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THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



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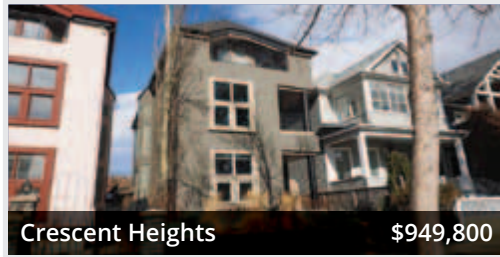
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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Crescent Heights Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
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
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654

BOARD UPDATE

The CHCA board met on January 28th for its annual business planning session. During the session the board's values, vision and mission were reviewed as well as the previous business plan's priorities and accomplishments. The board members then discussed current issues in the community and identified several priorities for 2017. These priorities include: board finances, board governance, program development and engagement, communication and membership recruitment. In terms of next steps committees have been formed for each of these areas and action plans will be developed to address specific issues within each priority area. As always the board is available to answer questions or receive feedback that community members may have. The board members can be contacted through the CHCA website email listing.

Thank You, Alison!

Alison Martin, our membership secretary is resigning after six years of service. Alison, along with her husband Jonathan, has worked very hard tracking all our members, sending out reminders when your membership is due, preparing your membership card and hand delivering it! She is the one who checked you in at the AGMs and at the Stampede Breakfasts. We are very grateful to Alison and Jonathan for their dedicated service and we thank you!

We will be looking for a new membership secretary to replace Alison. If you are interested, please email Isabelle at secretary@crescentheightsyyc.ca or fill out our volunteer form on the website and add "membership secretary" in the comments section and we will get back to you.

MESSAGE FROM THE PLANNING DIRECTOR

Hello, my name is Dennis Marr and I am the new Planning Director for CHCA. I have been a member of the Planning Committee for about ten years. I am taking over from Darlene Jones, our past Planning Director. Darlene left big shoes to fill and I will endeavor to meet the standard of excellence that she established.

What does the planning committee do, you may ask? We review most new developments in Crescent Heights such as rental apartments, condos, houses, laneway housing, add-ons, – generally developments that do not comply exactly with the building standards for the land on which they are built.

We interface with the City planners, other community association planning committees and our alderman. We work with the developers to clarify the type of dwelling that we feel will enhance Crescent Heights as a place to live. It is our intention to represent and support the interests of the neighbours to any new development. However, sometimes this can be a challenge as not all neighbours will hold the same perspective.

Part of our mandate is to understand and assess what the City's plans are for Crescent Heights and what our community will look like ten to twenty years forward. For example, what will be the changes in our population density; what will be the change in the ratio of rental to owner; how will the Green Line LRT change our community. We want the residents of Crescent Heights to be proud to live here and for this community to be a desirable one.

Of course you can join our planning committee. Just email me at planning@crescentheightsyyc.ca. We meet the first and third Tuesday each month at 7 pm.

I am proud to serve the residents of Crescent Heights.

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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@crescentheightsyyc.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: info@crescentheightsyyc.ca

Advertising Inquiries:

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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 at secretary@crescentheightsyyc.ca just in case we change the meeting date in a given month!

President	Daniel Dang
Vice President	Vacant
Secretary	Isabelle Jankovic-Hill
Treasurer	Vacant
Communications	Amanda Bishop
Facilities	John McDermaid
Planning	Dennis Marr
Traffic	Chandra Thomas
Special Events	Lisa Dare
Finance and Governance	Kyle Mitchell
Director at Large	Jennifer Black Mitchell

CHCA Social Media



Twitter
@chcaboard



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



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

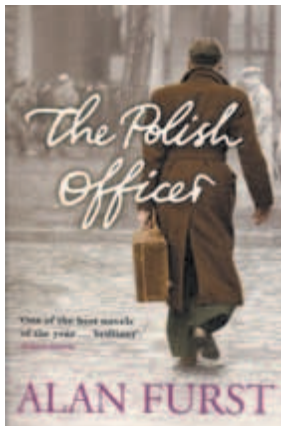
Editorial Content DEADLINE
10th
of each month
for the next
month's
issue

MARCH

CHCA Activities and Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Iyengar Yoga Level 1 & 2 - 9:30am	2 Zumba 7:30- 8:30pm	3	4 Taoist Tai Chi 7:00-9:00pm
5	6	7 Traffic & Planning meeting 7:30pm Free Seniors Fitness class 9-10am and Playgroup 10:15am – 12 noon	8 Iyengar Yoga Level 1 & 2 - 9:30am	9 Zumba 7:30- 8:30pm	10	11 Taoist Tai Chi 7:00-9:00pm
12	13 Iyengar Yoga Level 1 & 2 - 7:30pm	14 CHCA Board meeting 7:30pm Free Seniors Fitness class 9-10am and Playgroup 10:15am – 12 noon	15 Iyengar Yoga Level 1 & 2 - 9:30am	16 Zumba 7:30- 8:30pm	17	18 Taoist Tai Chi 7:00-9:00pm
19	20 Iyengar Yoga Level 1 & 2 - 7:30pm	21 Traffic & Planning meeting 7:30pm & Placemaking Brainstorming Workshop at 7pm Free Seniors Fitness class 9-10am and Playgroup 10:15am – 12 noon	22 Iyengar Yoga Level 1 & 2 - 9:30am	23 Zumba 7:30- 8:30pm	24	25 Taoist Tai Chi 7:00-9:00pm
26	27 Iyengar Yoga Level 1 & 2 - 7:30pm	28 Traffic & Planning meeting 7:30pm Free Seniors Fitness class 9-10am and Playgroup 10:15am – 12 noon	29	30	31	

Traffic and Planning meetings are open to the public.
<http://crescentheightsyyc.ca/chca-board-of-directors/>
For a detailed Hall Calendar and for event & activities contact information please visit:
<http://crescentheightsyyc.ca/hall-calendar/>



Off the Shelf

Book Review by Judith Umbach

The Polish Officer
By Alan Furst

An ordinary man conducting life in a methodical way? An extraordinary man confronting overwhelming forces? Both: the Polish officer is a spy.

Alan Furst's specialty in fiction is the historical spy story. *The Polish Officer* follows Captain de Milja in his almost silent move from soldier to spy on the eve of the German occupation of Poland.

Others recognize that his self-effacing skills can be used for a final heroic action to thwart the Germans from capturing all state assets. He must smuggle out enough gold to support the planned resistance groups; rather than protecting the gold with a military train and guards, he chooses a brightly coloured local train and a deceptive hiding place. After initial heady success, things don't go so well.

He settles for a short time in Romania, where the war is absent. Quietly he uses his skill in not attracting notice to visit his mentally ill wife in a clinic and fails to persuade her to leave with him. And he visits his father, knowing it is probably the last time they will see each other. He knows that the war will catch up with him – throughout the novel tension builds as the law of averages deems his survival less and less likely.

The intrigue in the novel always simmers below the exquisite drawing of the characters. Even momentary contacts who disappear into clandestine schemes are sketched with purpose, to help us understand their motivations. De Milja becomes someone we might

know - in a different world. He is patient in his work, although we share his frustration with bureaucracy. Failures sit hard with him, even when he tries to maintain a professional perspective. HQ moves him from country to country without much notice and requires him to change identity with each move. He is dedicated to his country, eschewing blatant nationalism for low-key persistence in achieving the minimal degree of independence that Poland can achieve, acknowledging that it is very little. Very little is not nothing. With that de Milja finds sufficient life force to keep on in his strange role.



"If one cannot enjoy reading a book over and over again, there is no use in reading it at all."

- Oscar Wilde

CRESCENT HEIGHTS COMMUNITY PLAYGROUP

**2nd and 4th Tuesday
Until June
10:15AM 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!

Crescent Heights Community Centre
1101 12 St. N.W.
CONTACT: RIE MACINOSH
RIEHATU@GMAIL.COM



Having moved to the extreme east end of Seventh Ave in Crescent Heights seven years back, I promptly felt a desire to network with my immediate neighbours. In 2013 I then created a Facebook group I randomly named "East Crescent Heights." There are currently 63 members and counting.

This group was created with no specific objective; it's just a random clubhouse. The name was inspired by my sense that we're physically quite far from the (awesome) community hall. Facebook seemed like a quick and easy way to share the odd bit of news and enrich our area. As we approach our fifth year, I can say it has served our simple purpose very well.

There's been some great past history shared by neighbours and occasional local business promotions/reviews. We also occasionally trade helpful news about unfortunate incidents like garages being stolen-from and share reminders for events such as when the City hosts relevant public consultations.

So far, our largest topic has been regarding the re-zoning of a property on Seventh Ave. Last year there was a rezoning application that would have boosted the northward density creep. Suffice to say, we waged a campaign to discourage city council from approving the rezoning. There was a substantial amount of door-to-door signature collecting, followed by two long days sitting through city council proceedings. Ultimately, council listened to our pitch and sided with us! I got the distinct impression that re-zoning applications like the one we fought for are very commonly approved, so this felt particularly impressive. There were many residents from and near Seventh Ave who attended council; it was a great team-effort that wrapped up beautifully with a celebratory round of beers at Fiddler's.

The East Crescent Heights group remains open for anyone to join (though I don't leave it automatically open, in order to throttle spam abuse). And I suppose there's nothing preventing us from rebranding it simply a community-wide group too. It currently remains a simple clubhouse for us and I'm thankful that it's casually nurtured our communication and friendships.

You're welcome to join us at: <https://www.facebook.com/groups/eastcrescentheights/>

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BOARD AND COMMITTEE UPDATE

2016 - 2017 CHCA BOARD MEMBERS

President

Daniel Dang president@crecscenheightssycc.ca

Vice President – Vacant

Secretary

Isabelle Jankovic-Hill secretary@crecscenheightssycc.ca

Treasurer – Vacant

treasurer@crecscenheightssycc.ca

(Michael Jankovic resigned 27 January 2017)

Communications

Amanda Bishop communications@crecscenheightssycc.ca

Facilities

John McDermid

facilities@crecscenheightssycc.ca; johnmcdermid@shaw.ca

Planning

Dennis Marr planning@crecscenheightssycc.ca;

Committee meets first and third Tuesdays

Traffic

Chandra Thomas traffic@crecscenheightssycc.ca

Special Events

Lisa Dare events@crecscenheightssycc.ca

Finance and Governance

Kyle Mitchell kyle@crecscenheightssycc.ca

Director at Large

Jennifer Black Mitchell jennifer@crecscenheightssycc.ca

General mailbox info@crecscenheightssycc.ca

Note: Old email, CHCAboard@hotmail.com is forwarded to communications@crecscenheights.ca

VOLUNTEER POSITIONS

Note: Board Champion refers to the director who represents each portfolio on the board

Memberships –vacant

memberships@crecscenheightssycc.ca

Board Champion– Secretary

(Alison Martin resigned in January 2017 after 6 years service)

Newsletter Editor

Elizabeth Stady newsletter@crecscenheightssycc.ca

Board Champion – Communications

Newsletter Publisher – Great News

Contact Vanessa Gillard – Vanessa@great-news.ca

Rink Manager – Tim Edwards tim.edwards555@gmail.com

Board Champion – Facilities

Grant Writer – Ryan Baxter ryan.baxter2012@gmail.com

Board Champion - Facilities

COMMITTEES

Planning Committee – long standing!

Dennis Marr – Director and Board Champion (February 2017)

(Darlene Jones – past director – resigned 28 January 2017)

John McDermid

Elsie Ross

Anne Underwood

Bev Rodgers

Rod Zillman

Dave Hallas

(Brian Smith – passed away 27 January 2017)

Facilities Committee – formed January 2016

John McDermid – Director and Board Sponsor

Isabelle Jankovic – facilities, grants

(Kellee Grounds – facilities – resigned February 2017)

Tim Edwards – Rink manager

Ryan Baxter – Waste management, Grants

Shannon Kelsick- Bowen – Hall Manager

Finance and Governance Committee

Formed 28 January 2017

Kyle Mitchell – Director and Board Sponsor

Isabelle Jankovic

Chandra Thomas

Daniel Dang

Shannon Kelsick- Bowen – Hall Manager

Communications Committee – formed 3 Feb 2017

Amanda Bishop – Director and Board Sponsor, web administrator

Isabelle Jankovic

Chandra Thomas - Newsletter

Partner - **Elizabeth Stady** – newsletter editor

Partner – **Lisa Dare** – Special Events

Neighbour to Neighbour (N2N) – formed 2014?

John McDermid – Board Sponsor

Marlene Foley - ttmfoley@hotmail.com

Leslie Marion

Adriana Boss - bossadriana@gmail.com

Others

Note: This group was formed by residents in SE corner of Crescent Heights who were concerned about safety. This group organizes the "Picnic in the Park" event in late July or early August.

Traffic Committee – in formation – coordinates with Planning Committee

Chandra Thomas – Director and Board Sponsor

Play Group – formed Dec 2016 – meets every two weeks

Coordinator – **Rie MacIntosh** – rihat@gmail.com

OTHER

Hall Manager – **Shannon Kelsick-Bowen**

hallrentals@crecscenheightssycc.ca

(hall rentals, facility management, member of Facilities Committee)

Grounds maintenance and security – **Wendall** (reports to Shannon)



Dr. Christine Lilge

Dr. Lauren Vredenburg

Dr. Jennifer Maguire

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City of Calgary Neighbourhood Partnership Coordinator-
Brenda Annala brenda.annala@calgary.ca

Calgary Police Service Community Liasion – **Constable Glen Pedersen** pol3009@calgarypolice.ca

LOCAL CONTACTS

Mount Pleasant Tennis Club

info@mountpleasanttennis.com

Rotary Park Lawn Bowling Club – no website – see Facebook page

East Crescent Heights – resident Facebook page – James Snell

Wild Rose United Church

Crescent Heights Baptist Church

North Hill Curling Club

Rotary Park Band - local bluegrass band – see Facebook page, website https://www.rotaryparkmusic.com/home

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Candy Rave
March 17, 2017
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renfrewcandyrave@gmail.com

The House at Lincoln Corner

By Professor Z

This stately two-and-a-half storey balloon-framed, cedar-sided house can be found on the southeast corner of 7th Avenue and 1st Street SW. It dates back to 1903, which makes it the oldest-known house in Crescent Heights. The home was once known as Lincoln Corner, a reference to the 1910 sidewalk stamp "Lincoln Avenue", which- although misspelled- can still be seen out front on the corner. On the house's title is a 1904 building restriction prohibiting the operation of "bawdy" houses and "public" houses on the site, which the current owner has left on title as a quaint reminder of times passed. In this article, we'll spend a bit of time looking at the history of the old house. But the story of one of its residents is possibly more intriguing.

Before WW1, property developer John Steinbrecher and his family lived here. John was a prominent Calgarian who had founded the German-American Colonization Company in 1906, with the stated intent of bringing Germans from the USA to Canada. One of Steinbrecher's plans was to establish new Calgary subdivisions for "Germans moving out of Bridgeland and Riverside." These new areas included Balmoral, Avondale, Belfast, La Grange, Highland Park, and Pullman, some of which only ever existed on paper.

The attached 1913 map includes some of the subdivisions planned by Steinbrecher's company. His palatial La Grange residence would today stand in the northwest community of Highwood, and a promo for the company- including an artist's conceptual view of his house- appeared in



a 1911 "booster" publication called "Calgary, Sunny Alberta." One of the company's certain accomplishments though, was the construction of a 110 foot-wide boulevard running west of fourth Street NW, which appears as "Grand Boulevard" on the Highland Park subdivision map. The plan was to eventually extend the road



all the way east to the Nose Creek valley. A 1924 airphoto of Calgary- also attached- includes the remnants of the roadway between fourth Street NW and 14th Street NW, at 43rd Avenue. As late as the early 1950s, evidence of it could still be seen on airphotos.

When the census-taker came to call in 1911, John Steinbrecher, his wife Rose, and their five children all lived at Lincoln Corner. John's oldest son Arthur (32) assisted him with sales, while daughters Minnie (21) and Sarah (19) were stenographers for the firm. Sadly for the family, the onset of WW1 spelled an end to their dreams of prosperity in Calgary.

Following the family's departure from their Seventh Avenue home, William Nettleton- an assistant manager at Birks- lived in the property until 1926. By 1931, Mrs. Eva McDonald moved in. Eva operated the Crescent Road Miniature Golf Club at the time. But by 1950, the old house had become a triplex and then, a boarding house. Finally, the oversized lot was subdivided to allow for the construction of a bungalow on the southern half (an early example of a laneway house, I suppose). Recent years have seen the house substantially renovated by its heritage-conscious owner, who has converted it back to a single-family dwelling. We're crossing our fingers that this house won't some day be demolished and the lot "improved," as has been the fate of so many similar homes on view lots in the area.

For anyone interested in learning more about the history and restoration of 720 1st Street NW- as related by its owner- its story can be accessed on-line via the Calgary Public Library's special collection of 2013 Calgary Century Homes.

References: 1911 Prairies Census (on-line); 1911 publication "Calgary, Sunny Alberta" and 1914 Morning Albertan business supplement, both held at Glenbow Archives; Henderson's Directory- various years; City of Calgary interactive 1924 airphoto; information provided by current homeowner during 1913 Century Homes Calgary campaign



Neighbour to Neighbour (N2N) presents a prime example of how individuals can "advocate for change in their community," as described by Chandra Thomas in her first of a series of articles on this topic (Advocating for Change in Your Community, The Crescent View, February 2017 issue).

In this article, I will describe the history of N2N, how it evolved, our purpose, focus of interests and some successes thus far. In future articles we will provide regular updates on ongoing N2N activities as well as safety issues/concerns in our community that we continue to advocate for.

WHO ARE WE?

N2N is a non-profit volunteer community group of concerned East Crescent Heights citizens who joined together in March 2009 to address crime, safety and security as well as the aesthetics in our neighbourhood. The Committee originally represented residents of four condominiums along Meredith Road that were concerned with the immediate area from Centre Street East to Edmonton Trail and Meredith Road to Memorial Drive South. We have since become affiliated with Crescent Heights Community Association and expanded our scope to engage other members in the Crescent Heights community who share the same vision.

HOW DID WE ORGANIZE?

Our initial concerns over crime, safety and security in our neighborhood arose from the closure of the Cecil Hotel. We noticed former Cecil patrons crossing the bridge to our neighborhood and with that an increase of illicit activity around our buildings. A number of residents from the 4 condominiums along Meredith Road approached their respective condominium Boards asking if there was interest in getting together to address these common concerns. There indeed was interest and N2N was born!

Our first meeting was in the spring of 2009 to collaborate with interested individuals from the four condominiums. We established terms of reference for our committee, identified priorities, possible stakeholders and strategies to move forward. We started our committee with the following purpose: "Unify and mobilize community stakeholders in our immediate neighbourhood as well as overall Crescent Heights Community to be tenacious advocates to improve personal and property security, beautification and neighborhood quality."

Our Committee contacted our Ward 7 Councillor, Druh Farrell, and expressed our concerns. She took our concerns very seriously and organized a meeting with city departments: Calgary Police Service, Bylaws, Roads and

Parks. We did walkabouts with representatives of the respective departments. The result was increased police surveillance of the escarpment area in front of our building. Bylaws now sweep the wooded area regularly to remove the illegal encampments. One of our committee members' continued efforts to communicate with City representatives was successful in getting the pathway from the foot of 2nd street onto Meredith Road widened and repaved, making it a more walkable connector to downtown. In addition, Holly Park, at its own expense, installed lighting along the path to enhance safety.

OUR FOCUS OF INTERESTS:

Creating safer and more engaged communities; celebrating diversity; organizing events that bring neighbours together; building relationships with city officials such as local Councillor, Community Liaison Officer; Building relationships with the Crescent Heights Community Association; working with other Community Associations and organizations that are aligned with our purpose; getting to know our neighbours, people and businesses where we work, live and play.

ALLIANCES:

N2N aims at building relationships with organizations and associations within and beyond the community boundaries such as: Crescent Heights Community Association, Condominium Boards, Women's Center, Calgary Drop in Center, Bridgeland Riverside Community Association, Chinese Senior Center.

EVENTS AND ACTIVITIES:

Our Committee organizes and hosts events and activities where people of all ages and cultures come together. Such gatherings include:

- Safety fairs
- 'Neighbourfests' celebrating the rich cultural and ethnic groups in the neighborhood
- 'Picnic in the Park' providing a fun place for community members to meet and interact
- 'Travelling Coffee Table' to bring neighbors together in various locations of the community
- Advocating the ward Councillor and city officials such as police, by-law, parks, roads, to address issues that are identified by community members
- Reporting crime and by-law violations and educating others to do so
- Community enhancement activities: Little Free Library, cross-walk painting

Please stay tuned to future articles for more details of these events/activities as they relate to improving safety in your Crescent Heights community!

Responsible Dog Ownership in Parks and Pathways

The community association received the following information from the City Parks department. Even with signs, we have had anecdotal reports of dogs too near our unfenced playgrounds and children and adults being frightened by unfamiliar dogs. If approached, pet owners often say "Where is the sign?" If you have any comments or concerns, please call 311.

Parks is updating and removing sign clutter, but The City's bylaws aren't changing. City parks are for everyone to enjoy; it's up to pet owners to get familiar with their responsibilities of dog ownership.

The City may be visiting your neighbourhood and streamlining signage within parks. Some of the signs being removed are those that remind dog owners of the rules around playgrounds, pathways and sport fields. Please remember that the Responsible Pet Ownership bylaw is still in effect, and pets must remain **on-leash and at least five metres from all playgrounds, pathways and sports fields**. Pet owners must pick up after their pooch, too!

Parks strives to provide and maintain high-quality parks and pathways, which includes streamlining signage to enhance the park environment. **Should you identify a trouble spot in your community, please notify 311.**

Keep our parks and green spaces safe and healthy for all people, pets and wildlife by knowing your responsibilities as a pet owner and reviewing the Responsible Pet Owner Bylaw.

<http://www.calgary.ca/CSPP/Parks/Pages/Sign-removal.aspx>



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!

Placemaking in Crescent Heights

Jennifer Black, CHCA Board of Directors

Placemaking is about both the *physical spaces* in our cities as well as the *human interactions* that make our cities great. Rooted in the concept of community-based participation, placemaking is a process through which we work together to shape our public spaces. It can start with small things like planting a garden in your front yard so that the beauty is shared with your neighbours, to the little free libraries we see popping up, to working together to create a piece of public art, a community garden, an open streets event, or a series of public benches.



Sometimes called "tactical urbanism," it's about animating public spaces. There are many public spaces we encounter on a daily basis that we may not think of as "public." They include:

- Streets
- A boulevard lined with sidewalks
- A park with benches and pathways
- A public plaza
- Walkways, stairways and back alleys
- Courtyards or abandoned lots
- Bridges and underpasses
- Anywhere that isn't owned by a private entity



see, or get inspired. This is an all-ages meeting, so please bring along your kids to share their ideas too!



We want to hear your ideas for our community! Come and join us **Tuesday March 21st at 7 PM** at the **Crescent Heights Community Association** (1101 2 St NW) for a short brainstorming session to tell us what you'd like to

Animated spaces help our community to feel more safe and comfortable, and are more interesting places to walk. They help to infuse surprise and joy into daily urban life. They can also help to calm traffic by creating a sense that Crescent Heights is a "place," not just an area to pass through. By working together to plan events and create projects, placemaking contributes to a sense of community.



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 \$ _____

Rosedale Playschool

Still deciding if playschool is right for your child? Rosedale Playschool is STILL ACCEPTING REGISTRATIONS for the 2017-2018 school year. Our wonderful school has a number of open spots in our classes. For more information on our school, and to find links to online registration, please visit us at www.rosedaleplayschool.com. Feel free to also contact our Registrar at registrar.rosedale.playschool@gmail.com. We also accept students living outside of Crescent Heights and Rosedale, so please spread the word.

Rosedale Playschool hosted a Parent Social and Silent Auction on January 27 and we would like to extend a big thank you to parents, friends and community for making it a great success. The funds raised at the event will be used to bring art and environmental education specialists into our classroom as well as to invest in our

art and science supplies and materials. A special thank you to the Nicastro family for their generosity and long standing support of this fundraising event.

On February 15, our playschool classes participated in a skating party at the Crescent Heights Community Association. Thank you to the CHCA for supporting this fun event for our kids. Our playschool is most grateful for the community that supports us in many ways, allowing us to provide a rich education experience for our students. For more information on our school visit us at www.rosedaleplayschool.com.



ROSEDALE SOCCER

Outdoor Community Soccer

Register before March 19th - www.MyRosedale.info/Soccer

All families must have a valid Rosedale Community Membership (\$25 per family) before registering which you can purchase at www.MyRosedale.info/membership/purchase/

Age Group	Birth Year	Fee	When	Where
U4	2013-2014	\$ 35	Tue/Thu 6:00-6:30pm	Rosedale Comm. Assoc.
U6	2011-2012	\$ 55	Tue/Thu 6:30-7:15pm	Rosedale Comm. Assoc.
U8	2009-2010	\$ 60	Tue/Thu 6:30-7:30pm	Rosedale School
U10	2007-2008	\$ 75	Tue/Thu 6:30-7:30pm	Rosedale School & Away games
U12	2005-2006	\$ 75	Mon/Wed 6:15-7:30pm	Colonel Macleod & Away games
U14	2003-2004	\$ 80	Mon/Wed 7:30pm-8:45pm	Colonel Macleod & Away games
U16/18	1999-2002	\$ 80	Mon/Wed 7:30pm-8:45pm	Colonel Macleod & Away games

NOTE: U12, U14, U16/18 Mixed League now plays Mon/Wed. Last year all Rosedale teams for these ages were mixed

Helping out with soccer is a fun way to meet your neighbours and help the community. Our program is run entirely by volunteers; if we do not have enough volunteers our program will simply be cancelled. **We thank you for volunteering.** Soccer refs wanted. Please register with RosedaleSoccer@gmail.com to be added to our referee contact list and be notified of upcoming ref clinics. You must be at least 2 years older than the age group you are refing. U10 \$20/game, U12 \$25/game, U14 \$30/game, U16/18 \$35/game.



Compliments of the Friends of the Bowmont Natural Environment Park Area

CRESCENT HEIGHTS TRAFFIC REPORT

By Chandra Thomas

Desire Lines

Desire lines are paths taken by pedestrians showing what they want rather than what is provided to them. The snow of winter shows these desire lines clearly. I am often frustrated by the section of missing sidewalk on the west side of 1 Street NE between 7 Avenue and the lane. If there were a sidewalk in that spot, then I could cross 1 St NE with my son on his bike more safely at the 4-way stop at 8 Ave NE and have a clear path to the playground at Rotary Park. I have not been to the park in some time and was surprised to see a very clear desire line in the snow that let me know there are many others who feel the same way. Pedestrians are willing to brave an icy surface to get to where they are going rather than cross to the other side of the street. I have included a photo of this desire line with my traffic report and I have passed this photo and information on the City. Please keep your eyes open for other desire lines examples in our community and send them to traffic@crecscen-theightsyyc.ca or tweet them to @chcayyc.



Traffic Data

I am working on obtaining data on vehicle and pedestrian incidents in our community so that I can report this information on a regular basis in the traffic report. I think it would be helpful for the residents of our community to understand the hotspots. For now, I can report on traffic incidents involving pedestrians that have been tweeted by YYCtransportation. I do not have any information on the seriousness of these incidents or the factors that contributed to them occurring. I am using language consistent with how these occurrences are reported by the City but acknowledge that the word "incident" does downplay the seriousness of these occurrences.

It was not hard to find incidents that occurred in Crescent Heights. In November 2016, there were two pedestrian incidents reported - one at Edmonton Trail at 8 Ave NE (299th reported pedestrian incident for 2016) and one at 10 Ave at Centre St NE (322nd). In December, there were two incidents reported - Edmonton Trail at 9 Ave NE (336th) and one at 4 St at Meredith Rd NE (340th). There were 345 pedestrian incidents tweeted by YYCtransportation in 2016. 2017 did not start off much better for our community with a pedestrian incident on January 17, 2017 at Edmonton Trail at 6 Ave NE (12th for 2017).

Advocacy on behalf of residents of Crescent Heights

The City reached out to CHCA regarding the North Crosstown Bus Rapid Transit. This BRT will run on 16 Ave N and will connect Crescent Heights residents to many important locations such as SAIT, North Hill Centre (Louise Riley branch of the CPL) and Foothills Medical Centre. Construction of this BRT will start in 2017 and operation on the route will start in 2018. Searching North Crosstown BRT on Calgary.ca is the best way to find information on this project. Please email me if you have any concerns.

The Ward 7 Traffic Safety Meeting took place on February 16, 2017. Unfortunately, due to newsletter deadlines I am not able to report on the discussion and actions items that arose from the meeting. Stay tuned for my April Traffic Report where I will discuss the meeting in detail.

Wild Rose United Church

1317 1st Street NW • www.wildroseunited.ca • 403-277-5576

We are the Clay

Three part-series

Sundays March 19, 26 and April 9

\$25 registration required (includes clay workshop)

Maximum 12

March 19 and April 9 from 12 to 1:30 at Wild Rose United Church

March 26 at Mount Pleasant Art Studio 12:00-2:00

Explore our relationship to God and The Spirit through scriptural metaphors of clay and pottery, and go to Mount Pleasant Art Studio for a hand-building clay workshop. (subsidies are available.)

Films and Faith

Join us for any or all three films that tell stories that foster reflection, conversation and spiritual growth.

Me Before You – Wednesday March 8

7:00-9:00

Louisa "Lou" is a young, cheerful and quirky woman who responds to a job ad and becomes caregiver for Will, a young wealthy man who, after a tragic accident, is paralyzed. Will's cynical outlook challenges Lou who decides to show him that life is worth living. As their bonds deepen, their lives change in ways neither would have imagined.

Collateral Beauty – Wednesday, March 22

7:00 – 9:00

This recent release as a cast including Will Smith, Kate Winslet, Helen Mirren and Keira Knightley. Retreating from life after a tragedy, a man questions the universe by writing to Love, Time and Death. Receiving unexpected answers, he begins to see how these things interlock and how even loss can reveal moments of meaning and beauty.

Risen – Wednesday, April 5

7:00 – 9:00

This new release will provoke a lively discussion about faith and the mystery of Easter. Set in 33 AD, a Roman soldier Clavius and his partner Lucius are assigned to squelch an uprising in Jerusalem by locating the missing body of an executed Jew. Rumours are that after his crucifixion, Jesus Christ rose from the dead. But Clavius soon undergoes a crisis of faith when he witnesses miraculous events during their investigation.

Blow Away the Winter Blahs!

March 18 at 6pm

Celebrate the coming of Spring with a fun St. Patrick's Day evening at Wild Rose United Church

A light dinner will be served followed by entertainment.

Listen, watch, participate and enjoy.

We will have a limerick contest – so start writing!

Admission is by Free Will Offering

Blue Cart Recycling Tip of the Month

Bag your bags!

Always bundle your plastic bags before recycling

Loose plastic bags cause problems at the recycling facility. They fly around, become stuck in other recyclables, jam equipment and cause costly delays.

Bundle your plastic bags into a single bag before putting into your blue cart or community recycling depot.

Learn more tips for preparing your recyclables at calgary.ca/recycling.



EVENTS:

International Women's Day Celebration | Wednesday March 8 (5:30 pm – 7:30 pm)

Everyone is invited to our annual International Women's Day celebration. They'll be food to share in the form of a potluck, and music from Women's Centre Artists in Residence Hayley Muir, Kaely Cormack and Kenna Burima! Join us to celebrate the many achievements of women over the past year.

Ecofeminism: a discussion and workshop | Wednesday March 15 (6:00 PM – 8:00 PM)

Join us for the third installment of our 2017 Environmental Issues Discussion series for a discussion and workshop on ecofeminism. Special guests will lead us in a conversation about the connections between women and nature, and unearth the links between women's empowerment and environmental justice.

WORKSHOPS:

Medicine Pouches | Tuesday March 14 (6:00 PM – 8:00 PM)

Come learn how to make your own medicine pouch. These are used throughout many Aboriginal cultures to represent the person who wears it, by carrying personal treasures from nature, medicine, and spirituality.

Yoga | Wednesdays, March 1, 15 & 29 (12:00 PM – 1:00 PM) Thursdays, March 2, 9, 16, 23 & 30 (7:00 – 8:00 PM)

During this one hour class, we will work on strengthening the body and relaxing the mind. This gentle yoga class is for all body types, age groups and experience levels. No previous yoga experience is necessary.

PROGRAMS:

Child Minding at the Women's Centre | Wednesdays & Thursdays 6:00 PM – 8:00 PM

We offer child minding! Women can attend workshops and services at the centre while volunteers babysit their children. This program is free, and is open to children ages 19 months to 12 years.

For questions and to register call: 403-264-1155
Email: rsvp@womenscentrecalgary.org
or Visit: <http://www.womenscentrecalgary.org/calendar/>

About Wine

By Nik Rasula

About Wine features wines not typically on one's shopping radar. Special wines – made from grapes or blends, regions or countries - that may not be common or well known. About a wine, or winemaker, with a story to tell; of place, process, climate, or style. Highlighting smaller, artisanal producers making unique, reasonably priced (under \$50 retail) wines, whilst demonstrating careful earth stewardship.

2015, Conterno-Fantino, Barbera D'Alba, (C-F Barbera) Monforte – Alba, Piedmont, Italy



ABOUT THE MAKER:

Established in 1982 as a joint venture, the grape growing Conterno family of the northern Italian town of Monforte, merged efforts with the nearby winemaking Fantino family. What began as a merger of convenience has become a 45-year story of vision, co-operation and success.

ABOUT THE MAKING:

C-F Barbera is blended from the harvest of five select hilltop vineyards in the Ginestra area at the base of the Italian Alps. Here, select low-yielding vines, grown in windy conditions, are harvested late (October) and fruit intensely flavoured grapes; producing a wine of depth, complexity and length. Winemaker Fabio Fantino adds character, subtlety and depth by ageing C-F Barbera in the once-used French oak of his Barolo vineyards.

ABOUT THE WINE: A dark ruby appearance, this wine features a nose of herbs, leather and dark cherries. Fuller-bodied than many Barberas, C-F's luscious mouth combines ripe cherries and bramble fruits. The long, acidic palate morphs into grippy tannins, making it well suited to pairing with food or laying down for years to come.

ABOUT SUSTANABILITY: Certified organic.

ABOUT AGEING: 15-20 years.

ABOUT PAIRING: Cries out to be had with first-course pasta (squash/cheese ravioli), risotto, or hearty meat-stuffed peppers in tomato sauce.

ABOUT DISTRIBUTION: Check liquorconnect.com (call the listed store to confirm availability).

CSPC # 704504

ABOUT PRICE: \$45

BRAIN GAMES SUDOKU

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2							1	
						5		3
5		4		3		9		8
3		9						
	4							1
1	9			8	7			
8		3			4	2		

FIND SOLUTION ON PAGE 30

We now offer direct billing to all Insurance companies.

Dental care should be as tailored as a fine suit.

We all have our own style and we all have unique health care needs. That's why I believe that no two dental care strategies should be the same, and it's also why I spend the time with you that you deserve.

I want you to look great today, and have a dental plan that will keep you looking great for years to come. Give us a call, or better yet, come on in and see us.



- Dr. Laura Brescia



Teeth straightening. The future is clear.

Invisalign® takes a modern approach to straightening teeth that allows you to continue to live your life the way you want while you gain the confidence that comes from a better smile. The removable aligners mean you can continue doing all the things you normally would, from eating and brushing, to feeling comfortable in every social occasion.

- Clear aligners are virtually invisible, so most people won't even know you're wearing them.
- Aligners are removable for easy cleaning so you don't have to change how you brush and floss.
- Smooth and comfortable aligners eliminate cheek and gum irritation.
- Special occasion coming up? No problem — just take your aligners out and pop them back in when you're ready.

All services are provided by a general dentist.



#100, 180 9th St. NE | (403).294.1077 | alpinedentalcare.ca



Crescent Heights Real Estate Update

Last 12 Months Crescent Heights MLS Real Estate Sale Price Stats

	Average Asking Price	Average Sold Price
January 2017	\$1,590,000	\$1,500,000
December 2016	\$1,375,000	\$1,250,000
November 2016	\$529,900	\$517,000
October 2016	\$1,228,000	\$1,175,000
September 2016	\$822,450	\$781,000
August 2016	\$712,450	\$690,000
July 2016	\$550,000	\$540,000
June 2016	\$674,900	\$700,000
May 2016	\$589,450	\$585,000
April 2016	\$539,450	\$515,000
March 2016	\$849,900	\$750,000
February 2016	\$539,950	\$502,500

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

	No. New Properties	No. Properties Sold
January 2017	4	1
December 2016	1	1
November 2016	3	3
October 2016	4	3
September 2016	6	6
August 2016	2	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

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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

SPRING IS COMING! I can help you with backyard projects such as: Fence Repairs, Painting, Eaves Trough & Downspout Cleaning, Outside Window Cleaning, Lawn cutting & edging, Weeding, Minor Tree Trimming and any other small yard projects? Call long-time community resident Larry at 403 808-6932 to discuss.

GROUND EARTH ELECTRICAL: Registered and licensed Gary MacDonald, CME Red Seal Master Electrician. 403-922-5400 amlevelocity@hotmail.com. Great Rates by the hour or job; call or text any time-weekends included. Installing power for the people, while lighting up their lives.

SO MANY PROJECTS, SO LITTLE TIME! We have the tools, skills, and time to complete your renovations and odd jobs. Tara Construction is a local company in the Crescent Heights area that provides Carpentry, Renovations, General Contracting, Tiling and more. Call us today at 403-991-2813 or visit our website www.taraconstruction.ca.

Healthy Savings Coupon!

\$5 OFF a purchase of \$25 or more!

PLU #1110118

Present original coupon (no copies accepted) to cashier to receive discount. Minimum \$25 purchase required. One coupon per customer. Cannot be combined with any other offer. No cash value. Expires Mar. 31, 2017.

*See our flyer at blushlane.com



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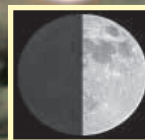
COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.

MARCH MOON CALENDAR



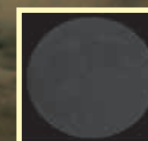
First Quarter
March 5



Full Moon
March 12



Last Quarter
March 20



New Moon
March 27

Community Arts & Activities Centre

Fun stuff for the whole family!

Check out what's on at:

ecspaces.com

Mayland Heights
1709 8th Ave NE
403-228-1384

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CALGARY POLICE SERVICE

Changes to Calgary's alarm bylaw

The Calgary Police Service and The City of Calgary have revised the current Alarm Services Bylaw, changing how officers are dispatched and introducing paid, annual alarm permitting.

As of Sunday, Jan. 1, 2017, you'll need an alarm permit in order for police to attend your location for an alarm call. Annual permitting ensures we have the most up-to-date and accurate information about your location and can attend in a timely manner. Permits are \$15 for residences and \$20 for businesses, and are subject to an annual renewal. For any existing permit holders renewals will begin in July 2017. Premise owners will be contacted two months before their permit needs to be renewed and new permit holders will pay when they apply for a permit.

This spring, the false alarm penalty fee structure will also change. More than 75 per cent of alarm users only have one false alarm each year; CPS used to charge \$75 for each false alarm. With the new fee structure, the first false alarm is free. The second false alarm will be \$75, with an escalating scale for additional alarms to a maximum of \$625 for 10 or more alarms in any 12-month period. This is intended to hold alarm systems users more accountable to properly manage their systems.

Police are making these changes to reduce the amount of false alarms we respond to each day. Before initial changes to dispatch criteria were made, police were responding to approximately 45 alarm calls every day; 96 per cent of those calls were false alarms.

In May 2016, Calgary police changed the requirements so that two or more alarm zones within a location need to be activated and that at least two key holders must be called by the alarm company prior to police being dispatched. These changes alone have reduced the number of dispatched alarm calls by 54 per cent, better ensuring that police resources are available to respond to priority calls.

It is important to note that police will continue to respond to any panic, duress, or hold up alarms, confirmed criminal activity, public safety concerns, and verified alarm activations.



Calgary Confederation
Len Webber, MP
2020 10 St NW, T2M3M2
403-220-0888
len.webber@parl.gc.ca

What's Your Excuse?

If you needed a life-saving organ or tissue transplant, would you expect our healthcare system to do everything possible to make that a reality and save your life? Of course you would.

However, the real reason you likely would not get that life-saving operation is because there is a shortage of organs in Canada ... well, not the organs, but the donors.

There are 4,600 Canadians in need of a transplant and hundreds of those will die this year waiting for a one. Shockingly, only 8% of adult Albertans are registered to donate their organs. (In Ontario, 29% are registered!)

We don't have a lack of healthy organs in Canada, but we do have shortage of people willing to donate them.

As one eight year-old girl recently said to me, "Why wouldn't you donate your organs? What are you going to do with them after you die?"

Is it fair not to offer your organs for donation, but expect others to donate to you if you need a transplant? That's a question only you can answer but I am a firm believer in the Golden Rule.

I will continue to encourage Canadians to register to be an organ donor. My proposed legislation would make registering to be a donor easier by allowing people to register as an organ donor through their tax return.

Research shows that 90% of Canadians support organ and tissue donation and yet only 24% have taken the time to register as donors. In real numbers, we have 2.84 million willing donors and the potential to increase that to 11.74 million.

Registering is only half the process, as you need to also discuss your wishes with your family. Sadly, many families overrule those wishes upon death. It is estimated that 10% of registered donors have their families veto their wishes. Imagine how many lives could have been saved.

It is critical that you discuss your intentions with your family and let them know you really do want to save another life when you have the opportunity. The life you save could end up saving theirs one day.

Registering is easy. Just visit www.lenwebber.ca/donate today and follow the link to the Alberta registry.

While some have legitimate reasons why they cannot donate, most simply have an excuse. What is yours?



**Councillor, Ward 7
Druh Farrell**
ward07@calgary.ca
www.druhfarrell.ca
Twitter: @DruhFarrell
Facebook: Druh Farrell

Mind Body Connection

Your mind and body are powerful allies. How you think can affect how you feel, and how you feel can affect your thinking.

An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness.

But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

How do your thoughts and feelings affect your health?

Your brain produces substances that can improve your health. These substances include endorphins, which are natural painkillers, and gamma globulin, which strengthens your immune system.

Research shows that what your brain produces depends in part on your thoughts, feelings, and expectations. If you're sick, but you have hope and a positive attitude and you believe that you'll get better, your brain is likely to produce chemicals that will boost your body's healing power.

Negative thoughts and emotions can keep your brain from producing some of the chemicals that help your body heal. This doesn't mean you should blame yourself for getting sick or feeling down about a health problem. Some illnesses are beyond your control. However, your thoughts and state of mind are resources you can use to get better.

For more information on mind body connection, or tips on reducing stress, visit: My Health Alberta at www.myhealth.alberta.ca

Even during the current economic downturn, interest in new infill housing remains strong. While housing development brings investment and new families into our neighbourhoods, there are often challenges that come with construction.

Some of the most common calls to our office from communities experiencing redevelopment are about public property damage, noise, and unkempt sites during construction. While we have bylaws to deal with noise and site conditions, damage to public property is usually discovered after the fact.

The costs are significant. When we added up the damage to public trees, sidewalks, laneways, and roadways, we discovered there was an average of \$163 in tree damage and \$1,391 in concrete damage per infill site. Historically, The City has been on the hook for covering the costs. Between 2011 and 2015, contractor damage to public property cost Calgarians over \$9 million.

This is why I put forward a motion to Council to ensure that contractors, not Calgarians, are responsible for covering all the costs of property damage. We are already seeing improvements and responsible contractors are working to prevent damage in the first place. The City's new strategy has three parts:

- Increase oversight of construction sites and work with the construction industry to improve behaviour.
- Encourage all citizens and City employees to use the 311 service to track and measure damage.
- Require pre- and post-construction photographs of nearby City property including trees, sidewalks, laneways, and street signs. Please note: Similar documentation can be used to protect your own property if you live beside or behind a construction site.

This work will help save Calgarians millions and encourage infill developers to be good neighbours. You can help by reporting damage and other infill concerns. If you see unsafe construction sites, unkempt sites, noise bylaw violations, or property damage, please call 311 or report online at www.calgary.ca/311.

Helping Your Child, but Letting Them Lead

It can take some time for many young children to get into the routine of using a toilet.

By Doug N Horner, Alberta Health Services



Making the switcheroo from diapers to the toilet is a big, albeit sometimes messy, milestone for children and parents alike. For toddlers, learning to use a toilet is about being ready, controlling muscles and getting acquainted with an enormous porcelain artifact that makes loud and unpredictable gurgling noises. The toilet can appear to children as a powerful, portal-like device—many fear getting flushed into oblivion.

As toddlers are learning to exercise control, parents wrestle with a lack of control. Petra Debow, a parent educator with the Family Centre in Lethbridge, suggests that patience sets the foundation for a potty-positive experience.

"Most children learn to use the toilet between the ages of two and three," says Debow, adding that every child learns at their own pace. Wait for your child to be curious about the toilet and to be aware they're peeing or pooping.

Catherine Young—a nurse and mother expecting her third child in February—says her first two children's education in toileting began only "when they had an interest in it and they seemed ready." Toddlers will also express discomfort at having a soiled diaper. In many respects, the bathroom becomes a realm where the child takes the lead.

Attentiveness is crucial for parents. Watch for clues that your child needs to go, such as stopping what they are doing, fidgeting or saying: "Oh, oh." But parents also need to feel prepared. Debow recommends setting aside time. If you have relatives visiting, a big deadline at work or are in the middle of a kitchen renovation, you may want to wait. There's no need to rush.

"Prepare yourself mentally and put all the other things aside for a couple of weeks until it's dealt with," Debow says.

Plan to help your child with this developmental leap when you can be enthusiastic and supportive about the trek from diaper to toilet.

Young says she also borrowed several books from her local library—she recommends *Once Upon a Potty* by Alona Frankel in particular—after her kids showed interest in the toilet. She and her husband also made the bathroom more familiar and less intimidating.

It can take some time for many young children to get into the routine of using a toilet, explains Debow. And staying dry at night often takes longer.

If you and your child try toileting for two weeks and make little progress or your child is resisting, Debow suggests a break. "You don't want to push it so it turns into a negative thing."

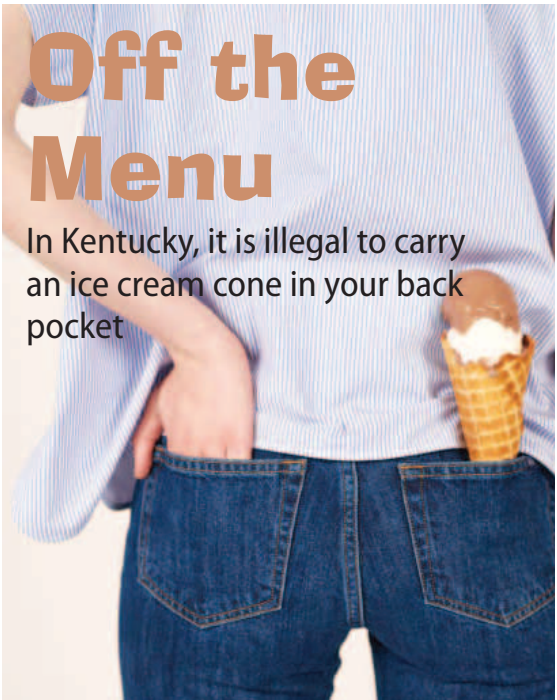


This January the 245th Cub Pack enjoyed an evening of skating, hot chocolate, and friendship around the fire, at the Bowness Park Lagoon.

Scouts are working on pursuing two personal Achievement badges that are designed to allow youth to explore and expand skills and knowledge in areas that are of particular interest to them.

Off the Menu

In Kentucky, it is illegal to carry an ice cream cone in your back pocket



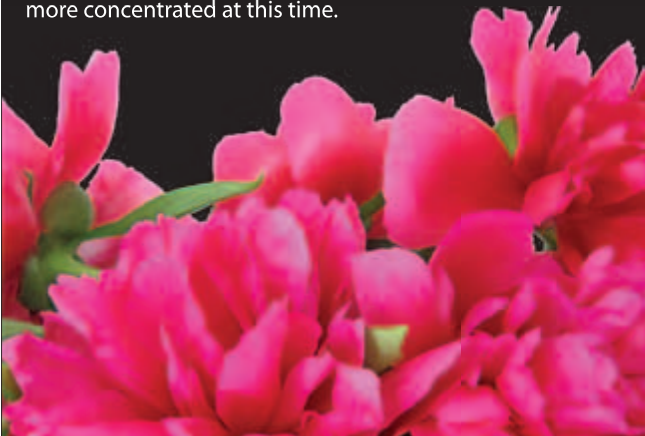
Gardening by the phases of the moon

March 5 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

March 12 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

March 20 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

March 27 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



BRAIN GAMES

SUDOKU

4	1	5	6	2	8	7	3	9
9	3	7	1	4	5	6	8	2
2	6	8	3	7	9	4	1	5
6	7	1	8	9	2	5	4	3
5	2	4	7	3	1	9	6	8
3	8	9	4	5	6	1	2	7
7	4	2	5	6	3	8	9	1
1	9	6	2	8	7	3	5	4
8	5	3	9	1	4	2	7	6



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baths. 7,690 sq. ft.

2748 37 Avenue NE \$3,988,000



Industrial Building
MLS# C4093527
25,390 sq. ft.

SOLD SOLD SOLD



SOLD! We brought the buyer!
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4 Beds, 4.5 Baths, 3,280 sq. ft.

1017 Drury Avenue \$2,350,000



MLS# C4090228
3 Beds, 3.5 Baths, 3,450 sq. ft.

1520 Child Avenue \$1,250,000



EXCLUSIVE LISTING
3 Beds, 3 Full baths. 1,977 sq. ft.

3029 2 Street SW \$1,998,500



EXCLUSIVE LISTING
4 Beds, 2.5 baths. 3,998 sq. ft.

SOLD SOLD SOLD



SOLD! We brought the buyer!
MLS# C4090037
5 Beds, 4.5 Baths. 3,089 sq. ft.

812 Radford Road \$749,900



MLS# C4075311
4 Beds, 3.5 Baths. 1,717 sq. ft.

1118 Jamieson Avenue \$744,900



MLS# C4082423
4 Beds, 2 Full baths. 1,164 sq. ft.

101-690 Princeton Way \$738,720



MLS# C4097152
2 Beds, 2 baths. 1,502 sq. ft.

250 Regal Park \$374,900



MLS# C4080089
2 Beds, 1.5 Baths. 1,318 sq. ft.

1209-24 Hemlock Cres. \$369,900



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