

The Crescent
View

February 2010

NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION

GO CANADA GO!

Olympic Flame visits Crescent Heights!



Spring Sports Registration!
Details Inside.

Palibroda

Crescent Heights Community Association

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

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

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President	John McDermid	277-8653
Treasurer	Daniel Dang	355-0058
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Hall Rentals	Marlene Zaharichuk	804-5600
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Playgroup	Stacie Banks	670-6872
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Memberships	Jonathan and Alison Martin	
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Babysitting Co-op	Tonya Fleming	264-9981
Rink Manager	Tim Edwards	606-9303
Block Watch	John McDermid	277-8653

Inquiries and comments can be emailed to:
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Member of FCC

Community Liaison Officer: Dominique Laporte
District 3, #3241 284-3393

**Community and Block Watch
email list contact Penny Smith at
smithpenny@shaw.ca**

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

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 of the publisher.



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

President's Notebook

by John McDermid

A very happy New Year 2010 to all Crescent Heights Residents as the New Year rings in with cracking cold weather and then a pleasant respite of a long-overdue Chinook as I put this item together in early January. 2009 was a good year for our community association, with a further infusion of casino revenue arriving in early December as a result of our last volunteer casino fundraising event on August 31-September 1 of last year. A huge thank you once again to all of our dedicated volunteers, many of who worked a shift for their second or third consecutive casino in recent years. The proceeds of the 2009 event came in at just over \$72,000 and the sum constitutes an important part of the funding picture as we look forward to upgrades to our hall and surroundings.

There is news from the Calgary Community Block Watch Program that Block Watch will soon expand its role through a reinvention that will see it align itself more with City of Calgary Bylaw Services and solidify its relationship further with other municipal and provincial service providers. It is believed that the re-branding of Block Watch will include a broader mandate and sphere of responsibility for Block Members. Remember that if you are not already a member you can sign up through the CCBW website at <http://www.calgaryblockwatch.com/>. There is also good news that Crescent Heights Community Block Watch members have already assisted enforcement agencies in dealing conclusively with nuisance properties in our community, in the form of derelict buildings and properties hosting ongoing criminal activity through the province's Safer Communities and Neighbourhoods Program. Find out more about this exciting, grassroots program that

Visit us online!

Find out more
about your
Crescent Heights
by visiting...

will soon become a keystone of the new Block Watch Program in our community at https://www.solgps.alberta.ca/safe_communities. As much as I enjoy being a Block Member and a Block Captain, as well as CHCBW program coordinator here in our community, what I'd really like under the new Block Watch structure is to be a Warlord. At the risk of invoking the wrath of Captain Morgan, have you got what it takes to be a Captain?

An update was received from the City of Calgary on January 4th that work was to resume that day at the Emergency Operations Centre in Rotary Park. Residents will recall that work came to an abrupt halt in November of last year when 1st Street NE decided it wanted to be a bigger part of the EOC than just an access road and started to jump into the excavation. Residents of the immediate area were notified directly by the city and we distributed copies of the notice more widely across the community by our email list. Here's hoping the rest of the project goes smoothly and that the EOC is not unduly delayed. Other welcome news emerging from the month-plus evaluation of the area was that no structural harm came to adjacent residential properties.

So your community association enters the New Year in good financial health, as we make arrangements for our 2009 financial year-end and audit, to make everything ready for presentation to our members at the AGM in April. The tentative date for that meeting is Tuesday, April 27, but is subject to confirmation, so watch this space and the community email loop in the coming months as we firm up our plans. Once again, we wish Crescent Heights residents the very best for the New Year 2010!

Business Membership

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

Chinook Glass and Screen • Sharon Lutheran Church

The Care Group Video Game Trader

St. Vladimirs Ukranian Orthodox Church

Support Your Community!



Garden Grace

Dance thru Life

Ren- frew Bingo

Red Lights in Crescent Heights? - Part 1

By Professor Z

A hundred years ago, the world's "oldest profession" received an unanticipated boost in Western Canada, thanks in large part due to the wildly successful marketing efforts of both the CPR and the federal Lands Department. Advertising campaigns were undertaken to lure settlers from Europe and the US to Canada with the promise of cheap prairie land; the CPR's underlying hope was that its coffers would overflow as a result of the increased passenger traffic as well as from sales of its substantial land holdings in the area. Between 1900 and 1915, over one million immigrants would come to the three Prairie Provinces. Since many of the immigrants were single men seeking fame and fortune, in Calgary by 1911 single males outnumbered single females by 17337 to 8979. Add to this the fact that many married males had also travelled to Calgary at that time with the intent of sending for their families once they had established themselves, and it can easily be seen that female companionship would then be at a premium. Similar imbalances of the sexes were also seen in Winnipeg, Regina, Edmonton and Lethbridge.

In the latter part of the 19th century and very early part of the 20th century, the intertwined social evils of alcohol abuse, gambling and prostitution received relatively lax treatment from the two law enforcement agencies around, the NWMP and city police. As time went on and Calgary grew however, various moral reform agencies like the Women's Christian Temperance Union and the Moral Reform League succeeded in bringing pressure to bear on the city police to enforce the laws already on the books against the said evils.

Although the increase in the sheer numbers of prostitutes in the region culminated in the establishment of some notorious brothel enclaves in Calgary, for the purpose of this article I'll only be discussing the activity north of the Bow River in the early 1900's.

In Hillhurst, just north of the Bow Marsh bridge (the predecessor to the Louise Bridge), a flamboyant character by the name of Diamond Dolly set up shop. In the early days, business was good and DD was a regular visitor to L.H. Doll's jewellery shop. Often attired in big hats with ostrich plumes, she frequently paraded around town in an open cab, and didn't hesitate to call out to her clients on the street when she encountered them. DD leased a horse for her cab from the Chief of Police, Thomas English; this however was a constant source of gossip as many townfolk recognized the chief's horse but were unaware of the rental arrangement. The chief could obviously have benefitted from an optics lesson here!

In 1907, real estate development in Hillhurst was under way and it's clear that Diamond Dolly's presence in the area would not have been welcomed by local developers who envisioned an upper class settlement there. According to a November 1907 article in the Morning Albertan, "A great feature of the Hillhurst settlement is the fine class of people who are making homes there. They are mostly Canadians or people from the British Isles and great care is exercised in the choice of people to whom to sell lots for building purposes...the public institutions and private homes will be built upon the high plan of Anglo-Saxon and Canadian ideals."

(Those of us with friends in Hillhurst might say that similar exclusionary attitudes persist to this day!)

The 1907 city annexation included the Hillhurst area, which meant that any illicit activities in the area would no longer be the responsibility of the NWMP but would henceforth draw the attention of Calgary's Finest. Accordingly, DD moved her base of operations eastward to the area of the Langevin Brothels, which had not been included in the 1907 annexation, and which had been operating in such a capacity since the late 1800's. The heart of the area would have been the vicinity of McDougall Road at 6 St NE, just south of the present-day Women's Emergency Shelter. The Langevin/Riverside brothels were for the most part small-scale operations with one or two "women of ill fame" per household. Local residents were at times inconvenienced by periodic intrusions into their own homes by men on a quest for professional female companionship and by the general rowdiness, noise and traffic issues which accompanied such activities. Accordingly, in 1907, a delegation from Riverside made its way to city council to request assistance in dealing with the matter, to no real avail.

To the east, the brothels in the Nose Creek area were larger operations and were certainly the most infamous of their type ever seen in Calgary. The area under discussion was located east of the Tom Campbell Hill, and was sited around the railway tracks running north of the Bow River where Nose Creek joins it. Some of the bordellos were three story structures, employing as many as twelve sex trade workers; musical entertainment was also on offer with professional piano players brought in for this purpose. Although clients came from all walks of life, the Nose Creek operations relied heavily on regular visits by CPR employees, working on the CPR Ogden shop construction. Whenever paydays occurred, transport from the CPR shops to the brothels was provided by a procession of teams of horses and carriages, which would regularly queue up in anticipation of the workers' departure with their pay envelopes. As one would expect, such trips were noisy affairs, although perhaps not quite as loud as the pre-arranged return trips in the early morning hours, to the consternation of any townspeople within earshot of proceedings.

(continued next issue)

Newsletter Deadlines

There is a new deadline for submitting articles/events to *The Crescent View*.

Articles/events for the Crescent Heights newsletter are now due on the 10th day of each month. Please email your articles, as an attachment in word document form, to Elizabeth Hancock at elizahancock@shaw.ca.

The Crescent View will still be published ten times per year. The July/August issue is combined as well as the December/January issue. The deadlines for these two issues are June 10th and November 10th respectively.

UTB

**AGM in April.
The tentative date
for that meeting is
Tuesday, April 27,
but is subject to
confirmation.**

**BRIDGELAND
DENTAL**

January 2010 Planning Committee Report

By Joe Nagy

For the past year, we have been dealing with four planning issues and over the past couple of months things have finally come to a head.

The first one is the request of change of use to the parking lot at 114 - 11 Ave. NW. The applicant is North Hill Mazda and the reason for the application is to better operate the car dealership.

Both the CHCA and the City Planning department opposed this change of use as we both feel the encroachment into the community is unacceptable. The issue went to Calgary Planning Commission, (CPC), where the CPC agreed to the change of use for a five year period. Ward Seven Alderman, Druh Farrell, is on the CPC and was absent for the meeting. Now, the issue goes to City Council, which has a history of rubber-stamping CPC decisions unless the Ward Alderman gets involved. We look forward to the result and will report back.

The second issue is the proposed sign on 1120 Centre Street NE is an excessive relaxation of the Land Use By-law and the ARP. The City approved this application and the CHCA appealed it based on the 440 square feet or 1114.7% relaxation from LUB and the 709.8% relaxation of the North Side.

Ever so developer friendly, the Subdivision and Development Appeal Board (SDAB) felt the signs are a wonderful addition to any community and upheld the decision. They did

require the existing sign to be removed, which was not clear from the submitted drawings.

We understand the need for signage and understand how in times of recession small businesses are trying to find ways to survive. However, in our opinion the new sign does not help the existing restaurant as much as the old one. The new sign is not to be lit and is not visible when driving from the south. Best of luck to the business with the new sign.

Saving the best for second last is the issue of the Tigerstadt Block re-development. In order to make the project more economic, the developer wants to increase the density and height and would like the project to proceed in a year or two.

The Ward Seven Alderman would like to go through a Centre Street rezoning process that would entail many conversations with residents, with an end result of re-zoning Centre Street to increase the density and encourage development. Many meetings will be required to wear the residents down. The problem with this approach is that it will likely take several years minimum and then a year or two to develop after this.

The CHCA Planning group met with the City and the developer December 16. We don't know if anything was accomplished as we stated our opposition to a 70 foot high building and a density increase of 70%. The City took notes.

One area of concern is if the re-zoning is accompanied by a design the residents can support, how do we ensure the actual design is built? The City can use a DC (direct control) process however they don't want to because they don't want to. So that leaves a review of the Centre Street developments in a new policy document as above or a one of exception based on this particular lot. The second is faster, but leaves no guarantees the property is not flipped and a bigger box is not built.

Many volunteer hours were spent developing our ARP, which was ignored on the 1120 Centre Street NE development. If anyone has any compelling reasons to commit to hundreds of volunteer hours on a new policy document please re-read the first sentence of this paragraph.

The final issue is changes to the modest in-fill rules. Several of the changes are of significant concern, particularly changing the lot line from 60/40 to 65/35 and the house depth from a maximum of 15 feet behind adjacent houses to fifteen feet behind some undefined blended average open to debate.

This should be of concern to everyone living in a bungalow in Calgary. At the CPC meeting where North Hill Mazda Parking was discussed, the CPC approved the changes. Again, our Ward Seven Alderman was not in attendance. This is going to Council soon; likely by the time you are reading this. These changes were put into place very fast and we are sure some communities will be in for a surprise.

One thing we have learned is that we have no Aldermanic support. I am not sure if this is because our Alderman has lost face due to debacles like closing Memorial Drive and Spanish Bridges, or because our name is not Sunnyside, but it appears we are on our own. In suburban oriented Calgary this could be interesting.

Please feel free to contact me with any questions or concerns at: j_nagy@telus.net or 403-277-1364.



Tigerstadt Block

Huges House

Foothills Little League

Rosedale Playschool

Help Yourself, Help Others

Take advantage of our **free 2-hour mini-workshops** — guaranteed to interest, inform and inspire!
In return, please bring a non-perishable donation for the Calgary Food Bank or the SPCA.
Find out more at calgaryworkshops.com. **Register online or by phone** for the following free workshops:

- ◆ Crime Prevention for Homeowners
- ◆ Be Safe, Not Sorry (Personal Safety Training)
- ◆ Home Computer Security
- ◆ Personal Emergency Preparedness

calgaryworkshops.com

403.452.0880



North Central United (NCU) Juventus Soccer Club

North Central United soccer offers youth soccer for North West, North East, and North Central Communities of Calgary. Age groups from U4 through U18 for both girls and boys are offered. The 2010 Outdoor season planning is now underway, with registration set to open on-line in February. In person registrations are also planned for later in February and early March.

Do your three year olds have a lot of energy? Look for our "NEW" U4 program coming this spring. This program is an introduction for young players to the concept of soccer. The program will focus on having a lot of fun with fellow players and the soccer ball. Parent participation in this program will be encouraged. We expect this will be a one hour per week program, more details to follow on our website.

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 and provincial championships.

Evaluations for these teams may be required to ensure kids are placed on teams appropriate for their skill level. Game and practice times are dependant on scheduling by CMSA (games) and typically include at least one practice and one game per week. NCU strives to enter teams at all tier levels based on registrations.

The spring season runs from April through June. Playoff formats and schedules are determined by CMSA. For more information visit www.calgaryminorsoccer.com.

2010 Outdoor Soccer Registration Details

Registration will be available either in person or on line at our website.

In person registration dates:
Tuesday Feb 23 at Cambrian Heights Community Hall, 6:30 to 9pm
Saturday March 6 at North Haven Community Hall, 10 am to 1 pm.

On-line registration at ncusoccer.ca

NCU Juventus is a non profit organization run entirely by volunteers. For more information visit our website at www.ncusoccer.ca.

For additional information please contact:
Mark Spink
President – NCU Soccer
403-276-9697



The *Crescent View* is published ten times a year and is available for pick-up at Gardens' Grace on Edmonton Trail, as well as The Urban Baker, , Boogies Burgers, Subway, Joshua Tree, Crescent Heights Convenience, Second Cup on Centre Street, Center Convenience, Just-In Liquor, Peter Pan Convenience Store, Lamda Centre, New Asian Market, Video Game Trader, and St. Vladimirs Ukranian Orthodox Church.

The *Crescent 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 (403) 276-7118.

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

Newsletter carriers needed for the south side of 5th Avenue and north side of 4th Avenue between 2nd Street and Edmonton Trail - mostly apartments.

If you would like to volunteer, please contact Diane Altwasser at 403-276-7118 or kobluk@telus.net.

It Takes a Village

Crescent Heights Babysitting Cooperative

Once a month, after their children are tucked into bed, a group of neighbourhood moms meet at each other's homes to share stories about childbirth, teething, potty training and playschool. Over a glass of wine a network of women develops to trade babysitting and arrange play-dates.

A great way to get to know other moms in the neighborhood, the Babysitting Cooperative is an invaluable resource for short-notice or emergency childcare.

All members of the Babysitting Cooperative must hold a current Crescent Heights Community Association membership and all adults in the home must be registered as Block Parents and have obtained Calgary Police Service Security Clearance. We will provide you with the appropriate paperwork to help you obtain these.

To join the Babysitting Cooperative, which is limited to a total of 25 members, there is a one-time non-refundable membership fee of \$25. Using a system of chits, members arrange and exchange babysitting among themselves on an as-needed basis.

If you, or someone you know, would like to join the Babysitting Cooperative, information on the next meeting date, time and location can be obtained from Tonya Fleming at (403) 260-7037.

Brost

**Fitlife
Fitness**

BPE

The Year Round Program: A Different Experience

By: Jessica Schuldhaus



Another month has gone by so quickly here at St. Joseph School. We have just received our report cards and the Grade 9's are trying to decide what high school to attend. It is also a busy time for those Grade 6's who are thinking about which junior high they want to go to. St. Joseph offers a very special program for junior high students called the Year Round Education Track. This program is very unique and offers a different learning schedule. I have been in the Year Round Program since kindergarten and I love all the advantages it gives me as a student.

The Year Round Education calendar has an eleven month schedule instead of the common ten month schedule. Students in this program start school one month earlier but they still get the same amount of time off as regular students. This is one of my favourite things about the Year Round Program. Most kids get bored in August so it is very nice to come to school and see all your friends early. Most kids switching to Year Round would be sad that their summer is a month shorter but they have to remember that when everyone else is in school they get to go on break. It is always nice to know that every semester I have a break to look forward to. Every year for our extended holidays we get two weeks off in October, an extra week at Christmas and an extra week at Easter time. It is always nice to know that every semester I have a break to look forward to.

Another advantage that kids get with Year Round education is that your core subjects are blended for that month. That means that if you don't like math, language arts, social or science for the month of August it will be combined with another core. For example if you don't like math for the month of August it will be combined with science to make scimatics. This makes learning those subjects so much more fun.

These are just a few of the amazing advantages that Year Round Education gives students. Now, remember even if you do the Year Round Program at St. Joseph it doesn't last all year. When September starts you get different classes, teachers and students in your class. That is the great thing about St. Joseph; even if you are in the Year Round Program when September comes around you still get to be in the same classes as all the normal track kids. I hope that many of you look into the Year Round Track for it is an amazing program that has so many benefits.

Possible Closure of St. Angela School!

Laurie Stretch, Chair, Save Our Inner School Committee

On November 19, the Calgary Catholic School District announced that St. Angela School is slated for possible closure at the end of the current school year. St. Angela is the last regular elementary school serving the 13,000 residents of Bridgeland, Crescent Heights and the East Village. This proposal flies in the face of a growing neighbourhood and school population, and Calgary's vision of sustainable, vibrant and high-density inner city communities. In addition, the closing of the last regular program will have a dramatic impact on the appeal of Bridgeland-Riverside as a community and will ultimately impact the property value of every resident.

The school is highly efficient and currently running at 85% capacity. Moreover, St. Angela's kindergarten enrolment has doubled in the last five years, and there are two kindergarten classes this year for the first time in a generation. This is a strong indicator of an upward enrolment trend.

If you believe in a viable inner city Calgary, help us save St. Angela School - please visit www.saveourinnercityschool.com ; and call your school trustee and alderman today!



Crescent Heights Playgroup

After our Christmas break the playgroup started back on January 13, 2010 and is in full swing again. The playgroup's aim is to provide caregiver/parent supervised unstructured free play for pre-school aged kiddos (0-4 years). We love to see babies and encourage moms to come for some social time even if their babes are not 'playing'. In the group, there are a great variety of languages and cultures and new members are ALWAYS welcome. The group is not just about play; it also gives both moms and caregivers a chance to see other adults and get to know the community.

With the renovations to the hall coming-up we are looking at alternative venues and will be talking to members about their preferences.

When: Wednesday 10am -11:30am

Where: At the Crescent Heights Community Hall

Cost: FREE to Community Members and Associate Crescent Heights Members (folks outside Crescent Height are welcome to join for \$20/year)

Who: Parent and/or Caregiver with any number of children at any age – babies included. What to Bring: There are toys and books at the hall, so just bring yourselves, indoor shoes for running (especially in winter) and snacks for your kids.

Questions? Contact Stacie Banks at 403-670-6872 or stacie_banks@yahoo.ca

Sunridge Nisson

Snow Removal Bylaw

Courtesy of the City of Calgary

What is the law?

Owners/occupants are responsible for the complete removal of snow and ice from all sidewalks adjacent to their property within 24 hours of a snowfall.

Removal of snow and ice means the removal of ALL snow and ice down to the bare concrete.

Snow or ice from private property cannot obstruct the road or boulevard.

Helpful Hint:

If the ice cannot be removed, apply gravel, salt or sand to help with removal.

Free sand is available for pick up at most fire halls. Please bring your own container.

Have a complaint?

Failure to remove snow and ice may result in it being removed at the property owner's expense.

If you would like to report a bylaw infraction please:

Call 3-1-1 or 403-268-CITY (2489) - if calling from outside Calgary

"Under Street Bylaw 20M88, the owner or occupant of any private property adjacent to a sidewalk is deemed responsible for the removal of ice and snow from that portion of the sidewalk within 24 hours after the ice or snow has been deposited. If a property owner or occupant does not remove snow and ice from a sidewalk adjacent to their property within 24 hours of a snowfall, The City of Calgary Animal & Bylaw Services may issue a warning notice directing the property owner or occupant to clear the sidewalk within a certain period of time. If the sidewalk is not cleared within that time, The City may have the snow and ice removed from the sidewalk at the property owner's expense. Actual costs vary depending on the length of the sidewalk and the amount of ice and snow to be removed."

For more information go to: http://www.calgary.ca/portal/server.pt/gateway/PTARGS_0_2_524062_0_0_18/Snow+and+Ice.htm or phone 3-1-1



Rosedale Playschool

**Registration for 2010/2011
Information Night
Thursday, March 11th at 7 pm**

**Registration Night
Thursday, March 18th
starting at 6:30 pm**



Registration for the next school year is quickly approaching. Please join us at Information Night for a chance to learn more about our play-based, parent-assisted program. For those interested, Registration packages may be picked up at Information Night or by emailing Sue Webber, tjswebber@shaw.ca. All registration forms must be completed in full and all documentation and tuition cheques provided at time of registration. For more information call Sue at 703-2156.

Crescent View enRoute Challenge

Wild Rose Church Event

**Did you know that nineteen percent (19%)
of the homeless are children?**

Wild Rose United Church is pleased to present:
**"Home is Where the Heart Is"
Dinner and Silent Auction**

Date: Saturday, February 6, 2010

Time: 6:00 – 9:00pm

Location: Wild Rose United Church
1317 - 1 Street NW (in Crescent Heights)

Refreshments/Entertainment/Silent Auction: 6:00 - 7:00pm

Dinner (Beef Stroganoff) 7:00 - 8:00pm

Presentation by former homeless citizens of Calgary:
8:00 - 9:00pm

Tickets cost \$20 and are available from the Church Office.

*All proceeds from the silent auction and dinner will be
donated to The Calgary Homeless Foundation.*

Please phone 403-277-5576 to book your ticket.

Building Art

Sharon Lutheran

NOTICE TO RESIDENTS:

January 4, 2010

This notice is the fourth update to Crescent Heights residents in relation to recent settling/shifting of the roadway adjacent to the construction site located at 637 1 St NE. On November 11, 2009, movement of the roadway between 5 Ave and 6 Ave NE was first observed and was subsequently closed on November 12 until further notice.

Since that time, project engineers have been monitoring the road and surrounding areas on an ongoing basis to determine if the shifting/settling has stopped. Reports indicate that no movement has occurred in and around the excavation site since November 17, 2009.

Continued monitoring of the utility infrastructure also shows no movement. As well, a professional assessment of the adjacent Horton Apartment Building indicates its structural integrity has not been impacted.

As a result of the situation stabilizing, remedial work and construction activities will resume on the west portion of the site starting January 4, 2010. Residents will see increased activity in and around the excavated site. An investigation into the causes of the settling/shifting is ongoing.

Once damage to the area has been assessed and repaired as required, the roadway will be resurfaced, sidewalks repaired or replaced as well as driveways and any landscaped areas. In the interim, residents are asked to adhere to traffic restrictions and detours.

Work at the excavation site may continue during the evening hours in some instances. If residents have questions or concerns, please call 311. The safety of residents and minimal impact to the community remain as The City of Calgary's priority.

We apologize for the inconvenience and we thank you for your patience.



310 Dump

Protection of Calgary's Heritage

Once considered dismissive of our historic resources, the City of Calgary has made huge strides in the protection of Calgary's heritage over the past year with a 47% increase in heritage designations. The ten sites designated in 2009 include some excellent examples of adaptive re-use with buildings like the Simmons Factory Warehouse (1912), the Nellie McClung House (1907), and the Customs House (1916).

The Simmons Factory Warehouse produced beds for the Canadian military in World War II and is now headquarters for the East Village redevelopment. Nellie McClung is best known for garnering the right for women to serve in the Canadian Senate and her house now provides character office space. The Customs House, significant for its role as the federal government's customs office in Calgary from 1916 to 1979, is home to a leading architectural firm and Cantos Music Foundation.

In addition to the significant increase in municipal designations, with 550 historic sites on its evaluated heritage inventory, Calgary is now considered a national leader in heritage landscapes. The recent restoration of Reader Rock Garden, Central Memorial Park, and the Vacant Lots Garden Club community garden in Bridgeland is garnering the interest of heritage groups across the country.

Calgary's future historic treasures are continually being created. A date of 25 years prior to the present date can be used to determine a site's eligibility for inclusion on The City of Calgary's Inventory of Evaluated Historic Resources. Proposed sites undergo a thorough evaluation with a system that came into effect in June 2008. The role of community members has been critical in identifying these sites, adding value and meaning to the process.

For more information on the evaluation process and community heritage initiatives at The City of Calgary please visit: www.calgary.ca/heritage.

Caring for the Baby Boomers

Barbara Baker, Nurse Next Door

As Canada continues to age, caring for elderly parents becomes a challenge. Almost 25% of Canadian households are now involved in caring for an elderly family member – and this number is rising. Nearly 65% of these caregivers are also employed outside of the home. With the average caregiver spending 20 hours per week looking after a senior, many are forced to take time away from their paid jobs. According to the National Alliance for Caregiving in the US, approximately 15 million days of work per year are lost due to these circumstances. What's more is that these numbers will continue to rise with our aging population.

The two most significant results for families having to care for elderly parents are a reduction in income due to missed shifts and an increase in stress. Many families face these problems with surprise and shock but it is becoming increasingly important to recognize these issues in advance and plan for them. Families with aging parents need to deal with a number of issues in advance. If they plan for when their parents require more attention, it won't be such a shock.

When faced with aging parents, it is always best to have a future plan before it becomes a critical issue. Here are a few suggestions for families to consider:

1. Talk to your parents or family members before a crisis situation. With this conversation you will better understand the true wishes of your aging family members. Discuss Medicare, health insurance, long-term or in-home care options, and important legal documents. Alberta Health Services' Advanced Care Planning provides a great format for making these decisions in their program called "My Voice—Planning Ahead".
2. Locate any community resources that may be available to you and your family. In Calgary, there are numerous services available for the elderly including the Kirby Center, Meals on Wheels, and Aids to Daily Living through Alberta Health Services. You can access many of these services via the local hospital or skilled nursing facility discharge planners, or senior's citizen centres.
3. Talk to your parents about joining a senior's club. You can find these through your community associations for each area of the city. They help seniors enjoy some companionship and many have transportation services associated with them. They often take seniors to plays, play bridge, and luncheons.
4. Ask your employer if they can help. Many employers are willing to help employee caregivers in order to retain valuable workers. Find out if your employer offers paid leave benefits or flex hours. Some employees are even beginning to include long-term care insurance or caregiver respite programs in their benefit package.
5. Private home health care companies can also help provide additional assistance to help you in caring for parents, providing basic including meals, cleaning, laundry, personal care and medical care on a short term or an ongoing basis. That leaves you free and less stressed to enjoy your relationship with your aging parents.
6. Ask friends and family for help. Ask them what experiences they have had with some of the community services. Many of these people may have already gone through this and can be of assistance. Caring for our aging parents is one of the more challenging roles we undertake in our adult lives. However, with forethought, consideration and a little research, it can actually lead to a much better arrangement for our loved ones.

***A very special "thank you" to our volunteer newsletter delivery team.
Your efforts are much appreciated!***

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February Is Heart Month



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

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

Know the signs of a heart attack

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

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

Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Support your Crescent Heights!

Buy Your Membership Today

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)

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Non-Voting (Business and Non-Residents)

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

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- Yes, Send Me Community Emails Yes, Send Me Block Watch Emails

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