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ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
Road Conditions – Calgary		
Weather Information	511	
Gamblers Anonymous	403-237-0654	

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THE CRESCENT VIEW

The Crescent View is published twelve times per year.

Newsletter Deadline:

6:00 PM 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 pm on the second Tuesday of the month and everyone is welcome to attend. To be added to the agenda, please email the Secretary at secretary@crescentheightssyc.ca at least 24 hours before the meeting.

President	Daniel Dang
Secretary	Kirstin Blair
Treasurer	Isabelle Jankovic-Hill
Communications	Danysha Harriott
Facilities	John McDermid
Planning	Dennis Marr
Traffic	Chandra Thomas
Special Events	Lisa Dare
Director at Large	Kyle Mitchell
Engagement	Jennifer Black
Parks	Simonetta Acteson
Membership Coordinator	Vacant

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[@chcayyc](https://twitter.com/chcayyc)

Facebook
<https://www.facebook.com/crescentheightssyc/>

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

Editorial Content DEADLINE
5th of each month
at 6:00 pm
for the next month's issue

OFF THE SHELF

Book review by Judith Umbach B.A., M.A., M.B.A.

FALLING BACKWARDS

BY JANN ARDEN



As I read the early chapters of *Falling Backwards*, I began to recall with fondness how it was to grow up in Calgary. In her writing, Jann Arden instills readers with the joy of running around the neighbourhood with friends, pulling pranks, getting into scrapes, and discovering oneself. From her first home, which was in southwest Calgary, the family moved to the still-rural Springbank, where Jann's propensity for pure fun shone through her seemingly minor adversities.

Jann was a joyful child who gradually encountered the difficult lessons that come in teenage years. She was frightened by the inevitable changes in her body and of the uncontrolled thoughts whizzing around in her hormone-drenched mind. Always up for a party, she was

surprised to find herself hiding away in the basement playing guitar and writing sad songs.

Sorely lacking in confidence, she taught herself to play from copying records. She avoided exposing her newborn talent even to her parents. That someone had to write the songs came as a surprise to her young self—a liberating moment for self-expression. Her talent escaped its confinement in the basement only at her high school graduation, where her parents and friends were stunned beneath their beaming smiles.

Breaking into the music business was not magic for Jann Arden. Without contacts, advice or confidence, she stumbled and failed repeatedly. Unable to find her niche in Calgary, she joined a dubious friend in moving to Vancouver where she had no support at all. Almost inevitably she slid into bad non-music jobs, bad living conditions and bad behaviours that made her ashamed of herself.

"Rehab" (her word) came in the form of the unexpectedly good choice of taking a job on a fishing boat. Over a month at sea, she gutted fish while clearing her body of alcohol and toxic thoughts. Miraculously not prone to sea-sickness, she discovered the glory of nature and salty sea air. The respite from her failures let her find a more productive path to the artistry she gives to the world today. This November, Jann Arden received the Bob Edwards Award from the Calgary Public Library, recognizing her writing and her leadership in Canada.

Judith Umbach was born and raised in Calgary. After graduating from Crescent Heights High School, she studied at university and worked as a manager in information technology at The City of Calgary. A life-long reader, Judith was appointed to the Calgary Public Library Board 1996 and is currently a member of the Calgary Public Library Foundation Board. In 2015 the Calgary Public Library named a branch in her honour.

BUSINESS DIRECTORY

Are you part of a business, service, collective or organization in Crescent Heights?

THE COMMUNITY ASSOCIATION WANTS TO GET TO KNOW YOU!

We are putting together a Crescent Heights business and service directory. This directory is part of our asset mapping process and it will be a useful tool to help our community support local businesses and organizations. If you are interested in being included or if you have any questions please contact kirstin@crescentheightssyc.ca

WE ARE LISTENING! TELL US ABOUT YOUR NEIGHBOURHOOD

Jennifer Black, CHCA Board of Directors

We want to know more about how you feel about the community. Please complete this brief survey for a chance to win a \$10 gift card to a local business in the community of your choice. Scan or photograph your response and send to jennifer@crescentheightsyyc.ca, fill it out online at crescentheightsyyc.ca, or mail it to us at 1102 2nd Street NW.

I know the names of at least two neighbours I could contact in case of an emergency:

True / False

On a scale of 1-10, (1 = strongly disagree, 10 = strongly agree), please rate the following statement:

I feel safe in my community.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, (1 = strongly disagree, 10 = strongly agree), please rate the following statement:

I feel connected to my community.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, (1 = strongly disagree, 10 = strongly agree), please rate the following statement:

I feel proud of my community.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, (1 = strongly disagree, 10 = strongly agree), please rate the following statement:

My community brings me joy.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, (1 = strongly disagree, 10 = strongly agree), please rate the following statement:

My community is inclusive.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, (1 = strongly disagree, 10 = strongly agree), please rate the following statement:

I can easily access all my everyday necessities (e.g. work, shopping, transit, leisure).

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, (1 = strongly disagree, 10 = strongly agree), please rate the following statement:

I can envision myself raising a family and/or growing old in Crescent Heights.

1 2 3 4 5 6 7 8 9 10

Please provide additional information to elaborate on your responses and tell us what could be done to improve the community based on the criteria above: _____

Name: _____

Contact info: _____

Thank you for taking the time to share your thoughts.

WANTED VOLUNTEER COORDINATOR

Volunteering does not just happen! We have much on the go at the CHCA right now and we have realized that we need to consider and coordinate how and when we will engage volunteers. Our hope is that our new Volunteer Coordinator position will play a vital role in driving our volunteer management program and becoming the main point of contact for our volunteers. Appointing a volunteer coordinator recognises the importance of volunteers to our community, and helps our volunteers feel satisfied that they are making an important contribution.

What does a volunteer coordinator do?

1. Recruitment and selection

- Working out how many volunteers are needed and for what roles
- Developing position descriptions for each role
- Planning how and where to recruit volunteers and posting adverts
- Interviewing volunteers
- Planning for volunteer retention and replacement
- Developing policies and procedures.

2. Orientation

- Developing an orientation kit, volunteer handbook or introductory programs
- Presenting or managing the orientation for all new starters

3. Rewards and recognition

- Developing ways to recognise and reward volunteer efforts
- Promoting the recognition program
- Managing volunteer communications such as social functions, newsletters or social media.

4. Management

- Helping volunteers feel welcome and supported
- Looking after the volunteer database and records
- Planning and goal setting
- Rostering and organising volunteers
- Delegating projects and tasks

This volunteer role is a chance to meet other engaged residents in the community and for someone with great organizational and people skills to give back in a leadership capacity. Interested? Please contact jennifer@crescentheightsyyc.ca.



Crescent Heights High School Bottle Drives

Please bring your bottles/cans every second Saturday during the school year (except January), to the NW corner of the school between 10am-noon. Thank-you very much!

We're social! Join the conversation & connect with us!

Got a fear of missing out? For insider information, exclusive news, community events, and great conversations, find us on Twitter, Facebook, and sign up for a membership to receive our digital newsletter.



facebook.com/crescentheightsyyc



[@chcayyc](https://twitter.com/chcayyc)



crescentheightsyyc.ca/membership/

HELP WANTED

We need a new Membership Secretary before the end of December. Our Membership Secretary, Alison Martin, wanted to step down last year. She has been soldiering on while we find a replacement but alas, no one has come forward. After seven years of excellent service, Alison is really leaving this time. For this very important position we are looking for someone who is organized, pays attention to detail and can work independently. Does that describe you? Can you volunteer an average of 4-6 hours per month?

Here is what is involved: The current membership list is maintained in an Excel spreadsheet. The membership secretary emails or mails the renewal notice to members a month before membership is due. Once the new or renewed membership payments are processed by the treasurer, they are forwarded to the Membership Secretary who updates the spreadsheet, applies a new

number for the current year, creates and issues a new membership card and mails or delivers the card to the member.

We would like to update and automate the process, so if you are computer savvy and want to update the process, this would be a bonus!

If you are interested or want to know more, please email us at info@crescentheightsyc.ca with "Membership Secretary" in the subject line.

GOODBYE TO ANN PRODEN

Long time resident Ann Proden passed away on September 26, 2017 at the age of 99. We extend our condolences to her brother Robert and all her family. Ann was a long time volunteer who delivered the newsletter for many, many years in East Crescent Heights, perhaps as long as there was one to deliver. She was still on the volunteer list in 2015 when we changed to mail delivery.

By Dennis Marr, CHCA Board of Directors

During the fall, there have been fewer development permits to review compared to the other seasons. The permits that we review are still subject to approval by the City so we do not report them in the newsletter. The City's approval is given once all the feedback from interested parties has been assessed and the developer has agreed to modify, if necessary, the development plans.

Once approval is obtained for residential permits, the development generally begins soon thereafter. For commercial properties the process is more complicated. Commercial developers may postpone or terminate the approval process for a variety of reasons such as it being costly to implement the feedback from interested parties, or the economic conditions have changed making the project less profitable. Our committee has reviewed some projects that if built will add vibrancy to our community, but the permit approval process has stalled, been terminated or the developer has decided to wait for an appropriate time before pushing forward. These include



a major development on the Tigerstedt property on Centre Street, a condo on 15th Avenue NE and a large condo/commercial complex on the site of the old car wash at Edmonton Trail and 1st Avenue NE. Hopefully, something will be built on these sites in the near future.

While experience is not required, if you would like to join our Planning Committee, or are an architect, engineer, technician, designer or just plain interested in this area please contact me at planning@crescentheightsyc.ca. We meet the first and third Tuesday of each month at 7pm.

Proud to serve your community.

YOUR CITY OF CALGARY

Your City Section brought to you by The City of Calgary

What's happening	More info	
The holidays are a joyful time for many who include their pets in the festivities. For seasonal pet safety tips, visit calgary.ca/animalservices .	Calgary.ca/Animal Services	Stay connected! facebook.com/cityofcalgary twitter.com/cityofcalgary calgarycitynews.com
Be a Snow Angel. When you clear your walk - clear a neighbour's at the same time. It helps people get around and makes a community proud!	Calgary.ca/SnowAngels	
The pathway across the Glenmore Dam was closed to the public on September 30, 2017, and then until the work is complete in 2020.	Calgary.ca/Glenmore Upgrades	
Learn about The City's accessible programs including accessible transportation, accessible recreation facilities and classes, assisted listening devices and much more.	Calgary.ca/Accessibility	

**CRESCENT HEIGHTS
COMMUNITY
PLAYGROUP**

**2nd and 4th Thursday
From October to June
10:00 AM TO NOON**

Community run Parent and Tot Playgroup at the CHCA for newborn babies and children up to 4 years old. Informal gathering, bring toys, blanket for the floor, and snacks!

**THERE WILL NOT BE A PLAYGROUP ON
DECEMBER 28.
Happy Holidays and Season Greetings!**

*Crescent Heights Community Centre
1101 - 2 St. N.W.
CONTACT: RIE MACINTOSH
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ARTISTIC &
AUTHENTIC
JAPANESE COMFORT
FARE IN THE
HEART OF
CRESCENT HEIGHTS



RESTAURANT REVIEW

By Jennifer Black, CHCA Board of Directors

The CHCA Engagement Committee met October 26 at Shikiji restaurant, and the food was incredible! I ordered the Nabeyaki Udon, and it was hands-down the best udon I have ever had. A steaming, artfully-arranged hot pot arrived crammed with silky shiitake and enoki mushrooms, meaty imitation crab, a creamy soft-poached egg, lots of chewy, soft udon noodles, and topped with beautifully-waving bonito flakes. The dish had loads of umami thanks to the delicious udon soup broth. An appealing variety of crunchy tempura was served on the side to ensure it stayed crispy – perfect for dipping!

The menu includes a variety of appetizers, the ramen they are especially famous for, tempura, rice dishes, and rolls. We're so lucky to have this little gem right in our community. I've had many people tell me they have come from far and wide to enjoy this restaurant, and I couldn't believe it took me so long to get there. Now that I've tried it, I will definitely be back soon!

The Engagement Committee meets every month on the fourth Thursday at 7:30. Our goal is straight-forward: "to improve the quality of life in Crescent Heights". We hope to accomplish this by working with local groups, businesses, and citizens to develop and encourage programs and placemaking activities, and also supporting social and cultural development in the community. We are focused on developing a number of community association-led initiatives while also empowering and supporting residents to pursue their own projects and initiatives to better the community. Interested? Anyone is welcome to join our meetings or propose an idea. We "practice what we preach" and make the meetings fun by exploring a new local business in our community at every meeting. Email me at jennifer@crecshentheightsyyc.ca to find out the location of our next meeting and join us!





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/>.

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

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)

**Purchase membership online at
www.crescentheightsyyc.ca/membership/**

Names : _____

Address : _____ Postal Code: _____

Phone : _____ Email : _____

Yes, send me community emails

New Membership Renewal Date _____ Amount Enclosed \$ _____

DECEMBER

CHCA Activities and Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Iyengar Yoga 10am-11:30am Level 1-2-3	2
3 Iyengar Yoga 10am-11:30am Level 1-2-3 Gentle/Level 1 11:45am-1pm CHCA Family Holiday Party 1 to 4 pm	4 Seniors fitness 10-11am Iyengar Yoga Beginners 6-7:15pm Level 1 Fundamentals Level 1-2, 7:30-9pm	5 Iyengar Yoga Basics + Beyond 10-11:30am Level 1-2 CHCA Planning 7:00pm	6 Taoist Tai Chi 7-9pm	7 Iyengar Yoga Basics + Beyond 5:30-7pm Level 1-2 Zumba 7:30pm	8 Iyengar Yoga 10am-11:30am Level 1-2-3	9
10 Iyengar Yoga 10am-11:30am Level 1-2-3 Gentle/Level 1 11:45am-1pm	11 Seniors fitness 10-11am Iyengar Yoga Beginners 6-7:15pm Level 1 Fundamentals Level 1-2, 7:30-9pm	12 Iyengar Yoga Basics + Beyond 10-11:30am Level 1-2 Board Meeting 7:30pm	13 Taoist Tai Chi 7-9pm	14 Playgroup 10am-noon <i>Last play group until January</i> Iyengar Yoga Basics + Beyond 5:30-7pm Level 1-2 Zumba 7:30pm <i>Last Zumba until January!</i>	15 Iyengar Yoga 10am-11:30am Level 1-2-3	16
17 Iyengar Yoga 10am-11:30am Level 1-2-3 Gentle/Level 1 11:45am-1pm	18 Seniors fitness 10-11am Iyengar Yoga Beginners 6-7:15pm Level 1 Fundamentals Level 1-2, 7:30-9pm	19 Iyengar Yoga Basics + Beyond 10-11:30am Level 1-2 CHCA Planning 7:00pm	20 Taoist Tai Chi 7-9pm	21 Iyengar Yoga Basics + Beyond 5:30-7pm Level 1-2	22 Iyengar Yoga 10am-11:30am Level 1-2-3	23
24 Iyengar Yoga 10am-11:30am Level 1-2-3	25 Merry Christmas	26 Iyengar Yoga 10-11:30am Level 1-2-3	27 Iyengar Yoga 10-11:30am Level 1-2-3 Taoist Tai Chi 7-9pm	28 Iyengar Yoga 10-11:30am Level 1-2-3	29 Iyengar Yoga 10-11:30am Level 1-2-3	30 Iyengar Yoga 10-11:30am Level 1-2-3
31 Iyengar Yoga 10am-11:30am Level 1-2-3	1 Happy New Year!					

Rejuvenate with Iyengar Yoga. Classes for all levels. Please contact us for details: 403-457-4070 or www.calgaryiyengaryoga.com

Playgroup is the second and fourth Thursday of October from 10am – 12pm.

For more a more detailed Hall Calendar and for event & activities contact information please visit: <http://crescentheightsyyc.ca/hall-calendar/>

Who are the People in our Neighbourhood

A new recurring column to profile people in our community, we hope it gives you a brief snapshot of the interesting people that live amongst us.

The power of words. Elizabeth Stady knows all about how communication through words can empower and change an individual and a community. She has been The Crescent View editor for almost ten years. "I like writing, I love reading!"

Elizabeth has a major in Communications with a minor in English from the University of Calgary and an additional two -year diploma in Public Relations from Mount Royal College/University.

Using her talents to give back, Elizabeth has held numerous volunteer positions over the years. "I am a believer in volunteering and giving back to my community". Her first experience writing a newsletter was over 20 years ago for a small ski club (featuring people with special needs). Elizabeth would arrive diligently at Canada Olympic Park every Friday night to write their news to share with the skiing community and to acknowledge their efforts.

Elizabeth grew up in Lake Bonavista (leaving briefly to return to Winnipeg where she was born), attended Lake Bonavista Elementary, Nickle Junior High and Dr. E.P. Scarlett High School. During those years she was active in track and field, competitive ski racing and playing basketball. Her active life style continued as an adult playing in a women's soccer and basketball leagues. One of her very best friends from her childhood is her ski partner and they have spent countless hours on the slopes together. It is a rare gift in life when you can still surround yourself with friends from your childhood and Elizabeth has been able to do just that.

Elizabeth is a strong, confident woman who is not afraid to make a stand for what she feels is important. The name "Elizabeth" was originally her middle name. She made a significant change in her late 20s that was a shift in her identity. Soon after her 'Grandma Elizabeth' died, she chose to use her own middle name going forward.

This was an opportunity to honor her namesake and move forward with a name with which she felt more connected.

More of the stereotypical first-born traits resound with Elizabeth (leadership and responsibility). She is the oldest of three girls and the sisters are "tight". Together they braved the experience of losing their mom to breast cancer when she was too young (her early 50s).

Elizabeth met her husband in Calgary in 1995. Paul was born in Malta and lived in multiple places in Europe while he was growing up. Amidst these exotic locations was a time in Whitecourt, Alberta! Paul's academic journey is an entire other profile (private boarding school, philosophy degree, fine art's degree and an architecture degree). For 20 years, he has been self-employed as an architect and just recently joined a company as a full-time consultant. Elizabeth said that she and Paul "did everything backwards". They met, dated for five years, bought a house together, got a dog and then got married. Their precious dog Nico walked around the streets of Crescent Heights for almost fifteen years and died in 2016.

Elizabeth's father worked with the T. Eaton Co. when she was a little girl and later became involved in the real estate business. He instilled in his three daughters the importance of owning property. Trusting that wise advice, Elizabeth and Paul found themselves, on a cold and dark November evening in 2000, already having visited six properties that day. Their real estate agent had one



more house to show them in Crescent Heights on 6th Avenue close to Rotary Park.

This was the home that captured their hearts. "We wanted a home with character that was close to downtown with a fireplace and hardwood floors". This century home ticked off all the boxes. And luckily "no one had done any bad 80s glass block renos". Having grown up in south Calgary, it was hard for her to imagine having a northeast address, but this house won them over. They moved in the beginning of February 2001.

For almost thirty years, Elizabeth has worked in the oil and gas and banking industries. Living in our inner city Crescent Heights, Elizabeth has walked to and from work a lot. "Right now, my office is a 17-minute walk in the morning and then a 22-minute walk at the end of the day because of the hill!"

Paul and Elizabeth have travelled the world, but this self-described "nitty gritty city girl" loves coming back to their cozy 1912 home with the wrap around porch and the iconic turret. There is no other house in Crescent Heights like it and it is home.

'Who are the People in our Neighbourhood?' Our community is rich in life experiences and stories to be told. Please suggest other neighbours whose stories we would like to hear. Send to jacelynbenner@icloud.com.

"People think that stories are shaped by people. In fact, it's the other way around." – Terry Pratchett



Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or 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);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Crescent Heights PHOTO CONTEST



Can you identify the location of these landmarks? Each one of these landmarks is located somewhere within our community. Email your answers to info@crescentheightsyyc.ca by December 31st. Each correct answer awards you an entry into our prize draw. The winner will be contacted via email in early January. Thank you to Brian Hohm for the wonderful photographs.

Good luck!



OCTOBER

Photo Contest Results:

- Crazy Fence - 2 Street & 15 Ave NW
- Frozen River - Sculpture in Rotary Park
- Dragons Guarding Produce - 15 Ave & Centre B St NW

Thanks to everyone who participated in the October contest. Kat Dornian, Judy McIvor, and Dave Dearborn successfully guessed all three photo locations. Congratulations to Kat Dornian for winning the contest. Keep searching and guessing.



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GREAT NEWS PUBLISHING 28 YEARS

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Northwest Territories & Nunavut

Who Am I?

Plentiful am I in the land of ice and snow,
 One of many thousands, with many miles to go.
 Navigating rivers, a multitude of foe,
 To thunder 'cross the tundra where the warm winds blow.

Cloven-hoofed am I in the land of snow and ice,
 My crown of velvet antlers is staggering in size.
 Home again we journey beneath the arctic sky;
 Think how quickly we'd be home if only we could fly!

White-tailed Deer

Caribou (Reindeer)

White-tailed Jackrabbit

Turn page upside-down for answer!

© Rosemary Geil, 2017

Compliments of the Friends of the Boumont Natural Environment Dark Area

CRESCENT HEIGHTS COMMUNITY HALL
1101 - 2ND AVE NW



SENIOR'S FITNESS

- Starts September 11 2017
- Mondays 10am-11am
- Crescent Heights Hall (1101 2nd Street NW)
Free!

All welcome. Membership required
*No class Nov 13, Dec 25, Jan 1.

Crescent Heights Hall 1101 2nd Street NW

For more info call 403-774-7245 or email
hallrentals@crescentheightsyyc.ca

Teacher: Marianne
Marianne has 15 years experience, she teaches senior's classes, aquacise and yoga. She loves to help people improve their health by becoming more physically active.

Low impact fitness for all ages
Get active in a fun, relaxed, community environment



Call 403-774-7245 or email hallrentals@crescentheightsyyc.ca for more information.

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STICKY STREETS



By Jennifer Black, CHCA Board of Directors

"Good cities know that streets move people, not just cars. Great cities know that streets are places to linger and enjoy." – Brent Toderian

Walking, biking, and transit all take up much less space and public cost compared to driving, so emphasizing these people-powered modes make our streets much more efficient at moving people—with limited space and budgets, this is certainly important, but it's imperative to remember that streets are not just for moving through; they're also for people to linger and enjoy.

Streets are people-places, and therefore things that slow down the pace of someone walking are the same things that make a street great. Patios, food trucks, seating, street performers, trees, public art, attractive store windows, and front porches all contribute to making a street more "sticky". A sticky street entices you to slow down and linger as you move through it. It's filled with opportunities that seduce you to stop, watch, smile, enjoy and interact.

One of the most valuable things to measure and count on a street is how long people stay. People staying in turn improves walking, cycling, and transit, as there are few things that make walking, biking, or waiting for the bus safer and more enjoyable than the presence of other people sitting and enjoying the street.

The kinds of things that make a street sticky include:

- No blank walls!
- Windows with something active and/or interesting inside
- Lively patios for people-watching (patios need not be limited to summer! Copenhagen has lovely winter patios complete with blankets).
- Lots of casual seating and informal food opportunities such as food carts and trucks.
- The right combination of sun, shade, wind protection,
- Things to look at and engage with, such as public art (preferably interactive)





Plan for the Expected – but Prepare for the Unexpected

By Toddye Kam, CFP®, CFA

To enjoy a comfortable retirement lifestyle, you'll need to have adequate financial resources in place. And that means you must plan for the expected — but prepare for the unexpected.

In planning for the “expected” aspects of your retirement, consider these factors:

Your vision of your retirement lifestyle

What do you want to do during your retirement years? Spend more time with your family? Volunteer? Open your own business? Your expectations of your retirement lifestyle will dictate, to a large extent, your savings and investment strategies.

Your expenses

Once you've established a vision for your retirement lifestyle, you can begin to estimate the expenses you expect to incur during your retirement years.

Your income

You will likely receive income from a variety of sources: government benefits, pension, part-time employment and your investments, such as your Registered Retirement Income Fund (RRIF), locked-in plans,* company retirement plan, Tax-Free Savings Account (TFSA) and any investment accounts you may have. You'll need to estimate about how much income all these sources could provide.

Your withdrawal rate

If your investments are going to provide a significant part of your retirement income, you need to carefully manage annual withdrawals from your portfolio. Your withdrawal rate plays the biggest role in determining the sustainability of your spending strategy. In other words, it is key in helping to ensure your portfolio provides for your needs as long as you need it.

Your portfolio reliance rate

Secondary to your portfolio withdrawal rate, the portfolio reliance rate indicates how much you rely on your portfolio to provide income. For instance, if you will

need \$50,000 per year in retirement, and \$30,000 will come from your portfolio, your reliance rate will be 60% (\$30,000 divided by \$50,000). Your reliance rate will help determine how sensitive your strategy might be to outside events, such as market fluctuations.

While you need to be familiar with these expected elements of your retirement, you also must be prepared for the unexpected aspects, such as these:

Living longer than you expect

How long you can expect to live is somewhat of a mystery. If you were to live longer than you anticipated, would you be financially prepared? To help make sure your money lasts throughout your lifetime, you may need to consider investments that can provide you with a lifetime income stream. And your longevity will obviously also affect your annual portfolio withdrawal rate.

Inflation

At an average inflation rate of 3%, your cost of living will double in about 24 years. That's why, even in retirement, you will need some growth-oriented investments such as quality stocks to ensure you can maintain your desired retirement lifestyle. But if the unexpected happens, and inflation takes off at a much higher than average level, you may need to consider a greater amount of investments that offer the potential for rising income.

Market declines

It is critical to prepare for unexpected market declines, as this can affect the health of your portfolio and can also affect your ongoing withdrawal rate. It is important to either budget for this by being more flexible with spending (and possibly withdrawing less) or consider insuring against this risk by using an immediate life annuity to provide you with a guaranteed income stream.

By positioning your investment portfolio for both the expected and the unexpected, you can go a long way toward enjoying the retirement lifestyle you seek. So, plan ahead — and make the necessary adjustments as time goes by.

Come and Celebrate Christmas at Wild Rose United Church!

We are located just off of
Centre Street at 1317 1 Street NW|

For more information on any of the below programs please call our office at 403-277-5576 or visit www.wildroseunited.ca

Wild Rose Family Christmas Concert

Sunday, December 3, 7:00pm

Come and hear your favorite Christmas music, sing a carol, listen to a new Christmas story. Nursery available. Seasonal refreshments will be served.

Wild Rose United Church Youth Fundraiser Cookie Walk

Saturday, December 9, 11:00- 1:00 pm
\$20.00 for a provided bucket you fill with delicious homemade cookies.

Community Family Christmas Sing-along

Wednesday, December 20, 7:00pm

We welcome our neighbors, friends and members to a carol sing. Sing your favorite carols! Nursery available. Seasonal refreshments will be served.

Christmas Eve Services

December 24, 10 am -
Final Week of Advent Worship Service

December 24, 7 pm -
Family Christmas Eve Service

December 24, 10 pm -
Candlelight/Communion Christmas Eve Service



The Women's Centre: December Workshops and Events

Special Events:

Solstice Lunch | WEDNESDAY,
DECEMBER 20 (11:30-1:30PM)

Come join us for lunch to celebrate the end of the year! Bring a dish to share or just bring yourself.

Workshops:

Bingo Night | TUESDAY, DECEMBER 5 (6-8 PM)

Join us for an evening of Bingo for fun! No entry fees, one card per person per round, small gag gifts as prizes.

Knitting Circle | THURSDAYS,
DECEMBER 7 & 14 (6-8 PM)

Come and pick up needles and hooks to learn the basics of knitting and crochet. Experienced and beginners welcome; we will cover all you need to know to make your own project that will keep you warm this winter! If you have a project started already, bring it along and share knitting secrets over a cup of coffee!

Colouring | MONDAYS,
DECEMBER 11 & 18 (1-3 PM)

We're making greeting cards! Create a collection of cards to spread some cheer over the holidays. Examples will be available for inspiration, and all supplies will be provided.

Card Making | TUESDAY,
DECEMBER 12 (6-8 PM)

We're making greeting cards! Create a collection of cards to spread some cheer over the holidays. Examples will be available for inspiration, and all supplies will be provided.

UPDATES:

Holiday Programs Donations Needed

As you begin to make plans with our family and friends to get together over the holiday season, make sure to include the Women's Centre on your list.

The Toy Room is a program that happens every December and is accessed by thousands of women to provide gifts for their children. These gifts are generously donated by our community and lovingly wrapped by our volunteers. Help us make the holidays brighter for women in our community and their families by getting involved! You can organize a toy drive at work or volunteer in our Toy Room. Visit our website at <http://www.womenscentrecalgary.org/celebrating-the-holidays/> for more information.

The Women's Centre Closes for the holidays on Thursday December 21st at 12 pm and will re-open on Tuesday January 2nd at 9:30 am.

For questions and to register call 403-264-1155 or email rsvp@womenscentrecalgary.org. All workshops are free, and supplies are provided. Workshops are open to anyone who identifies as a woman. No children in workshops. Workshops take place at 39 – 4th Street NE.

HISTORIC CALGARY



Dinny the Dinosaur at the Calgary Zoo.

Dinny the Dinosaur, constructed 1935 – 1300 Zoo Rd. N.E., Bridgeland/Riverside

Dinny the Dinosaur is a concrete brontosaurus sculpture that was built at the west end of St. George's Island in 1937. The model is twelve metres tall and thirty-six metres long, and it weighs 110 tonnes. It is the only remnant of the Calgary Zoo's original Natural History Park that was conceived and developed during the Great Depression. John Kanerva (1883-1974), a Finnish-born artist, designed and built most of the park's fifty-six sculptures. With the park's official opening in 1937, the zoo was renamed the Calgary Zoo and Natural History Park. The Zoo dismantled the prehistoric park in 1983, and apart from Dinny, all of the sculptures were destroyed. An updated Prehistoric Park with new sculptures of dinosaurs and other prehistoric creatures opened at the north end of the zoo in 1984.

Dinny the Dinosaur is the sole remaining in-situ sculpture of the original Dinosaur Gardens; the first of its type in North America. It is constructed of hand-formed concrete placed on a steel and wire mesh armature with a hollow interior cavity. It was/is highly visible and became the symbol of Calgary being superseded by the Husky Tower in 1968.

Calgarians were interested in natural history long before the zoo opened its Natural History Park in 1937. Beginning around 1912, American paleontologists like Bar-



Prehistoric model dinosaur at the Natural History Park, date unknown

num Brown and Charles H. Sternberg and his sons began excavating dinosaur fossils in the nearby Badlands along the Red Deer River. In 1912, a group of citizens formed the Calgary Natural History Society, and from 1914-27 this group maintained a natural history museum in the basement of the Court House. The Society then sold its collection to the City of Calgary, and from 1928-35 the City operated the Calgary Public

Museum on the main floor of the North-West Travellers Building. The museum's natural history component included a fossilized dinosaur skeleton. In 1928, Dr. Charles M. Sternberg of the Geological Survey of Canada (and son of Charles H. Sternberg) presented a public lecture and film on "Hunting Dinosaurs in the Bad Lands of Alberta" at the Grand Theatre. At an unknown date in the mid to late-1920s, a Calgary cinema showed *The Lost World* (1925), a film adaptation of Sir Arthur Conan Doyle's 1912 adventure novel about dinosaurs that survived into the twentieth century. John Kanerva saw the film and cited it as the source for his lifelong interest in dinosaurs.

Article and photo provided by Discover Historic Calgary via calgary.ca. Additional photos via City of Calgary Archives - Alberta on Record, albertaonrecord.ca.



John Kanerva with one of his creations and some park visitors at the Natural History Park on St. George's Island, date unknown.

THE 2018 MOTORCYCLE SHOW BMO CENTRE, JANUARY 5 – 7

This event is the Canadian motorcycle and ATV industries' official showcase of all the new 2018 makes and models of motorcycles, ATVs, scooters and side-by-sides. It will feature the latest products, services and accessories direct from the manufacturers, and many additional attractions as well: SHE Rides, an extreme MX Freestyle Show, the Yamaha Riding Academy for kids ages 6 through 12, a large number of retailers, riding clubs and associations, informational displays, charity rides, celebrity racers and prize giveaways. More info: calgarymotorcycleshow.ca.



INSTRUMENTAL SOCIETY OF CALGARY PRESENTS CANADIAN IMAGES – ST. STEPHEN'S ANGLICAN CHURCH, JANUARY 21

Ensemble Resonance is Calgary's oldest professional chamber ensemble. Specializing in Canadian repertoire, the ensemble is dedicated to performing works which integrate acoustic and electroacoustic music with multimedia elements. The group recently performed the programme in New York's famed Carnegie Hall and it features works with a local connection including Roberta Stephen's Pisk and Allan Gordon Bell's A Great Arch Softening the Mountains. More info: instrumentalsociety.ca.



VIEW FROM ABOVE WITH ASTRONAUT TERRY VIRTS. JACK SINGER CONCERT HALL, JANUARY 21 & 22

Sometimes, a little distance is all you need to see things in a brand-new way. For astronaut Terry Virts, his newfound perspective was from the International Space Station (ISS), where he installed the Cupola module, granting an unprecedented 360-degree view from the station. When he later became the commander of the ISS, he made good use of the Cupola, taking more photographs than any astronaut who came before him. Learn about Virts' time in the cosmos from the man himself, and the perspective on earth that this experience provided him. More info: artscommons.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Functional English Conversation Classes – Genesis Centre, Jan 3

The Functional English Conversation Classes Project addresses the basic language needs of newcomers in navigating the Canadian society. These free classes focus on listening and speaking and help newcomers practice English conversation in an informal setting, as well as focussing on practical life skills and tools required to successfully integrate in Canada. Open to 18+ permanent residents only. More info, call Sonia Sehgal at 403-999-9642.

Training for Increased Performance, Bow Cycle Seminars – Bow Cycle & Sports, Jan. 11

Training for endurance sports seems easy enough—ride more, swim more or run more. Concepts such as crash training, polarized training, block periodization, fast-ing sessions and nutritional periodization have been researched as new methods for endurance athletes and coaches to integrate into their programs for stimulating adaptations and breaking training monotony. Learn more about these advances in training methods at this free event. The speaker is Jack VanDyk, MKIN, 3433 Sport Performance. More info: bowcycle.com.

I Am Light, Youth Justice Conference – Encompass Partnerships, Jan. 13

CHILL is hosting a one-day youth conference to educate, equip, and empower students in grades 7 to 12 on the topic of injustice, with a special focus on sexual exploitation. Come and meet new friends, learn about the subject and about how Calgary is working to support those being impacted, and how you can be involved in stopping injustice in your city. More info: eventbrite.ca/e/i-am-light-youth-justice-conference-tickets-35792966727.

Empire of the Son – Alberta Theatre Projects, Jan. 16 – 28
Presented as part of the High Performance Rodeo, Empire of the Son is a funny and poignant autobiographical one-man show by former CBC broadcaster Tetsuro Shigematsu about his rocky relationship with his emotionally reserved father. Through visually striking live, cinematic vignettes, Shigematsu re-enacts moments from his father's incredible personal history, from the ashes of Hiroshima to swinging 1960's London. More info: atplive.com/whats-on/empire-of-the-son/.

HOME GARDENING WITH BARBARA



Cyclamen & Kalanchoe

By Barbara Shorrock



As we approach the holiday season I have gifts on my mind. Gardener friends are easier to buy for than non-gardeners, in my experience, as they are usually pleased with a live gift. As for myself, if it is colourful and lasts a few weeks, I am delighted. It being Christmas soon, our choices are not limited to the always popular Poinsettia (now available in an amazing array of shades), Christmas cactus and Amaryllis bulb (also available in many shapes and colours). This year I will be in search of flowering plants not so seasonal, but beautiful nevertheless.

Cyclamen persicum, also known as Florist's cyclamen, are available in stores and garden centres and make lovely gifts. Varieties range from mini to medium to very large; colours range from pure white through all the warm shades of pink, fuchsia and red. The blooms stand up perkily above the foliage (roundish or heart shaped leaves, with attractive patterns) and bend over to look down. Choose one that looks healthy and has many unopened buds. Like so many of our house plants, the original cyclamen grows wild in the Mediterranean countries, and have been hybridized for our indoor enjoyment. In their natural home, they grow on hillsides among rocks, coming into bloom in the cooler months of winter and spring, and going dormant during the heat of summer and fall. Ours have been forced into bloom for our convenience by controlled environments in greenhouses. As long as you respect their need for a cooler space with light (no hot sun), and good drainage, your plant should be happy for weeks and even months. A tray with rocks and water for humidity is always appreciated, but do not let the pot touch the water. When quite dry, soak the pot in a few inches of water, allowing it to rehydrate, drain, and replace in its bright location. Watering from the top is risky as the concave top of the corm will rot if it gets wet too often. Your cyclamen will

automatically go dormant when it has finished blooming, its leaves turning yellow, and no new growth in evidence. This is perfectly normal—you didn't kill it. Many people now discard it and move on to something else. If you are determined to rejuvenate it, however, you must put it (pot and all) in a cool dry place and pretend it is under a Mediterranean rock for a few months. In the fall, lift the corm, repot it in good potting soil and begin watering again. I haven't done this, but the books say it is possible.

Kalanchoe bossfeldana (cousin of the Jade plant) is a low maintenance succulent. Unlike the cyclamen who wants to be cool, kalanchoe thrives in a warm sun-filled window. No humidity tray is needed, just water when dry and thoroughly drain. Succulents are more often killed by too much water than by too little. Clusters of blooms (white through yellow, orange and red) on upright stems will last for months, and if you want to try a second time, water less for a few months and give it a rest. The experts say you must do the "dark closet" thing for 12 hours a day to trick it into thinking the season has changed (kalanchoe, like poinsettia and Christmas cactus are photoperiodic plants); I have found, though, that our change of daylight hours at this latitude does the job without any closets involved. You just need to accept that the plant will bloom on its own schedule, not yours. My Christmas cactus are all in full bloom in October and November, despite their name. (I have seen them called "Holiday Cactus" in some places—a more appropriate label.)

In search of a friendly garden club? Queensland Garden Club meets the first Wednesday of each month at the Queensland Community Centre at 7:00 pm.

All are welcome, and we don't care where you live.



Can Fish Whirl—Chase Their Tails, Upside Down, and All Around?

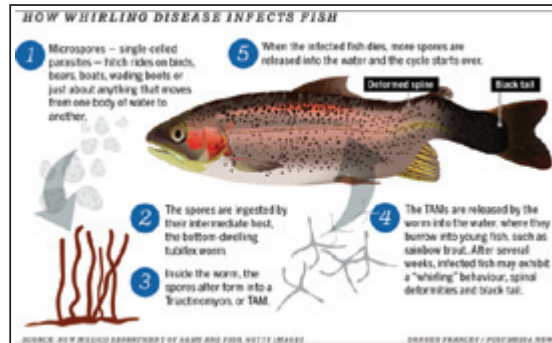
Yes, fish can whirl but it is not a treat-worthy trick as it might be if your dog is a proficient whirler.

Whirling disease is a disease that affects trout including brook, bull, brown, cutthroat and rainbow trout as well as mountain whitefish and salmon. It is caused by a microscopic parasite called *Myxobolus cerebralis*. This parasite requires two hosts to complete its life cycle and become a threat: a healthy trout or mountain whitefish and a Tubifex worm which is found in the sediment of water bodies

Here's how it works. The parasite hitches a ride on birds, bears, wading boots, boats, and fishing equipment from one body of water to another. It is then ingested by the bottom-dwelling Tubifex worm. Within the worm the parasite transforms into an alternate form called Triactinomyxon (TAM). The TAMs are then released by the worm into water, thereafter, finding juicy young trout in which to burrow. Once inside the fish the TAMs attack the cartilage near the spine that can result in a blackened tail, spinal deformities, a loped nose and/or a whirling swimming pattern.

Where is the disease? Whirling disease in Alberta was first confirmed in August 2016 at Johnston Lake in Banff National Park. Since then whirling disease has been confirmed in the Oldman and Bow River Watershed **including the Lower Elbow River in Calgary, November 2016.** In the United States whirling disease was first observed in the 1950s in the northeastern states. Since the 1990s the disease has spread to the western states including Montana.

Fish concerns. The concerns are high for the healthy sustainability of Alberta's world-class fishery including the "threatened" Westslope Cutthroat trout. In some fish populations mortality rates have been as high as 90%. Poor spawning habitat and species susceptibility play a role in mortality rates.



Human health concerns. According to Alberta Environment and Parks there are no health concerns for people recreating or drinking whirling disease infected waters. Eating infected fish is not known to cause harm to humans or other animals.

Is there a cure for whirling disease? There is no cure or treatment for whirling disease currently. The best that we all can do is **containment and prevention.** This means **clean, drain and dry** all water-contacted equipment, in situ, before moving to another water body. Never move live or dead fish or fish parts between water bodies.

For more information go to: <http://aep.alberta.ca/fish-wildlife/wildlife-diseases/whirling-disease/default.aspx> or call 1-855-336-BOAT (2628).

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)

TAKE ON WELLNESS

Battling the Winter Blues

Seasonal affective disorder, or SAD, is a type of depression that occurs during the same season each year. You may have SAD if you felt depressed during the last two winters but felt much better in spring and summer.

SAD is sometimes called winter depression or seasonal depression.

Experts aren't sure what causes SAD. But they think it may be caused by a lack of sunlight. Lack of light may:

- Upset your "biological clock," which controls your sleep-wake pattern.
- Cause problems with serotonin, a brain chemical, which affects mood.

If you have SAD, you may:

- Feel sad, grumpy, moody, or anxious.
- Lose interest in your usual activities.
- Eat more and crave carbohydrates, such as bread and pasta.
- Gain weight.
- Sleep more but still feel tired.
- Have trouble concentrating.

Symptoms come and go at about the same time each year. Most people with SAD start to have symptoms in September or October and feel better by April or May.

- Some ways to help combat the effects of seasonal depression are:
- Regular exercise is one of the best things you can do for yourself to help.
- Getting more sunlight may help too, so try to get outside to exercise when the sun is shining.
- Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.
- Light therapy may help by resetting your biological clock. Ask your physician for more information on how light therapy may help you.

It can sometimes be hard to tell the difference between SAD and other types of depression because many of the symptoms are the same. If you suspect you may suffer from SAD or another type of depression, talk to a health care professional, or call Health Link at 811 for more information.

TAKE ON WELLNESS



Feel Better

From homemade chicken soup to a hot shower—everyone has their own remedy for a cold or flu. If you get sick this winter, health management nurse Tracy Mullen has seven tried-and-true suggestions to help you feel better.

1. Get lots of sleep. "It's your body's way of healing itself," Mullen says. Shoot for at least six to eight hours a night, and nap if you can.
2. Drink lots of water to prevent dehydration and loosen mucus.
3. Gargle with salt and warm water to relieve pain, Mullen says.
4. When you have a stuffy nose, try a humidifier. "It hydrates and loosens the secretions in your sinus," Mullen says. Visit [Facebook.com.applemag.ca](https://www.facebook.com/applemag.ca) for tips on cleaning your humidifier. You can also use a saline nose mist.
5. Talk to your pharmacist about safe over-the-counter medications for you.
6. Give your body time to heal.
7. Get the free flu shot to prevent future colds and flus.

SAFETYSYNC
Manage Your Workplace Safety

[safetysync.com](https://www.safetysync.com)

News from the Friends of Nose Hill

by Anne Burke



paved walkways, but most are dirt, thus enhancing that feeling and experience of trekking through the prairie fescue grasslands. Along the way, you may encounter any number of significant wildlife from deer, ground squirrels, gophers, and coyotes. www.threebeestrated.ca/public-parks-in-calgary-ab.

Fish Creek Provincial Park (15979 Bow Bottom Trail SE) and Prince's Island Park (4th St and 1 Ave. SW) were also named for top-rated trails and as favourite public parks.

Did you know that over 400 species of wildlife live within the City of Calgary? Do you have questions about the wildlife which share our City? Our guest speaker Jenna McFarland offered a free, fun, and informative talk about the wildlife in Nose Hill Park. She has a passion for the coexistence of wildlife and humans in urban environments. Jenna is the Animal Care Operations Manager, at the Calgary Wildlife Rehabilitation Society. She has a B.Sc. and Master of Science degrees, in zoology and marine science, and is a Veterinary Technologist. For more information, visit: www.calgarywildlife.org.



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403-263-3044**

Thank you to all those who entered our photo contest and the volunteers who organized it. The winners were announced at our annual general meeting and will be posted on the website at www.fonhs.org.

Nose Hill was named one of the third best-rated hiking trails in Calgary, at 5620 14th St. NW. Since 1980, Nose Hill offers 11.27 sq. kms in area and more than 300 kms of informal trails, for outdoor activities: hiking and walking trails, nature, native grassland, wildlife, plant life, dog walking.

The landscapes of Nose Hill Park are quintessential prairie - scrub, small groves of aspen, grassy slopes. But due to its vast size, The City has made great trails for exploring the many environments in the park, and has allowed even more informal trails that are great for jogging, mountain biking, or just trying to find some peace and quiet. But the views are incredible! If you go, bring your big long telephoto zoom, and you'll be surprised as to what you see. www.threebeestrated.ca/hiking-trails-in-calgary-ab.

Nose Hill Park offers one and all a beautiful reprieve from the hustle and bustle of the city. This lovely natural space is extensive—11 square kms—making it the third largest urban park in Canada. It features a few



Tips for Handling Holiday Stress

Christmas is a joyous, and stressful, time of year! Not only are the adults stressed, but kids can get stressed as well!

Christmas is busy, loud and full of fun! Routines will change and activities added to take in all the festive sights. We all need a break from the regular routine while also avoiding a rough transition back into routine once the holiday season is over. We have some tips to help you and your family with the festive season.

- It's okay to let your child stay up a little later than usual — but not too late. Limit TV and video games and get out and engage in exercise or play!
- Try to avoid sleeping in more than an hour or so past their usual morning schedule.
- Many children are frustrated by having limited control over their environment, so include them in the planning for the upcoming holiday festivities! Make a calendar together with all the things you plan to do as a family such as Christmas parade, tree lighting, shopping, etc. Sometimes simple is better; don't try to pack each day with something!
- If you are planning on taking special holiday photos, preparation is the key to success. Dress rehearsals are a must, so there isn't a last-minute scramble. You might consider visiting the venue prior to the photo shoot to help ease any anxiety or fears.
- Then, photos with Santa Claus. Remember that your child may be freaked out by the jolly old man in red. They may not yet understand who he is. So, take it easy and not pressure the little ones into sitting with Santa. There are free Santa workshops (only require a food bank donation) and the kids are not pressured into sitting on Santa's knee and they have crafts and other fun activities to partake in as well! Sometimes, these places are quieter and more suitable for younger children or children with special needs (anxiety, autism, etc.)
- Family meal time is important for reconnecting with each other but during Christmas season it's even more important. It's a time to unwind at the end of the day and reconnect with each other.

- Family meal time doesn't include sitting down at your family's favorite fast food restaurant as your own way to rush to the mall to do more Christmas shopping. Consider having everyone help with menu planning during the festive season!
- Help children to learn the real meaning of Christmas and that it's not all about getting, but giving. Our children can become stressed just seeing all the commercials and ads telling them they MUST have a certain item to be "okay". Find ways with your children that your family can give back!
- Hang onto your family traditions or make a new one!
- Find time this Christmas season to relax with your family. Enjoy family game night, watching Christmas classic shows and just being together.
- For parents, make a sensible budget for presents and stay within it. Money stress is the worst at this time of year and affects everyone! A great idea for gift giving for your kids: something they need, something they want, something to wear and something to read! Plus a Santa gift! And bonus points if you make the gift as it will mean more!

Enjoy the festive season!

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

MISTLETOE MURDER



In Norse Mythology, the god of mischief, Loki, tricks the blind god Hod into fatally shooting his brother Baldr with a mistletoe-tipped arrow. Mistletoe was the only thing that hadn't promise not to hurt him, which was why it was able to harm him.

Building a Secondary Suite in Your Home

By Kelly Seminoff, Architect,
403-613-0785, SecondSuite.Complete@shaw.ca

Creating a safe, legal secondary suite in your home can be a great way to pay down your mortgage or supplement your retirement income, and it's not as difficult as you might think. In the past few years the city has simplified the process and reduced or eliminated permit fees to make it much easier.

The permit process will address two questions. First, "Does the Calgary land use bylaw allow a secondary suite on your property?" And if yes, "Is it safe for occupancy as required by the Alberta Building Code?"

Most residential land use districts now allow secondary suites, but if you are in a single-family zone like R-C1 you will need to request your property be re-designated, so a suite will be allowed. There is currently no fee for a rezoning application, but it will take several months as it is reviewed by the planning department, Calgary Planning Commission, and finally City Council.

Once approved, you can apply for a building permit, which allows the city to determine if the suite is safe for occupancy. Some common required upgrades are: proper exit doors; kitchen, bathroom and laundry facilities; bedroom egress windows; minimum ceiling heights; handrails; drywall on all exposed wood framing; interconnected smoke alarms and carbon monoxide detectors. The electrical panel may need adjusting, and new suites will require a separate heating system.

Building inspectors will come out at various stages of the work, and when it is finished according to plan your suite may be added to the city's official registry.

An overview of the process and all required forms are readily available on the city's website. Some homeowners may take on some or all of the project themselves, while others prefer to hire professional help.



Crescent Heights Real Estate Update

Last 12 Months Crescent Heights MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
October 2017	\$593,750	\$589,750
September 2017	\$507,450	\$514,950
August 2017	\$545,000	\$540,000
July 2017	\$709,900	\$682,500
June 2017	\$798,944	\$787,500
May 2017	\$739,950	\$715,500
April 2017	\$592,000	\$591,000
March 2017	\$564,350	\$549,399
February 2017	\$639,450	\$638,778
January 2017	\$1,590,000	\$1,500,000
December 2016	\$1,375,000	\$1,250,000
November 2016	\$529,900	\$517,000

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

	No. New Properties	No. Properties Sold
October 2017	7	2
September 2017	6	2
August 2017	0	3
July 2017	6	3
June 2017	7	6
May 2017	5	2
April 2017	9	2
March 2017	5	6
February 2017	5	4
January 2017	3	1
December 2016	1	1
November 2016	2	3

To view more detailed information that comprise the above MLS averages please visit crescent_heights.great-news.ca

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Crescent Heights area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of indoor air quality and medical grade duct cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

LEAF RAKING, GARDEN CULTIVATING & SNOW SHOVELLING: I can help you with backyard projects such as: fence repairs, painting, eaves trough and downspout cleaning, outside window cleaning, lawn cutting and edging, cultivating, weeding, minor tree trimming and any other small yard projects. Call long-time community resident Larry at 403-808-6932 to discuss.

ELEGANT WHITE CHRISTMAS FOR 2017: Beautiful antique dining "draw" table and 6 chairs, crafted in 1920s/30s. Heavy turnings on legs are styled from the Elizabethan era/1500s, chair backs have recessed, carved floral elements. For more info and pics, www.misc4sale.com. Beautifully restored white distressed finish. \$4500, available for delivery today!



Early Learning Centre opens at Forest Lawn Library
There's a new place for children five and under to play and learn! Come explore all things energy at The Calgary Foundation Early Learning Centre at Forest Lawn Library. There's now nine free Early Learning Centres open at libraries across Calgary. Discover where to play at calgarylibrary.ca/early-learning-centres.

Try a new app for ebooks and audiobooks
Calgary Public Library members have a new way to read ebooks and listen to audiobooks. Libby, a one-tap app from OverDrive, is designed to get people reading quickly and seamlessly. Download Libby today and use your free Calgary Public Library card to discover Libby's extensive digital library. Happy reading!

Discover free programs and services for newcomers
Did you know Calgary Public Library offers a variety of free programs and services for newcomers? Practise your English speaking and listening skills at ESL Coffee and Conversation, meet one-on-one with a settlement worker at Settlement Services, or take a class to prepare for the citizenship test. For details on more than a dozen programs for newcomers, visit calgarylibrary.ca, click programs, and search by subject.

Leave your mark on New Central Library
The Calgary Public Library Foundation is offering a once-in-a-lifetime chance to be part of New Central Library. Join the Windows of Opportunity campaign and support the Library! Purchase a group or personal window and your name or a message will be inscribed on the window's frame. Learn more at mylibrarywindow.ca.



THE CHRISTMAS PICKLE

There's a tradition in the U.S. to hang a pickle-shaped ornament on their Christmas trees. The first child to find the pickle on Christmas morning receives an extra present from Santa or will have a year of good luck.



**Councillor, Ward 7
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 ✉ len.webber@parl.gc.ca

Happy Holidays from Ward 7!

On October 23rd, a new City Council was sworn in to represent Calgarians. It is an honour to serve the residents of Ward 7, and I look forward to delivering on a shared vision for a more sustainable, progressive, and resilient Calgary.

On Election Day, Ward 7 boundaries changed. We say goodbye to departing communities and wish them the best of luck in Ward 4. Ward 7 welcomes Montgomery, University Heights, University District, University of Calgary, Tuxedo Park, and Winston Heights/Mountview. I am excited to work together to enrich all of our neighbourhoods.

It is also that time of year when we gather 'round the kitchen table to spend time with friends and family. We reflect on good fortune and happy times, as well as look forward to an even better 2018.

Sadly, not all of our neighbours will be as fortunate this holiday season. Whether due to the recession, loneliness, poor health, or other challenges, many Calgarians could use a kind word and a helping hand. Here are just a few of the ways we can help:

- Call 211 (www.ab.211.ca) to access social programs and services.
- Make a donation to a non-profit. For information on charities and their finances, visit www.cra-arc.gc.ca/charitiesandgiving/.
- Volunteer! From visiting seniors' centres to reading to children, you can make a difference. Call 211 to connect to volunteer opportunities.
- Start a conversation about poverty. To learn more about poverty in Calgary, visit www.enoughforall.ca.
- Learn what it feels like to live in poverty at www.makethemonth.ca; *Make the Month* is a simulation that shows how Canadians living in poverty face choices that make or break their monthly budgets.
- Watch for people in your neighbourhood who could use help shovelling snow and lend them a hand. You can recognize a neighbour's good deeds at www.calgary.ca/snowangels.

From the Ward 7 family to yours, we hope all Calgarians can enjoy a happy and compassionate holiday season.

I wish to take this opportunity to acknowledge and thank each and every one for your support. This past year seems to have gone by so quickly. It has been busy and full, with each of us in our own way having faced challenge, opportunity and change. It is by your actions and contributions that I am continually reminded of our collective strength in sustaining a sense of stability and "can do" philosophy. This is evidenced in the support and good work of people across our community, coupled with the achievements of our younger generations. I am inspired by the wisdom and inquiry of those 'young and old' who have visited my office or sent emails of concern or inquiry. Responding to hundreds of emails and meeting with numerous constituents have kept me apprised of your priority areas requiring attention. I appreciate your thoughtful comments and commitment to bring issues forward.

And now, December is upon us. This is such a special time of year—a month when millions of homes all around the world are decorated with Christmas trees, lights and candles. This is Christmas. It is a time of when we remember others, when we make extra effort to contact all those special people who quietly support us in so many different ways throughout our life. It is a time to slow down...to fill some of our days with fun, family, friends and festivity.

For me, this festival celebrates the birth of Jesus Christ. Over the years, Christmas has become a time of gift giving and rejoicing in peace. We have taken many customs from different places around the world and mixed them together to form our modern celebration of Christmas. But one tradition remains universal—the tradition of sharing and love, in fellowship and togetherness. It is in spreading the warmth in our hearts to touch the lives of others with joy and good cheer that the true meaning of Christmas unfolds.

I hope we can pause to consider our blessings often forgotten or taken for granted...take some time to think about and plan for a future that encourages opportunity, is sustainable and values family and community...where we can share ideas, listen, learn and preserve a quality of life we all hold dear.

I am truly honoured to represent you in the House of Commons. I will continue to work to the best of my abilities to be sure your voice is heard in government.

My family and I join in extending our very best wishes to you this holiday season. May the wonderful blessing of Christmas be with you throughout the coming year.



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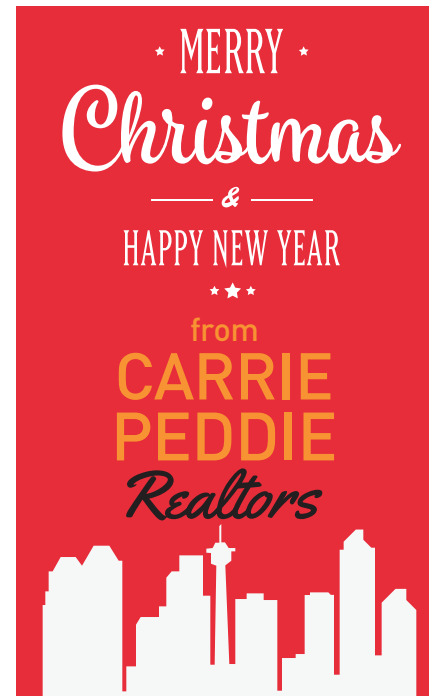


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