

JANUARY 2023

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the CRESCENTview

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THE CRESCENT VIEW

Newsletter Deadline

The Crescent View is published 12 times per year.

6:00 pm 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.

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.

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 at least 24 hours before the meeting.

BOARD OF DIRECTORS

President	Dennis Marr
Vice-President	Vacant
Treasurer	John McDermid
Asst. Treasurer	Vacant
Secretary	Vacant
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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

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PRESIDENT'S REPORT

Happy New Year Crescent Heights!

Hopefully, you're keen to embrace 2023. Well, your Board is saddled up and ready to go.

Your Board has fourteen members. When was the last time the CHCA had that many?

We ended the year with some significant grant funding for our six mini galleries in Rotary Park. The galleries now have another year of support. This constantly changing artwork is delightful. If you have some time to enjoy artwork, check out the mini galleries.

Progress has also been made on getting a fountain set up in Rotary Park. When in place, it will include a doggy fountain for human's best friend to get a drink on those hot summer days. You can donate to this project by going to the CHCA website and clicking Donate.

Of course, our tireless rink crew is back ensuring that our heavily used ice surface is ready for you.

Walking through Crescent Heights on a wintry day is a wonderful activity. The snow on our mature trees and bushes is beautiful. When you're off to a local coffee shop, restaurant, pub, medical office, or any other nearby business, the winter walk makes it all the more pleasurable.

Please consider joining our Board as Secretary. Your primary responsibility is to record our meeting's minutes and administer our Google Drive/Gmail system. We can help you get up to speed with the administration part if you are unfamiliar with Google Drive/Gmail.

If you wish to help our community as a volunteer or Director, just email me at president@crescentheightsyyc.ca. Youth and diversity are highly desired. Hope to see you around.

Dennis Marr, CHCA Board of Directors

SCAN HERE

**To View Additional
Crescent Heights Content**



Join Our Board!



We are looking for people for the following roles:

- Assistant Treasurer

- Facilities Director

- Secretary

- Grant Writer

- If you are interested or have any questions, please email president@crescentheightsyyc.ca.

Volunteering:

- Connects you to others

- Is good for your mind and body

- Can help start or advance your career

- Brings fun and fulfillment to your life



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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!!!!

Carbon Pollution

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

Carbon dioxide (CO₂) is an odorless gas that is highly important to life on Earth. Excessive concentrations of greenhouse gases (GHG) such as CO₂, methane, and nitrous oxide can disrupt the natural regulation of temperature in the atmosphere and lead to global warming.

Carbon tax is about recognizing the cost of pollution and is the cornerstone of Canada's climate policy. It is a subspecies of Pigovian tax; taxes that are designed primarily to change behaviour rather than to raise revenue. Putting a price on carbon pollution is widely recognized as the most efficient means to reduce greenhouse gas emissions (GHG) while encouraging industries to become more efficient and to use cleaner technologies. It should also help achieve Canada's climate targets – a 40 to 45% reduction in GHG emissions by 2030 and net zero emissions by 2050.

In 2019, Canada imposed a national carbon tax of \$16 a ton of CO₂, increasing to \$39 a ton by 2022. Most of the revenue will be refunded to individuals under the Climate Action Incentive Payment (CAIP).

In July of this year, a tax-free CAIP was directly paid to help individuals and families offset the cost of the federal pollution pricing. It is available to residents of Alberta, Saskatchewan, Manitoba, and Ontario.

The Alberta program provides an annual credit of:

- \$539 for an individual
- \$270 for a spouse or common-law partner
- \$135 per child under 19
- \$270 for the first child in a single-parent family

In 2020, the largest CO₂ emitters were in China (29%), the US (14%), India (7%), Russia (5%), and Japan (3%).

Sources:

- Government of Canada – CAIP
- The World Bank
- Clean Prosperity
- Economist
- Investopedia

Please note the content provided is for information purposes.



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

Rememberings by Sinéad O'Connor

Sinead O'Connor has a voice of passion and purity.

Her childhood was hellish. Her life has been plagued by undiagnosed, misdiagnosed, and maltreated physical and mental illnesses. God brought her through to maturity, and now she calls him Allah. She loves her thoroughly dysfunctional family and innumerable friends. She characterizes herself as a "wild child", too often out of control and not present in her own life. *Rememberings* is her memoir, revealing what she can of a brave life in which music carried her soaring over all her challenges and defeats.

Although she proclaims through music and text her undying love for her mother and her father, the reader will learn that she and her siblings were horribly abused, sometimes starved, and neglected as children. So, obviously, Sinéad O'Connor knows this. Yet, songs in her repertoire sadly cry out the love she feels about her mother. And one of the last chapters in her book absolves her parents for her anguish as a child and as an adult. The mind that can hold all these emotions together sings so beautifully the listener cries with her.

Regardless of her need for the music industry, she abhors the corporateness which tries to steer performers into being marketable units. To defend herself from being turned into a "Pop Princess", she shaved her head and wears heavy dark clothes. For several albums, she self-funded the productions to ensure they were true to her artistic vision. Her vision and ability to perform carried her to huge eccentric success.

Sinead O'Connor loves. She loves individual performers and has recorded with many. Reggae holds a particular attraction because the songs protest what she protests. Her hatred of the Roman Catholic church comes from the child abuse perpetrated and ignored by its hierarchy. Her love for God is unshakeable, because her unorthodox faith has sustained her through ill health and good.

Despite her own horrible childhood, which she escaped to earn a living busking, Sinéad O'Connor has four children as a single mother. Her pride in their accomplishments outshines any pride in her own work. She has come to find a calm spirit that may sustain her in a life of honour.

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.

ELITE BREWERY • 1319 Edmonton Trail N.E.

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The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

Mini Galleries

Exposure Studio Collective Brings 'Community' to Rotary Park Mini Galleries in January

by Brenda Erskine

CHCA's Mini Galleries welcome some old friends back to Rotary Park in January and February. As part of Calgary's Exposure Photography Festival, the Exposure Studio Collective will explore ideas of community in their second annual mini galleries exhibition.

Artwork exploring social and ecological aspects of community through photography, diorama, magazine spreads, and poetry will be featured in the six outdoor mini galleries. Artists include Julia Hajnoczk, J. Ashley Nixon, Tyler Tanner, Santosh Korthiwada, Twinkle Banerjee, and Cary Schatz.

To find out more about the artists and their works, join us for a walking tour on Saturday, January 14 at 1:00 pm. Meet us at gallery #1, adjacent to the parking lot on the SE corner of Centre St N and 7 Ave NE. As usual, CHCA will provide some hot drinks and treats to keep you warm. Dress for the weather and if it's extremely cold, we may reschedule. Sign up to CHCA's e-blast newsletter for notifications.

Crescent Heights Mini-Galleries is grateful to the Calgary Arts Development Authority (CADA) and The City of Calgary for supporting our 2023 exhibits and artists.

Community

Community is place:

A city, a village, a street,

A building where we live, work, and play with

One another.

Community is people:

Interacting, interfacing, including,

Socializing, sharing, supporting

One another.

Community is nature:

Populations of plants and animals, Interacting, growing with

One another.

Community is common:

Sharing interests, culture, Teaching and learning from

One another.

Community is life.



Exposure's Community Julia Hajnoczk's *Halosaccion Glandiforme*

Exposure's Community Santosh Korthiwada's 'Community' montage



Exposure's Community Twinkle Banerjee's contribution



Sledding Safety

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



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TRUDIE LEE PHOTOGRAPHY



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How important are public washrooms in
a busy Park with Baseball diamonds,
Tennis courts, Basketball court, Outdoor
Skating Rink and a children's playground?

How will this effect the public spaces in
our Community?

SHARE YOUR THOUGHTS

Humaira Palibroda:

parks@crescentheightsyyc.ca

Get Involved and Grow!



CHCA Community Garden 2023 Memberships Open!

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News from the Friends of Nose Hill

by Anne Burke

The Calgary Naturalists' Club was started in the late 1940s. Its activities included plant, bird, and star study groups. After the Calgary Bird Club was formed, the Calgary Naturalists' Club was discontinued, due to lack of support, since so many of its members had transferred their membership. The Calgary Bird Club evolved and became the Calgary Field Naturalists' Society, an advocate for the ongoing protection of parks and other natural areas by letters and through engagement with city officials.

According to the Provincial Archives of Alberta, when the first meeting of the Federation of Alberta Naturalists was held, it was attended by representatives from six regional naturalist clubs: the Calgary Field Naturalists' Society (now known as Nature Calgary), the Edmonton Bird Club, the Edmonton Natural History Club, the Lethbridge Natural History Society, the Alberta Natural History Society (of Red Deer), and the Bow Valley Naturalists. Membership in the Federation has since grown to include over 40 clubs, representing thousands of individuals.

The Federation (now known as Nature Alberta) was registered under the Societies Act to increase knowledge of natural history and understanding of ecological processes; to promote the exchange of information and views among natural history clubs and societies; and to foster and assist in the formation of additional natural history clubs and societies in Alberta. The aims are to promote new natural areas and nature reserves; to conserve and protect species, communities, or other features of interest; as well as to organize or coordinate conferences, field meetings, nature camps, research, and other activities. The group offers naturalists a forum in which questions relating to the conservation of the natural environment may be discussed, united positions are developed, and the means of translating these positions are put into action.

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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 | 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, 403-269-2707.

Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



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