

**June 2010**

The Crescent  
**View**

**NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION**



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

## Volunteer Board of Directors

<b>President</b>	John McDermid	277-8653
<b>Treasurer</b>	Daniel Dang	355-0058
<b>Secretary</b>	Anne Underwood	277-0249
<b>Planning</b>	Darlene Jones	
<b>Traffic</b>	George Wowk <a href="mailto:crescentheightstraffc@gmail.com">crescentheightstraffc@gmail.com</a>	
<b>Parks</b>	Sharon Anderson-Marr	276-1831
<b>Business Liaison</b>	Daniel Dang	355-0058
<b>Hall Manager</b>	Dan Shield	
<b>Communications</b>	Penny Smith <a href="mailto:smithpenny@shaw.ca">smithpenny@shaw.ca</a>	
<b>Block Watch</b>	John McDermid	277-8653
<b>Environment</b>	Rob Elliot	
<b>Past President</b>	Connie McLaren	230-0224

## Committees

<b>Hall Rentals</b>	Marlene Zaharichuk	804-5600
Hall rental inquiries will be answered in two to three days		
<b>Playgroup</b>	Stacie Banks <a href="mailto:stacie_banks@yahoo.ca">stacie_banks@yahoo.ca</a>	670-6872
<b>Memberships</b>	Jonathan and Alison Martin <a href="mailto:curmudgeon9@shaw.ca">curmudgeon9@shaw.ca</a>	
<b>Babysitting Co-op</b>	Tonya Fleming	260-7037
<b>Rink Manager</b>	Tim Edwards	606-9303
<b>Block Watch</b>	John McDermid	277-8653

Inquiries and comments can be emailed to:

[chcboard@hotmail.com](mailto:chcboard@hotmail.com)

## Member of FCC

**Comm. Liaison Officer:** Dominique Laporte 284-3393  
District 3, #3241

**Community and Block Watch  
email list contact Penny Smith at  
[smithpenny@shaw.ca](mailto:smithpenny@shaw.ca)**

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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 [elizabethhancock@shaw.ca](mailto:elizabethhancock@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.**



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

## President's Notebook

by John McDermid

A very successful Annual General Meeting went ahead as scheduled on April 27, despite our inability to wrestle a completed financial audit out of the hands of the Federation of Calgary Communities' audit group. Treasurer Daniel Dang and I spent the better part of the afternoon going over the financial statements with Auditor Heidi Brauer, but Daniel's eagle eye spotted a number of errors and omissions, so some further tweaking was required that could not be completed by the close of business. Our audit did reveal our continued robust financial health, sound internal practices and controls, and we begin a new working year in good shape. CHCA members who wish to have a copy of the audited financial statements can obtain a copy by e-mailing CHCA at [chcboard@hotmail.com](mailto:chcboard@hotmail.com) or call me at 277-8653 and we can provide either a hard copy or pdf version of the 2009 financials.

Two board members cycled out earlier this year and two new ones will join us at our first meeting in May. Traffic Director Kris Karvinen and Planning Director Joe Nagy have stepped away, and we wish them well in their new volunteer endeavors, whatever those may be. Thanks to both of you, Kris and Joe, for your diligence and efforts on behalf of our community. Joining us are one new face and one familiar former colleague. George Wowk of 10th Avenue NE joins us and has expressed a keen interest in traffic matters and he may well take over from Kris in that area. Former Treasurer Dan Shield rejoins the board after a few years' absence, and I am sure he will

be an important player in the various initiatives around the hall that we will be pursuing in the coming year. Welcome George and Dan.

Also joining us at the AGM was Alderman Druh Farrell, who brought the City's greetings and spoke briefly about various initiatives directly affecting Crescent Heights. Bylaw Services were represented as well, describing the extent of their increased presence in our community as a result of stepped up Police and Bylaw enforcement efforts in the city core. And by way of the Calgary Fire Department's Strategic Communications Manager, Vicki Barnett, the following updates to the progress of the new Emergency Operations Centre in Rotary Park: Work is progressing again since the delay due to the east shoring wall failure (AKA the sinkhole); west half of site has started the concrete work for the sub-level 2 (second level underground) slab and columns for the sub-level 1 slab; east shoring wall is being repaired and reconstructed; concrete work to commence once shoring wall is complete; 1st Street NE is anticipated to re-open at end of August 2010; and finally, substantial completion of the building is slated to be in the first quarter of 2012.

We had a record turnout for the 43rd Annual River and Pathway Clean-up on Sunday, May 2. Some 28 Crescent Heights residents gathered at Starbucks on Memorial Drive and Edmonton Trail, our regular ranks of loyal volunteers aided this year by some 15 residents of the

- Continued on page 5

**PROGRESSIVE  
OPTOMETRY**

**Garden's  
grace**

**Delta West  
Academy**

# President's Notebook, cont. from page 3

various condominium buildings on or adjacent to Meredith Road NE. The Meredith Road crew tackled the section of McHugh Bluff from the south-eastern tip of our community and moved westward. They scoured the area, collecting refuse and litter, discovering a number of camps in the woods on the bluff that would later be dismantled by Bylaw and City Parks staff. Down below, the eagle-eyed Professor Z located a cache of syringes in the median of Memorial Drive, hidden in a hollow log, which were marked for removal by Hazmat personnel. Ours is not the easiest or perhaps the prettiest river reach assignment, but we are able to make short work of it each year, especially with the help of so many new volunteers and friends. New this year was a strategic retreat at the end of the event (just after 1:00 PM) to the Fiddler's Courtyard Pub on Edmonton Trail, where frosty beverages helped us cut the dust of the clean-up. Several platters of tasty bar snacks were also made available on a complimentary basis by the pub, so many thanks to the Fiddler's Courtyard for helping to make this year's event

a great success.

Each year we participate in the Enmax Rinklighter Rebate program, and last month we received a note from Enmax to the effect that Crescent Heights received a rebate of \$125.54 over the past winter to assist with the cost of operating the rink lights. That may not be a lot, but every bit helps, and with rink manager Tim Edwards' plans for a re-fit of more efficient lighting for next season the savings will be even greater. Since the hockey boards were installed the year before last on a pressure-treated base plate, we have been leaving them up year round, and the enclosure that is our hockey rink in the winter has become a very popular space for residents training and exercising their dogs. Its popularity helps keep the hall area active and helps to deter vandalism. We hope.

And news just in this past week about a Peeping Tom in our community. Perhaps just an isolated incident, but Calgary Police have been notified and an investigation is underway. Our

community member reported that the suspect is Hispanic in appearance with black hair and a black moustache. He was wearing a brown and yellow baseball cap and a t-shirt. He's approx 35 yrs old and 5' 6" or 5' 7" in height. He was peering into a window on Sat May 8 around 9:35 am. This incident was reported immediately to the Calgary Police Service. Keep an eye out, will you, Crescent Heights Crime Busters?

And finally this month, our great thanks go out to Diane Altwasser and family, who have handled the tricky job of distribution manager for the Crescent View, the very newsletter you hold in your hands (or view onscreen) right now. Each month as the thunk of bundles of Views is heard on the front steps of our many volunteer carriers, it has been Diane and family, quietly upstream, month in and month out, bundling the copies for individual carriers for many years. Thank you, Diane, for these many years of ink-stained dedication.

And there is summer, just ahead.

## Yahoo! 2010 Crescent Heights Community Stampede Breakfast

Be sure to mark your calendar with our annual community Stampede Breakfast - it's on Sunday, July 11th from 9am to 11am at the community hall. You know the food is amazing. There will be lots of things for the young cowpokes to do; they never want to miss this! Come, meet your neighbours, and we are hoping that you can tap your toes once again to the beat of our local Crazy Bones String Band (to be confirmed).

If your membership is not up-to-date, please contact Alison and Jonathan Martin at [curmudgeon9@shaw.ca](mailto:curmudgeon9@shaw.ca) to renew it so you can get those flapjacks

with minimal wait. Among other things, a \$20 household membership (or \$10 for a single; \$5 per person for seniors) goes a long way to paying for your Stampede Breakfast which is free to members. Non-members pay \$5 for adults and \$3 for children. Exact change is always appreciated!

Volunteers always make these events run more smoothly. If you can spare some time on the 11th, that would be wonderful. Please contact Sharon Anderson-Marr at [sandersonmarr@shaw.ca](mailto:sandersonmarr@shaw.ca). We'll keep the shifts short so that you can enjoy your day. Look forward to seeing you there!

### 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 • Golemme & Associates Inc  
St. Vladimir's Ukranian Orthodox Church

**Support Your Community!**

A special "thank you" to

**Audrey R.**

for helping to deliver  
*The Crescent View.*

Your volunteer efforts  
are very much appreciated!

**Renfrew  
Auto**

**Sharon  
Lutheran**

**Sunik**

**Dawe RE**

# Crescent Heights Community Garden

by Stacie Banks

On April 19th, 2010 gardeners from all over Crescent Heights came together to listen to a presentation from the City of Calgary and the Calgary Horticultural Society on the benefits of having a community garden. Being a neighbourhood of gardeners, a number of people came to listen to the talk, which covered land use regulations, types of gardens, the organization required, and funding opportunities.

We learned about the many benefits to having a community garden in our area:

- Community Spirit
- Education for all ages
- Fresh, local produce
- Composting
- Saving money on your grocery bill
- A place to relax and enjoy your neighbourhood
- Possible increase in property values, due to the increased aesthetic appeal

We also learned of some of the possible pitfalls and issues to overcome:

- Lack of organization – volunteer commitments
- Land use issues, permits, and insurance
- Weeding – every gardener's perennial task
- Irrigation systems
- To fence or not to fence?
- Funding

The first and most important step towards any good community initiative is community! There are a number of levels of commitment needed for any great project. With a community garden we learned that you need a core group for organizers to really work at getting a garden up and running. We have formed a small core group of volunteers to start looking at possible sites and the benefits of each. Once this group has selected the best sites, they will present them to the larger group for discussion, then to the community association, and the City of Calgary.

Does this mean that the Crescent Heights Community Garden is a Go? No, but it does mean that there is active discussion and a number of interested individuals looking to donate their time.

Where are we in the process?

1. We are setting-up the volunteer network, email lists, and discussion forums to make the process roll more smoothly.
2. Looking for those serious organizers out there that can make a commitment to starting-up a project (Grant applications, meetings, volunteer organization, communications, etc.).
3. Still looking to get everyone who would like to be involved on our email list. From those who want a plot when it is done, to those who want to help with the construction, and those who want to play a larger roll. We are looking at a monthly newsletter to the group and promise not to spam the group with frequent emails. We will also not use your information for anything beyond the community garden initiative. The emails will consist of meeting times, updates on progress, and any funding that has come our way.

4. We are discussing sites based on the land use allowances outlined by the City of Calgary.

What sites are we considering?

Currently, we are looking at the areas near the community hall, as opposed to Rotary Park. Despite the high number of condos and apartment dwellers eager to get their hands in the soil nearby, Rotary Park presents a number of challenges at this time which include: subsidence near the construction zone, the inability to fence off the garden (due to land use requirements), off-leash dogs (we love our dogs, but maybe not in our veggies), and the high use of the majority of the park. While Rotary Park is certainly not off the table, it is a challenge to find a suitable space to meet our criteria.

Here is what we are looking for in a site:

- 5000 ft<sup>2</sup> of land in a sunny location
- Access to water for irrigation
- Hopefully, access to run-off water from buildings
- Currently low to no use area
- High visibility to discourage vandalism
- As close to users as possible

If you would like to be on the mailing list, would like to contribute to site discussions, or would like more information contact Stacie Banks at [stacie\\_banks@yahoo.ca](mailto:stacie_banks@yahoo.ca) or call 403-670-6872.



Crescent Heights residents  
Leslie Hannah, Barry Lassiter  
and Angus help with  
the river clean-up.

**Heritage  
Deco**

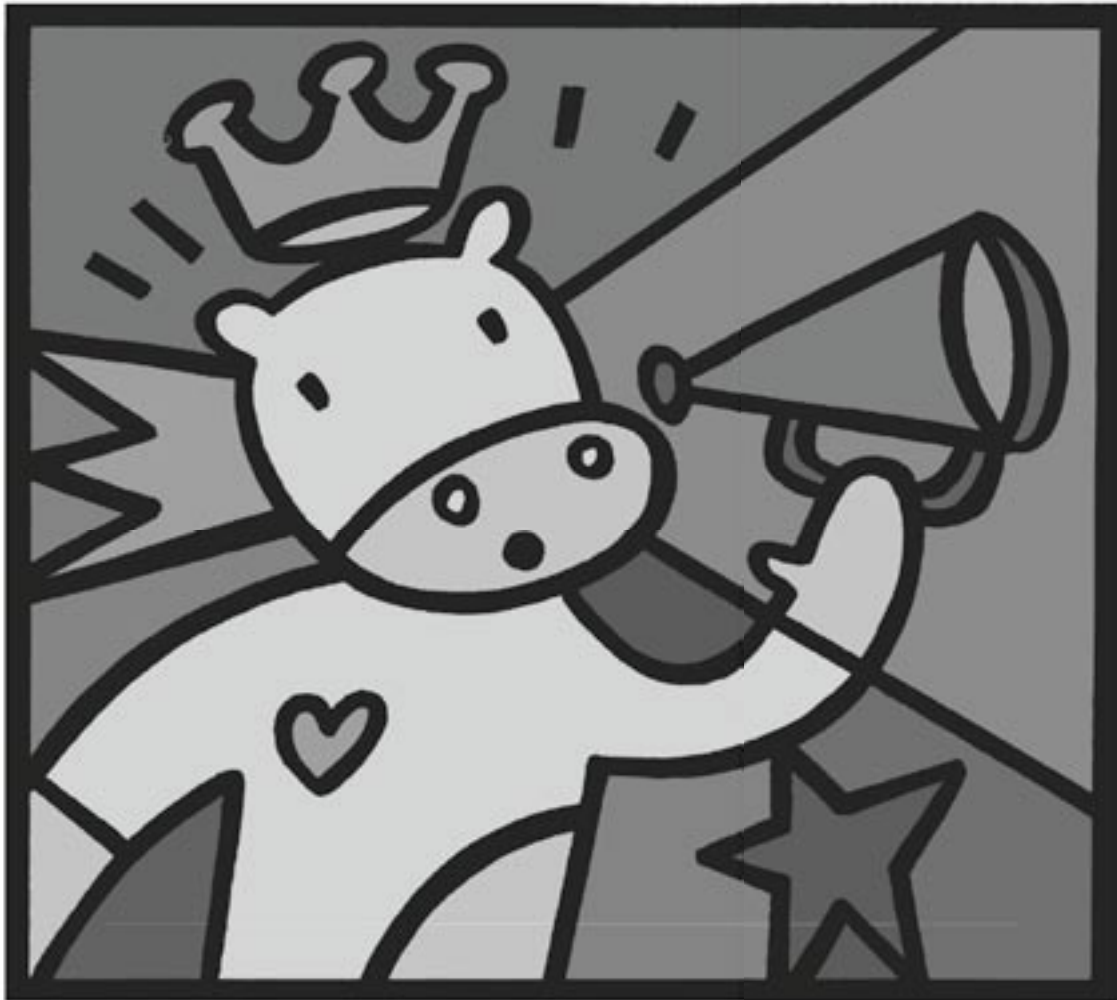
**104  
Scouts**

**Jennys**

**CBE**



# HEY!



**Watch for Rotary Park Community  
Mural Project with Dean Stanton,  
coming in June..Come out and play!  
Dates TBD**



THE CITY OF  
**CALGARY**  
COMMUNITY SERVICES & PROTECTIVE SERVICES

**For more Info  
call 403-221-3960**

# EED

## Cut the costs of vandalism!

### *How to reduce vandalism in your neighbourhood*

#### **Did you know . . .**

- That vandalism is never a victimless crime?
- Vandalism takes time and money to clean up or repair, whether it happens on private or public property.
- Vandalism that includes hateful messages can hurt individuals or groups of people.
- Vandalism can be dangerous, too — how would you feel if a child was injured because a stop sign was removed, for example, or if someone couldn't call 9-1-1 because a phone had been broken?

#### **Every member of the community can help prevent vandalism. Here's how!**

What does vandalism look like?

Vandalism takes many forms, some of which include:

- Graffiti • Broken street lights • Damaged fences • Knocked-over mailboxes
- Spray paint on road signs • Overturned garbage cans • Broken glass left on playgrounds or roads

#### **What should I do if I see vandalism?**

- If you see vandalism or graffiti in progress, call the Calgary Police Service at 9-1-1.
- To report vandalism that has already occurred, call the Calgary Police Service non-emergency line at 403-266-1234.
- To report graffiti that has already occurred, call the City of Calgary at 3-1-1.

#### **How can I help to prevent vandalism?**

When vandalism and graffiti occur in a neighbourhood, they tend to attract further incidents — that's why it's so important to clean up or repair the damage as quickly as possible. (The City of Calgary requires, for example, that graffiti be removed or painted over within 72 hours.) Other preventive measures include:

- Using good lighting and locking gates and garages around your business or home.
- Knowing your neighbours, and being watchful for strangers.
- Working with Calgary Block Watch ([www.calgaryblockwatch.com](http://www.calgaryblockwatch.com); 403-509-2565) to help build strong communities.
- Visiting [www.calgary.ca](http://www.calgary.ca) for tips on graffiti clean-up, including paint discounts.
- Requesting presentations or information about vandalism prevention from your Calgary Police Service community liaison officer or from the City of Calgary.
- Calling the City of Calgary at 3-1-1 to report abandoned cars, so that they can be removed as quickly as possible.
- Supporting recreational programs for young people in your community.
- Organizing clean-up or repair projects in your neighbourhood.
- Adopting a street or park in your neighbourhood to care for it and keep it clean

## Gutter Doctor

# Crescent Heights Playgroup

Looking forward to summer, so are we! When the weather is nice the playgroup takes it outside to the park, but will still be open for indoor play as well. 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'. There is a great variety in languages and cultures in the group and new members are ALWAYS welcome. The group isn't just about play; it also gives both moms and caregivers a chance to see other adults and get to know the community.



**When:** Wednesday 10am -11:30am – HEADS-UP  
CLOSED FOR AUGUST

**Where:** At the Crescent Heights Community Center

**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 center, so just bring yourselves, indoor shoes for running (especially with all the mud), and snacks for your kids.

Questions? Contact Stacie Banks at 403-670-6872 or [stacie\\_banks@yahoo.ca](mailto:stacie_banks@yahoo.ca)

## 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](mailto: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. June 10th is the deadline for the combined July/August issue.

### 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.

## The View has a new look -- what do you think?

Please send feedback or comments and suggestions to the editor at: [elizhancock@shaw.ca](mailto:elizhancock@shaw.ca) or mail or drop-off at the Hall 1101 – 2nd Street NW, Calgary, AB, T2M 2V7.

All replies will remain private and confidential.



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](http://www.calgaryarea.com/nw/crescenthts/crescent) and you will see The Crescent View PDF underneath the Block Watch Logo.

**Newsletter carrier needed for the SE side of Crescent Heights. Route will involve delivering the newsletter to the area around Marsh Road, Meredith Road, 2nd and 3rd Avenues. Mostly condos and apartments buildings and this involves just dropping a bundle on the front steps of the buildings.**

**If you would like to volunteer, please contact Diane Altwasser at 403-276-7118 or [kobluk@telus.net](mailto:kobluk@telus.net).**

**UTB**

**BRIDGE  
DENTAL**

**MCF  
HOUSING**

# McHugh Bluff Biodiversity Project

by Sue Beugin, McHugh Bluff Adopt-a-Park Co-ordinator & Sonia Gonsalves, City Parks Program Advisor, Environmental & Educational Initiatives

This year, the City of Calgary Parks is embarking on a Community Stewardship for Biodiversity Program. Because one of the biggest threats to biodiversity is the impact of invasive species (i.e. weeds), Parks is partnering with 3 chosen communities this year to tackle this issue. The communities were chosen because of the active involvement of the communities in their neighbourhood parks. The goal is, that by working together on projects and strategies, we can help to maintain, restore and rehabilitate sensitive habitats and green spaces in our community.

McHugh Bluff Natural Area has been chosen as one of those targets. The Bluff refers to the natural escarpment area north of the Bow River between Edmonton Trail and 10th Street NW. There are three communities bordering on McHugh – Crescent Heights, Rosedale, and Sunnyside – and all three communities are being invited to partake in the project. Specific invasive species identified on McHugh that will be targeted, in order of priority, include: Goatsbeard/Western Salsify, Yellow Clematis, Common/Lesser Burdock, Bluebur, Leafy Spurge, and Canada Thistle. Goatsbeard will be our focus this Spring. It can be hand pulled and must be removed before it flowers.

We are organizing 2 neighbourhood work sessions in June to which everyone is invited. Rosedale School Grade 7s will also be doing their own work day at a special time in early June. The sessions will start with

an informative half hour educational talk on various aspects of the Bluff ecology. We will have notices up on sandwich boards closer to the time, with the meeting places, etc., but here is the schedule:

Sat, June 19	9:30 – 10:00	Dr. Oetelaar from the University of Calgary will talk on the history of the Bluff.
	10:00 - 11:30	Biodiversity project
Sat, June 26	9:30 – 10:00	Bird expert will talk on the birds that frequent the Bluff
	10:00 – 11:30	Biodiversity project

We are truly excited about this initiative. The “bones” of McHugh Bluff Natural Area - the trails, Regional Pathway, stairs, and promenade - will be completed this summer. Now it is time to start in on the beautification of our neighbourhood park. We cannot overplant with shrubs, trees and native grasses before we remove these invasive species. Right now, by starting on controlling and suppressing the invasive ones, we can work towards some supplementary plantings of native species when the opportunities arise, and towards making McHugh Bluff an environmentally diverse and sustainable park. Hope to see many of you out there.

## Rosedale Playschool

by Robin Strathdee

Rosedale Playschool is grateful for the support of the community in our efforts to beautify the green space outside of the Wild Rose United Church. In one short year it has transformed into something to admire and is used almost daily by the playschool children as a natural play space. Through the efforts of the Playschool and community volunteers and the Wild Rose United Church, we have made great progress beautifying this inner city garden.



The Crescent Heights Community Association has generously joined the effort by donating \$1000.00 to keep the momentum going. This money will be used to grow the garden with additional flower beds (dirt, materials), perennials (we will be at the CHCA sale!), hardscaping materials (stepping stones, garden edging) and projects that will involve the children in growing seeds to plant inside the garden. We also plan to add more points of interest to encourage lounging and relaxing in the garden space.

Without the help and generosity of our community we would be missing out on the wonderful learning opportunities that come with playing in a natural play space.

A great big thank you to the CHCA and all of those who continue to support our 'Children's Garden'.

If you are interested in helping out (compost, volunteering, perennials, summer weeding/watering) please send us an email [rosedaleplayschool@gmail.com](mailto:rosedaleplayschool@gmail.com).





**Boys & Girls Clubs of Calgary**  
A good place to be

## VOLUNTEERS NEEDED

Home-Start (run through the Boys and Girls Club) in Calgary, are looking for volunteers who are Moms, Grandma's or individuals with parenting experience to visit young families. The time commitment is about three hours once a week. Training will be provided. Make a difference to a young family it is a very rewarding experience.

For more information please call Marion @ 571-0516.



HOME-START

## The City of Calgary Parks celebrates 100 years

by Donna Sinclair, Marketing Advisor, The City of Calgary Parks

The City of Calgary Parks is celebrating its 100th anniversary with many free events and programs planned. All Calgarians are encouraged to participate.

One activity that is sure to interest children through to seniors is Parks' 100th anniversary Geocaching challenge. Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. Participants seek to locate outdoor hidden containers, called geocaches, and then share their experiences online. There will be one-hundred geocaches hidden throughout City parks. Calgarians are encouraged to take part in this challenge and explore Calgary's incredible park system. Twenty-five geocaches will be released each month from May until August and there are many prizes to be won for participating. If you don't have a GPS unit, don't worry. In order to make it possible for everyone to participate, there are GPS units available to be signed out through The Calgary Public Library, and there are GPS apps for smart phones that can be used as well. Details can be found on the Parks website at [calgary.ca/parks](http://calgary.ca/parks).

Another fun celebration happening throughout the summer is some music in the park events. From June-September, there will be one music event

# Big-note



in a park in each of the four city quadrants. Music will range from children's songs to rockabilly, so be sure to check the Parks website for details on where your favourite music will be played. Looking for something special to do with Dad on Father's Day? The first music event will be held at Baker Park on June 20 – it's the perfect way to spend the day with Dad. These events are free and open to everyone.

A new twist on the park experience comes this year in the form of ephemeral (temporary) gardens. Popular features across the world, these gardens enhance the park experience by transforming them into uniquely interactive spaces. Opening in late May at Olympic Plaza, six Celebration Landscapes will fill the park. They are amusing, engaging, and fun. Take a stroll down to Olympic Plaza and look for pink gophers, soaring birds and large foam trees.

Calgary has amazing parks and outdoor spaces. Share your favourite park stories, experiences, and favourite photos on Parks' Facebook page.

Details will be updated at [calgary.ca/parks](http://calgary.ca/parks) throughout the year.

# Getting Local – with our FOOD!

by L. Burton-Scheer

How many of us ever stop to think about the impact our food supply has on the environment? It seems strange to consider ‘food supply’ as a contributing factor to greenhouse gas, but actually, what we eat and where it comes from does play a big part in perpetuating both an environmental problem and unsustainable lifestyle choices.

Enter the hero – ‘CSA’ – Community Supported Agriculture! In this part of the globe especially, there are huge advantages to the environment and community in supporting local agriculture. CSA has been around for a while, but not everyone knows how to access it. It’s actually very easy. Getting our food in this way works to our advantage while supporting a sustainable lifestyle and a healthy environment at the same time. Many

resources do exist. Local farmer’s markets, u-pick farms and food-delivery services can not only save you money, but bring local, vibrant, organic foods directly to your door and table within hours of harvesting. Also, CSA enhances our local economy by keeping dollars in the community. Finally, the environmental impact of shipping food, displaying food,

and flocking by car to the big boxes to get the food can be greatly lessened – and that’s ALL good!

We are fortunate to live in close proximity to many sources for sustainable and organic agriculture. If you are interested in exploring alternative food sources, or in buying local, there are choices available. Check out these resources. They might help YOU make positive choices for your own health and that of our environment. Great CSA contacts and valuable information can be sourced through websites such as: [slowfoodcalgary.ca](http://slowfoodcalgary.ca), [albertamarkets.com](http://albertamarkets.com), [organicfarmdirectory.ca](http://organicfarmdirectory.ca), [pickyourown.org](http://pickyourown.org), or – simply type ‘organic grocery delivery Calgary’ into your search engine – you’ll be delighted to see what CSA in Calgary has to offer. When at the markets, be sure to ask about the source of your foods – and go with something close to home if you have a choice.

To learn more about Community Supported Agriculture, you may want to curl up with some popcorn and watch the video, “The Real Dirt on Farmer John”, available at the library. The movie “Food, Inc.” also provides a very informative look at how much of our food is produced and marketed to us.

Remember – be the change you want to see! CSA means: less car travel, less food-travel, less waste of energy, less over-ordering, more health and more wealth for ourselves, our environment, our community.

# Calgary Transportation

**Area Event and  
Resource Guide**

# ***Community***



# ***Connections***

**Area Event and  
Resource Guide**

# Keeper

**G.L.S. LANDSCAPING &  
LAWN CARE**

Weekly Lawn Maintenance (Cut & Trim)

Call ***NOW*** to book your summer lawn care service!

Power Raking • Aerating

**403-650-1699**

Junk removal services available!

# Avalon

# Houges House

# Dawe Cafe

# **Skinny Fish**

# **Class Rates**

# YMCA

## Healthy Kids Day

Did you know: According to studies by Active Healthy Kids Canada, 87% of children and youth are not meeting Canada's physical activity guidelines of 90 minutes of physical activity a day?

YMCA Calgary Healthy Kids day will take place at all YMCA branches on June 5 to help encourage children to become more knowledgeable and interested in the health and wellness of their mind, body and spirit.

Highlights of the day:.

- Free all-day access at YMCA branches.
- Special events for families and kids.
- Health-focused give-aways for children.
- Healthy snacks at various times.

Main activities will take place 10am-12pm, with more special activities happening throughout the day. Please contact any YMCA branch for details.



Emergency  
Medical  
Services

## Heat Related Illness

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

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# Area Classified Ads

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CASH  
CHEQUE

All Classified ads must be prepaid  
Call 403-276-8108 to book your ad.

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# Off the Shelf

Book Review by Judith Umbach

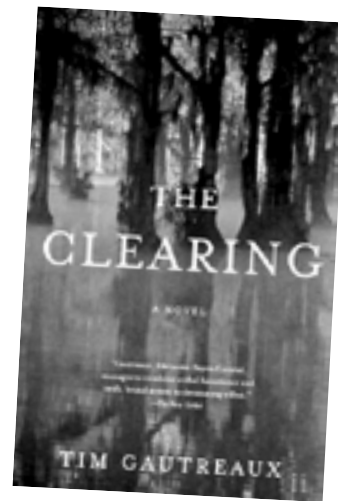
## *The Clearing* by Tim Gautreaux

Good Southern novels are Blues music for the imagination. The liquid heat is the thrumming underlying bass. Trepidation is the horn luring us through the meanness of the streets and woods. A story often told and never trite is the throaty, liquoured voice of the lead vocalist.

*The Clearing* by Tim Gautreaux fulfills all the best requirements of a good Southern novel, yet lets us into the secrets of why - oh why do we never learn to head for cooler climes.

At the behest of his father, Randolph Aldridge leaves his mundane office in Pittsburgh to manage a potentially lucrative lumber mill owned by the family company. Albeit a talented manager, Randolph's personal attention mainly is directed at finding his brother, Byron, and bringing him back to the family's Pittsburgh life. Easily found, and executing his job as a lawman, Byron prefers to wallow in his post-WW1 angst, accompanied by sentimental songs played on a Victrola which warps in the humidity. In our times, he would be diagnosed with Post Traumatic Stress Disorder. In the 1920s in Louisiana, a man was expected to just get on.

When Randolph arrives, Byron's life largely consists of violent confrontations with a mafia-type organization selling illegal whiskey and



coerced prostitutes. His midnight interventions are much appreciated by the more normal sector of this sweat-soaked mill town, even though both the distant sheriff and Randolph have serious reservations about Byron's reliance on his fists and his guns.

*The Clearing* reminds me of *The Virginian*, written in 1902 by Owen Wister. They share the theme of battling outlaws and bringing civil society to an enclave that becomes a town. They also share an environmental message, which is much stronger in *The Clearing*. To reveal the crux of the environmental message would be to ruin the novel. Suffice to say, Tim Gautreaux keeps us changing our minds about which "clearing" is the focus of the title.

## Support your Community!

*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)

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

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

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

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

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

Phone : \_\_\_\_\_ Email: \_\_\_\_\_

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

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

**CMP**