

OCTOBER 2016

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THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

**AGM
TUESDAY, OCTOBER 18
AT 7PM**



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THE CRESCENT VIEW

The Crescent View is published twelve times per year.

Newsletter Deadline:

The **10th** of each month for the following month.

For example:

To be published in the June issue, the deadline is May 10.

Please email your articles or event listings, as an **attachment in MS Word** form, to the Editor at: newsletter@crescentheightssyc.ca

Digital photos that are community related are always welcome as an attachment to the email and be sure to send a caption and/or the names of people who are in the photo. The requirements are 250 KB for a smaller picture and 1-3 MB for a larger (full-page) picture.

Editor:

Elizabeth Stady

email: newsletter@crescentheightssyc.ca

Advertising Inquiries:

Great News Publishing email: sales@great-news.ca

www.great-news.ca/RateSheets/GNP_RateSheet.pdf

Vision, Mission, Values

Vision

We are a vibrant flagship inner city community with engaged and invested residents that values a sustainable future.

Mission

Crescent Heights Community Association strives to enhance the quality of life of our members and residents by connecting our community through programs, events and advocacy.

Values

- We value integrity and transparency in our communication with all stakeholders.
- We will support a sustainable future by encouraging our residents to protect our urban forest, green spaces and environment.
- We will embrace the diversity of our residents by being inclusive and compassionate as we work to bridge the gaps in our community.
- We value the contributions our volunteers make to build a strong sense of community.

CHCA Board of Directors

We are **always** looking for people to join our core group of volunteers. It's a great way to learn/exercise leadership skills and a great way to build and connect your community. If you're interested, then go to our Volunteer page and send us a message.

The Board meets at 7:30 p.m. on the second Tuesday of every month and anyone is welcome to attend, though you may want to send us an email just in case we change the meeting date in a given month!

President	Daniel Dang
Treasurer	Michael Jankovic
Secretary	Isabelle Jankovic
Communications	Amanda Bishop
Special Events	Lisa Dare
Planning	Darlene Jones
Traffic	VACANT
Facilities Director	John McDermid

CHCA Social Media



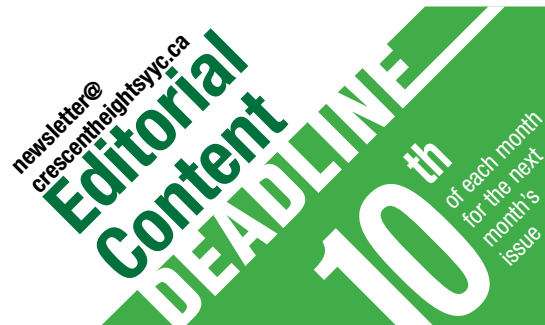
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CHCA Website
<http://crescentheightssyc.ca/>



CRESCENT HEIGHTS COMMUNITY ASSOCIATION NEWS

AGM rescheduled to October 18

WHAT?! Didn't we have one in June? Well, almost. On June 28, 33 dedicated community residents came out on a very lovely summer evening. The only problem was that not enough of them had current community memberships and we can't sell memberships the night of the AGM. It was a very short meeting with lots of time to snack on some great cheese, fruit, cookies and wine. We have to do it all again and the new date is Tuesday, October 18 at 7 pm. About 70 households bought or renewed their memberships at the Stampede breakfast so getting a quorum this time shouldn't be a problem! Just for the record, you need to live in Crescent Heights and have a current membership to be counted for the quorum (25 voting members) and to vote at the AGM. We don't sell memberships at the AGM. To get your membership, buy online on our website or use the form in this newsletter. You can mail it or drop it in the mail

slot at the hall. To ensure that your membership is processed in time, we suggest that you allow 2 to 3 weeks. Check next month's newsletter or our website for more details including our special guest speaker. And of course, there will be snacks and mingling!

Thank you newsletter carriers!

With our change in publishers, we also have a change in delivery. The Crescent View is now delivered by Canada Post instead of our dedicated core of volunteers. Many of our volunteers have been delivering the paper for many years and there are several who have delivered the paper for over 20 years! At least one family has delivered the paper for as long as we have had one. These volunteers are some of our most dedicated and we thank you for your long and dedicated service. See next month's paper for more of the View's history and some of the stories about how we have edited, published and delivered the View over the years.

SUPPORT YOUR COMMUNITY! BUY 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

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



Your CHCA Membership

Why be a member? Members are the key to our community!

With your support, the CHCA:

- Brings our community together with sponsored programs such as the Stampede Breakfast and other seasonal events.
- Is the voice of the community. Serves as a spokesperson and liaison to ensure that our community related issues are heard and given proper attention by the City of Calgary.
- Is responsive to all community traffic concerns and strives to correct and improve these concerns through City Hall.
- Contributes financially to enhancement projects such as park and playground revitalization programs and maintenance of the ice rinks.
- Preserves and maintains the community hall.
- Meets regularly with the Ward 7 Councillor to address concerns.
- Facilitates the community, river and pathway cleanups.
- Ensures that proposed developments meet the needs of the community by providing input to the City of

Calgary on planning issues and development.

- Contributes to the organization of plant exchanges and garden tours.
- Maintains relationships and contacts with other communities, helping to pursue common concerns.

In order to provide all of the above services and areas of support, the CHCA needs your financial and volunteer assistance. Please help support your community by purchasing a membership.

The cost is only \$20 for a household/family, \$10 for a single and \$5 for seniors. The membership is valid for one year starting on the day of issue.

For all membership inquiries please visit the website at: <http://crescentheightsyyc.ca/membership/> or contact: curmudgeon9@shaw.ca

Lets work together to make this a great community to live in!

CHCA Activities and Events

October 2016

- 04.....CHCA Traffic and Planning Meeting 7-9pm
11.....CHCA Board Meeting 7pm
18.....CHCA rescheduled AGM 7pm
25..... CHCA Traffic and Planning Meeting 7-9pm

Traffic and Planning meetings are open to the public.

www.crescentheightsyyc.ca/chca-board-of-directors/

October at the Hall

- SUNDAYS** - Pentecostal Church Public Service 10am-noon
MONDAYS - CHCA Seniors Fitness - times to be determined
WEDNESDAYS - Taoist Tai Chi 7:30-9:30pm
THURSDAYS - Zumba - times to be determined

For more a more detailed Hall Calendar and for event and activities contact information please visit:

www.crescentheightsyyc.ca/hall-calendar/

THE WOMEN'S CENTRE OCTOBER PROGRAMS

EVENTS:

Women Should Know Each Other | Thursday, October 20 (6-8pm)

The Women's Centre of Calgary and We Should Know Each Other are teaming up to offer an opportunity for women in Calgary to get together, share stories and create new connections. Anyone who identifies as a woman is invited to join us for an evening of community, friendship and connection.

PROGRAMS:

Girl Power Afterschool program | Tuesdays and Thursdays, (4:00 - 5:30)

Girl Power Afterschool for girls age 10-12 has begun again! Girl Power runs every Tuesday & Thursday after-noon. Doors open at 3:30, programming from 4-5:30. This program is free! Registration is open year-round, all girls are welcome.

Girl Up Afterschool Program | Thursdays (6-7:30)

Girl Up, a new leadership & activism program for girls age 15-17, has launched! The program will run every Tuesday from 6 -7:30 pm. This program is free! Registration is open year-round, all girls are welcome.

WORKSHOPS:

Song Circle: for songwriters | Tuesday, October 4 (6-7pm)

This is My City Art Society is pleased to offer a program that celebrates new songs - your songs! The Song Circle singers will work with new and past songs - all written and developed by program participants - to develop a collection of songs written by and for women. Bring a song, an idea, or just your voice along and let's play together and see how to make it shine! No instruments or experience necessary, all women welcome.

Social Issues Discussion - Basic Income | Wednesday, October 5 (6-8PM)

Guaranteed Annual Income? Basic Income? Mincome? Whatever you call it, the concept offers an interesting approach to addressing poverty. How would communities change or women's lives improve if everyone could afford secure housing, food, and a reasonable standard of living? Join us for a group conversation and share your thoughts on what implementation of a universal income program could look like.

Colouring and Socializing | Mondays, October 3 & 24 (6-8pm)

Adult colouring is the latest craze in de-stressing, and there's no better time to try than right now! We'll have different designs and all the materials you need to get started, not to mention some great company and conversation!

Intercultural Cooking and Women's Issues | Tuesday, October 11 (6-8pm)

Join us to cook and share a meal while talking about women's issues. In this workshop, we will be cooking an Indian dish and discussing what women's lives are like in India. Let's explore Indian culture together!

Games Night | Wednesday, October 12 (6-8pm)

Come and join us for a fun night of board games! Meet some friends, share some stories, and learn some new games in a pleasant and relaxed atmosphere.

For questions and to register call 403-264-1155 or email rsvp@womenscentrecalgary.org

All workshops are free and supplies are provided.

Workshops take place at 39 - 4 St NE

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OFF THE SHELF

Book Review by Judith Umbach

Birds Without Wings

By Louis de Bernières

My vacation in Turkey was cancelled earlier this year because conflict broke out (and has been sustained since). Instead I opened *Birds Without Wings* by Louis de Bernières. And he opened my eyes.


Initially, his novel is set during the last days of the Ottoman Empire, full of conflicts provoking terrible local and international consequences. The story is focused on Eskibahçe, a small town that hardly knows it is being buffeted by the downfall of the nineteenth century in preparation for the establishment of the modern Turkish state, as created by Mustafa Kemal Atatürk. With each successive thrust for power by nationalists, internationalists, foreign “saviors”, and adventurers, the unwitting village is stripped of its citizens and livelihoods.

Iksander the Potter makes two bird whistles, the black-bird for his son and the robin for his son’s best friend. By filling the pottery birds with water, they warble well enough to rival the songbirds in the trees. The boys are inseparable. One teaches the other to read and write. Specifically, the Christian boy, who learns from the mean-tempered Greek schoolmaster, teaches the Muslim boy, who may go to only the Koranic school.

Years later, this difference looms as the largest distinction in cataclysmic battles. The Moslem boy is recruited into the Holy War we know as Gallipoli and World War I; the Christian boy is refused. The whole country is divided thus, with waves of deadly expulsions of local Christians (usually known as Greeks) and the deadly immigration of Muslims (usually known as Turks). No martial policy maker is concerned with language or home or culture or friendship.

Eskibahçe is the locus of home and friendship. Certainly, some villagers are better liked than others, and they have quarrels. Even so, the people we meet in the novel are drawn to each other, and in crises they support each other. Their parochialism is tender but doomed. Philothei, from birth the most beautiful girl possible, loves and is loved by poor homely Ibrahim. When Italian troops are imposed on the village, mutual codes of hospitality reframe their interchange - for years they play backgammon and enjoy the wine.

Over all the beauty and horror, the rise to power of Mustafa Kemal casts thunderous clouds of shadow throughout the land. He is adored because he is a nationalist and a realist. And he is a tyrant who forces the country he named Turkey into the twentieth century. The parallels with our twenty-first century history are unmissable.



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Wild Rose United Church

Pastoral Care Potpourri: Caring for Yourself and Others

Wednesday evenings, 7:00 – 8:30 pm, October 5, 12, 19, 26

The workshops in October will all be offered at no charge.

Wild Rose United Church is located at 1317 1 Street NW Calgary

October 5 Greensleeves Program

Getting older often brings us to consider what we would like to happen as we near the end of our lives. The Greensleeves Program provides a way to keep health and end-of-life information in one place, a green sleeve which will travel with you to doctors' appointments or to hospital. Alexandra Kushliak, Education consultant with Alberta Health Services, will lead the evening.

October 12 Companioning Those Who Grieve and Mourn

There are many times in our lives when we experience loss, and with those around us need to find our way through the sorrow. Geoffrey Simmins will facilitate a workshop using Dr. Alan Wolfelt's theories of grief and mourning to help us distinguish between grief and mourning, and to discuss ways to companion those who are grieving and mourning losses in their lives.

October 19 Loss of Hearing

As we age, our hearing often changes and diminishes, and it can be difficult to know how to cope. A facilitator from Sound Advice with Deaf and Hear Alberta will come to discuss these changes, ways to protect our ears against hearing loss, and ways to cope with less than acute hearing.

October 26 Sandwich Generation

As parents live longer, families with children often find themselves trying to care not only for their children, but also for their aging parents. Charlene Retzlaff, a social worker with the Family Caregiver Centre, will facilitate a session suggesting ways to cope, and to care for ourselves as we care for both our parents and our children.

Please register by calling the church office at 403-277-5576.

Rosedale Playschool

Another exciting year has started at Rosedale Playschool. If you are interested in finding out more about our Reggio inspired program or want to know the status of our class openings/waitlist visit our website: www.rosedaleplayschool.com.

Looking for great deals on gently used children and baby items? Have some items of your own to sell or donate? We will be hosting our annual Tiny Treasures Sale on Saturday, October 15, 2016 from 9am-2pm at the Rosedale Community Centre (901 11 Ave NW). Email rosedale.tiny.sale@gmail.com for more information or to sign up as a vendor. Additional event info available on Facebook at: www.facebook.com/rosedaleplay/.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

October 2016 - January 2017, Glenbow Museum presents: 1920s Modernism in Montreal: The Beaver Hall Group painted many portraits that convey the quest for modernism; these works rank among the most remarkable in the history of Canadian art. www.glenbow.org

November 5, Calgary Hitmen vs. Swift Current Broncos: The puck drops at 7:00PM at the Scotiabank Saddledome. www.hitmenhockey.com

November 16, Moscow Ballet's Great Russian Nutcracker: For one night only, the Moscow Ballet performs this seasonal classic. Get into the Christmas spirit and watch the story of Klara and the Nutcracker Prince come to life on the stage. www.artsccommons.ca

November 17 – 20, Art Market Art and Craft Show: Get a head start on your Christmas shopping at one of Calgary's biggest Christmas arts and crafts markets. Over four days, more than 200 Canadian artisans and makers showcase and sell their work. www.artmarketcraftsale.com

November 22, 6th Annual Why Whisper Fundraising Gala: Proceeds support the YWCA, and to date, this fundraising event has raised more than \$2 million. This year, the keynote speaker at the YWCA's fundraising event is Monica Lewinsky. www.ywcaofcalgary.com

November 25, Calgary Philharmonic presents, Neil Cockburn, Organ Masterpieces: Made of 6040 impressive pipes, the Carthy Organ is the grand and imposing centerpiece of the Jack Singer Concert Hall. Calgary-based Cockburn's talents will make the organ sing during this one night only performance. www.calgaryphil.com

November 25 – December 23, Disney's Beauty and the Beast: The Story Book Theatre brings this beloved fairytale, adapted from the animated Disney film, to the stage in all its splendour to delight Calgarian audiences. Featuring all the beloved songs from the movie and beautiful costumes, this one's not to be missed. www.storybooktheatre.org

NOVEMBER 5 ROTHNEY ASTROPHYSICAL OBSERVATORY

Dark Night Star Light Open House: A discussion on light pollution and a tour of the many telescopes at the RAO. 8 – 11PM, \$20 per car or \$10 per person. www.ucalgary.ca/rao



NOVEMBER 22 - DECEMBER 31 SLIPPER

A Distinctly Calgarian Cinderella Story: Rebecca Northan brings Calgary a new, family-friendly show for the holidays. It involves time travel, a male fairy godmother and a modern-day, Calgarian Cinderella. www.atplive.com



NOVEMBER 26 COL. CHRIS HADFIELD

Enjoy an evening hosted by Canadian astronaut Chris Hadfield, who stunned the earth with his rendition of David Bowie's, Space Oddity, during his five month stay on the International Space Station. This event is part of Mount Royal University Conservatory's Northern Lights Series. www.mtroyal.ca



Picnic in the Park 2016

The second annual Picnic in the Park has come and gone and a good time was had by all! The weather was beautiful, the music was great and the food was a hit.

We would like to thank the following businesses for their participation:

Lukes Drug Mart for donating the coffee, lemonade and goodies for the N2N table

Jack Lawson and Leslie Marion for once again donating popcorn and popping it in their vintage popcorn machine

Cerezo for the beautiful, tasty carrot cake

Rocky's Sausage Haus for the yummy wieners

Calgary Coop for the hot dog buns.

Constable Pederson and the Calgary Police Service for bringing his police car along for the children to explore (and work the siren)

The **Calgary Emergency Management Agency (CEMA)** for spending their afternoon explaining their purpose and bringing their **rescue dogs** to demonstrate their phenomenal skills

The **Calgary Fire Department** for bringing a real fire truck for the children to see

And last but not least, **The City of Calgary** for all the help and for sponsoring **Heather Blush and the Upper Cuts**. The Music in the Park was an extra special event this year.

Special thanks to Jill Bennett, Brenda Annala, the folks from the Parks Department, and the electricians for the extra special help provided to ensure that the picnic was a success.

And lastly, *thank you to all who came to spend their afternoon in Rotary Park making our picnic a success!*



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New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5-year-old comes home from school with a red rash on their arm. Your 10-year-old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online. Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmee Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to

make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment," says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobile-friendly format so parents and families can access it from any device.

To access HEAL, go to <http://www.ahs.ca/heal>



Crescent Heights Real Estate Update

Last 12 Months Crescent Heights MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
August 2016	\$712,450.00	\$690,000.00
July 2016	\$550,000.00	\$540,000.00
June 2016	\$674,900.00	\$700,000.00
May 2016	\$589,450.00	\$585,000.00
April 2016	\$539,450.00	\$515,000.00
March 2016	\$849,900.00	\$750,000.00
February 2016	\$539,950.00	\$502,500.00
January 2016	\$699,900.00	\$665,000.00
December 2015	\$1,067,450.00	\$975,000.00
November 2015	\$768,944.00	\$707,000.00
October 2015	\$625,000.00	\$620,000.00
September 2015	\$589,700.00	\$580,000.00

Last 12 Months Crescent Heights MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
August 2016	3	4
July 2016	6	3
June 2016	9	3
May 2016	4	4
April 2016	3	4
March 2016	10	3
February 2016	4	2
January 2016	3	1
December 2015	2	2
November 2015	5	2
October 2015	5	3
September 2015	5	2

To view the specific SOLD Listings that comprise the above
MLS averages please visit crescent_heights.great-news.ca

IN & AROUND CALGARY

October Fire Prevention Week. October 9-15th

Your Calgary Fire Department wants you to make time
to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know
firsthand that only a WORKING smoke alarm can alert
you. Smoke alarms that are older than 10 years old may
not work when you need them most, so check the date
on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10
years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year
batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your
home
- many smoke alarms will "chirp" when the battery is low
or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your
home escape plan. For additional information on escape
plans, visit Calgary.ca/CSPS/Fire

Please watch and share our new fire safety video with
your family:



Fire Safety Tips with Flint
<https://youtu.be/QbE3tCBzeY0>



DID YOU KNOW: that the first arriving Captain at a
building fire may have to make up to 200 decisions in
the first 5 minutes? The decisions start even before the
fire engine leaves the fire hall!

Calgary Fire Department. Yours for life.



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Start Fall Off On The Right Foot

By Paula Trotter
The Canadian Cancer Society, Alberta/NWT Division

Fall sees adults getting back to their regular routines at
work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent
of their waking hours. More of us work at a desk and
choose activities that involve a lot of sitting, like watch-
ing TV and playing games.

The problem with sedentary behavior is that it contrib-
utes to weight gain – and being overweight and obese
increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate
daily activity can protect you against colorectal, breast
and uterine cancers.

It's important to note, however, that you can still be at
an increased risk of developing cancer even if you do
exercise regularly, but then spend the rest of your day
sitting.

That's why you should take frequent, short breaks from
sitting – standing or moving for just two to three min-
utes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you
move more and sit less, both at home and your work-
place:

- If you haven't been physically active for quite a while,
ask your doctor to suggest activities that suit your age,
fitness level, and general health, as well as any activi-
ties you should avoid.
- Take hourly breaks from sitting at work. Set an alarm,
then stand up and stretch.
- Walk around or stand while you're talking on the
phone at work.
- Start an activity club at work. It can be as simple as go-
ing for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and in-
vite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park
with a group of friends and a Frisbee. Invite the neigh-
bours and their kids over to play ball hockey or basket-
ball. And don't just watch your kids play – join them in
games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk
each day.
- Walk or ride your bike to work; if you live too far to be
an active commuter, choose to park a few blocks away
and walk the rest of the way to your office.

*For more cancer prevention tips, please visit the Canadian
Cancer Society online at cancer.ca/prevention.*



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IN & AROUND CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm – 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/

IN & AROUND CALGARY

Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.



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Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



News from the Friends of Nose Hill

by Anne Burke

This year is North Haven's 50th anniversary. One of the seniors interviewed for a video said he led the committee of surrounding communities that lobbied the city for park status. As a result, we were asked for any information about Nose Hill, when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history and documents are posted on our website at www.fonhs.org. Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills because it was a winter grazing area for the buffalo herds, since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was

mostly used for dairy farms, while the plateau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the northeast corner of the city in the late 1950's. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950's, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed that they be allowed to develop a golf course on the top of the Nose Hill but this idea was rejected by the Calgary Planning Commission, because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960's to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced the propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the city, the foothills, and the mountains.

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Put Your Stamp on the Process

Times have changed since the first letter was sent in Canada in 1693. The postal service provided by Canada Post is no longer as dominant in our daily lives as it used to be. With cell phones, email, texting, paperless billing, e-transfers and courier services, Canada Post has seen its role in our daily lives diminishing annually since 2006. At the same time, an average of 169,000 new addresses are added each year to the existing 15.8 million existing addresses.

With more places to deliver mail each year and less mail being sent, this has had a dramatic effect on revenues and costs. Canadians need to take a good look at our postal system and figure out a way to make it both sustainable and affordable. It is a vicious circle - stamp costs increase to cover growing operating costs which, in turn, results in less mail being sent and revenue dropping even further.

However, we still have a critical need for a national postal system as many Canadians and businesses rely on it for many reasons. Last year alone, Canada Post delivered almost nine billion items to every corner of Canada.

The time has come for Canadians to look at the future of our postal system to ensure it is both sustainable and affordable for everyone. A review of Canada Post is now underway and you can participate.

Canadians are being asked to contribute their comments, concerns and, most importantly, their ideas on how we can achieve these goals. For example, the most common idea I have heard so far is the suggestion to make mail delivery every second business day. This would save money and the impact on the environment. Canadians are known for being a resourceful and creative bunch and I am sure there are many more ideas to come.

An independent Task Force is currently gathering facts and developing options for consideration. Next, a Parliamentary Committee will consult Canadians on the options and make recommendations to the Government on the future of Canada Post.

To share your input, please send your ideas to TPSGC.ExamendeSPC-CPCReview.PWGC@pwgsc-tpsgc.gc.ca, fax 1-844-836-8138, or even better, MAIL your comments to Canada Post Review, CP2200, Matane, QC, G4W 0K8. As your Member of Parliament, I am interested in knowing your views, and would appreciate being copied on your submission.

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As a large urban centre in a prosperous country, Calgary continues to mature and develop. To keep up with the pace of this perpetual growth, it is important for the City of Calgary to make investments in transportation infrastructure like streets and public transit.

Large projects like the Green Line LRT and the Crowchild Trail Study get most of the attention, since they will move many thousands of Calgarians across the city. It is important though that we don't forget about smaller investments that can make positive differences for local residents and their communities.

With this in mind, my staff and I joined the City's General Manager of Transportation and members of his team for a tour of Ward 7. The purpose of this tour was to identify small transportation issues in communities across Ward 7, and to begin working on solutions. We identified cer-

tain fixes that could be implemented quickly, as well as more significant projects for the future.

We noted instances where the design of various intersections made it less safe for all road users. One example was at 19 St and John Laurie Bv NW in Triwood, where higher visibility crosswalks and better lighting were identified to improve the safety of people walking through the area. In Sunnyside, we saw that a new crosswalk at Memorial Dr and 9 St NW would improve walking and cycling access to the Bow River Pathway and Downtown. Work on that crossing will be complete in Fall 2016.

We also noticed that several stretches of sidewalk along 16 Av NW, from Mount Pleasant to Banff Trail, were patch works of uneven concrete and asphalt. Weed maintenance was an issue as well. These are cosmetic issues that can improve an area by making them more pleasant and accessible for local residents. The weeding was quickly completed and sidewalk repair was identified as future work. Elsewhere along 16 AV, between Rosedale and Capitol Hill, we saw a need to improve awareness between those driving and cycling at the busy 10 St NW intersection. Inexpensive green conflict paint was soon added across the turn lanes as a result.

In areas seeing redevelopment, we noticed several instances of construction projects impeding access for people walking. In East Village, we found construction hoarding blocking entire sidewalks. This is a serious concern for a community with high numbers of residents with mobility challenges. The hoarding issues were quickly corrected and we secured a commitment from city staff to ensure that sidewalks are more consistently kept clear and safe during construction.

These are just a few examples of issues we identified. If you see concerns such as these in your community, be sure to call 3-1-1 or go online to www.calgary.ca/311. To learn more about this and other Ward 7 topics, visit www.druhfarrell.ca. To sign up for updates on key issues, please email ward07@calgary.ca.



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