

MAY 2017

DELIVERED MONTHLY TO 3,150 HOUSEHOLDS

CROSSROADS CONVENOR

THE OFFICIAL VISTA HEIGHTS, BELFAST, MAYLAND HEIGHTS COMMUNITY NEWSLETTER



www.crossroadscommunityassociation.com

Great News Publishing



Call 403-263-3044 for advertising opportunities



www.great-news.ca

Barlow Trail
ANIMAL HOSPITAL
 Small Animal Hospital & Wellness Centre

- Vaccinations
- Wellness & Medical Exams
- Nutritional Counselling
- Litter Exams
- Microchips
- Spays and Neuters
- Soft Tissue & Orthopedic Surgery
- Dentistry
- Digital Radiography
- Internal Medicine
- Compassionate Euthanasia



Providing health care for your pet using the latest state-of-the-art medical technology.

2307 Centre Ave, Calgary
 587-393-VETS (8387)

Mon-Fri: 8am-7pm
 Sat: 9am-3pm
 Sun. & Holidays: closed

barlowtrailvet.ca

403-293-3261

Mon-Fri: 6am-6pm
 Sat: 7am-2pm
 Sun. & Holidays: 9am-7pm

CHASIN-TAILS.CA

CHASIN[®] TAILS™
 Boarding, Daycare, Grooming, Training & Retail

All Play-Time No Cage-Time™



2309 Centre Ave, Calgary



CONTENTS

- 5 PRESIDENT'S MESSAGE
- 6 A LOOK BACK
- 10 GIRL GUIDES - MAY FLOWERS
- 13 CROSSROADS 36 SCOUTS
- 14 VOLUNTEER APPRECIATION
- 16 BLUE CART RECYCLING TIP OF THE MONTH
- 18 BUSINESS CLASSIFIEDS

LIVE AT ZEN REDSTONE

FROM THE
\$280^s
 INCL. GST

We're building the latest ZEN community - an exciting new development of 56 two-storey townhomes - in Redstone. You'll love what ZEN has to offer; affordable, stylishly designed homes with stainless steel appliances, quartz kitchen countertops, washer/dryer and private fenced backyard. *Visit us today.*



SALES CENTRE

Monday - Wednesday
 2pm - 8pm
 Weekends & Holidays
 12 noon - 5pm

Head east on Redstone Drive and follow the signs
kpavlenko@avalonmasterbuilder.com



403-585-6866

zeninbalance.com/RedstoneLife





CROSSROADS COMMUNITY ASSOCIATION

(Vista Heights, Belfast, Mayland Heights)
 Mailing address and community hall location:
 1803 14 Avenue, NE
 Calgary, AB T2E 1G4

Delivered monthly to 3,150 households and businesses

Editorial Submissions

convenor.editor@gmail.com
 All editorial content must be submitted by the 1st of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
 All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

Check out our website:

www.great-news.ca
GREAT NEWS PUBLISHING **28** YEARS

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Crossroads Community Association.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Crossroads Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

PRESIDENT'S MESSAGE



Back in March, we celebrated our Volunteer Appreciation event and as always it was a brilliant way to thank our volunteers. HUGE thanks to each and every one of you that volunteer their time, whether you made it out for the fun or not, KNOW you are appreciated for all you do. A special shout out to our volunteer of the year Chris Trummer. You can read more in the coming pages.

Our signature event, our 8th annual Multicultural Festival is back May 27th. See the details inside this issue. You will be sure to enjoy our International Buffet and wall to wall Cultural Entertainment. If you have not been, we hope to see you this year. Keep in touch on our Community Facebook page for greater detail as the date gets closer.

Family movie night is back for May. As you know each month we hope you make it out and take advantage of the free item you get with your membership. Movie Nights are free to attend for the whole family. Join us on the 12th. Movie starts at 7, doors open at 6:30. Also join us for Pub Night. They take place the last Friday of the month. Join Frank and his merry band who may even bring a guitar? You never know what will happen at Pub Night.

From time to time, residents will get in touch with me asking for the support of the community, whether it is a secondary suite application, park, playground, development or community business issues, I felt it was important to address a few things in general in hopes that you have the best chance at success for your issue. First and foremost it is important to know, the President does not have carte blanche to endorse anything. It requires the approval of the executive or board depending on the issue. Our monthly meetings are the first Sunday of each month. You are welcome to address the board and ask for the Association's support. You are the best person to convince the board of your worthy cause. It would help your cause greatly if you came armed with as much information as possible. Knowing what the association can support and what impact that will have on your issue will come in handy when explaining it.

Being a member of the association is also a great asset. Get involved, join us. Learn what powers the association has, and what we can do and how we work with the city, province and federal governments. We want all of our residents to have success and want to support you and in many cases we need to know how best to do that. We are all in this together and we are all volunteers. Help us help you.

As the weather gets better our Vista Heights garden committee gets geared up for another season of growing veggies. You'll see more on them further on in the newsletter. We are also keen to hear from others interested in starting a community garden. We have a spot approved, but need some volunteers to get things rolling. You can e mail me crossroadspresident@gmail.com and I can put you in touch with others interested in building it.

Our 50 plus crew and entertainment committee celebrate Canada's Birthday on Sunday June 25 at 4:00pm for a BBQ, details further along. While we're on the topic of 50 plus, join us for "Drum Fun" Fitness program. There is a fun video of how this program works on our Community Facebook page and details are noted later in the newsletter.

Keep your eyes open for our Community Garage sale June 10th. Details later on in these pages and follow our social media closer to the day for more updates.

We have had renewed interest in volunteering for the community and I would like to thank you all for reaching out to me and encourage you to continue. Along with our new editor mentioned last month, Ricardo Cosentino is our new 2nd Vice President. Thank you Ricardo and Christine for joining us. We still have a couple of director's spots to fill, so please let me know if publicity is something you are interested in. Join us, we'll welcome you with a smile. If you would like to help on a committee, let us know. REMEMBER, "Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

That's it for now. Be kind to your neighbours and let's look forward to a great summer.

A LOOK BACK



Welcome back everyone to another historic feature in the Crossroads Convenor! This month we will be reprinting part 8 feature from May 2007 issue, last month we looked at a new feature on my neighbours, Corrado and Lucia Chiacchia. If anyone has other pictures or stories, I would love to put it together for the next issue, you can contact me below. I believe Bob Smith has more information on the Firestone Plant as well. I welcome any and all fresh stories to our feature, please submit your stories and pictures of the past growing up in the community to my email address at: jrouke1@shaw.ca or call 601-5141. Enjoy!

with Jerry Rourke

Summer Activities in Crossroads

"Henry and the others organized a community group and built a hall and an outside skating rink. Later the hall burnt down as someone was burning trash, which caught on the grass and then to the building. Henry's interests were coaching, umpiring, refereeing and organizing within the community, so he worked in that direction for many years"

Elaine Durksen



Crossroads Baseball Team-Courtesy of Marlene McCook of Crossroads Community Hall

Hank Durksen and Sandy Sanderson (Back row right)

"John also helped organize and coach the Crossroads farm team, a soccer team composed of kids who did



not make any other team. He did this for about three years. At one time he had as many as 50 kids on one team and they each took turns! He also remembers the many hours that Hank Durksen spent on sharpening skates for the kids hockey teams and would do it for free of charge for quite some time out of his garage. In August 1976, John with the help of Mark Funk and others,



convinced the city to construct Deerfoot Centennial Park, complete with tennis courts, soccer field and baseball diamonds. This is where a lot of baseball leagues now play."

John and Helen Schmal

Vista Heights Soccer Team-1975

Courtesy of Wilmer and Myrtle Mack

Crossroads Squirts

Courtesy of Doris Lesick

If anybody can help me identify any of themselves in these photos, please let me know! Join me next month for another installment of "A Journey Through the Crossroads" feature! Join me May 6, 2017 at 3pm for Vista Heights Historic Jane's Walk and May 7, 2017 at 1pm for Mayland Heights/Belfast Historic Tour! Celebrating 10 years this year, hope you can join me and fellow residents!

Jerry Rourke



NOTE FROM THE EDITOR

Happy Mother's Day! Mother's Day was first celebrated in 1908 when Anna Jarvis held a memorial for her mother, Ann Reeves Jarvis, who passed in 1905. Ann Jarvis was a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues.

Anna Jarvis honoured her mother by continuing her work and wanted to set aside a day to honour all mothers. She believed that they were "the person who has done more for you than anyone in the world."

After several efforts from Jarvis to make this an official holiday, in 1914 Woodrow Wilson signed a proclamation designating Mother's Day, to be held on the second Sunday in May, as a national holiday to honour mothers.

Come the early 1920s, Mother's Day became commercialized and businesses began to exploit this celebration and profit from it through selling gifts and greeting cards. Jarvis was furious that the true meaning of sentiment for mothers on this holiday was lost and began to boycott Mother's Day.

Jarvis believed that people should appreciate and honour their mothers through hand written notes and expressing their love and gratitude, instead of buying gifts and pre-made cards.

The reason I share this is to recognize the absence of the true meaning of Mother's Day.

The other day I called my mom with the sole purpose to thank her and tell her how much I appreciate her for all she's done for me. We ended up have a 40 minute conversation that brought us so much closer.

As a mother myself, for Mother's Day I would much rather spend time with my children and have enriched conversations that will create great memories. You just can't get that same result from greeting cards and gifts.

I hope you enjoy the month of May, digging in the garden and getting outdoors to experience our great Calgary weather.

Best to you,

Christine

the Gutter Doctor
EAVESTROUGH
 Cleaning • Repair • Installation
 FASCIA • SOFFIT • SIDING • ROOFING
 20,000 happy customers since 2003!
 403-714-0711 gutterdoctor.ca

VICTORIA'S REIGN
 Queen Victoria is the second-longest reigning British monarch, having ruled 63 years. She is only surpassed by Queen Elizabeth II who became longest-reigning British monarch on September 9th, 2015.

CROSSROADS Community Association

Community hall manager Tracey Cairns
Office hours: Mon/Wed/Thurs, 9 am to 1 pm
Office phone: 403-277-6201
Kitchen phone: 403-276-3818
Fax: 403-277-6205
Email: crossroadscommunity@shaw.ca

Newsletter submissions

convenor.editor@gmail.com, Stacy McGuire

History Book

403-601-5141, Jerry Rourke

Like us on Facebook

<https://www.facebook.com/groups/118048868249237/>

118048868249237/

Follow us on Twitter @CrossroadsComm

For more information, visit

www.crossroadscommunityassociation.com

Blockwatch Volunteers Required!

Contact 403-276-6203 for more information

EXECUTIVE

President	Larry Leach	crossroadspresident@gmail.com
1st Vice President	Inga McLean	
2nd Vice President	Ricardo Cosentino	
Treasurer	Marilyn Johnson	
Secretary	Beth Jamieson	execsecretary@gmail.com

DIRECTORS

Jeremy Smith	Community Garage Sale Committee
VACANT	Newsletter Committee
Brijbala Bakshi	Entertainment Committee
Paul Gardham	Airport noise Committee
Jeannette Leach	Membership Committee
Jason Pare	Development and Planning Committee
Courtney Clark	Preschool Committee
Dee Jackson	Facilities Committee
Michelle McDonald	Director at Large
Tara Pasveer	Grants Committee
Sandy Johnson	Bingo Committee
Christine Hourd	Editor

CROSSROADS COMMUNITY BLOCK WATCH ASSOCIATION BOARD OF DIRECTORS

OFFICERS

President:	Joyce Gardam	403-276-6203
Vice-President:	Brad Clarke	403-230-2058
Treasurer:	Vicki McNeill	403-276-3603

DISTRICT CO-ORDINATORS

Vista Heights	(Geo Code 3204)	Trevor Befus	403-262-2545
Belfast	(Geo Code 3205A)	Marilyn Fehr	403-276-6646
Belfast	(Geo Code 3205B)	Jim Johnson	403-277-0841
Mayland East	(Geo Code 3206A)	Marlene Stevens	403-276-7466
Mayland East	(Geo Code 3206B)	Linda Then	403-276-6507
Mayland East	(Geo Code 3208)	John Abramchuk	403-276-6025
Mayland West	(Geo Code 3207)	Brad Clarke	403-230-2058
Vista Heights	Trevor Befus	(Geo Code 3204)	Vista Heights
Mayland West	Marilyn Fehr	(Geo Code 3205A)	Belfast
	Jim Johnson	(Geo Code 3205B)	Belfast
Mayland East	Marlene Stevens	(Geo Code 3206A)	McKinnon Dr. - N
	Side 8 Ave. 19 St. E Side - W Side	Mayland Dr.	
Mayland East	Linda Then (Geo Code 3206B)	McKinnon Dr. N to N	
	Side 8 Ave. - E Side	Mayland Dr. - Barlow	
Mayland East	John Abramchuk (Geo Code 3208)	19 St. E Side to Barlow	
Mayland West	Brad Clarke (Geo Code 3207)	19 St. West Side	8 Ave. S. - 3 Ave.

**FREE
Admission**

8th Annual

Crossroads Multi-Cultural Festival

May 27th 2017

*Cultural Dancing
Ethnic Buffet
Regional Music
AND MORE*



CULTURES INCLUDE:
Middle Eastern-
Vietnamese-
Scottish-
Chinese-
German-
Indian-
Irish-
Italian-
Greek-
Korean-
Mexican-
Pakistani-
Indigenous-
AND MORE!



**Crossroads Community Hall
1803 14th Ave NE
10:00 AM to 4:00 PM**



**CALGARY
FOUNDATION**
Neighbour Grants

Calgary



Poster by: Ace Leach
aceleach@gmail.com



GIRL GUIDES

May Flowers?!

This time of year is so exciting for Girl Guides- Adventures, Camping, Experiences and More!

BOTTLE DRIVE: In May, the 71st Guides will be doing another bottle drive to help get their unit to Newfoundland in July 2017. Watch for flyers in your mailbox with dates or call Meribeth Barclay at 403-874-7297 or 71stgirlguides@gmail.com.

Registration: Visit www.girlguides.ca to find a unit near you or more information about opportunities from girls aged 5 to 99+. We are always looking for new youth members and would love to have adults join as members and LEADERS! We want to hear from you!

We appreciate your continued support.

If you would like to reach us about cookies, registration or anything else please contact Joanna Quinn at 403-390-6949 or crystalpalacedistrict@gmail.com.



dance THROUGH LIFE

Adult Dance and Fitness Studio

FITNESS CAN BE FUN!

Check out Calgary's most warm and welcoming adult dance studio **DANCE THROUGH LIFE**



ADULT CLASSES BEGINNER TO ADVANCED WORKSHOPS

Ballet · Zumba · Tap
Hip Hop and More!

Private & Corporate parties

403-921-9757

www.dancethroughlife.ca

Visit us at Evergreen
Community Spaces

1709 8th Ave NE

YYC Milestones in 2016

In April we hosted our Annual AGM. 2016 was a year of growth and excitement for YYC. In October, we opened Canada's most technologically advanced airport terminal and there were other notable achievements through the year including:



A record **15.7 million passengers** connected to the world through YYC. An increase of 1.7% from last year.



Several non-stop destinations added or announced including: Beijing, London Gatwick, Zurich, Phoenix Mesa and Mexico City.



25 years of service and **one million volunteer hours** reached by the world famous White Hat Volunteer program.



8.28 billion in GDP and **48 000 jobs** created for the region.



75% of all Alberta air cargo shipments transported through YYC.

YYC and our airport community also made a big difference to the city and people in need. To learn more and to see our full 2016 annual report visit yyc.com



YYC CALGARY INTERNATIONAL AIRPORT

Renfrew Community Association

Jelly Bean Dance

May 26, 2017

\$3 per youth
Grades K to 5

6 to 8 pm

Prizes
Live DJ
Candy Bar

Bring your own
water bottle!
get free koolaid

Fun for all Ages!
renfrewjellybean@gmail.com



Crossroads 36 Scouts



Crossroads 36 Scouts would like to thank everyone that supported our April Bottle Drive. If we missed you or you have more bottles you would like to donate please call 403-286-1249.



VISTA HEIGHTS

Vista Heights Communal Garden is planning regular meetings at the Garden this season. The Garden is located on the North side of the school, so come visit the garden and check out our bulletin board to see our garden plan.

For soil remediation and planting we will be meeting at the Garden for 2 dates between May 14th & 27th (weather depending). Please check our bulletin board at the garden for updates.

The Garden group will then meet at the garden on the following dates starting at 7pm for weeding, watering, harvesting and socializing!

June 13 & 27

July 11 & 25

Aug 8 & 22

Sept 12 & 26

We are also planning a summer Garden Party for some time in mid-June and some other events in the season so stay tuned!

If you are interested in gardening and would like to be more involved feel free to drop in on a meeting night or contact Rikki at rikkischlosser@shaw.ca for more information.



Golf courses – fun and affordable family time.

Youth Packs only \$60 – awesome deal for Juniors
6 games for the price of 5, plus bonus offers

Family Golf rates anytime

- McCall Par 3/Richmond Green
- Family of 4 only \$33
- Lakeview family rates \$44

Event Nights: We're Family Friendly

- Family Nights (FREE golf for Juniors)
- Beginner Nights
- Fun, prizes and free tips from the Golf Pros

Quality time with family and friends

- 8 courses/3 Driving Ranges in Calgary
- Fun lessons with friendly Golf Pros

Connect with us.

- Download our FREE golf app
- Sign up for our e-Newsletter
- Find us on Facebook



For dates and details visit calgary.ca/golf

2017-0485 17-00257326



We would like to Thank Servus Credit Union for their kind sponsorship of Movie Night. Their Do action of \$500.00 will help us purchase some much needed equipment for the concession.

Please join us March 10 and May 12 at 7:00 pm (doors open at 6:30) for a free family movie. Don't forget your Community Membership so you can get your coupon for a free treat from the concession and be entered in the draw to receive the movie we are showing.

Canada's Birthday Dinner (50+)

Unfortunately we had to cancel our Spring Dinner but please join us to celebrate Canada's Birthday on Sunday June 25 at 4:00pm for a BBQ, some games and door prizes!

\$5.00 for Community Members
\$7.00 for Non-Members

Please call Tracey to reserve your seat at 403-277-6201.

Volunteer Appreciation

Our association is proud of our volunteers.



By Larry Leach.

I appreciate the privilege of meeting with other community associations and get a great perspective of where Crossroads stacks up on the volunteer scale. We are the envy of East Calgary with the numbers and the dedication of our army of volunteers that make this community roll. This year, we honor one of them, our Volunteer of the Year, Chris Trummer. Those who know Chris know he is a humble man and won't like the fact I am writing about him on these pages, but I am certain he will appreciate the fact that volunteering as he does and us sharing what he does for his neighbours will inspire others.

Chris has always been that guy in the room who with pick up

a chair, fold a table and lend a hand to clean up the room. He has been involved in many other organizations as a volunteer including the Swiss choir which sang at our first Multi-Cultural



Festival. For several years he has been one of our rink volunteers and since becoming a firefighter is very skilled at working a hose and flooding the rink. Being a rink volunteer not only requires flooding at sub-zero temperatures, it often means taking in the tractor and brushers in for repair, or repairing it yourself. This year we had some electrical issues at our Vista rink, for which he was the point person, and helped us identify problems with our furnace that keeps our rink flood room and preschool hallway warm. Chris is very deserving of the award as have

all of our past volunteers of the year. Chris and I look forward to see who the next volunteer of the year will be and what they will do. It takes an army and thank you to all for being involved past present and future.

CROSSROADS COMMUNITY
PARADE OF
**GARAGE
- SALES -**
JUNE 10, 2017



**NO
GARAGE?**

**NO
YARD?**

**NO
PROBLEM!**

Register online at www.calljeremy.ca
or call the Crossroads Community Church at
403-276-1263 to reserve 1, 2 or 3 tables
\$10/table - proceeds go to monthly
Community Dinner



Register to have your home mapped with other sales and receive 4 directional signs for your sale.

Renfrew Community Association

\$5 per person
Grades 6 to 9 only

Prizes
Live DJ
Concession

Candy Rave

May 26, 2017

8 to 10 pm

renfrewcandyrave@gmail.com

Blue Cart Recycling Tip of the Month

Say no to Stringy Things!

Hoses, electrical cords and rope, oh my! Because they get caught in the machines at the recycling facility, keep stringy things out of your blue cart.

If it dangles, it will cause a tangle! Please do not put these items in your blue cart.

- No garden hoses
- No rope, string or yarn
- No electrical cords, cables or wire
- No Christmas tree lights



DRUM FUN

Drum Fun is back!! Come join our instructor for some exercise every Wednesday at 10:00am in the main hall. The cost of the class is \$10.00 per month!

Call 403 277 6201 for more info.

It's all too good to waste

Green Cart is coming in 2017
Visit calgary.ca/greencart for details



What should I do with these items instead?

If the item is still usable, consider donating to charity, giving to family or friends or posting on an online bartering site like Kijiji.

If the item is broken, it should go in your black cart as garbage.

Still not sure what to do with your stringy item? Use the online search tool at calgary.ca/whatgoeswhere to find the answers.

Green Cart service is coming to your home

As the Green Cart program rolls out this year, you'll see how a small change to your routine can cut your garbage in half and turn your food and yard material into valuable nutrient-rich compost. Here's what homeowners can expect from the program.



You'll receive everything you need to get started

- When your green cart arrives look inside to find:
- Kitchen pail and samples of compostable bags to collect food scraps
- Samples of paper yard waste bags to use when your cart is full
- Instruction guide
- Collection schedule

You'll be amazed at how much can go in

All food and yard waste can go in the green cart. You can even put in things that you can't compost at home like meat, bones, cheese, bread, pasta, branches and pet waste too.

These materials can be safely composted because the material reaches and maintains a temperature of at least 55 degrees Celsius during the composting process, which kills any harmful bacteria.

Green carts will be rolled out by quadrant

Once everyone in your quadrant receives their carts, weekly green cart pick up will begin and garbage collection will move to once every two weeks.

Once the community rollout schedule is finalized it will be available on calgary.ca/greencart.

Live in an apartment or condo?

By Nov. 1, 2017 your building is required to separate food and yard waste from the garbage for composting or diversion. Talk to your building owner or manager or visit calgary.ca/multifamily.



the art of puppetry

summer camps for kids

\$199

presented by evergreen theatre

in mayland heights

ages 6 - 13 july 17-21 aug 14-18

(403) 228-1384 evergreentheatre.com



The Good Food Box Mission

DID YOU KNOW? Phoenix Foundation is our Crossroads Good Food Box Depot?

The Good Food Box makes top-quality, fresh food available in a way that does not stigmatize people, fosters community development and promotes healthy eating.

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 a very low cost. The Good Food Box is a hands-up program as opposed to hands-out. We offer all Calgarians' sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing affordable nutritious food.

GOOD FOOD BOX OPTIONS

- Small Box: \$25, 20-25lbs* of fruits and vegetables
- Medium Box: \$30, 30-35lbs* of fruits and vegetables
- Large Box: \$35, 40-45lbs* of fruits and vegetables

For more information phone (403) 265-7701 or email frontdesk@phoenixfoundation.ca.



SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

CALGARY FENCE & DECK: We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

THE GUTTER DOCTOR! We install, fix and clean eaves-troughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. www.gutterdoctor.ca 403-714-0711.

SUMMER/YEAR ROUND DAY HOME: Now accepting kids of all ages. Located in Vista Heights. For more information, rates and availability, call Paige at 403-796-5756.

THE REDEEMED CHRISTIAN CHURCH OF GOD

VICTORY HOUSE, CALGARY

- SUNDAY SERVICE 10:00AM
- TUESDAY BIBLE STUDY 7PM
- LAST SUNDAY OF THE MONTH
- COME ALIVE WORSHIP 4:30PM-6PM

CROSSROADS COMMUNITY ASSOCIATION, 1803 14TH AVE., CALGARY AB T2E 1G4
403-619-8594 | info@rccgvhc.ca | www.rccgvhc.ca

MAYLAND HEIGHTS CHILDCARE CENTRE

We provide care for children from 13 months to 12 years, transportation to Mayland Heights and FFCA Schools, and we provide nutritious lunch and AM/PM snacks.

SUBSIDY AVAILABLE. ACCREDITED DAY CARE.



403-276-5391
mayland.childcare@yahoo.ca
1416, 21 STREET NE, T2E 4Y6

DON'T WAIT
THE TIME WILL NEVER BE JUST RIGHT.



WARRIOR CHALLENGE

MAY 13, 2017 /// **EVENT: STADIUM CALGARY, AB**

REGISTER NOW
WWW.XWARRIORCHALLENGE.COM



a foundation for oral health

oral and maxillofacial surgery
dental implants • wisdom teeth • jaw surgery • bone grafting

dr. douglas vincelli

100, 628-12th ave sw

calgary ab t2r0h6

phone 403-263-5193

www.drvincelli.ca



foundation
oral surgery

memorial square dental clinic



We are dedicated to comprehensive family dental care

LOOKING FOR A
NEW FAMILY DENTIST?

CALL US AT (403) 273-7666

The Oral Health of You and Your family is **Our Commitment**
Creating Beautiful Smiles is **Our Passion**

At Memorial Square Dental Clinic, it is our goal to help you and your family achieve a lifetime of oral health.
Some of our general dental services include:

The Memorial Dental Team
Welcomes Dr. Siavash Yari!



- Emergency Dental Appointments
- Sedation (Sleep) Dentistry
- Oral Surgery (including wisdom teeth)
- Family Dentistry (including Children's Dentistry)
- Hygiene/Preventative Dentistry
- Cosmetic/Restorative Dentistry
- Invisalign™ Invisible Braces

OPEN EVENINGS &
SATURDAYS

INSURANCE BILLED
DIRECTLY

Languages Spoken
English, French, Arabic, Hindi, Punjabi, Vietnamese,
Cantonese, Farsi and Mandarin

Serving Calgarians for over 25 years

We warmly welcome new patients and emergencies



403-273-7666
MEMORIALDENTAL.CA
All services provided by General Dentists

Dr. Akbar Nathu, Dr. Iju Chuah,
Dr. Goltakin Ezati, Dr. Siavash Yari

Memorial Square Dental Clinic
#12, 5268 Memorial Drive NE
www.memorialdental.ca