

President's Notebook

Cleanup Saw Steady Stream of Customers

By John McDermid

Our second Annual Community Clean-up went ahead as scheduled on Saturday, May 31st and saw a steady stream of "customers" visiting the three City compactor trucks stationed in the parking lot adjacent to the hall.

Between the hours of 10:00am and 2:00pm, we managed to fill two of the three trucks with all manner of refuse, much of which was of a size, shape or weight that would normally be hard to dispose of through the City's normal residential garbage collection practices. Thanks to Daniel Dang for organizing the event and to CHCA volunteers Sharon Anderson-Marr (for expert traffic management), Anne Underwood, Kris Karvinen and George Day. This is a program spearheaded by the City's solid waste management program and by Bylaw enforcement. Many communities participate in the program, and our Daniel Dang was quick in his response to the City earlier this year to choose a perfect date (witness the rains that fell on both weekends on either side of our May 31st event). I attended a similar event in Bridgeland-Riverside on June 7th, where they had opted to go ahead with a cleanup, but didn't quite get on the list for the City's trucks in time and had to go with a commercial service instead. Although

worthwhile, BRCA had to spend hundreds of dollars for a commercial service, where Daniel's auick response paid off in spades by getting us three trucks, no waiting, and all at no cost to the community. Watch

this space for details on next year's event.

Up next will be our Annual Stampede Breakfast on Sunday, July 13th, and depending on when this issue of the View gets out, we'll include details for residents through that channel and also through our community email loop. There is a campaign for Real Maple Syrup that is gathering momentum in the lead-up to the breakfast. Whether we're able to pull that off or not remains to be seen, and we'll hope for the best weather-wise as well. We have certainly been lucky for the last several years that the breakfast has been a regular event in Crescent Heights.

Bobby and Wendy Baum have advised us that after a couple of years of handling our memberships, the will have to pass the torch along to the next person or persons to manage the list, reminders

the CHCA board members listed on page

As we noted in the last issue, a couple of upcoming events are also subject to updates: The 2008 Crescent Heights Garden Tour has been put on hold this vear as the committee reluctantly concluded that there weren't enough new prospects for this year's tour. But that gives many aspiring gardeners a full year in which to put their inspiration from past tours into action. Yours could be the next hidden aarden treasure for next vear's event.

Although the garden tour is off for this year, the Historical Tour is on again!

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The Crescent

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 The View is 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.

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Opinions expressed in the View are not necessarily those of the Crescent Heights Community Association or Flexys Systems Publishing Ltd.

For community and hall information visit www.calgaryarea.com/nw/crescenthts/ crescent.htm

Crescent Heights Community Association

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

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John McDermid 277-8653

Rink Manager **Block Watch**

> Inquiries and comments can be emailed to chcaboard@hotmail.com

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Community and Block Watch e-mail list contact George at 2day@telus.net or John at johnmcdermid@shaw.ca



Clean Up Cont. from cover

Helga Shield will lead this fascinating stroll around our community on Saturday, July 26th, at 7:00 pm, leaving from the Community Hall.

Following the Stampede Breakfast, we'll be arranging to take down the hockey rink boards and stack them until they're ready for re-installation next winter. Rink manager Tim Edwards is concerned that the bottom of the boards might be subject to rot with all the wet weather we've seen in June, so we'll be taking them up and stacking them to allow them to dry and get a lick of paint before next season. If you can spare a few hours on a date TBD, contact Tim at 606-9303. If you have a truck to help us haul a few sections at a time, to their storage place, even better. Cordless reversing drills to remove screws would also be helpful.

This issue of the View will be our combined summer issue for July and August, so you won't see another View until September. The CHCA Board wishes everyone in our community a happy, sunny and warm summer.

Volunteer for Home Care with the Calgary Health Region

Home Care, funded by the Calgary Health Region, is healthcare delivered in the community. The Calgary Health Region has volunteer positions available in Crescent Heights and offers meaningful opportunities in the following areas:

Handyman/Wood Workers

We are looking for a few good men or women interested in building small furniture risers for clients.

Escorted Transportation

Volunteers needed to accompany clients to doctor appointments and on grocery shopping excursions. Volunteers accompany clients via Access Calgary or Handibus.

Friendly Visiting

As a friendly visitor you will engage senior clients living in their homes in social activities such as going for walks, coffee and conversation, shopping, playing games/cards, among other social based activities. Flexible hours available. Once a week, one to two hours in duration.

For further information please call Sharon Wittman, Volunteer Coordinator at 943-1625, or email sharon.wittman@calgary healthregion.ca.

Former Crescent Heights Residents Opt for a Less Stressful Lifestyle

You may remember hearing last summer about Geoff and Rowena Bell moving from Crescent Heights to Nova Scotia to open a Bed and Breakfast.

Rowena was well known around Crescent Heights and Rosedale for her beautiful garden at the corner of 13th Avenue and 1A Street NW. Geoff was known for his work as a teacher and composer, and as the creator of www.bestoftheweb.ca, an award-winning collection of educational websites for children, parents and teachers. After many months of renovations, they are now ready to open for business.

Geoff and Rowena Bell left the fast-paced life in Calgary and moved to Canning, Nova Scotia in July 2007. Rowena is an avid gardener and had a successful career as a buyer and horticultural technician for a large garden centre. It has always been Rowena's dream to run her own Bed and Breakfast near the ocean. Geoff is a composer and teacher, and plans to devote more time to writing music.

Since arriving in Canning, they have been working hard on renovations inside and yard work outside to ready the B&B for opening this summer. Their daughter Gillian has helped with many tasks, including the design of the website and advertising. The name "Delcourt House" was chosen in honour of Rowena's greatgrandmother Delcourt who ran an "estaminet," (a small café or pub) beside a canal in a village in France.

The Delcourt House website can be found at: www.delcourthouse.com. Geoff and Rowena can be contacted by phoning (902) 582-2490 or by email at info@delcourthouse.com.

Property Tax Assistance

The City of Calgary's Property Tax Assistance Program can help you manage property tax increases.

Calgary's growing and that's a good thing. But with the boom comes increases in property value, which can result in increases in property tax. Calgarians living on fixed or low incomes, it can be tough to handle property tax increases.

Help is available through The City of Calgary's Property Tax Assistance Program (PTAP). "The PTAP provides assistance to residential property taxpayers experiencing financial hardship resulting from a property tax increase," says Susan Fernando, Property Tax Mitigation Worker with The City of Calgary.

Though the program services primarily seniors, The City wants you to know: if you are a residential property owner experiencing financial hardship, regardless of age, you may be eligible for a credit on your property tax account through PTAP.

To be eligible, you must:

- Experience an increase in municipal property from 2007 to 2008
- Meet income guidelines of \$21,202 /

- single or \$26,396 / couple.
- Own the property in Calgary for a minimum of one year.
- Live in the residence.
- Own no other property.
- Provide proof of income (line 150 from your 2007 Notice of Assessment from Revenue Canada).

But the City's program not just about property tax assistance, says Fernando. "We also help people to access other services and resources in the community, even if you do not meet the PTAP eligibility criteria.

Other financial assistance programs include The Government of Alberta's annual rebate to assist senior home owners with year-to-year increases in the education portion of their property taxes.

Please note: Property taxes are due by June 30, 2008, even if you're applying to the PTAP. For more information about the PTAP, please call 3-1-1 or visit our website at calgary.ca/propertytax. PTAP applications must be received by the City of Calgary by December 1, 2008.

All information received by the program is handled in a confidential manner.



Stop the Use of Cosmetic Pesticides in Alberta!

By Coalition for a Healthy Calgary

The Canadian Cancer Society is calling for a ban on the retail sale of cosmetic (ornamental) pesticides in the province of Alberta, as well as a ban on the use of these potentially cancer-causing substances in private gardens and lawns, public parks, recreational facilities and a phase-out on golf courses.

Why do we need action on the sale and use of this product? The use of cosmetic pesticides has no countervailing health benefit and the potential for harm exists.

Take Action!

- Send an e-mail to your MLA.
- Write your local newspaper.
- Tell your friends.
- Order a lawn sign.

For more information, check out Health Calgary's website at www.healthy 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.

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 elizhancock@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 Bill Waddell at wadellb@telusplanet.net.



Environmental Corner

Sixty percent of the energy associated with a piece of clothing is spent in laundering it. A clothes dryer is typically the second biggest consumer of electricity in a household, costing around \$100 to operate annually.

While switching to front-loading laundry sets is guaranteed to produce savings on your utility bill and reduce greenhouse gas emissions, reducing your dryer use is even better.

The clothesline is coming back into favour because of its greenhouse gas emission savings. Albertans are jumping on the clothesline bandwagon a little slower than other Canadians though. Studies show that only about five percent of Albertans use a clothesline.

Whether you opt to divorce your dryer altogether, or are just looking for ways to

reduce your household energy use, keep these tips in mind:

- Use a clothes dryer with a moisture sensor. It will automatically stop drying once your clothes are dry.
- Situate your dryer in a heated area.
 Locating it in a cold space makes the dryer work harder.
- Dry full loads, but don't overfill the dryer. A good balance is most efficient.
- Dry two or more loads in a row to make use of the dryer's retained heat.
- Clean out the lint screen after each load. This will save 30 percent on energy use.
- Clean the outside exhaust regularly as a clogged exhaust lengthens drying time and increases energy use.

For more ideas and information, subscribe to the free on-line newsletter Enerclick, visit www.ClimateChange Central.com, call 1-866-609-2700, or email contact @climatechangecentral.com.

"If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life."

-Abraham H. Maslow

"Unhappiness is not knowing what we want, and killing ourselves to get it."

-Don Herold

"All truths are easy to understand once they are discovered; the point is to discover them."

- Galileo Galilei

"Nothing is as simple as we hope it will be"

-Jim Horning





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 and you will see the View PDF underneath the Block Watch Logo on the right side of the screen.

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!

Heat Related Illness

Courtesy City of Calgary EMS

Overexposure to the sun or heat can lead to cramps, exhaustion and even death. Proper protection is essential for preventing heat and sun related illness. Prevention is simple, effective and by far preferable to treatment. Proper prevention measures significantly reduce the probability of sun-related illness. Your actions in identifying and reacting to the signs of heat related illness could mean the difference between life and death.

Over-exposure to the sun's ultraviolet rays can have detrimental effects on your skin. Here are some tips you may follow to reduce the risks of skin cancer:

- Avoid midday sun (10:00 am to 4:00 pm).
- Apply a waterproof sunscreen (SPF of 30 or greater).
- Wear tightly woven clothing to block the sun's rays.
- Wear a broad brimmed hat to shadow your face, neck and ears.

Also keep in mind that:

- Sunlight reflected from snow, water and concrete increases the intensity of light on your skin.
- Light cloud cover will not block or protect you from ultraviolet sunlight.
- Water does not filter most ultraviolet light, thus being underwater (e.g. Snorkeling) will not protect you from the sun

Heat illness prevention:

- Prevention is the best defense against heat injuries.
- Avoid heavy physical exertion in hot conditions.
- Wear loose-fitting, tightly-woven and light colored clothing.
- Drink adequate fluids to replace your water loss when working hard in the outdoors. Tomato or orange juice is suitable.
- The danger of heat injury increases with higher humidity, age and the ingestion of alcohol or drugs.



• If you begin to feel ill or develop cramps, get out of the sun immediately and rest in a cool environment until you feel better.

Types of Heat-Related Injuries

Heat Cramps usually occur in the most worked muscles after heavy exercise in the heat. A high level of humidity, recent ingestion of alcohol, or being over the age of forty may increase the likelihood of heat cramps. Let the patient rest in a cool, sheltered area, and encourage them to drink orange or tomato juice, a soft drink or sodium-balanced thirst quencher. If patient does not get better within 30 minutes, seek further medical attention. Dial 911 if necessary.

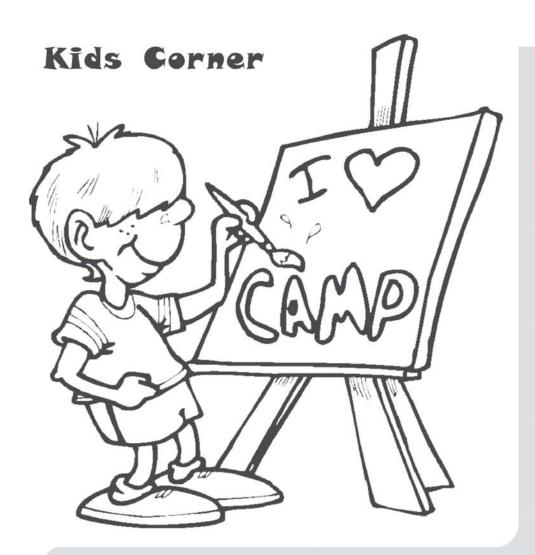
Heat Exhaustion is caused by excessive loss of bodily fluids due to prolonged sweating, especially in a hot environment. The patient may present with signs and symptoms such as headache, fatigue, nausea or vomiting, thirst, giddiness, profuse sweating. The patient is usually cold and damp to the touch and skin may appear gray.

Move the patient to a cool, sheltered area, and if conscious encourage them to drink orange or tomato juice, a soft drink or sodium-balanced thirst quencher. Further medical attention is highly recommended. Dial 911 and ask for an ambulance.

Heat Stroke occurs when the body is subjected to more heat than the body can possibly handle. Heat stroke is a serious medical condition and may lead to death without immediate emergency medical attention. In heat stroke, body temperature rises too quickly resulting in the death of body tissue. The patient may present with chills, nausea and/or vomiting, throbbing in head, disorientation or gradually decreased sweating. The patient may eventually become unconscious.

The patient's life depends on rapid emergency medical care. Dial 911 and ask for an ambulance. The patient's body must be cooled as rapidly as possible. Remove the patient from the hot environment and remove any excessive clothing while waiting for the ambulance.

For more safety information and safety tips, visit www.calgary.ca/ems.



Use your pressed flowers to make bookmarks, greeting cards or decorate other crafts!

Quick Tips
Try adding some
leaves, ferns
and herbs!
Avoid "thick" flowers
like Marigolds.

Store flowers in the press until you are ready to use them!

PRESSED FLOWERS

What You Need

Tissue Paper or Paper Towel (with a smooth surface)

Newspaper

Heavy Book (phone books work well)

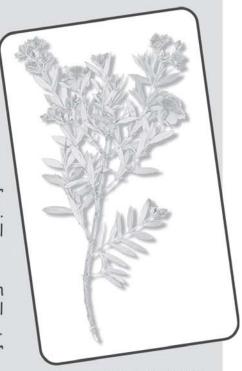
Assortment of fresh blooms

(For best results, use "flat" flowers like pansies)

Lay a sheet of tissue paper on a sheet of newspaper. Arrange your flowers on the tissue paper. Remove any unwanted petals or leaves. Thin out the petals of thicker flowers (otherwise your flowers will look "smashed" rather than "pressed").

Place another sheet of tissue paper on top of the flowers, and then put down a few more sheets of newsprint. You can make several pressings at once by layering newsprint, tissue paper and flowers. Place a heavy book on top of the stack. (you might want to further weigh down the flowers using a large rock).

In a few weeks your flowers will be dry and ready for use!



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



Stampede Breakfast Sunday, July 13th

Be sure to mark your calendar with our annual community Stampede Breakfast - it's on Sunday, July 13th from 9:00 to 11:00 at the Community Hall. There will be lots of things for the young cowpokes to do! They won't want to miss this.

Come meet your neighbours, shake hands with David Swann (Alberta Liberal MLA), pancake flipper extraordinaire, and tap your toes to the beat of Crazy Bones String Band. If you are interested in being a little greener than we have been in the past, please feel free to bring your own

plates and cutlery.

If your membership is not up-to-date, please contact Bobby and Wendy Baum at whopkin1@ telus.net or 230-9269 to renew it so you can get those flapjacks with minimal wait. Among other things, a \$20 membership goes a long way to paying for your Stampede Breakfast which is free to members; non-members pay \$5 for adults and \$3 for children. Exact change is always appreciated!

Ya just gotta come to this, pardner – see vou there!





Historic Calgary Week

Chinook Country Historical Society is putting on their 18th annual Historic Calgary Week from Friday July 25th to Sunday August 3rd. Every day they have events organized. Phone 261-4667 or watch for more information in the Calgary Herald. Both Rosedale and Crescent heights will be contributing with walking tours this year.

The Crescent Heights Tour will be guided by Helga Shield. Meet at the Crescent Heights Community Hall before 7:00 pm on Saturday, July 26th.

Rosedale's tour will be guided by Bill Waddell and will be based on local historian and Rosedale resident, Kate Reeves's Rosedale Walking Tour. The walking tour is a companion to Kate's book Rosedale Stories printed in 2000. Meet at Rosedale Community Hall, 901-11th Avenue NW before 9:00 am on Friday August 1st.

Louise Riley Library

Calgary Co-op Summer Reading Adventure

This year's Co-op Summer Reading Adventure, A Dragon Tale, continues in July and August. This is a fun, engaging literacy activity for kids of all ages. It encourages them to read throughout the summer and to visit the Library regularly to enter their name in weekly draws for book prizes. The grand prize draw for a Nintendo DS Player will take place on August 29th, so all final ballots must be in by then!

All Calgary Public Library locations will be closed on Tuesday, July 1st (Canada Day), Monday, August 4th (Heritage Day) and Monday, September 1st (Labour Day). The library is closed Sundays during the summer months.

The Village of Crescent Heights Celebrating 100 Years in the Heart

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

Rosedale Walking Tour

An Easy Stroll Historic Rosedale Friday, August 1st departing the Rosedale Hall at 9:00 am



Help Build a Safe Neighbourhood

Preventing residential break-and-enters doesn't mean looking out for just your own home — it covers your whole neighbourhood. Burglars don't like watchful neighbours who are collectively interested in the security of their community.

Get to know each other. Residents should become familiar with the routines in their neighbourhoods and know their neighbours on sight. Even better, they can help build community spirit by hosting community-or street-wide block parties or yard sales. They should also be aware of strangers and know what to do if something or someone looks suspicious.

A well-kept community is less attractive to criminals and vandals. Appearance often reflects residents' concerns, pride and willingness to work together to take care of their interests.

Get involved in crime prevention. Block Watch is a program that brings concerned citizens and police together to reduce crime in neighbourhoods. For more information call 509-2565 or visit calgaryblockwatch.com.

Look out for the children. The Calgary Block Parent Association provides personal safety information and immediate assistance through a community safety network. Contact them at 269-6460 or calgaryblockparent.ca.

Register for the free PACT (Police and Community Telephone) system by calling 645-2990 or visiting calgarypolice.ca. PACT is a police-operated computer system that sends out recorded messages about criminal activity, police concerns and information affecting your community.

Learn to be suspicious. Report the following to the Calgary Police Service:

- Unusual noises, such as someone yelling for help.
- Vehicles moving slowly and randomly through the neighbourhood.
- A stranger running or walking randomly through the neighbourhood.
- A stranger sitting in a car or stopping to talk to a child.
- Furniture being removed from homes when the owners are on vacation or at work.
- Abandoned cars.
- Unusual activities of pets, such as the repeated barking of a dog that is normally quiet.
- Someone going door to door soliciting who refuses to provide proper identification.

Don't hesitate to call the Police! Many people believe that the police do not want to be called if the caller is merely suspicious. This isn't true: When in doubt – call the police. Use the general police line at 266-1234 for suspicious activities; use 911 for crimes in progress.

☐ Senior (\$5/per person)

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

☐ Single (\$10)	☐ Household (\$20)
Non-Voting (Rusiness	and Non-Residents

Voting (Residents)

Non-Voting (Business and Non-Residents
☐ Associate (\$20) ☐ Business (\$50)

Names : ______ Postal Code: _____

Phone : _____ E-mail: ____

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

☐ New Membership ☐ Renewal Date ______ Amount Enclosed \$ ____