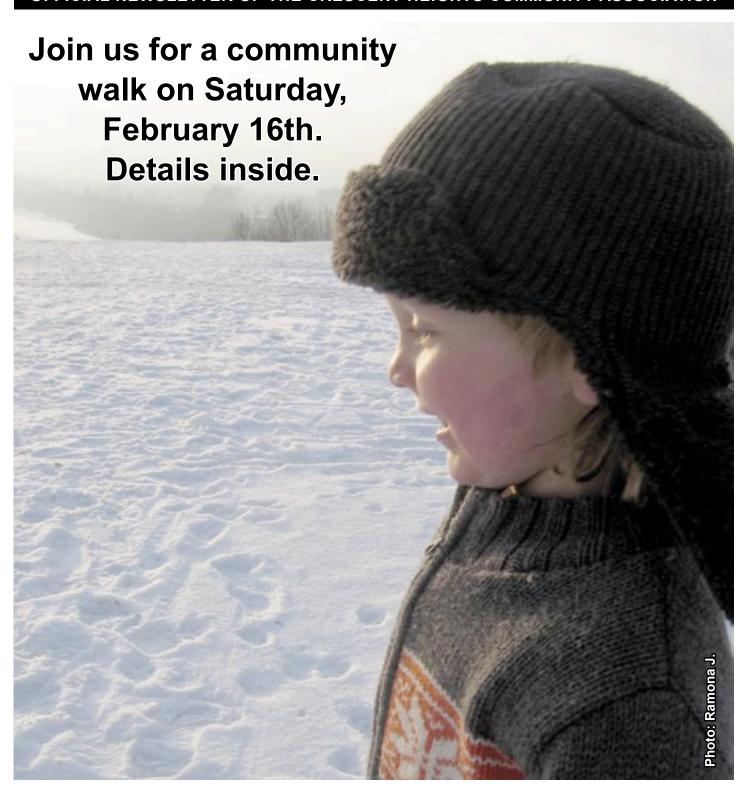




OFFICIAL NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION





Just listed renovated bungalow on one of Crescent Heights most prime avenues, 50 x120 south lot, 1 door away to Crescent Heights Park. \$879,000

Calgary, Jan. 16, 2013 – The resale housing market in Calgary and area will see moderate sales and house price growth in 2013, CREB® said today at its annual forecast.

Sales growth in the city is expected to ease to 2.2 per cent this year, with house prices rising by 2.9 per cent.

"Slower growth trends in employment combined with lower migration estimates will impact sales growth across all resale sectors, and, as listings continue to decline, this will further dampen sales growth, particularly in the single-family market," Ann-Marie Lurie, CREB®'s chief economist, said at the 2013 CREB® Forecast Conference & Tradeshow. "However, as the overall market remains well supplied, prices will continue to grow but not at the levels seen in 2012."

In 2012, Calgary's single-family market recorded sales growth of nearly 15 per cent. With a decline in the level of new single-family listings, that is expected to ease to 1.8 per cent this year. Prices are estimated to rise by three per cent.

Becky Walters, president of CREB®'s 2013 board of directors, said the city and surrounding areas are seeing good resale activity.

"We have a nice, balanced market, and it's expected to see some growth this year," Walters said. "Although some big markets in Canada are stumbling, Calgary is hot on the heels of a year of recovery, with the forecast saying the market is going to stay in positive territory."

In the condominium market, sales are expected to increase by three per cent, with a moderate price appreciation of 2.4 per cent for condo apartments and 2.8 per cent for condo townhouses.

Although the prediction is for a "balanced" resale housing market, Lurie said there are numerous risks in the market. **Article provided by CREB**®





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Crescent Heights Community Association

1101 - 2nd Street NW Calgary, Alberta T2M 2V7

Member of the Federation of Calgary Communities (FCC)

Volunteer Board of Directors

PresidentJohn McDermid277-8653TreasurerDaniel Dang355-0058SecretaryLeslie Marion

Planning Darlene Jones

Traffic Allan Anderson or Kellee Grounds chtraffic@hotmail.com

The last two is:

Parks Dave Dearborn

Business Liaison Daniel Dang 355-0058

Hall Operations Dan Shield

Crime Prevention Jack Lawson jclawson@shaw.ca

Environment Vacant

Volunteer Managers and Police

Hall Rentals Marlene Zaharichuk 804-5600 Hall rental inquiries will be answered in two to three days

Hall rental inquiries will be answered in two to three day

Communications Penny Smith

smith penny @shaw.ca

Playgroup Stacie Banks 670-6872

 $stacie_banks@yahoo.ca$

Memberships Jonathan and Alison Martin

curmudge on 9@shaw.ca

Rink Manager Tim Edwards 606-9303

Comm. Liaison Officer: Dominique Laporte 567-6300 District 3, #3241

To join the Community and Block Watch email list contact Penny Smith at smithpenny@shaw.ca

The Crescent View is published 10 times per year, free of charge, by Ellis-Evans Design Ltd for the Crescent Heights Community Association. The Crescent View is distributed to all households within Crescent Heights by your neighbours.

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Letters and submissions from community members are always welcome. Please mail or drop off at the Hall mail slot at 1101 - 2nd Street NW, Calgary, Alberta T2M 2V7, or submit materials via email to chcaview@qmail.com

Opinions expressed in the *The Crescent View* are not necessarily those of the Crescent Heights Community Association or of the publisher.

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www.calgaryarea.com/nw/crescenthts/crescent.htm

President's Notebook

by John McDermid

The last two issues of the newsletter have included pointed criticism of our community association's position in the Rotary Park Splash Park Fence debate. Many may well have heard enough of this issue, which is now resolved in favour of retaining the existing ornamental metal fence enclosing the Splash Park. However, in both Dan Evans' account in the last issue and another writer's comments in the previous (November) issue, there is a serious misapprehension afoot which cannot go uncorrected. Both writers suggest that CHCA "ignored" public input on the fence. This is an entirely erroneous characterization of the way in which broad community input on the fence was carefully considered and evaluated by CHCA. Having attended all the meetings at which the subject was discussed and the data evaluated, I offer what I hope are a few last words on the discussion by way of correction and clarification.

CHCA did not ignore any of the vital, extensive and lively input from the community: on the contrary, we considered and weighed important input that the Rotary Park Planning Committee (RPPC) chose to exclude from its consideration (input that did not support the committee's position on the fence, which was to remove it and replace it with a fence of another design and configuration). Although there was indeed a body of data gathered through successive informal engagement sessions in late 2011, through early 2012 and into July, that tended to support a replacement fence, further input was gathered that RPPC declined to consider and admit into the broader mix of community feedback. Specifically, 67 signatures of support for the existing fence design were gathered at the Splash Park site, from facility users, in July of last year, during the very peak of its first full season of operation. As the City of Calgary acknowledges in its letter of December 21, 2012, in which it formally advised us of its decision in the matter, "The proposed design simply wasn't as well supported as the other design solutions to park issues originally introduced earlier this spring. Given prior concerns about the City's work in the park, we are reluctant to proceed with any further changes to Rotary Park unless there is a clear consensus from residents."

The consensus that was so clear and so strong on the other remedial measures in the park (the "Pathways Plan") was absent in the protracted and enervating discussion of the fence. Moreover, CHCA could no more ignore this additional input than could the City of Calgary in coming to its decision. We thank Parks Planner Greg Stewart, our key City Parks contact for more than a year and the author of the most exciting and inventive of the remedial measures implemented in the park, for taking the broader view in weighing all of the comments from every quarter of the community.

And certainly we join RPPC's Dan Evans in extending our thanks to all members of our community who took part in these lively discussions, particularly those passionate members of the RPPC ad hoc committee. The solid work that was done early on, in particular, found a resolution on the Pathways Plan that in retrospect seems almost laughably easy: the consensus was quick, solid and overwhelmingly in support of the Pathways Plan, much of which has already been implemented. It was but the one lingering issue that dragged on and in the end failed to yield a clear consensus. Let's hope we can put the matter behind us, having now arrived at an entirely appropriate outcome, and look forward to enjoying the Splash Park's upcoming second full season of operation.

- Continued on page 5

3

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President's Notebook cont. from page 3

Samis Road

Elsewhere in this issue, the City of Calgary's Roads Division has provided an account of its deliberations and decision in respect of the upcoming partial closure of Samis Road NE. Most residents know Samis as the "rustic" roadway that angles up from Centre Street North, at the top of the bridge, up into our community at the intersection of 1st Street and 2nd Avenue NE. The results of a survey in mid-2012 were inconclusive, with the City massaging the responses to some extent to indicate some support for the closure (of the downhill, outbound, westbound lane) and to accommodate a dedicated pedestrian and cycling lane, with the uphill, inbound, eastbound lane remaining open. When it was pointed out that the survey results did not really support the closure, the City's fallback position was one of safety concerns for the dodgy mix of pedestrians, cyclists and automobiles on a steep and uneven stretch of roadway. I believe the decision has the funk of the City's Law Department all over it, but traffic counts indicate that the road is more heavily used by pedestrians than by motorists on a daily basis. Indeed the daytime vehicle counts indicate that the re-routing of the outbound vehicles to adjacent roadways should have a minimal impact on any adjacent roads and the residents who live on them. An important collateral learning from the Samis Road discussions was the realization that a stretch of 2nd Street NE from 2nd Avenue and northward for several blocks seems to have been "the land that the Y2K traffic study forgot". This stretch of 2nd Street is one of the few remaining blocks-long roadways left untouched by our Y2K Traffic Study. We are working with residents and the leadership of

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- New car and old car scheduled maintenance



403-277-8621 1212 Edmonton Trail NE Traffic Directors Kellee Grounds and Alan Anderson to have this issue addressed and some four-way stops installed to calm the traffic that likes to build up a head of steam along 2nd Street NE. In our last meeting with City staff on the Samis Road closure plan, area residents were well represented, as was CHCA, and we expressed the hope that the closure, in affording a more pleasant experience for pedestrians, did not create unintended consequences elsewhere, nor take too ugly a form in its eventual execution. We shall see.

North Central LRT

Calgary's North Central LRT, and more particularly its eventual alignment, remains an open guestion and an important one for Crescent Heights. With the recent opening of the Western line, the debate will surely freshen as to which will be the next leg: Southeast or North Central. With each passing month the likelihood of a Centre Street alignment for NCLRT seems to gain greater credibility. Regardless of the timeline, whether 20 years out or likely to be hurried up, we hope a decision is made soon for greater certainty in our Centre Street Commercial and Transportation corridor. Because LRT of the existing type has been done so badly elsewhere in the city where it comes anywhere close to low-density residential, talk is currently favouring a low-floor, more "local" mode of rail transit. Such a model could be a genuine boon to our community, but it must be remembered that the North Central will nevertheless be a long line as well, extending north of Beddington Trail and beyond (Airdrie, anyone? Airdrie! Deux minutes arret!!). How well a single line can appropriately serve both long line commuters and a new local, pedestrian friendly streetscape remains to be seen. We will remain at the table, be assured, stamping our thunderous boots for the greater benefit and vitality of Crescent Heights. Our point person for CHCA is our Traffic Director Kellee Grounds, who is in on the ground floor of the working group, soon to refocus its gaze on NCLRT Next Steps.

Edmonton Trail

Kellee is also taking the lead in a project involving Edmonton Trail Visioning. We have seen some encouraging and lip-smacking changes in the Edmonton Trail Breakfast Corridor in the last several years, and Edmonton Trail also continues to figure in the North Central LRT discussion. Scuttlebutt has it that Centre Street currently has the edge, however. Notwithstanding, open house events will soon begin and continue in cooperation with U of C students facilitating the project. Watch especially for February 2, if this copy of the newsletter reaches you in time, to have your say on the tasty and diverse future of an Edmonton Trail High Street. Watch for brite signs advertising the event. Other opportunities for engagement will follow as well.

Traffic Issues Elsewhere

Our Traffic Issues Reporting Package was lovingly assembled with the input of many residents and under the stewardship of Kellee Grounds and Alan Anderson, our Traffic co-Directors. This incendiary package has been submitted with all the required official endorsements. Thanks once again to Kellee for taking the lead on putting the package together and submitting it in early December. Among the many issues identified are some low-hanging fruit, which ought to be able to be addressed without a great deal of drama. Others may raise the spectre of unintended

- Continued on page 7

Western Sat 11am-5pm NAILS & SPA

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Mount Pleasant Soccer

Mount Pleasant Soccer registration opens on-line Feb 1. This year there will be **NO in-person registration** and all registration must be completed on-line. THE DEADLINE IS FEBRUARY 28, 2013.

Soccer Program

This year we will be offering a spring soccer program for children and youths aged 3 to 18 in our U4 / U6 / U8 / U10 U12 / U14 / U16 / U18 age categories.

Registration and general information about Mount Pleasant Soccer for 2013 is available on the Mount Pleasant Community website at



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CASH **CHEQUE**

President's Notebook cont. from page 5

consequences and require more coordinated solutions. Our cold reality is that we live in a mostly open grid block pattern with many of our avenues providing an easy cut-through from one commercial corridor to another, or from one such corridor into our otherwise quiet residential streets. We'll work toward a careful and considered a solution to each of the issues identified. At times it seems that the only thing worse than high speed cut-through traffic is cut-through traffic that can't get to where it wants to go. Spike belts may be in order for the short term. Can't wait on your street? Check out www.roadshark.com but you did not hear of it here.

Casino Fundraising March 20-21

As noted in the last couple of issues, our next Casino fundraising event is on March 20th and 21st (a Wednesday and Thursday). The response to our bludgeoning, carpet-bombing e-mail campaign of late December and early January (apologies for which) has been extremely gratifying. especially from our regular corps of volunteers who step forward year in and year out. Thanks to all of you who have already put your names forward and have picked up a shift assignment. As we assemble our casino license application for submission in mid-January, a few spots are still vacant. Some of our regulars will be travelling when our dates come around, so some choice shifts are still available. If you could spare a five-hour late shift in the count room or an eight-hour shift running chips or in the cash cage, please give us a shout at 403-277-8653. It's always good to have a solid roster of alternates as well, just in case of last minute eventualities. It's fun too, always a great bunch of fellow Crescent Heights residents to shoot the breeze with. A free meal is part of the deal too, with a wide range of dining options. Many people volunteer for casinos just because they don't have deep fryers at home. Join us, won't you?

Little Friends™

Finally this month, we submit for your consideration a pair of snapshots from our closed circuit TV system at the hall. These were captured at about 2:00 a.m. on January 4, 2013, a lively start to the New Year. In the photo of the pleasure rink you'll see two little shits™ tagging our garbage bin east of the hall. In the photo on the right, you'll see another group of a couple of little shits™ dumping a discarded flat screen TV onto the hockey rink. I convey my apologies in advance to the lady who voiced objection to my use of the term some years ago, but sometimes there is the need for the *mot juste*: smile for the cameras, you upstanding little citizens.

Onward.





Newsletter Editorial Deadlines

The Crescent View is published ten times per year.

Deadline: The 10th of each month for the following month. For example: To be published in the June issue, the deadline is May 10. Special September issue deadline: August 5 (to accommodate all the 'back-to-school' material).

The July/August issue is combined into one publication and so is the December/January issue. The deadlines for these two issues are June 10 and November 10 respectively.

Please email your articles or event listings, as an attachment in MS Word form, to Elizabeth Stady at chcaview@gmail.com.

A special "thank you" to

George Day for helping to
deliver The Crescent View.

Your volunteer efforts are very
much appreciated!

Fostering safe communities...

RV Parking Tips

For winter campers or those lucky enough to be travelling somewhere warm to avoid Calgary's weather, here are a few reminders when parking your RVs:

Under the Calgary **Traffic Bylaw 26M96**:

- RVs registered to a City of Calgary address can be parked on the street, directly adjoining the owner's residence, for up to 36 consecutive hours.
- After 36 hours, the RV must be moved to an off-street location for at least 48 consecutive hours before being parked again on the street adjoining the owner's or operator's residence.
- While parked on the street, RVs should be parked in a manner that is safe and does not constitute a hazard for anyone using the street.
- RVs may not be parked on the street at any time if detached from the vehicle used to haul them.

Under the Land Use Bylaw 2P80:

 Recreational vehicles can be parked on front property or driveways for up to 24 hours.





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3 Key Tips for How to Spot and Avoid Phishing and Vishing Scams

The word phishing comes from the analogy that Internet scammers are using email lures to "fish" for passwords and financial data from the sea of Internet users. Phishing is the creation of email messages and web pages that are replicas of existing, legitimate sites and businesses. These web sites and emails are used to trick users into submitting personal, financial or password data. You could be asked for information such as credit card numbers, bank account information, social insurance numbers and passwords. The goal of criminals using brand spoofing is to lead you to believe that a request for information is coming from a legitimate company. In reality, it's an attempt to collect your information for the purpose of committing fraud.

With vishing, criminals ask you place a phone call instead of asking you to click on links that direct you to a malicious website. When you call, a recording will ask for personal information like a credit card number. Criminals will then recognize any telephone keystrokes you type in, thus receiving your information. Do not use a phone number provided in an email. Use a phone number that you have independently found (like from your bank or credit card provider) instead.

- 1. Protect your computer with anti-virus software, spyware filters, email filters and firewall programs which are updated regularly.
- 2. Do not reply to any email that requests your personal information.
- 3. Look for misspelled words.

This information was taken from a pamphlet created by the Calgary Police Service and AMA. For more tips and the full pamphlet check out our website www.calgarycommunities.com and look for the Building Safe Communities resources list.



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Samis Road Update

Provided by The City of Calgary

Improvements to road and pedestrian safety on Samis Road N.E. are coming in 2013. In 2012, The City identified operating and safety issues with Samis Road. The roadway does not have a sidewalk and is used frequently by pedestrians. In addition, motor vehicles regularly make illegal left turns at the intersection of Centre Street N and Samis Road. Daily counts in May 2012 showed approximately 180 pedestrians/bicyclists and approximately 190 motor vehicles use Samis Road. Of those motor vehicles only 30 vehicles travel westbound (downhill).

In May 2012, more than 200 citizens completed an online survey on roadway improvement options for Samis Road. A "do-nothing" option wasn't considered due to the need to address operational and safety concerns on Samis Road. Feedback from residents provided insight on who uses this roadway, reflected the importance of providing vehicle access, and showed support for improvements. The feedback was constructive and was considered when deciding on the final design, planned for 2013.

As a result of the current operational conditions and survey feedback, The City is implementing the following changes on Samis Road, between 1 Avenue N.E. and Centre Street:

- Install a one-way eastbound (uphill) shared lane for motorists and bicyclists.
- Install a westbound (downhill) bicycle lane.
- Paint a pedestrian zone (north side or south side to be confirmed in spring 2013).
- Install access gates at the west end (Centre Street N) for emergency vehicles.

Changing Samis Road to an eastbound one-way street means drivers heading westbound must access Centre Street from another roadway, such as 7 Avenue N.E. Due to the low volume of vehicle traffic turning from Samis Road onto northbound Centre Street N, diverting westbound traffic from Samis Road is expected to have minimal community impact. These changes will provide a safer roadway for all users and help eliminate illegal left turns onto Centre Street.

The City is scheduled to implement the improvements in spring 2013. For more information please visit www.calgary.ca/samis.

Crescent Heights Affordable Housing Development

The City of Calgary is considering construction of a multi-residential development on two vacant parcels of City-owned land at 210 and 212 – 15th Avenue N.E. For more information on the project, latest news and project updates, please visit calgary.ca/affordablehousingdevelopments.

Lee PrevostProject Manager, The City of Calgary 403.268.8732 or lee.prevost@calgary.ca

Message from your Alderman

Crowchild Trail Corridor Study

The Transportation Department held open houses in November on the Crowchild Trail Corridor Study, where reaction to the plan ranged from dismay and outrage to unqualified support. While chatting with people at the open houses, I heard from many adjacent residents who felt that the transportation planners were focused on maximizing traffic flow with little consideration for neighbourhood impacts.

As a result of the concerns we heard at the open house, I am working with the Mayor's Office, Alderman John Mar, and the Transportation Department on a Notice of Motion that will put the consultant team on hold and provide a more balanced approach. While this motion is not yet approved by the time of deadline for this article, the principles being discussed include the following:

- Improve traffic flow for all modes of travel including walking, cycling, public transit and motor vehicles;
- Protect and enhance neighbouring communities by reducing impacts on adjacent properties, reducing cut-through traffic, improving community parks and recreation space, and protecting the river and river valley;
- Facilitate primary transit to downtown and between universities;
- Improve walk/cycle connections:
- Improve the quality of urban design;
- Identify priority projects that would have the most benefit with limited resources.

We also agree that the priority is for a new engagement process to ensure the proper consultation with the neighbourhoods that are the most impacted. Ideally, this consultation will be conducted community by community, given the varying degree of benefits and impacts.

There is no current funding available for any improvements along Crowchild Trail, and work will not be realized for quite some time. However, I understand the immediate uncertainty residents are feeling until final decisions are made with the corridor, and therefore it is critical that we proceed with this new approach in a timely manner.

Transforming Government

At the direction of City Council, there are a number of initiatives underway at City Hall to improve efficiency and effectiveness. The Transforming Government strategy includes business planning, budgeting, performance benchmarking, measurement, and reporting. It also includes zero-based and service improvement reviews for several departments.

The zero-based review is a significant new component of the strategy beginning in the Parks, Roads, Water Services and Fire Departments over 2013-2014. Zero-based reviews examine all services and functions of the department 'from scratch' rather than build on previous budgets and tasks, to ensure that services are necessary and every dollar is well used.

A number of departments are undergoing service improvement reviews:

Next City: Transforming Planning is intended to radically improve

- Continued on page 11

Louise Riley Library 1904 14 Ave NW

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February 2013







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Memoirs of a Goldfish by Devin Scillian. Day one: I swam around by bowl. Day two: I swam around my bowl. Twice. A super-fun & funny picture book about a goldfish and his life in a bowl as it changes when 'intruders' start to arrive...



MONDAYS at your library...

Computer Technology Coaching: Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Mondays, Jan. 7 to Apr. 29, 2:00 - 4:00 p.m. No registration required



ART at your library ... We want you! If you're an artist or photographer, emerging or established come in and let us know! Find out how to apply to have your work shown by stopping by in person or online to find out more! http://calgarypubliclibrary.com/books-more/art-at-the-library

Story P.A.L.S.: Learning to read can be ruff! Trained Pet Access League Society volunteers and their highly socialized dogs provide a calm, accepting presence for struggling readers to practice reading aloud. Ages 6 to 12, Thursdays, Feb 14 to Mar 21, 7:00 - 8:00 p.m. Registration required

See you soon at the Louise Riley Library!

Please note our holiday hours: Closed Feburary 18th for Famly Day



Alderman cont. from page 9

planning and development services. A diverse team of citizen, community, and development industry stakeholders are reviewing the entire planning process to enhance the quality of decisions and efficiency. Mayor Nenshi, Alderman Carra and I sit on the Advisory Committee.

- RouteAhead: A Strategic Plan for Transit is establishing an ambitious vision and implementation plan for the next 30-years of Calgary Transit.
- Waste and Recycling Services are reviewing their collections programs including green carts, pending Council's decision on a city-wide organics pick up. Potential for private sector involvement and the extension of the blue cart collection contract will be presented for Council's consideration in early 2014.

A full account of the improvements to service efficiency and effectiveness will be provided to Council at the 2012 year-end business plan and budget report in March 2013.

For regular email updates on City related issues, please contact ward07@calgary.ca or visit the Ward 7 website at druhfarrell.ca.

Join Rollin Stanley on a community walk

On February 16th, you are invited to join the Crescent Heights Planning Committee on a walk through our community with Rollin Stanley. Rollin is the new General Manager of Planning, Development and Assessment with the City of Calgary. He would like us to accompany him on a walk through our community to better understand our concerns and challenges, along with our hopes and aspirations. Our stroll will last one hour and we will meet at the community hall at 11am. Please join us.

Unconditional love...

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Gift certificates give potential pet owners time to choose the best cat or dog for their home and lifestyle. Gift certificates can be purchased in any denomination and can be used towards the adoption of a cat, dog or towards the cost of a pet licence.

For more information, visit calgary.ca/animalservices and search adoptable cats or dogs.

Rosedale Playschool

Happy New Year from Rosedale Playschool!

We're having a great winter, and enjoying playing outside in the play yard when the weather isn't too cold or icy. Inside, it's warm and cozy. A special welcome goes out to our new practicum student from Mount Royal University. We are excited for our Valentine's Day Parties. Keep an eye out in the community for our third annual Friendship Parade and our fourth annual Skating parties (weather permitting).

We are located at 1317-1st St NW.

Please e-mail rosedaleplayschool@gmail.com for more information.

Keep on Learning

Retirement is an opportunity to learn things you've always been curious about. Lifelong learning is the process of keeping your mind and body engaged – at any age – with the pursuit of knowledge.

Why is Lifelong Learning important?

There are so many benefits to lifelong learning. We know that lifelong learning keeps your mind sharp, improves your memory, increases self-confidence, gives you a feeling of accomplishment, and helps you meet people who share your interests. Exercising the brain and the body keeps you 'fit' and adds quality of life in your older years. Learning can happen through formal or informal education, leisure activities or getting involved in your community.

What kinds of opportunities are out there?

Calgary has an abundance of opportunities for older adults to keep on learning. One organization dedicated to Lifelong Learning is the Calgary Association of Lifelong Learners (CALL). It was started in 2011 by 5 Calgary residents who put their heads together and created a member-led group

- Continued on page 12



Tom Pecek and Associates General Dentistry

Our clinic is recently under new ownership, and Dr. Tom Pecek and our team look forward to meeting residents of the Crescent Heights/Bridgeland community! We strive to provide personalized, quality care to all our clients, and to empower them to make informed decisions about their oral health.

- Flexible Evening and Weekend Appointments Available
- Direct Billing to your Insurance Company (you pay only the difference)
 - New Patients and Emergencies Welcome
- Complimentary Consultations (implants, cosmetics, orthodontics, 2nd opinions)
 - Languages Spoken Including English, Cantonese, Mandarin, Vietnamese
 Free Parking

We look forward to meeting you! Tom Pecek And Associates #5, 1217 Centre St NW Tel 403.230.2288 Fax 403.230.8800

Mondays to Fridays 9:00am - 7:00pm

Saturdays 9:00am - 5:00pm Sundays & Holidays - Closed

www.pecekandassociates.com



We're on the Web!

If you would like access to the newsletter on the web, you can visit www.calgaryarea.com/nw/crescentts/crescent and you will see *The Crescent View* PDF underneath the Block Watch Logo.

Learning cont. from page 11

that offers innovative and affordable learning opportunities for people 45 and over. CALL is for people who want to engage in learning for the joy of it, and to share their knowledge, ideas, experience and interests with others.

Bob and Arlene, 2 of the founding 5 members are surprised at how quickly it has grown, indicating that CALL has 250 members and continues to grow. They say that CALL has grown a community of lively, energetic and smart people! To learn more about CALL, email info@ calgarylifelonglearners.ca or visit the website at http://www.calgarylifelonglearners.ca



Are you interested in talking with others about Calgary's aging population and what this may mean for your community?

Join us for a Conversation Café: Feb. 19 at 1:30pm, at the Sir Winston Churchill Rec Centre.

For more information or to RSVP please contact Diane Janota at 403-974-1519 or diane. janota@calgary.ca

Other Learning Opportunities

- . The City of Calgary, recreation
- Seniors' Centres
- Conversation Cafes
- Online at http://www.thirdagecommons.ca
- Calgary Centre for Global Citizenship
- Calgary Family Services, Older Adult Team
- Ask your neighbours about their unique skills!

ENMAX in your community ...



Electrical Safety

Electricity provides convenience and comfort, but contact with it can harm or kill you. To stay safe, follow these Electrical Safety Tips:

- Water conducts electricity. Do not use electrical appliances near water, even if you have groundfault circuit interrupter (GFCI) outlets.
- Overloaded outlets and overheated cords and appliances are the third leading cause of house fires. Too many cords plugged into one outlet can lead to overloading. For more than two cords, use a power bar, not octopus outlets.



- Electrical cords need to be insulated with plastic to prevent you from getting shocked. If you have a cracked, frayed or broken cord, it is best to replace the connected appliance. For minor damage, electrical tape may be used.
- Appliances that are plugged in have electricity running through them, even when they are turned off. If you need to fix an appliance, unplug it first.

- Before hanging pictures, use a stud finder with an AC detector to tell you where live electricity wires are located in the walls.
- If your basement is flooded with water beneath the outlets, turn off the breakers for the area before addressing damage. If water is above the outlets, do not enter the area. Call the ENMAX Trouble line (403-514-6100) to have your outside power meter shut off first.
- A licensed electrician is recommended to address electrical concerns you may have.
- If you do receive an electrical shock, visit your doctor. Electrical shocks can permanently interrupt normal heart rhythms if not treated.

Questions? Email <u>thinksafe@enmax.com</u>. More information at enmax.com/quickbites



Area Event and Resource Guide

Community

RENFREW

Renfrew Community Association

Hall: 811 Radford Road NE Ph: 403-230-7055 Hall Rentals: Call 403-230-7055 and leave message. Newsletter: newsletter@renfrewcommunity.ca

Renfrew Bingo - The little hall with the big payouts!

Saturday and Monday evenings. Nickel Games at 6:10pm, regular games at 6:50pm, Satellite at 8:45pm. Concession open.

Renfrew 50+ Club: Thursday Feb. 14 Valentines Lunch

Two computers available on site for members use. Pool table and dart board also available for members. Recruiting new members for 2013. Membership \$20 for the year. Need volunteers to help make the Thursday lunches.

Mondays: 9:30 to 11:30am - Tea & Conversation, 1 to 3pm - Cribbage

Tuesdays: 9:30 to 10:30 - Stretch & Breathe Wednesdays: Drop in - 9am to 3pm Thursdays: Lunch at noon

Fridays: 9:30 to 10:30am - Stretch & Breathe

Hall Calendar:

Jelly Bean Dances - Feb 15, Mar 15

Bottle Drops continue last Saturday of every month 10-noon Valentine's Date Night (adults) - tickets needed, Thursday Feb 14 Family Day Skate - Monday Feb 18



MARLBOROUGH

Calgary Marlborough Community Association Hall: 636 Marlborough Way NE Ph: 403-273-5894 Hall Rentals: Call 403-273-5894 or email

calmarca@telus.net

Newsletter email: cmccnews50@yahoo.com

OUTDOOR SOCCER REGISTRATION - CMCA and Memorial FC

When: Saturday, February 9 Saturday, February 23 1:00 pm - 3:00pm 1:00 pm - 3:00pm

Thursday, March 7 7:00 pm -9:00pm

Where: Calgary Marlborough Community Center — Upstairs 636 Marlborough Way Ne

On-line Registrations:

www.memorialfc.com 0r www.marlboroughca.ca **Questions:** Phone Peter at 403-272-0462

UPCOMING EVENTS:

St Patrick's Day Games Night - Saturday, March 16 at 6:45pm for registration. In the Lounge and Upper Hall — Games prizes, green beer, Irish stew, live entertainment after the games. Adults only.

Volunteers needed please! **Ladies Night Out** - May 9th **Community Clean-up** - June 1st

Community Clean-up - June 1: Boot Sale - June 8th

Stampede Breakfast - July 13th

Bingo at the Bingo Barn Volunteers needed:

Please call Marg at 273-7952.

MARLBOROUGH cont

PROGRAMS AT THE HALL

MONDAY: Yoga - upstairs - Fireside Room - 7:30 to 9pm. Please call Marg at 403-273-7952 for information.

TUESDAY: Social walking — downstairs, 9 to 11am **WEDNESDAY:** Sparks - 6 to 7:15pm; Brownies - 6 to 7:30pm;

Beavers - 6pm

THURSDAY: 50+ Club - Whist and Bridge every Thursday at 1pm in The Alpine Loft, 2nd level (Elevator available) Pot-luck lunch every third Thursday. New members welcome!

- Yoga upstairs - Fireside Room - 1:15 - 2:45pm Call Marg Berger at 403-273-7952 for information.

FRIDAY: Military Whist in the Alpine Loft (Elevator available) the 4th Friday of the month.

SATURDAY: Lounge - Fireside Room. Open on some Saturdays. We are taking private bookings, call the office at 403-273-5894 to book. Last Saturday of the month - Jam Sessions and Euchre. Euchre starts at 7:30 everyone welcome.



MARLBOROUGH PARK

Marlborough Park Community Association Hall: 6021 Madigan Drive NE

Hall Rentals: Call 403-248-1775 Newsletter email: marlpark@shaw.ca

UPCOMING EVENTS:

MPCA Soccer Registration: Registration is from 6:30pm - 8:30pm Registration dates for 2013: February: 14,21, 28, March: 5, 7, 12, 14 Blood Services: Canadian Blood Services at the Marlborough Park community centre gym, 6021 Madigan Drive NE, on Feb. 9th from 9am to 2pm

Social Club — February 15, in the lounge, 7pm — 12 am.

Little Warriors Workshop - March 7th, 6 to 9pm. \$20 per person.

This workshop is designed to give all of us the tools we require to identify the signs of child abuse. Please call 403-248-1775 for more information.

Fundraising Casino - April 29 and 30. Volunteers needed.
Femme Fatale (ladies trade show): March 19 from 6 to 10pm at the hall. Bring all your friends for this fabulous 'ladies night out'.
Easter Egg Hunt: Scheduled for March 24, 2013.

NIA - (Non Impact Arobics) classes for ages 6-86. Tuesdays 6:15 pm. For more information phone the hall at 403-248-1775

Adult Drop-in Volleyball: Every Wednesday night from 8:30 to 10:30pm. Join us in the gym at the Marlborough Park Community Centre for fitness and fun!

Marlborough Park PreSchool:

On-going Registration. Please call 403-235-2996.

Loma Seniors Wednesday afternoons at 1pm. Please call Tony at 403-273-4534 for more information.

Drop-in Tai Chi Drop-in Tai Chi is held at the Marlborough Park Community Centre every Tuesday from 9:15 to 10:15am.

WINSTON HTS - MOUNTVIEW

Winston Hts - Mountview Community Association Hall: 520 - 27 Avenue NE

Hall Rentals: Call 403-276-5474 or Email hallmanager@winstonheights.ca Newsletter email: newsletter@winstonheights.ca

WHMCA is Hiring!

Winston Heights-Mountview Community Association is looking for a hall manager for the WHMCA facilities. For more information on the position, please visit www.winstonheights.ca/hiring

The WHMCA is also seeking a relief caretaker to cover every second weekend and vacation caretaking coverage for the WHMCA facilities. For more information on the position, please visit www.winstonheights. ca/hiring or contact Christine Johns at 403-510-9080.

Family Winter Festival - Sunday, Feb. 17, 1 to 5pm at the WHMCA Sportsplex and Rink. This is a family event! We are looking for volunteers to help with event set-up and clean-up, food service and kids' games co-ordinators. Please call Lenore at 403-276-3798 to sign up.

Ice Rinks are Open! The central ice rink and the skating oval at the WHMCA community hall, and the Adopt-A-Rink in the park on Marsden Road is open also! Both rinks are available for free skating any time of day. Hockey can be played on the central ice rink at the community hall. Both rinks will be lit in the evenings until 10:30pm.

Mom and Tots Playgroup: Tuesdays from 10:30am to 2:30pm at the community hall. Children of all ages are welcome. For more info please contact Mary-Beth Walsh at 403-209-1691.

Car Seat Clinic. One day only! March 12th, 10am to 2pm Cost is \$40 per family and there is no limit on number of vehicles or seats.

Each appointment will be 40 minutes and cover inspection, education, answering any questions and re-installation of seat(s). Families must register by calling Angie Aben at 403.980.SEAT (7328) or email at angie@seatsavvy.ca. Payment can be made by cash or cheque only and this event will take place rain or shine.

Swinging Singles Square Dance Club

MEN - DON'T BE A COUCH POTATO! Come dance with us at our Singles Square Dance Club. Beginners classes start Sept. 10 at 8pm. Email: Idearl@telus.net or call 403-265-9697 for more information.

Georges P. Vanier School: Our open house is taking place on Feb 21st at 7:00 p.m. For more information, please contact us: 403–777-7460.

RUNDLE

Rundle Community Association Hall: 2409 - 50 St. NE

Hall Rentals: Call 403-280-4752 Newsletter email: rumbles@shaw.ca

Family Day Skate: Monday Feb. 18 at Rundle Community Rink from 11am to 2pm. Come and enjoy a skate at the outdoor community rink. We'll treat you to a hot dog and hot chocolate; come warm up by the firepit; finish with a cookie! It's free, it's fun, it's for you. Everyone is welcome!

Rundle Junior Youth: Wednesday and Thursday afternoons

Still accepting participants. Everyone between the ages of 11-15 is welcome to join. To learn more about this initiative and explore ways you can help contribute to a better world. Please call 403-400-3191.

Rundle's best kept secret! The Summit Pub at the hall.

The Summit Pub also offers pool tables, dart boards, as well as cribbage games on Tuesday and euchre on Thursdays. Wing night is still on Wednesdays. Families are welcome!

Connections

Area Event and Resource Guide

RUNDLE cont

NEW! TEXAS HOLD'EM ON Saturday nights at 7pm
NO CASH INVOLVED..... Points Based System.
Crib Night at the Rundle Summit Pub! Tuesdays 7 to 9pm
Have dinner, play cards and have fun, fun, fun. All welcome.

MOUNT PLEASANT

Mount Pleasant Community Association Hall: 602 - 22nd Avenue NW

Hall Rentals: Call 403-282-1314 or email: hallrentals@mpca.ca

Newsletter email: publicity@mpca.ca

SPRING SOCCER REGISTRATION - U 4 to U 18

Season starts April 15 and runs until June 22. (U14/16/18 play until June 29) Online registration (www.mpca.ca) will open Friday February 1st and continue throughout the month until February 28th. Detailed information about the soccer program will be available on the web site. Please note that there will be no in-person registration this year.

Pleasant Times – Upper Hall, 602 22 Ave. NW

Pleasant Times is an adults-only group that meets from 2 to 4 pm. usually on the 2nd Wednesday of each month in the Upper Hall, 602 22 Ave. NW. Join us for good conversation, games, refreshments, and the opportunity to add your ideas for outings and other activities. If you'd like to be informed of our planned activities and trips in advance, please contact Linda at (403) 289-8390 or lohanlon@telus.net. You also can check mpca.ca for information.

Wine Tasting Event - Saturday, Feb. 23 at 7pm at the hall. Please come to beat the winter blues with a trip to the far east with-

Please come to beat the winter plues with a trip to the far east without the fuss of packing & traveling! \$45 for members, \$55 for non-members. Visit www.mpca.ca for more information and register for tickets by February 9th (seats are limited). Questions? Email Ruby at specialevents@mpca.ca

Book Club - 4th Tuesday (usually) of the month from 7 to 9pm in the Lower Hall. Our February 26 book is *Secret Daughter* by Shilpi Somaya Gowda. Our March 26 book will be *Ella Minnow Pea* by Mark Dunn. For more info email lohanlon@telus.net or call Linda at (403) 289-8390.

Mount Pleasant Playgroup

Register for the winter session of The Mount Pleasant Playgroup which runs from February 4 to June 14. It's close by and it's inexpensive: only \$37.50 for our 5-month winter session plus a few hours of your time volunteering. Spots are filling quickly, so register soon to avoid disappointment. It's easy to register online. Go to mpca.ca, click Activities, select Playgroup, then scroll to the bottom of the page for the registration button. For information you can email mpp.chair@gmail.com.

CROSSROADS

"I live in Crossroads!"

Crossroads Community Association Hall: 1803 14 Avenue NE Ph: 403-277-6201 Hall Rentals: Call the hall at 403-277-6201 Newsletter email: convenor.editor@gmail.com Facebook page: http://on.fb.me/fqqjLG

Crossroads Community Preschool: Accepting registrations for the 2012/2013 school year. Please call 403-277-2168 or 403-640-4967.

Crossroads 50+ Club: Meet every Monday at 6:30pm at the Crossroads Community Centre. Join us for fun times and meet your neighbours. For information call 403-277-6201 or visit our website at: www.crossroads50plusclub.com

CROSSROADS cont

Free Family Movie Nights are Back! Fridays, Feb 15, Mar 15 - Doors open at 6:30pm, movie starts at 7pm - Pick up your Perk - our CCA Membership gets you a coupon for a FREE concession item!

UPCOMING EVENTS

CCA Board Meeting: with guests from the Airport Authority – Feb 3

Teen Night: 7-9:30 pm — Feb 8 Good Food Box Pickups — Feb 15 Family Movie Night: 7-9 pm — Feb 15 Pub Night: 7:30 pm — Feb 22 Annual Family Spaghetti Night: Feb 23

Community Builders Mini Conference: 6-8:30 pm — Feb 25

CCA Board Meeting – Mar 3
Teen Night: 7-9:30 pm – Mar 8
Good Food Box Pickups – Mar 15
Family Movie Night: 7-9 pm – Mar 15

4th Annual Crossroads Multicultural Festival - May 25, 2013

The Festival Committee is looking for people who would like to be part of this successful event. We are also looking for cultural performances, cultural groups to host information tables and donations of foods. Come out and share your culture with our Community. If you would be interested in participating and/or volunteering please contact ccamulticulture@qmail.com or Shannon at 403-474-4298

BRIDGELAND-RIVERSIDE

Bridgeland Riverside Community Association Hall: 917 Centre Avenue NE

Ph: 403-263-5755, Hall email: hall@brcacalgary.org Newsletter email: newsletter@brcacalgary.org Visit our web site at: www.brcacalgary.org for a complete

listing of programs and classes.

Hall programs and Events Ongoing:

Yoga with Jani Tues 6:30 — 8 janikrulc@gmail.com Zumba Thursday 6-7 www.fairburnfitness.com Kitty Raymond Parenting courses: www.raymondparenting.com Fotoscool Photography www.fotoscool.ca

Upcoming:

Winter Fun Walk - March 9th 4pm. Join us for a fun and easygoing walk around Bridgeland-Riverside. Kids and pets are welcome! We meet at the community hall at 4pm and finish up with coffee and hot chocolate. Kids Toy/Clothing Sale - March 16th 10-2pm. The BRCA is holding its first ever children's toy/clothing sale. Parents - donate or sell your gently used kids items and pick up new, exciting toys and clothes at bargain prices! All proceeds will go to the BRCA for future programming and events. For more information please contact Stacey at events@brcacalgary.org , or Roseanne at yp@brcacalgary.org

Bridgeland Riverside Playgroup: We meet Wednesdays from 10am to noon at the Bridgeland Campus of Centre Street Church, 235-8A Street NE. For more information email: events@brcacalgary.org.

Women's Centre - The Women's Centre of Calgary is a unique streetfront organization that provides a variety of services and opportunities to the women of Calgary. We offer drop-in support services and all programs and services are free. Join us for a workshop or drop in for coffee and to connect with other women. We are located at 646 – 1st Ave NE. You can reach us at 403-264-1155 or info@womenscentrecalgary.org.

A little bit of help from you can make a BIG difference!

TUXEDO PARK

Tuxedo Park Community Association Hall: 202 29 Avenue NE

Ph: 403-277-8689

Newsletter email: tpcanewsletter@hotmail.com

Tuxedo Events Calendar: visit www.tuxedoparkcommunity.ca/events

Yoga: Tuesdays at 7:30 in Upper Hall.

CRESCENT HEIGHTS

Crescent Heights Community Association Hall: 1101 - 2nd Street NW

Hall Rentals: Call 403-804-5600 Newsletter email: chcaview@gmail.com

Community walk with Rollin Stanley - February 16

Join the Crescent Heights Planning Committee on a walk through our community with Rollin Stanley the new General Manager of Planning, Development and Assessment with the City of Calgary. Our stroll will last one hour and we will meet at the community hall at 11am.

Empties For Equipment! Crescent Heights High School's monthly drop-off bottle drives. Thanks for helping support various clubs and teams - your donations make a huge difference to us! Drop-offs take place the second Saturday of the month - **February 9th.**Thanks for your continuing support!

Programs at the hall

SUNDAYS: Pentecostal Church Public Service 10am – noon MONDAYS: Fitness Class 5-7pm, Call Lana 403-999-5373 Dance and Fitness 7:30 – 9:30pm.

WEDNESDAYS Fits and Class C.20

WEDNESDAYS: Fitness Class 6:30-7:15am, Call Lana 403-999-5373 CHCA Playgroup 10 - 11:30am, For info call Stacie 403-670-6872 Tai Chi 7:30 - 9:30pm

THURSDAYS: Fitness Class 5:30-8pm. For info call Lana 403-999-5373 For more a more detailed Hall Calendar and for event and activities contact information please visit:

http://www.calgaryarea.com/nw/crescenthts/calendar/diary.asp

<u>HIGHLAND PARK</u>

Highland Park Community Association Hall: 3716 - 2nd Street NW

Hall Rentals: Call 403-276-6969

Newsletter email: highlandparkeditor@gmail.com

SENIOR'S LUNCH: February Potluck, Feb 11

Please join us at the Highland Park Community Hall, 3716 – 2 St. NW On the third Monday (usually) of the month, at noon.

FEBRUARY ONLY: on Feb 11th at 12 noon Cost: \$5/member, \$10/non-member

Call Anne Klempa at 403-277-3388 to confirm your attendance.

Karate: Every Monday, 6:15 – 7:15pm (kids), 7:30 - 9:30 (adults)

Scottish Country Dancing: Every Tuesday, 7:30 – 9:30pm

Martial Arts: Tuesdays & Thursdays, 7:00 - 9:30pm

Irish Dancing: Every Wednesday, 5:00 — 9:30pm

Blood Donor Clinic: Sat. March 30 from 9am to 1pm at the hall.
Community volunteers needed to greet donors after their donation.

Two shifts available: 9:00 am - 11:30 am & 11:30 am - 2:00 pm

Call Jeanette Patrick at 403-277-2508 to volunteer



Emergency Medical Services

February Is Heart Month





Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

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

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- 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 make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course.
 Training is widely available from many reputable organizations.
 It's easy, inexpensive, and only takes a few hours.

www.albertahealthservices.ca



Area Classified Ads







CASH

All Classified ads must be prepaid Call 403-276-8108 to book your ad.

ACCOUNTING SERVICES

Business Owners - Accounting, Corporate, partnership, trust & Individual income tax returns, disputes with CRA & late filers.

35 yrs exp. Certified Practising Accountant F. Rattani 403.230.3030 ferose@telus.net

ANIMAL RESCUE



Adopt - Foster - Volunteer - Donate

Our volunteers range in age from young children to seniors and all are animal-lovers who are looking to make a difference.

To learn more, please visit albertaanimalrescuecrew.com

ED & BREAKFAST

Hughes' House B & B. Crescent Hts. area. Family-friendly. Visiting relative specials. 403.804.4431 Visit www.hugheshouse.ca

CLASSIFIED ADS WORK - FOR YOU!

BELLY DANCING

Lotus Belly Dance Studio with Ariellah Beginner to Advanced - Mon-Thr and Sat www.bellydancetoo.com Call (403) 247-9776 or email: lotusbellydance@shaw.ca

Custom font+\$20/line

CHILDREN'S PROGRAMS

Kindermusik at Renfrew Community Center Sing, Play and Learn with your child For more info please call (403) 457-4126 or email: placusta@me.com

Raymond Parenting - Now in Bridgeland For more information and to register, visit www.raymondparenting.com or call 403-242-3533

CLASSIFIED ADS WORK!

CLEANING SERVICES

TLC CLEANING, Licensed, Insured, Bondable, WCB Covered, excellent rates and references, enviro friendly options too! Free estimates, call Carol at 403-614-8522

ONLY PERFECT CLEANING SERVICES
References/Bonded. Free est. Non-abrasive,
ph-neutral, biodegradable supplies + microfibre cloths for top quality residential cleaning.
Call (403) 719-4052 or (587) 434-0798.

COMMUNITY FUNDRAISING

Local Casino Advisor

Lea has 16 years of experience as a Casino Volunteer Advisor.

Call Lea Lapka 403-277-4499 lealapkaadvisor@gmail.com

EAVESTROUGHING

edition

Tony Peterson Eavestrough
Free estimates, prompt service, quality work
Call Tony 403-230-7428 (Since 1990)

ELECTRICIAN SERVICES

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HANDYMAN SERVICES



HEALTH & WELLNESS



Dr. Angela E. Mulrooney

I.V. Sedation

403-272-0616

calgarycitydentist.com

HEALTH & WELLNESS

FAMILIES MATTER

welcomes you and your family to celebrate our Grand Opening at our new location in the

Trans Canada Centre 1440 -16 Ave NE on Saturday, Feb. 23 from 10am – 2pm

You will have a chance to get to know us and the services and we support that offer Calgary families. Bring your little ones for play, receive some give aways, enter a draw for Family Pack prizes and have some refreshments.

HOME IMPROVEMENT

Tub tired looking-hard to clean-don't like the color? Call Obe / Arlene at **BathMaster** for all refinishing needs! **Call 403-293-4810** or **calgary.bath@bathmaster.com**

PILATES

Pilates, Tuesdays, 7:30 pm at Renfrew Baptist Church, 1204 Renfrew Dr. NE \$5 drop-in. Everyone welcome!

PLUMBING SERVICES

Superior Plumbing - Journeyman Plumber Gas fitter. Bathrooms/Hot Water Tank/etc No job too small! 403-477-9754 superior.plumbing@hotmail.com

WORK FROM HOME

Stop settling for less than your best. Earn a second monthly cheque. For free CD, call 877-858-3006.

ELEVEN GREAT COMMUNITIES - ONE LOW PRICE!

'TEXT ONLY' CLASSIFIED ADS

First three lines\$79 (less than \$7.50/community)
Each additional line +\$15
BOLD font+\$15

VALUE DISCOUNTS FOR FREQUENCY ADVERTISING

3 editions: 10% OFF 5 editions: 15% OFF 10 editions: 20% OFF Text ads only. Prices do not include GST.

CLASSIFIED DISPLAY ADS (BOXES)

E-mail: ellisevansdesign@shaw.ca or phone 403-276-8108 to place your ad!

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Calgary Police Service

Tip of the Month: Victim Assistance Team

The Victim Assistance Team is composed of trained and committed staff and volunteers who provide information, support and referrals to victims of crime and tragedy through three programs:

Call Centre: Victim Support Advocates (volunteers) initiate phone contact with victims of personal crime or tragedy providing case and court updates and information; emotional support and referrals to community agencies for counseling, bereavement and other appropriate support agencies.

Contact the Call Centre at 403-428-8398 or toll-free 1-888-327-7828.

Victim Support Advocates can provide information on the following Alberta Government Programs:

Victim Impact Statement

A victim impact statement allows you to express in writing to a judge how being a victim of crime has affected you, and those close to you. Upon conviction, this information is taken into consideration by the judge before handing down a sentence.

Restitution

When charges have been laid in a criminal offence you can apply for restitution. Restitution is a way for the offender to repay material, property or financial loss that you have suffered.

Financial Benefits

If you have suffered a physical or emotional injury as a direct result of

being the victim of a violent crime that occurred in Alberta, you are entitled to apply for Financial Benefits. The incident must be reported to police, but does not require charges to have been laid. This financial award is intended to assist you through a difficult time and is not compensation.

Emergency planning for your pet

- Ensure you have a temporary, alternative place for your cat or dog to go for safekeeping in the event of an emergency.
- In the event of a fire, do not return to search for pets. Contact 911 from a safe phone. Firefighters will search for any animals left behind in a home
- After placing a 911 medical emergency call, confine your cat or dog if a home evacuation is not required. This ensures the safety of cats, dogs and rescue personnel.
- Rescued cats and dogs will be delivered to the Animal Services Centre for temporary safe keeping. Injured cats and dogs may be taken to a 24hour vet clinic.
- Contact Animal & Bylaw Services at 311 for information about your pet if he has been brought to the Animal Services Centre.
- Animal & Bylaw Services provides free door and window stickers that notify emergency responders that pets may be in the residence. Contacting 311 or visit the Animal Services Centre.





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Emergency Medical Services

Sledding Safety



Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment.
 Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

www.albertahealthservices.ca



Join our *Crescent View* enRoute Challenge!

Take a pic at school, at work, around town, with family, with friends, with a celebrity... just about anywhere!

Send your pic to: ellisevansdesign@shaw.ca

Here is the *Crescent View* on the front windshield of the car in Cuba. - Mariane C.

Off the Shelf

Book Review by Judith Umbach

Gwen

by Carolyn Pogue

At ten years old, Gwen is happy living with her father, albeit in dire poverty. At eleven years old, she is destitute. Author Carolyn Pogue wrote Gwen as a tribute to her grandmother, a "Home Child", one of a hundred thousand children sent to Canada as indentured labourers.

Gwen has an adventurous attitude that makes the best of all circumstances. Her vision of Canada comes from the poetry of Pauline Johnson, a Mohawk princess, poet and dramatic performer. Gwen had seen Johnson perform on her tenth birthday when her father smuggled her backstage in a London theatre. As a consequence, Gwen's most precious possession is a book of Johnson's haunting poems of the Canadian landscape. For her, a chance to go to Canada seems to be a dream come true.

In Ontario, Gwen's assignment as a maid in an upper-middle class family turns her dream to ashes - for a while at least. She is treated as an inferior servant, and finally provoked beyond bearing by male expectations, Gwen runs away through the countryside. In a surreal journey by foot, she sees herself experiencing first-hand the poetic visions painted by Pauline Johnson's words. As she returns to



"civilization", the town, she finds the strength of character to be her own advocate, and she eventually wins the family she deserves. All is well.

This novel was written for young adults, thus Carolyn Pogue has treated many difficult issues that confronted Home Children with a light touch. Nevertheless, the narrative is a good one for parents to share with young teenagers. The gentle history lessons could inform both generations while they marvel at the resilience of the adventurous Gwen.

Just released in the fall was the sequel, West Wind Calling, set in Calgary.

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U8 Skills Option (2005, 2006 or later)

U10 Boys or Girls Developmental (2003, 2004 or later)

U12 Boys or Girls Competitive (2001, 2002 or later)

U14 Boys or Girls Competitive (1999, 2000 or later)

U16 Boys or Girls Competitive (1997, 1998 or later)

U18 Boys or Girls Competitive (1995, 1996 or later)

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*Discounts for families with more than 2 children! (Financial assistance may be available to those who qualify through Kidsport.)

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1. Visit our website at www.deerfootsoccer.com to register online. A major credit card is required. or **2.** Visit us on any of the following dates and locations if you wish to pay in person by cheque or cash:

Crossroads Community Centre, 1803 - 14 Avenue NE Saturday, February 9th from 9am to noon

Renfrew Community Hall, 811 Radford Road NE Saturday, February 23rd from 9am to noon

Inquiries can be addressed via email to registration@deerfootsoccer.com

Volunteers: We are a non-profit 100% volunteer organization. There are many opportunities for committed parents to get involved. We even offer discounts to those willing to commit their time. Please contact us at info@deerfootsoccer.com or come out to our general meetings to get involved. You won't regret it!



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