

## President's Notebook

## Shoulder Season

By John McDermid

Here it is mid-April, and spring won't seem to arrive. As I write this we are within a week of our 2008 AGM on April 21 and still the early morning temperatures are much cooler than we'd like and we have yet to have any really warm days. Surely by the time we read this next issue of the View the weather will have warmed up and the community's keen gardeners can make their start for the season. There appear to be lots of ladybugs, which is always a good sign.

Last month as I welcomed Elizabeth Hancock to her new role as View Editor, I thanked outgoing Editor Glenna Blackburn for her almost six years of service in the position, but I hadn't yet seen her own farewell article in the April View. I very much enjoyed her overview of events during her tenure and her interesting account of how the View has evolved along with the community it serves. Thank you again Glenna, we hope you enjoy your "retirement" from the high-pressure world of publishing.

Also leaving us at the end of another term is Glenna's husband, our Planning Director Joe Nagy. We will sorely miss Joe,

who was among the very first CHCA Board members I met when we were staring down a difficult development issue.

Joe met with my wife and I and our neighbours and gave us the quickest and fullest instant education as to the planning and development process in Calgary you could imagine. As I've said before, it was the quick friendship and sterling quality of those people on the CHCA board that we first met in 2001 that have kept us involved in subsequent years. Joe and Glenna have become good friends as well, and we will certainly miss Joe around the board table in the coming months. Joe has cycled-in and cycled-out of the CHCA board over the years I've been involved, and it's always welcome to see him come back and a great loss to seem him go. But everyone needs a break from time to time. Thanks for everything Joe, especially the good chunk of time you originally spent with us and our neighbours when we all stood like deer in the headlights of the Wing Kei. We greatly appreciate your wisdom and guidance, pal.

Many residents will have noticed fluorescent pink markings on roadways

The Crescent Heights  
Historic Walk  
will be held  
Saturday, July 26th,  
departing the  
CHCA Hall  
at 7:00 pm



Following our  
highly successful  
first annual event  
last year,  
Crescent Height's  
Community  
Clean-Up is  
May 31st

# The Crescent View

The Crescent View is published 10 times per year by Flexys Systems Publishing for the Crescent Heights Community Association. The View is distributed to all households within Crescent Heights by your neighbours.

The material contained herein is copyrighted and may not be reproduced without authorization. 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 [elizhancock@shaw.ca](mailto:elizhancock@shaw.ca).

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For community and hall information visit  
[www.calgaryarea.com/nw/crescenthts/crescent.htm](http://www.calgaryarea.com/nw/crescenthts/crescent.htm)

## Crescent Heights Community Association

1101 - 2nd Street NW  
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### Volunteer Board of Directors

<b>President</b>	John McDermid	277-8653
<b>Treasurer</b>	George Day	277-1043
<b>Secretary</b>	Anne Underwood	277-0249
<b>Planning</b>	Joe Nagy	277-1364
<b>Traffic</b>	Morgan Yates	244-8150
<b>Parks</b>	Sharon Anderson-Marr	276-1831
<b>Business Liaison</b>	Daniel Dang	355-0058
<b>Communications</b>	George Day	277-1043
<b>Block Watch</b>	John McDermid	277-8653
<b>Past President</b>	Connie McLaren	230-0224

### Committees

<b>Hall Rentals</b>	Marlene Zaharichuk	804-5600
<small>Hall rental inquiries will be answered in two to three days</small>		
<b>Playgroup</b>	Alexis McCutcheon	697-9345
<b>Memberships</b>	Bobby & Wendy Baum	<a href="mailto:whopkin1@telus.net">whopkin1@telus.net</a>
<b>Babysitting Coop</b>	Robin Strathdee	276-8610
	Heather Spicer	451-6828
<b>Rink Manager</b>	Tim Edwards	606-9303
<b>Block Watch</b>	John McDermid	277-8653
<b>FCC Liason</b>	Val McLean	230-3505

Inquiries and comments can be emailed to [chcboard@hotmail.com](mailto:chcboard@hotmail.com)

Member of FCC

**Community Liaison Officer:** Dominick Laport  
District 3, #3241 284-3393

Community and Block Watch e-mail list  
contact George at [2day@telus.net](mailto:2day@telus.net)  
or John at [johnmcdermid@shaw.ca](mailto:johnmcdermid@shaw.ca)



## President's Notebook cont. from cover

and similar pink spikes adjacent to many residential sidewalks on the boulevards in Crescent Heights. If you live near such a marking, you probably know what to expect, but if you don't, you might be wondering what the markings are for. Based on the extent of them around the community, we're in for a very busy season of local improvements, in the form of replacement curbs, gutters and residential sidewalks.

Along our street we've been trying to get our sunken and broken curbs and gutters replaced since April of 1996 (!) and now the project is finally approved. Weather permitting, the work should proceed this year to rectify the "stinking pond" which is how we and our neighbours have referred to the low spot where storm water and melt water collects in front of our houses. We'll be saying a not so fond farewell to that as the grade is corrected and gravity re-asserts itself in more neighbourly ways. If you feel your sidewalk, curbs and gutters need some attention, information is available at the City's website or a brochure can be obtained by calling 311.

As our community ages (our house will be 80 next year) it's nice to see residents stepping up and taking on their (50 per cent) share of the cost of local improvements. All infrastructure is local.

Finally for this month,

CHCA has decided in favour of supporting a Community Garden Project planned for the Stanley Jones schoolyard. Crescent Heights, Bridgeland/Riverside and Renfrew were (and are) the original feeder communities for Stanley Jones School.

A proposal was brought to us in February by former CHCA President Connie McLaren, who is the project's lead designer. The plan is to honour those original communities through the development of three community gardens at the school site. Provided we can get the necessary approvals from Alberta Gaming to make use of Casino Funds for the project, Crescent Heights has voted in favour of funding its portion of the project. The garden will further advance the schoolyard naturalization initiative at the school and provide lovely enhancements to our inner city landscape. Thanks for including us in the project Connie!

Now let's bring on summer shall we?



# 16th Avenue Construction Update

By Kris Karvinen

On April 7th Alderman Farrell hosted community members from Rosedale, Crescent Heights and Renfrew. At the meeting, representatives from the City including Transportation Infrastructure, Corporate Properties and Land Use Planning and Policy provided updates on the 16th Avenue North Urban Corridor Area Redevelopment Plan.

The CHCA has been providing input to the Via 16 Project since 2001, and according to the presentation, the end is finally in sight. Construction is scheduled

to be complete by the end of 2009.

Some milestones that Crescent Heights residents can look forward to are cul-de-sac completions between 4th Street West and Edmonton Trail – November 2008; and pocket park completions between 4th Street West and Centre Street – summer 2009 (all dates tentative). Also noteworthy is the closure of Edmonton Trail at 16th Avenue, which is tentatively scheduled for September/October 2008 (watch for announcements by the City for further information).



# McHugh Bluff Update

By Sue Beugin

The rebuilding of the Crescent Road Promenade and modification of the trails on McHugh Bluff will go ahead this summer. The City met with representatives of the Rosedale and Crescent Heights Community Associations March 17th, where the communities were briefed on the specifics of the project. There followed an open house at the Wild Rose United Church on April 9th, where the project was rolled out to the communities as a whole.

The McHugh Bluff project is the culmination of seven years of consultations and meetings with the surrounding communities together with geotechnical and park use background studies. It is a recognition of McHugh Bluff as both a commuter corridor and an ideal spot to showcase our scenic city skyline. The hope is that this implementation will be completed in sections this summer and Fall. Temporary wooden corral fencing will restrict usage while the redevelopment

takes place. While the promenade is being built, Crescent Road will be kept open with lane closures only.

The promenade itself will be a 2.5 metre wide, granular surface walkway stretching between Centre St. and 9A St. NW. It is designated for pedestrians. The bike route remains on Crescent Road and the existing bike pathway system. As for the myriad of pathways and trails: many unsustainable and unsafe ones will be closed, others modified and upgraded to a 1.2 metre wide natural surface. The 9A stairs are also slated to be re-graded and rebuilt, and the access to them from Crescent Road paved.

For more information visit [www.calgary.ca/portal/server.pt/gateway/PTARGS\\_0\\_2\\_568037\\_0\\_0\\_18/McHugh+Bluff+Restoration+Project.htm](http://www.calgary.ca/portal/server.pt/gateway/PTARGS_0_2_568037_0_0_18/McHugh+Bluff+Restoration+Project.htm)

Your feedback can be directed to [Bridget.Couban@calgary.ca](mailto:Bridget.Couban@calgary.ca) or [David.Harrison@calgary.ca](mailto:David.Harrison@calgary.ca)

# FCC Partners with Community Real Estate News

The partnership has come out of their commitment to raise the profile of Community Associations, the Federation and for the value of community life. They are looking for the following material:

Stories about Calgarians who make a difference to events that make Calgary a great place to live – they want to know what makes our community great! The stories may be written by you or a freelance writer can be provided. Please note that they must plan three months in advance for stories.

Two to three inspiring sentences from people about “What does community mean to you?” Perhaps you or someone you know has an interesting, articulate and powerful message about community life. They are looking for quotes from children, citizens, politicians, or anyone who might make the reader think about community in a different way.

Check out [www.calgarycommunities.com](http://www.calgarycommunities.com) for more information.

# CHA Lion Awards

The Calgary Heritage Authority Lion Awards recognize citizens and groups who have undertaken initiatives, of any scale, in support of heritage conservation in Calgary. The awards are juried by the Calgary Heritage Authority.

The awards recognize contributions in the categories of:

- Building Restoration
- New Building Design
- Community Revitalization
- Landscape
- Advocacy and Awareness
- Heritage Tradespeople/craftpersons

The award itself is a unique statuette by a local Calgary artist, Wanda Ellerbeck in the likeness of the historic Centre Street Bridge lions, which was unveiled in 2006.

The Lions coincide with Historic Calgary Week organized by the Chinook Country Historical Society. To learn more about the awards visit [www.chinookcountry.org](http://www.chinookcountry.org) or [www.calgary.ca](http://www.calgary.ca).



## View Delivery Help Required

Volunteer carriers required for the Crescent View!

- 2nd Avenue NE between 2nd Street and the Hill
- 4th and 5th Avenue NE between 2nd Street and Edmonton Trail
- 1st Avenue to 4th Avenue NE between 3rd and 4th Street, bottom of the hill

Interested volunteers are encouraged to call Diane Altwasser at 276-7118 or email [koblukm@telus.net](mailto:koblukm@telus.net).

## Call for Articles

### Crescent Heights View and Rosedale Reporter

To improve our communication network, we are now able to include articles, activities and events in the Rosedale Reporter as well as our own Crescent Heights View. This will ensure that everyone in our two communities will be kept up to date of current activities, and will ensure that course offerings for both communities will be 'a go'.

Articles/events for the Crescent Heights View are due on the 15th day of each month. Please email your articles (as word documents), to Elizabeth Hancock at [elizahancock@shaw.ca](mailto:elizahancock@shaw.ca). Please send any digital photos scanned at a minimum 300 dpi as an attachment to the email and be sure to send a caption and any names of people who are in the photo. (Everyone deserves their 15 minutes of fame...)

Articles/events for the Rosedale Reporter are due on the 10th day of each month. Please email articles only (as word documents), to Ev Braun at [braunef@shaw.ca](mailto:braunef@shaw.ca).

## Letter from the New Editor

By Elizabeth Hancock

Having lived in Crescent Heights for over seven years, I have watched this newsletter grow into one of Calgary's best community publications. That's largely due to the efforts of Glenna Blackburn in whose footsteps I am honoured to follow. It is with great enthusiasm that I accept Glenna's pen and strive not only to fill her shoes but also continue to build the reputation and readership of this fine newsletter.

As John mentioned in his last President's message, for the last three years, I have been delivering The View to individual carriers for distribution. On that note, we apologize for the late delivery of last month's issue but the delay was well worth it. We were waiting on gift certificates to be delivered along with the April issue to the volunteer carriers as a small token of our appreciation. A big thank you! to all the people who work hard to deliver this newsletter.

We are always looking for new opportunities to increase our readership. If you have picked up a copy of this at a local store or business, and you live in an apartment or condominium building

and would like to receive a copy of this newsletter, please contact Diane Altwasser at 276-7118.

For the next issue I hope to report on the groundbreaking of the new Emergency Operations Centre (EOC) in Rotary Park. Since I live down the street from the EOC, I was sort-of disappointed that the original groundbreaking ceremony was postponed. I have to yet to hear about a new date, but once this massive project gets underway, the new EOC buildings and updated lawn bowling facilities are expected to be a fresh and esthetic addition to the community.

You may notice that there isn't a report in this issue from the recently held Annual General Meeting. This is because the AGM was held after this month's print deadline. Don't worry there will be a full report in the June issue. Speaking of June - it can't get here fast enough. As I write this letter, the snow is falling and the temperature plummeting again for the second time. For my next letter, I hope to have traded my snow shovel for a garden trowel and be sitting on the front porch with my laptop watching the flowers grow.



## Clean-Up Planned for May 31st

By Daniel Dang

Following our highly successful first annual event last year, Crescent Heights' Community Clean-Up is scheduled for May 31st this year.

Why not spend the Victoria Day long-weekend sprucing up your yards and homes, and declutter your space by participating in our Community Clean-Up this year?

Last year's volunteers had a great time meeting their neighbors, while helping to clean up our Community at the same time.

We are once again seeking volunteers to help on the day of the event. If you have a couple hours on the morning of May 31st, please come out and give us a hand. Please call Dan at 355-0058 for more information.



# Window and Balcony Safety Starts at Home

By Calgary EMS

With the return of warmer weather The City of Calgary Emergency Medical Services would like to remind parents of an often overlooked hazard in the home. To bring fresh air into your house, or to cool off in hot weather, we naturally think of opening a window. However, open windows can present a serious safety hazard for young children.

Every year, Calgary paramedics respond to emergencies in the home where a child has fallen from an open window – often from the second floor. Children with access to an open window, particularly if they are elevated on something, such as a dresser, are at high risk of sustaining a fall. This could result in serious or even life threatening injuries. It is important to remember all of these incidents are preventable.

Calgary EMS reminds you to take the time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

## Windows and Screens

- To prevent access, move furniture such as cribs, beds, stools, and change tables away from windows.
- Keep drapery cords out of reach of children – wrap excess cord around cleats or tie-downs to avoid a choking hazard.

- Teach children never to lean against windows or open screens. It takes very little force to push through an open screen.
- Remember screens are designed to keep bugs out, not to keep children in!

## Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard which eliminates access between the vertical bars of a balcony or deck.

## Further Prevention

- Children aged one to four are the group at highest risk of suffering a fall from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of four inches or ten centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

To learn more visit [calgary.ca/ems](http://calgary.ca/ems), [windowandbalconysafety.ca](http://windowandbalconysafety.ca) or [safekids.canada.ca](http://safekids.canada.ca).

# Calgary Police Introduce Online Crime Reporting

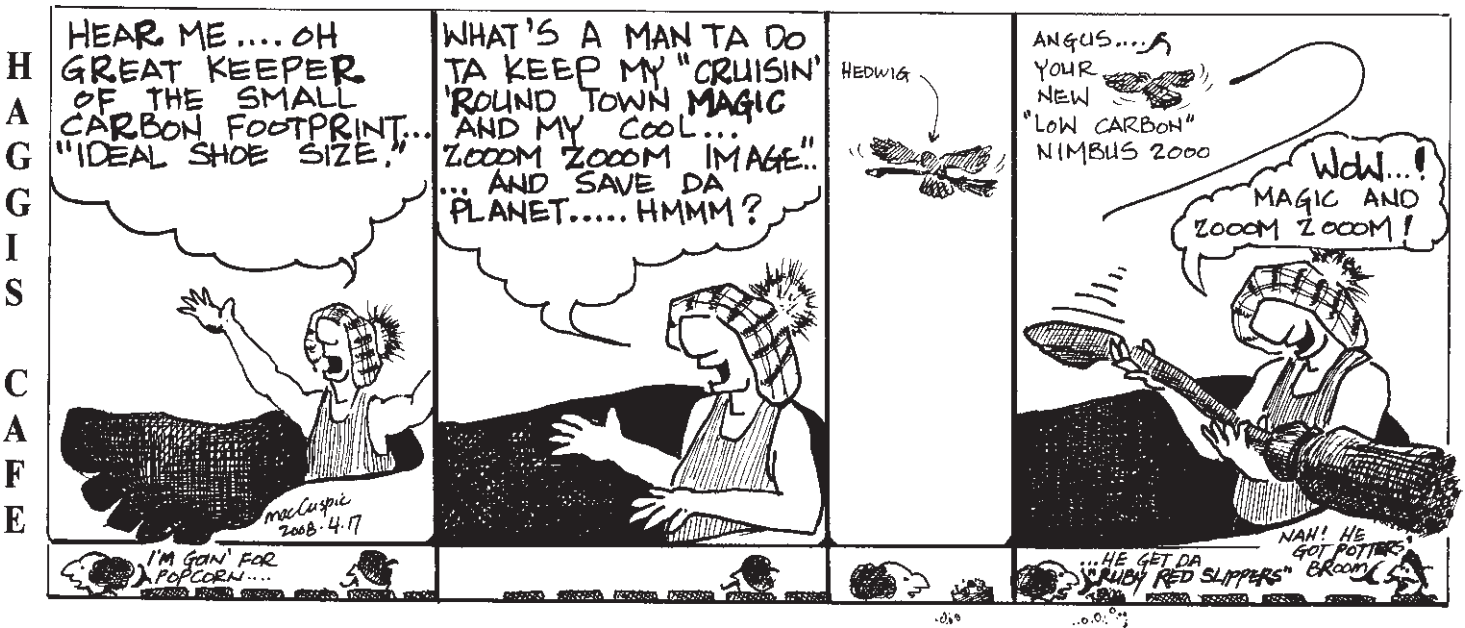
The Calgary Police Service introduced an online crime reporting system this spring that enables people to submit a crime reports on minor crimes immediately, without having to spend hours on the phone.

The system is designed for reporting minor crimes valued under \$1,500 including lost property, theft, damage or mischief to property or theft from vehicle.

You can not use the system to report an emergency, a crime in progress, theft of a vehicle, license plate, firearm, VISA immigration document, citizenship papers, government issued funds, or a theft, loss or damage over \$1,500.

Once you have completed your online report you will see a message indicating that your report has been submitted, you will be issued with a temporary case number until your case has been reviewed, and you will be able to print out a copy of your report. More details on what you can report and access to the online reporting system are available online at [www.calgarypolice.ca](http://www.calgarypolice.ca).

The online reporting tool is only intended for minor crimes. To report other crimes call the police non-emergency line at 266-1234. For all emergencies and to report a crime in progress call 9-1-1.





**Hey! Where can I pick up a copy of this GREAT newsletter?**

The Crescent View is published monthly and is available for pick-up at Gardens Grace on Edmonton Trail, as well as The Riverside Coffee House, The Urban Baker, Pints & Half Pints, Boogies Burgers, The Country Kitchen, Subway, Joshua Tree, Crescent Heights Convenience, Second Cup on Centre Street, Center Convenience, Peter Pan Convenience Store, Lamda Centre and New Asian Market

The View is also delivered by volunteers to all households, but is very hard to deliver to any condo's or apartments due to building access, etc. If you would like to have enough copies for units in your condo or apartment building, please call our distribution manager Diane Altwasser at 276-7118.

If you would like access to the newsletter on the web, you can visit [www.calgaryarea.com/nw/crescenthts/crescent.htm](http://www.calgaryarea.com/nw/crescenthts/crescent.htm) and you will see the View PDF underneath the Block Watch Logo on the right side of the screen.

# Don't be a Target for Crime

While no home can be made totally burglar-proof, people need not live with undue fear. Everyone can take effective and practical steps to make their homes more secure. If the doors and windows of your home are locked and the doors are strong enough to resist a quick kick, the culprit will probably look for an easier target.

Your neighbourhood is your first line of defence. Burglars don't like watchful neighbours who are collectively interested in the security of their neighbourhoods. Get involved with Block Watch.

Next, take a careful look at your yard and neighbourhood areas from the burglar's point of view. Trim trees and bushes that could hide burglars paying particular attention to trees growing close to your house. Keep your yard maintained to give the house a lived-in appearance. Install outdoor lights to brighten dark areas around doors and windows.

Consider the exterior of your house. Make sure emergency personnel can easily see your address from the street, even at night. Then check your doors, windows and other outside openings. Outside doors and frames should be made of solid wood or steel, and doors should be secured by keyed deadbolts with a throw that extends at least one inch past the door once locked. Secure sliding glass

doors and windows by placing a wood stick or metal bar between the frame and sliding door. To keep the door from being lifted off its track, limit clearance by installing screws that protrude down from the top track. Secure windows with sturdy locks or install a bar or grill on the inside of the window.

Lock ladders in your garage or shed to avoid giving burglars access to second floor windows or balconies that may not be as secure as those at ground level. Keep windows closed and latched when you are away, even for a short while. An open window is an open invitation to a burglar.

Ensure your house looks lived in when you are away for extended periods. Arrange to have a neighbour pick up mail or newspapers and have your grass cut, leaves raked and snow removed. Use timers on lamps in rooms where the light will be noticed from outside the house. Have a neighbour check both inside and outside the house every few days.

Remember that most crimes are committed by people looking for opportunities: an open window, an unlocked door, or an empty house with several days' newspapers scattered on the lawn.

Don't give thieves an opportunity.

## Business Membership

The CHCA would like to recognize business members in good standing:

- Alan Yiu of Edward Jones • Annie's Book Company • ATB Financial – North Hill Chinese Christian Wing Kei Nursing Home Association • Chinook Glass and Screen Crescent Heights Baptist Church • Don's Hobby Shop • Intercept Security Corporation Metz Law Office • Mykonos Greek Restaurant • RE/MAX Central – Bob Dawe, Agent • Santorini • Sharon Lutheran Church • St. Vladimir's Ukrainian Orthodox Church and Cultural Centre • The Care Group • North Hill Mazda • Peter's Drive-In Video Game Trader • Wild Rose United Church

**Support Your Community!**

Sudoku

				8		4	2		
	2	7			1	9	4	5	
			8	2					3
	1	6		5	2		9	3	7
	5	9	2		6	3		1	4
	7					2	1		
		2	1	9	4			8	5
			6	1		5			





# Get Active this Spring for Your Health!

## At school

- Take an evening fitness class at a local school. Encourage some of your friends to come with you.
- Create a walking school bus with parents in your neighbourhood. Instead of carpooling, take turns walking the kids to school.
- Choose physical education as one of your courses.
- Get involved in intramural programs.

## At home

- Get up ten minutes earlier in the morning and go for a walk before starting your daily routine.
- Go for a bike ride.
- Replace your power mower with a push mower.
- Go for a walk instead of watching television.
- Dance to your favourite music for ten minutes in your living room.

## During your spare time

- Try a new activity you haven't tried before, such as hiking, in-line skating, skiing or swimming.
- Join an activity club, such as a kayaking club or walking club.
- Go for a walk with friends who live in your neighborhood.
- Take a yoga or pilates class.

By finding ways to incorporate short periods of physical activity into your daily routine, you can reduce your risk of cancer and other diseases. Find an activity you enjoy and look forward to doing.

Keep a journal of your physical activity to track your progress. Start with light exercises and build up to more intense exercises.

Being active helps maintain a healthy weight. Maintaining a healthy weight is one of the best ways to reduce your risk of cancer and other diseases. At least 50 per cent of cancers can be prevented by incorporating physical activity and a well-balanced diet into your life. Get fit and get active to reduce your risk.

-Courtesy Canadian Cancer Society

Did you know that 63 per cent of Canadians are not active enough? An hour of physical activity a day can greatly reduce your risk of cancer and other life-threatening diseases.

Most of us are awake for 15 to 19 hours a day. Finding an hour to do physical activity shouldn't be difficult, but with our busy schedules, finding that free hour to do physical activity can be hard.

What most people don't consider is doing a few minutes of physical activity throughout the day, rather than trying to do an hour of physical activity at one time. Doing ten minutes of activity periodically throughout the day can easily help you reach the 60 minutes of recommended exercise each day. Here are a few ways to incorporate exercise into your daily routine:

## On your way to work or school

- Get off the bus two stops early and walk the rest of the way.
- Walk or bike to work or school.
- Park in a parking lot ten minutes away from work or school.

## At work

- Have a "walking" meeting with your co-workers instead of meeting in a boardroom.
- Take the stairs. Pretend the elevator is out of service.
- Replace your coffee break with a walking break.
- Contract your back and stomach muscles while sitting at your desk.



## Did You Know?

In 2008, an estimated 22,400 Canadian Women will be diagnosed with Breast Cancer and 5,300 will die from it.

In 2008, approximately 431 Canadian women will be diagnosed with Breast Cancer each week, and 102 will not survive it.

In 2008, it is expected that 170 men will be diagnosed with Breast Cancer and 50 will die from it.

One in nine women is expected to develop breast cancer during her lifetime (age 90) and one in 28 will die from it.

Breast Cancer death rates have declined in all ages combined and in every age group since the mid 1990s.

## Factors that increase your risk of Breast Cancer:

- Being a woman (approximately 99% of all Breast Cancers occur in women).
- Age – your risk increases as you get older.
- Having a personal Breast Cancer history.
- Having a close relative with Breast Cancer.
- Early menstration (before age 12)
- Late menopause (after age 55)
- Taking hormone replacement therapy.
- Delayed childbirth (having a first baby after age 30 or never having a baby).
- Never breastfeeding.
- Being overweight after menopause (Based on BMI)

Source: Canadian Cancer Society



**Kids Corner  
Homegrown  
Tribbles!  
Make Colourful  
Pom-Pom Friends**

You Need  
Colourful Yarn  
Cardboard  
Googly Craft Eyes

**Quick Tips!**

For colourful pom-poms use variegated yarn, or wrap different colours together.

For a fuller pom-pom, wrap more yarn!

You can do lots of fun things with these pom-poms - even use them in other crafts!

Cut a rectangle of cardboard about 8cm tall by 10 cm wide. Wind yarn around the centre of the cardboard - you want 70 - 80 loops.

Cut a length of yarn about 16 cm long. Carefully slide the yarn off the cardboard, pinching the centre. Wrap the tie around the loop and tie tightly. (It will look like a figure 8). Cut through the loops and fluff out your pom-pom! Glue on googly eyes to give your tribble a face!



*Courtesy Active Hands, Active Imaginations®. Used with permission.*



# Clean up Your Yard this Spring

By City of Calgary Bylaw

When the promise of spring is in the air, many Calgarians think about cleaning and organizing garages, basements and yards. Here are a few important bylaws to guide you through this annual ritual.

You can not store an accumulation of loose garbage, bottles or cans, household furniture or goods, automobile parts, equipment or appliance parts, yard waste including grass, tree cuttings visible from outside of your property. Materials that create unpleasant odours or attract pests are also prohibited from being stored on private property, including animal parts and feces.

Property owners/occupants are responsible

for maintaining and keeping tidy the back of their property up to the middle of the alley. Chemical waste, oil, batteries and oversized items will not be accepted if left out for garbage collection.

Garbage should be set out for collection no earlier than 7:00 pm the night before and no later than 7:00 am on the morning of your collection day. Garbage bags or containers and their contents must weigh less than 44 lbs and bundles of more than 4 ft) in length will not be picked up.

Take the time to be a responsible citizen and dispose of your waste and unwanted items correctly. Residents who store or improperly dispose of items in laneways or streets are at risk of being fined.

# Getting Out with Fido

By City of Calgary Bylaw

Getting outside to enjoy the warm weather is a great way to get fit and spend quality time with your family dog. When out with your pet, please remember to be a responsible owner.

According to the City of Calgary, Responsible Pet Ownership Bylaw that includes:

- Ensuring your dog is under control and kept on-leash in all areas unless in a designated off-leash area.
- When in an off-leash area your dog must be within your sight and respond to commands at all times.
- Pick up your dog's feces immediately and properly dispose of them.
- If you leave your pet in a vehicle they must be restricted so to prevent them from coming into contact with people, but the animal must also have enough

fresh air so they don't get overheated.

- Ensuring that your dog or cat at three months of age is licensed.
- A pet license helps Animal Service reunite you with your lost pet.
- Dogs must wear their license tag when off your property, but cats are not required to wear their license if they have a visible tattoo or readable microchip.
- Licenses can be purchased at [www.calgary.ca/petlicences](http://www.calgary.ca/petlicences) or at the Animal Services Centre.

Not complying with City of Calgary bylaw can result in fines. Being a responsible pet owner is not only the law, it's also important for your pets' safety. To learn more about the City bylaws and our services go to [www.calgary.ca/animalservices](http://www.calgary.ca/animalservices) and click on "Bylaws" or call 3-1-1.



## Puppy Power!

Please be considerate and pick up after your pets in the community. Remember to take the bags with the little 'gifts' home with you to dispose of. Your neighbours all appreciate having a clean community walk in.

# Word Puzzlers

Fill in the blanks

## Long and Short

1. Chinese Tea

\_\_\_ LONG

2. Monopoly Railroad (2 words)

SHORT \_\_\_\_\_

3. East/West Line

LONG \_\_\_\_\_

4. Undecerning

SHORT \_\_\_\_\_

5. Role for William Boyd

\_\_\_\_\_ LONG

\_\_\_\_\_

## Ends in MB

1. Door Part

\_\_\_ MB

2. Tree Part

\_\_\_ MB

3. Self Assurance

\_\_\_\_\_ MB

4. Buckle Under

\_\_\_\_\_ MB

5. Underground Burial Place

\_\_\_\_\_ MB

Answers: Short and long: 1. Oolong, 2. Short Cassidy, Ends in MB: 1. Jam, 2. Limb, 3. Hopalong Line, 3. Longitude, 4. Shortstighted, 5. Hopalong Aplomb, 4. Succumb, 5. Catacomb.

# Online Health Information

The Calgary Health Region website, [www.calgaryhealthregion.ca](http://www.calgaryhealthregion.ca), provides a variety of valuable information for Calgarians ranging from listings of our hospitals and care centres to e-Health tools.

This site provides key information for people who are new to Calgary and the surrounding area as well as materials and tools to help people maintain their health.

Take an interest in your own health and check out the CHRA site today!



## Crescent Heights Historic Walk

The Crescent Heights Historic Walk will be held Saturday, July 26th, departing the CHCA Hall at 7:00 pm



## MayFair Spring Tea and Bazaar

MayFair Spring Tea and Bazaar will be held at the Unitarian Church of Calgary (1701 – 1st Street NW), 10:00 am to 3:00 pm

Please join us for tea and scones, and check out the bake sale, used books, crafts, and white elephant items.

## Travel All City

Come join up to 60 other nine to 12 year olds from around Calgary and participate in amazing free Saturday activities! The final event this spring will be Dragon Boating on May 24th.

Registration deadline is in effect. For more information, bus locations and to register please call 3-1-1!



## Louise Riley Library

### Adult Book Club

Join us on May 27th from 7:00 to 8:30 pm. Call for details on specific books.

### Learn English at the Library (Intermediate/Advanced)

Designed for new Canadians ages 18 and up. Presented in partnership with the YWCA. There is a non-refundable fee of \$35 payable at time of registration. Mondays, May 5th to June 23rd (no program May 19th), 6:15 to 8:45 pm.

### CyberSeniors

Learn how to use a mouse, search the Internet, use e-mail, and about the components of a computer. Ages 50 and up. Wednesdays, May 7th to 28th, 10:00 am to noon.

### Baby and You for Moms

Topics include infant crying, sleeping, toys, games, health, nutrition, and community resources. For ages two to nine months with a parent/caregiver. Wednesdays, May 7th to 28th, 1:30 to 3:30 pm. Co-sponsored by the Calgary

Health Region. Register by calling 781-1450.

### Dragon Doings

Come enjoy stories and rhymes all about dragons! Just for preschoolers ages three to five independent of a parent/caregiver. Thursday, July 17th, 10:30 to 11:00 am.

### Going Buggy

Come enjoy stories and rhymes all about bugs! Just for Preschoolers ages three to five independent of a parent/caregiver. Friday, August 22nd, 10:30 to 11:00 am.

### Drop-In Family Storytime

Drop in for stories, songs, and fingerplays the whole family can enjoy. Ages two to five with a parent/caregiver. Fridays, May 2nd to June 13th.

### Parent and Child Book Club

Explore some of the best children's novels with your child, then meet for a lively discussion of the book and author. Ages nine to 12 with a parent/caregiver. Tuesday, May 6th, 7:00 to 8:30 pm.

## Support Crescent Heights Buy Your Membership Today!

### Crescent Heights

Crescent Heights Community Association  
Membership Application Form

Please mail this form  
with your cheque to  
C.H.C.A.  
1101 - 2nd Street NW  
Calgary, Alberta  
T2M 2V7

#### Voting (Residents)

Single (\$10)       Household (\$20)       Senior (\$5/per person)

#### Non-Voting (Business and Non-Residents)

Associate (\$20)       Business (\$50)

Names : \_\_\_\_\_

Address : \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone : \_\_\_\_\_ E-mail: \_\_\_\_\_

Yes, Send Me Community Emails       Yes, Send Me Blockwatch Emails

New Membership       Renewal      Date \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_