

# CROSSROADS

community association newsletter

FEBRUARY 2024



# 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



Welcome to February!

February is “Heart Month” and it’s a good time to focus on taking care of your heart health. One way to do that is to stay active and we have just the event to do that! Strap on your ice skates and gear up for a day of frosty fun at **Winterfest!** Join us this **Saturday, February 3rd**, at the community hall for a chilly celebration. Revel in the warmth of community spirit with exciting activities such as chili tasting, outdoor games, ice skating, a bustling market, and enchanting sleigh rides. Bundle up and embrace the winter magic with friends and family!

Keep an eye on the newsletter and social media for our upcoming Annual General Meeting (AGM), scheduled for either March or April! We are eager to connect with residents who are passionate about making our community thrive. **If you've ever considered joining the board, now is the perfect time!** Bring your talents, ideas, and enthusiasm to contribute to the betterment of our community. Your involvement makes a difference!

If you missed the January 22nd Ward 10 Open House, don't fret! There is a second session scheduled in Temple on February 23rd. It's a fantastic opportunity to engage with your local representatives, share your thoughts, and stay informed.

Have a safe month and look out for each other!

Your Crossroads Board

# AIRPORT UPDATE



It's been awhile since I've published a newsletter article. YYC has developed some new statistics in Power BI and I've been waiting to accumulate some data so I could provide some statistics about what is happening. Before I go straight to runway statistics I wanted to do a review of the Calgary Airport (YYC) and airport operations so the statistics make sense.

Calgary is one of the biggest airports in Canada. Toronto Pearson leads at 35M passengers yearly making it #43 worldwide. Calgary, Vancouver and Montreal are all a close tie for second place, but not in the top 100 worldwide, at between 15 and 18 million passengers each year. That's a lot of people and it provides a big economic impact to the city and surrounding region.

The Calgary airport, YYC, has 4 runways with three maintained for use. The small east/west runway 08/26 is currently used as a parking lot but could be put back into service if the need arises. The diagonal runway 11/29 is fully maintained but is only used when weather conditions dictate its use, usually that is when we have extremely strong winds from the west.

The two main runways are 35L / 17R (the original north/south runway) and 35R / 17L which is the new runway east of Barlow trail. The runway numbers are based on the compass heading if you were standing at the starting end of the runway.

Runway usage is primarily driven by wind direction. The preferred usage is to have planes land and take off going to the north. This creates the least amount of noise impact. Once the wind is expected to be more than 10KTS (about 15-20 km/h) the controllers in the tower will make the decision to switch things up so planes land into the wind. This is important as planes must fly a minimum speed to stay in the air, at least 200 km/h, and even faster as the planes get bigger. So a tailwind means the plane has to go faster over the ground to land, uses more runway and is harder on the airplane.

The airlines or the airport don't decide what direction to land or what runways to use, that is managed by Air Traffic Controllers (ATC) in the tower. The airport may make requests of the tower to use a specific runway for maintenance purposes such as snow clearing, pavement maintenance, wildlife control or planned construction projects. The final decision rests with ATC which evaluates safety before approving any requests.

CONTINUED...

# AIRPORT UPDATE



One of the key safety concerns managed by ATC is aircraft spacing. The turbulent air coming off an airplane presents a danger to the planes landing or taking off behind it. The spacing is determined based on the size of the plane in front and the size of the plane following. In some cases controllers need to have 6 minutes of spacing behind a large airliner with the typical spacing either 2 or 3 minutes. Much like rush hour on Deerfoot Trail, YYC also has rush hour except it starts about 7:00 AM and goes until about Midnight with not much change. ATC needs both runways to keep up with the traffic and to provide enough spacing.

Once the planes are on the ground a separate ATC ground controller takes responsibility to get planes to and from the right gate as efficiently as possible. Once the safety concerns are addressed a key consideration is how to do that quickly. A typical Boeing 737 burns about 1 ton of jet fuel per hour while taxiing. At YYC typical taxi times are 10–15 minutes from gate to runway so a single plane may burn 5 tons of fuel and about \$5000 on the ground each day. That's equivalent to about 15 tons of CO<sub>2</sub> for one single plane. If ATC and the airlines reduce taxi times then the impact to the environment is significant.

In the next articles I will report on takeoffs and landings broken down by hour and how some airports handle noise at night using curfews.

YYC noise information can be found [online](#).

Brian Vasseur

[brian@brianvasseur.com](mailto:brian@brianvasseur.com)

# 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/>

# SENIOR RESOURCES

## IMPORTANT NUMBERS

### Elder Abuse Resource Line

403-705-3250

Confidential information and support, or to report a suspected case of elder abuse.

### The Way In

**403-736-4677**

**Information, advice and help accessing programs and benefits for older adults.**

### Health Link

811

Health advice (including dementia advice) from a registered nurse

### Community Resources

**211**

**Information and referrals for community and social services.**

### Access Mental Health

403-943-1500

Non-urgent advice on navigating the addiction and mental health system.

**City of Calgary**  
Gentle Fitness

**Unison at Kerby  
Centre**

(403) 265-0661

**CCA - Diverse  
Seniors**

see ad in this  
newsletter

**Calgary 55 Plus**

403-978-3008

**Greater Forest  
Lawn 55+ Society**

403-272-4661







# Winter FESTIVAL

1803-14 Ave NE  
Hall

**SATURDAY FEB 3rd**

11:00 to 4:00

**GAMES | FOOD | SKATING**

**Chilli Sampling • Hot Chocolate**

**Ice Bowling • Marshmallows • Craft tables**

**Face painting • Sleigh rides**

**and MORE** discount for members

Most events will be outdoors, therefore ... weather permitting

# DISCOVER CROSSROADS



Have a photo, story, or maybe a  
recipe to share? Send it to  
[marketing@crossroadsyyc.com](mailto:marketing@crossroadsyyc.com)

# ICE RINK VOLUNTEERS NEEDED

MAYLAND HEIGHTS & VISTA HEIGHTS

*"Many hands make light work"*



CONTACT RON O'SHEA

PRESIDENT@CROSSROADSYYC.COM OR 403-277-6201

**Calgary**



# DIVERSE SENIORS 60+ PROGRAM

RUNS EVERY OTHER SATURDAY UNTIL  
OCTOBER 2024

CEDAR COURT HUB 1820 14 AVENUE NE

## UPCOMING ACTIVITIES:

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](mailto:brijbala45@hotmail.com) OR 403-510-6581**

**Daniel Kebede: [daniel.kebede@calgaryca](mailto:daniel.kebede@calgaryca)**

**FUNDED BY THE CITY OF CALGARY NEIGHBORHOOD GRANT PROGRAM**

# 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

**February 8 (planning session)**

**March 14 (planning session)**

**April 11 (planning session)**

**May 16 (planning session)**

**June 13 (planning 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](mailto:daniel.kebede@calgary.ca)

Phone: 403-476-4184





# CROSSROADS PRESCHOOL PRESENTS **CROSSROADS CARNIVAL**

**WE ARE SEEKING THE FOLLOWING  
FROM OUR COMMUNITY:**

- **Volunteers for the day of the event (accepting volunteers ages 12+)**
- **Time and Talent Donors (Looking for Balloon Artists, Face Painters, Cotton Candy Stand, Magicians, etc.)**
- **Any donations to help with decor, basket wrapping, silent auction items, raffle items**

**THANK YOU!!**

**FOR MORE INFORMATION PLEASE CONTACT  
MARIE.ALVAREZ86@HOTMAIL.COM**

**DETAILS ABOUT THE EVENT & TICKET SALE  
INFORMATION TO BE RELEASED IN THE FOLLOWING  
MONTHS**

# 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](mailto:bingo@crossroadsyyc.com) for more info!



The graphic features a bright yellow background with radiating lines. Scattered across the background are several colorful bingo balls with numbers on them. The numbers visible are 4, 5, 28, 70, 94, 95, 26, 9, 37, 30, 12, 1, and 46. The text "BINGO CREDIT PROGRAM" is centered in the upper half, with "BINGO CREDIT" in red and "PROGRAM" in blue.

# 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

SATURDAY, FEBRUARY 3      4:30 PM (EVENING)

SATURDAY, FEBRUARY 3      9:00 PM (LATE VIRTUAL)

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





The Crossroads Community Association has been scheduled for a casino event September 25 & 26 at Pure Casino Calgary.

As a non-profit organization, casino funding is an important source of revenue for our community. There are various shifts & positions available .

**SEPTEMBER 25 & 26, 2024**

Please email [casino@crossroadsync.com](mailto:casino@crossroadsync.com) for more information.

**Join**  
**COUNCILLOR ANDRE CHABOT**

*Promoting Strong  
Safe Neighbourhoods*

**TEMPLE  
COMMUNITY  
ASSOCIATION**

**167 TEMPLEGREEN RD NE**

**6:30 - 8:30 P.M.**

**THURS FEB 22, 2024**

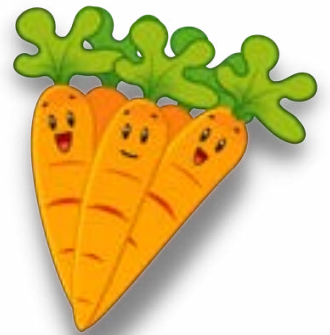
**WARD 10**  
**TOWN HALL**

[ward10@calgary.ca](mailto:ward10@calgary.ca) 403.268.3443

# 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: February 20**

**PICK UP DATE: March 1**



**Happy Lunar  
New Year  
2024**

Year of the Dragon



**MEOW**  
Foundation

**Need help  
to fix your  
cat?**

**Apply at [meowfoundation.com](https://meowfoundation.com)**



Calgary



## Winter cart placement tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.

**Clear snow off your carts and keep lids closed.** Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.

**Prevent food and yard waste from freezing inside your green cart.** Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.



Learn more at [calgary.ca/cartplacement](https://calgary.ca/cartplacement).



4-H INTRO CLUBS PRESENTS

# GAME ON!



**Sports, Fitness & Fun with a 4-H Twist!**

Get ready to level up your skills and have a blast with our NEW 6-Week 4-H Intro Club! Explore a variety of sports, get a taste of the exciting world of 4-H and become the best version of yourself. Game on!

**JAN. 15 - FEB. 26TH**

WANT MORE INFO?  
EMAIL: [INTROCLUBS@4HAB.COM](mailto:INTROCLUBS@4HAB.COM)

Financial assistance may be available - please contact for information.

## MONDAYS

Jan. 15, 22, 29 &  
Feb. 5, 12, 26  
3:45 - 5:45 PM  
9 - 18 years old  
Cost - \$120

@ Genesis Centre



  
**GENESIS**  
CENTRE

An Inspired Community

7555 Falconridge Blvd NE #10,  
Calgary, AB



**REGISTER: [WWW.4HAB.COM/MEMBER-PROGRAMS](http://WWW.4HAB.COM/MEMBER-PROGRAMS)**



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

## Common signs of a heart attack

(Any, or all, of these signs & symptoms *may* occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

## Heart attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

## What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course.
- Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a cardiac event.

# LET'S BE

# social



[Crossroads Community Page](#)



[Crossroads Community Group](#)



[Crossroads Community Safety Group](#)



[Crossroads Twitter](#)



[Crossroads Instagram](#)



[Crossroads Website](#)