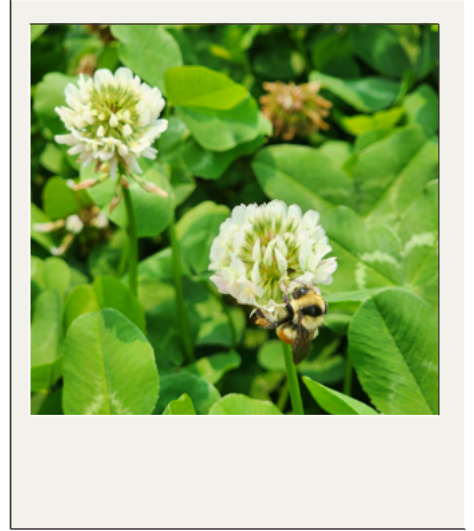
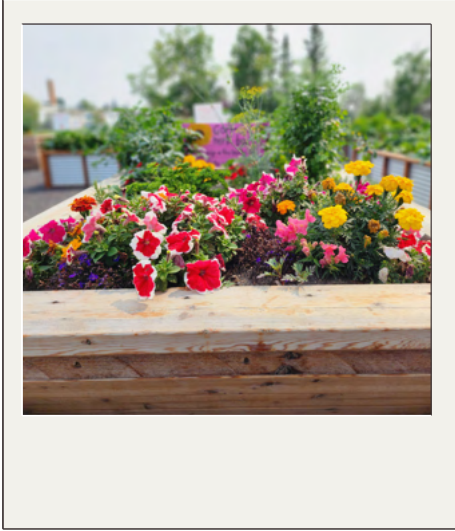
All events are from 7-8:30 pm and **100% free!**

Events are focused on kids but any age can attend!



If interested, please email [artatcrossroads@gmail.com](mailto:artatcrossroads@gmail.com)  
or call 403-804-7487

# CROSSROADS COMMUNITY PARK PROJECT





# Registration for 2023/2024 School Year



# REGISTRATION IS OPEN!

For more information:  
Jenn at 587-582-9087  
[www.crossroadspreschool.ca](http://www.crossroadspreschool.ca)



**CROSSROADS  
36 BPSA**

# SCOUTING

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

## SIGN UP

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

Programs for boys and girls aged 5-16.

PROGRAM STARTS IN  
SEPTEMBER

MEETINGS AT THE  
CROSSROADS  
COMMUNITY HALL



*Thanks for the scoops!*

July 16th was **National Ice Cream Day** and the folks at Righteous Gelato provided hundreds of free scoop coupons to our community.

We hope everyone enjoyed their gelato!

**RIGHTEOUS**<sup>TM</sup>  
SMALL BATCH GELATO





# DID YOU KNOW?

**BELFAST SCHOOL** is a small, wonderful school right here in your community!

We are a K-6 CBE school serving the surrounding communities, and we often have room for out-of-area students as well. We would love for you to drop in for a tour during the school year and we invite you to check out our school's Instagram [@belfastschoolcbe](#) to see more of our teaching and learning in action.

Belfast School is truly a small family and if you think your child would benefit from our strong sense of community, please reach out to the school to learn more!

You can email us at [Belfast@cbe.ab.ca](mailto:Belfast@cbe.ab.ca) or contact the Principal, Meagan Lundgren, at [mllundgren@cbe.ab.ca](mailto:mllundgren@cbe.ab.ca).



HI FRIENDS, ITS ME LISETTE! HOST OF  
BESTEST DAY EVER WITH MY BEST FRIEND.  
YOU CAN WATCH IT WITH THE WHOLE FAMILY  
WEEKDAY MORNINGS ON CBC KIDS OR ON  
THE CBC GEM AP. SEE YOU SOON!



LOPII PRODUCTIONS PRESENTS

# BESTEST DAY EVER

WITH MY BEST FRIEND!

A SHOW FOR THE  
WHOLE FAMILY

HOW WOULD YOU  
GIVE YOUR PET THE  
BESTEST DAY EVER?



# GOOD FOOD BOX PROGRAM

## What is the Good Food Box?

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



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

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

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

[CLICK HERE](#)

ORDER DEADLINE: August 22

PICK UP DATE: September 1



# BINGO CREDIT PROGRAM

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

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

## WE NEED YOUR HELP!

### UPCOMING BINGO DATES

SUNDAY, AUGUST 20	10:30 AM (AFTERNOON)
WED., SEPTEMBER 13	4:30 PM (EVENING)
FRIDAY, SEPTEMBER 22	4:30 PM (EVENING)
FRIDAY, SEPTEMBER 22	9:00 PM (LATE)

For more info or to **volunteer:**  
[bingo@crossroadsyyc.com](mailto:bingo@crossroadsyyc.com)

## CROSSROADS BLOCK WATCH CASINO

# ***VOLUNTEERS NEEDED***

AVAILABLE SHIFTS: 11:00AM to  
7:30PM OR 7:00PM to 3:30AM

AVAILABLE POSITIONS: BANKER,  
CASHIERS CHIP RUNNERS AND  
GENERAL MANAGER

COUNT ROOM SHIFT: 11:00PM to 3:30AM  
SIX VOLUNTEERS REQUIRED FOR EACH DAY

The Crossroads Block Watch Board is greatly appreciative of anyone  
volunteering their time for this community's benefit.

Remember your **Crossroads Block Watch Casino** provides funding for  
the newsletter and other valuable information to you the residents of  
Mayland Heights and Vista Heights.

**SEPTEMBER 28 & 29**  
**PURE CASINO CALGARY**  
**1420 MERIDIAN RD NE**

Any community residents that wish to volunteer for any of these shifts my  
contact the following person for more details: Call John Abramchuk at  
403-276-6025 or email [abe2@shaw.ca](mailto:abe2@shaw.ca) to volunteer.

# INTERESTED IN JOINING CALGARY'S COOKING PROGRAM?

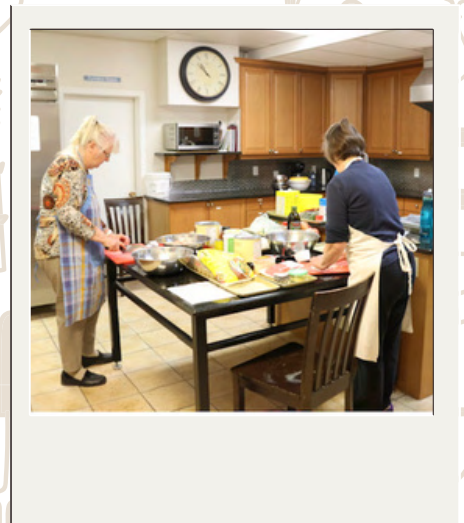
**Discover the Joy of Cooking Healthy on a Budget!**

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

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

**SPACE AVAILABLE IN THE AUGUST PROGRAM**

**OPEN TO ALL AGES AND INCOME LEVELS**



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



Calgary



# Community Nature Walk Crossroads

Join staff from Calgary Parks and learn about the wildlife and nature in your community. Enjoy some fresh air and activities as we explore one of the many beautiful parks and greenspaces minutes from your front door. Please be aware, we will be walking in the off-leash dog park. All ages welcome!

Walk-ins welcome!

**Date:** Thursday, August 3rd

**Time:** 6:00pm – 7:15pm

Please meet @ 5:45pm

**Location:** SE Corner of 3 Avenue and 19 Street NE near the blue garbage bin

**Cost:** FREE

For more information & registration  
please contact Nickie [volunteers@crossroadsyyc.com](mailto:volunteers@crossroadsyyc.com)



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

## Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

## Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

## Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- **In case of a poisoning emergency, call 9-1-1;**
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

# LET'S BE

# social



[Crossroads Community Page](#)



[Crossroads Community Group](#)



[Crossroads Community Safety Group](#)



[Crossroads Twitter](#)



[Crossroads Instagram](#)



[Crossroads Website](#)