

● The Crescent View

NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION

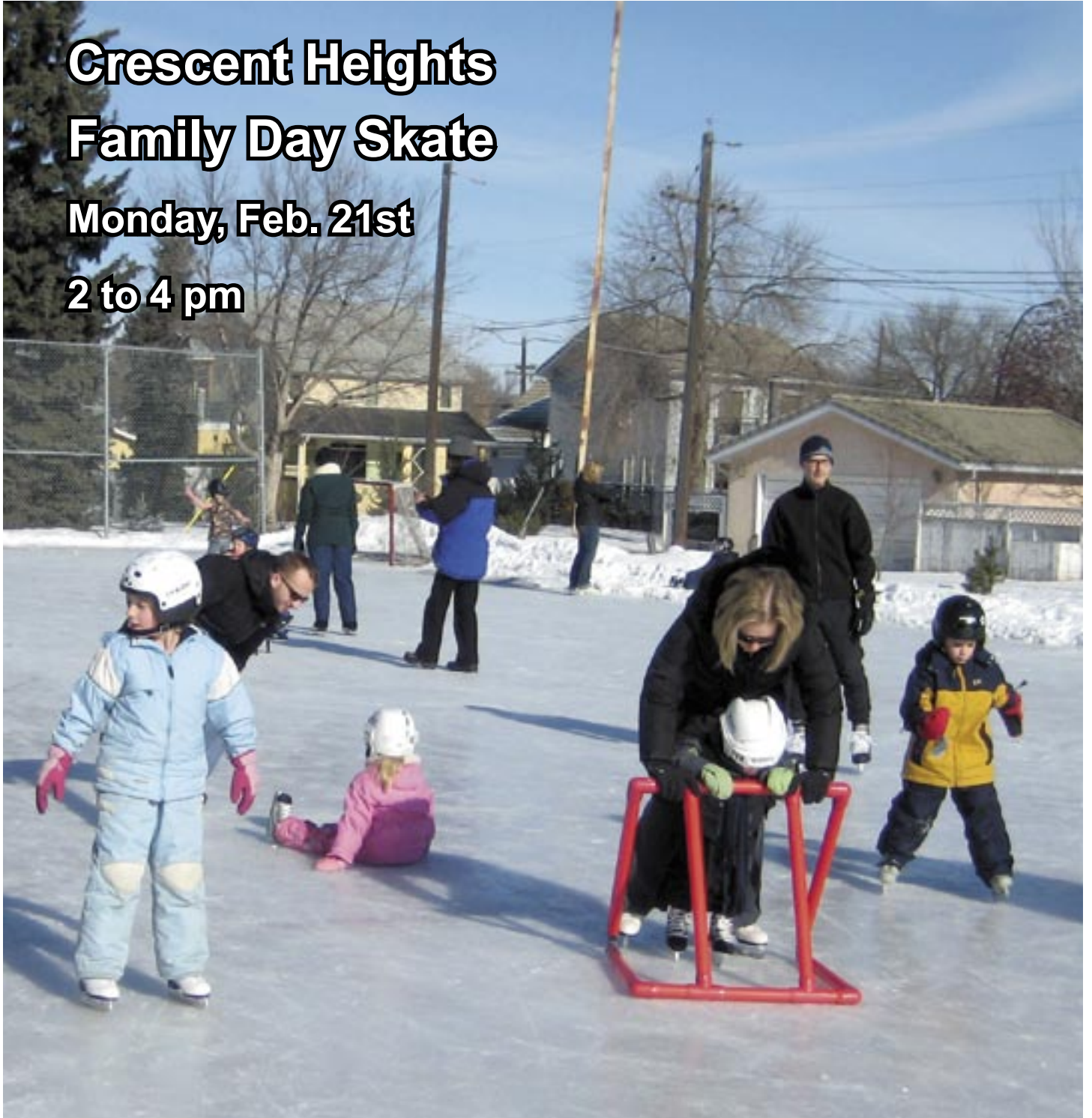
February 2011



Crescent Heights Family Day Skate

Monday, Feb. 21st

2 to 4 pm



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

Volunteer Board of Directors

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Block Watch	John McDermid	277-8653
Environment	Rob Elliot	
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Committees

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

Inquiries and comments can be emailed to:

chcboard@hotmail.com

Member of the Federation of Calgary Communities (FCC)

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

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

The Crescent View is published 10 times per year, free of charge, 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 elizhancok@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

Visit us online!

Find out more about
Crescent Heights
by visiting...

President's Notebook

by John McDermid

Good news reached us in mid-December from the City of Calgary's Capital Conservation Grant program, which, with the help of some approved uses of our casino proceeds, will help us continue our facility enhancements through various capital projects. Among the approved projects are contributions toward a new floor in the main hall (our busy little hall is undergoing accelerated wear and tear), some new room dividers to close off the office/fireplace area, replacement higher efficiency lighting for the hockey and pleasure rinks, some further exterior siding repairs for the west side of the building, and well as upgrading the overhead lighting in the main hall. We hope to continue our very productive relationship with project manager Nickie Brockhoff as we pursue these projects in the New Year. Special thanks to Dan Shield for putting our application together, and to our Community Recreation Coordinator, A.J. Matsune, for stick handling our application inside the keep of the grant program castle.

Rotary Park is one of busiest sites in Crescent Heights at the moment, as the Emergency Operations Centre rises from the pit. The EOC is clearly the largest-scale project in the park, but anyone passing by would have seen that winter is no bar to the splash pad project to replace our beloved wading pool. In addition, the lovely new Rotary Park Lawn Bowls Clubhouse is being framed and already its unusual and charming angled gable ends are in evidence. When all of these projects are complete, Rotary Park will be a very important destination right in the heart of the community.



That's not to say that Crescent Park and our own site are not a hive of activity as well, some of it good, other not so good. Tim Edwards and his dedicated rink crew continue to work our rinks and the ice surfaces are rounding into shape as among the city's finest. Conditions have also been favourable to the ongoing flooding and smoothing of our very own "Olympic Oval, the ribbon of ice that rings the outside of the hockey rink. This is one of the trickiest areas to flood, and our hats are off to the flood crews and their deft touch in building up the "oval".

Despite last year's installation of a monitored CCTV security system at the hall, we continue to experience some vandalism damage at the hall. Over the holiday period, we experienced damage to one of the skate shack benches, a window in the skate shack and a punched-in roll shutter on the main doors. Fortunately we have some pretty good pictures of the courageous band of young men responsible, who have nothing better to do with their time but break things gratuitously and smile for our high resolution cameras. Say hello to, shall we call him just Jason for now, and his manly friends, and a special thanks to Ultralite Door Service for their very prompt and professional repair of

- Continued on page 5

**Garden
Grace**

**PROGRESSIVE
OPTOMETRY**

**Deerfoot
Soccer**

President's Notebook, cont. from page 3

the security shutter. Thanks also to Chinook Glass and Screen for getting our window measured up and our repair in the system so quickly.

Word reaches us from Rosedale in respect of early planning for a fitness circuit with stations located along the proposed Crescent Road Pedestrian Promenade. The planning is in the very early stages just now, and there is sensitivity among some local residents and pedestrian commuters about the number and the impact of fitness groups, including the boot campers, making sometimes heavy and sometimes inappropriate use of the pathways, the Crescent Road staircase and trees in Crescent Park, used to attach apparatus. The volume of foot traffic along the asphalt pathways and the staircase was estimated some five years ago at 5,000-plus pedestrian trips each day, and I doubt whether that number would have declined at all, rather it is likely to have increased with mid-day runners and the proliferation of large fitness groups using the bluff and adjacent parks and amenities. All very well for everyone to be fit, but if a pathway or staircase commuter minding his or her own business and personal fluids (!), is subject to the huffing, puffing, grunting, sweating and being a bit dewy at the friendly end or actually somewhat runny at the unpleasant other end of an over-exerted boot-camper, not quite completely in control of his or her carry weights and the fine spray of that persons bodily fluids, it's just a little bit "eeeeww" of a warm day, when you're just walking along, that is, and minding your own business and fluids. I believe you'll find further particulars about the proposed fitness circuit along the promenade elsewhere in this issue.

I discovered after several years of playing hockey with him that my friend Dave the letter carrier has recently scored a plum Canada Post walk right

here in our own community, and that he delivers the mail daily to our community hall and several streets and avenues in the immediate area. If you see Dave delivering mail to your house, please remind him that my stick on Friday, January 7 didn't come up on its own, but that it was Rob's stick that lifted mine and caught him that glancing blow. Not my fault, Dave, I swear! Dave doesn't mind a little elbow on the doorstep from time to time, either.

Finally, as reported here in our last issue, we have now been assigned dates for our next casino fundraising event. It was gratifying to hear from a number of our returning multi-casino event volunteers within days of the last newsletter appearing. Thank you all so much for your quick affirmative replies! Although May 19 and 20, the Thursday and Friday just before the Victoria Day long weekend, may seem far away here in the dead of winter, we need to get our casino license application completed and volunteer application forms filled out for all of our key positions. If you're one of our regular casino people, you'll hear from us soon, or if you are just curious about the other-worldly world of casino gambling, please check your calendars and mark them, if you can, for May 19 and 20. Our two days are again at the very hospitable Stampede Casino. We'll have likely lost a few of our regular, returning volunteers, so if you've never had the strange pleasure of working a volunteer shift at a casino, please consider it, and give me a shout at 403-277-8653. There is a full menu to choose from, and all volunteers are free to have lunch or dinner during their shift. Join us if you can.

Until then, it's just cutting winter down to size, as we're all used to doing. All the best to everyone in Crescent Heights for the New Year 2011!!

Crescent Heights Family Day Skate

Come & join others in your community for a family skate on Family Day, Monday, February 21st. This event will run from 2 – 4 pm at the rink behind the Crescent Heights Community Hall, 1101 - 2nd St. NW. Hot chocolate & coffee will be served to warm your innards should you become a little chilly, as you chat with friends & neighbours.

There's nothing like a little socializing on a crisp winter's day!



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

Looking forward to seeing you there!

**Avalon
Cleaner**

Swann

**Renfrew
Auto**

**About U
Dental**

The Best Pet Ever!

Immortalize your pet in print! It's FREE!

E-mail a pic to ellisevansdesign@shaw.ca and include a short message (50-75 words) explaining just why your pet is the best ever.

We'll place your nomination in the newsletter and your pet will be famous!

Also, if your pet is nominated you could win a **FREE PRIZE PACKAGE courtesy of **DOGGYWOOD!** Please include a phone number or email address to receive your prize package.**

"Lucy"



Best Pet Ever Nominee!

This nine year-old kitty is named Lucy. Many of you in Crescent Heights knew her and loved her well. Everyday, she would wait by the gate to meet the many friends she made over the years. Lucy had more friends than I could count. People were always looking for this black and white kitty and, on the days when she was perhaps having a nap, people would ask me if I had seen that black and white cat who waits for them everyday after work or school. Very often Lucy would leave "gifts" on the doorsteps of her favourite people. Lucy was the official "greeter" on our street and was loved so very well by many people I didn't even know. It wasn't uncommon for Lucy to come home with the smell of some other woman's perfume on her fur and I would always accuse her of cheating on me. Lucy's name was also the first word our now nine-year old child ever said (after Momma).

Unfortunately, Lucy passed away on August 8, 2010, but her legacy and gentle reminder that after a tough day of work or school, she was there waiting for her many passerby friends just to let them know they were special to her and that everything would be alright.

Thank you Lucy for all you have graciously given to us. You will be missed forever.

Mom, Dad, Sebastian and your other fur siblings

CHCA Community Skating Program

Start Date: Sunday, January 16th

End Date: Duration of program: 6 lessons (weather permitting)

Place: Crescent Heights Community Hall

Cost: \$30

Instructor: Michelle Ferguson

Registration: contact Marie Evans at: marieevans@shaw.ca or phone 403-230-4516

Parent & Tot (age 3-5 years)

Time: 11 am 11:30 am

Come have fun on the ice with your preschooler. Instruction incorporates basic fundamentals in a fun way so that kids overcome skating apprehension. A parent is required to be on the ice with their child.

Group A for beginners (5 years and older)

Time: 11:30 am 12:00 pm

This group is for kids who are comfortable moving on the ice by themselves without parental/adult assistance. Kids will work on skills such as balance, forward movement and stops.

Group B (5 years and older)

Time: 12:00 pm 12:45 pm

This skating class is for the young skaters who are confident skating forward, are able to stop, ready for backwards skating and new challenges.

****Please note that because Group A and Group B are skill based, the instructor may make changes between the class lists based on abilities.**

Newsletter Editorial Deadlines

The Crescent View is published ten times per year. The July/August issue is a combined-months issue as is the December/January issue. The deadlines for those issues are June 10th and November 10th respectively.

Other than September, articles/events for the Crescent Heights newsletter are now due on the 10th day of each month. Articles for the September issue are due on August 5th. Please email your articles, as an attachment in word document form, to Elizabeth Hancock at elizahancock@shaw.ca.

**A special "thank you" to
Conrad and Doreen Quchi
for helping to deliver *The Crescent View*.
Your volunteer efforts
are very much appreciated!**

**Pleasant
Soccer**

**Pinna-
cle
Dental**

**Mayland
Schhol**



We Build Safe and Caring Communities

Calgary Community Block Watch believes that when people are connected and involved, their communities are safer places in which to **live and grow**. We are a **community engagement organization** that promotes **safe and caring communities** in an attempt to **reduce crime**.

WORKING WITH INDIVIDUALS

As an individual you can become involved in three easy steps:

Step 1:

Register with Calgary Community Block Watch

Registration is easy. Simply go to www.calgaryblockwatch.com and click on the "register" link. Sign up and have access to information, newsletters, training videos and other resources that can help make your neighbourhood a safer place to live.

Step 2:

Watch for suspicious activity?

One of the key activities anyone can do is just to become more aware of their surroundings. As you become familiar with your neighbours and neighbourhood, you begin to understand what normal behaviour on your street is and what is not. Knowing who your neighbours are, what type of car they drive, or understanding a few of their basic habits will make it easier to spot things that are suspicious and out of the ordinary.

Step 3:

Calling the Police or other authorities to report suspicious activity.

Contacting the Police

Call the police to report suspicious activity that you witness in your neighbourhood. The police can't be everywhere at once and they rely on citizens to be their "eyes" in the community. If you are unsure whether or not to report an activity, call the police and they will determine how to respond. Most importantly, if you observe something that you are not comfortable with but do not know if it should be reported, call the police anyway. The police will make the call as to whether help is needed. They cannot help you with the problem at all if you do not let them know what is happening.

There are two phone numbers to contact the police. It is important to know which number to use to report crimes.

For Emergencies - 911:

Always call 911 in an emergency or to report a crime in progress.

The Non-Emergency Phone Line

- (403) 266-1234

This number is used to report suspicious activity that is not necessarily a crime in progress. If you feel uneasy about a stranger or anything you observe in the neighbourhood that seems out of place, call this number.

Do not use this service when:

- The crime is happening now
- The offender is still there or nearby
- Someone saw the crime being committed
- Evidence has been left at the scene

Contacting SCAN (Safer Communities and Neighbourhoods Act)

In response to a public complaint, SCAN investigates a property that appears to be used for illegal activities, and can close it down. SCAN investigators can also obtain court orders to make property owners take responsibility for the activities occurring on their property.

Investigators will meet with the property owner to try and solve the problem, or send a warning letter to the property owner, or the person who lives at the property. Any criminal activity uncovered when dealing with these properties will be turned over to the police to investigate. **Call SCAN toll-free at 1 (866) 960-7226 or file a complaint online at www.scan.alberta.ca**

WORKING WITH ORGANIZATIONS

Calgary Community Block Watch Council vision is that every person in Calgary is proud to belong to a safe, active and caring community. We will work with community associations and other community organizations to create an understanding of how to build safe and caring communities. If your community would like to become involved, contact us at **(403) 509-2565** or visit us at www.calgaryblockwatch.com

**Green
Party**

**Build
Art**

**Foothills
Little
League**

**Hughes
House**

Rosedale Playschool

Students at Rosedale Playschool have been enjoying a busy winter season! From book fairs, to family photos, and wrapping paper parties, we have had plenty of fun! The Holiday parties before our winter break included a concert by the children.



Mark your calendars for the Rosedale Playschool Information Night on March 10. For more information contact rosedaleplayschool@gmail.com.

Alderman Message

by Druh Farrell

Happy New Year to all Ward 7 residents! The start of the New Year is a perfect time for reflection on the past, but more importantly, to focus on aspirations and plans for the upcoming year. In 2010.

I am especially encouraged by Calgarians' elevated participation in civic issues. The conversations that happened throughout the election and beyond are a great start to citizen engagement, and I look forward to hearing your ideas and perspectives.

Now, a few winter survival tips.

City Council approved additional funding for snow removal. Simultaneously, a citizen based tool, "Snow & Ice Control Map", was launched to provide Roads with real-time intelligence on snow and ice control strategies, and Calgarians with information about road conditions in Calgary before, during and after a storm. Check www.calgary.ca/roadconditions for information before leaving home.

You can also make the winter months safer by being a good neighbour and clearing your sidewalks within 24 hours after a snowfall. Meeting this City Bylaw is not only healthy and fun, but also a chance to meet your neighbours! If you need assistance with shovelling, or want to shovel for someone who needs help, consider the "Snow Angel" program. Learn more about this program by contacting your Community Association.

And finally, please take time to enjoy the beauty of the winter season.

A Fitness Circuit on McHugh Bluff

The germ of an idea for a fitness circuit on McHugh Bluff, which came out of the user survey done by Rosedale School in March this year, is beginning to take root. The plan is to formalize the use of McHugh Bluff for fitness purposes - something that is already happening in an informal

way with the Bluff being used by hundreds of people per day for that purpose. Fitness stations would be built along the pathway system, each focussing on an aspect of overall fitness like strength, aerobics, flexibility, balance. They would be built in as an environmentally low impact a way as possible. They would not interfere with Crescent Road residents' sight lines over the City.

A feasibility study has been done, outlining the broad framework for building it. The City is interested in the idea, and is willing to look at ways to co-operate with the communities of Crescent Heights and Rosedale in seeing it to fruition. Their role could be in excavating the station sites, producing the necessary signage, and co-ordinating timing with the construction of the promenade happening Summer of 2011. Our communities would have to provide the funds through corporate fundraising. Cost is estimated to be in the neighbourhood of \$100,000.

To make this circuit a reality, we need someone to take on a leadership role in fundraising and co-ordinating the various partners. We need someone with project management skills and corporate connections, willing to work with fitness experts, City Parks, and our two communities over the next 6 months to make this happen. With the City crews on the Bluff building the Promenade, we have a window of opportunity here that we need to capitalize on. Anyone interested, please contact me ASAP.

Sue Beugin
Co-ordinator, McHugh Bluff Adopt-a-Park
403-282-2172
sb48g5n@telus.net



North Hill Curling Club

It is surprising to us when we have people drop by the club that live in the area and did not know this facility was in their neighbourhood. For those new to the area (or have live here for awhile) the curling club has been in existence since 1925. The original facility burned down in 1995 and was rebuilt in 1996. We have 6 sheets of curling ice, main floor concession and upstairs lounge and boardroom with full viewing of the curling area. We are open from mid-Sept to mid-April, seven days a week.

We are very pleased to be co-hosting the Canadian Junior National Curling Championships from Jan. 29 to Feb. 6, 2011. The public is welcome to come and watch some great curling from the junior provincial winners from across Canada.

You will find us at 1201-2nd St. NW, call us at 403-277-3158, email nhcc@telusplanet.net or website at www.northhillcurlingclub.ca

Keeper

Be an Angel!

For some, the first snowfall of the year is a welcome event. For others, the first snowfall brings worries of slipping and falling. Snow removal is a concern for older adults who are living in their own homes. Calgary is home to more than 98,000 older adults and approximately 95 per cent of them are living in the community. This is a large portion of Calgary's population that is greatly impacted by snow and ice. They need your help this winter keeping their sidewalks shovelled, ice-free and safe.

You can help by becoming a Snow Angel. Snow Angels adopt a neighbour's sidewalk and help keep the walkway clear of ice and snow all winter. You don't even have to register for any program. You just pick up a shovel and go. Your efforts can prevent slips and falls while ensuring older adults' avoid hurting themselves shovelling this winter.

The Snow Angels campaign was initiated by The City of Calgary as a way to respond to the growing older population affected by icy sidewalks. For the eighth consecutive year, the City of Calgary is asking Calgarians to be a Snow Angel and help a neighbour keep their sidewalks clear of ice and snow. In return, they ask those older adults and others whose sidewalks are 'adopted' to send their story to the City and officially recognize their Snow Angel. They can nominate their Snow Angel by calling 3-1-1 or filling out an online form at www.calgary.ca and following the links to 3-1-1 Online. All nominated Snow Angels are also entered into a draw for some prizes and are also recognized by the Mayor.

Also, The City of Calgary reminds residents and businesses the Streets Bylaw requires sidewalks adjacent to property to be cleared of snow and ice down to pavement within 24 hours after a snowfall, which also adds stress to those older adults and other people with health conditions who are physically unable to shovel their snow.

For more information on the Snow Angel Campaign or if you would like to develop a more organized snow clearing program in your community, call The City of Calgary Seniors Services Division at 403-974-3112 or 3-1-1.

BRIDGELAND DENTAL

MCF HOUSING

Glory India



Alberta Health
Services

Emergency
Medical
Services

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? 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.

www.albertahealthservices.ca

Wild Rose United Church – Up Coming Events

1317 - 1 Street NW in Crescent Heights

403-277-5576

Please visit our website at www.wildroseunited.ca for details.

Meditation every Tuesday at 6:30am to 8:00am (yes, in the morning)

SOUP'S ON (with a spiritual question as food for thought) every Wednesday at NOON. \$2.00

Contemplative/Meditation Service every Wednesday at 6:15pm followed by a Study of the Gospel of St. Thomas from 7-8pm

Good Food Box order deadline March 1st at Noon. Order through the church office.

Shrove Tuesday Pancake Supper, March 8th. Contact the church office for tickets.

Calgary Drop-In Centre Wild Rose Art Gallery – Art by homeless artists for show and sale. Open during Church Office hours and on Sunday mornings.

Worship, Sunday School and Nursery every Sunday at 10am. Everyone welcome!

Shoveling for Safety

The City of Calgary Animal & Bylaw Services would like to remind Calgarians that under the Street Bylaw (20M88) snow from private sidewalks cannot be shovelled on to the street. Snow must be piled on the homeowner's property.

Piling snow from private property onto city streets creates numerous safety hazards. Children may see these snow piles as fun places to play, increasing the risk that they may slip and fall into traffic. Additionally, these snow piles can impede the flow of traffic, block the vision of drivers and hinder the collection of Blue Cart recycling bins and Black Cart garbage bins.

To access the Street Bylaw, report a bylaw infraction, or for more information about snow and ice removal, please call 3-1-1 or visit calgary.ca/animalservices.

Cold Weather Reminders for Pet Owners

Just because they have natural fur coats doesn't mean cats and dogs are immune to the hazards of winter weather. As Calgarians wrap up to keep warm, it is important that pet owners also think of their pets' safety during the winter months.

- Leaving dogs and cats in vehicles is prohibited under the Responsible Pet Ownership Bylaw (23M2006) if weather conditions jeopardize the animals' safety. A pet left in a vehicle during cold weather can suffer from frostbite, hypothermia or potentially freeze to death. Please leave your pet safely at home.

- Your cat or dog's licence is his ticket home. During the winter months, it is even more important that your pet wear his licence. If your pet were to become lost, a licence tag indicates to others that the pet is owned and not a stray. This increases the chance that he will be turned into Animal Services.

- We strongly recommend that you always keep your cat inside, especially during the winter months. The Responsible Pet Ownership Bylaw states that cats must remain on their owners' property. By keeping your cat inside, you reduce the chance that he may wander off your property and suffer the adverse affects of winter.

- If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

- Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicle and consider using products that contain propylene glycol rather than ethylene glycol.

- Wipe your dog's legs and stomach thoroughly when he comes in out of the cold. Dogs can ingest salt, antifreeze or other potentially dangerous chemicals if they lick their paws. Also, paw pads bleed when cut by snow or encrusted ice.

- When you take your dog outside, stay out with your pet. If you're cold, it is probably too cold for the pet to stay out much longer as well.

For more information about winter safety, the Responsible Pet Ownership Bylaw or to report a bylaw infraction, please call 3-1-1 or visit calgary.ca/animalservices.



We're on the Web!

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.

**Area Event and
Resource Guide**

Community

Connections

**Area Event and
Resource Guide**

Dawe

BraTopia

UTB

Crescent Heights Playgroup

MILK CRATE DONATIONS NEEDED

In November the playgroup is planning on doing a little fall cleaning to get ready for winter (our busy time) and we need your help. We would really appreciate your clean milk crates in which to store our toys. If you have been in the Crescent Heights community hall office you may have noticed that it is a bit of a mess with toys and we would like to get them off the floor and onto the shelves. We are also looking for a clean area rug that the kids can play on in the winter and an easy to disassemble play structure – nothing too large, as storage is at a premium. If you have any of these items that you would like me to pick-up or that you can drop-off please contact me below.

About the Playgroup:

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 there 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

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 center, so just bring yourselves, indoor shoes for running if the weather is nasty, and snacks for your kids.

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



Join our *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: ellisevansdesign@shaw.ca

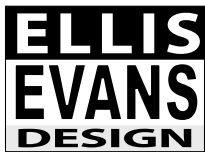
Hola! Sunbird Dave W. proudly displays his *Crescent View* in Playa del Carmen, Mexico.

Classified ads

CRESCENT VIEW

is the official newsletter of the
**Crescent Heights
Community Association**

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Ten issues per year in each of
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For advertising information
email ellisevansdesign@shaw.ca
or call 403-276-8108.



**CASH
CHEQUE**

**PLEASE RECYCLE
THIS NEWSLETTER!**



Community Photo Contest!

**1st Prize \$75 • 2nd Prize \$25
(Community Prizes)**

**GRAND PRIZE - Quality Digital Camera
(The best of all ten communities!)**

GUIDELINES

- 1. Digital photos only so they can be emailed to us.**
- 2. Pictures should have family or community content.**
- 3. Pictures should be large (at least 1 MB in size).**

**NOTE: By emailing your photo entry you give us the
right to use your photo in the community newsletters.
Photos will not be used in any paid advertising.**

**CONTEST RUNS TO JUNE 15th. Winners in July issues.
Email your entry to ellisevansdesign@shaw.ca, include
your name and the name of your community.**

Sponsored by your community association and by Ellis-Evans Design Ltd.

Classified ads



Louise Riley Library

1904 14 Ave NW

Monday to Thursday 10:00 a.m. – 9 p.m.

Friday and Saturday 10:00 a.m. – 5:00 p.m.

Sundays 12:00 – 5:00 p.m.

www.calgarypubliclibrary.com

*Programs are **FREE** with your library card.*

Register in person, by calling 260-2620 or online at www.calgarypubliclibrary.com

February 2011

Love is in the air – and we love to read!

When you return a book at the library this month let us know if it was “hot” or “not”

Programs for 50+

50+ Coffee & Conversation: Join us for coffee, conversation, and informal presentation of interest. Mondays, Feb 28, Mar 28, and Apr 25 from 2:00 p.m. – 3:00 p.m.

All About Cruises: Need a romantic get away? Need an adventure? Or just some time to really relax? Learn about cruising, the destinations and on-board experiences. Discover a great way to relax, rejuvenate and see the world. Monday, Feb 14 from 2:00 p.m. – 3:30 p.m.

Programs for Adults

A Hiker's Guide to the Galaxy: Discover the notable constellations of the night sky, and learn about their mythology. Presented by John McFaul, Alpenglow Nature Hikes. Tuesday, Feb 15 from 7:00 - 8:30 p.m.

Computer Technology Coaching: Need help formatting your resume? Not sure of the world of cyberspace lurking in your computer? Drop in for one-on-one, volunteer help on using the Internet and Microsoft Office products. Saturday, Feb 26 from 10:00 a.m. - 12:00 p.m.

Programs for Families

Coffee & Conversation for Parents: If you like the songs and rhymes you learn in the library's baby storytime, and Mother Goose programs come and practice at the library! Bring your baby or a toddler and enjoy an hour of socializing with other parents. Tuesdays, Feb 1 to Mar 29 from 11:00 a.m. - 12:00 p.m.

Programs for Kids

Bottle Caps and Booby Traps: Veteran Calgary Storyteller Karen Gummo presents a variety of interactive and surprising stories, songs, and rhymes that can be reused and recycled any time! This program is generously sponsored by the Alberta Beverage Container Recycling Corporation. Ages 6 to 9. Saturday, Mar 05 from 2:00 - 3:00 p.m.

Closures in February: The Library will be closed on Feb 21st

See you soon at the Louise Riley Library!

Off the Shelf

Book Review by Judith Umbach

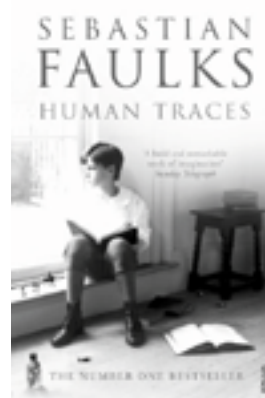
Human Traces

By Sebastian Faulks

Perhaps hearing disembodied voices is a gift, not a psychopathology. Could the carrying of voiced instructions in our heads be the true mark of being human? Occasionally, it all goes wrong and we call it mental illness. Yet, the interior hearing of the voices of our loved ones, our leaders, and our past selves is so common as to be universal.

In his novel, *Human Traces*, Sebastian Faulks explores our understanding of the human mind in the framework of early psychological research at the turn of the last century. At the story's beginning, Jacques is a boy who would be considered abused in our times but who then was considered to be a farm labourer, the natural course of family life in rural France. His older brother, Olivier, has descended into madness, kept shackled in the barn for his and the family's safety. A friendly local priest rescues Jacques from his fate of subjection and frustrated ambition, giving him an unorthodox education.

Thomas is a bright, eccentric English boy - loved by his family, given wide-ranging freedom to explore his world, and educated according to upper-middle class standards. On holiday in France, the two boys meet and in the way of some friendships, they become immediately inseparable. For life.



As professional medical men, and with Sophie, Thomas's sister, then Jacques' wife, they establish a therapeutic spa in central Europe to treat the exhausted, the psychosomatic, and the mentally ill. The three owners demonstrate a sensible approach to the economics of business, in order to achieve Jacques' goal of first caring-for and then curing his brother. The men are determined to advance the knowledge of psychiatric factors in illness and wellness.

Faulks occasionally strays from his fictional style to speak almost directly to the reader about the early research in this field; however, since the information is interesting in light of our more sophisticated current knowledge, this is easily forgiven. *Human Traces* is a fascinating, slow-moving novel, in which we share the false starts and tiny progressions towards a better understanding of ourselves.

Support your Community!

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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

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Names : _____

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

☐ New Membership ☐ Renewal Date _____ Amount Enclosed \$ _____

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