

OCTOBER 2023

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# the **CRESCENT** view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

**NEW MINI GALLERIES  
EXHIBITION STARTS  
OCTOBER 1**

**AGM  
OCTOBER 23, 7:00 PM**



*Mini Galleries - Clematis Collective*

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**Richard Palibroda**

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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
Facilities Director	Vacant
Planning Director	Brenda Erskine
Parks Director	Humaira Palibroda
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Director of Climate Change and Sustainability	Stephanie Ho Lem
Director at Large	Rob Ward, Warren Chung
Fundraising Director	Vacant
Membership Director	Wendy Mitchell

### KEY VOLUNTEER POSITIONS

Newsletter Editor	Elizabeth Stady
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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!



## PRESIDENT'S REPORT

Summer is over. School is in session. You're in the routine and your CHCA Board is back in action. The Alberta Societies Act requires that the CHCA is member supported; this is what members get, and some things you may not know about the Board:

- Outdoor community rink, community artwork in the park, Stampede breakfast, community garden, outdoor music concerts, a community hall for events such as seniors' and children's programs, community and river cleanup days.
- Lesser-known activities include work to build another park (Goose and Bear), add a dog/human fountain to Rotary Park, rebuild and update our skating rink.
- Even less known is our Planning Committee's input on all development permits in our community, including working with the City on many house-related issues. Also work by our Transportation, Planning, and Mobility Committee to make our neighbourhood safer, more pedestrian friendly, and generally a pleasant place to live.
- Everything is supported by our Facilities Director, Treasurer, and Secretary.
- Finally, it is our Communications Director who ensures that this magazine and our E-Blasts get published.
- I know there are missing benefits, but you get the picture.

**AGM:** October 23 at 7:00 pm at the hall. Refreshments will be served. The Societies Act of Alberta requires that we have a forum, so buy a membership on our website and come on out. If you want to get more active and dip your toe in the community association volunteer pool, even better. It will be a learning experience.

To get our electronic news bulletins (E-blasts), email [communications@crescentheightsyyc.ca](mailto:communications@crescentheightsyyc.ca) or click membership on our website and join.

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

Hope to see you around.



The poster features the CHCA logo (a green leaf) and the text 'CRESCENT HEIGHTS COMMUNITY ASSOCIATION' at the top. The main title is 'CHCA Annual General Meeting' in large white letters. Below it, the date and time are 'October 23, 2023 7:00pm' and the location is 'Community Hall 1101 - 2 Street N.W.'. It lists 'Refreshments', 'Door prizes: Agni-Santorini Taverna-Deepak's Dhaba-Elite Brewery-Deng's Dumplings', 'Directors' Reports', and 'Financial Statements'. At the bottom, it says 'Join Us!' with a graphic of diverse hands raised.



The poster has a light beige background with a stack of pancakes topped with strawberries and syrup. The text reads 'Seeking Pancake Breakfast Event and Volunteer Coordinators for 2024'. Below the image, it says 'Take the wheel of this exciting community event! The community needs this to carry on!' and 'It's a great opportunity to meet your neighbours and have a lot of fun.' It also states '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!' and provides the contact email [president@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca).

# Signs You May Have Depression

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

### Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



### Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.

# Clematis Collective Comes to Rotary Park Mini Galleries

Say goodbye to the Alberta Craft Council, and hello to the Clematis Collective. The Collective, all graduates of AUarts, have been busy assembling a unique exhibit, titled *Windows into Clematis: Uniting Through Art*.

“This is a collection of collaborative works that respond to Rotary Park, and have an emphasis on the importance of collaboration,” says collective member Natalie Melara. “The works address concepts of isolation, exploration of identity, the impact of our environment on mental health, and our connection to each other.”

The exhibit will be on display until the end of October, with the artists’ talk and galleries tour scheduled for October 14 at 1:00 pm.

The works, some of which were created while the artists sat in the park, feature a diverse range of artistic mediums, including painting, found objects, Augmented Reality, and mixed media. Four galleries will showcase pieces that were created by at least two members and two galleries will showcase pieces that involved all members of the collective.

## Members of Clematis Include:

- Natalie Melara
- Elise Findley
- Laura Olive
- Vivian Smith



**WINDOWS INTO CLEMATIS: UNITING THROUGH ART**  
SEPT 4 - OCT 31

A collection of collaborative works that respond to Rotary Park and address concepts of isolation, exploration of identity, the impact of our environment on mental health & our connection to each other.

Crescent Heights Mini Galleries & Clematis Collective

**ARTIST TALK & GALLERY WALK: SAT OCT 14 @ 1 PM**

Calgary Arts Development  
Calgary

Calgary

On behalf of Calgary Community Standards & Waste and Recycling Services

Thank you, Crescent Heights Community Association

Congratulations on a successful Community Cleanup on 5/20/2023

The weight collected for this year:

**Garbage: 9435 kg**

Thank you to the Community Association and residents for your commitment to keeping our communities healthy, safe, and vibrant.

# CLIMATE CHANGE AND SUSTAINABILITY

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

## Canada's Summer of Fire

Since May, wildfires have erupted across our country and our fire season is not over. Why are there so many? So far, 15 million hectares have gone up in smoke, the previous record is 7.6 million hectares in 1989. The ten-year average is 2.5 million hectares.

Canada is home to approximately 30 percent of the world's boreal forests. "The Canadian boreal forest is one of the largest intact forest and wetland ecosystems remaining on earth. It stretches across the center of the country, from Newfoundland and Labrador to the Yukon, covering nearly 6 million km<sup>2</sup> and over 58 percent of Canada's land mass."

Every year, scientists say it's normal to experience a wildfire. Boreal forests are evergreen forests located north of the 50th parallel. They are adapted to burn, are evolved to burn, every 100 to 200 years. It's part of the natural cycle for Canada's boreal forests to burn. Fires keep nutrients cycling through the soil.

This year though, it's unusual as wildfires are occurring in almost every part of Canada and they are lasting longer. Climate change is making weather like heat and drought more likely. Climate change will worsen three major factors that influence wildfires: dry fuel to burn, frequent lightning strikes, and dry, windy weather that fans the flames.

Boreal forests store about two-thirds of the world's forest carbon, most of which is contained in the soil and has accumulated over hundreds or even thousands of years.

More and more Canadians are living, working, and playing in Canada's forests, resulting in another ignition source, humans. Fire is inevitable and there will be more in the future, but climate change will make it more common and more dangerous. Estimates suggest that wildfires in Canadian boreal forests will increase by 150% by 2050. Canada's boreal forests store a big amount of carbon – about 208 billion tons of CO<sub>2</sub>, or 11% of the world's total. Unfortunately, trees do burn, releasing the stored carbon into the atmosphere, thus threatening our global ability to reach net zero emissions by 2050.

Wildfires in boreal forests can be especially harmful in terms of emissions they release into the atmosphere. Canada's record wildfires are intensifying climate change, worsening air quality, and are detrimental to those who have health issues. With the wildfires, we are experiencing 464 hours of smoke, 13 hours more than in 2018, all coming from BC.

Source: Union of Concerned Scientist, NPR, Climate Atlas of Canada, [wwf.ca](http://wwf.ca)

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

[stephanie@crescentheightsyyc.ca](mailto:stephanie@crescentheightsyyc.ca)



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# UPDATE ON THE NEW CRESCENT HEIGHTS OUTDOOR SKATING RINK



The excitement and support for our hardworking, beloved Skating Rink keeps building...

It started with the **The Calgary Flames Foundation** and **Parks Foundation Calgary**, Calgary Flames Rink Award for \$60,000.

Then the City of Calgary partnered with the Crescent Heights Community Association for the Engineering Consulting Program and the Engineering Report is now complete.

and now

The Government of Alberta –  
Community Facility Enhancement  
Program has approved a grant of  
\$65,823 for the Rink

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

*Submitted by Brenda Erskine, Planning Director*

The planning committee reviewed the following development permit applications in June, July, and August, with these comments:

**DP2023-02791 - 1409 Edmonton Tr NE - June 9, 2023**

**Support**

Change of Use: Child Care Service (33 children), Changes to Site Plan: Child Care Service (outdoor play area).

**DP2023-02499 - 114 13 Ave NW - June 5, 2023**

**Support**

Exterior Renovations: Multi-Use commercial (refurbish building facade); Change of use (Dwelling Units)

**DP2023-02919 - 342R 7 Ave NE - June 1, 2023**

**Support**

New: Accessory Residential Building (detached garage) Some concerns re loss of permeable landscaping. Could plant additional trees.

**DP2023-02829 - 125 8 Ave NW - May 31, 2023**

**Object**

New: Backyard Suite (above garage), Accessory Residential Building (garage).

It's difficult to read these plans in detail, but it looks like this subterranean connection substantially decreases the available permeable ground on the property and could create run off issues for neighbouring properties. Outdoor amenity space is not defined for the two residences. No amenity space for primary residence? With the large footprint of the existing home, the lot coverage, including the subterranean connection, is high. CHCA supports new builds, extensions, and renovations that increase the tree canopy and associated habitat rather than destroying it.

**LOC2023-0140 - 134-10 Ave NW - June 22**

**Object**

Land Use Change RC2 to RCG midblock: This land use change is mid-block in a Heritage Guidelines Area. For that reason, we suggest Planning apply the same principals as per the Council Meeting of May 16, 2023, during which Council voted to approve the following motion: That with respect to Report CPC2023-0180, the following be adopted: That Council Amend the recommendation by substituting "first reading" for "three readings" and numbering it as recommendation

1; and Add a new recommendation 2 as follows: Withhold second and third readings of Proposed Bylaw 58D2023 until a development permit is at the point of approval; In other words, we won't support this land use application until we have seen the DP, and until we are comfortable that the proposed design fits within the Heritage Guidelines and addresses community concerns about loss of heritage assets, environmental impacts (loss of tree canopy, loss permeable land, creation of heat islands) traffic, and parking issues. Once the land use change is approved, we feel we have little ability to impact the aforementioned concerns.

**DP2023-03250 - 1411 Centre B St NW - June 23**

**Object**

Change of Use: Duplex dwelling

It's difficult to comment without knowing what the current DC supports on this property, but it looks like it could be a building up to four stories. We question why the City (and our community) should support an application to "downzone" when this lot could support much higher densification than a small duplex. According to the North Hill CLAP this area should be zoned for buildings up to 6 stories high. If the city truly wants to densify, this is the place to do it! Also, it's hard to see how cars can get in and out of the parking stalls on the plan provided. Impossible.

**DP2023-03769 - 1514 3 St NW - July 6**

**Support**

New: Accessory Residential Building (detached garage)

**DP2023-03554 - 202 7 Ave NE - July 3**

**Support**

Temporary Use: Home Occupation - Class 2 (Hair Stylist)

**DP2023-03877 - 315 2 Ave NE - July 11**

**Support**

In general, CHCA Planning Committee supports laneway/carriage homes as a form of sensitive, moderate densification in our community. This one in particular has good design in an appropriate location and looks like it fits well within the neighbourhood while providing income to the homeowner and a decent living space for the tenant. Bravo!

**DP2023-04121 - 219 7 Ave NE - July 21, 2023**

Laneway house with new build at front, approved discretionary. Did not comment.

**DP2023-05063 - 134 10 Ave NW - August 17, 2023**

**Oppose**

New semi-detached dwelling: Significant loss of trees and shrubs, including one city tree (ash?), lack of attention to heritage guidelines, significant height as compared to neighbouring homes, lack of attention to climate smart building.

**DP2023-04753 - 1311 3 St NW - August 16, 2023**

New single detached dwelling: third floor balconies mean lack of privacy for neighbours, no mention of landscaping, east-west orientation results in shadowing.

Proposed build is within the Heritage Guidelines Area, but the design does not follow the guidelines.

Per guideline 2 (Heritage Guidelines), based on Google street view the front facade does not draw design reference from nearby heritage assets.

Per guideline 3, the front setback has not been informed by the neighbouring heritage assets.

Per guideline 5, there is no boulevard so they are required to add one deciduous tree within the front setback that will contribute to a mature tree canopy. As far as I can tell from the drawings, there is no tree planned for the front.

Per guideline 7, flat roofs are discouraged. Roof sloped on the top level only, and is flat in other areas to accommodate all of the balconies.

Per guideline 9, should be shifting massing away from the neighbouring house (a little bungalow) and toward the alley. With the pop-out on the second level they have done so, but the third storey is on the side adjacent to the house. It's dwarfed by this proposed development and seems unfair and disrespectful to the neighbour in addition to not abiding by the heritage guidelines.

Per guideline 12, the front projection should include a porch, patio, veranda, or sunroom. The proposed development has none of these, only stairs leading up to the front door with a small landing...definitely not a porch.

There's an undeveloped suite shown for the basement... do they have adequate parking to accommodate this?



**SEND GOOD NEWS and GREAT JOY!**

We are collecting new toys and school supplies on Sundays in October in preparation for our annual Shoebox Packing Party.

**Come pack a shoebox to bless kids around the globe!**

Check website for party details...



@CHBC\_CALGARY  
1212 - 1 STREET NW

## 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.



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# Rotary Park

## Drinking Fountain Fundraiser!

### A fountain for our K9 & human park goers



### Update

Donations continue to trickle in reminding us of the importance of community spirit in improving our public spaces. I was hoping to complete the fountain project this year but with \$4858.00 raised and the onset of Fall our timeline must extend to 2024. I am always searching for funding and fundraising ideas, please reach out with yours!

### Thank you to our donors :

Barbara Surplus-Sharon Anderson-Marr-Tim Edwards-Rebecca Dunlop-Yasmeen Nosshi-Ethan Shi-Matthew Clapson,Kathleen Kelly-Lucy & Cyde-Erin LillyWhite-Richard Harding-Dustin Deveau-The UPS Store-Dana Ilych-Gerry Simon-Sandra Raskin-Chris Oulette-Krista Davey-Michael Bischoff -Ryan Prasad-John McDermid-Laurie Allen-Zachary Nagy-Sarah Winstanley-Nathan Hertz-Adrian Millman-David Tang-Lindsay Marr-Dyna Schuster-Sheila McCardle-Krista Beavis-Shannon Pratt-Linette McNamara-Barry Matthews-Claire & Ania Niscak-Two Pillars Brewery, Doodle Dogs, Tigerstedt & Friends-TD Bank-Chinook Glass-Unit Realty Print Marketing

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Write a cheque payable to:

**Crescent Heights Community Association**

(send to: 1101 - 2 St NW, Calgary AB T2M-2V7)

Attn: Humaira Palibroda

## Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



# Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

*What Strange Paradise* by Omar El Akkad

Once upon a time, eight-year-old Amir lived in Homs with his parents and siblings.

In real time, Amir's home was bombed to dust, his family fled, and he mischievously snuck aboard a boat, surreptitiously following his uncle. Thus, he became a miniscule dot in the flood of illegal migrants crossing the Mediterranean in an inevitably rickety fishing boat.

In *What a Strange Paradise*, author Omar El Akkad infuses his novel with hope, telling the story in chapters alternating between "Before" and "After". The pivot point is Amir's unexpected survival from the waves that smashed the migrant boat. The tension wracks up as the reader struggles to hold onto the hope shared with Amir, while others try to determine his future within their own sets of rules.

Amir occupied a place on the deck of the boat, huddled in with a pregnant woman of considerable presence and integrity. His somewhat ineffectual but generous uncle had paid for Amir to be on deck, while he himself suffered, locked below deck, with a cheaper passage. No one on deck, and presumably below, could move without stepping on others. For a long time during the days and nights aboard the failing vessel, Amir's little-boy status garnered him some good-will. As the destitution of the passengers became more dire, he became just one more desperate migrant.

Local to the island where migrants wash up, Vanna can't stand watching adults chase this boy. She hides him. In the way of children, they make friends regardless of having no language in common. Their mutual distrust of the army officer in charge of handling migrant problems leads them into more and more daring feats of evasion.

The reader can wonder about irrevocable decisions. The people who choose to fling themselves into fate's hands transform from dreamers to living in the moment. Moments can fulfill or destroy their hopes and dreams.

## GAMES & PUZZLES

### Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for \_\_\_\_\_ and \_\_\_\_\_.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of \_\_\_\_\_.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in \_\_\_\_ seconds.



**SCAN THE QR CODE FOR THE ANSWERS!**



**CRESCENT HEIGHTS**  
COMMUNITY ASSOCIATION

## 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](mailto:president@crescentheightsyyc.ca)

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