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THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



Cover Photo by Erin Lillywhite



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VIEW OUR WORK



# THE CRESCENT VIEW

## Newsletter Deadline

The Crescent View is published 12 times per year. The submission deadline is 6:00 pm on the fifth of each month for the following month.

For example, to be published in the June issue, the deadline is May 5.

Please email your articles or event listings, as an attachment in MS Word form, to the editor at: [newsletter@crescentheightsyyc.ca](mailto: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: [newsletter@crescentheightsyyc.ca](mailto:newsletter@crescentheightsyyc.ca).

## Vision, Mission, Values

### Vision

We are a vibrant inner-city community with engaged and connected residents.

### Mission

Crescent Heights Community Association works with residents, members and stakeholders to improve the quality of life for its residents by:

- Developing and enhancing community enjoyment, safety, connection and belonging and;
- Advocating on behalf of the community.

### Values

- We value integrity and transparency in our communication with all stakeholders.
- We value a sustainable future.
- We value diversity of our residents.
- We value inclusivity and compassion as we work to build community.
- We value the contributions our volunteers make to build a strong sense of community.
- We value community engagement through the arts and support local artists.
- We value protecting and enhancing our public spaces, forests and historic resources.

## 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 all CHCA members are welcome. If you are planning to attend, please send an email to [secretary@crescentheightsyyc.ca](mailto:secretary@crescentheightsyyc.ca) at least 24 hours before the meeting.

### BOARD OF DIRECTORS

President	Dennis Marr
Vice-President	Vacant
Treasurer	John McDermid
Asst. Treasurer	Harmeet Singh Kathuria
Secretary	Harmeet Singh Kathuria
Facilities Director	Chad Friel
Planning Director	Brenda Erskine
Parks Director	Humaira Palibroda
Communications Director	Elsie Ross
Traffic and Mobility Directors	Marie Evans Doug Carlyle
Community Partnerships Director	Catherine Dowdell
Engagement Director	Joshua Bateman
Director of Climate Change and Sustainability	Stephanie Ho Lem
Director at Large	Rob Ward

### KEY VOLUNTEER POSITIONS

Newsletter Editor	Elizabeth Stady
Membership Director	Wendy Mitchell

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association 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.



## PRESIDENT'S REPORT

by Dennis Marr, CHCA Board of Directors

Hello Crescent Heights!

In order to meet the deadlines for publication in this View, our articles had to be submitted by early January. That means that I cannot report to you at this time on our busy January.

Thanks to Harmeet Kathuria joining our Board, all the necessary positions are filled. This leaves one Director position open for a role that can be self-defined.

Thus far, we have been pleasantly surprised at the robust response for donations for our doggy fountain in Rotary Park. To donate, just go to our website and click donate.

We are in the process of seeking funding to improve our heavily used rink. If received, significant enhancements will be undertaken. If successful with the finances, an update on this project will follow in the months to come.

Again, depending on funding, we plan to upgrade the furnace-HVAC system in our Hall. Keeping our Hall in top shape for the community's use and to attract renters is a must. Thankfully, there are government grant sources for Hall maintenance, providing we pay a percentage of the overall cost.

If you wish to help our community as a volunteer or Director, just email me at [president@crescentheightssyc.ca](mailto:president@crescentheightssyc.ca). Youth and diversity are highly desired. Hope to see you around.

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**Crescent Heights  
Community Association**

## Join Our Board!

**We are looking for people for the following roles:**

- Fundraising Director
- Grant Writer

If you are interested or have any questions, please reply to:  
[president@crescentheightssyc.ca](mailto:president@crescentheightssyc.ca)

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Registration is available online, and sign-in is at the welcome table when you enter the church.



[WWW.CRESCENTHEIGHTSBAPTIST.COM](http://WWW.CRESCENTHEIGHTSBAPTIST.COM)



GET INVOLVED AND GROW !!!

**NEWSFLASH**

## Rotary Park Is Getting a ▶ WATER FOUNTAIN!!!!

**BUT WE NEED  
YOUR HELP  
TO MAKE IT  
HAPPEN!**



Our beautiful community off-leash park on the east side of Crescent Heights overlooking downtown Calgary is perfect in so many ways but there is no running water for the dogs and people who use it. We have engaged a contractor to install a dual Human/Dog Water Fountain in conjunction with Mt Pleasant Tennis Club but we need the community to band together to raise the funds to make it happen. Hundreds of people use this park on a daily basis with their children and dogs in the summer months. What a wonderful addition to our lovely park to make it extra special for the users.



Please consider donating to help us with this important addition to our community. Cheques can be made payable to:

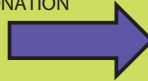
Crescent Heights Community Association

ATTN: Humaira Palibroda

1101 2 Street NW

CALGARY, AB T2M 2V7

OR YOU CAN USE THIS  
QR CODE TO TAKE YOU  
TO THE LINK TO OUR  
ONLINE DONATION  
PAGE



**THANK YOU FOR YOUR GENEROSITY!!!!**

### What is Weather and What is Climate?

by Stephanie Ho Lem, CHCA Director of Environment, Climate Change, and Sustainability

While reading Letters to the Editor in the Calgary Herald, I recall an individual making a comment about City Council declaring a Climate Emergency, "I don't know what the fuss is about it's just the weather". People are reluctant to believe that the climate is changing when they can look outside their window and see for themselves that the weather appears typical.

Could it be the confusion surrounding distinctions between weather and climate, thus the slow reaction to act on climate change?

Weather refers to short-term changes in the atmosphere, climate describes what the weather is like over a long period of time in a specific area. Though they are closely related, weather and climate aren't the same thing. Climate is what you expect, weather is what actually happens.

Another difference between weather and climate could be explained with an analogy: weather influences what clothes you wear on a given day, while the climate where you live influences the entire wardrobe you buy.

Extreme weather is becoming more common, support for climate policies is also growing, especially at the local level. Everyone on Earth is experiencing the effects of a hotter planet. That makes it a problem of the present, not of the future.

Various levels of government are providing money to help make homes more energy efficient, to increase public transportation, and to install bike lanes, plus greater investment in renewable energy. Renewable energy supplies have expanded, world energy usage has also expanded.

The more the world economy grows, the more difficult it is to rein in the growth. Addressing climate change is a priority.

*Please note that the content provided is for informational purposes.*

stephanie@crescentheightsyyc.ca

Sources:

US - EPA



## Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

*The Bamboo Stalk* by Saud Alsanousi

José in the Philippines; Isa in Kuwait. Christian in the Philippines; Muslim in Kuwait. Where is home? When does a dream end? Can a person be transplanted? In *The Bamboo Stalk*, Kuwaiti author, Saul Alsanousi, challenges his own society's prejudices against foreigners and foreign workers.

Josephine was a maid in the prominent Tarouf family, whose only son fell in love with her, married her, and fathered his own son. Savagely rejected by the Tarouf matriarch, and subsequently all the family, Josephine and her baby are sent "home" to the Philippines. In her seriously dysfunctional family, the aberration of José's parentage is accepted. In the construction of memories, Kuwait transmutes into a paradise, a land of plenty.

His Filipino family members each have José's future mapped out for him, but the futures are confusingly different. The boy can't tell who he is, nor who he should be. Fatefully, a chance encounter with four young Kuwaiti men lets him "return" to the land of his birth. Without knowledge, without language, and without family.

Of course, the grand goal is for the newly re-named Isa to rejoin his proper Kuwaiti family, in the expectation that time has mended the rift caused by his birth. His father died a hero during the resistance to the occupation by Iraq. Surely the Taroufs need the only male heir to be inside the family?

Well, no. First of all, Isa looks Filipino, even if his voice sounds like his father's. Secondly, his father should never have married the maid - a stunning violation of social class. Thirdly, other spiteful high-class Kuwaitis could triumph in their slanderous shaming of the Tarouf sisters. No outsider would understand the tight-knit isolationism of the Kuwaiti elite.

Despite his legal papers, parental marriage certificates, and Kuwaiti passport, Isa is an outsider, and will always be so. His fruitless efforts to gain acceptance rip the veil of sophistication and religious observance so important to his grandmother and her well-positioned daughters. Only his half-sister, Khawala, helps him navigate the turbulence he unwittingly causes. But even she cannot decide his future for him. He must do that for himself.

# What's your **BUZZZ!?**

*Cooking? Music? Art? Spoken word? Gardening? Games? Books?*

Join CHCA Board members for a beverage and tell us what skills or gifts you would like to share with the **CRESCENT HEIGHTS COMMUNITY**. We'll help you make it happen.



**MONDAY**, February 6, 2023 7- 8 p.m.

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**SATURDAY**, February 11, 2023 2-3 p.m.

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Brenda Erskine [brenda@crescentheightsyyc.ca](mailto:brenda@crescentheightsyyc.ca)





# Crescent Heights Community Partnerships

## Join us!

**Develop partnerships**  
**Build community**  
**Contribute ideas**  
**Meet neighbours**  
**Volunteer with us**

## All are welcome!

Contact Catherine Dowdell at  
[communitypartnerships@crescentheightssyc.ca](mailto:communitypartnerships@crescentheightssyc.ca)



## 2023 BRINGS A NEW VISION FOR THE CRESCENT HEIGHTS OUTDOOR SKATING RINK



**Our success with the Calgary Flames Rink Award from the Calgary Flames Foundation and the Parks Foundation Calgary has provided our beloved, hardworking skating rink a solid funding start. A custom outdoor dasher board system, gates and more!**

**Please stay tuned on how you can help realize this project.**

**Humaira Palibroda: [parks@crescentheightssyc.ca](mailto:parks@crescentheightssyc.ca)**  
**Get Involved and Grow**

Calgary Flames

Parks Foundation Calgary

Saddledome Foundation

# Crescent Heights Community Association's Community Garden & Food Forest Celebrating 5 Years in 2023!



In 2018, the Crescent Heights Community Association's Community Garden and Food Forest Committee formed with the intent to design a community garden in the neighbourhood - what a surprise that one didn't exist already in a well-established community with historical relevance!

Over a 9-month period, the committee met to establish a design and location for the plots, keeping availability of water, physical accessibility, and neighbouring residents' sightlines in mind. We met with City of Calgary staff to ensure that all leased land requirements were met, including the use of raised beds. Guidelines and membership agreements were written and sent out to interested community residents, and volunteers worked diligently (in one day!) to build, line and fill the 21 plots. The Crescent Heights Community Garden and Food Forest was ready for the 2019 season!

The 2023 season marks 5 years of the Community Garden and Food Forest! Members have come and gone over the years, and the pandemic brought about a deeper awareness of food security and sovereignty. There are plans to enhance the food forest, and plots have become available for this upcoming growing season. If you would like to volunteer or become a member, please be in touch [garden@crescentheightssyc.ca](mailto:garden@crescentheightssyc.ca).



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NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.



Please allow us to introduce ourselves! We are  
**RAINBOW ELDERS CALGARY**

*A support group for 2SLGBTQ+ seniors*



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

*To discover more, please contact us!*

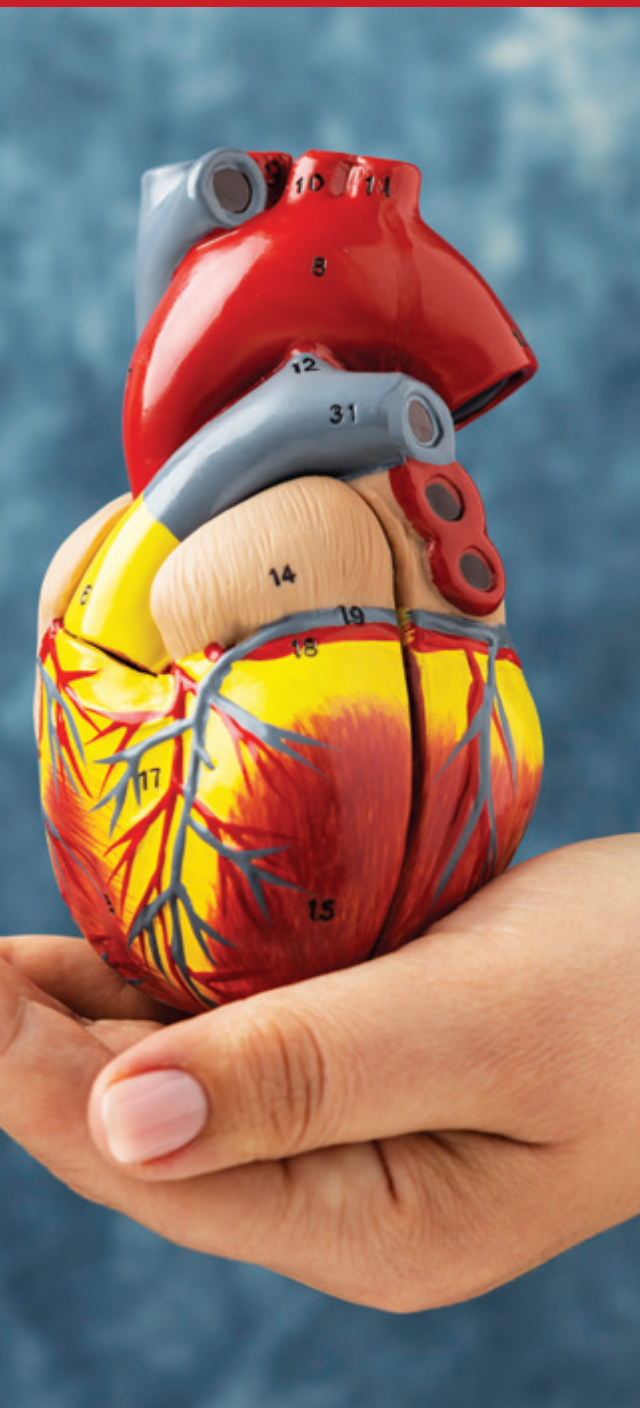
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Difference  
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## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

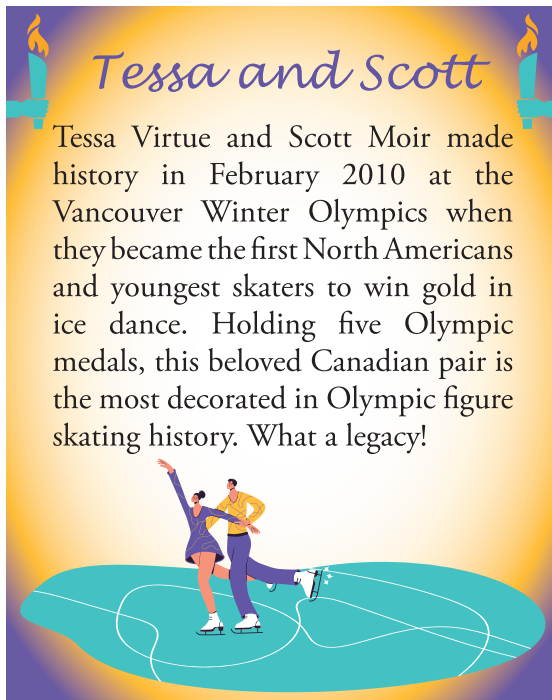
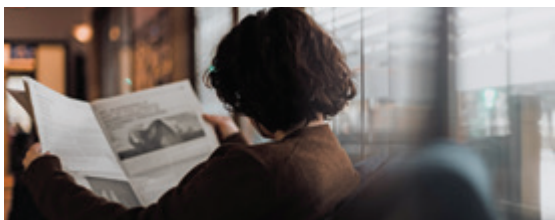


## E-blast Readers Sought

Would you like to stay informed about what is going on in the community? Events, planning issues, volunteer opportunities?

The community's monthly or bi-monthly email newsletter can help residents do just that.

Although The View goes out to all residents of Crescent Heights, due to production deadlines it is sometimes not possible to inform residents of more current events. That's where the E-blast fits in. Crescent Heights Community Association members are signed up automatically, but non-members also are encouraged to add their names using the sign-up form on the CHCA website: <https://crescentheightsyyc.ca>.



Tessa Virtue and Scott Moir made history in February 2010 at the Vancouver Winter Olympics when they became the first North Americans and youngest skaters to win gold in ice dance. Holding five Olympic medals, this beloved Canadian pair is the most decorated in Olympic figure skating history. What a legacy!





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## RESIDENT PERSPECTIVES

### Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

**Venus:** Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

**Earth:** A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

**Saturn's Moon Mimas:** The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

**Uranus:** All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

**\*Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



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**CRESCENT HEIGHTS MORTGAGE BROKER:** SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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**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](http://www.communitymediation.ca), 403-269-2707.



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