

The background of the entire page is a photograph of a rustic wooden wall. The wall is made of vertical wooden planks. In the upper left, there is a small window with a wooden frame. Above the window, a horseshoe is nailed to the wall. Below the window, a long wooden handle with a three-pronged pitchfork at the end is leaning against the wall. In the lower half of the image, a large wooden wheel with many spokes is leaning against the wall. The wheel has a dark wooden hub and a lighter wooden rim.

CROSSROADS

newsletter

ISSUE NO. 39



JULY 2023

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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

COMMUNITY RESOURCES

District 4 CRO (Mayland)	Cst. Brad Bliek	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 have some exciting news & updates to share with you in this month's newsletter.

We're thrilled to announce that the recent Neighbor Day celebrations were a tremendous success. The events brought our community even closer, allowing neighbors to connect, forge new friendships, and share memorable experiences. Let's carry forward the positive energy & continue nurturing the strong bonds we have built within our community.

Thank you to everyone who participated in our community garage sale last weekend. Not only did we clear out clutter, but we also fostered a sense of camaraderie within our neighborhood. We sincerely thank each and every one of you who took part.

In other news, we want to inform you that due to the holiday season & various ongoing projects, there will be no general meeting held in July. We believe it's essential to take a brief pause and allow everyone to enjoy their summer break. However, we encourage you to stay connected through our community social media channels.

As we approach Canada Day, a time when we come together to celebrate our nation's heritage & identity, it is important that we also take a moment to reflect on the ongoing journey of truth & reconciliation with Indigenous peoples. While Canada Day is typically associated with festivities, fireworks, & national pride, it is crucial to acknowledge the history & experiences of the Indigenous communities who have inhabited these lands for thousands of years. This Canada Day, let us come together not only in celebration but also in reflection, with a renewed commitment to building understanding, respect, & unity among all peoples who call this land home.

As always, we appreciate your continued support and involvement in making our neighborhood a vibrant & welcoming place. If you have any ideas, suggestions, or upcoming events you'd like to share with the community, please feel free to reach out to us. We value your feedback & look forward to hearing from you.

Wishing you a joyous and safe summer!

Crossroads Board

IN THE COMMUNITY



YAHOO!



JULY

1

Canada Day Events

8

MaKami College Stampede Breakfast
Marlborough Mall (former Sears)

8

AG & Associates Stampede Carnival
Breakfast 1111 33 St NE

11

ABM College Stampede Breakfast
1112 28 St SE

14

International Ave BRZ Stampede
Breakfast at Unity Park

16

10th Annual STAMPEDE BOLLY FLASH
MOB 1:30 Stephen Ave

29

The South Asian Food Festival
Temple Community Association

29 & 30

Day of the Dog

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/>



CROSSROADS COMMUNITY

PARADE OF GARAGE & TRUNK SALES

We would like to express our heartfelt gratitude to everyone who participated in the Parade of Garage & Trunk Sales! Your enthusiastic involvement made the event a resounding success. We hope you had a fantastic time showcasing your treasures and connecting with fellow residents.

Please take a moment to share your thoughts, suggestions, and any areas where we can enhance the event in the future

**marketing@crossroadsyyc.com or
president@crossroadsyyc.com**



Registration for 2023/2024 School Year



REGISTRATION IS OPEN!

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



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 or contact the Principal, Meagan Lundgren, at mllundgren@cbe.ab.ca.

CROSSROADS COMMUNITY PARK PROJECT

2023 is the second season for the community garden. Many of the gardeners from our first year returned and even had the opportunity to rent two garden beds.

We have welcomed several gardeners from the Ukraine that are residing in Mayland Heights. It's exciting to have them join us and become part of our community.

The Ukrainian gardeners have created a bed at the entrance to the garden for sharing. They are tending the herbs and flowers for the community to enjoy.

Many of our gardeners have covered their garden beds with light fabric to keep the bugs out after most of the cabbage and brussel sprouts were enjoyed a little too much by insects. We have a natural garden so don't use chemical remedies.



CROSSROADS COMMUNITY PARK PROJECT

Have you checked out the gardens filled with native plants in front of the community hall recently? This project was funded by the **Alberta Low Impact Development Partnership**. It looks so much nicer now that the fencing has been removed.



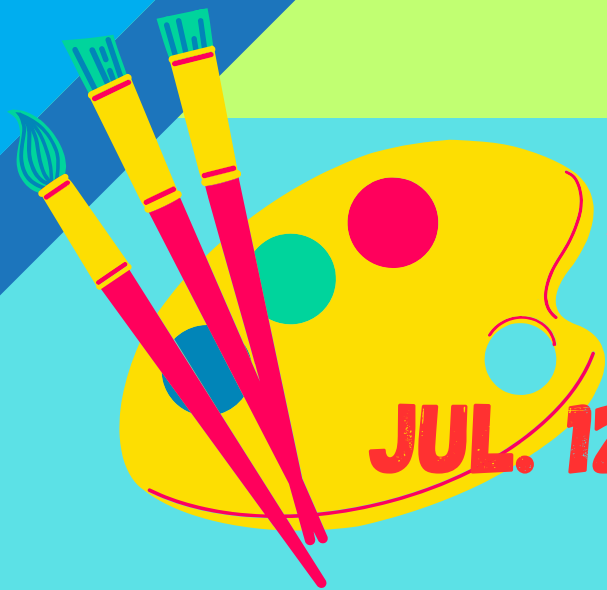
If you haven't taken the opportunity to enjoy these new green spaces in the community, go down and walk through or enjoy some time on the bench.



If you are interested in finding out more about community park, please check out www.crossroadsyyc.com/community-garden or email communitygarden@crossroadsyyc.com for more information.

SUMMER OF FUN

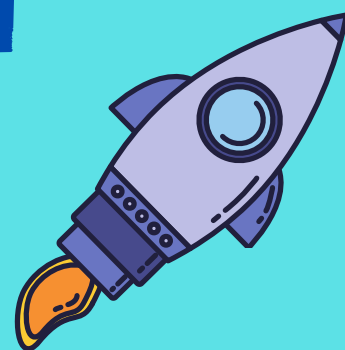
AT CROSSROADS



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
or call 403-804-7487

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.

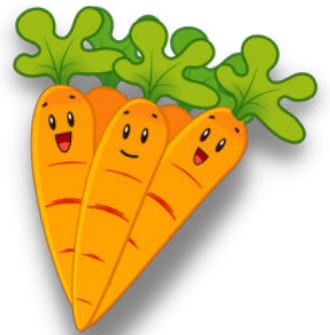
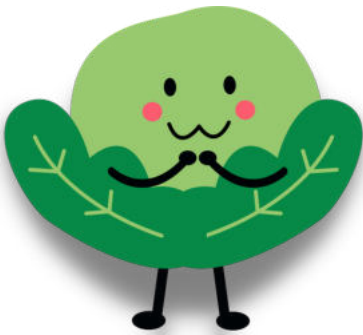
SEPTEMBER 28 & 29
PURE CASINO CALGARY
1420 MERIDIAN RD NE

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 to volunteer.

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

A vibrant yellow background with radiating lines. Scattered around the central text are several colorful bingo balls with numbers: 4 (red), 5 (purple), 28 (purple), 70 (orange), 94 (blue), 12 (red), 30 (green), 37 (blue), 9 (purple), 7 (purple), 26 (orange), 95 (red), 46 (green), and 39 (red).

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

SATURDAY, JULY 29	4:30 PM (EVENING)
SATURDAY, JULY 29	9:00 PM (LATE VIRTUAL)
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

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 JULY AND 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
Phone: 403-476-4184

Calgary





JOIN US FOR OUR FREE

Stampede Breakfast



PANCAKES

CHEESE OMELETTES

TURKEY SAUSAGE

DJ & LIVE MUSIC

KIDS GAMES

FACE PAINTING



SATURDAY, JULY 8, 2023, 9AM - 12PM

MAKAMI COLLEGE

MARLBOROUGH MALL CAMPUS
NW ENTRANCE PARKING LOT



ABM COLLEGE



STAMPEDE BREAKFAST

**Family Event
Open to the Public
Massage Included
Entertainment & Prizes**

Tuesday July 11th, 2023

9:30am-12:30pm

Walking distance from LRT: Franklin Station

112 28 St SE #200 Calgary, AB T2A 6J9

For sponsorships, Email joan.umeh@abmcollege.com



Presents

Amusement & Goodies

Stampede Family Carnival



July 8, 2023 • 9 AM - 1 PM
1111 33 St NE Calgary T2A 6T2

Free Breakfast
Face Painting
Balloon Twisting
Caricature Drawings
Juggler Performance
Bouncy Castle Fun



Saddle up and join us
for some good ol' fashioned fun
and delicious breakfast!



Safer Communities and Neighbourhoods (SCAN)

What is SCAN?

The Safer Communities and Neighbourhoods (SCAN) unit makes communities safer by using civil legislation to target residential and commercial problem properties in rural and urban Alberta where specified illegal activity is occurring regularly. This includes drug activity, prostitution and gang-related crime.

SCAN holds owners accountable for activity taking place on their property and supports landlords by helping them remove problem tenants who disrupt neighbourhoods and destroy property.

A resource for communities across Alberta, the unit initiates investigations based on citizen tips and works in partnership with residents to increase safety.

How does SCAN work?

When a community member reports a problem property to SCAN, the unit will begin an investigation. Once the investigation confirms the activity investigators will contact the property owner to try and solve the problem informally.

If informal efforts are unsuccessful, SCAN can apply to the courts for a Community Safety Order (CSO) that calls for owners to meet a number of conditions, or for the property to be closed for up to 90 days.

SCAN uses civil legislation to target properties, not people. Any criminal activity uncovered when dealing with these properties is turned over to the police to investigate.

What are the signs I can look for in my neighbourhood?

The following are common signs of suspicious or illegal activity. Observing one of the following doesn't always signal illegal activity but if they occur frequently or together, a problem may exist.

Signs to look for include:

residents that are rarely seen, distant or secretive
frequent visitors and unusual traffic at any time of the day or night
people repeatedly visiting the property who only go to the door for short durations

increased vehicle or foot traffic
frequent late-night activity
windows blackened or curtains always drawn
extensive investment in home security
neglected property and yard
presence of drug paraphernalia or strange odours coming from the property
residents who regularly meet vehicles near the property for short periods of time
If you are suspicious of a property, do not investigate it yourself or approach the occupants. Contact local police or SCAN.

Is there a property in your community where illegal activities may be occurring?
Take action to improve the safety of your community by contacting SCAN.

How do I file a complaint?

Call SCAN toll-free at 1-866-960-SCAN (7226). You can also file a complaint online at alberta.ca/report-suspicious-property.aspx.

If enough evidence exists to support the complaint, SCAN will investigate.

**Your information is confidential and safe**

No person, including the director, shall, without written consent of the complainant disclose the identity of the complainant to another person, court, public body or law enforcement agency

**Accountable and transparent**

- speak directly to an analyst
- direct access to an investigator

**Benefits of SCAN**

- improves community safety
- empowers citizens; complaint-driven process
- targets property, not individuals
- holds property owners accountable for activities on their properties

Phone:1-866-960-SCAN

Online: alberta.ca/report-suspicious-property.aspx



Tips on Auto Theft

The theft of your automobile is only the start of your nightmare. Items left inside the vehicle such as cell phones, money, documents, etc. will be stolen as well. Your personal papers may be used to commit further crimes including credit card fraud, cheque forgery, etc. Garage door openers may be used in house break-ins, including your own. You'll have to find alternate transportation and may have to replace the stolen vehicle altogether. It can take less than a minute for a criminal to break into your vehicle and steal it.

On average, 16 cars are stolen each day in Calgary. Not only does auto theft cost the victim time and money, but it costs society, because it drives insurance premiums up and many times, stolen vehicles are used to commit other crimes.

But don't worry! Here are some tips you can use to avoid being the victim of a car thief:

1. Always close the windows, lock the doors and pocket the key, even if your vehicle is parked in front of your home.
2. Don't leave vehicle registration, insurance policies, credit cards or other valuable papers in the glove compartment. Keep them in your wallet or purse.
3. Copy your license plate and vehicle information (VIN) numbers on a card and keep them with you. If your vehicle is stolen, the police will need this information to make a report.
4. Don't place any personal information on the vehicle's key ring.
5. Never leave valuables in plain view, even if your car is locked. They attract thieves. Put them in the trunk, out of sight.
6. Never hide a second set of keys in or on the vehicle. Thieves know all the hiding places. Store a spare key in your wallet or in your home.
7. Always park in well-lit areas with plenty of pedestrian traffic when possible.
8. Most (if not all) vehicles today come with some type of security system from the factory. However, there are upgraded systems and other security options as well. The best choices are systems that shut off the fuel supply so that a car can't be started or driven. Other security systems include:
 - an electronic vehicle disabling device
 - a steering wheel locking device
 - a vehicle alarm
 - a hood locking device
9. Never leave your car running unattended, even to dash into a business, store or warming up in the winter. Vehicles are commonly stolen at ATM's, convenience stores, etc.
10. If you have a garage, use it, and lock the garage doors. Also, lock your vehicle, even when it is parked in the garage.
11. If you see suspicious people in or around motor vehicles, call the police. Call (403) 266-1234 if it isn't an emergency. If it is an emergency, such as a life and death situation, injury accident or a crime in progress, call 911.
12. If your vehicle is stolen, report it to the police immediately.

Heat Related Illness



EMS would like to remind everyone to stay safe in the heat and sun this season. While children, elderly and individuals with varying underlying health conditions may be more susceptible to the effects of heat and sun, all should take basic prevention measures to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body is unable to cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking water;
- Be aware that excessive alcohol and caffeine consumption may promote dehydration;
- Wear a broad brimmed hat to keep the sun off your face and neck;
- Apply (and reapply) waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

LET'S BE *social*



[Crossroads Community Page](#)



[Crossroads Community Group](#)



[Crossroads Community Safety Group](#)



[Crossroads Twitter](#)



[Crossroads Instagram](#)



[Crossroads Website](#)