

● The Crescent View

Dec 2011 / Jan 2012

NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION

Photo: Marie Doig



***We wish you and your families
the very best of the holiday season,
and a very happy and prosperous new year.***

Wishing you and your family
a joyful holiday season and a safe,
prosperous and happy New Year!



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Crescent Heights Community Association

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

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Hall rental inquiries will be answered in two to three days		
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Playgroup	Stacie Banks stacie_banks@yahoo.ca	670-6872
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Rink Manager	Tim Edwards	606-9303
Block Watch	John McDermid	277-8653
Comm. Liaison Officer:	Dominique Laporte	567-6300 District 3, #3241

**To join 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 elizhancoc@shaw.ca

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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More information on page 4.**



Visit us online!

For community
and hall information
please visit:

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

President's Notebook

by John McDermid

Winter is all but upon us. On November 8 as I approached the hall I saw the first plume of water arcing toward the north end of the hockey rink, which was the first wet-down application of water and the start of our hockey and pleasure rinks for the coming winter. The men and women who tend our skating rinks are volunteers who toil almost exclusively in the cold and in darkness. Our toques are off to them, and here's hoping for another great season of outdoor ice in Crescent Park.

The Neighbour to Neighbour Resource and Safety Fair was a great success on October 23. A great thank you is extended to the formidable roster of local merchants who contributed an amazing number and staggering dollar value of gift cards and merchandise as door prizes for the N2N event: AKA Wine Bar, Boogie's Burgers, Dapper Dog, Ducktoes Computer Services (formerly Dawson Technologies), Deva Dave, Diner Deluxe, Doggywood, Fiddler's Courtyard, Garden's Grace, Gord's Running Store, Luke's Value Drug Mart, Illusionz Barber Shop, Know Your Neighbourhood, Auto Select Center Street Auto Service (formerly Centre Street Certigard), Renovations Spa for Men, Rocky's Sausage Haus, Roma Catering, Royal Board Shop, Starbucks on Centre Street, Starbucks on Edmonton Trail, Systems Hair Design and Under the Bridge Fashions. I hope I have not forgotten to acknowledge any of our local donor merchants. The dollar value of the combined contributions was humbling (well over \$1,800) and a significant proportion of neighbourhood participants went home with door prizes. Thanks also to Roma Catering who provided a wonderful buffet spread and also kicked in a number of gift certificates.

The N2N afternoon event on October 23 featured a number of key City of Calgary Service Providers and other important social agencies operating and contributing to the quality of life in Crescent Heights. I think it's fair to say that everyone who attended, heard our distinguished speakers and circulated among the exhibitors came away better informed of the resources available to help residents negotiate the rapids of inner city living. Watch for word on next year's event, and if you have suggestion for programming or resource exhibitors for the 2012 N2N, please get in touch.

Residents of 15th Avenue NE and adjoining area should watch their mailboxes and check out the notice elsewhere in this issue of the newsletter for information regarding the city's initial consultation session in respect of an affordable housing development planned for parcels of land at 210 and 212-15th Avenue NE. These two lots, just east of two of Crescent Heights' most attractive and attentively-maintained absentee-landlord rental properties, are the proposed site for a building of up to 27 units, ranging from modest studio apartments to two-bedroom units. This is the first development of its kind in the 16th Avenue Urban Corridor, and the first opportunity to give expression to the careful work that went into the Area Redevelopment Plan for the corridor. Like other parcels east and west of Centre Street, the lots are uniquely situated, proving for frontage on 15th Avenue, underground parking access exclusively from the lane, and insulation from undue traffic volumes on the avenue thanks to the full closures at 1st Street and 2nd Street NE. The city has planned a series of consultation and engagement sessions starting on December 20th and continuing into the New Year. Put your hat on, your hood up and prepare to be consulted about the head and ears, as the city is in full court press mode in an effort to hear everyone out and get all viewpoints on the table. There

- Continued on page 5

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- Trees will be picked up within two weeks.



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2011-2042



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President's Notebook cont. from page 3

will be opportunities to have meaningful input into the project. Please refer to the notice elsewhere in this issue for further particulars. We encourage everyone to participate in planning the development. It is the first project of its kind to roll out into the new Urban Corridor and has the potential to set the tone for future development along 16th Avenue. After the difficult and divisive experience of assembling land for future mixed-use development elsewhere in the corridor, which included the contentious expropriation of homes west of Centre Street, it will be important to get everything right on this 15th Avenue project. It is also important that the project is an affordable housing development. The economic diversity of our community might be fairly described as extreme, so the arrival of a new affordable housing development in our community may well be a hand up to existing residents who are currently living in substandard accommodation.

Because this issue of *The Crescent View* is our combined December/January edition, with an editorial deadline in November, we can't say much this early on about our 2012 Family Day celebration, beyond the fact that we've all but committed to it and set the date aside for a community event of some description. I've enjoyed some of these events in the past, but missed others when the winter got to be too much and an escape to a warmer place seemed the better course. Mark your calendars for February 20th and think about what you might like this coming event to include. The weather is always a little unpredictable: it could be freezing cold and good for skating or maybe a bit spongy if a Chinook arrives to take the edge off. In any event, we're planning to make it a date and will probably have a workable budget for the event so not too many people should be wholly disgusted by it.

More municipal mischief is afoot on McHugh Bluff. During a recent walk to check on progress on the Peace Bridge, I found that the staircase that once ran from the foot of the bluff at 9A Street NW partway up the bluff to the natural pathway had been removed. The official account is that it was "accidentally" removed by a contractor performing work related to the Crescent Road Promenade. Residents of Hillhurst Sunnyside are justifiably upset at its removal but Rosedale, Calgary's newest gated community, doesn't seem concerned and is rumored to oppose its replacement either at 9A Street or at an alternate location at 7A Street NW at Crescent Road. Pedestrian traffic, just like vehicular traffic, will find an alternate route where stopped in one location, and that could mean increased traffic volume at the already-too-well-loved staircase at 2nd Street NW and Crescent Road. Crescent Heights' position is that

the staircase should be replaced as soon as possible at either the 7A or 9A street location. It matters not to us which location is selected, but this important pedestrian route must be made available again without further dithering or delay.

Meanwhile, further east, on and above our beloved bluff, the city has removed of the asphalt pathway and railing that once ran diagonally from the foot of Samis Road NE up into Rotary Park and to 3rd Avenue NE. This removal is apparently deliberate. With no notice, no consultation or engagement, the pathway has been ripped out and turf put down in its place. Parents with strollers now have the choice of walking all the way



north to 7th Avenue NE or taking their life in their hands and venturing up crumbling Samis Road, where there is no sidewalk and no protection from vehicular traffic in either direction.

Up on top of the bluff where we live, the city has not yet finished paving the rest of Rotary Park, but they have made an appalling start. The one hard surface pathway that was heavily used and highly valued by residents is now gone, and the natural pathways criss-crossing the park have been paved with asphalt, most of more than two metres in width. This is true to a consistent pattern in Rotary Park, dating back ten years or so, when the red shale pathway from the head of the Rotary Park staircase to the Mount Pleasant tennis clubhouse was paved without any opportunity for input from the community. So far then, here is the scorecard for pathways in Rotary Park: a hard surface pathway that is well used and highly valued is removed completely; a red shale pathway is unnecessarily paved without notice to or involvement of the community; and now the extensive network of informal pathways is paved through a costly initiative that is neither needed nor wanted. By my myrmidon paced-out measurement,

- Continued on page 7

Office of Land Servicing & Housing

Residents of Crescent Heights are invited to an Open House regarding proposed development at 210, 212 - 15 Ave. N.E.

Tuesday, December 20, 2011, 7:00 – 9:00 p.m.
Crescent Heights Community Association - Main Hall, 1101 - 2 St. N.W.

The City of Calgary is considering constructing a multi-residential development on two vacant parcels of City-owned land, located at 210, 212- 15 Ave N.E., currently zoned M-C2 (**Multi-Residential – Contextual Medium Profile**).

This proposed development is part of the process to revitalize this site by creating an affordable housing complex. The multi-family complex would house individuals and families living on fixed incomes or incomes too low to enable them to rent market-value housing. This could include seniors, single parents and the working poor. Rents would consist of a mixed income model to maintain the financial sustainability of the building.

The City of Calgary is committed to working with the community, and addressing any issues that may arise during the development permit process, to ensure the building is well designed and integrated into the community.

Once constructed, the building will provide rental accommodation for lower income individuals and families helping to fulfill The City's target of creating 200 affordable housing units per year. The Calgary Housing Company will manage the building and will work with the residents and community to create and maintain a safe, secure and well-managed property.

The City of Calgary is committed to working with the community to ensure the success of this project for both future tenants and Crescent Heights residents and businesses.



The City of Calgary's Affordable Housing Mandate

The development of affordable housing is a City Council priority. Affordable housing is an important component of the social and economic infrastructure of a healthy city. In Calgary, 18% (72,195) of all households need assistance with housing costs. This level of need has been consistently recorded in the federal census since 1991. These households include students, seniors, young couples, people with disabilities, new Canadians, those who are unemployed, and low-income workers and their families. Lower wage earners, such as sales clerks, taxi drivers, cooks, cashiers, teachers' assistants, janitors and gas station attendants, are a vital component of the economic development and sustainability of Calgary's economy. Without affordable housing for this important sector, Calgary's vibrant economy will be negatively impacted.

The City's affordable housing mandate is to create opportunities for safe, affordable housing for individuals and families in Calgary. While achieving social, environmental and economic excellence, these opportunities create complete communities within a vibrant city by addressing the housing affordability gap with developments such as the one being proposed for this site.

For more information on affordable housing in Calgary, please visit www.calgary.ca/affordablehousing.



For more information please contact:

Justin Rebello, 403.268.5413
Project Manager, Affordable Housing
City of Calgary
justin.rebello@calgary.ca

President's Notebook cont. from page 5

over half a kilometer of asphalt has been laid down in Rotary Park in the last few weeks, over 1,000 square metres. The Crescent Heights Community Association is making inquiries. And so should you, if you feel strongly one way or the other: I suggest contacting Graham Jones, Parks Community Liaison, Centre Division. "Liaison" of course is defined as "communication or cooperation" but doesn't mean much after the asphalt is laid down, or torn out, as the case may be.

Certainly it cannot be just me who sees the yawning contrast in the way different city business units do business: city staff members from Affordable Housing make initial contact with Crescent Heights through me, then arrange a pre-meeting with community reps, myself and Planning Director Darlene Jones, then meet with our Planning Committee to set out their plan for the upcoming series of open consultation sessions in respect of the proposed housing development. Calgary Parks? Move in the equipment and lay the asphalt.

Not, however, made wholly cynical by municipal blunders and misfeasance, Crescent Heights cheerily submitted its Expression of Interest in respect of a Pilot Program soon to be launched by the Federation of Calgary Communities. Building Safe Communities will attempt in part to fill the void left by the demise of the Calgary Community Block Watch Council and numerous Community Block Watch Programs that have become inactive in recent years, including our own. It is hoped that the program will better address current concerns, priorities and trends in personal

and property crime than the somewhat dated approach of Block Watch did. Some residents have also expressed interest in shaping a Crime Prevention initiative that is edgier, more pro-active, if not downright more aggressive toward crime in our community. For the foreseeable future, it is clear that all of us will have to provide our own pursuit vehicles, spike belts and night vision goggles, but who knows where this interesting program-to-be might lead? With recent reports of home Break and Enters again reaching alarming rates in our community, the time is now to take a more watchful view of our own homes and those of our neighbours. We met with the FCC's representative on November 8 and await word on whether Crescent Heights will be selected as one of the pilot's participating communities. For those of you already members of our Block Watch Yahoo Group, watch for updates on our next steps; for those of you not yet members of our Block Watch or CHCA e-mail groups, Google away and sign on, Both lists are carefully moderated and neither generates junk e-mails or a great deal of traffic: only items of importance to Crescent Heights residents go out on either list.

From your CHCA volunteer board, as well as many others who work on delivering our modest programs and services, we wish you and your families the very best of the holiday season, and a very happy and prosperous new year.

See it, grade it, pave it.

Beginner Family Yoga Session

Instructor: Dana Banks

8 week session - Sundays from 4:00-5:00pm, January 15, 22, 29, February 5, 12, 26, March 4, 11

Cost per family – \$200 for the 8 week session (children must be 7 years of age or older)

Individuals also welcome at a cost of \$80 for the 8-week session

Calgary Children's Choir

The Calgary Children's Choir, which rehearses at the Crescent Heights Baptist Church and draws its members largely from nearby communities, is busy preparing Vivaldi's *Gloria* for their Christmas concert on Sunday, December 11 at 4pm at the Rosza Centre. The Choir is excited to again be joining forces with the Crescent Heights High School Choir, St. Giles Choir, enthusiastic parent singers, and a guest orchestra to perform this well known and loved work. Tickets are available in advance 403-210-3499 or in limited quantities at the door.



fabulous weekend workshop with Will Kessling from the University of Florida that culminated in a breathtaking performance of Rutter's *Mass of the Children*.

Looking forward, we have commissioned Tim Janz to work with the choristers on a piece to celebrate our 25th Anniversary which we will showcase at our Reunion Weekend next May.

Between the ages of 5 – 24 and interested in joining the choir? Check out our website! www.calgarychildrenschoir.com

Newsletter Editorial Deadlines

The Crescent View is published ten times per year.

Deadline: The 10th of each month for the following month. For example: To be published in the June issue, the deadline is May 10. Special September issue deadline: August 5 (to accommodate all the 'back-to-school' material).

The July/August issue is combined into one publication and so is the December/January issue. The deadlines for these two issues are June 10 and November 10 respectively.

Please email your articles or event listings, as an attachment in MS Word form, to Elizabeth Hancock at elizhancock@shaw.ca.

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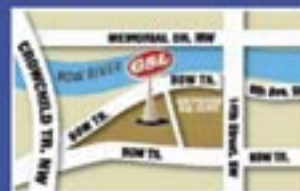
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Snow Route Parking Bans

This winter, Calgary will implement Snow Route parking bans for the first time in our city's history. This program will touch every community in Calgary and will impact all citizens who drive. Please take a few moments to read the information in this letter and become familiar with the new program.

What are Snow Route parking bans and why do we need them?

Snow Route parking bans are temporary parking restrictions on designated routes that will be in effect for up to 72 hours following snow falls of five (5) centimetres or more. Snow Routes exist in all communities in Calgary, and include major roadways and most bus routes. Snow Routes have been marked by blue signs with white snowflakes - watch for these signs in your community. Snow Route locations can be found at Calgary.ca/snow.

Snow Route parking bans are beneficial for a number of reasons:

- City crews will be able to remove snow from curb-to-curb on major traffic routes.
- Plowing times will be reduced by up to 30 per cent as plows won't have to navigate around parked cars. This will enable crews to get to residential routes faster.



- Vehicles won't get plowed-in.
- Snow that builds up around parked cars will not get pushed back onto the road once they are moved.

Snow Route parking bans have been considered a best practice for years in most winter cities, including, Winnipeg, Toronto, Montreal and Chicago.

What this means for Calgarians

We need your support to make this program a success. You can help us make our roads safer and more driveable this winter by ensuring your car is not parked on a Snow Route during a parking ban. Become familiar with the Snow Routes in the areas where you live, work and visit. Be aware of the weather and understand that if you are parked on a Snow Route this winter and a parking ban is declared, you will have to find alternate parking.

If you are ever unsure if a parking ban is in effect, visit Calgary.ca/snow, tune in to local news or radio stations, or call 3-1-1 and listen to the automated Snow Route message.

Parking bans will be declared through a five-step process:

- 1. Snow Event Advisory** - If 5 cm or more of snow is forecasted, The City will issue a "Snow Event Advisory" through the media and online. This is meant to warn citizens that snow is expected and vehicles parked on Snow Routes will have to be moved.
- 2. Citizens move their vehicles** - Cars parked on Snow Routes should be moved as soon as possible.
- 3. Snow Event declaration** - If there is an accumulated snow fall of 5 cm or more, The City will declare a Snow Event and Snow Route parking bans will be in effect for 72 hours.
- 4. Plowing** - Snow clearing operations will occur on Snow Routes for up to 72 hours after a parking ban has been declared.
- 5. Snow Route parking ban lifted** - The City will announce through the media and online when the Snow Route parking ban is lifted. Once the ban is lifted, citizens can park on the roads as usual.

Questions?

To find out more about Snow Routes visit www.calgary.ca/snow.



We're on the Web!

If you would like access to the newsletter
on the web, you can visit

<http://www.calgaryarea.com/nw/crescenthts/crescent.htm>
and you will see The Crescent View PDF
underneath the Block Watch Logo.

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Assessment Search –
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Secure Login provides:

- More detailed assessment information viewable only to the property or business owner.
- Better search capabilities to help you understand, review and compare your assessment for fairness and equity.
- Enhanced map views with flexible navigational tools to help you get the information you need more conveniently.

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ASSESSMENT



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December 2011

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E-Books: A Library On the Go: Are you curious or confused about e-books? Library staff demonstrate and answer questions regarding how to download an e-book using OverDrive. *Thursday, Dec 8, 7:00 - 8:00 p.m.*

Christmas Puppet Show: Join Gail Gregory of Tales, Tunes, and Puppetry for a puppet show featuring some festive Christmas stories. Ages 5 to 8. *Saturday, Dec 17, 10:30 - 11:15 a.m.*

Gaming for Kids: Bring your friends and enjoy video games with the Nintendo Wii. Ages 7 to 12. *Thursday, Dec 29, 2:00 - 3:00 p.m.*



The Library will be closed on December 25 & 26

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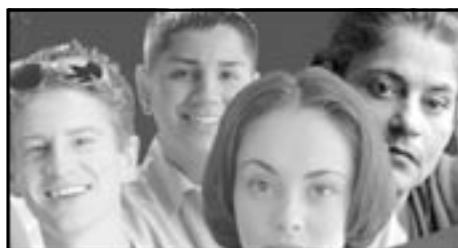
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CENSUS TAKERS REQUIRED

Starting Jan. 16, 2012, The City of Calgary will be accepting applications for Census Takers.

Applications will only be accepted in person, at The City of Calgary, Election & Information Services' office, 1103 55th Ave. N.E., between 8:30 a.m. and 4 p.m. Monday, Jan. 16 to Friday, Feb. 3, 2012.

Beginning April 1, Census Takers will be going door to door, visiting all homes in their assigned area to gather census information.

Assignments vary in size, but are generally between 400 to 600 dwellings. Training is provided.

To qualify as a Census Taker, you must be:

- 18 years of age or older.
- Available to gather census information during the first three weeks of April.
- Available to attend a daytime training session in March.
- Able to walk in seasonable weather conditions.

In addition to completing an application form, there is a written assessment test that takes approximately 30 minutes to complete. Resumes are not required.

For more information, call 403-476-4100 (option 3).

2011-1014

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Happy Holidays from Rosedale Playschool!

We've had an exciting fall semester at Rosedale Playschool. The students have explored colour and autumn, and learned all about ladybugs! In November, the children excitedly learned about dinosaurs, and will continue into December with winter and Christmas themes.

A special thanks goes out to all who helped with our Tiny Treasures Sale in October, the volunteers, our many vendors, and to those who came to shop. Our third annual sale was a huge success! We were also able to donate a cube van full of donated clothes, toys, and baby items to a local charity. Start saving your items for next year's sale.

Mark your calendars for our Information Night on March 8 at 7:00pm. For more information, please e-mail rosedaleplayschool@gmail.com.



Bottle Drive – Jan. 14, 2012

The next Bottle Drive in support of the 2011-2012 Rosedale School West Coast Sailing Trip will be held on Saturday, January 14, 2012. Many of you will be celebrating this upcoming holiday season. The grade 9 class would appreciate saving your bottles for them until the New Year.

As in the past, you can drop off your bottles in the Rosedale School parking lot between 9 am - 12 Noon. If you require a bottle pick up before that time please contact Deborah Abraham deborah_abraham@shaw.ca (403) 230-5897 or Angie Martins angie.martins@td.com (403) 366-6003

Thank you for your support at the last bottle drive and garage sale, we hope to see you again on January 14!



by *Elspeth Kirk*

HOME & GARDEN

Some people feel that Christmas isn't the greatest time to have your house on the market, but perhaps you're ready to sell, so how do you present your home in the spirit of the season? If this is a tradition that you observe, you can make your house look welcoming and inviting to buyers this Festive Season.

Here are a few staging/decor tips, courtesy of Karyn Elliott, a local home staging professional, that work equally well, whether your house is for sale, or not....

Add some colour and drama as you approach the house:

- Stuff window boxes with a lush arrangement of cedar, blue spruce, Scotch pine, boxwood, balsam, pepper berries, and red dogwood. Twist in clear holiday lights.
- Load buckets with wintry white pussy willows to greet buyers on the front doorstep.
- Wrap a bevy of red feather boas around a twig or foam wreath!

- For a warm, fuzzy feeling, dress a wreath on the front door with a pair of mittens and scarf.

Inside, continue the merry displays:

- A red amaryllis and white pillar candles add a Christmassy welcome in any powder bath or on an entry table.
- Decorate the dining table in seasonal finery ready for a new family to imagine making their own memories. Use traditional red and green sparingly.
- Fill a tall clear vase with seasonal fruits like pomegranates and kumquats and throw in some greenery to finish it off.
- Display colourful ornaments amongst frosty white beach glass in a garden urn or in a shallow white pedestal bowl.



The key to a home's personality is the hearth. Set the stage for the buyer to imagine intimate gatherings around the fireplace:

- Festoon the mantle with natural pine

boughs and mandarin oranges to perfume the room.

- Or set a medley of decorative pears, tea light glasses in soft greens and golds, creamy white pillar candles and large green ornaments atop the mantle amidst garlands of greenery.
- Or line up a series of small clear vases and set a round white candle in each one amongst red beach glass, red gems or cranberries. The results can be SPARKLING.

In the kitchen:

- Pile pine cones with apples and dried apple slices in a ceramic mixing bowl for a festive and sumptuous kitchen decoration.

Seasonal decorations, when used with care and class, can add delicious glimpses of colour and whimsy to a home, giving it warmth and adding a "homey" touch. When in doubt, consult your real estate associate for staging information.

Season's Greetings to all!

Elspeth Kirk and the entire Kirk family
elspeth.kirk@gmail.com

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Volunteer Opportunity

Escorted Transportation Seeking Drivers

Calgary Seniors' Resource Society mission is to: "Enhance the quality of life and human dignity of seniors, by supporting their independence through home services and community based programs.

Would you like to help a senior get to a medical appointment? We are pleased to provide Calgary seniors a safe and reliable volunteer transportation option. This escorted service is available to seniors 65 years of age and over who may be frail, unable to access public transportation and who cannot afford taxi service. The volunteer accompanies the client from the time they are picked up until they are returned home.

There is a huge need for this service! Volunteer drivers benefit from a sense of accomplishment in knowing they are providing safe transport to appointments and the added benefit of companionship to often isolated seniors. Mileage is reimbursed back to the driver at a rate of .46 cents/km. Using online methods, drivers are able to choose drives at home and times convenient to them. CSRS provides volunteers with AMA driver training as well as core training about CSRS.

To volunteer with this program, or, if you would like someone to do a presentation about this or any of our programs, please call Pia Brown at the Calgary Seniors' Resource Society at 403-266-6200 or volunteer@calgaryseniors.org. CSRS offers a number of volunteer based programs. Check us out at www.calgaryseniors.org

A Note from Alderman Farrell

I would like to celebrate some of the special projects volunteers have started in their neighbourhoods. Although each of these projects began as something small they have created friendships and partnerships that go far beyond the task at hand.

The Chinatown murals started out as a graffiti abatement program but have become a celebration of culture and community. The Bow to Bluff project in Hillhurst Sunnyside began as a plan to clean up a neglected pedestrian and transit corridor that's grown into a wildly successful design and public engagement model. The playgrounds in Dalhousie, Hillhurst, and West Hillhurst have been incubators for new friendships and new ideas. The Highwood outdoor pool mural, Banff Trail espalier orchard, outdoor movies in East Village, Eau Claire skating party on the lagoon, Mount Pleasant fire pit nights, and Brentwood outdoor concerts have all brought neighbours together to make Calgary a better place.

Winter is the perfect time to gather with family and friends, and is perfect time to talk about how to revitalize your community. It could be as simple as arranging a snowman building contest, or as involved as creating a "Snow Angel" program that pairs up seniors with neighbours willing to shovel snow. The possibilities are endless.

Be bold, be daring, and choose to create positive change in your neighbourhood! If you require advice or assistance for a community led project please don't hesitate to contact me at 403-268-1796.

Adopt a Grandparent



Make the holidays bright for low income & isolated seniors!

Your \$100/per senior "adoption fee" will provide the following:

- ❖ A stocking full of goodies (gift cards, food etc.) for a vulnerable senior
- ❖ Support for volunteers who will personally deliver the stockings and stay to visit with lonely seniors
- ❖ Free programs and services throughout the year for seniors living at risk



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calgaryseniors.org
3. Call our office and we will happily assist you
(403) 266-6200

Thank you for giving generously!

Take a turn with the sleigh & volunteer to help deliver the full stockings!

Looking for a unique activity to share with your family, friends or colleagues? Take up a collection at the office or make a personal donation and then slip on your Santa suit and volunteer to drop off goodies and visit seniors who are alone this holiday season. This is a rare opportunity to actually meet the people your charitable donation is benefiting.



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CALGARY POLICE SERVICE

Since vehicle theft is often a crime of opportunity, the Calgary Police Service recommends these measures to make your vehicle less attractive to thieves.

- **Lock it up.** Close the windows, lock the doors and the trunk, and take your keys with you — never leave your vehicle unlocked, even for the few minutes it takes to duck into a store or run back into the house. And don't hide a key on the vehicle — criminals know ALL the hiding spots.

- **Turn it off.** Never leave your vehicle idling alone, even if you lock the doors. It costs the environment in emissions, and it could cost you when a criminal bypasses the door lock in seconds.

- **Hide your valuables.** Wherever and whenever you park, remove your valuables — including any removable stereos. If that's not practical (you're in the middle of a shopping day, for example), hide the valuables in the trunk, out of sight, and then move the vehicle to a different place in the parking lot. Thieves watch parking lots to see who's stashing shopping bags and then heading back into the mall.

- **Stow it right.** If you have a garage, use it and lock it. If you don't, choose a parking spot that's as well lit and well travelled as possible, within sight of your windows.

- **Think security.** If your vehicle has an alarm, use it. If it doesn't, consider installing one, or at least using an anti-theft device such as a steering-wheel locking bar. These items can deter some criminals, and can delay others. If your vehicle is especially attractive to criminals, consider installing a security system such as an electronic vehicle disabling device, a hood-locking device or a location tracking system.

- **Protect yourself.** Never leave any identifying information, such as your name, address, phone number or vehicle registration/insurance in the vehicle. Carry it in your wallet or purse instead, and never leave these items in the vehicle. You'll also need the registration and insurance details in case the vehicle is stolen, so it's a great idea to make an extra copy of these documents, to keep at home.

- **Report it!** If you see suspicious people in or around vehicles, call the Calgary Police Service at 266-1234. And if your vehicle is broken into or stolen, report it to police right away, regardless of loss or insurance coverage. Break-ins are rarely isolated — reporting them immediately with as much detail as possible can help police in their investigation.

For more crime prevention tips, visit the Calgary Police Service web site at www.calgarypolice.ca.



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Cold weather safety



Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions such as dressing appropriately and anticipating sudden weather changes can help keep you both warm and safe this season.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes.
- The skin appears red but also turns to white when pressed. It may feel numb to the touch.
- When treated promptly, frost-nipped skin will heal without complication.
- Gently re-warming the affected area in a warm environment is advised.

Frostbite

- Frostbite is when skin becomes so cold, the skin and underlying tissue freeze completely.
- It may look white and waxy and will feel hard to the touch.
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water (about 41°C) until re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature (less than 34°C as compared to normal body temperature of about 37°C).
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower.
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death.
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Gentle re-warming should start as quickly as possible including: removal of wet or constrictive clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

STANLEY JONES UPDATE...

ROUTE TO ROOTS (R2R) PROJECT

by Connie McLaren

This article, from the R2R Committee, is to introduce this ongoing project to new community members and to reacquaint those familiar to the project. I will also give an update on our endeavours to date.

First of all, though, a big THANK YOU all those hardy volunteers who came out in the rain on October 1st for the fall weeding. Many hands make light work and you certainly made it so.

The vision for a naturalized schoolyard was established in 2004 (nearly seven years ago) by the community of students, staff and parent volunteers in the school and CBE. It was built on discussion and reasoning to nurture and inspire children, teach respect, help children become stewards of the environment, foster creativity and imagination, create a hands-on-social, educational and environmental benefits and curriculum enhancement.

A growing quantity of evidence suggests that green school grounds create tremendous opportunities for children of all ages, interests and abilities to jump, climb, dig, lift, run and generally get moving; bucking the rising trend of obesity and inactivity in children. Planting native trees, shrubs and wildflowers, planning meadows or ponds, and creating murals, sculptures, vegetable gardens and other theme areas, transforms the traditional asphalt or grass school ground into a dynamic outdoor space. Protection from the elements, diminishing incidents of schoolyard bullying, curriculum integration are a few more of the many benefits achieved through schoolyard greening.

The Committee developed a STATEMENT OF INTENT OF PROJECT:

We are enhancing the schoolyard and community by creating a low-maintenance, natural and beautified environment to the schoolyard; blending education, environmental concerns, landscape design, safety, and community stewardship. Our project has a historical component and our intent is to tell historical stories of the community through this project for educational reasons, and to establish community pride and stewardship.

WHY ARE WE DOING THIS?

This is an opportunity to involve our students in the larger community to partake in a project that has lasting educational, environmental, social and health benefits. The design of our Historical Garden Project will be tied into the curriculum of our school that extends the learning environment for the students. We think it is important to improve the landscape of our schoolyard to include shady & sheltering areas, trees, native plants, and special places

for classes to gather, places to run and play, and places for study and introspection.

VISION OF PROJECT

To leave our footprint in history by establishing a naturalized schoolyard that honours the roots of our past, celebrates our present and adds value, and is sustainable for the future.

LEAVE OUR FOOTPRINT

Our footprint is our carefully and respectfully placed image of who we are, what we value and what our dreams are. Our footprint is one among many left on the memoirs of our school. The path we walk is dynamic, not static; each step adding to the other. Our footprint should not stomp on nature, but should walk with it as we are connected to it.

HONOUR THE ROOTS OF OUR PAST

We are honouring the past by including the stories about the communities, first settlers, and including in design of garden and putting the stories on plaques, planting heritage plants, using sandstone rocks that echo the sandstone of the building, using native plants.

WE CELEBRATE OUR PRESENT

We celebrate our present by acknowledging each other's strengths, working in community, sharing resources; learning from our diversity. We celebrate Nature's lessons for us; the value of sowing a seed and planting a tree. We share in the care of the garden among the school population and within the community. Children are learning from planting and maintenance how to be stewards of the environment.

ADD VALUE TO THE FUTURE

Most aspects of this garden are sustainable, but need to build in sustainability into our irrigation plans, and future planting and ensure the plan is manageable.

WHY A HISTORICAL PROJECT?

The historical component of the project is essentially the "roots" of this project, and provides the narrative of the community. History Week has been regularly celebrated in Stanley Jones for many years. During an Open House in May 2006, many members of the nearby communities toured the school and shared memories from as far back as the 1940's. The more our project unfolds, the more we learn of the stories that built Renfrew and the surrounding communities. Stanley Jones School is rich in



heritage and our project aims to celebrate, and preserve some of this history. There are many artefacts carefully kept in storage that we hope one day will be thematically and chronologically organized, catalogued and displayed with museum care so that generations of families will enjoy and learn history from these precious pieces. Some of these items include an old “strap book” that details the names of students, and the reason for their punishment – throwing snowballs at the horses was one offence some students paid penance for. Also kept in storage are numerous photographs, class pictures, and architectural items.

HISTORICAL GARDEN

The design was developed in 2006. Essentially there are several gardens, linked by a path (the route), with each garden addressing a particular historical aspect (the root) of Stanley Jones School. In each garden a plaque describes the historical significance of that particular garden. For example the Healing Garden pays tribute to the fall of 1918 and early 1919 when the school was turned into a hospital during the Great Flu Epidemic. The plants found in this garden have been used for their medicinal qualities. The shape of the garden, a labyrinth, is itself a healing symbol.

It is amazing to see the children planting and then harvesting the veggie garden. The absolute joy and wonder of planting a sunflower seed in June and returning in September to see an 8 foot tall plant is so worth it! What is incredible is that many of the students have no idea where their food comes from. They can't believe that carrots and potatoes are “dug up”.

The garden implementation consists of two phases. Phase one is complete and includes the Community Garden, the Veggie Garden, the Sensory Garden, the Healing Garden, the Aspen Forest, the Outdoor Classroom and the sandpit “pond”. When surveyed the students overwhelmingly wanted a pond but due to obvious safety issues the closest thing we could come up with is a sandpit in the shape of a body of water.

Phase two, still to come once funding is realized, will include the Historical People's Playground, the Wildlife Wetlands garden and the Formal Gardens (in the front of the school). We had applied for, and were denied two CIP grants. We are regrouping and exploring our alternatives..... re-applying for individual garden CIP grants, seeking donations, and investigating other granting opportunities.

100TH ANNIVERSARY IN 2013

The Historical Garden is but one chapter of the overall project. 2013 will mark the 100th Anniversary of Stanley Jones School. A 100 year-old building, in Calgary, is significant; made all the more so here, as the building has served the same function for those entire 100 years! To celebrate this historic milestone we are working on a plan to have a historical book published in time for this anniversary. The majority of

the research has been completed (thanks to a grant from the Calgary Foundation) and researcher Laura Golebiowski. John Gilpin, a noted Calgary historian is also part of the committee. In preliminary research he has come across transcripts from pilots, coming in for landing at Calgary's first airport (the Boys & Girls Club, just to the north of the school). These transcripts reveal that the pilots were concerned about the school children playing on the runway as they were coming in to land. In those days, the airport runway and the school yard were adjacent to each other with no barrier between them. Imagine that!

John was also going to be interviewing many former students, staff and community members; incorporating these narratives, along with pictures, into a manuscript. We had applied for a grant from the Alberta Historical Resources Foundation. Unfortunately we were denied this grant as well, which puts us a year behind if we were to re-apply a second time. What

this means, at the moment, is that John's time is not funded (to date his time has been volunteer) and so the book may not get published by 2013. We are looking at alternative funding options here as well. One thought is possibly getting funds just to acquire the oral histories; this then can be kept until such time as funding does become available for the writing and publishing of a book. Several former students have contacted us to relay their experiences at Stanley Jones, some of these people are now in their nineties! If you, or someone you know is associated with Stanley Jones, in any way, we'd love to hear from you. Give me a call at 403 512-7152 or email at connie.mclaren@shaw.ca



PROVINCIAL HISTORIAL DESIGNATION FOR THE BUILDING

The third segment of history and Stanley Jones has been our attempt to have the building designated a Provincial Historic Building. There are quite a number of reasons to do this, not the

least of which is that you can modernize as much as you want; as long as historical “elements” are retained. To get this designation the “owner” must say OK, in this case the Calgary Board of Education (CBE). The Calgary Foundation granted our committee funds to research the feasibility and rational for the CBE to do this (private funds used to renovate and remodel the school is just one reason). The presentation even addressed CBE policy around this designation. On May 3rd several board trustees listened to our presentation; asked questions and suggested revisiting this in the fall. To that end we have been in contact with Chair Pat Cochrane and await her response.

Plans for the actual celebration will be taking shape over the next year.

So, to recap, lots has been done to date; much more still to come but we need funding. Stay tuned to see how you can help. Thanks for taking the time to read this. If you are interested in volunteering, donating or helping in anyway please contact me. Give me a call at 403 512-7152 or email at connie.mclaren@shaw.ca



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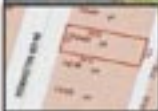


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2,576.36 ft²
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C3491410

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\$337,900
2 Bds, 1 Bath
1,033.34 ft²
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C3487264

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\$274,900
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2 Baths
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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.



My name is Steep and this is my friend Teddy. My humans named me Steep because they met at Steeps Tea House in Calgary and because I am a Greater Swiss Mountain Dog and mountains are steep. We live in Rosedale and like to play in the park where the high school practices football. I once tried to play with the football but I got chased by the team but nobody could catch me!

by L. Thompson

A special "thank you" to
**Dennis Marr and Sharon
Anderson-Marr**
for helping to deliver
The Crescent View.

Your volunteer efforts are
very much appreciated!

The Gift of Mentoring

Mentoring could be the start of something big – like a brighter future. Big Brothers Big Sisters of Calgary and Area (BBBS Calgary) matches young people called Littles with caring volunteers called Bigs in a program called mPower Youth Mentoring at Crescent Heights High School to provide support, friendship and guidance over time. We believe that any young person can benefit from having a mentor. "I don't know who I would be without my Big Brother. I would be a different person. It has impacted my life in a good way to have someone else to be there when something happens, to have fun every week and share my opinion," said one Little Brother.

Become a Big Brother or Big Sister and empower a student. mPower Youth Mentoring matches a Big and Little to spend one hour together once a week at a school. You will be matched with a student at Crescent Heights High School to encourage them to achieve their full potential. Enrich the life of a young person and invest in your community by sharing your skills and experience.

You can also enrol a student to be matched with a mentor in this program. Most Littles in mPower Youth Mentoring are referred to BBBS Calgary by a parent or school; however this program is unique because many youth refer themselves. Students, parents and schools alike see the benefit of having a positive role model to talk to and set goals with. Crescent Heights also has a Corporate Big. That means that Big Brothers and Big Sisters from Ernst & Young LLP spend one hour a week with students at Crescent Heights School.

Start something this new year. Enrol a young person, or make a donation of time or money at www.bbbscalgary.com.



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RENFREW

Renfrew Community Association

Hall: 811 Radford Road NE Ph: 403-230-7055

Hall Rentals: Call 403-230-7055 and leave message.

Newsletter: newsletter@renfrewcommunity.ca

Renfrew Bingo - The little hall with the big payouts!

Saturday and Monday evenings. Nickel Games at 6:10pm, regular games at 6:50pm, Satellite at 8:45pm. Concession open.

811 Radford Road NE

Renfrew Jelly Bean Dance - January date TBA.

Check facebook and website

7-9pm, main hall, Grades 1-6 welcome. Volunteers needed.

Renfrew Community Pub (Social Room)

Most Fridays from 7pm until close. Non-members welcome - be our guest. Free pool, free shuffleboard, free foosball.

January Family Pub Night TBA

Community Bottle Drop-off: Sat, Jan 28 2012. 10am - noon

Don't throw your returnables away! Donate them to the RCA and to worthy community causes! Drop-off only at the hall.

Renfrew 50+ Club - 1318 Regal Crescent NE

Daily events and activities. Contact Tina Wilding at 276-4747 or email renfrew50club@shaw.ca for more information.

The Club will be closed from Dec. 26 to Jan. 2

Renfrew United Church: 956 Radnor Avenue NE

Christmas Eve Service 7:00 pm. Christmas Day Service 10:30 am

Watch for our *Robbie Burns Dinner* late in January

Renfrew Baptist Church: 1204 Renfrew Dr NE

5:30 pm Christmas Eve Service - Title: *Christmas is... Jesus!*

MARLBOROUGH

Calgary Marlborough Community Association

Hall: 636 Marlborough Way NE Ph: 403-273-5894

Hall Rentals: Call 403-273-5894 or email

calmarca@telus.net

Newsletter email: cmccnews50@yahoo.com

Bingo at the Bingo Barn Volunteers needed:

Please call Marg at 273-7952.

Jelly Bean Dance - January 20th 6:30 - 9:30

\$3 ADMISSION, AGES 12 AND UNDER

(Parent supervision advised for younger children)

POP, HOTDOGS & CANDY FOR SALE. LOTS OF DANCE CONTESTS

DOOR PRIZES. PARENT VOLUNTEERS NEEDED

Marlborough Block Watch

An active community is a safe and healthy community! Come join your neighbors at the next Block Watch meeting - December 14, 2011 at 7:00 pm in the upstairs lounge.

At the hall:

Monday - Yoga - Upstairs - Fireside Room @ 7:30 - 9:00 pm

Info Marg 273-7952

Tuesday - Social walking - downstairs, 9:00 - 11:00

Wednesday - Sparks 6 - 7:15pm; Brownies - 6-7:30pm; Beavers - 6pm

Thursday - 50+ Club - 1:00 p.m. The Alpine Loft (Lift available!)

Yoga - Upstairs - Fireside Room @ 1:15 - 2:45 p.m. Info Marg 273-7952

Last Saturday of each month - Open stage in the lounge.

Next events: December 17 and January 28. Bring an instrument, your voice, or just your ears. Tap along or sing along.

Scouting - Scouting is for Boys and Girls ages 5 and up.

The East Calgary Scout Group covers 4 areas (Penbrooke, Marlborough, Marlborough Park and Forest Heights and surrounding areas).

MARLBOROUGH PARK

Marlborough Park Community Association

Hall: 6021 Madigan Drive NE

Hall Rentals: Call 403-248-1775

Newsletter email: marlpark@shaw.ca

Blood Services: The Canadian Blood Services will be in the Marlborough Park Community Centre gymnasium on December 24th from 8am to noon and February 3rd from 3 to 8pm.

Marlborough Park New Year's Eve Party

Tickets: \$70/couple for members; \$80/couple for non-members

Includes dinner, party favors, door prizes

Cocktails at 6:30pm, dinner at 7pm, dance at 9pm

Marlborough Park PreSchool:

On-going Registration. Please call Monica at 403-235-2996.

Loma Seniors Wednesday afternoons at 1pm. Please call Tony at 403-273-4534 for more information.

Drop-in Tai Chi Drop-in Tai Chi is held at the Marlborough Park Community Centre every Tuesday from 9:15 to 10:15am.

ZUMBA: ZUMBA returns January 17th.

WINSTON HTS - MOUNTVIEW

Winston Hts - Mountview Community Association

Hall: 520 - 27 Avenue NE

Hall Rentals: Call 403-276-5474

Email hallmanager@winstonheights.ca

Newsletter email: newsletter@winstonheights.ca

Santa Claus Breakfast and Craft Sale: Saturday, December 10th

Avoid the crowded malls and check out more than 26 craft tables.

Bring a non-perishable item for the Food Bank if you wish.

Breakfast starts at 10am, \$2 members, \$4 non-members. Craft Sale from 10am to 2pm. For information call Lenore at 403-276-3798.



Connections

Area Event and Resource Guide

RUNDLE

Rundle Community Association
Hall: 2409 - 50 St. NE

Hall Rentals: Call 403-280-4752
Newsletter email: rumbles@shaw.ca

The Summit Pub in the hall - Rundle's best kept secret!

Now serving pizza! The Summit Pub also offers pool tables, dart boards, as well as cribbage games on Tuesday and euchre on Thursdays.

Wing night is still on Wednesdays. Families are welcome!

New Year's Eve Party at the Rundle Summit Pub!

\$30 per person. Cocktails at 6pm, dinner at 7pm.

Crib Night at the Rundle Summit Pub! Tuesdays 7 to 9pm

Have dinner, play cards and have fun, fun, fun. All welcome.

Rundle Summit Pub closed Dec 24 to Dec 30.

Rundle Scouting

Beavers : Ages 5 – 7, Cubs : Ages 8 – 10, Scouts: Ages 11 – 14,
Venturers: Ages 14 – 17, Rovers: Ages 18 – 26, Leaders: 21+
The 719 N Properties Scout Group relies on donations of cans and bottles, which is used to offset the cost of running the program. If you would like to donate yours, please contact us at 403-285-6682.

MOUNT PLEASANT

Mount Pleasant Community Association
Hall: 602 - 22nd Avenue NW

Hall Rentals: Call 403-282-1314 or email:
hallrentals@mpca.ca
Newsletter email: publicity@mpca.ca

MPCA Annual Family Christmas Party - Everybody Welcome

Saturday, December 10th 2011. 9:30am - 12:30 pm

Mount Pleasant Community Hall - 602-22nd Avenue N.W.

There will be crafts, snacks and of course Santa Claus!

Food Bank donations accepted.

Pleasant Times – Upper Hall, 602 22 Ave. NW

Adults-only gathering. Meets at 2pm on the second Wednesday of each month in the Upper Hall for conversation, games, and refreshments. We also organize adults-only day and evening trips. Please e-mail lohanlon@telus.net or call Linda at (403) 289-8390.

Book Club - 4th Tuesday (usually) of the month from 7 to 9pm in the Lower Hall. On January 3rd our book will be *Fall On Your Knees* by Ann-Marie MacDonald. For more info e-mail lohanlon@telus.net or call Linda at (403) 289-8390.

Mount Pleasant is turning 100!

Mount Pleasant is celebrating it's centennial in 2012. We need a group of people who will design, organize and execute activities to commemorate the last 100 years. Please contact Ingrid at specialevents@mpca.ca

Mount Pleasant Playgroup

Mount Pleasant is celebrating it's centennial in 2012. We need a group. Spots are still available for registration on Monday, Tuesday and Thursday mornings as well as Friday afternoons

Get involved!
Your community
needs... YOU!

CROSSROADS

Crossroads Community Association

Hall: 1803 14 Avenue NE Ph: 403-277-6201
Hall Rentals: Call Marlene at 403-277-6201
Newsletter email: convenor.editor@gmail.com

Annual Winter Festival : December 17, 1-4 pm at the Hall

Crossroads 36 Scouts Bottle Drive: January 7 (Jan 14 alternate date)
Please save your holiday returnables for our Scout bottle drive.

Crossroads 50 Plus Club: 6:45pm at the Crossroads Community Centre.
Join us for fun times and meet your neighbours. For information call 403-277-6201 or visit our website at: www.crossroads50plusclub.com

Pub Nights at Crossroads:

December 16th and January 27, 2012. 7:30pm in the Upper Hall.

Crossroads 3rd Annual Multi-cultural Festival:

Saturday, May 25, 2012. If you can help, have any ideas, or want to showcase your culture, please contact ccmulticultural@gmail.com or call Shannon at 403-880-9639.

BRIDGELAND-RIVERSIDE

Bridgeland Riverside Community Association
Hall: 917 Centre Avenue NE

Ph: 403-263-5755, Hall email: hall@brccalgary.org
Newsletter email: newsletter@brccalgary.org
Visit our web site at: www.brccalgary.org for a complete listing of programs and classes.

Bridgeland Riverside Playgroup: We meet Wednesdays from 10am to noon at the Gateway International Church, 235-8A Street NE.
For more information please email: events@brccalgary.org.

Women's Centre - The Women's Centre is an information and resource centre for women in Bridgeland. We are run by women and we are a safe space for women. You can reach us at 403-264-1155 or womens-centre3@shaw.ca. Ask for Mickey, Carrie or Caterina.

December Programs:

Intercultural Cooking and Women's Issues – Vietnam: Dec 1, 6-8pm

Yoga Flow: December 5, Mon, 2-3pm

Cultural Competence: December 5, Mon, 6-8pm

Basic Spanish for Your Vacation: December 6, Tues, 6:30-8pm

TUXEDO PARK

Tuxedo Park Community Association

Hall: 202 29 Avenue NE
Ph: 403-277-8689
Newsletter email: sam@cherubconsulting.com

Craft Nights at Tuxedo Park

Second Wed. of the month, 7 to 10pm in the upper hall. You can sit uninterrupted and work on your craft. There is no fee for the evening, but we ask that you purchase a current community membership (\$5 for singles, \$10 for families), which are available at the hall.

UPCOMING 2011 EVENTS - at the hall

December 3 Breakfast With Santa

December 9 Community Supper - Turkey

January 20 Community Supper - Lasagna

NOTE: Community supper is at 6pm and costs \$14 per person, children 6 years old and younger - \$7 each.

Our events are open to everyone: members, residents, family and friends of Tuxedo Park both in and outside our community.
For more information please call Kelly at 277-4723 or Bev at 277-8689

CRESCENT HEIGHTS

Crescent Heights Community Association
Hall: 1101 - 2nd Street NW

Hall Rentals: Call 403-804-5600
Newsletter email: elizhancock@shaw.ca

Crescent Hts. High School Athletics Program Bottle Drive
CHHS Cowboys Athletics Bottle Drive: Dec. 17, 10 am-12 noon
DROP OFF at Crescent Heights High School's NW parking lot
Thanks for supporting CHHS Athletics!

Beginner Family Yoga Session - Sundays from 4 to 5pm
8 week session starting Jan 15.

Cost for session: Family \$200, singles \$80
(Children must be 7 years of age or older)

Crescent Heights Playgroup - Wednesdays 10am -11:30am
Crescent Heights Community Hall. Community membership required.
Children at any age welcome – babies included.
Contact Stacie Banks at 403-670-6872 or stacie_banks@yahoo.ca

HIGHLAND PARK

Highland Park Community Association
Hall: 3716 - 2nd Street NW

Hall Rentals: Call 403-276-6969
Newsletter email: highlandparkeditor@gmail.com

Blood Donor Clinic

Sat. Jan 28 2012, 9am to 1pm. At the hall: 3716 - 2 Street NW

Special Baking Available

Christmas cake and Stollen ready for sale. Items have been baked by the **James Fowler High School - Culinary Arts Program** students. Please plan well ahead for other items such as, gingerbread men, minced tarts, cookies or special cakes (birthday, anniversary). Or make a request... Items are to be picked up during school hours. Call for pricing 403.230.4743 ext: 2244

104 Centre Street Church Scout Group– Bottle Drive

January 14 from 9am - noon. For more information please call Doug at 403-275-3931 or e-mail: scouterdoug.tryon@gmail.com

Hola Highland Park !

Learn Spanish in a friendly and informal way. Every second and fourth Tuesday at 7pm. While we share a cup of coffee, we will get immersed in basic Spanish conversations to learn a bit of one of the most popular languages in the world. For details call: 403.974.1900 Elena (English) 403.453.6830 Estela (Spanish) or e-mail: aguaazul-888@hotmail.com

Local Public Entertainment Events

James Fowler School Theatre - 4004 4 St NW - 403.230.4743

Winter Music Concert Thurs, Dec. 8 at 7 pm, \$2/person or \$5/family.

Warming Up the Soul Dec 13 - 14 at 7 pm. This performance showcases dance 15 & 25 students as well as the J-Fly Dance Team. Styles include Hip hop, West African, swing, ballet, contemporary and much more. Tickets are only \$5/person or \$3 for age 12 and under. Call the school for tickets!

Northminster United Church - 3311 Centre St NW - 403.277.0322

An Evening of Christmas Music - Bruce and Cheryl Harding in concert on Fri. Dec. 9 at 7:00 PM. An evening that will warm your heart. Tickets are \$10 for adults. Children and youth are free.

Celebrate the Magic of Christmas - Dec 24, 7:00 PM

Live the Story - Sun. Dec 11, 10:30 AM Journey with our children and youth through their dramatic telling of the story of Christmas.
www.northminster.ca – for more info

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MESSAGE FROM YOUR PUBLISHER

People say that when one door closes, another door opens. I often wondered if they were just trying to cheer up their friends or if, from their life experience, they found this to be actually true?

About five years ago the company I worked for gave me a very special Christmas present - they told me, and my fellow employees, that we no longer fitted in to their vision of the future. They were 'restructuring'. In other words, we are all laid off - Merry Christmas!

After a brief, but perfectly normal, period of bitterness and disappointment I asked myself, "Now what? What do I do now?"

I had worked steadily for the past 30 years or so. I was educated and had a broad range of knowledge, particularly in the fields of printing and publishing.

My experience volunteering with my own community association, publishing their newsletter and volunteering for other tasks, provided insights into the value of community associations and the importance of effective communication in those organizations.

With my education, skills and experience I thought, "Maybe I could be a community newsletter publisher with my own business. Be my own boss and even work from home." And, even better, I would be working at something that could make a positive difference in the communities that I would serve!

Still, I had some doubts. Starting such a business in a competitive industry has it's perils and pitfalls. Similar long-time publishers, including my former employer, had recently gone out of business!

Five years later I'm pleased to say that I have no regrets. It hasn't always been easy, there were many tough moments, but I'm very happy to be able say now that I now have the pleasure to serve 11 inner city, center north community associations.

By selling advertising space, at a reasonable price, I raise enough revenues to pay for the production and printing of the community newsletters. **Your community newsletter is then provided to your community association at no charge - it's free!** Your community association takes responsibility for the distribution and distribution costs of the newsletter.

Distribution of the newsletters has always been a challenge. Some communities do their own volunteer or paid distribution but most engage Canada Post to get the newsletter delivered. As publisher I try to help facilitate Canada Post distribution in those communities. By booking Canada Post delivery through my publishing company, Ellis-Evans Design Ltd, I am able to achieve volume discount savings of around 18%. These savings are passed along to the community associations reducing their overall newsletter distribution costs.

Most of the newsletter advertising support comes from local area businesses in or around your community. **Please support those businesses that make your community newsletter possible.**

Merry Christmas, happy holidays and all the best in the new year!

*Leo Smith, President and Publisher,
Ellis-Evans Design Ltd*



Off the Shelf

Book Review by Judith Umbach

Apprentice: My Life in the Kitchen

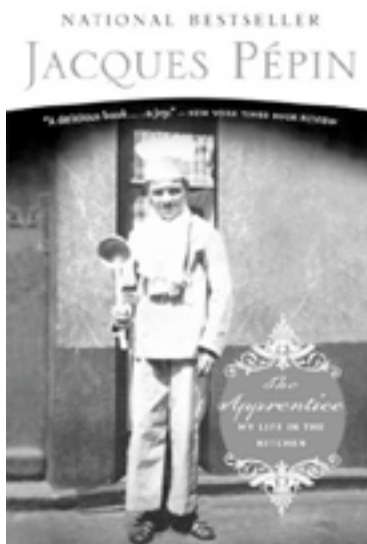
by Jacques Pépin

Mmmm! Delicious! Jacques Pépin infuses his autobiography, *Apprentice: My Life in the Kitchen*, with the flavours and aromas of good cooking, starting from his youngest years and ending with his maturity as an internationally famous chef. The Pépin family lived food; through generations everyone worked in the family restaurants.

Jacques' extraordinary mother started her first restaurant in a dilapidated building immediately after WWII. Several times, over many years, she repeated her miracle of creating a popular restaurant from the ashes of a failed business. From birth Jacques learned to appreciate simple ingredients prepared with care and economy.

At that time, however, professional French cooking demanded meticulous technique, a multiplicity of ingredients, and strict adherence to recipes. Before he was even out of short pants, Jacques began his long apprenticeship at the bottom – referred to as

"P'titi" or "Kid" – running and fetching at lightning speed. He loved it all, and he tantalizes the reader's taste buds with his luscious descriptions of the dishes prepared in the kitchens of his apprenticeship. He also loved practical jokes and played them on other apprentices and even senior chefs. When one particular chef couldn't take it, Jacques turned his harsh reprimand into the impetus to find a more prestigious kitchen and even better learning experiences. Through the system of apprenticeship, Pépin became an outstanding traditional French chef.



Finally, he journeyed to the United States and his culinary mental set changed forever. Gradually he incorporated new concepts and techniques into his repertoire. Astoundingly, he loved his time cooking for the Howard Johnson organization, and when the founder died, he mourned both the man and his lost legacy of tasty frozen foods. With extensive knowledge of how to prepare delicious ingredients for both formal dishes and home cooking, he followed his mother's example by opening his own restaurant. Ever seeking new adventures, he cooked on TV in the early days of cooking shows, most notably exchanging anecdotes on air with Julia Child.

Jacques Pépin is a lively person and a lively writer. The foods he described made my mouth water. The recipes that accompany his story made me want to cook. French cooking was never so enticing.

Support your Community!

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Crescent Heights Community Association Membership Application Form

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with your cheque to:

C.H.C.A.
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Names : _____

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

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