

CROSSROADS

newsletter



ISSUE NO. 44



DECEMBER 2023

CONTENTS



Board Information	2
Community Contact	3
Executive Message	4
What's Happening	5
2SLGBTQ+ Resources	6
December Events	7
Discover Crossroads	9
Diverse Seniors	10
Cooking Program	17



BOARD INFORMATION



EXECUTIVE

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

BOARD OF DIRECTORS

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

CONTACT



COMMITTEES

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

COMMUNITY RESOURCES

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

EXECUTIVE MESSAGE



Hello Crossroads!

As the winter chill settles in, we're excited to bring you updates from our vibrant community!

The Diverse Seniors Group, that has been gathering bi-weekly at the Cedar Court, have been engaging in a variety of activities from art to knitting, & even yoga. Their focus in December will shift towards a healthy lifestyle, with a focus on diabetic diets. With plans extending into 2024, there's an array of new sessions awaiting our seniors. For more details on these engaging pursuits, dive into the heart of this newsletter!

We're in search of enthusiastic volunteers to form a committee and coordinate the WinterFest event taking place in February. Past editions have featured enchanting elements such as skating, maple syrup toffee indulgence, delightful sleigh rides, and cozy hot chocolate stations. If you're eager to contribute, shoot us an email at executive@crossroadsyyc.com or join us at the upcoming General Meeting on December 7.

Calling all ice angels! Our community rinks need volunteers to ensure they're flooded and cleared throughout the season. Let's keep the spirit alive with shared efforts!

You may have noticed that the donation bin previously located in the Family Foods parking lot has been removed due to rise in illegal dumping. Thank you, Ron and Mary for your diligence with this!

As part of Ward 10 Councillor's challenge, we're actively collecting food bank donations. More details about this initiative can be found in the newsletter.

Please note, there will be no general meeting in January!

Have a Merry Christmas & a wonderful 2024!

Your Crossroads Board

IN THE COMMUNITY



DECEMBER

1 - 10

Mayor's Food Drive - Councillor's Challenge

7

General Meeting

9

Diverse Seniors - Cedar Court

2SLGBTQ+ RESOURCES

CALGARY OUTLINK

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

YOU MATTER

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

RAINBOW ELDERS CALGARY

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

SKIPPING STONE

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

CALGARY PRIDE

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

CENTRE FOR SEXUALITY

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

END OF THE RAINBOW FOUNDATION

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

PFLAG CANADA

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

Free December Events

NOV 25 - JAN 8 5:30P - 12A	<u>LION'S FESTIVAL OF LIGHTS</u> CONFEDERATION PARK GOLF COURSE	
DEC 1 - 31 6P - 9P	<u>AIRDRIE FESTIVAL OF LIGHTS</u>	Check out their website for the various events happening throughout the month!
<u>DEC 2</u> 3P - 6P	<u>LIGHT UP THE SQUARE</u> EAST VILLAGE	<ul style="list-style-type: none"> • Live carolers & firepits • Free hot cocoa & baked treats • Free horse-drawn wagon rides • Special Santa Claus appearance
SAT & SUN DEC 2 - 17 12P - 4P	<u>PHOTOS WITH SANTA</u> THE CORE SHOPPING CENTRE	Visit Santa at the Simons Truck every Saturday & Sunday from December 2 to December 17, 2023. Photos can be taken on your phone for easy sharing with family and friends.
DEC 8 & 15 3:30P - 6:30P	<u>PHOTOS WITH THE GRINCH</u> THE CORE SHOPPING CENTRE	Snap a photo with the Grinch at the Simons Truck on Friday, December 8th and Friday, December 15. Photos can be taken on your phone for easy sharing with family and friends.
DEC 8 - 31 WEEKENDS 5P - 10P	<u>SPRUCE MEADOWS LIGHT DISPLAY</u>	We welcome you to enjoy the lights from the comfort of your vehicle or walk through the lights on the walking paths indicated.
DEC 9 11:30A - 4P	<u>SANTA COMES TO LOUGHEED HOUSE</u>	<ul style="list-style-type: none"> • DIY photos with Santa. • Make a felt Christmas tree ornament • More fun with a Christmas scavenger hunt, hot chocolate, & pet treats. • Pay what you can or bring a <u>pet-related donation for Parachutes for Pets</u>
DEC 10, 17, 21, 22, 29, 30, 31 12P - 5P	<u>DEVONIAN GARDENS</u> WINTER DROP IN PROGRAMS	Drop-in programs are offered seasonally in the Devonian Gardens. With crafts, games, & an educational touch-table, participants of all ages will find something to get excited about.

ICE RINK VOLUNTEERS NEEDED

MAYLAND HEIGHTS & VISTA HEIGHTS

"Many hands make light work"

CONTACT RON O'SHEA

PRESIDENT@CROSSROADSYYC.COM OR 403-277-6201

DISCOVER CROSSROADS



**Aurora Borealis taken
by Sylvan Daniels**



**Diverse Seniors
Program**



**Aurora Borealis taken
by Sylvan Daniels**



Diverse Seniors Program



**Sunset from the CCA taken by
Nickie Brockhoff**

Have a photo, story, or maybe a
recipe to share? Send it to
marketing@crossroadsyyc.com



DIVERSE SENIORS 60+ PROGRAM

RUNS EVERY OTHER SATURDAY UNTIL
OCTOBER 2024

CEDAR COURT HUB 1820 14 AVENUE NE

UPCOMING ACTIVITIES:

December 9: AHS Healthy Eating for Diabetics

January 6 & 20 Knitting

February 3 & 17 Financial Planning/Green Sleeve

March 2, 16, 30 Cross Stitch Workshop

April 13 & 27 Dreamcatcher Workshop

For more information please contact:

Brijbala Bakhshi: brijbala45@hotmail.com OR 403-510-6581

Daniel Kebede: daniel.kebede@calgary.ca

FUNDED BY THE CITY OF CALGARY NEIGHBORHOOD GRANT PROGRAM

Calgary



MAYOR'S FOOD DRIVE COUNCILLOR'S CHALLENGE

WARD 10 COUNCILLOR ANDRE CHABOT

NOVEMBER 30 to DECEMBER 10

**DONATIONS CAN BE DROPPED
OFF AT THE FOLLOWING
LOCATIONS:**

Gally's Pub

817 19 Street NE

Monday - Saturday 12:00PM - 9:00PM

Sunday 2:00PM - 9:00PM

Crossroads Community Association

1803 14 Avenue NE

Monday & Wednesday 9:00AM -

4:00PM

Let's see if Ward 10
can collect the most
donations!

Prefer to provide a
monetary donation?

The QR code below
will take you directly
to the Calgary Food
Bank's website.





Registration for 2023/2024 School Year



REGISTRATION IS OPEN!

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

Looking for financial support for your child's activities?



Did you know you can volunteer for a shift at the Bingo Barn and earn credits to help cover a portion of the fees associated with a variety of activities including recreational sports and other programming.



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



Email bingo@crossroadsyyc.com for more info!



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 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

FRIDAY, DECEMBER 8	4:30 PM (EVENING)
FRIDAY, DECEMBER 8	9:00 PM (LATE)
SUNDAY, DECEMBER 17	9:00 PM (LATE)
SUNDAY, DECEMBER 17	9:00 PM (LATE)

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



Family Gala Evening

**PRESENTED BY CROSSROADS 36
BPSA SCOUT GROUP**

Help us celebrate

**LORD BADEN POWELL'S
BIRTHDAY**

PASTA DINNER
BIRTHDAY CAKE
SILENT AUCTION
50/50 DRAW

ADULTS - \$20
CHILD 12 & UNDER-\$10

02

24

24

Crossroads Community Hall

For more info about this event
email:
crossroads36group@gmail.com



**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



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.

OPEN TO ALL AGES AND INCOME LEVELS

January 11 (planning session)
February 8 (planning session)
March 14 (planning session)
April 11 (planning session)
May 16 (planning session)
June 13 (planning session)

January 18 (cooking session)
February 15 (cooking session)
March 21 (cooking session)
April 18 (cooking session)
May 23 (cooking session)
June 20 (cooking session)



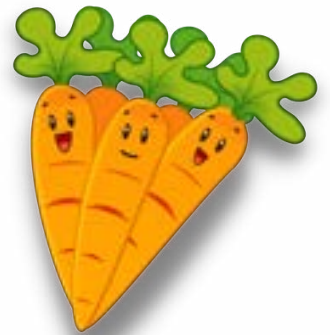
To register, please contact Daniel Kebede
The City of Calgary, Neighbourhood Strategies
Email: daniel.kebede@calgary.ca
Phone: 403-476-4184



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: January 23
PICK UP DATE: February 2

Reduce your waste during the gift-giving season

Repurpose, reuse and get creative to reduce your waste this holiday season. Here are some ideas for gift giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift in the form of a donation to a favourite charity.
- Give the gift of time. Lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts – try knitting a hat, painting a canvas or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, a t-shirt or simply avoid wrapping completely.

Find more tips at calgary.ca/recycleright.



Safely dispose of household batteries

Don't put any kind of battery in your blue, green or black carts. Batteries contain metals like lead, lithium, cadmium and mercury that can be dangerous to human health and the environment. If they end up in any of your carts, batteries can get crushed and cause fires at the recycling, composting and landfill facilities.

Household batteries include non-rechargeable alkaline batteries (AA and AAA) and rechargeable batteries found in cellphones, laptops and cordless power tools.

Safely dispose of batteries by taking to a participating retailer for free recycling, including London Drugs, Staples, Home Depot, Rona, IKEA and Best Buy. For more information visit calgary.ca/battery.



Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Has someone ever tried to...

- Control your money or actions?
- Force you to sign papers against your will?
- Make you feel unsafe?
- Touch you in ways that you did not want?
- Hurt you physically?
- Deny you food, clothing, medication, medical care or proper shelter?

Elder abuse

is any action or inaction by self or others that causes harm to the health and well-being of any older adult.

Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect.

Any kind of abuse is unacceptable.

Remember, it's not your fault.



To report a concern or get help for yourself or someone you know:

- In case of emergency, call **9-1-1**
- Calgary Police Service non-emergency line: **403-266-1234**

To get information or support:

- Elder Abuse Resource Line: **403-705-3250**
- 403-SENIORS: **403-736-4677**
- Talk to your family physician or someone you trust



Prepared by the "Coordinated Community Response to Elder Abuse" Action Team with Age-Friendly Calgary, Alberta Health Services, Calgary Catholic Immigration Society, Calgary Chinese Elderly Citizens' Association, Calgary Legal Guidance, Calgary Police Service, Calgary Seniors' Resource Society, Carya, City of Calgary, Diocese of Calgary, Distress Centre Calgary, HomeFront Calgary, Immigrant Services Calgary, Jewish Family Service Calgary, Kerby Centre, and University of Calgary.

TRACE 6:

A research study that explores young people's experiences with cannabis use treatment in Alberta.

Who are we looking for?

Youth

- Between the ages 16 to 24
- Living in Alberta
- Have tried to get treatment (of any kind) for cannabis use OR
- Have participated in treatment for cannabis use

Parents/ Guardians

- Have children between the ages of 16 to 24.
- Living in Alberta.
- Have tried to get or who have received cannabis use treatment - of any kind - for their child within the last four years.



ana.figueras@ucalgary.ca



403-210-7378



TRACEV.LETSTALK

Participation
consists of a 60-90
minute interview
(online or in person)

This study is approved by the CHREB at the University of
Calgary (Study ID #REB23-0147)

Honoraria
provided for
participation

LET'S BE

social



[Crossroads Community Page](#)



[Crossroads Community Group](#)



[Crossroads Community Safety Group](#)



[Crossroads Twitter](#)



[Crossroads Instagram](#)



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