



CROSSROADS

community association newsletter

MARCH 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	Teresa Rumdit	
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 Neighbors!

Welcome to March!

Thanks to everyone who joined us for the Winterfest celebration on February 3rd. Your presence made the event a truly memorable one, filled with warmth and cheer despite the chilly weather.

As we move forward, we're excited to announce our upcoming Annual General Meeting (AGM) scheduled for March 21st. This is your chance to play an active role in shaping the future of our community! Come join us and consider becoming a part of our board. The meeting will commence promptly at 7 PM, with doors opening at 6 PM. We'll be serving refreshments, so arrive early to mingle and discuss ideas for our community.

On March 4th, 12 CSI is running a Community Safety Walk to address concerns regarding the pedestrian walkway at 16th Avenue and 19th Street. Your input is invaluable in enhancing our neighborhood's safety and accessibility. However, please note that the walk may be postponed (again) due to inclement weather. Keep an eye on our social media channels for any changes.

Your active participation strengthens the bond within our community and fosters a safer, more inclusive environment for all. Together, we can make a difference!

Warm regards,

Your Crossroads Board



CROSSROADS COMMUNITY ASSOCIATION

ANNUAL GENERAL MEETING

March 21, 2024
7:00 PM

Crossroads Community
Association

Please join us for the **2024/2025 AGM** at the Crossroads Community Association! Doors open at 6PM! Come early for refreshments and to meet your neighbors.

There are plenty of **volunteer** opportunities available. Members will receive an invite via email. Non-members who wish to attend, please email secretary@crossroadsyyc.com prior to March 19.

Available Roles:

President	Vice-President 1	Vice-President 2
Secretary	Senior Engagement	Airport Director
Development Director	Garden Director	Facilities Director
Funding Director	Marketing Director	Entertainment Director

www.crossroadsyyc.com
executive@crossroadsyyc.com

AIRPORT UPDATE



Last month I did an overview of YYC airport and provided some background on airport operations. This month I am going to go into some statistics on how the airport is used and which runways get the most traffic.

Before I get into that I also wanted to mention that between April and December of 2024 and 2025 there will be a major reconstruction of the West runway 35L / 17R. This is going to push a lot more traffic onto the new runway. This construction phase will also impact runway 11 / 29 so for 2024 I don't expect there will be much use of 11 / 29 to take the load off of the new runway 17L / 35R.

The statistics I'm providing come from the YYC noise management page at <https://www.yyc.com/en-us/calgaryairportauthority/noisemanagement/aircraftoperations.aspx>. There is an online page which has up to date historical information and several reports which can be easily accessed to view the data in different formats.

One report that YYC created for me was a breakdown of flights by hour. The topic of having curfews at YYC or closing the airport at certain hours has been raised several times so I wanted statistics to understand how the airport is being used. Several airports in Canada have curfews at night or noise management restrictions. While there is a precedent for this it is not a common practice in Canada or the rest of the world.

I selected July thru to December of 2023 for the data to analyze. That's about 50,000 arrivals and 50,000 departures, or between 250 and 300 arrivals and departures each day. The busiest months were in the summer and while December had below average numbers the last half of December was very busy compared to the first half.

The airport really wakes up about 6:00AM with about 2500 arrivals + departures between 6:00 and 7:00 for the six month period I analyzed. From 7:00 to 8:00 that jumps to more than 4000 flights and 8:00 to 9:00 jumps to more than 7500. The peak reaches almost 8000 from 10:00 to 11:00 but the numbers don't really drop off until 8:00 at night when it gets below 6000 flights per hour.

From midnight to 1:00 am there were about 3000 flights (less than 20 on a daily basis), then from 1:00 to 2:00 there were about 1500 flights (less than 10 daily for that period on average). Some people will say that's still a lot of flights.

CONTINUED...

AIRPORT UPDATE



YYC is a 24 hour airport and they realize that aircraft noise is a concern. One of the documents pilots carry with them are the Noise Abatement procedures for YYC and they are expected to follow those procedures unless there's an operational reason not to. Weather conditions or aircraft performance may require a pilot to deviate from these procedures but this is not a common occurrence. Propeller aircraft such as Air Canada Jazz or Westjet Encore are not required to follow these procedures but usually do since it is easier to fit in with the Jet traffic.

The first statement in the noise procedures is "ATC will designate runways to divert as many takeoffs as possible, consistent with safety of operations, from flight over residential areas adjacent to the airport."

The preferred runways, **taking wind and operational constraints into consideration**, are:

ARRIVALS:

Monday - Friday	06AM to 07AM	35R (the new runway going north)
Monday - Friday	07AM to 11PM	35L/35R (northbound runways)
Saturday-Sunday	09AM to 11PM	35L/35R

Monday - Friday	11PM to 06AM	17L, 29, 26 (southbound or west)
Saturday-Sunday	11PM to 09AM	17L, 29, 26

DEPARTURES:

All Hours	35L, 35R
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Many people are already noticing that departures are expected to take off to the north at night, but planes are expected to land going south at night. The idea is that planes don't overfly residential areas. In practice you can't have arriving and departing aircraft taking off towards each other. Imagine if cars on Deerfoot trail tried that. When there is no conflicting traffic ATC will try to get flights to stay away from residential areas but that doesn't always work out.

CONTINUED...

AIRPORT UPDATE



The types of flights that occur between 11PM and 6AM are different from the daytime. The obvious one is that there are few scheduled passenger flights. It is not unusual though that flights coming in late at night or early morning are scheduled flights that have been delayed for weather, mechanical reasons or impacts from other airports. On January 17th it was taking up to 2 1/2 hours to deice aircraft in Vancouver before they could take off. Normally this takes less than 15 minutes. So if you were on the last flight out Vancouver to Calgary there's a good chance it was early morning by the time your plane touched down.

Cargo flights are common at night due to the nature of the cargo business. People expect to send a package as they leave the office in one city and have it in another city for the start of business. More and more people are also ordering online with next day delivery. Overnight cargo is what makes that possible.

Cargo aircraft sometimes seem noisier than passenger aircraft, and that is true in some cases. A passenger plane starts flying first thing in the morning and will fly all day with different crews until late evening whenever possible. These planes accumulate a lot of hours and burn a lot of jet fuel. Airlines are always trading up to the newest models because new usually means better fuel economy and a new expensive plane pays off in fuel savings when used in passenger service.

Cargo aircraft may only make one flight a day from a hub to one destination to unload, reload and go back to the hub. So using an older, less expensive, and slightly noisier aircraft might make the best economic sense.

Next month I will discuss curfews and flight restrictions at other airports and what the impacts to Calgary might be.

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

Brian Vasseur
brian@brianvasseur.com

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/>

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



COMMUNITY ACTION TEAM WALK



CROSSROADS COMMUNITY



Join city officials & community members to discuss the pedestrian crossing at 16 Avenue & 19 Street. How to make it safer and better for the community on **March 4 at 5:00 PM.**

Meet in the parking lot at the NW corner of the intersection.



DISCOVER CROSSROADS



Winterfest



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

ICE RINK VOLUNTEERS NEEDED

MAYLAND HEIGHTS & VISTA HEIGHTS

"Many hands make light work"



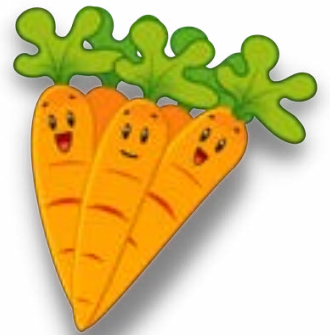
CONTACT RON O'SHEA

PRESIDENT@CROSSROADSYYC.COM OR 403-277-6201

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: March 12
PICK UP DATE: March 22

Calgary



DIVERSE SENIORS 60+ PROGRAM

RUNS EVERY OTHER SATURDAY UNTIL
OCTOBER 2024

CEDAR COURT HUB 1820 14 AVENUE NE

UPCOMING ACTIVITIES:

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@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

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





YOUR CHILD'S EDUCATIONAL JOURNEY

Jennifer Hohenstein – Teacher at Crossroads Community Preschool

As a passionate preschool teacher for 16 years, I feel I can speak openly and honestly about the difference between preschool & daycare. Often times I hear the words interchanged & although they are equally valuable for child development, there are distinct differences. These differences are important to identify, so parents can make an informed decision about their child's educational journey.

PRESCHOOL	DAYCARE
<ul style="list-style-type: none"> • Ages 3 – 5 years • Children usually attend preschool • 1-2 years prior to kindergarten 	<ul style="list-style-type: none"> • Ages 6 months – 5 years
<ul style="list-style-type: none"> • Operates September – June 	<ul style="list-style-type: none"> • Operates all year round
<ul style="list-style-type: none"> • Program goal is to provide kindergarten readiness 	<ul style="list-style-type: none"> • Program goal is to provide childcare services
<ul style="list-style-type: none"> • Strong focus on early childhood education 	<ul style="list-style-type: none"> • Strong focus on caring for children in age level groupings
<ul style="list-style-type: none"> • Students are guided in learning pre-academic skills 	<ul style="list-style-type: none"> • Children may/may not be guided in these skills explicitly
<ul style="list-style-type: none"> • Students learn how to develop and manage friendships 	<ul style="list-style-type: none"> • Children learn how to develop and manage friendships
<ul style="list-style-type: none"> • Students learn in a more formal and structured setting whereby students • learn to raise their hand to speak, • how to sit for an extended amount of time 	<ul style="list-style-type: none"> • Children may/may not follow a daily structure
<ul style="list-style-type: none"> • Students develop independence 	<ul style="list-style-type: none"> • Children develop independence
<ul style="list-style-type: none"> • Early intervention can be provided for for students with mild/moderate/severe delays 	<ul style="list-style-type: none"> • Early intervention can be provided for for children with mild/moderate/severe delays
<ul style="list-style-type: none"> • Students will learn to make decisions, contribute to the class, and become self-reliant and confident in their abilities. 	<ul style="list-style-type: none"> • Children will learn to make decisions and become self-reliant and confident in their abilities.

Depending on what you want your children to experience and learn before they go to elementary school will help you to determine what is best for your children and your family.

If you would like more information about **Crossroads Community Preschool** & what we can offer your child, I would be more than happy to give you a guided tour & answer any questions you may have. Feel free to email me at jhohenstein12@gmail.com or visit our website.



CROSSROADS COMMUNITY PRESCHOOL

2024/2025 REGISTRATION DATES

March 7
11:15 - 12:15

In person registration for **current families** of Crossroads Community Preschool. Multi-Purpose Room Crossroads Community Association.



March 21
11:15 - 12:15

In person registration for **alumni families** of the preschool & **families of Vista Heights & Mayland Heights**. Multi-Purpose Room Crossroads Community Association.



April 4

Registration opens to the **general public**. Registration packages can be dropped off in the mailbox outside the preschool after 3PM. First come, first served.

FOR MORE INFORMATION:
WWW.CROSSROADSPRESCHOOL.CA JENN AT 587-582-9087



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 for more info!





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 for more information.

B-LINE INDOOR BIKE PARK



Calgary's Indoor Biking Playground 6 - 401 33rd Street NE

Check out our 60,000 square foot facility that has biking terrain for all levels of riders from beginners to experts.

Drop in anytime we're open. You can bring your own bike, or rent one of ours. We have DJs and BMX. We allow scooters in one section of the park.

Check out our website for more info, hours, and pricing.

B-LINE INDOOR BIKE PARK
www.blinebikepark.com



BLOCK WATCH



BOARD OF DIRECTORS

President	Brad Clarke	403-230-2058
Vice President	Vacant	
Treasurer	Vicki McNeill	

DISTRICT COORDINATORS

Vista Heights 3204	Sanjay Viswanathan	647 922 1697
Belfast 3205A	Marilyn Fehr	403-276-6646
Mayland East 3206A	Alysha Lederhouse	403-797-3407
Mayland East 3206B	Linda Then	403-276-6507
Mayland East 3208	Vacant	
Mayland West	Brad Clarke	403-230-2058

NEWS & ANNOUNCEMENTS

Next Meeting	March 5 at the Crossroads Community Association
AGM	April 2. Please come out and support the board.



I INVEST IN UNBREAKABLE BONDS.

When you volunteer, a better world, by girls, is possible.
Give girls the confidence they need to be their true selves.
Volunteer as a Guider today at girlguides.ca/volunteer



Name of Unit: All age levels looking for volunteers

Meeting Time: Wednesday evenings

Location: Crossroads Community Association

Contact Info: ANY-CalgaryBethRiddoch@girlguides.ca

Girl  **Guides**



**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



invite

Belfast School Kindergarten Ongoing School Tours

1229 17A Street NE
Calgary, Alberta
t | 403-777-6250



Tour the School & Learn all About Kindergarten!

We invite all prospective kindergarten families to come to Belfast School during the day to see what our school is all about! The best time to tour a school is while students are in the building so you can really get a sense of how the school operates. We welcome tours from 9:00 – 3:00 Monday-Thursday, and from 9:00-12:00 on Fridays. Please call or email the school to set up a tour!

What you can expect on a tour:

1. Our Grade 5/6 Leadership Club student ambassadors will show you and your child around the school
2. You will meet the front office staff
3. You are able to ask any questions that you may have
4. You will visit the current kindergarten classroom

If you have any questions, or require further information, please contact Meagan Lundgren, Principal, at mllundgren@cbe.ab.ca or call the school at 403-777-6250.

We look forward to welcoming you into our Belfast School community!





Belfast School Kindergarten Registration is Ongoing!

Come and see what makes Belfast School so special!

Belfast School would love to welcome your child to our kindergarten class for the 2024-2025 school year! Kindergarten registration opened January 15 online through **MyCBE/School Engage**. Registration is ongoing, but from a school perspective, the sooner, the better; the earlier we know our projected numbers for next year, the better we can plan. If you have questions about the registration process, please call Kari in the school office at 403-777-6250. We would love for you to come and tour our school – see the flyer for more information.





LIMITLESS KICKERS

U4 - U9 SOCCER

REGISTRATION OPENS: JANUARY 29, 2024

Designed for special needs children



Learn to Play Soccer
Build Confidence
Make Friends

HAVE FUN



EMAIL:

CHANTAL@NORTHCALGARYFC.COM

WEBSITE:

WWW.NORTHCALGARYFC.COM





Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

LET'S BE

social



[Crossroads Community Page](#)



[Crossroads Community Group](#)



[Crossroads Community Safety Group](#)



[Crossroads Twitter](#)



[Crossroads Instagram](#)



[Crossroads Website](#)