

DECEMBER 2023

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

**HAPPY HOLIDAYS
FROM THE CHCA**

Rime Frost by Judith Umbach

Merry Christmas and Happy New Year!

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Crime
Statistics



Real Estate
Statistics



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CRESCENT HEIGHTS
Community Association



THANK YOU BEE HOTEL BUILDERS!



Thank you to over forty volunteers who came out to build bee hotels in November! Watch for the bee hotels on Goose & Bear Hill in Spring 2024.



Thank you to Kat Dornian and Marley Young, who hosted the workshop, and to funding from the Federation of Calgary Communities and Calgary Foundation.





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.



CRESCENT HEIGHTS
COMMUNITY ASSOCIATION

Join our Board!

We are looking for people for the following roles:

Director, Engagement
Director, Fundraising

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

VOLUNTEERING

Connects you to others
Is good for your mind and body
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JOIN THE CRESCENT HEIGHTS
COMMUNITY ASSOCIATION (CHCA)
MEMBERSHIP BENEFITS YOU, YOUR
FAMILY AND YOUR NEIGHBOURS

HAVE A VOICE

HELP US GROW COMMUNITY!



BOARD OF DIRECTORS 2023

President	Marie Semenick-Evans	president@crescentheightsyyc.ca
Treasurer	John McDermid	treasurer@crescentheightsyyc.ca
Secretary and Assistant Treasurer	Harmeet Singh	assistentreasurer@crescentheightsyyc.ca, secretary@crescentheightsyyc.ca
Community Partnerships	Zachary Nagy	communitypartnerships@crescentheightsyyc.ca
Planning Director	Krista Beavis	planning@crescentheightsyyc.ca
Planning Director	Adam Schwartz	planning@crescentheightsyyc.ca
Director at Large	Blair Pierce	blair@crescentheightsyyc.ca
Parks Director	Humaira Palibroda	parks@crescentheightsyyc.ca
Facilities Director	Jordan Nabata	
Engagement Director	Vacant	engagement@crescentheightsyyc.ca
Communications Director	Elsie Ross	communications@crescentheightsyyc.ca
Traffic Planning and Mobility Directors	Marie Semenick-Evans	marie@crescentheightsyyc.ca
	Doug Carlyle	doug@crescentheightsyyc.ca
Climate Change and Sustainability Director	Stephanie Ho Lem	stephanie@crescentheightsyyc.ca
Membership Director	Dennis Marr	memberships@crescentheightsyyc.ca
Fundraising Director	Vacant	
Director at Large	Vacant	
Digital Platform Director	Matthew Clapson	

Seeking Pancake Breakfast Event and Volunteer Coordinators for 2024



Take the wheel of this exciting community event! The community needs this to carry on!

It's a great opportunity to meet your neighbours and have a lot of fun.

You will get a step-by-step detailed manual with all contacts available to guide you, lots of eager volunteers willing to jump in, and you get to choose the band!

Contact president@crescentheightsyyc.ca.

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PRESIDENT'S MESSAGE

Hello Crescent Heights!

We're off to a great start for a new year for your CHCA Board of Directors. Our annual AGM took place on October 23, and despite the cold, blustery weather conditions, we had a great turn out from the community. Thank you to all those community members who braved the weather to participate in the meeting.

At our AGM we said a fond farewell to several retiring board members. We wish to thank Wendy Mitchell, Rob Ward, and Brenda Erskine for their dedicated service to the community, and know we'll see them around! Also, a big thank you to Past President Dennis Marr, who has led our board for the last two years. Dennis will continue to serve as a Director on the Board, overseeing the memberships portfolio.

We begin our new year with a great group of people, and we look forward to a year of great things. But there's always room for more! We urge residents to consider volunteering for our community association. Our organization relies on the help and support of our residents to continue providing the services and resources that make our community thrive. We have many committees and events that residents can get involved with, so keep an eye out for opportunities in our newsletter and our community e-blasts; or email me directly at president@chcocalgary.ca.

I look forward to keeping you updated on our many activities throughout the year.

Have a happy holiday season! Stay safe and keep warm!

Marie Semenick-Evans

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 Chooses New President

Marie Semenick-Evans has been elected President of the Crescent Heights Community Association for 2023-24.

Semenick-Evans, who was selected by fellow directors at the October board meeting, succeeds Dennis Marr who will serve as Membership Director. The new President will also continue to serve as Co-Chair of the Transit and Mobility committee with Doug Carlyle. Blair Pierce and Jordan Nabata were voted onto the board as Directors at Large.

Other directors are John McDermid as Treasurer; Harmeet Singh as Secretary and Assistant Treasurer; Zachary Nagy as Community Partnerships; Krista Beavis and Adam Schwartz as Planning; Humaira Palibroda as Parks; Stephanie Ho Lem as Climate Change and Sustainability, and Elsie Ross as director of Communications.

The positions of directors of Facilities, Engagement, and Fundraising are yet to be filled.



Celebrate
Christmas

Morning Service - Dec 24 @ 11 AM
Candlelight Service @ 7 PM

Happy New Year!
2024

Our prayer is that the abiding peace of Jesus be with us all, individually and around the globe.

May the presence of Jesus be with you in 2024.

We welcome you to join us for weekly worship every Sunday at 10:30 AM.

 CRESCENT HEIGHTS BAPTIST CHURCH
1212 1 STREET N.W
WWW.CRESCENTHEIGHTSBAPTIST.COM

Cold Weather Preparations

by Alberta Health Services



Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's Important to Remember a Few Things During Extreme Cold Warnings:

Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.



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Membership Director's Report

by Dennis Marr

We're Trying to Grow Our Membership

Hello Crescent Heights,

While Crescent Heights' volunteer group is large, dynamic, and active, our membership base is small for a community of over 6,200 residents.

The Crescent Heights Community Association (CHCA) is regulated by the Societies Act of Alberta which requires that the members elect your board and approve the financial statements and auditors. By approving the finances, the members are essentially approving the activities and projects undertaken by the CHCA.

The CHCA is accountable to its members. The more members, the more the CHCA can be assured that it is acting with the approval of more of its residents. Over the next year, we'll be looking for opportunities to encourage our residents to become members.

To become a member, just click on our website and select membership.

To receive our electronic news bulletins (E-blasts), email communications@crescentheightssyyc.ca or click membership on our website to join and you will automatically be registered for them.

Hope to see you around.



TRAILERS



If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

Looking for Jane by Heather Marshall

Angela manages an antiquarian book shop in Toronto. Her incidental discovery of an old mis-directed letter opens up a world for her. By trying to trace the author, she finds the stories on which Heather Marshall bases her novel, *Looking for Jane*.

Relating history through fiction is an honourable tradition. Usually, however, the multi-perspective recreation of past times reaches far back. *Looking for Jane*, however, brings to life the tragic perils faced by Canadian women in the last part of the 20th century as they sought remedies for unwanted pregnancy.

Against the rules, Maggie and Evelyn become friends in their maternity home (for wayward girls), where they are virtually incarcerated and forgotten by their families. The "girls" work inside the "home" up to the day of their delivery, when they are sent alone by taxi to the hospital. Upon their return they are forced to give up their child, with the baby held hostage to the signing of the "agreement". Of course, the child is given to adoptive parents, who provide a fee to the "home", even while the mother is working to "pay off" her debt (for care) to the maternity home. Evelyn finds this system untenable, even as she submits to its strictures.

A decade later, Nancy unwillingly accompanies her cousin, Clara, to a clandestine location for the illicit procedure to end her pregnancy. On their bus ride home, Clara bleeds uncontrollably, and Nancy only just manages to get her to a hospital on time. Of course, she cannot verbalize Clara's complaint, because that would make them both criminals.

A year later, despite her traumatic memories, Nancy finds herself needing to end her pregnancy. This time, she knows how to find the "Jane" network, obtaining the still illegal but doctor-conducted procedure.

Angela learns about these stories as she and her partner are participating in IVF treatment to enable them to have a baby. She realizes that her hopes and emotions are an empathetic conduit to the lives of young mothers who were once castigated by the judgement of family, society, and the unconstitutional law.

Crescent Heights Village BIA Approved to Expand Boundaries



CRESCENT HEIGHTS VILLAGE
BUSINESS IMPROVEMENT AREA

PROPOSED EXPANSION

Over the past year, the Crescent Heights Village BIA has been engaging the community in the possibility of expanding its boundaries. You may have seen the signs on Centre St., open house invitations, and other communications looking for feedback on the proposal.

Approved by City Council on October 3, 2023, the BIA will now represent businesses on Centre St. up to 20 Ave., on 16 Ave. from 4 St. to Edmonton Tr., and down Edmonton Tr. from 16 Ave. to 6 Ave.

"It's a significant expansion," says Gilbert Ng, chair of the board of directors' expansion committee and dentist at CHV Dental. "But we really wanted to build on the success we've had on Centre St. and encompass all Crescent Heights businesses.

The former footprint was on Centre St. only from 8 Ave. to 14 Ave. representing just under 120 businesses.

The expanded BIA will work for about 380 businesses and take things like pageantry, signage, planters, public art, events, and advocacy work further out into the community.

For residents of Crescent Heights, this means seeing many of the improvements made on Centre St. also happening on Edmonton Trail and 16 Avenue. More events, more graffiti remediation, more safety measures, and more reasons to support your local businesses. If you want to keep up on the latest news, events, specials, contests, prizes, and more, sign up for the *Love Local* newsletter on the BIA's website at crescentheightsvillage.ca/love-local-newsletter.



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Calgary Marked the First Time it Has Initiated Water Restrictions Due to Drought

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

Environment Canada is predicting a warm and dry winter for the 2023-2024 season, just as we saw last winter. During this past summer, Calgary saw persistent hot, dry weather conditions and low flows on the Bow and Elbow Rivers. These conditions were caused by this year's low snowpack and early snowmelt. The flow on the Elbow is the lowest it's been since around 2000 and the Bow River is the lowest it's been since 1911.

Calgary is a dry climate, but because of our proximity to the mountains we can experience unpredictable swings in the weather from heavy rains to many weeks of dry temperatures and little rain.

This summer Calgary initiated water restrictions due to drought. A drought is when there is less water available over a large physical area for a long period of time. It happens when precipitation (i.e., rain/snow), river flow, and ground water are at below average levels.

In the face of drought, it's becoming increasingly difficult for homeowners to justify the use of water to maintain their lawns. Lawns are a crop that we spend time, energy, and money to maintain, but they don't feed us or our animals, attract pollinators, provide a habitat, or really do much of anything besides look good.

To have a "look-good" lawn, you or your gardener need to put in the time and care. Lawns need to be watered, fertilized, and doused with some weed killers during the growing season. Because of the environmental toll that weed killers and other pesticides can take, the pulling of plants that "don't belong," and having to cut or mow it each week only to dispose of it, lawns are falling out of favour.

Reduce your lawn and start planting native plants and wildflowers as they are well adapted to Calgary's climate and soil conditions and often require little maintenance, water, and fertilizer. Once established, they also provide

homes, food, and nesting material for pollinators and other wildlife. Start planning now. An excellent guide is the city's website "Yard Smart".

Sources:

Nicole Newton, Calgary's manager of natural environment and adaptation.

City of Calgary Drought Plan

Bob Vila

Please note that the content provided is for informational purposes.

stephanie@crecscenheightssyc.ca

A Tiny Gift



University nanotechnologists created the smallest Christmas card ever in 2010! Unbelievably, this card is invisible to the human eye as it is thinner than a human hair. You could lay out 8,276 of these cards onto the front of a postage stamp. It may be the perfect little thing to give that person you just never know what to buy for!

mybabysitterlist

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A stack of colorful blocks in yellow, red, blue, and green, positioned at the bottom right of the advertisement.

8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



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City Reviewing Short-Term Rentals

Crescent Heights has the fourth highest number of Short-Term Rentals (STRs) in Calgary with 115 Airbnb and VRBO listings, mainly for apartments, a new report prepared for the city of Calgary has found.

Only the Beltline (701), and Livingston (128) and Seton (119), both new communities in the deep suburbs, have more listings, according to the report by Drs. Gillian Petit and Lindsay Tedds of the University of Calgary economics department. Sunnyside, with 98 listings, is fifth overall.

In July 2023, there were 1,898 nightly bookings in Crescent Heights for a 75 percent occupancy rate.

The report also found that in the year between April 2022 and May 2023 there were 62 STR-related complaints in Crescent Heights, second only to the Beltline where there was a total of 77 complaints of which 75 percent were for noise.

The report is part of a study of Calgary's STR market between the City of Calgary and the University of Calgary through the Urban Alliance partnership.

As part of the recently launched public engagement process, Calgarians will have an opportunity to tell the city about their experiences with STRs through a survey that is open until December 31, 2023.

The second phase of the engagement from July to September 2024 will involve feedback on approaches for regulating STRs. A final report with policy recommendations and a design and implementation guide will go to Council in December 2024.

The city's goals for the study are to gain an in-depth understanding of Calgary's STR market and the challenges and opportunities it presents, and to use this knowledge to recommend an updated regulatory approach for STRs. (An STR generally refers to a residential property, or a room or guest suite, that is rented out for a fee on a temporary basis, by either the property owner or a long-term tenant, to people who are traveling and in need of accommodation.)

Calgary first introduced STR regulations in February 2020. Since then, the STR market has evolved and grown, and broader social and economic shifts have created new pressures and priorities for the city, according to its website.



Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Help Is Here

Many Canadians find the holidays to be challenging, with more than half of Canadians saying that the holiday season can be a source of anxiety, depression, and loneliness. Fortunately, this holiday season accessing help has become easier. Beginning November 30, Canadians in crisis from coast-to-coast will be able to call or text 9-8-8 and obtain counselling free of charge.

This new three-digit number aims to provide accessible and timely support to individuals in crisis, offering hope and saving lives. I was proud to vote in favour of establishing this hotline when my Conservative colleague, Member of Parliament Todd Doherty, introduced it in 2020. Since then, Canadians have waited years for 9-8-8 to be implemented; during this time, the COVID-19 pandemic highlighted the importance of accessible mental health resources.

This easily remembered number allows individuals in distress to swiftly connect with trained professionals. 9-8-8 operates 24/7, providing immediate assistance and reducing barriers that may prevent someone from reaching out for help. Regardless of socio-economic status or geography, 9-8-8 allows for better access to support.

The Centre for Addiction and Mental Health led the coordination of services for 9-8-8 with input from Provinces and Territories, Indigenous partners, crisis services, mental health experts, individuals with lived experience, and public safety officials. 9-8-8 will save the lives of Canadians who feel they have nowhere else to turn. By providing accessible, empathetic, and immediate support, this hotline serves as a beacon of hope, reducing the barriers to seeking help and saving lives.

If you or a loved one are struggling with your mental health, know that help is more accessible than ever. Please do not hesitate to call or text 9-8-8 any time you need mental health crisis or suicide prevention intervention and be sure to share this information with anyone who may be struggling.

CRIME STATISTICS



**Crescent Heights
 Crime Activity was Up
 in October 2023**

The Crescent Heights community experienced 13 crimes in October 2023, in comparison to 9 crimes the previous month, and 22 crimes in October one year ago. Crescent Heights experiences an average of 19.3 crimes per month. On an annual basis, Crescent Heights experienced a total of 231 crimes as of October 2023, which is down 38% in comparison to 370 crimes as of October 2022. To review the full Crescent Heights Crime report visit cres.mycalgary.com.

How To Report Crime In Crescent Heights: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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