

Healthy Yards

Crescent Heights Community Association in partnership with the City of Calgary's Healthy Yards Program would like to offer you the opportunity to participate in a free two hour session at the Community Hall (1101 – 2nd Street NW) on Thursday, June 11th, from 6:30 pm to 8:30 pm. The program teaches the basic principals for environmentally friendly yard practices and has openings for 50 Crescent Heights households.

The Healthy Yards seminar incorporates the following components into yard and garden care:

- Responsible pest management (alternative pest methods, "nature-scaping", beneficial insects)
- Water Management (water-wise

gardening principles and use of a rain barrel)

- Composting
- Grass cycling (mulch mowing)

Healthy Yards participant households will receive a composter and rain barrel, as well as information and training on the tools and techniques for environmentally-friendly yard practices. Other household members are encouraged to attend. Participants also receive newsletters, event invitations, information updates, a Healthy Yard's sign and access to the Healthy Yards resources for troubleshooting pest-related concerns.

If you are interested in registering for the Healthy Yards program, please call



3-1-1, and mention that you would like to register for the Healthy Yards session as a member of the Crescent Heights Community or register online through the Healthy Yards website at www.calgary.ca/parks. Please indicate how many members of your household will be attending.

Looking forward to seeing you there!



Crescent Heights Clean-Up

Saturday, May 23rd
9:00 am to 2:00 pm
Crescent Heights
Community Hall

**Drop off your household
waste and unwanted
electronic items**

See inside for details

Crescent Heights Plant Exchange Sunday, June 7th (rain or shine!)

Do you have some perennials that seem to be taking over? Would you like to add some new plants to your garden? The Crescent Heights Plant Exchange will address these needs!

If you need to thin out your perennials, divide them; plant them in small pots; label them; and, bring them to the exchange. We will have reference material available in case you are not sure what your plants are.

Please bring your plants to the Community Hall (1101 – 2nd Street NW)

at 12:45 on Sunday, June 7th for set-up. The exchange will run from 1:00 to 2:00 pm.

Plants that have not found a new home by 2:00 pm will be available for purchase until 2:30 pm at the very reasonable price of two bucks, two bucks, two bucks with the proceeds going to the Crescent Heights Community Association! Please bring exact change for your transactions.

For further information, please contact Sharon Anderson-Marr at (403) 276-1831 or sandersonmarr@shaw.ca.

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 elizhancoc@shaw.ca.

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

Crescent Heights Community Association

1101 - 2nd Street NW
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Member of FCC

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Community and Block Watch
e-mail list contact Penny Smith at
smithpenny@shaw.ca

Crescent Heights Garden Tour

By Laurie Stretch

If you are one of the many people who expressed regrets that there was no Crescent Heights garden tour last year, you will be glad to hear that we are planning to have the tour again this July, if we can get enough gardeners willing to show off their handiwork.

Our garden tour, for those new to the neighbourhood, consists of picking up a map from the Community Hall, and walking or cycling around our nice leafy community, visiting the eight to ten selected gardens. The gardeners are in their yards, and are typically all too happy to tell you the name of that unusual variety of sedum or clematis that has caught your eye. Many guests make notes of ideas or plants to try in their own gardens. The event has been a tremendous success in recent years, with people coming from well beyond Crescent

Heights for a relaxing afternoon of garden browsing.

We are currently scouting for gardens! If you know of an admirable garden near you – your own or your neighbour's – please call Laurie Stretch (403-264-0165) or Sharon Anderson-Marr (403-276-1831). One of our committee members will come and have a look. Our usual method of finding gardens is to peer over back fences and through knotholes in gates (which can attract some questioning looks), so we welcome all assistance in finding the good ones.

Please mark your calendar and plan to attend the tour on Sunday, July 19th (early afternoon – map pickup at the Crescent Heights Community Hall). Watch the next View for confirmation and more details. Let's hope there's no hail before July 19th this year!

Crescent Heights Spring Soccer

With the days becoming longer and the weather starting to shape up, we are looking forward to the upcoming outdoor soccer season. Before completely leaving our recently completed indoor season, I would like to congratulate all of our teams on what was hopefully a successful and more importantly a fun season. NCU entered a total of 11 teams this past year, from U6 level to U18.

I would like to recognize a few of our teams for their accomplishments. Both of the premier teams, the BU14 NCU Juventus 96 and the GU16 NCU Juventus were successful in the seeding rounds of their season and both graduated to Tier II levels. At the competitive levels, the following teams enjoyed medal success in the CMSA Spring Cup tournament with the BU10 NCU Badgers capturing the Gold medal, the BU14 NCU Knights getting Bronze, and the BU16 NCU Lightning taking Silver.

I would like to thank all indoor Coaches, volunteers, parents and especially all players for their dedication and fair play exhibited, and look forward to seeing everyone back in the fall for another indoor season.

Our sights are now set on a quickly up and coming outdoor season, with games

scheduled to start about April 25th. Our registration numbers are significantly up and we are looking forward to fielding about 25 teams from U6 to U18 this year.

The U6 and U8 house league program is a recreational program designed to introduce your child to the game of soccer, and most importantly, have a lot of fun! Games are scheduled for each Tuesday and Thursday, and teams are typically mixed. This format provides children the opportunity to play in a fun, non competitive environment. We offer technical training sessions for these groups throughout the spring to assist the kids and their coaches in basic skill development

The U10 to U18 age groups are entered by NCU into Calgary Minor Soccer Association (CMSA) leagues. The CMSA leagues are city wide leagues with competition at some levels leading to inter-city championships.

Although some teams are now full, we are still accepting registrations at some age group levels. Visit our website at www.ncusoccer.ca for more information. For additional information please contact Mark Spink, President – NCU Soccer at (403) 276-9697.

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 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 Bill Waddell at wadellb@telusplanet.net.

Community Clean-Up

By Daniel Dang

This year's CHCA Community Clean-Up event will take place on Saturday, May 23rd between 9:00 am and 2:00 pm at the parking lot of CHCA Community Hall. Community residents are encouraged to participate by dropping off their household waste and unwanted electronic items during the event, sponsored by the CHCA, The City of Calgary's Animal and Bylaw Services, and Technotrash Alberta Limited.

This year's event is expanded to include the participation of Technotrash Alberta, a local Calgary firm who specializes in processing electronic waste in a responsible manner, and is certified by Alberta Recycling Management Authority's electronic recycling program.

This CHCA sponsored event will accept all household waste except tires, batteries, household chemicals, paint, liquids and propane tanks.

For additional information and recycling options, please check our community's website at www.calgaryareas.com/crescentheights and follow the link.

The CHCA is examining the option of renting a truck to pickup larger items from community residents on a cost recovery basis. If you can help on the day of the Clean-Up, or for additional information, please call Daniel at (403) 355-0058. See you there on May 23rd!



President's Notebook

By John McDermid

Thanks to all who came out for our AGM on April 16th, including Alderman Druh Farrell, where we presented our hot-off-the-press audited financial statements, had a look back over the past year, a glimpse forward through the summer of 2009, and elected a nine-member board of directors to take us forward into the coming year.

Two new members joined the board this year, though neither is a stranger to our community. Darlene Jones has been a regular member of the Traffic and Planning Committee for a number of years now and has taken a particular interest in the City of Calgary's recent Plan It initiative. Welcome Darlene, we look forward to working with you.

Another new but familiar face on the board is Rob Elliott, who is well known to many Crescent Heights residents as a volunteer presence at many events over the years, Rob and wife Nancy Stapley (and daughter Nicole) took on a key role at last year's Stampede breakfast and are long time supporters of the CHCA. Welcome Rob. The new board will meet for the first time on May 12th to sort out our roles and responsibilities and begin to firm up plans for events through the summer.

Those events at the moment would include the River and Pathway Clean-up on May 3rd, our own Community Clean-up on May 23rd (this year with opportunities for electronic recycling!). June will bring a community plant exchange and July will be the time for our Stampede Breakfast as well as our fifth not-quite-annual Garden Tour. Watch this space and the community e-mail circle for additional details as plans for these events take shape.

Leaving us this year after many years of dedicated service as our outgoing treasurer George Day. George has been active in a number of different roles on our board, including Communications Director and most recently as Treasurer for the last several years. His steady hand has helped steer us through some of the most prosperous times for the CHCA, as we continue to access casino events for an important source of fund-raising.

George has also kept us up to date with our reporting requirements, and has been a careful steward of the funds entrusted to us. We will miss his unfailing good sense, his ability to cut to the core of the issues before us and his great sense of humour. Thank you for everything, George: we wish you well in the coming years.



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 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:

**Chinook Glass and Screen
Sharon Lutheran Church
The Care Group**

Support Your Community!

Garage Sale

A massive garage sale will be held at 1000 Centre Street North (Rogers Insurance Parking Lot) on Saturday May 30th from 9:00 am to 3:00 pm. Huge deals on everything! Items of every kind such as: household goods, books, sporting goods, toys, etc. Spring cleaning has begun and everything must go!

Butterflies in the Children's Garden

Some of you may have noticed a few changes happening in the yard outside the Wild Rose United Church. Late last summer, some parent volunteers from the Rosedale Playschool spent a good deal of time and effort erecting a wrought iron fence around the yard in order to create a safe, enclosed space for the playschool children to play. The plan was to create a beautiful space that the children, church and the community would enjoy looking at and spending time in. You may remember seeing an article that told the story of our wonderful artful gate.

As you may already know, instead of installing playground equipment, we have opted to create a naturalized play space with flowers, tree stumps/logs and large stones for imaginative play and natural aesthetic. We are keeping the grass in the centre of the space for little running legs and large group gatherings. We hope that this will act as a community space for everyone to enjoy, and that we will all do

Retire Your Ride

Courtesy Climate Change Central

Across the nation, cars, trucks and buses are major sources of smog pollution, and older vehicles are some of the worst offenders.

Older makes and models are less fuel-efficient and much more polluting than the new vehicles produced today. Improvements in the design of vehicle exhaust systems have reduced pollution from individual vehicles significantly in the past 20 years. So much so that vehicles from 1995 and older produce 19 times more smog-forming pollutants than 2004 and newer models.

According to the Carsharing Coop of Edmonton, transportation accounts for an unsightly 45 per cent of an individual's day to day greenhouse gas emissions. It has also been estimated that it takes 130 trees to produce the amount of oxygen needed to combat the carbon dioxide emitted from a single car each year. By retiring these vehicles we can help reduce these harmful emissions.

Programs like Retire Your Ride, an initiative of The Government of Canada, Clean Air Foundation and its partners, rewards vehicle owners for getting their high-polluting cars off the road and ensures that vehicles are recycled

our part to keep it clean, safe and enjoyed by all.

The Rosedale playschool applied for and received a small Stepping Stones grant from the Calgary Foundation in order to get the ball rolling on our garden project. We will be purchasing and laying down some soil, mulch and pea gravel in the next month and hope to involve the community, preschool families and church congregation in putting the plants and flowers into the ground. If you have any perennials to split this year, keep us in mind! We are looking for volunteers to help and children are always welcome.

We plan to release butterflies raised by the preschool children into the garden in the first week of June and also hope to celebrate the creation of the garden with a Community Butterfly Festival. If you would like to become involved, you can contact the school at rosedaleplayschool@gmail.com.

responsibly. When you Retire Your Ride you'll qualify for rewards that encourage environmentally-friendly transportation methods. Reward options in Alberta currently include up to a year of free public transit passes or \$300 cash.

To be eligible for the program vehicles must be 1995 and older, in running condition, and registered and properly insured for the last six months. To apply visit www.RetireYourRide.ca or call 1-877-773-1996.

For more ideas and information on energy-efficiency, subscribe to our free online newsletter [enerclick](http://enerclick.com), visit www.ClimateChangeCentral.com, call us toll free at 1-866-609-2700, or email contact@climatechangecentral.com.



Calgarians Share Vision of Sustainable, Affordable Future

Courtesy the City of Calgary

Over the past three years, Calgarians have been engaged in planning what they want the future of this city to look like. Some 6,000 people have participated, their comments have been taken into account and the result, entitled "Plan It Calgary," is about to go to City Council for review.

Plan It Calgary consists of two parts, the Municipal Development Plan and the Calgary Transportation Plan. Together, these integrated plans set out a 60-year direction to accommodate up to 1.3 million new residents, expected in our city. Such long-range planning is required by the Alberta Municipal Government Act.

Plan It Calgary proposes to reduce costly urban sprawl, gradually over the next 60 years. During this time, the single family home will continue to be the dominant housing form, while other types of housing are encouraged, providing people more choice. The city currently has available a generous supply of planned suburban land, enough to accommodate 185,000 people in single family and semi-detached homes. The goal is to slowly change Calgary's development pattern so that, over 30 years, about one third of new population growth can be accommodated in the developed parts of the city, instead of only on the outer edges, as happens now.

Established communities will experience

very little change, but areas where the concentration of housing and jobs increases will be served by expanded, high-frequency transit service. Bringing homes, jobs and amenities closer together will make walking, cycling and transit more convenient.

Plan It Calgary proposes a way of growing our city that is more affordable – by some \$11.2 billion – and it supports the well-being of citizens and the environment. Right now, the city covers some 850 square kilometres – and it's expanding. These existing development patterns cost more – for roads and water infrastructure, and to provide services – and that affects everyone's taxes. At the same time as the city expands, there is land within existing developed areas, already served by roads, water and other services, that is vacant or under-developed. Plan it Calgary provides support for redeveloping many of these pieces of land to achieve a more efficient and cost effective city.

On May 14, Plan It Calgary goes before the Calgary Planning Commission for review, and on June 16, Calgary City Council will hold a Public Hearing to consider the proposed Municipal Development Plan and Calgary Transportation Plan.

For more information, please visit www.calgary.ca/planit.

Dial 211: Your Community Connection

Dial 211 to get connected to the community services you need 24/7. 211 provides free, confidential and multilingual support to callers seeking information about services and programs in their community that can help them. Talking to a trained specialist makes it easier to find information, discover options, and deal with the challenges life hands you.

Here are some reasons why people call 211:

- A senior seeking homecare support
- A laid-off employee wanting information about employment insurance

- A teenager struggling with school or social issues
- A family looking for child care services in their community
- A recent immigrant looking for help getting settled in Calgary.

211 is a partnership between the Distress Centre of Calgary, the City of Calgary and United Way of Calgary and Area. The Calgary Health Region is also an important contributor through its InformCalgary/InformAlberta database partnership with the City of Calgary.

Visit www.211calgary.ca for more information.

Crescent Heights Playgroup Welcomes Spring

Attention all pre-school aged kiddos out there. It's spring and the playground is ready for action. Want to play with your friends and meet some new ones? Well there is a place for you to run and play inside to get all those spring wiggles out and when it is nice outside we go to the playground!

The Crescent Heights playgroup gives pre-school aged children a place for free play. It also gives both moms and caregivers a chance to see other adults and get to know the community. You can store your bags and strollers inside while we play outside.

Join us Wednesdays from 10:00 to 11:30 am at the Crescent Heights Community Hall. Free for Community Members and Associate Members – so neighbouring communities are free to come with the purchase of a \$20 Associate Membership.

Playgroup is for parents and/or caregivers with any number of children at any age – babies included. There are toys and books at the Center, so just bring yourselves, indoor shoes for running in the Hall and snacks for your kids.

If you have questions please contact Stacie Banks at (403) 670-6872 or email stacie_banks@yahoo.ca.

Deliver This Wonderful Publication to Your Neighbours

Delivery routes for the Crescent Heights newsletter have just become available.

People are needed to deliver The Crescent View to the north west side of our community. If you are looking to add 15 minutes or more to your monthly exercise routine, this is for you!

If you can help out, please contact Sharon Anderson-Marr at (403) 276-1831 or at sandersonmarr@shaw.ca.



Neighbourhood Kids Take Stage in Hawaii!

The Calgary Children's Choir, which rehearses at the Crescent Heights Baptist Church and draws its members largely from nearby communities, is busy preparing for an upcoming tour to the Pacific Rim Children's Chorus Festival in Hawaii, July 14th through 22nd. Choristers will join a mass choir of 300 in two public concerts – at the Brigham Young University Cannon Center and at the Blaisdell Concert Hall in Honolulu – and are very excited about the many activities planned to immerse them in Polynesian culture.

For 22 years, the Calgary Children's Choir has provided outstanding choral training to young people aged five through 24. Through camps, workshops, festivals, local performances and international tours, the choir offers a fun and inspiring opportunity for children and youth to gain an invaluable musical education and performance experience at major concert venues.

The choir sings in Alberta Ballet's annual Nutcracker performances at the Jubilee Auditorium, and hosts its own annual Christmas, folk music and spring concerts at the University of Calgary's Rosza Centre. Tours abroad every three years or so offer choristers exciting opportunities to perform on world stages, to learn about other cultures firsthand, and to act as young ambassadors for Canada. With each tour comes acclaim and further invitations. Most recently, the choir was invited to the Canada Day Unisong

celebrations in Ottawa in 2007 and the International Musical Festival in Shizuoka, Japan, in 2006.

Artistic director Marni Strome, who also teaches at Crescent Heights High School, and the choir's business manager, Linda White, have both been with the choir since its inception. Music director Angie McGillivray and accompanist Susan Woodward have been with the choir for more than 15 years. Strome and McGillivray say they "strive to foster a lifelong love of singing and the choral art in young choristers." Children, parents and the artistic staff form close friendships, contributing to a strong sense of community that is proudly fostered by all participants.

A distinctive feature of our choir is our drive to ensure that this experience remains accessible to all children. "Accessible" to the Calgary Children's Choir means a high-quality, exciting musical experience with reasonable fees, fundraising opportunities and a scholarship program for talented children whose families are unable to support their child's participation.

If you or your child is interested in joining the choir, please contact Linda White (403) 210-3499 or ljwhite_ca@yahoo.ca to arrange an audition. Prospective choristers will be placed in the appropriate choir group based on their ability and experience: Calgary Junior Choir (aged five to nine), Calgary

Louise Riley Library

Louise Riley Library is located at 1904 14th Avenue NW. They are open Monday to Thursday, 10:00 am to 9:00 pm, Friday and Saturday, 10:00 am to 5:00 pm and Sundays, noon to 5:00 pm (until May 10th).

We're Renovating!

You can look forward to self check out machines, more space, a new computer area, fresh décor and layout, new flooring and ceiling, new furniture and shelving, a new window, and new meeting space. Over the next few months, everything in the Library will be moved, changed and in general disarray. We pledge to do our very best to help during the transition. We ask for your understanding, sense of humour and patience while things aren't quite right. The finished space will be bright, spacious and welcoming. We look forward to sharing it with you!

Spring Programs

Programs are free with a library card. Register in person, by calling (403) 260-2620 or online at www.calgarypubliclibrary.com

Game On!

Hang out with other teens and test your skills at games like Rock Band, Guitar Hero, and more! Ages 13 to 17, Thursdays, May 21st to June 25th, 3:15 to 5:15 pm.

Coffee and Conversation for Moms

If you have a baby or toddler at home, bring them along and socialize with other Moms! Thursdays, May 7th to August 27th, 1:00 to 2:30 pm. No registration required

50+ Coffee and Conversation

Join us for coffee, conversation, and informal presentations of interest. Ages 50 and up. Mondays May 11th, June 8th, July 13th and August 10th. 10:30 am to noon., No registration required

Children's Choir (aged nine to 14) or Calgary Youth Choir (aged 15 to 24). Previous choral experience is not required, just a love of singing.

Like to come hear for yourself? Enjoy a wonderful evening of music with the Calgary Children's Choir and special guests on Saturday, May 23 at 7 p.m. at the Rosza Centre. Tickets are \$16 for adults and \$12 for students and seniors, and are available at the door.

Restaurant Review – Thai Bistro

By Tristan Olsen

The Thai Bistro is the closest restaurant to authentic Thai food in Calgary. The only thing you need to do is sit back, close your eyes and imagine that you are sitting on a beach side restaurant sipping sweet mango juice with warm sand between the toes.

The restaurant is neat and clean with the friendliest staff. Two people can eat very well for forty dollars or have great lunch for \$8. The menu is very diverse for the size of the restaurant, ranging from Satay chicken to Pad Thai noodles, to stir fried seafood with basil and chilli (when you order this you get shrimp, scallops, and fish).

If you are lucky enough to be there on a night when they are serving Yum Pla Dook Foo (shredded deep fried fish with mango chilli salad) Try it! It is for the people that enjoy the spicier side of food.

For the not spicy food you may want the coconut rice and pad thai. As for dessert I have tried them all and have not found a bad desert in the lot. I really enjoy the mango sticky rice (it's a little like tapioca with mango flavour). My girlfriend is addicted to Penang chicken curry, it is a delicious mild curry that will not burn a hole in your lips.

So the next time you decide to treat yourself and go out for dinner, definitely check out Thai Bistro at 102 - 233 Centre Street NW (403) 313-9922.



Teaching Our Children About Strangers

By Tonya Fleming

"Mommy help – that stranger might take me!" Half an aisle away as I picked up some stain remover, I spun around. Everyone who shared the Wal-Mart aisle with us instantly froze, all eyes on my three-year-old daughter, sitting safely in the shopping cart. A minute earlier she had pointed at an older man buying his laundry soap and whispered "Mommy, is that man a stranger?"

When our talk of strangers first moved to the identification of strangers, she laughingly told me, "Mommy, don't be silly, that isn't a stranger, that's just a guy!" Much to the embarrassment of the older man in the laundry aisle, our talk of the danger of strangers and the identification of strangers all came together for her that day.

As we strive to keep our children safe, the lesson of the "stranger" is a confusing one. Strangers are not the scary looking villains of cartoons but normal people who we do not know. My daughter now points out people driving in cars next to us, or people out for a walk in the neighborhood and says, "that person is a stranger because we don't know them, and they don't know us." Exactly.

In language my three-year-old understands: "some strangers are good and some strangers are bad." If a child needs help, they need to be able to identify a "good" stranger. Police officers and firefighters are often cited examples, but when is the last time a firefighter in uniform was standing around when your child got lost in the Home Depot? (Or, as my daughter tells the story – when "daddy got lost in the Home Depot"). If store employees wear uniforms, I point them out as safe strangers to ask for help if she gets lost in a store. Otherwise, I've told my daughter to look for another mommy with her kids as someone who will help her.

My daughter and I play a game where we pretend she is lost in a store. She is to stay in one spot and yell loudly for mommy. If that doesn't work, she knows it is okay to find a "safe stranger" and go to "Customer Service" with the stranger



No, Go, Yell, Tell

so they can call mommy on the loudspeaker. She knows to never leave the store with the stranger, never to go into a bathroom with the stranger and never to go into the stranger's car.

"No, Go, Yell, Tell" is a National Crime Prevention Council slogan – in a situation where a child feels scared, they should "Say no; run away; yell as loudly as they can; and tell a trusted adult what happened, right away." While we try to raise polite and friendly kids, children need to know that it is okay to say "no" to an adult and yell to keep themselves safe.

Kids help other kids, but kids do not help adult strangers. Here are a few scenarios to play with your child, so they can practice saying "No" and running away from the stranger:

- A stranger approaches the child in the park and ask for help to find the stranger's lost dog.
- A neighbor who you don't know asks the child to come into his/her house for a snack.
- A car pulls over and the driver asks the child for directions to the Peter's Drive-In.

As we strive to keep our children safe it is important to teach our children to recognize and handle dangerous situations involving strangers. Point out safe strangers and give them permission to be assertive if they feel scared by a stranger.



It Takes a Village

The Babysitting Co-op continues to expand. We have lots of new members this year, and a whole crop of kids under the age of five. The Co-op is a not only a great network for babysitting; it is also an excellent way to meet new people, make play dates, and ensure that you have a safety net if you should ever need short-notice or emergency care. If you are new to the neighbourhood or the city, and especially if you don't have family nearby, the Co-op can be an invaluable resource! Come join us at our next monthly meeting – we look forward to getting to know you.

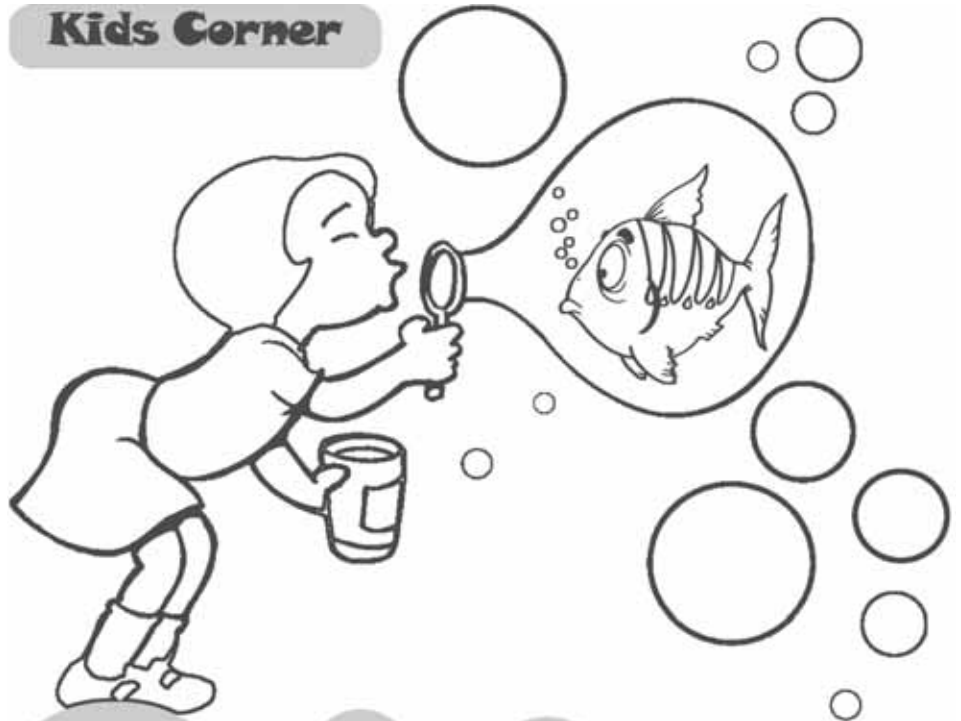
How it works:

- Using a system of chits, members arrange and exchange babysitting amongst themselves on an as needed basis.
- All members and their families (all adults in the home) are required to participate in the Block Parent program and go through the Calgary Police Service's security screening process.
- Moms (and dads?!) can attend the once-a-month informal evening meeting (sans kids) to get to know one another. Meetings are held the last week of each month between September and June rotating at various members' homes. It's a great place to talk about parenting challenges, neighbourhood news, new things in your life, and enjoy munchies and wine.
- Community Association members in good standing pay a \$25 non-refundable fee to participate.

And voila! Your own local Mary Poppins(es) can give you a few hours to yourself.

If you would like to see if joining the co-op is a venue for you, information on the meeting date and place can be obtained from Robin phone (403) 276-8610.

Kids Corner



Quick Tip:
Add 2-3
tablespoons of
Glycerin for
stronger
bubbles!

Storing Bubbles
Store in a sealed jar with a lid. Bubbles last forever!

Baby Bubbles!
Substitute "no-tears" baby shampoo for dish soap.

BLOWING BUBBLES

Easy - Ages 6-9

Quick to make and have on hand at a moment's notice.

What You Need

- 1/2 Cup Dish Soap (grease cutting)
- 1 1/2 Cups Water
- 2 Teaspoons Light Corn Syrup
- 1 Drop Food Colouring

Basic Bubbles

Gently mix Dish Soap, Water and Cornsyrup together (avoid making suds) and let settle. Add a drop of food colouring for extra-fancy bubbles!



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 Block Watch Emails

New Membership Renewal Date _____ Amount Enclosed \$ _____