

● The Crescent View

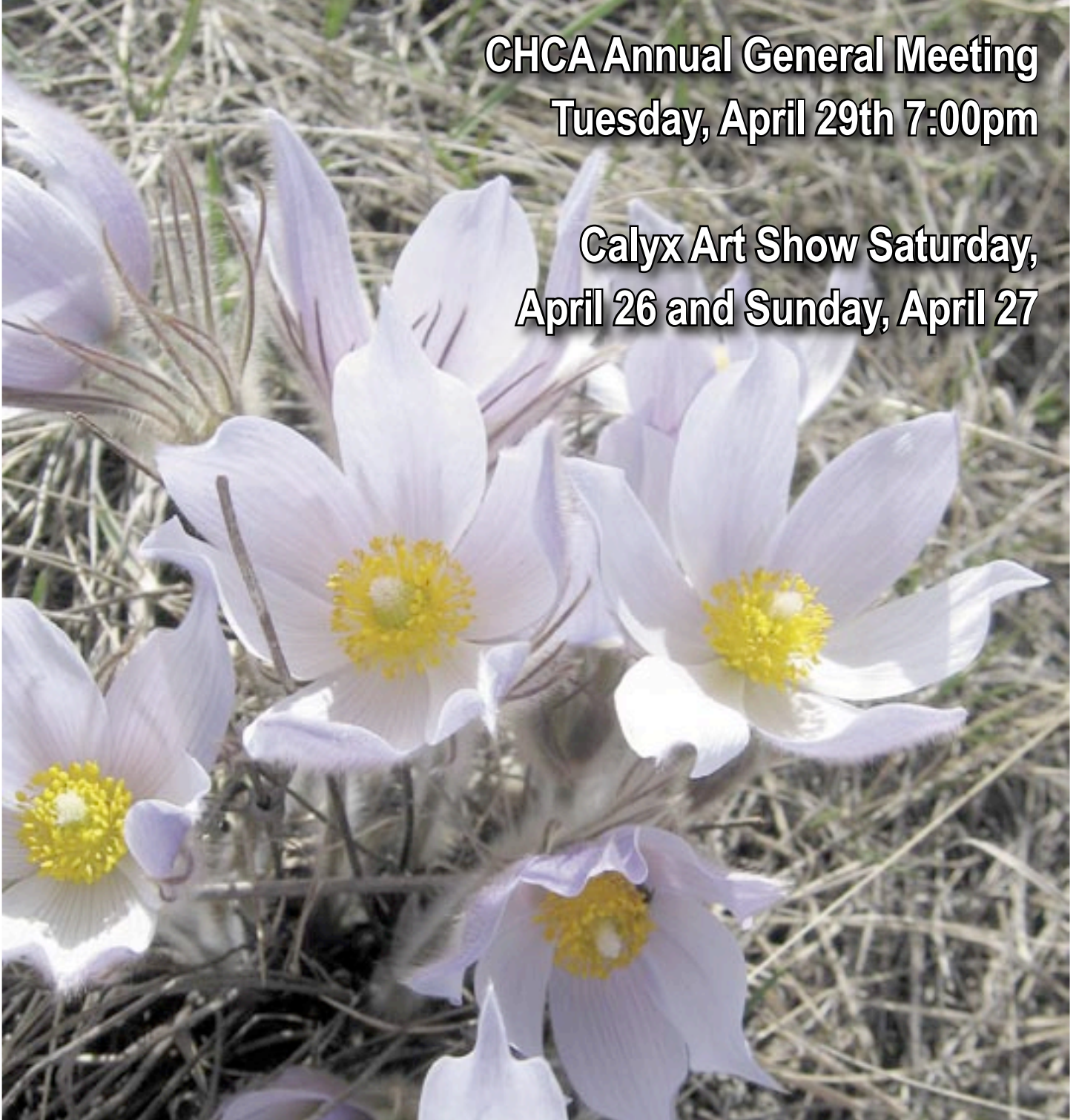
April 2014

OFFICIAL NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION



**CHCA Annual General Meeting
Tuesday, April 29th 7:00pm**

**Calyx Art Show Saturday,
April 26 and Sunday, April 27**



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Crescent Heights Community Association

Member of the Federation of Calgary Communities

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

CHCA activities and operations is provided through volunteer community members and a volunteer board of directors, whose common interest is to advance and enhance the quality of life to CHCA residents, and promote partnership and cooperation between residents and businesses of Crescent Heights.

Volunteer Board of Directors

403.276.1002 + extension # below

President	Daniel Dang, 403.355.0058	(01)
Secretary	Leslie Marion	(02)
Treasurer	Dan Shield	(03)
Communications / Events	Mike Jankovic	(04)
Parks / Environment	Sheena Johnson	(05)
Traffic Issues West	vacant	(06)
Traffic Issues East	Kellee Grounds	(07)
Building / Planning	Darlene Jones	(08)
Director at Large/Spec. Projects	Stephanie Ho Lem	(09)
Past President	John McDermid	(00)

Volunteer Managers and Police

Hall Rentals Manager	Marlene Zaharichuk, 403.804.5600	(99)
CHCA Events Line	Mike Jankovic	(88)
Newsletter Editor	Elizabeth Stady, 403.245.3331 chcaview@gmail.com	(89)
Memberships	Jonathan and Alison Martin curmudgeon9@shaw.ca	(87)
Newsletter Distribution East	John McDermid	(86)
Newsletter Distribution West	David Leisaunieks	(85)
Community Playgroup	vacant	(84)
Community Rink Manager	Tim Edwards	(83)
Crime Prevention/Blockwatch	Jack Lawson	(82)

Comm. Liaison Officer: Cst. Dominique Laporte, 403.567.6300
District 3, #3241

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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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More information on page 6.



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

President's message

by Daniel Dang

I have just gotten back from a special meeting of Crescent Heights traffic and planning committee at the CHCA hall. This was a 'special meeting' because our guests were Councillor Druh Farrell, her Executive Assistant Carol Armes, Mr. Abdou Souraya - City Traffic Engineer, and Constable Glenn Pedersen - Community Liaison Officer with the Calgary Police Service. On the agenda were topics related to traffic concerns and non-market housing in Crescent Heights.

This meeting was our first serious opportunity to bend some City ears on traffic concerns as raised by Crescent Heights residents over the past two years, and summarized by our then traffic directors - Kellee Grounds (east side) and Alan Anderson (west side). Previous submissions of the CHCA's compilation of traffic concerns had somehow disappeared into the bureaucratic abyss at city hall, without too much feedback. Therefore myself, board colleagues and committee members were quite looking forward to this meeting.

Much of the discussion revolved around cut through traffic during rush hours, and the tools available to Calgary's traffic engineers to help shape driver behaviours and reduce cut through traffic by commuters. Left turn restrictions, four-way stops, traffic buttons, speed bumps and enhanced enforcements were preferred traffic directing tools; whereas 'roaming road closures' are not as well known, nor used by Calgary's traffic engineering department.

Current traffic issues arise mainly from areas south of 12th Avenue, as our year 2000 traffic study, and its subsequent implementation have sufficiently contained traffic issues between 12th and 16th Avenue north. Areas of current concerns to Crescent Heights residents were rush hour, cut through traffic along 2nd Street northeast and 1st Street northwest; and the increasing frequency of frustrated drivers trying to gain access from 13th Avenue northwest to the 16th Avenue traffic corridor, through the narrow (and closed) streets of west Crescent Heights.

The previously proposed solution (four-way stops along 2nd Street NE between 2nd Avenue and 6th Avenue) did not pass a minimum vehicle volume per time period test by traffic engineering, and therefore it was not recommended for implementation. The information we have now collected from the recent traffic survey indicates that a short cut during

- Continued on page 6



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President's Message cont. from page 3

the afternoon rush hour shows people heading up Samis Road, over to 2nd Street NE, and then speeding all the way up to 6th Avenue before they encounter the first stop sign. They then make it up to 8th Avenue and either exits onto Edmonton Trail or points further west. However, we did receive a commitment from the City's traffic engineering department to re-examine the issue, with a specifically tighter time window to properly measure the scope of the problem during peak rush hour periods, instead of over a six to eight hour period. We are hoping that these proposed four-way stops will pass the benchmark with the revised measuring system, and get implemented to enhance the safety of pedestrian traffic, especially during the peak rush hours.

The traffic committee had also proposed that a 'no left turn' during the rush hours from 1st Street NW to westbound 11th Avenue NW be instituted. This would force those cut through commuters to waste their time and only turn left onto 12th Avenue at northbound 1st Street west. Again, we have received renewed commitment from the City to take a closer look at this with the idea for implementation very soon.

Lastly, residents of northwest Crescent Heights have been noticing an increasing number of vehicles trying to cut through to 16th Avenue from 12th and 13th Avenue northwest. The traffic committee has previously recommended 'no access to 16th Avenue' signs be posted along each street entrance, to minimize the number of vehicles racing up the closed streets, only to result in making u-turns on the front lawns of residences along the route. Here too, we have received commitments from the City for quick implementation.

Although there will be other traffic hot spots that arise from time to time, if just these three top recommendations of our traffic committee are implemented, it would go a long way towards keeping non-local traffic to the main roads and traffic corridors, and out of our quiet residential streets. These measures will help to restore and improve the safety and serenity of a quality residential community which Crescent Heights residents can all enjoy.

The meeting then changed its focus to the topic of non-market housing, which encompasses the range between special care facilities to subsidized housing and affordable housing. As regular readers of this column

already know, in recent months Crescent Heights has seen an increase in the number of applications from various social agencies and private developers looking to acquire land and/or existing buildings to convert into non-market rental housing. Some of this uptick in demand is the definite result of the recent financial incentives by the provincial government to the industry to try and put an "end to homelessness."

The Crescent Heights Planning Committee recognizes the difference, and therefore distinguishes between special care facilities and affordable rental housing. A recent survey of our community shows that we already have three developments of the former category and three additional developments fitting the latter category. In addition to this inventory, the planning committee has already approved a development (yet to be built) consisting of 16 units in the 200 block of 15th Avenue NE. Since then, the CHCA has taken the position that we are temporarily withholding community support for additional developments and/or proposals until we can sort out the potential implications of such concentration of these non-market housing projects in our community. We have expressed our position in this regard to two separate developers in recent months.

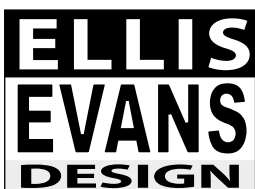
Participants in our meeting were relieved to hear from Councillor Farrell that she agrees with our recent assessment that we may have reached our current carrying limit for these non-market housing developments in our community. Recently, she has started to echo our concerns to developers who were seeking to put additional projects in these categories of housing in Crescent Heights. What is still needed from us is a methodology to measure the impact, and a benchmark to assess when (and if) we can take on more of these development projects. Please stay tuned to my future reports for further development.

Finally, any discussion over development/re-development of Crescent Heights would be incomplete without the topic of Transportation Corridors, the North Central LRT, Centre Street and 16th Avenue north, and the potential of Business Revitalization Zones for any of our three commercial corridors. These topics have been weaved into the fabric of daily living in Crescent Heights. Our community is bisected by Centre Street north which is the busiest transportation corridor in Calgary, and framed on the north and east side by 16th Avenue and Edmonton Trail. Recent development

THE CRESCENT VIEW

is the official newsletter of the
**Crescent Heights
Community Association**

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proposals along these three major thoroughfares have been 'in limbo' due to the uncertainty surrounding a number of major decisions yet to be made by the City. This uncertainty includes the 'set-back requirements', 'classification of roadways as transportation corridors', and of course, the routing of the North Central LRT.

Councillor Farrell openly mused if there is a need for the City to revisit the 16th Avenue transportation corridor ARP (Area Redevelopment Plan) to relax the guideline for developments along this route with an aim to encourage re-development along this now two-year old, improved roadway. A quick survey down the south side of 16th Avenue will see a number of empty lots, with little sign of re-development proceeding as the original planners had envisioned for this major corridor. The one development project that Crescent Heights' planning committee had examined in this corridor was deficient in parking, but it was allowed to go forward and is now being built on the corner of 2nd Street and 16th Avenue NW. The issue is how much more relaxation is enough enticement to spur development? And more importantly, do we need to do this en-mass, or can we not just consider the individual proposals as they come up? Whatever the right answer is, we will need to again count on the expertise and wisdom of those who have tirelessly participated in the drafting, refining and implementation of the original 16th Avenue transportation corridor ARP.

For those residents who have been following LRT discussions, recent development on the North Central LRT have been coming fast and furious. City council has recently (last week) eliminated a number of potential routes, leaving only Centre Street and Edmonton Trail as the remaining competing options. What is yet to be decided is, if it would go underground or above ground on either of these corridors. There are positive and negative implications to each of these options, and more importantly, the potential to drastically change the streetscape of these roadways and similarly impact the daily living activities in our community. Will Centre Street north become a tourist attraction with quiet street front shops and patios (think Kensington with street cars), or the nightmare in disguise similar to 36th Street NE? Look for opportunities to voice your opinion in various upcoming transportation corridor workshops and North Central LRT consultation sessions. Council is set to receive the final recommendations and make a decision on this topic by December this year.

Whoever said living in Crescent Heights is simple and uncomplicated? Long-time residents of our community can recall days when street cars quietly roamed Centre Street; inviting shops lined the sidewalks of the wide open and tree shaded boulevard; and crossing the roadway to access quiet parks did not involve dodging rush-hour traffic.

Upcoming decisions of City Council and planning experts may help to restore some sort-of order and resemblance of simple living in our community; or it can irreversibly change the streetscape of our community to something else. Whatever your vision of life in Crescent Heights may be, only through your participation in our community association, and your persistent participation and contribution of ideas and input will help us grow together as a community, and improve the collective lives of all residents of Crescent Heights. Please plan to come to the CHCA Annual General Meeting at 7:00 pm on April 29, 2014. See you then.

Newsletter editorial deadlines

The Crescent View is published ten times per year. Please email your articles or event listings, as an attachment in MS Word, to Elizabeth Stady at chcaview@gmail.com.

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.

A special "thank you" to
Bill and Lori Harvey
for helping to deliver *The Crescent View*.
Your volunteer efforts are very much appreciated!

McHugh Bluff cleanup

Spring is in the air and it is time for some spring cleaning! If you enjoy the McHugh Bluff, please come and share a few hours with neighbours and friends in the annual spring litter cleanup on Saturday, May 10, 9:30 – 11:00am. We will meet at Crescent Road and 5 Street NW and we will finish up with Tim Hortons cookies and cold drinks. Garbage and recycling bags as well as thin gloves will be provided.

If you would like to become involved with the "Friends of McHugh Bluff" please contact friendsofmchughbluff@gmail.com to be added to the email distribution list. We are a group of volunteers who do spring and fall litter cleanups and support the City of Calgary's Biodiversity Program with hand-pulling of invasive weeds from the McHugh Bluff.

Easter at Wild Rose United

1317 – 1st Street NW

Maundy Thursday - April 17, Lenten Pilgrim Supper and Service at 6:30pm
Good Friday Service - April 18 at Northminster United Church, 10:30am
Easter Vigil - Good Friday, April 18

- Meditations on the Stations of the Cross from 1 to 3pm.

- Quiet Prayer and Meditation - Open Sanctuary from 3 to 4pm

Holy Saturday - Quiet Prayer and Meditation

- Open Sanctuary – from 4 to 6:30pm.

- Chanting Service in anticipation of Easter at 6:30pm.

Easter Sunday, April 20, 2014

- Sunrise Service at 7:00am and Easter Service at 10am.

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- Dr. Laura Brescia



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Let's talk about Crescent Heights!

Crescent Heights Community Association membership drive initiative

Time Period: October 2013 to September 2014

Managed by: Current Treasurer for CHCA and
Current Membership Director for CHCA

Distribution: CHCA members for implementation

Objectives:

- Promote neighbor to neighbour to neighbour contact and communication;
- Increase number of new members in CHCA;
- Tool to measure feedback and/or topics of concerns to CHCA residents;
- Encourage people to hold "mini block parties" to develop neighbourhood cohesiveness.

Mini Block Parties Format:

CHCA will reimburse up to \$50 to current CHCA members in good standing, to host mini block parties; The member who submits the expense claim must also submit a summary report of topics / discussions taken place at the event, and the desired outcome or solution proposed for further investigation / follow-up.

Receipts for expenses must be submitted to support the claim, together with proof of current membership. All submitted receipts and reports become property of CHCA.

Rules:

- Minimum of two new individual / family members per event (non-current CHCA members);
- Minimum 40% of the attendees must be new CHCA members (signup at event);
- Existing CHCA members can host 2 events per year;
- Existing CHCA members can participate in 2 events per year as non-host capacity;
- Reports and expenses must be submitted within two weeks of event's date.

Report to be submitted directly to membership director / coordinator with new membership signup forms and applicable membership fees for new membership(s).

Please allow up to 4 weeks, from receipt of claim, for reimbursement cheque to be paid.

"Let's talk about Crescent Heights" - membership drive initiative!

Report / Request for funding

Submitted by: _____

Event Date: _____

Attendees: _____

Report Date: _____

Location: _____

P#: _____ member / new

P#: _____ member / new

P#: _____ member / new

P#: _____ member / new

P#: _____ member / new

Topics of discussion and desired outcome:

1) _____

2) _____

3) _____

Total Receipts submitted: _____ Cheque made out to: _____

Crescent Park Playground Open House; April 29th Crescent Heights AGM

Our much loved Crescent Park playground has to go and CHCA needs your help to make the new playground fabulous and fun for our community children!

Come to the playground Open House at the April 29th Crescent Heights AGM. We will have poster boards of the initial design, catalogs of playground equipment and a Little Tykes Commercial sales representative to answer any questions.



Why are Playgrounds Important?

Playing outside is a vital part of childhood development, nurturing the advancement of physical strength, coordination and friendship.

Undirected play allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills.



What do Playgrounds do for the Community?

As a fixed asset in the community, a playground structurally symbolizes, promotes and reinforces the importance of childhood. A playground is a spirited symbol of community devotion, welcoming all into the fun.

They provide people with an informal gathering place to be physically active, socialize, relax, build community, connect with the natural world and provide a venue for children and adults of different backgrounds to connect.



Play is incredibly important to the development of children's social, emotional, cognitive and physical development, as well as creativity and imagination.

Why do we need you?

The CHCA in partnership with Parks Foundation Calgary and the CFEP grant have tentatively raised enough money for a standard playground, but need your donations to make it extra special.

This Playground will be a part of our Community for the next 20+ years, so let's work together to make it the best we can for our children and future generations!

To donate, please contact the Crescent Heights Community Association at 403.276.1002 or email CHCAboard@hotmail.com. Tax receipts are available for any donation over \$25.

Potential Extra Features;

Quad Pod	\$36,700.00
Genesis Rope Structure	\$25,360.00
Tree Cavern	\$21,820.00
Sentinel Peak Rock	\$19,405.00
King Peak Rock Combo	\$39,500.00



Potential Extra Features;

Big Fun Rock	\$18,800.00
Medium Fun Rock	\$9,200.00
Stump Climb	\$2,060.00
Stacked Timber Climb	\$5,500.00
Tri Rock	\$5,600.00
Small Fun Rock	\$3,750.00
Crawl Log	\$3,750.00

To view Potential Extra Features or other playground items, please visit <http://www.dynamoplaygrounds.com> and <http://www.littletykescommercial.com>



CRESCENT HEIGHTS COMMUNITY ASSOCIATION

DONATION INFORMATION

I would like to make a donation in support of Crescent Heights Community Association and Parks Foundation Calgary to the following project:

- ☐ Crescent Park Playground Revitalization

Contact Information:

Title: _____ First Name: _____ Last Name: _____
Address: _____
City: _____ Province: _____ Postal Code: _____
Phone (H): _____ (W): _____
E-mail Address: _____

Payment Information:

- ☐ I would like to make this a one-time donation ☐ Please charge to my credit card

- ☐ My cheque is enclosed Donation Amount: \$ _____

Credit card type: ☐ Visa ☐ MasterCard ☐ Card Expiry: _____ (MM/YY)

Card Number: _____

Signature: _____

Please make cheques out to Parks Foundation Calgary, and include Crescent Park Playground in the subject or memo line.

*Parks Foundation Calgary issues tax receipts as an agent for
The City of Calgary for donations over \$25*

- ☐ Yes, I would like to receive Parks Foundation Calgary's Quarterly Newsletter e-mailed to me
☐ No, I would not like to receive Parks Foundation Calgary's Quarterly Newsletter

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CHCA Activities and Events

April 2014 CHCA Calendar

- 01 CHCA Traffic & Planning Meeting 7-9pm
- 08 CHCA Board Meeting 7:30-9pm
- 15 CHCA Traffic & Planning Meeting 7-9pm
- 22 CHCA Board Meeting 7:30-9pm
- 29 CHCA Annual General Meeting 7-9pm

April at the Hall

Calyx Art Show – Saturday, April 26 and Sunday, April 27

- SUNDAYS:** Pentecostal Church Public Service 10am – noon
- MONDAYS:** Fitness Class 5-7pm, call Lana 403-999-5373
Dance and Fitness 7:30 – 9:30pm
- TUESDAYS:** CHCA Board and Traffic meetings - all welcome!
- WEDNESDAYS:** Tai Chi 7:00 – 9:00pm
- 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>



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North Hill Bottle Depot (3915 – 3A Street N.E.)



Empties for equipment

Crescent Heights High School is having monthly drop-off bottle drives for 2014. 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 from 10 am-noon** - April 12, May 10 and June 14. Thanks for your continuing support!

Cycling on the rise in Calgary

With Calgary forecasted to grow by 1.3 million people in the next 50-60 years, how will we attract and accommodate these new Calgarians, and how will our transportation systems cope? The City of Calgary's Cycling Strategy, adopted in 2012, will help by offering transportation choice.

The Bicycle Program 2013 Yearbook measures our progress toward creating a bicycle friendly city as outlined in the Cycling Strategy. The strategy looks at other winter cities, like Minneapolis and Montreal, to identify ways to improve access and safety, increase the supply of bicycle parking, and educate on the rules of the road.

Some Yearbook highlights:

- Downtown cycle trips increased 26 per cent from 2006 to 2013
- Busiest downtown cycling location: Bow River pathway, west of 11 Street SW
- Busiest cycling location outside of downtown: Bow River pathway at Crowchild Trail SW
- Top three communities with the most cyclists: Point McKay, West Hillhurst, and Parkdale (all in Ward 7!)
- Busiest on-street bike route: 7 Street SW cycle track (Two months after the 7 Street SW Cycle Track opened, bike trips increased 430% from the year before at 1,160 daily trips. Cycling on the sidewalk has decreased from 25% to less than 1% and auto trip times have decreased.)
- Highest percentage of female cyclists: 29 Street NW at Foothills Hospital
- Highest percentage of male cyclists: Western Irrigation District Canal pathway at 52 Street SE
- Cycling trips are up while collision rates have decreased.
- Eight Avenue Place and Brookfield Place are the first towers in the downtown to voluntarily include separate entrances for tenant bicycle parking
- 7 of the top 10 communities for cycling to work are in Ward 7

For more about the Cycling Strategy or The Bicycle Program 2013 Yearbook calgary.ca/bikeyearbook.

Ward 7 Councillor's message

Many of us baby boomers who have aging parents are colliding with a health care and housing system that is ill equipped for the next wave of senior citizens. Where seniors want to live, how they live and how they move around the city will change dramatically. Many options that

exist today provide little comfort. There are long waiting lists for publicly funded housing and a 'first available bed' policy, which requires continuing care residents to accept a placement within 80km of their home, often separating individuals from their friends and family.

One of the key lessons from the 2013 flood was that Calgarians have the great ability to self-organize. Rather than waiting for governments to solve the problem, more and more boomers are coming up with their own solutions. As personal circumstances change, there are several options available for seniors and their families to consider.

For older adults who are fairly healthy and mobile, home care services, which are more cost effective than a supported residence, are available to help folks stay in their family home as long as possible. Secondary suites or laneway units are increasingly seen as a practical solution. Secondary suites can bring in extra income, and special tenant arrangements can offer extra security and help with household chores.

There are more creative solutions to consider as well:

- Cooperative housing: This option can be as simple as a group of friends sharing a home (think Golden Girls), or people with common interests living within a more formal structure, formed as a society with its own bylaws. Co-op housing normally has private bedrooms and sitting rooms with common kitchens and amenity space. They can be purpose-built or the simple conversion of an existing house.
- Temporary Housing: This is an option for seniors who want to live close to their adult children but not with them. Some jurisdictions allow small temporary homes (400 to 800 square feet) to be built to include bedroom, bathroom, living room and kitchen and they are usually situated in a backyard.

The City of Calgary is in the process of developing a Seniors Age Friendly Strategy. Over the coming years we will need to find creative ways to provide a wide range of smart solutions to connect residents to needed services and amenities. For more information on this and other topics please visit my website: www.calgary.ca/ward7

Restaurant feedback needed

Administration recently took a report through to Planning Urban Development and on to Council on Monday, January 27th regarding restaurant sizes in communities.

The Land Use Bylaw Sustainment team is now moving forward with our initial engagement sessions with communities. We would like to host some sessions to gather feedback from you regarding any thoughts or concerns you have with restaurants situated in both neighbourhood and commercial settings.

Please indicate your interest and availability in participating by contacting:

Dane Hugh Morris, MSLD, Planner
Planning Implementation,
Development and Building Approvals
403.268.3432 | Dane.Morris@calgary.ca

Area Events and Resource Guide

Community

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

Jelly Bean Dances - May 9 and June 20

6-9pm. Jelly Bean Dances are for children grades 1-6 and are a whole lotta fun! There is a DJ, candy & snack bar and tons of unbridled energy!

9th Annual Ladies Night Out - Back By Popular Demand!

Thursday, May 8th from 7-9 pm at the Calgary Marlborough Community Centre, 636 Marlborough Way N.E. This an evening with no kids, no husbands, no pressure to shop, browse or book a home party. Admission for this night is still only a TOONIE which allows you a chance to win one of the many great door prizes. For more information, please call Celia at 403-272-2542.

CMCA Under 6 & Under 8 Soccer League - The league will start on April 23 and run to June 19. There will be a wind-up tournament on June 21. Cost is \$90 plus you must have a community membership. To register go on line at www.marlboroughca.ca or phone the office at 403-273-5894.

Swing Your Way Into Spring! - Join Dancin' Dean at our hall for April Dance Lessons. Connect with new and old friends to learn the Swing and the Rumba. Lessons will be held every Wednesday for the month of April. Classes will start at 7:00pm and run until 8:30 pm. Members \$40 per person, Non Members \$50 per person.

PROGRAMS AT THE HALL

MONDAY: Yoga - upstairs - Fireside Room - 7:30 to 9pm. (class full)

TUESDAY: Seniors social walking - main hall, 8:30 to 10:30am

WEDNESDAY: Sparks, Brownies, Beavers - all start at 6pm

THURSDAY: Seniors social walking - main hall, 8:30 to 10:30am

50+ Club - Whist and Bridge every Thursday at 1pm

Yoga upstairs - Fireside Room - 1:30- 3:00pm (space available)

FRIDAY: Be Fit & Age Well Exercise class - 9 to 10am

Military Whist (4th Friday of the month) 7pm

SATURDAY: Fireside Lounge open last Saturday of the month, 7pm

Open Stage and Euchre. Euchre starts at 7:30pm, everyone welcome.

Get involved!

MARLBOROUGH PARK

Marlborough Park Community Association
Hall: 6021 Madigan Drive NE
Hall Rentals: Call 403-248-1775
Newsletter email: marlpark@shaw.ca

UPCOMING EVENTS:

Easter Eggstravaganza - April 13, 10am - noon

Community Cleanup - May 31

Scholastic Book Fair and Mom 2 Mom Sale - June 8

Jelly Bean Dance - June 20, 6:30 to 9:30pm, \$4

Lego Contest - September 20

Little Warriors Workshop - May 1, 6 to 9pm \$20.00 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, between 8am and 4pm Mon-Fri.

Blood Donor Clinic - April 25 from 3 to 8pm. Give the greatest gift of all - the gift of blood.

MARLBOROUGH PARK cont

AT THE HALL

Marlborough Park PreSchool: There are still a few spaces available. Please call the office at 403-248-1775.

Loma Whist Club Wednesday afternoons at 1pm. Please call Ilene at 403-450-9827 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.

NIA - Monday Evenings - 6:30 - 7:30pm

Yoga - Thursday Afternoon from 3 to 4pm. Call the Hall for details.

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

Mom and Tots Playgroup: Meet in the WHM Community Hall. Mondays, from 10-11:30am. For more info contact Mary-Beth Walsh at 403-209-1691.

Book Club: Calling all book worms! We are starting a monthly book club and would love to hear from you. Our first meeting will be in April. If you are interested in joining us, and would like to provide some suggestions on when and where to meet, please e-mail Mary-Beth at marybethwalshn2@gmail.com and I'll add you to our growing e-mail list. Once we've decided upon a date, time and location for our first get-together in April, I will e-mail everyone interested with further details.

Community Outdoor Rinks: The Marsden Road Adopt-a-Rink is available for skating every day. The community hall rinks are also available most days for skating. We host Grassroots hockey for kids on Tuesdays, family skating on Saturdays and "shinny" hockey.

Community Casino Call for Volunteers: It may be early, but we are beginning the search for volunteers for our annual Community Casino night. The dates for the fundraiser are Tuesday, August 19 and Wednesday, August 20, 2014 at the Elbow River Casino. For more information: Email: communications@winstonheights.ca
Subject: Casino Volunteer

Rain Barrel and Composter Community Sales: Not sure how to use a rain barrel? Not to worry! Our experts will be on hand at the sale to show you how to set up and maintain your rain barrel and composter. Composters are only \$40 and Rain Barrels start from \$60.

Saturday, May 31st (9am - 1pm)

First Calgary Financial TransCanada: 510, 16th Ave NE

RUNDLE

Rundle Community Association

Hall: 2409 - 50 St. NE

Hall Rentals: Call 403-280-4752

Newsletter email: rumbles@shaw.ca

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

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! **New menu!** Check it out!

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.

Karaoke at the Rundle Summit Pub! Bring your singing voice and warble your favourite tune!

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

Easter Shell Hunt & Bike Parade - Sun. April 20

Hunt: 10:00 am - 12:00 pm. Bring your own Easter basket

MPCA Community Hall (Upper Hall in case of rain)

Decorate your bike or trike (a few items will be available) & join the parade at 11:30am!

Pleasant Times - Upper Hall, 602 22 Ave. NW

Pleasant Times is an adults-only group that meets at 1pm 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.

Join us for a trip to Okotoks and visit both The Saskatoon Farm and the Chinook Honey Company. For just \$40 per person, this trip includes a set lunch (mixed greens with Saskatoon vinaigrette; beef, chicken, or egg salad sandwich, Saskatoon pie & ice cream, and tea or coffee), motor coach transport, either an apiary or meadery tour at Chinook Honey, time to explore at both locations, GST, and lunch tip. For more information, please call (403) 289-8390 or email Linda at lohanlon@telus.net.

Book Club - 4th Tuesday of the month from 7 to 9pm in the Lower Hall. Our March 25th discussion will be *Sylvanus Now* by Donna Morrissey. Our April 22nd book will be *Maya's Notebook* by Isabel Allende. For more info email lohanlon@telus.net or call Linda at (403) 289-8390.

MPCA Playgroup - The Mount Pleasant Playgroup is a parent and tot playtime in the MPCA lower hall. Programs are held Monday to Friday mornings from 9:30 am to 11:30am. Go to mpca.ca, click Activities, select Playgroup, then scroll to the bottom of the page for the registration button. For more information you can email mpp.chair@gmail.com.

Community Seniors' Garage Sale - Volunteers Needed!

We're looking for people interested in helping to transport people and their treasures to and from the community centre, set up and put away items for sale. If you can help, have bags that you can donate, a folding table you can lend, or are a senior who would like a spot in the sale, please contact Linda at lohanlon@telus.net or (403) 289-8390.

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/fqjLg>

Crossroads Community Preschool: Accepting registrations for the 2013/2014 school year. Please call 403-277-2168 or 403-640-4967.

Early Registration and Open House: April 15, 7pm at the Crossroads Community Preschool - 1803 14th Ave. NE Come and see the preschool, meet the teacher, and ask any questions you may have. For further information, please call Jenn at 403-277-2168.

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

After School Cooking Program! - Mondays at the hall from 4 to 5:30pm; inclusive of ages 8 to 12. The program is free, but registration is required. Please call the hall for more details.

Connections

Area Events and Resource Guide

CROSSROADS cont

UPCOMING EVENTS

Movie Night – April 11 at 7pm (Doors at 6:30)

Scout Bottle Drive - April 12

Crossroads Community Preschool Open House – April 15 at 7pm

Pub Night - April 25 at 7:30pm

Movie Night – May 9 at 7pm (Doors at 6:30)

Pub Night - May 30 at 7:30pm

5th Annual Crossroads Multicultural Festival: Free admission.

Saturday, May 31 from 11am - 4pm. Cultural entertainment, including music, dance, martial arts Henna, glitter tattoos, arts and crafts and so much more. International Buffet (\$5) To volunteer e-mail Ruth: ccamulticulture@gmail.com or call the hall 403-276-8108



BRIDGELAND-RIVERSIDE

Bridgeland Riverside Community Association

Hall: 917 Centre Avenue NE

Ph: 403-263-5755, Hall email: hall@brccalgary.org

Newsletter email: newsletter@brccalgary.org

Visit our web site at: www.brccalgary.org for a complete listing of programs and classes.

Annual Spring Art Show & Sale: BRCA Hall on Saturday April 26 from 10 am - 4 pm. Painting - Jewelry - Photography - Sculpture - Ceramics. Come out and meet the artists in attendance who share their inspirations & techniques.

Bridgeland Bike Day: May 3 from 10am – 12:30pm at the Bridgeland Riverside Community Hall. Stop by the community hall with your bicycle to learn more about the pathway network and where it can take you. Check out different types of bikes and kid carriers. There will also be displays on bike maintenance and safety, an obstacle course for the younger crowd and a paperboy challenge for the more experienced riders. In addition, there will be a bike related craft for kids, and a group ride from the hall. We still need volunteers for this event! Please contact Stacey at events@brccalgary.org

Bridgeland Days:

Soccer Round Up Kids Carnival - June 6th from 11am – 1pm

Best of Bridgeland – June 6th

Bridgeland Run/Walk – June 7th – if there is enough interest from the community. If you'd like to help out with this event, please contact Stacey at events@brccalgary.org

Bridgeland Riverside Playgroup: We meet Wednesdays from 10am to noon at Bridgeland Campus of Centre Street Church, 235-8A St NE

History Interest Group: Our group is focusing on learning more about our rich history in Bridgeland - Riverside, raising awareness and preserving our history. We are also interested in old photos and in talking with people who have stories from the past. Contact Deb Lee 403 265-1597 or Sharon McKendrick at 403 263-5098.

TUXEDO PARK

Tuxedo Park Community Association

Hall: 202 29 Avenue NE

Ph: 403-277-8689

Editor: communications@tuxedoparkcommunity.ca

TUXEDO HALL EVENTS CALENDAR

April 11-13 Hall Love Fest! Our Hall needs some love, come by and help us paint, fix and love our hall. Going on all weekend, all skills levels needed. For more information or to volunteer, call Karen at 403.835.0057 or email social@tuxedoparkcommunity.ca.

May 4 – Cinco de Mayo, Tuxedo Park Upper Hall

July 1 – Canada Day at Tuxedo Park

September 6 – Clothing Swap at Tuxedo Park

November 11 – Remembrance Day Tea and Kids Art Project

December 6 - Santa Breakfast , 9am

CRESCENT HEIGHTS

Crescent Heights Community Association

Hall: 1101 - 2nd Street NW

Hall Rentals: Call 403-804-5600

Newsletter email: chcaview@gmail.com

McHugh Bluff Cleanup: Saturday, May 10, 9:30 – 11:00am.

We will meet at Crescent Road and 5 Street NW and we will finish up with Tim Hortons cookies and cold drinks. Garbage and recycling bags as well as thin gloves will be provided.

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 - **Apr. 12, May 10, June 14**. Thanks for your continuing support!

PROGRAMS AND EVENTS AT THE HALL

Calyx Art Show: Saturday, April 26 and Sunday, April 27.

Free parking and free admission

SUNDAYS: Pentecostal Church Public Service 10am – noon

MONDAYS: Fitness Class 5-7pm, call Lana 403-999-5373

Dance and Fitness 7:30 – 9:30pm.

TUESDAYS: CHCA Traffic and Planning Meetings - open to public

WEDNESDAYS: 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>

HIGHLAND PARK

Highland Park Community Association

Hall: 3716 - 2nd Street NW

Hall Rentals: Call 403-276-6969

Newsletter email: highlandparkeditor@gmail.com

4th Annual Highland Park Jane's Walk: A weekend of FREE local walking tours led by neighbourhood volunteers. May 2, 3 and 4. For walks & depart times call Kerri @ 403-209-0026.

Visit thecalgaryfoundation.org for more information.

Cultural event ... AFRICA! Saturday, May 31. Dinner begins at 6:00 with presentation to follow at 7:30pm. Presented by Youth and the Highland Park Community Association, in partnership with the Neighborhood of Promise. RSVP to Elaine Stringer at 403-476-7234. We are also looking for volunteers to help with this event. If you can contribute in any way, please give us a call.

Highland Park Play Group: Parents and little ones ages 0 – 5 years When: Mondays 9:30 – 11:00am (unless it is a holiday)

Where: Jubilee Church 458-35 Ave. NW

For more information contact: Carla Rae Shaw at 403-475-0742 or shaw.cr@gmail.com. This group is run by local community residents.

Hall Programs:

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

Martial Arts: Tuesdays, 7:00 pm – 9:30 pm and 6:30 – 10:00 pm

Irish Dancing: Wednesdays, 5:30 – 9:00pm

Martial Arts: Thursdays, 7:00 pm – 9:30 pm & 6:30 – 10:00 pm

For information regarding any of the above, please call Gaitri at the Community Hall at 403-276-6969.

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.

6th Annual Tiny Tots Annual Sale - Saturday April 5, 9am-2pm at the hall. Check everything off your kids' shopping list all at once. Find gently used children's clothing, books, gear, and toys. Learn more at renfrewtinytots.com

Renfrew Baptist Free Clothing Giveaway: Apr 12, 10am - 12pm

Come check out the clothing you can pick up for you and your family! Free coffee, goodies and soup/bun lunch. We will also be accepting donations of clothing prior to April 12. Clothing donations can be dropped off at Renfrew Baptist Church, 1204 Renfrew Dr. N.E. Please call the office to arrange a time to drop off donations 403-277-2292.

Easter Egg-stravaganza - April 13, 11:30am -1:00pm. Bring your family and come to the hall to decorate Easter Eggs! We will provide all the decorating supplies, you just need to **bring your own hard boiled eggs**. There will be stations for all ages and abilities. There will also be games for the younger children. Everyone welcome!

Jelly Bean Dance - April 18, 6-9pm. Prizes for craziest Easter hat plus other door prizes such as iTunes cards and Easter baskets. Dance runs from 6 to 9 pm. Bring a friend. Jelly Bean Dances are for children grades 1-6 and are a whole lotta fun! There is a DJ, candy & snack bar and tons of unbridled energy! Volunteers always needed.

Renfrew Bike Festival - Saturday, May 24 from 11:30am - 2pm. Bicycle decorating and a bike parade for the kids, as well as a free family picnic of hotdogs, veggies and lemonade.

NEW! Adult Horseshoe League. Fridays 7:00-9:30pm,

June-July-August at Renfrew Community Hall, 811 Radford Rd NE.

Easy-going, casual atmosphere, licensed facility. All welcome.

To join or for more info please email David at godog@shaw.ca

Drop In-Pilates Class: Tuesday nights at 7:30 pm in the lower hall of Renfrew Baptist Church - 1204 Renfrew Drive NE. Cost is \$8.00/class. Everyone is welcome regardless of skill level. Classes taught by trained Stott Pilates instructor.

Bottle drop: Saturday April 26, 10am-noon

Drop your bottles off and help out the RCA and the Calgary Drop In Centre. See you in the parking lot at 811 Radford Rd (The Hall) on April 26, 10am-noon.

Renfrew Community Pub (Social Room)

Most Fridays from 7pm until close. Non-members welcome - be our guest. Free pool, free shuffleboard, free foosball.

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Bicycle Helmet Safety



Head injuries are a leading cause of serious injury and death to children on bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist, or pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury or save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example: always wear your own helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit and comfort.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities?>

www.albertahealthservices.ca

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CHILDREN'S PROGRAMS

Kindermusik at Renfrew Hall. Sing, play and learn with your child. For more info call (403) 457-4126 or email: placusta@me.com

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Frequency discounts have been applied to multi-edition display rates.

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

Community EnRoute Challenge Contest!

You
could win
up to
\$250!

You could win up to \$250 by entering your picture in our Community EnRoute Challenge!

Take a photo with your community newsletter on vacation, at school, at work, around town, with family, with friends, with a celebrity... just about anywhere! (**NOTE:** under 18 need parental permission, please include in your email.)

Contest entries will be judged by photo quality, photo composition and community interest.

Community association members will be selected to judge the best community entries which will then be entered into the final prize-winning contest. A first prize of \$250, a second prize of \$50 and a third place honourable mention will be awarded and announced in our November 2014 newsletters.

It's easy... and you could win! Enter today, enter often. E-mail to ellisevansdesign@shaw.ca





Welcome NEW PATIENTS

Join us in welcoming Dr. Namrata Toor MD, Dr. Meredith Salisbury MD, CCFP, and Dr. Saadia Qaiser MD, CCFP to our Clinic. If you are looking for a new Family Physician contact our clinic to set up an appointment.
appointments@malboroughmedical.com

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What is Home-Start?
 Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers support to families, with young children, who may be experiencing a variety of issues. Any family with at least one child under 5 years of age can contact Home-Start.

What does Home-Start do?
 Trained volunteers with parenting experience visit a family's home once per week to offer friendship, encouragement, and practical support.

Interested in getting involved?
 For more info, contact Home-Start or visit www.boysandgirlsclubsofcalgary.ca
 South Calgary: 403-660-1135 North Calgary: 403-660-6809





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Get Prepared!

The events of last June ended Calgarians' feeling that disasters occur in other places, not here. The flooding in June 2013 was Canada's most costly natural disaster. Over 80,000 people in 32 communities were displaced, some for days and some for much longer. Nine months later, some people remain out of their homes.

As we approach spring we are also heading into flooding season. Last year's flooding was considered a 1:100 year event, which means that there is a one per cent chance in any given year that a flood of that magnitude will occur. Even if you live in an area not on a flood plain, you may still experience flooding through basement seepage, storm water backup and wastewater backup. Certain types of flood damage are often not covered by insurance policies – you should be aware of how your policy covers flooding.

The Calgary Emergency Management Agency (CEMA) encourages all Calgarians to be prepared for flooding or any other disaster. Some of the things you can do include:

- Know the risks. For example, flooding is most common mid-May to mid-July but can occur at any time of year.
- Be informed about weather conditions. When weather watches or warnings are in place, be prepared for severe weather and the possibility of flooding.
- Be prepared to evacuate should the need arise. Ensure you have a 72-hour kit stocked and ready to go. A 72-hour kit contains supplies to support you and your family for the first 72 hours of an emergency or disaster.

CEMA invites you to learn more about how you can be prepared – at Disaster Alley, a fun and FREE family event. Disaster Alley showcases first responders and agencies that help in emergencies. Disaster Alley is a great chance to learn about what organizations like the Calgary Fire Department, the Calgary Police service, STARS, Alberta Health Services, HAWCs, Enmax, ATCOGas, Calgary Transit, and many more do to help in an emergency. Disaster Alley is Sunday, May 4, from 11am to 3pm, at MacMahon Stadium (east parking lot).

To learn more about preparedness, visit calgary.ca/cema. Are you prepared?

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Louise Riley

April 2014



Mondays @ Your Library

Computer Technology Coaching: Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products.

Apr. 7 to Apr. 28, 2 - 4:00 p.m. *No Registration Required.*

50+ Coffee and Conversation: Join us for coffee, conversation and presentations of interest. Ages 50 and up. Mondays Apr. 14, Apr. 21, and Apr. 28, 2 - 3:30 p.m. *No Registration Required.*

Special Presentations on:

Apr. 7: **Supportive Travel Services** *Registration Required.*

Apr. 28: **CPO at Your Library** *No Registration Required.*

50+ Next Session Starts: Mondays, May 5 to Aug. 25
(No program on May 19, June 9, July 7, and Aug. 4)

Tuesdays @ Your Library

Adult Book Club: Call for details on specific books.

Apr. 1, and Apr. 29, 7 - 8:30 p.m. *Registration Required.*

Families Celebrate Earth Day: Eco-kids and their families are invited to celebrate Earth Day with stories, songs and finger plays. Ages 2 to 5 with a parent/caregiver.

Tuesday, Apr. 22, 10:30 - 11 a.m. *Registration Required.*

Mission to Mars: Enjoy a fascinating look at our current knowledge of Mars and the challenges behind a future manned mission to the "red planet".

Tuesday, May 6, 7 - 8:30 p.m. *Registration Required.*

Programs are **FREE** with your library card.

Register in person, by calling 260-2620 or online at www.calgarypubliclibrary.com

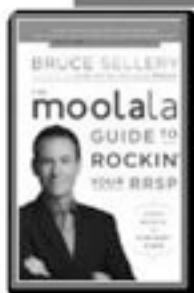
Just for you:

Tax Clinic At Your Library: Drop-in for free, one-on-one help with your tax return. First-come, first-serve. In partnership with the United Way of Calgary and Area. Please note that there is an eligibility requirement based on income.

Saturday, Apr. 5, 10:30 a.m. - 3:30 p.m.

No Registration Required.

The Power of Superfoods: Superfoods can benefit your health, wellness and vitality and even brain function. Discover the nutritional benefits of superfoods and easy ways to include them in your diet. Presented by Samara Felesky-Hunt, Registered Dietitian. Thursday, May 1, 2 - 3:30 p.m. *Registration Required.*



Reader's Nook: "The Moolala Guide to Rockin' Your RRSP: Start Rockin' in Five Easy Steps" by Bruce Sillery. This is a great book for someone who hasn't really thought about contributing to RRSPs or might need some guidance in managing their savings.

See you soon!

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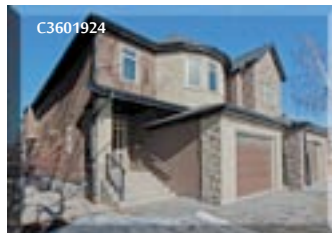
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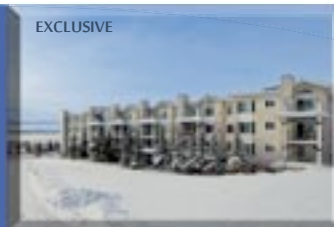
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