

The Crescent
View

February 2012



NEWSLETTER OF THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION



Building Safe Communities
Organizational Meeting

February 5th, 1 - 4pm
at the Community Hall

Photo: Ramona Johnston

Pailibroda

Crescent Heights Community Association

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

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Letters and submissions from community members are always welcome. Please mail or drop off at the Hall mail slot at 1101 - 2nd Street NW, Calgary, Alberta T2M 2V7, or submit materials via email to elizhancock@shaw.ca

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

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President's Notebook

by John McDermid

A very Happy New Year to everyone in Crescent Heights. As we begin 2012 we have a number of updates on some issue and initiatives of interest to CHCA members and residents.

Rotary Park / Samis Road Update

Much ink was shed in our last combined December/January issue in respect of recent surprising "changes" in Rotary Park. With particular thanks to the efforts of Dan Evans, David Finch, and our Parks Director Dave Dearborn, we were able to meet with representatives of the City's Parks Department in early December, and some promising signals have been received as a result. Many will recall the extensive paving that took place in Rotary Park in November, as well as the complete removal of a much used and heavily relied upon pathway from the foot of the staircase at Samis Road and Centre Street up into Rotary Park. This pathway angled up between the staircase and Samis Road and was removed as the result of a Parks "field decision", without consultation or the benefit of local knowledge that any number of Crescent Heights residents could have supplied given the opportunity. The current city proposal, which CHCA and the Rotary Park sub-committee are urging be considered an interim one only, is for the westbound (downhill) traffic lane of Samis Road be closed, a physical barrier be put in place to protect pedestrians, cyclists and other non-vehicular traffic from uphill, eastbound vehicular traffic. Already we have heard from some residents, who rely upon the proposed lane closure for access to Centre Street, so our hope is that the work-around will be a temporary one, and that the simpler solution will be the restoration of the original pathway, with whatever slope preparation is required and whatever surface will best serve the needs of users.

Of rather more significance is the re-allocation of funds within the Parks budget to provide for a Master Planning process for Rotary Park. One of the key points we stressed in our December meeting was the relatively intensive land uses that are in place in Rotary Park: so much so that among the many uses (Fish Point, the off-leash area, Mount Pleasant Tennis Club, our own playground and the new splash deck, the EOC rising on the old Rotary Park Legion site, and the wonderful new RPLBC Clubhouse), there isn't much "park" left in Rotary Park. Which is also why we will very likely be urging the removal of the excess of asphalt that went into the park in November. Watch this space and other channels for news of the Master Planning process for Rotary Park. Our Community Recreation Coordinator and City Liaison, A.J. Matsune, reported to us in December that there is significant heritage significance to Rotary Park and made reference to the "rooms" that make up this beloved park. It is to be hoped that the Master Plan will acknowledge that heritage value and enshrine the need to maintain and protect vanishing green space from future field decisions. Needless to say, it is also hoped that we can learn much through the process that might be applied to our other significant park, Crescent Park, and avoid similar unfortunate measures being taken to the detriment of that park, too. Please consider sharing your thoughts and ideas through the upcoming planning process, The many existing stakeholders will be coming out of their "rooms" to participate, and it is vitally important that Crescent Heights residents step up to play an equally significant role as any other of our Rotary Park stakeholders.

Another Park and Pathway issue that was touched upon in our last issue was the "accidental" removal of the wooden staircase at 9A Street NW, at the Rosedale end of McHugh Bluff. Since then a nifty new switchback pathway has replaced the stairway and connects nicely with the sloped asphalt

- Continued on page 5

MPCA Soccer

Pinna- cle

WCM

President's Notebook cont. from page 3

pathway that runs part way down across the bluff from Crescent Road to the head of the new packed gravel pathway. Here is proof that it can be done and that field decisions can be corrected where there is a will.

Building Safe Communities

The Federation of Calgary Communities has selected Crescent Heights as one of three communities city-wide to participate in the pilot program Building Safe Communities. As a proud Block Watch community, we will step forward with the communities of Southwood and Rosscarrock to design and implement a crime prevention program for the 21st century. Notices were sent out in early January through our community e-mail list and our Block Watch Yahoo Group to alert interested residents who will want to participate in the pilot. Time will be tight for this issue of the View, but if you get this in good time and can join us on February 5th, please get in touch with me, ex-Crime Boss John McDermid, as we want to assemble a preliminary group of 15-20 people to meet with the FCC's program coordinator and see where this exciting initiative might lead us. As I write this, it was only earlier today that I spoke with CBC television and Global TV, as well as Maureen Miller of CBC Radio One. My fifteen minutes of fame must be very nearly up, but we look forward to a new generation of crime prevention strategies, many of which will be hammered out here right in our home community. If this doesn't reach you in time, there will be ample opportunity to sign on in the coming months. Onward, crime busters!

New at the Rink

Next time you are strolling in Crescent Park of an evening, keeping a watch out for rogue paving contractors, stop by the hall and check out the new Induction Rink Lighting. Thanks once again to Rink Boss Tim Edwards and his expert research and recommendations. The lights were installed on a mild Thursday in December and provide superior lighting of the hockey and pleasure rinks, and at a fraction of the power consumption of the old ones.

Dragonfly Co-housing Development

Two representatives of the Dragonfly Co-housing group presented a very interesting proposal to Traffic and Planning late last year. The development is slated for an awkward parcel of land at 3rd Street and 1st Avenue NE. This steeply sloped site will be the future home of a 36-unit co-housing development. More details will be rolled out in future issues, but visit their very compelling website at www.dragonflycohousing.ca. If you think this housing option may be for you, be prepared to act fast as a significant proportion of the development is already sold.

Affordable Housing

On December 20th about 15 Crescent Heights residents and Traffic and Planning Committee regulars attended at the hall for an Open House and information session related to a proposed Affordable Housing project on 15th Avenue NE, on the two parcels at 210 and 212 15th Avenue NE. It is safe to say that several nearby residents were uneasy with the prospect a four storey residential building where vacant land now stands. It was also pointed out that under the terms of the Via 16 Urban Corridor Area Redevelopment Plan, certain prescribed set-backs and side yard dimensions, developed specifically for the 16th Avenue corridor, will make the project particularly tricky for this site, especially with its target of 27

units. The Urban corridor extends to 15th and 17th Avenues along the length of the corridor for redevelopment purposes, and the unique set-back and side-yard requirements will definitely add complexity and challenges. The project is encouraging in some respects as it is planned to route all vehicular traffic to and from the underground parking garage by way of the alley north of the site. This is in keeping with the long and sometime bitter battles elsewhere in the corridor in respect of the alignment of new and existing east-west lanes between 15th and 16th Avenues. Enough certainly to send a shudder through those of us who were in the fray some years ago. It will be an important test of development guidelines for Via 16, because it is the City's own game plan for the corridor and this the city's own flagship development along Via 16, the first of its kind for the corridor redevelopment.

Winter Den for Betsy

We are continuing to make inquiries with respect to the building of a winter den for our new (pre-owned) Bobcat, Betsy. Our lovely new skid-steer loader has not seen much action so far this winter, with only a few Betsy-worthy snowfalls having occurred so far. But let me tell you the story of what kinds of approvals and permits we have variously been advised we require to enclose a small area under the eave of our building at the North West corner of the hall. This to keep the cold north wind off Betsy and encourage her to rumble to life when needed to help the rink crew make short work of a heavy snow:

First we were advised that an accessory building of less than ten feet square would not require a Development Permit. When we realized that a ten by ten foot building would probably be large enough to house two Betsies and the snow blower, we dialed our aspirations back and decided upon a more modest proposal, for a simple enclosure under the eaves: no foundation, no overhead power supply, just a simple little nest for Betsy to rest and warm up in after a long tussle with deep snow. For this we were advised that indeed for such a modest enclosure indeed no building permit would be required, let alone a costly development permit, and that provided, our electrician obtained the proper permit for an electrical outlet and possibly a small cabinet heater for the enclosure, all would be well.

But, knowing the city as we have come to do, and ever-respectful of our beloved civic partner, the Municipal Corporation of the City of Calgary, we thought it prudent to attend at the Development and Building Approvals permits counter, with a rough drawing of our plan, to secure a formal blessing on our project. Imagine my surprise when the fellow at the counter advised us that we would indeed require a development permit, and here, wiseguy, is the 13-page inventory of documents, architectural drawings and photographs that will be required to make such application and secure such a development permit approval.

There is a current initiative with the City of Calgary whereby the mayor is eliciting suggestions from Calgarians on how to reduce red tape within the city's business units. I couldn't resist providing an account of this adventure just last week. Meanwhile, we are assembling our documents and getting ready to cut the cheque that must accompany the application. Delightful. Hold on Betsy, we'll be tucking you into your winter den by this time next year if not sooner.

- Continued on page 9

**BRIDGE
DENTAL**

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**Need help?
Check the
Classified
Page 20**

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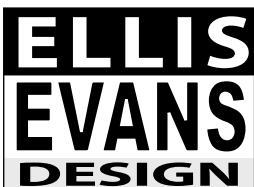
310 Dump

Deerfoot Soccer

THE CRESCENT VIEW

is the official newsletter of the
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**CASH
CHEQUE**

President's Notebook cont. from page 5

North Central LRT Alignment

CHCA has a seat at the table of the North Central LRT Community Team. This is a group that has yet to meet, but that's not to suggest that a good deal of behind-the-scenes planning and discussion hasn't already taken place around where to stick the North Central LRT a decade from now (or could it be much sooner?). The proposed alignment is in Nose Creek Valley, parallel to the Deerfoot, but the whip-smart spitballers at civic camp have two better ideas: Centre Street or Edmonton Trail. As reported here in a past issue of the View, the original alignment was the easiest and most inexpensive route for a commuter line to serve the needs of new communities north of Beddington Trail, and perhaps one day Airdrie. The current thinking, however, that seems to be gaining suction (albeit without consultation with affected communities), is that the better route would be in the Centre Street or Edmonton Trail corridor where people actually live. This makes sense in many respects, except that we don't do LRT very well where it comes to having it move through such communities where people live. Is North Central to be a commuter line or a local line? There is talk of a low-floor, low-speed option along the lines of a streetcar service, or just slowing down the longer faster commuter trains as they traverse built-up areas. I'd liked to learn how one North Central LRT line can be

both a commuter line and a local one. You might want to as well. Check out civic camp Calgary and transit camp Calgary: sign on and put your oar in at www.civiccamp.org. Let's be there among them as these campers map out our transportation future for us.

Snow Angels Just Like That

And finally for February, there came an inquiry to CHCA as to whether any Snow Angels were operating in Crescent Heights. As many of you know from signage and promotional materials, this is usually an informal arrangement among neighbours whereby the more able-bodied (or early-rising) pitch in to provide snow removal for seniors or others unable to clear their own sidewalks. We sent the request along down the line and within 24 hours had three volunteers step forward. A couple of light snowfalls later and the tag team were in place, contact information swapped around, and Mrs. Smith's needs are covered by three Snow Angels and an Angel Alternate. That's the kind of community in which we live. Next time it snows, maybe take a look up and down your street and see where an extra scoop might be needed.

So then: February, then March, then compost for April. Hang on Betsy.

CHCA Community Hall Activities and Events

February Community Calendar

- 05.....Building Safe Communities Workshop 1 – 4pm
- 07.....CHCA Traffic & Planning Meeting 7 – 10pm
- 14.....CHCA Board Meeting 7pm
- 21.....CHCA Traffic & Planning Meeting 7 – 10pm
- 28.....CHCA Traffic & Planning Meeting 7 – 10pm

February at the Hall

- SUNDAYS: Pentecostal Church Public Service 10am – 12pm,
Yoga 4 – 5pm for info call Angela 403-276-1720
- MONDAYS: Fitness Class 5-7pm, Info? Call Lana 403-999-5373
Dance and Fitness 7:30 - 9:30pm
- TUESDAYS: Open Dance Class with Ms. Emily 4 - 7pm
- WEDNESDAYS: Fitness Class 6:30-7:15am, Call Lana 403-999-5373
CHCA Playgroup 10 – 11:30am,
Bible Study 5 – 7:30pm,
Tai Chi 7:30 – 9:30pm
- THURSDAYS: Fitness Class 5:30-8pm, Info? Call Lana 403-999-5373

For more a more detailed Hall Calendar and for event and activities contact information please visit:
<http://www.calgaryarea.com/nw/crescenthts/calendar/diary.asp>

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.

Thank You

A special "thank you" to Brian & Mary Ann Smith and Jennie Marchinko for their recent contributions to the CHCA. Your support is very much appreciated!

**A special "thank you" to
Jeff Deering**
for helping to deliver *The Crescent View*.
Your volunteer efforts are
very much appreciated!

PECEK

Authorities renew warning about street drugs

The Calgary Police Service and Alberta Health Services are warning about a new compound that has been found in drugs being sold as Ecstasy on Calgary streets.

The Office of the Chief Medical Examiner has confirmed that paramethoxymethamphetamine (PMMA) and methamphetamine was present in toxicology results for each of five recent Calgary deaths.

While the cause of each death is still under investigation, the presence of PMMA is a common link between each case and it is considered to be lethal.

PMMA is thought to be a less expensive compound, used to make a drug similar in appearance to, and sold on the street as Ecstasy (MDMA).

According to AHS, PMMA is considered more toxic than MDMA, with a higher incidence of seizures and elevated body temperature. Also, the onset of action of PMMA is delayed and its initial effect may be milder. This is dangerous as it may result in users ingesting several tablets to achieve a desired effect, with potentially fatal consequences.

There is no safe street drug, and no safe dose of a street drug. There are absolutely no controls in any illegal drug production and drugs could be cut with various substances, unknown to the user, which may lead to injury or death.

Find more information on Ecstasy & youth at:
http://www.calgarypolice.ca/kids-drugs_ecstasy.html

Alberta Health Services offers a number of resources about addictions and substance abuse. Prevention and treatment information can be found on their website:

Information for Parents:
<http://www.albertahealthservices.ca/2716.asp>

Information for Youth:
<http://www.albertahealthservices.ca/2552.asp>

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William Reader's Not-So-Rocky Garden

by Professor Z

Our community is currently home to many who would consider themselves avid gardeners. While the relative paucity of our growing season provides us with plenty of planning time, there never seems to be enough time to execute those plans and to enjoy the fruits of our labours before the first frost appears, not to mention the first hailstorm. But climate challenges aren't enough to dissuade a true blue Calgary gardener.

Local gardeners may not be aware that William Reader, one of the most renowned Calgary Green Thumbs ever, actually put down some roots in our own community many years ago. As the days slowly lengthen and the serious planning for our own gardens begins, it's hoped that the historical account which follows will provide some inspiration to all.

William Roland Reader was born in London England and spent his boyhood in Kent, later training as a schoolteacher. His overarching passion for horticulture and landscape design eventually became evident however and while in England he successfully completed design work on a number of large estates. In 1908 at the age of 33 he immigrated to Canada, where he worked as estate landscaper for Patrick Burns, residing in the Burns Manor coach house for a time with his wife Rose. Reader was a founding member of the Calgary Horticultural Society and served as its secretary at inception. He first applied for the position of Calgary Parks Superintendent in 1911, but successful

candidate Richard Iverson impressed city administrators with his superior technical training. What Iverson didn't seem to possess though was the ability to manage departmental finances nor could he relate well with many members of city council or the influential Calgary Horticultural Society. After paying Iverson \$500 to vacate the position in 1913, the City hired William Reader as Superintendent, first on a temporary basis and then on a permanent one. He and his family then moved to a city-owned Arts and Crafts style house- built a few years earlier- located on the north reaches of the Union Cemetery, a fitting perk since the Superintendent position included responsibility for Calgary's cemeteries. The initial part of Reader's tenure in his new role was marked by a propitious development for the future of parks in Calgary: poor conditions for real estate after 1913 had resulted in the City's acquisition of huge

tracts of land following property tax default. At Reader's suggestion, by 1922 the City had formalized a policy to set aside such parkland for future development. City parks acquired in this era included locations in Crescent Heights, Rosedale, Capitol Hill, Stanley Park and Mount Royal to name but a few. Another more "grass roots" civic beautification project was the Vacant Lots Garden Club formed in 1914 to encourage landowners to cultivate their lots and to plant gardens for the benefit of the adjacent community. Participation in the program peaked during 1943- the year of Reader's death- when over 3000 lots were under cultivation using free seeds, with some labour also provided by the City. From 1922 to 1929 Reader spent much of his time focused on his pet project, the "Rockery" adjacent to his Union Cemetery residence. He continuously experimented on-site with seed propagation techniques and with plant species to determine

their suitability for our harsh climate. His abilities as a painstaking record keeper and photographer had also become evident by then. Many of the over 4000 species tested in the rock garden were transplanted from alpine environments, not at all surprising since Reader was an avid member of the Alpine Club of Canada and spent a lot of time in the mountains. Having become a fellow of the Royal Horticultural Society, he also exchanged seeds with associates in England (Kew Gardens) and with Harvard University in the United States. Under his watch as Calgary Parks Superintendent, during 1913 public skating rinks were introduced in Mewata, Hillhurst and Victoria Parks. In 1915, he developed the first city-owned golf course at Shaganappi, formerly a cemetery, a project which necessitated the re-interment of a number of souls in the Union Cemetery. 1917 saw Reader partnering with social activist Maude Riley to establish the Calgary Playground Association. Another big success was the foundation of the Calgary

Zoo on St. George's Island, a popular destination right from inception. Reader also became involved with royalty: in 1923 he was commissioned by Edward, Prince of Wales, to plan the grounds at his EP Ranch at Pekisko in southern Alberta. Too, Viscountess Byng of Vimy (wife of the Governor General and donor of the Lady Byng trophy to the NHL) toured the gardens several times and apparently attempted to recruit Reader to return to England to work on her estate there.

Following William Reader's retirement in 1942 and his sudden demise in 1943 after returning from a speaking engagement, the house was demolished by the City in 1944 for reasons unknown. Rose Reader subsequently moved to an apartment on 19th Avenue NW in Balmoral where she resided for the rest of her life. On the heels of its re-dedication as a public



Reader Family House Site



New Home 1913



The Garden 1913

- Continued on page 13

**Foothills
Little
League**

**Renfrew
Auto**

Centex

William Reader cont. from page 11

park in 1944, the rockery fell into a long period of neglect interrupted by only spasmodic attempts at revival. Happily though, in 2004, serious rehabilitation work on the Reader Rock Garden began, culminating in its 2006 public reopening. The house itself was rebuilt along the lines of the original plans and functions today as a restaurant.

And now on to the Reader family's Crescent Heights experience. Prior to his 1913 city appointment, William had purchased four contiguous building lots in northeast Crescent Heights not far from the Sharon Lutheran church. The Reader family, including son Harry born in 1902 and daughter Doris born in 1904, moved to the Union Cemetery residence in 1913; William and Rose however retained ownership in their home in Crescent Heights, which had been completed in 1912. The two storey home was situated on a frontage of one hundred feet, generous even by modern suburban standards and almost unheard of in the immediate vicinity. The Readers planted a garden and established a tree nursery on their Crescent Heights property and by 1913 some trials with new plant species had begun there. Following the Reader family's move away from Crescent Heights later that year and until 1929, the house was rented to a variety of tenants; it comes as no surprise that many such residents were occupied in the horticultural industry. Typical of this would be the 1915 tenancy by Harry Burrows, secretary of the Vacant Lots Garden Club. Beginning in 1930 however and until the late 50's, son Harry Reader and his wife rented the home from their parents and raised their four children there. Harry, an accountant employed for many years at Calgary Malting

Company, was an accomplished woodworker who built a sailboat in the basement of the house. Following his father's footsteps and no doubt with some paternal guidance, Harry also operated a nursery out of his Crescent Heights home, retailing gladioli and roses as well as ornamental trees and shrubs by 1934, as evidenced by an advertising brochure bearing that date. Harry and his wife Anne also planted 14 apple trees as well as a blue spruce on the west side of the property. Around 1948, Harry enclosed the verandas shown in the attached picture to provide more living space for his family. When family matriarch Rose Reader passed away in 1958, the house was sold and Harry and his wife moved to a brand new bungalow in Briar Hill, thereafter relocating to Osoyoos upon Harry's retirement from Calgary Malting.

Unlike the original Reader Rock Garden cottage, the house the Readers built in Crescent Heights survives to this day and along with it, the generously-proportioned site which once served as home base for Calgary's most famous gardener.

References: *Henderson's Directories from 1912 to 1960*; *Calgary: Celebrating 100 Years of Parks- John Gilpin (2010)*; *Calgary Parks and Pathways-Terry Bullick (2007)*; *Friends of Readers Rock Garden Society website at readerrock.com* ; *Calgary Herald obituary 1/27/1943*

Thanks to: *the descendants of William Reader: Irene Vereecken and Bill Peacock; Diane Dalkin of the Friends of Reader Rock Garden Society; Michelle Reid, Conservation Landscape Architect for the City of Calgary*

Crescent Heights Affordable Housing Development

The City of Calgary is considering construction of a multi-residential development on two vacant parcels of City-owned land at 210 and 212 – 15th Ave. N.E.

For more information on the project, latest news and project updates, please visit calgary.ca/affordablehousingdevelopments.

Justin Rebello, Project Manager, The City of Calgary
403.268.5413 or justin.rebello@calgary.ca

Rosedale Playschool

Rosedale Playschool! Information Night will take place on Thursday, March 8 at 7:00pm.

Door open at 6:30pm, please plan to arrive early as space fills up fast in our great little playschool. 1317-1st St NW, e-mail rosedaleplayschool@gmail.com.



Join our **Crescent View enRoute** Challenge!

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

Send your pic to: ellisevansdesign@shaw.ca

Crescent View on the new and improved Malecom (promenade) in Puerto Vallarta, Mexico - Dave W.

**Opti-
mum**

About U

EK

Message from your Alderman

Happy New Year to all Ward 7 residents! The start of the New Year is a perfect time for reflection, and to think about new ways to work with communities on your aspirations and plans for the upcoming year.

We launched a new website in 2011 in an effort to better communicate with Ward 7 residents and to keep you up to date on what is happening in your communities. I am pleased that our website is experiencing more than twice as many visits as any other ward, a testament to the level of engagement by Ward 7 neighbourhoods! I encourage you to visit Calgary.ca/Ward7 as we update the "What's New" page frequently. We will be launching Phase 2 of the site in 2012 to make it even more user-friendly, and I welcome your suggestions on what content you would like to see.

During these winter months, I'd like to remind you of a few new tools launched by the City of Calgary to help you get around our winter city safely. Before leaving home please be sure to check www.calgary.ca/roadconditions for information on the plowing schedule for major roads. As well, please visit www.Calgary.ca/snow to learn more about Snow Events and Routes.

In November 2008, City Council approved my motion on the "prevention of social disorder and community impacts in and around licensed premises". The motion directed the Police Service, Fire Department, Licensing and other City departments to work with their Provincial counterparts to reduce the disruption caused by bars and nightclubs on the surrounding neighbours and ensure a safe environment for patrons.

The main strategy behind this coordinated approach was to focus limited resources to identify and target the venues associated with the greatest number of problems. Only through working together were the responsible agencies able to address the cumulative impacts the licensed premise was having on a community. The multi agency groups dealt proactively with a wide range of issues including size and proximity limitations in residential areas; requirements for safety/security management plans, taxi stand and pedestrian drop off areas, and police checks.

In a report to Council last month, we learned that the collaborative approach is working well. 2011 represented the lowest volume of violent, intoxicated and disturbance calls in at least 7 years and a 65% reduction in calls to Emergency Services versus the same period in 2008. The multi-agency group will continue to provide an annual update to City Council on their progress and recommend legislative changes as needed.

If bars and nightclubs are poorly planned and badly managed, the concerns around noise, social disorder, criminal activity, and violence, can have a severe effect on the surrounding neighbourhood. Conversely, well-run establishments with a responsible operator can contribute to the diversity, economy, and vitality of Calgary.

Enjoy the beauty of the winter season!

Druh Farrell



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February 2012

Our Healthy Future...<3...Love your Library

Live to be 100! In 2012 the Calgary Public Library celebrates its 100th birthday! We want to build a healthy vibrant future together so throughout 2012 watch for special adult programs that are offered at all library locations on the theme of "Our Healthy Future."

What's in a Label?: Get to know and understand nutrition labels as a first step towards a healthier you. Presented by Angela Nurse Nutrition Coach. *Monday, Jan 23, 2:00-3:30 p.m.*



Digital Detox Day: Collectible Card Games: Facilitators teach participants how to play a collectible card game such as *Magic: the Gathering*. In partnership with The Sentry Box, *Sunday, Feb 26th 2:00 - 3:30 p.m.*



Your Future in Your Genes: Learn how science is increasingly able to forecast your health with your own genetic information. Presented by Dr. Wei Wu from the University of Calgary. *Monday, Mar 19th 2:00 - 3:30 p.m.*

MONDAYS at your library...

Adding Joy to Your Life: Have you lost your joy? Come and explore many resources, and opportunities for new experiences in 2012 that will help promote a positive lifestyle. Presented by Lois Faris of Life Transitions. *Monday, Feb 13th 2:00 - 3:30 p.m.*

Grandparents Family Storytime: Share stories, songs, and finger plays with a special older adult in your life. Ages 2 to 5 with a parent/caregiver. *Monday, Mar 26th 10:30 - 11:00 a.m.*

FRIDAYS at your library...

Drop-in Family Storytimes Every Friday! Come join the fun – learn a new song or finger play, experience a flannel story, cuddle up for a sweet story & check out some other great books to share at home!

FAMILY FUN at your library...

Family Games Day: Teach your mom or grandpa how to play Beatles Rock Band and the Nintendo Wii, and learn some vintage games from them! Ages 7 and up with a parent/caregiver. *Wednesday, Mar 28th 2:00 - 3:30 p.m.*

Parent and Child Book Club: Explore some of the best children's novels with your child; then meet for a lively discussion of the book and author. Ages 9 to 12 with a parent/caregiver. *Tuesdays, Feb 07, Mar 06, and Apr 03, 7:00 - 8:30 p.m.*

TECHNOLOGY at your library...

The Internet - Part 1: An Introduction: Learn about web browsers, URLs, hyperlinks, and search engines. Basic computer skills required. *Tuesday, Feb 14th 7:00 - 8:30 p.m.*

The Internet - Part 2: Beyond the Basics: Learn how to use different search engines, web directories, and recommended websites. *Tuesday, Feb 21st 7:00 - 8:30 p.m.*

The Library will be closed on February 20 - Family Day
See you soon at the Louise Riley Library!

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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.**

"Phoebe"



Best Pet Ever Nominee!

Hello, my name is Phoebe. I was born in Nova Scotia and came to Calgary as a young puppy. I am a year and a half now and I have lots of energy! My favorite is being able to run off leash and play with friendly dogs my size. I have been back country camping in the mountains and I always love to play fetch around the house. I just learned how to roll over and am looking forward to learning new tricks.

Ashley D.

Feline Winter Woes

As the weather turns colder, we are less likely to want to be outside for extended periods of time. The same can be said for our pets. It seems unfair however, that cats are often treated differently than our canine companions. Dogs are brought in the house or put in a heated garage and provided with beds and blankets to keep them warm. But cats are often thought to be fine when left outside in the frigid weather. Simply put, they aren't.

Although some may believe that cats are meant to wander and hunt, this is not the case. They are domesticated animals who need our care. Their built-in coats are not enough when the temperature goes below freezing.

Visit any animal shelter during the winter and you will invariably see cats who are suffering from frostbite, especially in their extremities. Cats left outside often lose the tops of their ears because they've been frozen so badly. If their ears, noses and toes are being frozen, you know they are feeling the cold everywhere else.

Responsible cat owners and guardians understand the value of their pets to their families, their well-being and to society and treat them accordingly.

But we all know that even when we are diligent about protecting our pets and keeping them inside, cats escape and get out of doors or windows every day in our city. They are curious creatures after all. Unfortunately, they may not always find their way back home.

We can all help to protect our own feline family members by providing licences and permanent identification. This helps to ensure that if they do get out, they can be returned safe and sound. Identification shows others that your cat indeed has an owner and makes it easy to identify and contact you.

This winter, we can all help to change the plight of our city's cats. If you see a cat wandering in your neighbourhood, you can check to see if he has identification. If you have the cat in your possession and he is wearing a licence, call 3-1-1 to have an officer come to pick up the cat. In absence of a licence, you can take the cat to the Calgary Humane Society or a vet clinic. You can also bring the cat to the Animal Services Centre if it is during regular business hours.

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.



What's happening at Wild Rose United Church

If you have recently driven or walked by Wild Rose United Church during the week you will have noticed we are a busy little place. Something is always happening at Wild Rose. We would like to invite all residence in the surrounding communities to join us each week for our numerous events and activities. For more information please contact the church office 403-277-5576.



Monday's: Parent / Tot group 9:00-11:30am. This is a great opportunity for parents in the area to get to know each other and let their tots burn some energy. Music, games, free play and stories are just a few things planned. For more information please contact Kim at kim@wildroseunited.ca.

Tuesday's: Daybreak Meditation sittings at 6:30am, 7:00am or 7:30am. Meditators may arrive at any point between 6:30 and 8:00am. At 6:58 and 7:28 we do a short walking meditation and then resume the "sit".

Wednesday's: Quilting for Servants Anonymous: 9am to 3pm. Please bring a bagged lunch.

Soup's On 12:00 to 1:00 join us for a hot bowl of soup and an informally facilitated spiritual question that shapes our conversation. \$2 donation is appreciated.

Fire and Grace Period of Silence contemplative worship service from 5:00 – 6:00pm then new participants may arrive at any time during the hour after 6:00pm – then at 7:00pm – Worship Service starts.

Thursday's: Choir Practice if you are interest in joining our choir please contact Valli our music Director at 403-277-5576.

Friday's: Bible Study on a Slant starts at 10:30am.

Saturday's: Men's Breakfast first Saturday of the month join a hardy band of hungry men make their way to the church for breakfast. The food is served up at 8:00am, followed by an informal time of sharing. After the food costs are covered, the men direct the proceeds to specific outreach projects or programs chosen by them. Cost is \$5.00.

Sunday's: Worship Service and Sunday School 10:00am. Start your Sunday morning off with a hot cup of Fair Trade Coffee followed by amazing music, a spiritual message and great fellowship.

Other events: Join us on Tuesday, February 21st from 5:00-7:00 pm for Shrove Tuesday's annual pancake supper and entertainment will be provided.

Family Night at Crescent Heights Baptist Church

Make each Tuesday night FAMILY NIGHT and join Crescent Heights Baptist Church for Foundations Night every Tuesday until May 8th.

The evening begins with a FREE meal at 5:30pm, followed by Pioneer Club for kids ages 5 – Grade 5, and the Alpha Program for adults.

Pioneer Club is a safe place where your children can discover God through fun games, crafts and interesting lessons. The Alpha Program is an opportunity to explore the meaning of life in a relaxed, friendly setting, where no question about life or God is seen as too simple or too hostile. Both Pioneer Club and the Alpha Program run from 6-7pm.

If you would like to join us, please call the church office at 403-277-1831 to reserve your seat for dinner, or email to cheights@telus.net. We are located at 1212 – 1st Street NW.

Local Food Plan to Involve Communities and Citizens

Across Calgary and the region, citizens are aware that food is a key part of our daily lives and plays an important role in our health, our communities, our environment and our local economy.

There is a growing momentum in Calgary around local and sustainable food and there is evidence of this everywhere we look. Calgarians are making personal choices to shop locally; farmers are connecting directly with local businesses; community gardens are increasing in number and governments are taking a leadership role within their local food systems. Since 2009, The Office of Sustainability at The City of Calgary has been working with stakeholders from across Calgary to get a clearer understanding of our local and regional food system and the roles of everyone involved in it. A food assessment is a great starting point which would allow us to better understand our contributions, connections and where priorities for action exist.

With direction from City Council, the Calgary Food Committee was established to undertake a food system assessment and develop an action plan with recommendations and report back to Council and Calgarians in spring 2012. Membership on the committee includes farmers, local businesses, chefs, educators, industry experts, scientists and other key players in the local food system.

The Food System Assessment and Action Plan will examine the range of food issues, barriers and existing assets, and provide key baseline information identifying connections and gaps within our food system. This data will be represented in maps and included in a land inventory.

The Calgary Food Committee is inviting you to get involved! For more information, please visit www.yycfood.com or contact Rebecca Newlove at 403-268-1034 or food@calgary.ca.

Classifieds

Stand Tall in the New Year: Be you're all by standing tall.

Why is Posture So Important?

In our modern lifestyle there is a tendency toward forward flexed postures. We spend the majority of our day hunched over our desk, laptop or cell phone. Poor posture leads to reduced mobility, general stiffness, and chronic conditions such as headaches, back, neck and shoulder pain. The accompanying sunken chest and compressed abdominal cavity can also interfere with breathing and digestion. You may be tired because of the extra energy you use just to stand up!

Good posture is important because it allows your body to function optimally by properly aligning your ligaments and bones to allow the force of gravity to be evenly distributed. Therefore, you experience less pain and fatigue and have more energy to do the things you love. It also contributes to improved circulation and can even make you look better. People with proper posture appear taller, thinner, more confident and graceful than those who slouch.

Check Your Posture:

1) Sitting - Your back should be straight, buttocks against the back of the chair, shoulders back and relaxed down, head back in line with your shoulders, arms and knees bent at 90 degrees, forearms and thighs parallel to the floor, wrists neutral, hips bent to 90-110 degrees, feet flat touching the floor. Your computer screen should be an arms-length away and the top of your monitor should be level with your eyes. Remove your wallet from your back pocket and do not cross your legs.

2) Standing -

From the side: Imagine a vertical line running through your ear, shoulder, hip, knee cap and the front of your ankle. Your tummy should be flat and your lower back should have a slight hollow.

From the front: Your eyes, ears, shoulders, hips, and knee caps should be level with each other and there should be no rotation in your head, trunk or hips. Your knees shouldn't bend in toward each other or away from each other and your feet should have a nice arch and point straight forward. (not turned in or out)

How Can I Improve My Posture?

Avoid posture pitfalls:

- At work:

- a. Prolonged sitting or standing
- b. Straining forward to read the computer screen
- c. Do place items like the phone in easy reach

- At home:

- a. Holding the baby on one hip
- b. Standing at a counter for long periods of time cooking, cleaning, folding laundry
- c. falling asleep on the arm of the couch

- While asleep:

- a. Avoid sleeping on your stomach
- b. Do use a pillow between your legs (side sleeping) or under your knees (back sleeping)

Comix

Off the Shelf

Book Review by Judith Umbach

The Tiger Claw

by Shauna Singh Baldwin

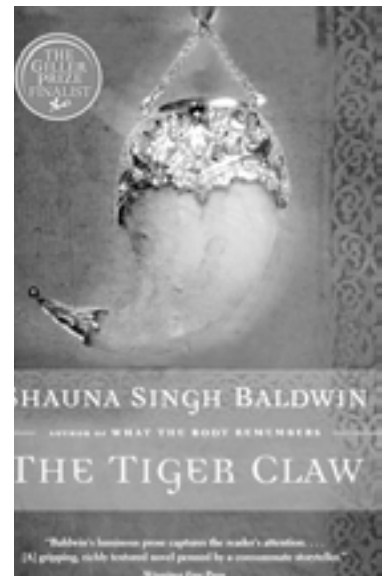
At first, *The Tiger Claw* seems to be a fairly ordinary WWII spy drama focused on a radio operator in occupied France. However, Noor Khan's name signals that she is not an ordinary spy. Astonishingly, she was a real person, lovingly recreated by Shauna Singh Baldwin with fictional details unknown to history.

Baldwin uses our expectations to smooth the way for us to encounter a revision of history. Yes, the basic facts of Europe's War play out the same, but Baldwin inserts the parallel history of colonial peoples to enrich the mainstream recollection of this time.

Noor Khan is young woman raised in France in a Sufi Muslim family. Faced with the German invasion she and her family flee to Britain where their British colonial passports from India allow them entry. Soon after, Noor escapes the confinement of her family's traditions by volunteering to be a spy – an operator of the radios that enabled the French underground to communicate with British intelligence during the war. Life-span was short for such operatives. Madeleine is Noor's code name, and Madeleine fulfills all her duties meticulously. The private self remains "Noor", who has a secret goal - to find her illicit Jewish French lover, Armand.

The novel unfolds with the intertwined story of Armand (addressed to Noor's once-existent fetal baby), the story of a fractious community of spies operating against ruthless invaders, and the anguished story of her imprisonment by a German officer. Threaded through the

emotional turmoil of her stories are dry political observations about all invaders and colonial powers. Doesn't the Nazi regime adopt the same techniques of interrogation that the French used in Algeria? Haven't the British also used semi-starvation as a method of subjugation in India? Aren't the Indians and the Algerians striving for their own liberation even while individuals such as Noor fight on the side of the Allies during the War? Noor has no simple answers: her pondering these questions while engaged in a life of action raises *The Tiger Claw* to an impressive level of sophistication. Shauna Singh Baldwin's literary talent ensures we enjoy the adventure while reflecting on the complications of real life.



Support your Community!

Buy Your Membership Today

Crescent Heights Community Association Membership Application Form

Please mail this form
with your cheque to:

C.H.C.A.
1101 - 2nd Street NW
Calgary, Alberta T2M 2V7

Voting (Residents)

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

Non-Voting (Business and Non-Residents)

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

Names : _____

Address : _____ Postal Code: _____

Phone : _____ Email: _____

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

New Membership Renewal Date _____ Amount Enclosed \$ _____

TD

Keeper