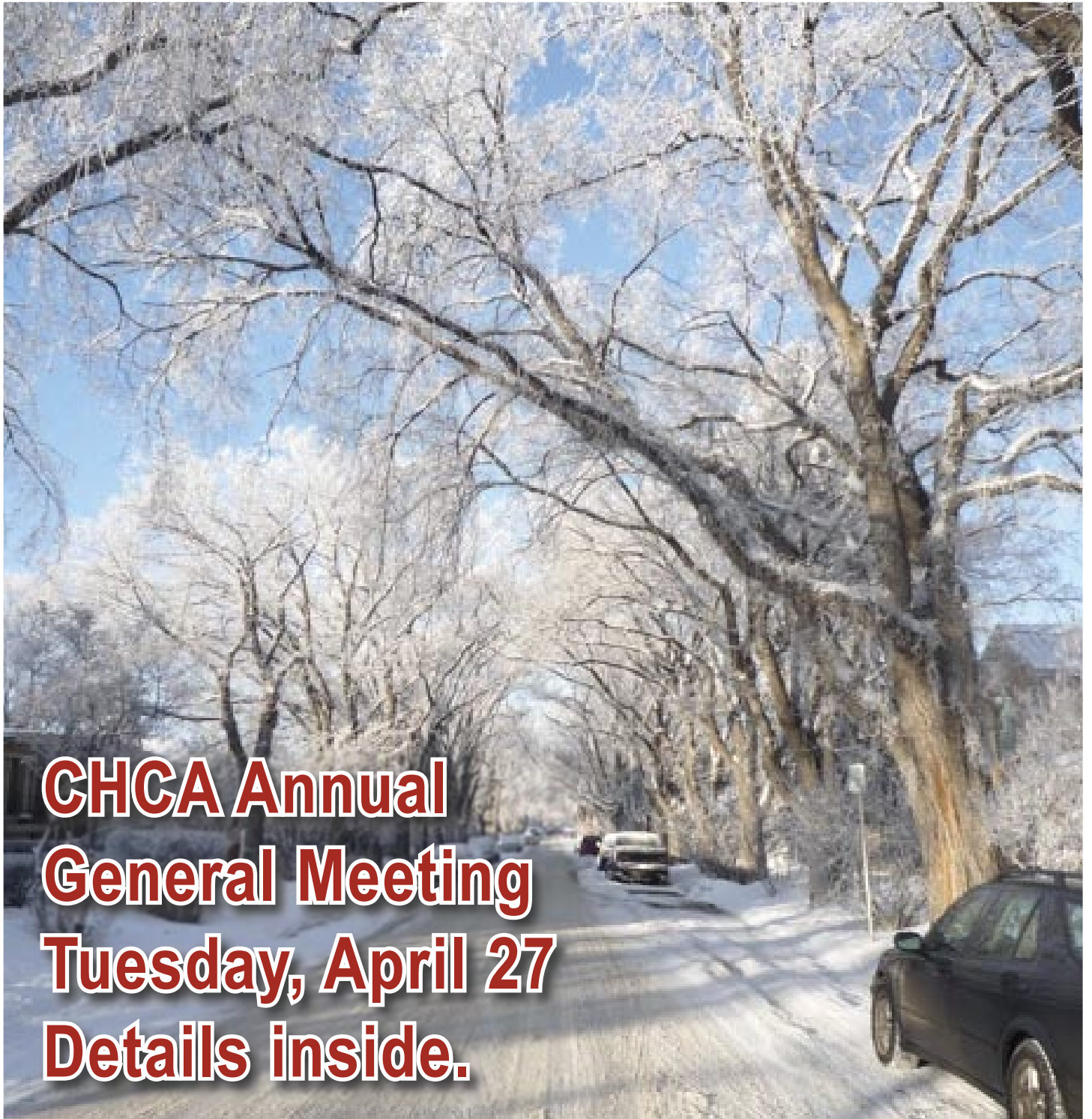


The Crescent View

March 2010



NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION



**CHCA Annual
General Meeting
Tuesday, April 27
Details inside.**



Richard Palibroda
Homelife Cityscape Real Estate
403-270-2020



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](http://www.calgaryarea.com/nw/crescenthts/crescent.htm)

Volunteer Board of Directors

President	John McDermid	277-8653
Treasurer	Daniel Dang	355-0058
Secretary	Anne Underwood	277-0249
Planning	Joe Nagy	277-1364
Traffic	Kris Karvinen	

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Parks	Sharon Anderson-Marr	276-1831
Business Liaison	Daniel Dang	355-0058
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Block Watch	John McDermid	277-8653
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Environment Director	Darlene Jones	
	Rob Elliot	

Past President	Connie McLaren	230-0224
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Committees

Hall Rentals	Marlene Zaharichuk	804-5600
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Hall rental inquiries will be answered in two to three days

Playgroup	Stacie Banks	670-6872
	stacie_banks@yahoo.ca	

Memberships	Jonathan and Alison Martin	
	curmudgeon9@shaw.ca	

Babysitting Co-op	Tonya Fleming	264-9981
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Rink Manager	Tim Edwards	606-9303
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Block Watch	John McDermid	277-8653
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Inquiries and comments can be emailed to:

chcaboard@hotmail.com

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.

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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 *The Crescent View* are not necessarily those of the Crescent Heights Community Association or of the publisher.



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President's Notebook

by John McDermid

At the bottom of the masthead for each and every issue of the *View* is the following disclaimer:

"Opinions expressed in *The Crescent View* are not necessarily those of the Crescent Heights Community Association or of the publisher."

This is a good time to invoke that disclaimer following Joe Nagy's op-ed piece in last month's *View*, presented in the form of a Report of the Planning Committee. Job one for me this month is to correct a number of inaccuracies and present a more balanced perspective than was evident in Joe's February *View* item. **The biases expressed were his alone and did not reflect the consensus of the Planning Committee.**

First it is necessary to clarify the actual sequence of events with respect to North Hill Mazda's application for a change of land use for a surface parking lot at 114 - 11th Avenue NW. The application was before Calgary Planning Commission twice: on November 12, 2009 our alderman voted against the application and in support of our community's opposition to the change of use, which was our position of record from 2005. The applicant and city administration were then directed to meet and determine if a temporary land use change would be doable. They returned to CPC in December, when Alderman Farrell was absent, and the change of use was approved for a five year period. The approval was by a margin of five to three and our alderman's vote against the change of use would not have altered the outcome at CPC. At the end of five years, North Hill Mazda will have to go through the application process all over again, and if the dealership should re-

locate, the land reverts to its residential land use designation. Thanks to the efforts of our Planning Committee over several years, we will likely have a landscaped surface parking lot with all access and egress from the adjacent laneways, the preservation of mature trees, appropriate fencing and screening from the residential sidewalk, and a chance to assess the impact over a five year period. This is exactly the outcome that appeared to me to have the committee's qualified support last September, which evidently eroded the following month when a different group of committee members had to decide on the matter. I was away on vacation in October, when sensitivities to commercial or auto-oriented development intrusion into the residential streetscape carried the day. The matter finally went before a public hearing of city council on January 8, and Alderman Farrell again voted against the change of use. That's pretty consistent aldermanic support for a community association's Planning Committee whose decision could have gone either way on the matter last September. The change of use was nevertheless approved by council.

I sympathize with Joe's disappointment at the outcome of our appeal to Subdivision and Development Appeal Board on the matter of the commercial sign at 1120 Centre Street North. We had much the same outcome a number of years ago in respect of changes to a mechanized billboard in the 700-block of Edmonton Trail NE. It seems that neither our ARP nor the SDAB is very effective in protecting us from egregious commercial signage. It's to Joe's credit that

- Continued on page 5

**Dance
Through
Life**

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Lutheran**

**Renfrew
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President's Notebook, cont.

the outcome was an either/or proposition: the big roof sign is approved, but the pedestal sign on the sidewalk is to be removed; the business owner can't have both.

The current proposal for the Tigerstaedt block is probably the best thing that our community has seen for the Centre Street corridor in living memory, but it is a problematic one as well. To allow for greater Floor Area Ratio, greater density and additional height than is currently permitted, a change in the land use designation is required for the site. In exchange for a bigger building, the proposal calls for a building with "four fronts", of mixed use comprising retail, commercial and residential, in a form that steps down to the east toward adjacent low-rise single family homes. The current proposal constitutes



the only meaningful architectural relationship with our essentially residential community anywhere along the commercial corridor. Our position, as it has evolved since late last year and even since last month, is to work with the developer and the city to encourage a Direct Control district for this particular site, so that the larger community (and especially the residents most immediately affected) can have some certainty that the enlightened and sophisticated building currently proposed is what will actually be built on the site. Tied to plans, the DC or redesignation would give us a closer look at actual building plans and form, assess the impacts, and avoid simply having a bigger, taller shoebox built on the site than would currently be permitted. The Tigerstaedt block has the potential to set a new tone for the Centre Street Corridor, where there is already plenty of shadowing and overlooking. If it means re-opening the Area Redevelopment Plan, then we should prepare to put our shoulders to the wheel once again. The alternative is stagnation and more derelict buildings. Indeed it could be

said that much of that work has already been done in the development of design principles for the Via 16 Urban Corridor ARP, where for the benefit of communities north of 16th Avenue, firm rules have been established to minimize the effects of shadowing and building mass.

Finally, in regard to Joe's item last month, the issue of revisions to the infill guidelines has two principal potential effects for our community and others: the change on allowable lot penetration from 60 to 65 per cent of the lot depth means that a modest infill dwelling could extend a further six feet on a typical 120-foot lot. Big Deal or No Big Deal? It's a hard question for a community such as ours, where there are still a good many tiny bungalows and a big appetite for massive infills. The other effect is that we will correspondingly be circulated on fewer infill proposals where the lot depth may be within the revised specifications, but still of significant concern to adjacent residents. Planning Committee member Darlene Jones has attended all of the public engagement meetings on the subject on our behalf, and has communicated our concerns and our opposition to the proposed changes

to Alderman Farrell. She did so in a cordial, professional and businesslike way. Thank you and well done, Ms. Jones.

I welcome this opportunity to set the record straight on a few points Joe omitted or was unaware of last month, and to repair some of the damage done by what came down to an unwarranted personal attack on our alderman. Every community in Calgary needs a respectful and productive relationship with its alderman. As we have done with Alderman Farrell during her three terms, we have agreed on some issues and disagreed on others. Almost invariably the difficult ones turn on contentious issues of planning and development, because that's where the principal sensitivities are in our community.

Anyway, that's my understanding of these issues, my opinion and my report for this month.

Postscripts:

- We have confirmed Tuesday, April 27 as the date for the 2010 Annual General Meeting of

the Crescent Heights Community Association. Join us, won't you, for an update on events, initiatives and priorities, as well as an update on our robust financial health and the year ahead.

- CHCA underwent a security audit with the assistance of Community Liaison Officer Dom Laporte on January 20, and will be following up on a number of initiatives to improve the exterior lighting at the hall and lay the groundwork for the adoption of a video security system to help discourage and reduce the incidence of vandalism. Most of what we experience is of a minor nature, but it creates a fair bit of extra work for Tim Edwards and his Rink crew and the community association generally. Litter, broken glass, the occasional broken window or piece of siding all tend to add up and an unlucky few tend to end up fixing the damage.

- The Olympic Torch Relay made its way through Crescent Heights, its first return since 1988, when I was able to walk out to Centre Street on January 19 and watch its approach, just as I did 22 years ago. I was also able to catch up with the relay at 2nd Avenue and 1st Street NE (following its detour around the sinkhole!) and got some good pictures of the torch transfer with the downtown in the background. I did not realize it at the time, but learned only later than this iconic transfer overlooking downtown included professional golfer Stephen Ames.

- I attended a first organizational and scoping meeting for the 2010 Centennial Celebration of Calgary's Chinatown as we know it in its current location at the other end of the Centre Street Bridge. Plans are very preliminary at this stage, but it appears that the celebration may coincide with an expanded Chinatown Street Fair in August. Communities who are immediate neighbours to Chinatown were well represented at the meeting, including Crescent Heights, and we will keep you posted on planning for the festivities later this year.

- We received notification from city of Calgary Bylaw Services that Bylaw's beefed-up presence in the downtown core will be extended into our community. We have yet to arrange a time to meet and discuss this initiative further, but with the proliferation of graffiti, petty vandalism and general bad behaviour, an enhanced Bylaw presence will be a welcome addition to life in Crescent Heights.

- March, then April!

Nissan

Keeper

Hughes House

Momen- tum B

310 Dump

Letters to the Editor

Letters Policy

Letters to the editor should be brief and must include the writer's name and contact information. Anonymous submissions will not be published. Letters may be edited for length and clarity.

letter to editor goes here?

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 elizhancock@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.

Letter from the Editor

Elizabeth Hancock

As regular readers are aware, as editor, I don't write monthly letters. John McDermid, in his President's Notebook, always reports on the latest news in the community and therefore, there is usually nothing for me to cover. That being said, we have a new publisher for this fine publication and I thought I would explain to you how that came about.

The community had been working with Flexys Publishing for over eight years and when I replaced Glenna Blackbourn in the spring of 2008 the service started declining. It deteriorated so badly and resulted in such things as them neglecting to post the current issue online, not accepting edits or proofreading changes, not responding to advertising inquiries or long-standing advertisers and certainly not responding to me and my pleas for a reply to anything.

Back in October, I was finally fed up with their lack of service and was in the process of researching new publishers when I received an email from a fellow newsletter editor informing me that Flexys was going out of business. The November issue was scheduled to go to print and I knew that they would not respond to email or the phone, so I went to their office to find out what going on. Although they did manage to publish the November issue, lets just say that in the end, they closed their doors without notice or a hint of professionalism.

As our President so eloquently stated in the December 2009 issue, "On very short notice, we were lucky to be able to hand over our advertising, layout and production to Ellis-Evans Design, the publisher of numerous community newsletters, many of which are the organs of communities immediately adjacent to us here in Crescent Heights. It is to be hoped that many of our long-suffering advertisers will be better served under the new arrangement and certainly synergies will exist for area businesses to benefit from Ellis-Evans' close relationship with other adjacent communities and the larger catchment area they represent." Thanks John, I couldn't have said it better.

So what do you think of the new 'look'? Please send feedback, comments or suggestions to: elizhancock@shaw.ca or drop-off a letter in the community hall mailbox.

So far, feedback has centered around the quality of paper. It appears that many people miss the white bond paper and feel that the new paper lends the publication to resemble a 'flyer'. One thing to note is that the other paper was not recycled and this paper is. In regard to service, our new publisher has been impeccable and many of you have probably noticed that the last three issues have been delivered in a much more timely fashion. I nearly fainted when I heard that the February issue was printed and delivered to the distribution managers before the end of January.

Please keep us in mind as an outlet for photographs of community events or anything else that might be of interest to Crescent Heights residents. Eager photographers are welcome to submit community related photos for the front page and local diners and readers are encouraged to submit restaurant and book reviews.

I look forward to hearing from you.

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. Vladimir's Ukrainian Orthodox Church

Support Your Community!



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. Vladimir's Ukrainian Orthodox Church.

The Crescent View is delivered by volunteers to all households but it is very hard to deliver to condominiums 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.

Wildlife 101: Coyotes

Nicola Murphy, RAHT
Site & Wildlife Manager
Calgary Wildlife Rehabilitation Society

Since its inception in 1993 the Calgary Wildlife Rehabilitation Society has received thousands of calls relating to coyote and human interactions. The coyote is considered the most persecuted animal in North America an unwarranted designation. The coyote is a very intelligent and adaptable animal, as most pest species are, because they have learned to adapt around us and do not flee in the face of increasing human encroachment on natural habitats.

The majority of calls we received were from residents of new communities that used to be grassland or farmland; on the perimeters of the city; close to farmland or those that back onto ravine or natural areas. These areas are natural wildlife corridors where coyotes, deer and small mammals frequent in search of food.

The coyote lives in mixed grassland area and their diet consists mainly of rodents (mice voles, pocket gophers, Richardson ground squirrels etc.), hares and rabbits.

Coyotes living near urban areas have been known to hunt cats or small dogs on occasion, but are most active at night and rarely stray away from their natural food source.

Coyotes breed during the months of February and March. During this time many people will hear an increase in their barking and howling. Their young are born in late April or May.

Many of the calls we received from residents were concerned with the safety of their children due to coyotes in the field close to their homes. Conflicts or attacks on people are rare and are usually the result of people coming too close to a mother trying to protect her den site. Education is the key to ensuring safety, respect and harmony with all wildlife species.

We take great pride in looking out our windows to view the mountains and foothills we are lucky to live by and enjoy the accessibility of those natural amenities. But with that beautiful landscape also resides a variety of

wildlife that call it home. It is important to understand that as a community we bare a large responsibility to understand the wildlife around us.

Quick tips to reduce your interactions with coyotes:

1. Good housekeeping:

- Maintain a clean yard free of debris; remove old wood piles or garbage as they can house mice.
- Have secure covered garbage containers and try not to place your garbage out until your garbage collection day.

Note: For food waste such as meat or fish, etc. add a small amount of household ammonia to the garbage bag before disposing. Ammonia is a common animal deterrent.

- Maintain the area around any birdfeeders by cleaning regularly. Loose feed attracts mice.

2. Be a responsible pet owner:

- You can minimize coyote and other wildlife interactions by keeping your pets in at night.
- DO NOT allow your pets to roam free or unsupervised for long periods of time.
- DO NOT place food outside for any domestic pets. This will only encourage wildlife to frequent the area.

Note: The City of Calgary does have Bylaws to promote responsible pet ownership. Please refer to the city of Calgary's website for more information. (www.calgary.ca)

- 3. Take time to educate yourself about the wildlife in your community and make it a positive experience.

For more information on wildlife and our society visit our website, www.calgarywildlife.org

**Water
Solutions**

Cliche

Red Lights in Crescent Heights?

Part 2 of 2 by Professor Z

Neither were police officers immune to the attractions offered by the “Shady Ladies” of Nose Creek. From the Calgary Daily News of July 1910, *“For disgracing the force by going on a spree to the houses in the red light district and mutinously refusing to return to the barracks in the morning after being out all night, ten constables of the RNWMP were apportioned two months each in the Calgary guard room by Supt. Deane, the commanding officer, this week.”* The report goes on to suggest that the ten mutineers perhaps felt that their escapades would be dealt with less harshly since the entire Calgary RNWMP detachment numbered but fifteen men at that time.

In the first decade of the twentieth century, more tolerance toward prostitution was shown by both the NWMP and by city police than in the succeeding decades. In his 1907 annual report to the NWMP Commissioner, Superintendent Richard Deane states: *“With regard to the suppression of these houses, there is a very pronounced body of opinion that these women, being a necessary evil, are very well-placed where they are, situated at Nose Creek. They do not obtrude themselves on anybody, and are under supervision and control.”* Despite the growing public pressure on both police forces to deal with prostitution as the first decade drew to a close, successfully obtaining a morals conviction upon arrest was by no means assured; police had more success when liquor violations were cited at the same time. In 1910, Supt. Deane obtained a warrant to search a Nose Hill house owned by the venerable Diamond Dolly. The warrant was executed; however, at trial the initial verdict of being an inmate of a house of ill fame was overturned when the “inmate” and her client (who wasn’t charged at all) successfully claimed that their relationship was actually that of nurse/patient!

Calgary’s Chief of Police from 1891 to 1909 was Thomas English, whose laissez-faire views on social ills apparently mirrored those of Supt. Deane. The very popular chief English was fired from his post in 1909 as the commissioners became unhappy with his continued lack of success in dealing with gambling and prostitution. His successor was his deputy Thomas Mackie who faced a political issue of his own in 1911 when he conducted a night raid on a bawdy house, only to discover that Mayor Johnny Mitchell and two commissioners were present. Despite the suspicious circumstances, Mackie apparently accepted their explanation that they were simply inspecting the premises, and no charges were laid. Mackie resigned within months of the raid and was replaced by Alfred Cuddy, an ex-inspector with the Toronto police force.

Unlike his predecessor, Cuddy was successful in obtaining the necessary manpower and equipment to police a city which had grown from approximately 12000 in 1906 to 44000 by 1911. He declared war on vice in all its manifestations, and led raids upon primary brothel sites as well as upon gambling and opium establishments in Chinatown.

During the second decade of the twentieth century, the large bordellos of Nose Creek gradually emptied, as a result not only of Cuddy’s efforts but of some other significant events that occurred at that time. First, when World War 1 was declared, the businesswomen of the Nose Creek area found

themselves at a competitive disadvantage with an enclave of prostitutes who resided in the 9th Avenue East area downtown. This was due to the fact that as part of the war effort, the military had commandeered a number of downtown retail stores and converted them into temporary soldiers’ quarters, mere blocks away from the 9th Avenue Palaces of Sin. Prohibition in 1916 was another big negative influence as were eventual changes in liquor legislation establishing the provincial government as sole liquor retailer; no longer could keepers of disorderly houses freely offer cheap booze to their clients in addition to their other services. Finally, the mobility afforded by increasing numbers of private automobiles as well as laxer morals in the 1920s encouraged more competition from sole female practitioners, who were not as convenient a target as the large bordellos for police action. After the large Nose Creek establishments emptied, the structures either burnt down or were torn down when the entire area reverted to the city for non-payment of property taxes in the twenties and thirties. The site would later become a garbage dump.

And now on to the Crescent Heights experience with Red Lights, such as it was. The southeast portion of what now comprises our district was located but a stone’s throw away from the Langevin brothels, and it’s hardly a stretch to suggest that similar activities might have occurred in that area as well, prior to World War 1. More tangible evidence however comes to light via internet search, where a local resident (name withheld) describes coming across her great-grandmother’s diary several years ago. The diary describes the life of the writer, a gregarious young Irish lass, and dates back to when her family resided in the vicinity of the Langevin brothels in the late 19th century. While growing up, she befriended a number of the Langevin Ladies in the absence of her mother who had passed away when she ten years old; her father, employed as a CPR surveyor, was also frequently away for extended periods. Although she also became adept at mending and general tailoring, she took instruction from her new friends such that she too came to earn income as a prostitute while residing in the Riverside district in her late teens. She later moved to Dawson City, Yukon with the Gold Rush and returned to Calgary four years later, in 1903. Around 1905, she constructed a home in the 100 block of 9th Avenue NW, and operated a tailor shop from the premises. In her 9th Avenue NW shop, she provided tailoring and mending to both the NWMP and the city police, who also provided her with an ideal client base for her other illegal activities, which were probably the mainstay of her income. The diary goes on to relate that Police Chief Thomas English was himself a visitor who regularly availed himself of the full range of services she had on offer.

Notwithstanding the fascinating story mentioned above however, and the likelihood that there are similar stories as yet untold, for the most part our community was in the early 1900’s an emerging middle class suburb, and wasn’t by any means ever considered to be a red light “district”.

References: *Red Lights on the Prairies- James Gray; Cowtown- Tom Ward; Pioneer Policing in Southern Alberta- Deane of the Mounties, edited by William M. Baker; At Your Service, Part Two: A History of City Police- Marilyn Symons; Historic Walks of Calgary- Harry Sanders*

**Avalon
Cleaner**

**Renfrew
Auto**

Dawes

Dawes

St. Angela School Saved

By Laurie Stretch

When the Chief Superintendent of the Calgary Catholic School District announced on February 4, 2009 that St. Angela School would be reinvented as a "Workplace School," parents of students in the historic Bridgeland elementary school were relieved and gratified that their voices had been heard.

The earlier announcement, in November 2009, that the District was considering closure of St. Angela, came as a shock to parents, who saw the fact that there are two kindergarten classes at the school this year as a clear indicator of growth and community renewal. However, as District administration staff explained in a public meeting at the school on January 12, current enrolment of just over 100 students is no longer seen as sustainable.

Faced with the reality that it would not be sufficient simply to argue in favour of the status quo at the school, a group of parents set about developing some of the more creative ideas for the future of the school that came out of the January 12 public meeting, and presenting those ideas to the School District. One of the options explored was a "magnet program," a specialized program that would attract students from across the city. The possibility of opening a science school was given serious consideration, given that the Calgary Board of Education has had great success with a science school at nearby Langevin School.

However, the idea that resonated most strongly with officials of the Calgary Catholic School District was the concept of the workplace school, which takes advantage of St. Angela's unique inner city location. As well as continuing to serve the local community, St. Angela will also open its doors to families from other neighbourhoods, and will actively encourage parents from suburban communities who work downtown to consider bringing their children to school at St. Angela.

With the addition of before and after school care options, St. Angela becomes a very attractive alternative to parents from outlying communities where schools are non-existent, or have capped enrolment. A workplace school option enables parents to turn commuting time into family time. With St. Angela's easy access off Memorial Drive and Edmonton Trail,



parents can drop their children off at school on the way to the office. The proximity to downtown allows parents to participate in school activities and parent-teacher interviews for those crucial elementary years.

Residents of Crescent Heights and Bridgeland have always known that St. Angela school enjoys an amazing location – walking distance to the Calgary Zoo, the new Science Centre, and the Glenbow Museum. Parents of existing students have also known that the school has a wonderful small size and community spirit. Even with the anticipated increase in enrolment, the capacity of the school is 245 students, so it will remain much smaller than most suburban schools. St. Angela has long been an undiscovered gem in our own community. The parents who led the battle to save the school are delighted that families from across the city will now be able to discover some of the joys of inner city life for themselves.

Join *The Crescent View* enRoute Challenge!

Take a pic at school, at work, around town, with family,
with friends, with a celebrity... just about anywhere!

Send your pic to: elizhancock@shaw.ca

*Volor si. Ed dGait augiam quismolent nissenibh ent vendre veli-
quatue dui blan enim quisisi.*

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Senior's and Fall Prevention Exercises You Can Do Anywhere, Anytime...

by Barbara Baker (Nurse Next Door)

Did you know?

- 1 in 3 seniors will fall this year
- 85% of injury-related hospital admissions among seniors are the result of falls
- 90% of hip fractures are the result of falls
- 20% of seniors who suffer a hip fracture from a fall die within one year

It's Never Too Late to Start Exercising

Even if you have had an inactive lifestyle, there is good news. It's never too late to improve your health. Research suggests that exercise and physical activity can help you maintain or partly restore your strength, balance, flexibility and endurance.

Growing older doesn't mean that you have to lose strength or your ability to do everyday tasks.

Exercise can help seniors feel better and enjoy life more, even those who think they're too old or too out of shape.

Don't be afraid to exercise

Unfortunately, many seniors are afraid to exercise for fear of falling! Many seniors stop being active for this reason. They are afraid that physical activity will harm them however research shows that actually the opposite is true:

- Exercise is safe for people of all age groups.
- Older adults hurt their health far more by not exercising than by exercising.

An inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthy and independent: strength, balance, flexibility, and endurance.

Exercises You Can Do Anywhere, Anytime

Exercise 1 – Chair Stands

1. Place pillows against back of chair.
2. Sit toward front of chair, knees bent, feet flat on floor.
3. Lean back on pillows in half-reclining position, keeping your back and shoulders straight.
4. Raise upper body forward until sitting upright, using hands as little as possible, or not at all. Your back should no longer lean against the pillows.
5. Slowly stand up, using hands as little as possible.
6. Slowly sit back down keeping your back and shoulders straight throughout the exercise.
7. Repeat 8 to 15 times.

Exercise 2 – Chair stands to foot

Follow steps 1 to 4 from exercise 1

5. Slowly stand up onto your left foot. Use your hands for balance if needed.
6. Slowly sit back down keeping your back and shoulders straight throughout the exercise.
7. Repeat movement but alternate feet.
8. Repeat 8 to 15 times. Rest. Repeat 8 to 15 times more.

Exercise 3 – Side Leg Raises

Strengthening the side muscles of your hips and thighs is important for good balance.

1. Stand behind a table or chair, with feet at shoulder width apart.
2. Hold onto the table or chair for balance.
3. Lift your right leg to the side about 12 inches (or as far as is comfortable) while keeping your back and both legs straight. Hold for several seconds.
4. Repeat with your left leg and continue until you've done 10 with each leg.

Exercise 4 – Knee Raises

1. Stand behind a chair or table and hold on for balance.
2. Bend one knee slowly toward your chest.
3. Hold for 1 second and then lower slowly.
4. Repeat with the other leg and continue until you have done 12 lifts with each leg.

Traffic Traffic Traffic

By John McDermid

CHCA Traffic and Planning met with a number of residents who have expressed concern about cut-through traffic on various avenues west of Centre Street north between 7th and 12th Avenues. It seems a significant volume of traffic is turning left off Centre Street heading for points west. The practice seems to be to take 7th, 8th or 9th in order to access Crescent Road and cut over to 10th Street NW. In addition, many cut-through commuters seem to like to avoid the signalized intersection at 12th Avenue (even with its advance green), and opt for cutting through on 9th, 10th or 11th and making their way to the four-way stop at 2nd Street and 12th Avenue NW, then presumably on to 4th Street NW, 16th Avenue and wherever.

Uppermost in our minds is the staggering amount of work and thought that went into our Y2K traffic study and the integrated, balanced set of traffic calming measures that were gradually implemented as a result of it. This, and the imperative of not solving one group of

residents' problem at the expense of others, have led us to consider the following interim measures, which we hope we could prevail upon the city to implement at least on a trial basis without having to add our name to the end of a long list for another full-blown traffic study. The wisdom of local knowledge has identified the need for some fine-tuning of traffic calming measures now in place.

The measures under consideration are the following:

No Left Turn restriction during PM Peak Hours at 1st Street and 11th Avenue NW (northbound); and

No Left Turn restriction during PM Peak Hours at the four-way stop at 2nd Street and 12th Avenue NW (northbound).

Some of the discussion centered on the more aggressive and ambitious measures of restricting rush hour left turns off Centre Street

North for any or all of the affected avenues. Such restrictions on one or two without the others would have the predictable effect of funneling the cut-through traffic from one avenue to another, again solving one avenue's troubles at the expense of another's. There is also the potential for Crescent Heights residents living west of Centre Street and south of 12th Avenue to legitimately ask "Hey how do I get home?"

It may be that to adequately address the traffic accessing Crescent Road, an integrated approach with the community of Rosedale may be in order in the months to come.

Meanwhile, if you have comments on the proposed left turn restrictions, please let us know by email at chcaboard@hotmail.com.

AGM in April!

Tuesday, April 27, 2010

7:00 pm

Crescent Heights Community Hall

1101 – 2nd Street NW

Wine & Cheese to follow

**Area Event and
Resource Guide**

Community

Connections

Area Event and Resource Guide

UTB

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BRIDGELAND DENTAL

Any Interest in a Community Garden?

As we become more and more interested in the quality of our food and maintaining a healthy environment, individuals and communities are growing food locally. Would you be interested in planting & maintaining a plot within a community garden in Crescent Heights?

As a group, we could dig the gardens, amend the soil & plant the fruits & vegetables we like in our individual plots. We would manage the weeds in our respective plots. Water would be available at the site.



I know we would want to garden in an environmentally responsible way, by:

- conserving water through mulching appropriately & planting plants with similar water needs together;
- fertilizing through composting & the addition of organic material;
- including supporting plants to control pests, such as marigolds & yarrow (no pesticides); and,
- managing weeds through mulching & weeding by hand (no herbicides).

If you are interested in creating such a garden & maintaining it, please contact Sharon Anderson-Marr @ sandersonmarr@shaw.ca or at 403-276-1831. If we get sufficient interest, we will explore how to proceed from here, ironing out the details.

GLS

Centex

Classifieds

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: 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



A very special “thank you” to

Claude H.

for helping to deliver *The Crescent View*.

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- Sharon Carry, CEO, Bow Valley College
- Pat Letizia, Executive Director, Alberta Eco Trust
- Aritha van Herk, "Mavericks" author

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Is Soccer For You (Or Your Kids)

Mark Spink



Starting in June of this year the soccer world will turn their attention to South Africa for the FIFA 2010 World Cup. Teams representing 32 countries from though out the world will compete for the right to claim the cup, with the eyes of billions of television viewers, and estimated three million international visitors in attendance. Although soccer may not be your sport of choice, professional soccer is truly one of the largest international sports. Estimates suggest that there are over 240 million registered players worldwide.

Why is soccer so popular? The fact is that the popularity of soccer in Canada is not based on any professional league, but has a large following with minor league players. In Calgary, participation in soccer now exceeds that of hockey, with thousands of youths playing year-round.

From the perspective of Canadian health promotion, soccer is a sport very well suited to the promotion of lifelong activity and wellness. The game is easy to understand, requires very little equipment, and involves physical movements that promote cardiovascular health. Canadian research has shown that Canadian parents believe their kids get plenty of exercise. The fact is that only 13% of Canadian children and youth aged 5 to 19 are meeting Canada's recommended guidelines for daily physical activity. Among children and adolescents age two to

seventeen, 26% are overweight and another 8% are obese. Debates are ongoing that physical inactivity is costly and a burden to the healthcare system.

So why get your young ones involved?

In addition to the health benefits, soccer is a sport that will encourage your kids to turn off the TV, get off the couch or out from behind that video game, and have a lot of fun. Other benefits include improving self confidence, learning respect for others their own age, and developing a positive attitude. Soccer is a game that is also equally enjoyed by girls and boys.

If your children would like to play soccer, check with your neighborhood youth soccer program, or seek out one of the many Calgary soccer clubs that is in your area. For you parents, most clubs will also welcome some sort of volunteer help, so the game can truly be a family affair. In person and on-line registrations are currently ongoing.

Mark Spink is the President of North Central United Soccer Club and can be reached at jmspink@aol.com

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