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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.

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.

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KEY VOLUNTEER POSITIONS

Newsletter Editor	Elizabeth Stady
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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://crescentheightsyc.ca>.



Seniors' Fitness is Back!

Our Monday morning Seniors' Fitness class resumed on March 6 after an almost three-year COVID Hiatus. Many of our regulars have returned and a few spots are still available. Participants must be fully vaccinated and be members of the Crescent Heights Community Association. Our instructor, Pat Harding, is back with us and crueled than ever. Join us on Mondays from 10:30 to 11:30 am at the community hall.



Crescent Heights Community Association Join our Board!

We are looking for people for the following roles:

Fundraising Director

If you are interested or have any questions, please reply to: president@crescentheightsyc.ca

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CHCA Laneway Pride Project Clean Up Our Laneways



Spring is here –
it's time to clean
up our laneways!

Let's create places
for people to feel
comfortable and
safe to move
through our
community.

Spread the word on your block!
Let's work together and take pride in our laneways!

A reminder to take advantage of the CHCA Community
Clean Up on May 20th. Or check out calgary.ca/cleanup

CHCA Transportation Planning and Mobility (TPM) Committee

PRESIDENT'S REPORT

Hello Crescent Heights,

Spring has been slow arriving this year, but I saw a purple crocus recently so I'm excited about the growing season once again.

I am pleased to announce that Warren Chung has joined our Board as a Director at Large. Warren volunteered at our two most recent Casino fundraisers, demonstrating his commitment to our great community.

The hall's maintenance work will hopefully start in May. Approval has been received from the City to proceed with the replacement of our HVAC system. Painting of the south-facing windows will be undertaken too. This painting is far past due.

May 20 is our annual Community Cleanup day, so clean out your yard and house and bring it over to the hall parking lot. Many items get taken home by other people or social agencies who see a use for them. Otherwise, pure junk is quickly crushed by the City's garbage trucks.

Also on May 20, is our community fun run – 3km and 5km distances. Director, Josh Bateman has organized this event to engage our residents in some physical activity. To comply with the rules for these events, among other requirements, he has arranged for medical support services to be present.

Our Board continues to be impressed and pleased with the generosity of donors to our doggy and human fountain project in Rotary Park. Thank you and please keep it coming.

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

Hope to see you around!



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This Spring, “Leave your Leaves”

by Damon Johnston, member of the CHCA
Transportation, Planning and Mobility Committee

It may be habitual, a matter of social conditioning, or a holdover of outdated gardening practices from yesteryear—but for whatever reason, we just can't seem to help ourselves from wanting to tidy up the garden at the beginning of the season. Unfortunately, we're raking, mowing, and blowing away a bit of nature that is essential to the survival of butterflies, moths, snails, spiders, and dozens of arthropods.

In the past, early spring gardeners may have worried that leaves, matted down by snow or rain, would have a negative impact on their perennials. In reality, a thick layer of leaves provides additional insulation against cold spring weather and can protect newly planted perennials when frost-heave may expose tender roots. Anyone who has spotted fragile spring flowers popping up in the woods knows that all but the frailest of plants will burst through the leaf litter in spring without trouble.

But leaves are not litter – they're food and shelter for butterflies, beetles, bees, moths and more. Butterflies begin in leaves, as larvae. Those brown, dead leaves are the planet's butterfly nursery! They're home to butterfly larvae, microbes and worms. And leaf litter is where many species of butterflies and moths overwinter as pupae.

Providing food and habitat for our native birds and insects is just as important during winter and spring as it is in the summer. Fruits and seeds that remain on flowers and shrubs are a crucial food source and sustain songbirds such as goldfinches, jays and chickadees. Insects overwintering in our yards also provide an important food source for birds.

The soil itself is also a beneficiary of the gift of fallen leaves, as the leaves are essentially composted over time into nutrients that feed both next year's 'crop' of grass and a vast number of microbes in the soil, which are actually the most important 'crop' you can grow. All plant life in your yard depends on a healthy soil biology.

Leaves are free, readily available, and provide an excellent source of 'rotting stuff' that feeds the living biology within the soil. And if the soil ecosystem is healthy, your trees and shrubs will be healthy too!

Can't leave all of your leaves where they fall? Here are a few other ideas: Rake the leaves off of the lawn and into your planter beds, or use your mower to mulch leaves on the lawn to improve your lawn health by suppressing weeds and fertilizing the soil.

Source material for this article was gathered in part from: The David Suzuki Foundation One Nature website; Xerces Society for Invertebrate Conservation website; Nature Conservancy Canada blog; Treehugger.com; Leaf&Limb.com



Mini Galleries Exhibition

**Artists Explore Their Relationship with the Land
Art Walk with Artists, May 3 to June 30 at Rotary
Park, and Live Music on Saturday, May 6, from
1:00 to 3:00 pm**

What is your relationship with the land? What does it look like? This is what the Colouring it Forward Reconciliation Society (CIFRS) asked six Indigenous artists. The artists' responses show a deep connection with the land as expressed in many artistic forms.

Jeanien Cooper Bell explains that "my blood, bones, flesh, spirit, and those who came before me, as well as those to follow, are of the land. The water, air, soil, trees, and animals are our lifeblood. There is no separation, no distinction. We are intricately interconnected, intimately interrelated; their wellbeing is our wellbeing; their absence would signify the end of existence." Her piece for the mini gallery, Inuksuk, is inspired by her unique lived experience in a semi-remote community on the traditional territories of her Inuit Ancestors: Inuit Qaujimajatuqangit, Inuit Maligait, Inuit Oral tradition.

Inuksuk: [inuksuit: plural] is a familiar Inuit icon. Inuksuit are messengers: text composed of gathered stones, piled together into the 'form of a human' conveying a multitude of messages, serving significant functions. Standing firm, tall in seemingly featureless northern landscapes, withstanding extreme conditions. While their meaning and functions vary, their most important contributions are providing guidance and direction to lead people securely along their journey to their destination.

From a world bound by logic to one of colour and joy, Tory Manywounds chose a life of creativity. Tory was born to a Tsuut'ina mother and a Jamaican father. He is a Status Indigenous person and also a black man. He grew up with the impact of residential school influencing his mother's choices and, ultimately, his and his sisters as well. His art has always been a vessel to carry his imagination to a place of peace and calm.

Tory explains that his family blood is entrenched in the land. His piece, Grounded, explores the connectivity to the land via the bison. "Bison have grounded our people, healed us, protected us, and provided for generations. The blood of our ancestors flows through the land alongside the bison that helped us be strong."

Autumn Whiteway also chose the bison as her subject matter. The Great Slaughter is an artistic response to the decimation of the bison after the railroad expanded westward, which starved Indigenous peoples into submission and forced the signing of treaties. Autumn

Whiteway (Night Singing Woman) is a Saulteaux (Ojibway)/ Métis archaeologist, artist, traditional craftworker, and curator based in Moh'kinsstis (Calgary). Autumn explores Indigenous themes from a contemporary perspective through painting, digital art, and photography.

Autumn explains that "as long as I can remember, my connection with the land was very strong. I felt different from other children because an injury to the land and to the animal and plant nations was something that I felt deep in my soul. I've never felt that humans are superior to other beings with which we share this environment."

Ramsey Kunkel, Gordon Wesley, and Paityn Savoie are the other mini gallery artists who will be featured in next month's article.

We hope you can join us on May 6, from 1:00 to 3:00 pm for an Art Walk to meet the artists, enjoy some live music, and learn more about CIFRS.



*Grounded by Tory
Manywounds*



*Inuksuk by Jeanien
Cooper Bell*



The Great Slaughter by Autumn Whiteway

Two Cleanups in May

The 56th Annual Pathway and River Cleanup will happen on Saturday, May 6. Crescent Heights' Community Cleanup is approved for 2023 and will go ahead on Saturday, May 20 from 9:00 am to 2:00 pm. These are perennially popular events in the community, and we hope to make a clean sweep in May.

We can always use extra hands at these events, so if you can lend a hand for either or both of them, please contact us at treasurer@crescentheightsyyc.ca or johnmcdermid@shaw.ca.

Pathway and River Cleanup

The 56th Pathway and River Cleanup is scheduled for Saturday, May 6 from 10:00 am to 1:00 pm. This gives the option of rescheduling to Sunday the 7th in the event of nasty weather. Our river reach is from 4 Street NE to Centre Street, River Left, or the near (north) bank of the Bow. We hope to see many of our regulars out on the pathway. We meet under the Fourth Avenue Fly-over at the corner of Memorial Drive and 4 Street NE. Let us know if you can join us so we can get a sense of our numbers for supplies.

This year requires volunteers to attend a quick orientation session in order to make the Cleanup safe and efficient. Please contact John McDermid at treasurer@crescentheightsyyc.ca or johnmcdermid@shaw.ca to get in on the orientation. At the time of updating this for the View, we didn't have much in the way of details for the orientation, but it's mostly common sense ("Don't touch anything you don't like the look of"). In addition, our river reach is a difficult one in terms of terrain and the kinds of things we're likely to find in the Cleanup, so it is good to get a safety briefing before we set off. Please do contact me in advance of May 6, and thank you.

Crescent Heights Community Cleanup - May 20

Our very popular Crescent Heights Community Cleanup is set for Saturday, May 20 from 9:00 am until 2:00 pm. If you can volunteer for the cleanup, we can certainly use your help, and being on site gives you the first pick of the FREE Store's treasures (see below). The City recommends having 15 to 20 volunteers on site, as community cleanup events are increasingly popular and draw people from across the city. The more people we have to direct traffic and activity on site, the better our traffic flow and cycle time will be.

We have made arrangements with third-party vendors to firm up the range of materials we can accept, once again we can take metals and electronics as we have in past years, plus gently used household items for the Women in Need Society (WINS).

Same place: CHCA Community Hall, enter from 2 street NW at 11 Avenue; packer trucks will be positioned to accept household waste or stuff that may not fit in your black cart. Volunteers will be on hand to direct the traffic flow and maintain distance. Remember to stream recyclables to your blue cart or to a neighbourhood depot so we're not sending recyclable materials to a landfill. Similarly, organics like yard waste and spring cleanup materials should be disposed of through the Spring Yard Waste Program at all City Landfill sites from April 14 through May 28; now that the Green Cart program is well established, our community cleanup no longer handles organics. Hazardous waste products (paints, chemicals, etc.) must be disposed of at a designated firehall or landfill equipped for those materials. No concrete rubble can be accepted because it damages the equipment. No glass, please! Make sure your load is properly secured and tarped en route to the hall. Please don't bring materials and drop them before or after the event, we'll be watching!

The FREE Store will be in operation once again to help gently used items with life left in them find new homes. Goods that are not claimed will be loaded into the trucks in the last half-hour of the event. If you can help with this effort, please come to the site around 1:30 pm to help us clean up and close up.

Please be prepared to unload your own materials. Volunteers will be on hand only to manage the traffic flow on site. Our trusted City staff are there to operate the equipment; remember that they are volunteering their time too! Unload as quickly as you can to keep things moving.

Can't wait for May? The city-wide Community Cleanup program kicks off in April and events are scheduled at different communities across the city. Visit Calgary.ca/cleanups for dates, times, and locations.

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Saturday, May 13th 10-11:30am

Spring Clean Up!

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 sustain@ucalgary.ca

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

On March 20, the IPCC (Intergovernmental Panel on Climate Change), a UN agency, released their 6th Climate Change Assessment report, the result of research conducted over the past five years. UN Secretary-General Antonio Guterres, at a press conference, stated “humanity is on thin ice and that ice is melting fast... the climate time bomb is ticking.” The report suggests things are getting worse, but it makes one thing clear: the actions we take today will significantly impact our planet in the coming years.

196 countries adopted the Paris Agreement in December 2015. It established that the world must limit global temperature rise to well below 2 degrees C in this century and preferably 1.5 degrees C. The Earth has already warmed to 1.1 degrees C above 1850-1900 in 2011-2020 and is likely to cross 1.5 degrees C in the 2030s.

All hope is not lost yet.

Governments would have to up their commitments by 2030 and attain net zero by 2050 to keep warming around 1.5 degrees C as agreed to in the Paris Agreement.

Why 1.5 degrees? It is the limit at which many scientists believe humans can survive without causing the physical environment to be destroyed. It is the ‘target’ set by the IPCC as being ‘relatively safe’.

Overshooting 1.5 degrees C appears inevitable. We will continue to see more intense and frequent extreme weather, including blistering heat waves, droughts, powerful hurricanes, and heavier rainfall. Moving forward, without major changes this decade, they will get exponentially worse.

What should be made clear is that human beings have caused the Earth’s surface temperature to rise, through emitting greenhouse gases, not natural processes.

Sources: IPCC – Synthesis Report of the Sixth Assessment Report.

Please note that the content provided is for informational purposes.

stephanie@crescentheightssyyc.ca



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

Nature's Wild Ideas by Kristy Hamilton

Did you know that California's giant redwood forests create their own cloud environment that keeps them watered? And that a myriad of species inhabits the trees, benefiting from the moist environment? And that scientists are modelling these natural structures to collect air-borne moisture to provide drinking water in deserts?

Written by science journalist Kristy Hamilton, *Nature's Wild Ideas: How the Natural World Is Inspiring Scientific Innovation* reveals how natural processes could solve many of our modern challenges. If only we would pay attention!

An astonishing number of discoveries have been made while scientists were conducting basic research stimulated by their own curiosity. The serendipitous recognition of reactions that led to the development of insulin by Banting and Best is one of the most famous of these. Hamilton is careful to stress that just finding something is insufficient; years of additional research and product development are needed to make life-saving discoveries part of accepted practices.

Such research benefits businesses and consumers. Ants and bees thrive through what is termed “swarm intelligence,” in which the activities of the colony surpass the brain power of any single member. Scientists are working hard to mimic this phenomenon in the design of distributed light efficient batteries. For example, future electric cars may not be weighed down by a heavy central battery pack; it could be replaced by battery capability spread throughout the body of the vehicle.

Nature's solutions for light perception have created eyes of incredible dimension. For example, the lobster eye can see in murky waters that blind humans. Space scientists are adopting some of the designs to improve the performance of telescopes. Even bacteria sense light, by using their bodies as a lens. In fact, bacteria may be the most prolific and potent source of many solutions to address the challenges we face.

... if only we don't destroy the world's environment of multiplicity. We all know now that many animals and plants are becoming extinct, and most of us are sensitive to the downside of monoculture. In her fascinating and upbeat book, Kristy Hamilton both subtly and directly advocates for intelligent environmental stewardship.



GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.

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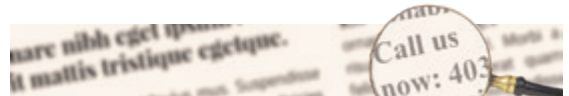
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