

Crossroads Corner

The Crossroads Foundation

Pasta & Jazz is Coming!

By Robin Colberg

We are only about three months away from Pasta & Jazz 2008! This year's theme is "Destination

Crossroads: Set Sail for Recovery," a nautical theme that will reflect our lovely setting on Glorietta Bay. While we are returning to the Coronado Community Center, we've made a few changes this year which we hope you enjoy, including the hiring of a caterer.

Carol LeBeau, co-anchor of Channel 10 News, has graciously agreed to give our keynote address. Carol has a passion for promoting



health and well-being and has her own popular segment on "Staying Healthy."

Our Board

is busy soliciting silent auction items in order to bring you exciting outings and priceless adventures, as well as lovely jewelry and decorative items for your home. You will be receiving an invitation in the mail shortly. We hope to see you there, and if not, we hope you will do what you can to continue to support Crossroads. Your generous gifts are what allow us to serve women in need!

Spreading the Word

By Brenda Schneider

The past several months have been an unbelievable privilege for everyone at Crossroads. The Soroptimist International of Coronado and Soroptimist International of La Jolla have both graciously welcomed The Crossroads Foundation to talk before their organizations, forming a strong friendship that will be ongoing. It is an eventful partnership filled with hope, promise and the realization of shared goals.

The mission of Soroptimist Clubs is to bring opportunities to the sisterhood of women so that many can have a better life. These groups have contributed toiletries, a vacuum



Thank you Christie Meehan and La Jolla Newcomers Club for the Shower of Towels.

cleaner and 34 brand new pillows (one for each resident). A monetary grant was also excitedly received with the goal of teaching Crossroad's residents the skills and joy of gardening. Additionally, the Newcomer's Club of La Jolla collected a large "shower of towels." It has filled the Crossroad's linen closet so completely that we are warning everyone to open the doors with care!

A most special venture for Crossroads is the launching of a Dental Health Assistance Scholarship. We are seeking donations in order to begin this program. Substance abuse takes a dramatic toll on both the teeth and bone structure of women. Our volunteers are working hard on creating a pilot program in which residents with financial needs can apply for monetary assistance towards the repair of dental problems.

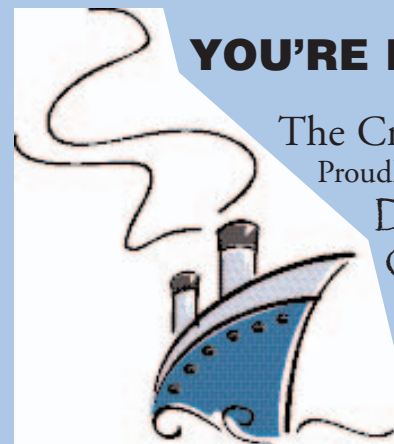
All of these donations are a strong caring message that the community supports Crossroads' goals of helping the residents to sustain sober healthy lifestyles.

YOU'RE INVITED!

The Crossroads Foundation
Proudly Presents

DESTINATION
CROSSROADS:
Set Sail For Recovery

Live Jazz, Dinner
and Silent Auction



Special Guest: Carol LeBeau, Channel 10 News
Sunday, September 14, 2008 5 p.m. - 8 p.m.
Coronado Community Center

A Special Thanks

By Vickie Brady, Acting Executive Director

It is a special person who gives from the heart so that others can find new life and hope in recovery. Through the years, the work at The Crossroads Foundation has been made possible through the dedication and commitment of many people. The servitude of our community has been effective in making Crossroads the quality program it is today. It is the hours that are volunteered to Crossroads that has kept our program strong for over 51 years.

An especially hard working group of people personally dedicated to the residents of Crossroads, the work of the agency and its vision for the future is our Board of Directors. In addition to attending meetings, Board members lend their skills, expertise and talents to Crossroads through committees and special projects. Some seek to learn

new skills in order to work in different areas of our program governance to meet the growing demand of our clientele and State and County requirements. The Crossroads Foundation's Board of Directors consists of people who make and keep promises and go above and beyond what is requested of them.

Many Board members took time away from their weekend to join the annual Walk For Recovery, in beautiful Balboa Park, which was a great success. They genuinely care about the welfare and support of our residents and give freely of themselves to make our community a better place. As a result of such dedication, countless women have sought recovery at Crossroads and moved on to lead drug- and alcohol-free lives.

This is a very exciting time at Crossroads, and we are accelerating our work. The Board is working diligently at making changes and forming committees in anticipation of new development. I am encouraged by the Board and their efforts to work in partnership with the Crossroads staff to effect positive changes. Thus it is with much sincerity that I express my deep appreciation to our wonderful Board of Directors. Thanks for all you do and welcome to our newest Board Members!

Welcome New Board Members!

Diane Brown is a San Diego native and has been employed at Qualcomm since 1997. Her current role is with the QCT Division as a member of the Engineering Program Management Team. She is a Crossroads Alumni and was a past Board member for over 10 years, having served in various capacities, including President. We are extremely happy to have her back. Diane previously worked as a floral designer for 15 years specializing in commercial and corporate events. In her "spare time," Diane loves to ride her bicycle and has participated in the MS150 Bike Ride in 2006 and 2007, the Challenged Athletes Bicycle Ride (CAF) and will be the Group Leader for the 600-mile 2008 edition of the CAF San Francisco to San Diego event. When she is not cycling, she is a very active volunteer for the MS Walk.

Robin Franck is a native Californian who is returning to the Board having served several terms throughout the 1990s until 2003. She has been a friend of Crossroads for many years and is

currently the Friends & Alumni newsletter column editor. You may recognize her name as a frequent bidder on many Pasta & Jazz silent auction items! Professor Franck is the Behavioral Science Department Chair at Southwestern College. She teaches Anthropology and Sociology in an online format for students who, like many women at Crossroads, want to continue their education, but enjoy the convenience of classes that are available 24/7. In her "off duty" time, Robin is training to run her second marathon. She is also an on-air reader of the Los Angeles Times for the KPBS reading service for sight-impaired listeners. In addition, she was recently appointed by the Coronado City Council to serve on the Board of Trustees for the Coronado Public Library.

Catherine Stiefel grew up in rural upstate New York and also spent several years in Puerto Rico and London, England during her youth. She moved to San Diego in 1990. With over 16 years of business experience, primarily in finance

and accounting, Catherine currently serves on the board of Stiefel Laboratories, Inc, a private pharmaceutical company. Before retiring in 2007, she was the Assistant Controller at PETCO and prior to PETCO, was a V.P. and Director of Acquisition Accounting with SAIC from 2001 to 2006. Catherine has a B.S. from San Diego State University (Summa Cum Laude), and her hobbies include reading, gardening and traveling. After graduating from the Culinary Institute of America in Hyde Park, N.Y., she was a professional Chef for nine years in New England and still loves to cook and bake at home. Catherine is or has been a member of several non-profit professional accounting organizations, including IMA and CalCPA, AWSCPA and ASWA, and is a long-time member of many non-profit human services and environmental organizations. She served on a City of San Diego Task Force (2000-2001) that studied methods of improving the maintenance of the sewer system, while protecting the city's canyon habitats.

**PASTA & JAZZ
SAVE THE DATE!**
SUNDAY, SEPTEMBER 14, 2008



July 1, 2008 Director Maria Costello Returns
September 14, 2008 Pasta & Jazz 2008,
Coronado Community Center, 5-8 p.m.
Every Thursday Women's Closed AA Meeting, 6:30 p.m.
Every Sunday Co-Ed AA Meeting, 6:30 p.m.

From the President

By Gwen Yager

We are not only coming upon the end of our fiscal year, which is June 30th, but also to the end of my term as President and my six-year term of service as a Crossroads' Board member. I will be serving on the Advisory Council for the next year and plan to stay actively involved with this wonderful organization.

I want to take the time to gratefully

acknowledge and sincerely extend my personal appreciation to a very "hard working" group, the Board of Directors—they've made my job as President easy. This is a group of volunteers who put in lots of hours to support The Foundation. Everyone brings special talents and a strong commitment to the Crossroad Board. The Board has really grown over the last few years, and I know that Crossroads will be in good hands going forward.

I also want to acknowledge our staff for the great job they do, one day at a time! There is not a nine-to-five kind of job. They are there 24/7 for the

residents—including weekends and holidays.

Thanks to the hard work and dedication of the staff and Board members. We have accomplished so much over the past year, including a complete "makeover" of the Main House exterior, the beautiful Miracle Gardens and the most successful Pasta & Jazz to date. Thank you one and all for your dedication, time and energy.

We continue to be blessed by the ongoing support and encouragement that all of you provide, and I thank you so very much.

Board of Directors

Gwen Yager
President

Marilyn Kaforey
Vice President

Lynda Beck-Smith
Secretary

Robin Colberg
Treasurer

Diane Brown
Janice Farnow
Robin Franck
Laura McCaffrey
Brenda Schneider
Madeline Sims
Catherine Stiefel
Glen Webber

*Crossroads Foundation
receives partial funding from
the County of San Diego.*

Miracle Gardens Grow

By Madeline Sims

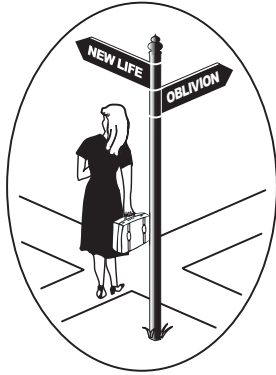
In March, the La Jolla Soroptimists graciously donated \$250 in support of our "Miracle Garden." It was decided to use the money as a spring planting and teaching project. Beautiful Hydrangeas, Snapdragons, Violas, Delphinium, Petunias and Lobelia were purchased, in addition to gloves, hand shovels and pruners. On March 22, we arrived at Crossroads at 8:30 a.m. sharp with the truck loaded and were pleasantly surprised when there were eight very eager and enthusiastic women who were ready to work. The morning started off with plant identification and design 101. Each woman was given a section of ground to plant and encouraged to show off their hidden talents. There were many questions, many laughs and so much gratification. While the planting progressed, we went around giving a few instructions on pruning and mowing. Everyone enjoyed learning special mowing techniques to create a different design in the lawn each week. Each of the residents and volunteers came away from this project very blessed and excited about the future these women have. Thank you La Jolla Soroptimists for this wonderful "growing" opportunity!



*Board Member
Madeline Sims taught
the residents about
planting in the Miracle
Garden.*

Offering Women a Path to Recovery Since 1957

The Crossroads Foundation



3594 Fourth Avenue
San Diego, CA 92103
619.296.1151
www.crossroads4recovery.org
Address Service Requested

Non-profit
Organization
U.S. Postage
PAID
San Diego, CA
Permit No. 03878

To:

How Can You Help?

Wish List

Camping gear

Reams of paper

New twin sheets

Matching twin
bed spreads

Laundry detergent &
cleaning supplies

Miscellaneous arts
& crafts supplies

Working vacuum cleaners

Your financial assistance goes directly to the rehabilitation of chemically dependent women. There is no one simple solution. With your help, we are able to assist women suffering from alcoholism and drug addiction make the transition to clean and sober living.

Crossroads is a 501(c)(3) non-profit organization, Tax ID 95-1956378. We are an inclusive program, accepting women without regard to ethnicity, age, marital status, religion or sexual orientation.

Yes! I want to support the important work of Crossroads!

- Please contact me regarding volunteer opportunities.
- I would like to make a tax deductible contribution to The Crossroads Foundation
 - \$50 \$75 \$100 \$250 Other \$ _____
 - Enclosed is my check payable to The Crossroads Foundation

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone (____) _____ Email _____

Mail to: **The Crossroads Foundation** • 3594 Fourth Avenue • San Diego, CA 92103