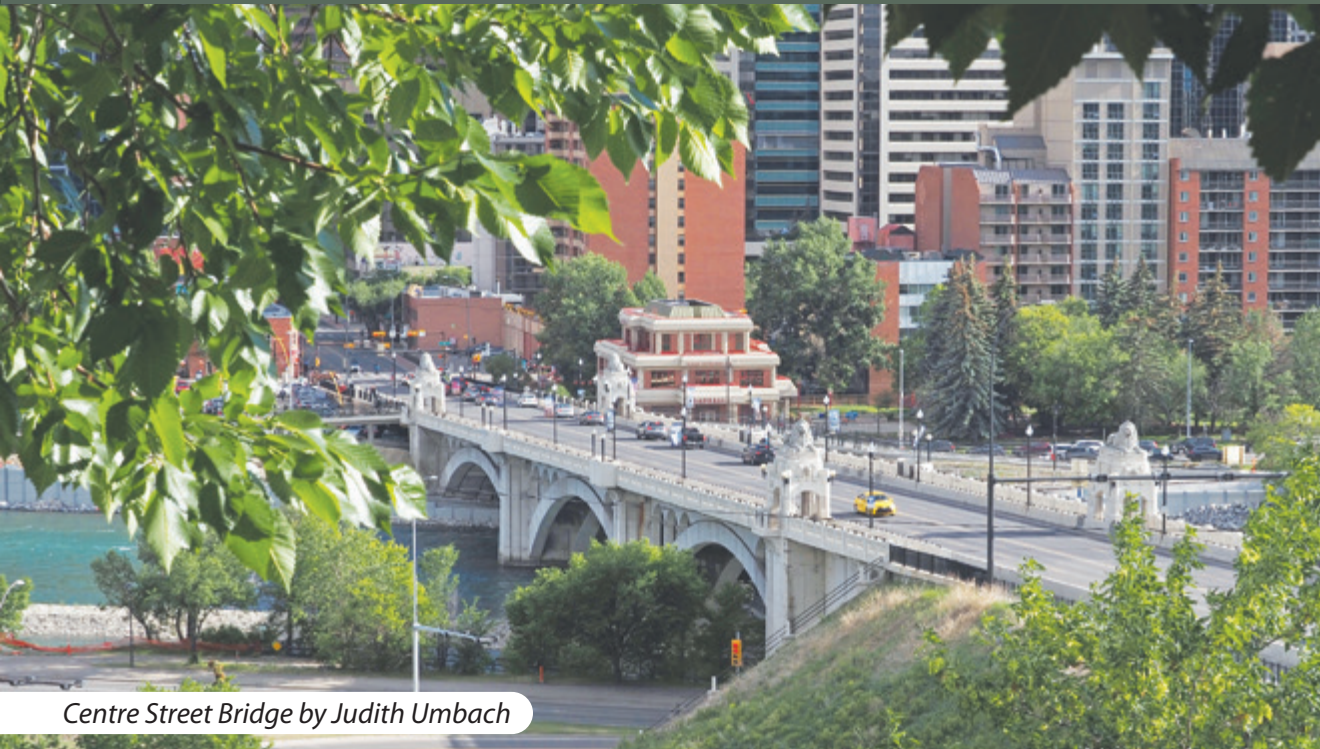


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THE CRESCENT VIEW

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 7:00 pm every fourth 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
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Asst. Treasurer	Harmeet Singh Kathuria
Secretary	Harmeet Singh Kathuria
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Planning Director	Brenda Erskine
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Community Partnerships Director	Doug Carlyle
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Fundraising Director	Vacant
Membership Director	Wendy Mitchell
KEY VOLUNTEER POSITIONS	
Newsletter Editor	Elizabeth Stady

SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



PRESIDENT'S REPORT

On behalf of the Board of Directors, I hope you are enjoying your summer. The Board took July off as has been the Board's practice for a number of years. However, the work has continued.

Hopefully, you were able to attend our annual Stampede Breakfast; patronize our local businesses, stroll through Rotary Park and enjoy the mini galleries art; and take walks through our community to assess this year's flower gardens.

Simultaneously, the CHCA hall has continued to be rented; cheques sent to our suppliers; and necessary maintenance undertaken.

Our long-term projects have continued to progress: the human/doggy fountain in Rotary Park; the new rink; and the development of Goose and Bear Park. Working with the City and securing funding is where these projects currently stand.

Your Planning Committee, in addition to providing feedback to the City on development permits, has taken a leading role in working with the new Heritage Guidelines by providing feedback and input to our Councillor and even to the City Council.

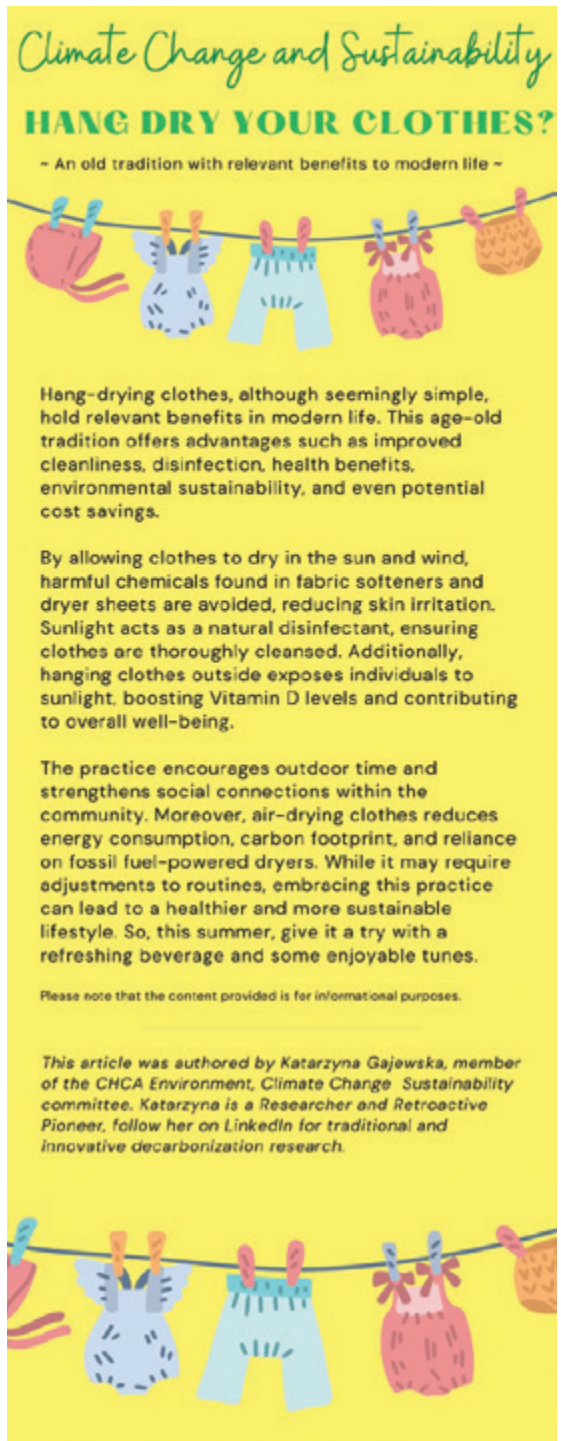
Your Traffic, Planning, and Mobility Committee (TPM) has been working with the Crescent Heights Village Business Improvement Association (BIA) to bring improvements to Centre Street. Planned improvements were incorporated into the Green Line project but now the TPM Committee and the BIA have decided to move ahead and seek improvements now rather than have them tied to the Green Line expansion to Centre St N.

To receive our more frequent electronic news bulletins (E-blasts) please sign up by emailing communications@crecshheightsyyc.ca or become a member by clicking on 'Membership' on our website.

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

Hope to see you around.

Dennis Marr



Climate Change and Sustainability
HANG DRY YOUR CLOTHES?
~ An old tradition with relevant benefits to modern life ~

Hang-drying clothes, although seemingly simple, hold relevant benefits in modern life. This age-old tradition offers advantages such as improved cleanliness, disinfection, health benefits, environmental sustainability, and even potential cost savings.

By allowing clothes to dry in the sun and wind, harmful chemicals found in fabric softeners and dryer sheets are avoided, reducing skin irritation. Sunlight acts as a natural disinfectant, ensuring clothes are thoroughly cleansed. Additionally, hanging clothes outside exposes individuals to sunlight, boosting Vitamin D levels and contributing to overall well-being.

The practice encourages outdoor time and strengthens social connections within the community. Moreover, air-drying clothes reduces energy consumption, carbon footprint, and reliance on fossil fuel-powered dryers. While it may require adjustments to routines, embracing this practice can lead to a healthier and more sustainable lifestyle. So, this summer, give it a try with a refreshing beverage and some enjoyable tunes.

Please note that the content provided is for informational purposes.

This article was authored by Katarzyna Gajewska, member of the CHCA Environment, Climate Change Sustainability committee. Katarzyna is a Researcher and Retroactive Pioneer, follow her on LinkedIn for traditional and innovative decarbonization research.

Fall LAUNCH



CRESCENT HEIGHTS BAPTIST CHURCH

Sunday, September 17 @ 10:30am
Worship Service & BBQ

-SMALL GROUPS-
-CHILDREN'S SUNDAY SCHOOL-
-FRIDAY NIGHT YOUTH-
AND MORE!



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courage to engage, and supportive
relationships to guide them!

PHOTO CORNER



Chigs the Cat by Selene

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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 crueller than ever. Join us on Mondays from 10:30 to 11:30 am at the community hall.



Sightlines

July 1 - August 31, 2023

Rotary Park - 617 1 street NE, Calgary

Reception + Art Walk: Saturday, July 15, 2023, 1 - 3pm

Walking tour will start at gallery #1, adjacent to the parking lot on the SE corner of Centre St N and 7 Ave NE.

Featuring:

- Taygan Appleton
- Lael Chmelyk
- Nancy Crites
- Julya Hajnoczky
- Michael Holton
- Brielle Reeves



Glenmore Reservoir,
by Julya Hajnoczky



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CRESCENT PARK FOUNTAIN UPDATE



Have you wondered why the new bottle filling fountain is dry?

Here is the scoop:

When the original fountain was decommissioned, so was its water supply. The City of Calgary Parks must trench a new water supply line a fair distance from the south end of the park to the fountain. It is on their 2023 schedule.

Thank you for your patience.

Crescent Heights Community Association
Humaira Palibroda

parks@crescentheightsyyc.ca

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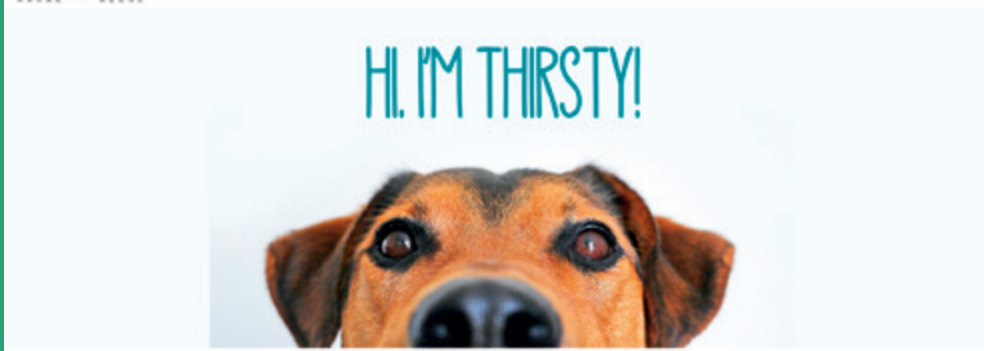




Rotary Park

Drinking Fountain Fundraiser!

A fountain for our K9 & human park goers



Thank you to our donors :

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Special thanks to the Crescent Heights BIA, Two Pillars Brewery, Doodle Dogs, Tigerstedt & Friends, Chinook for their fund raising campaign

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Attn: Humaira Palibroda



What's That Pretty Purple Flower?

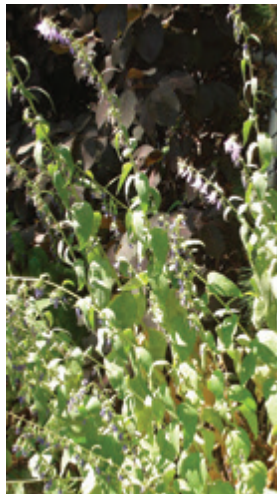
That very pretty purple bell flower blooming in our gardens and alleys is creeping bellflower (CFB). This hardy perennial is very aggressive, invasive, and very, very difficult to eradicate which makes it a noxious weed here in Calgary. Left to grow, the plants will choke out all your other plants, even quack grass. The seeds are prolific: about 15,000 per stalk, and they have an amazing germination rate. If you do nothing else this season, cut the stalks before they go to seed, especially plants growing in the alley!

Creeping bellflower spreads several ways: creepers, tap root, and seed. If you pull the plant up, you will see some white creepers and think that these are the roots. No, there is a tap root as well and just pulling off the top of the plant signals the tap root to send out a lot more creepers before it sends out more leaves. Sneaky! Don't be fooled by first year leaves which are rounded and look like a western violet. It doesn't produce the 24" to 30" stalk and flowers until the second year when the leaves change from heart shape to arrow shape with serrated edges. That first year, the plant is growing its tap root and sending out creepers long before the leaves appear. Each one of those creepers can produce a new plant and they will travel far! Any bit of creeper or root you break off will grow!

So how to get rid of it? The only non-chemical way to deal with CFB is dig it up by hand! Be careful to get all the roots and don't leave anything behind. Bag everything and throw it in the garbage. Do not compost or mulch! Check often for new plants and dig them up immediately. It will take a few years to totally eradicate CFB, but it can be done. For small patches in the lawn, keep trimming it back to the soil level. This will contain it but won't get rid of it. Some gardeners will suggest smothering a large area of CFB for a year or two. This doesn't work well because it will go dormant and grow again once it has light and water.

Even though I don't use herbicides or pesticides, I make an exception for creeping bellflower. The only thing that works for me is concentrated Round-Up diluted 5:1 or 10:1 instead of the recommended 20:1. It requires very careful and selective application because it kills everything it touches. Don't get this on your skin! I use

gloves and a paper towel or cotton balls dipped in the mixture which I can dry and reuse. Even so, it will likely take more than one application. A large area can be sprayed. Dig up the roots once the stalks are dead. Do not compost. The early spring or fall is the best time to apply herbicides. For creeping bellflower in your lawn, some people have had success spraying them with an herbicide containing triclopyr, if you can get it. It is only available for certain applications like brush clearing. For more information, visit <https://www.calgary.ca/parks/pests/creeping-bellflower.html> or join the Facebook group "Creeping Bellflower Battles."



Creeping Bellflower stalks in bloom



First year leaves with roots



First year leaves



Mature stalk and flower - second year and beyond



Join our Board!

We are looking for people for the following roles:

- Facilities Director
- Community Partnerships Director
- Engagement Director
- Fundraising Director
- Grant Writer

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

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Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

Lessons in Chemistry by Bonnie Garmus

Elizabeth Zott is a chemist engaged in original research which is stolen by her boss. But who would believe a woman! Women in lab coats are only assistants.

The era is the 1950s and 1960s and *Lessons in Chemistry* is not only focused on scientific facts. Author Bonnie Garmus uses humour to explore the stifling of women's abilities in ways that support the myth of male superiority.

To their surprise, Elizabeth Zott and fellow-scientist, Calvin Evans, fall deeply in love. Their understanding of each other grows from the deprivation and tragedy they each experienced in childhood. Chemistry is safe compared to the danger of exploitive human relations.

But Elizabeth's future is thrown into turmoil by Calvin's pointless accidental death. That he left her the "gift" of a daughter only makes everything worse. Their employer takes delight in firing her, citing her sins of child-out-of-wedlock and riding her husband's coat tails. The falsity of the latter is surreptitiously acknowledged by her fellow scientists who seek her out at home to interpret data from her experiments.

Walter Pine, a programmer for afternoon TV, and Elizabeth almost smash into each other. The inadvertent collision creates *Supper at Six*, a cooking show like no other. Over Walter's anguished appeals for blandness, Elizabeth stares into the camera and instructs mothers in the sciences of nutrition, chemistry, and physics to produce a delicious dinner for the family's evening meal. The studio audience attends with pens and notebooks.

Like any single mother, Elizabeth gradually accepts help. Six-thirty, a founding dog, taught to recognize over 600 words by Elizabeth in her non-existent spare time, keeps her safe. The unlikely Reverend Wakely becomes a bewildered friend who gives kindness. Even the detestable Miss Frask, once betrayer, turns to saviour.

Madeline, nicknamed Mad, proves the value of her mother's nutrition lessons by reading very early in life. Being socially smarter than her mother, she hides the fact from her teacher, but the truth very slowly emerges.

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101 Ways to Reduce Stress

by Nancy Bergeron R. Psych | info@nancybergeron.ca

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

JOIN THE CRESCENT HEIGHTS
COMMUNITY ASSOCIATION (CHCA)
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New Parking Guidelines

For the new fee structure and to apply for a parking permit, visit <https://www.calgaryparking.com/parkingpermits>.

For more information, visit <https://calgary.ctvnews.ca/there-s-a-fee-for-that-city-of-calgary-launches-first-change-to-permit-parking-program-1.6247738>.

If you do not have access to the internet, please contact the customer service team at 403-537-7000 and they will help you set up an account.



CHCA Laneway Pride Project

Laneway Garden Challenge

Let's make our laneways an extension of our homes. Let's make them beautiful!

"Life without beauty is only half lived"

Answer the challenge to beautify our laneways!

Imagine our laneways as welcoming spaces with flowers in bloom and creative urban plantings. Imagine what can grow ... on that patch of grass, or that pile of dirt. Between those cracks in stone and concrete, or maybe within a repurposed cast-off. Do it yourself or work with your neighbours! Inspire all of us and post your photos and ideas on our community Facebook.

Suggestions for durable plants

Day lilies (sun or shade), poppies (sun), rhubarb (sun or part sun), holly hocks (sun), mint (sun or shade), wildflowers (sun). So, when you're out and about picking up some plants for your garden, pick up an extra few and add some beauty to your laneway!

Weeds, Weeds, Weeds!

Getting rid of our resident weeds is next to impossible, but let's try to keep those pesky invaders like the creeping bellflowers/bluebells from spreading more.

A few easy tips for week management:

1. mow/cut down regularly;
2. add non-invasive plantings in abundance to squeeze weeds out;
3. pull weeds when the soil is wet;
4. take off the flower tops/seed heads.

A friendly message from your

Crescent Heights Community Association

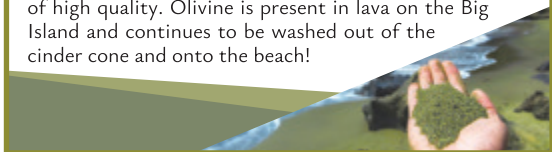
Transportation, Planning and Mobility Committee

marie@crestheightsyyc.ca or doug@crestheightsyyc.ca



GREEN SAND BEACH

Carved into a cinder cone volcano on Hawai'i's Big Island, Papakōlea Beach is one of four green sand beaches in the world! Its green shores are made of granulated olivine, an olive-coloured mineral known as peridot when it is of high quality. Olivine is present in lava on the Big Island and continues to be washed out of the cinder cone and onto the beach!



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.

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Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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