

SEPTEMBER 2023

DELIVERED MONTHLY TO 4,760 HOUSEHOLDS

# the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



*Crescent Park NW by Meron Gebreyes, CHHS student*

**SELLING YOUR HOME?**



## Richard Palibroda

403.560.0061 | [richardpalibroda.com](http://richardpalibroda.com)

[crescentheightsyc.ca](http://crescentheightsyc.ca)

## Clear Aligner Therapy

Invisalign® takes a modern approach to straightening teeth that allows you to live your life the way you want while you gain confidence that comes from a better smile. The removable aligners mean you can continue doing all the things you normally would, from eating and brushing, to feeling comfortable in every social occasion.

- ✓ Clear aligners are virtually invisible, so most people won't even know you're wearing them.
- ✓ Aligners are removable for easy cleaning so you don't have to change how you brush and floss.
- ✓ Smooth and comfortable aligners eliminate cheek and gum irritation.
- ✓ Special occasion coming up? No problem! Just take your aligners out and pop them back in when you're ready.
- ✓ Free consultations to see if Invisalign is right for you.



**AT ALPINE DENTAL WE GIVE YOU A REASON TO SMILE!**

 **FEEL THE SPARKLE IN YOUR SMILE AGAIN!** 

All patients receive **FREE teeth whitening.**  
 Ask us for details. 



### Dentistry with a Personalized, Caring Approach.

We are dedicated to working closely with you to create a high quality treatment plan that matches your oral health goals and needs. We work together as a team to provide a thorough, personalized treatment plan in a friendly atmosphere. Give us a call, or better yet, come on in and see us.

 - Dr. Laura Brescia

All services are provided by a general dentist.

**Open Evenings & Saturdays**

Find Out More: [alpinedentalcare.ca](http://alpinedentalcare.ca)

# 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!



@CHBC\_Calgary

[www.crescentheightsbaptist.com](http://www.crescentheightsbaptist.com)

We pray for students and educators,  
as they return to school, to have  
understanding in their classes,  
courage to engage, and supportive  
relationships to guide them!



## Hate Your Renewal Rate? Call Me!

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



### MATS

Commercial mat rentals  
and purchases



### HOSPITALITY SERVICES

Linens for tables, chairs, and  
napkins. Laundry and  
pressing services



### WORKWEAR

Workwear and cleaning of  
uniforms and coveralls



### CLEANING

One-stop service for cleaning  
supplies and paper products

[calgarymatandlinen.com](http://calgarymatandlinen.com)



PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



# 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            |
| Treasurer                                     | John McDermid          |
| Asst. Treasurer                               | Harmeet Singh Kathuria |
| Secretary                                     | Harmeet Singh Kathuria |
| Facilities Director                           | Vacant                 |
| Planning Director                             | Brenda Erskine         |
| Parks Director                                | Humaira Palibroda      |
| Communications Director                       | Elsie Ross             |
| Traffic and Mobility Directors                | Marie Evans            |
| Community Partnerships Director               | Doug Carlyle           |
| Engagement Director                           | Vacant                 |
| Director of Climate Change and Sustainability | Stephanie Ho Lem       |
| Director at Large                             | Rob Ward, Warren Chung |
| Fundraising Director                          | Vacant                 |
| Membership Director                           | Wendy Mitchell         |
| <b>KEY VOLUNTEER POSITIONS</b>                |                        |
| Newsletter Editor                             | Elizabeth Stady        |

## SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



# 10 Signs That You May Be Suffering from Anxiety

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



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/ pharmaceutical intervention from your doctor may also be necessary.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 7 |   |   | 2 |   |   | 4 | 6 |
|   | 6 |   |   |   |   | 8 | 9 |   |
| 2 |   |   | 8 |   | 3 | 7 | 1 | 5 |
|   | 8 | 4 |   | 9 | 7 |   |   |   |
| 7 | 1 |   |   |   |   |   | 5 | 9 |
|   |   |   | 1 | 3 |   | 4 | 8 |   |
| 6 | 9 | 7 |   |   | 2 |   |   | 8 |
|   | 5 | 8 |   |   |   |   | 6 |   |
| 4 | 3 |   | 5 | 8 |   |   | 7 |   |

**SCAN THE QR CODE  
FOR THE SOLUTION**



**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)

### VOLUNTEERING

Connects you to others  
Is good for your mind and body  
Can help start or advance your career  
Bring fun and fulfillment to your life



## The Victoria

On September 20, 1519, explorer Ferdinand Magellan, with five ships and 270 men, set sail from Spain in search of a route to Indonesia. After three treacherous years, 18 men and one ship, *The Victoria*, remained. Captained by Juan Sebastian Elcano, *The Victoria* became the first ship to circumnavigate the globe!

## 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.





# Rotary Park Drinking Fountain Fundraiser!

A fountain for our K9 & human park goers



## Thank you to our donors :

Barbara Surplus-Sharon Anderson-Marr-Tim Edwards-Rebecca Dunlop-Yasmeen Nocchi-Ethan Shi-Matthew Clapson,Kathleen Kelly-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-DavidTang-Lindsay Marr-Dayna Schuster-Sheila McCardle-Krista Beavis-Shannon Pratt-TD Bank-Chinook Glass

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

## Donate Today :



online: <https://crescentheights.getcommunal.com/donate/22>  
OR

Write a cheque payable to:  
Crescent Heights Community Association  
(send to: 1101 - 2 St NW, Calgary AB T2M-2V7)  
Attn: Humaira Palibroda



On behalf of Community Strategies & Waste and Recycling Services

## Thank you, Crescent Heights Community Association

Congratulations on a successful **Community Cleanup** on May 20<sup>th</sup>, 2023.

The weights collected for this year:

**Garbage: 9,435 kg**

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

## Our Planet Is Getting Warmer. Are We Prepared? How Heat Domes, El Niño, and Greenhouse Gases All Play a Part

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

### What is a Heat Dome?

A heat dome occurs when a ridge of high pressure builds over an area. It can stretch over a large area and linger for days to weeks. High pressure conditions combine to act as a 'lid' on the atmosphere. In a process known as convection, warm air attempts to escape but the high-pressure dome causes it to sink back down to earth. As the winds move the hot air east, the jet stream traps the air where it sinks, resulting in heat waves.

In the summer of 2021, BC experienced a heat dome, the deadliest weather event in Canada. Temperatures went up 20 degrees C above normal. The BC Coroners Service confirmed that there were 619 heat-related deaths during the heat dome. Heat domes are especially dangerous for young children, the elderly, and those with health conditions such as asthma and heart disease. Lytton's temperature measured 49.6 degrees on June 29 and the entire BC town subsequently burned in a wildfire the next day.

Such extreme heat events are forecasted to become more frequent and intense due to climate change. This trend is worrying news for the planet.

The costs of the 2021 heat wave are reported in The Canadian Climate Institute's "The Case for Adapting to Extreme Heat." It provides a summary on how to prevent future extreme heat events from becoming disasters and how to limit the impacts on people, communities, and the economy. Alberta has a website with more information as well: [alberta.ca/beprepared](http://alberta.ca/beprepared).

Four heat domes have contributed to this past July being the hottest month on record globally. Part of this is El Niño, which is developing and likely to strengthen. There is a good chance many more heat records will be broken. The four heat domes currently at play are in the southern US, the North Atlantic Ocean, North Africa including southern Europe, and Southeast Asia.

Source: Canadian Climate Institute, National Oceanic Atmospheric Administration (NOAA)

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

## Dementia Advice Line Connects Albertans to Care

from Alberta Health Services



Individuals living with dementia, and their caregivers, can now be connected directly to a specialized dementia nurse through Health Link 811 as part of

changes to the dementia advice line. This will better connect caregivers and those with dementia, including Alzheimer's, to timely advice and care.

Between 8:00 am and 8:00 pm daily, Albertans can call Health Link at 811 and press the option to speak to a nurse specializing in dementia. They will answer your call, go through an assessment, and provide advice and resources for your immediate concerns. Previously, callers needed to speak to a Health Link nurse, get a referral, and then receive a response within 72 hours from a dementia nurse.

After hours, Health Link staff will assess your needs and provide advice for your immediate concerns. When needed, you will be referred to a specialized dementia nurse for additional advice.

The dementia nurse, who has extensive training and experience in seniors' health, will be able to provide an in-depth assessment to gain an understanding of each situation. The dementia nurse will provide support and advice to patients and caregivers and can connect callers to services available in their community.

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment, and the ability to carry out daily activities.

The number of dementia cases is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

For more information, call 811 or visit our website.



## Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

# Brunch Asparagus with Goat Cheese

by Jennifer Puri

Native to the Mediterranean, the roots of the asparagus plant can be traced back to the ancient Egyptians, Romans, and Greeks. Records show it was a prized vegetable in Rome during the Middle Ages. Asparagus saw a rise in popularity in France during the reign of Louis XIV and was enjoyed by fashionable society across Europe. Asparagus was always considered a luxury item until recent times.

Asparagus or “sparrow grass” has been referred to as the King of Vegetables and is low in calories, high in fiber and folate, and rich in vitamins, minerals, and antioxidants.

There are 300 species of asparagus and people have been eating these dark green vegetable spears with tiny leaves on top for centuries. Asparagus has a distinct flavour and is related to onions, leeks, and garlic. Green asparagus is eaten worldwide. White and purple asparagus are sweeter and more flavourful.

Contrary to popular belief, thickness is not an indication of toughness or tenderness. Asparagus stalks are thick or thin from the moment they spring from the ground.

Asparagus can be steamed, sautéed, grilled, or roasted as it is in the following brunch asparagus with goat cheese recipe.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 lb. Asparagus spears
- 1 tbsp. Dijon mustard
- 2 tbsp. rice wine vinegar
- ½ tsp. salt
- ½ tsp. coarse ground black pepper
- ½ cup extra virgin olive oil
- 2 cups of cubed white, brown, or multigrain bread
- 2 cups of cherry tomatoes
- ½ cup of crumbled goat cheese or feta cheese
- 2 tbsp. of finely chopped parsley, basil, or chives



**Directions:**

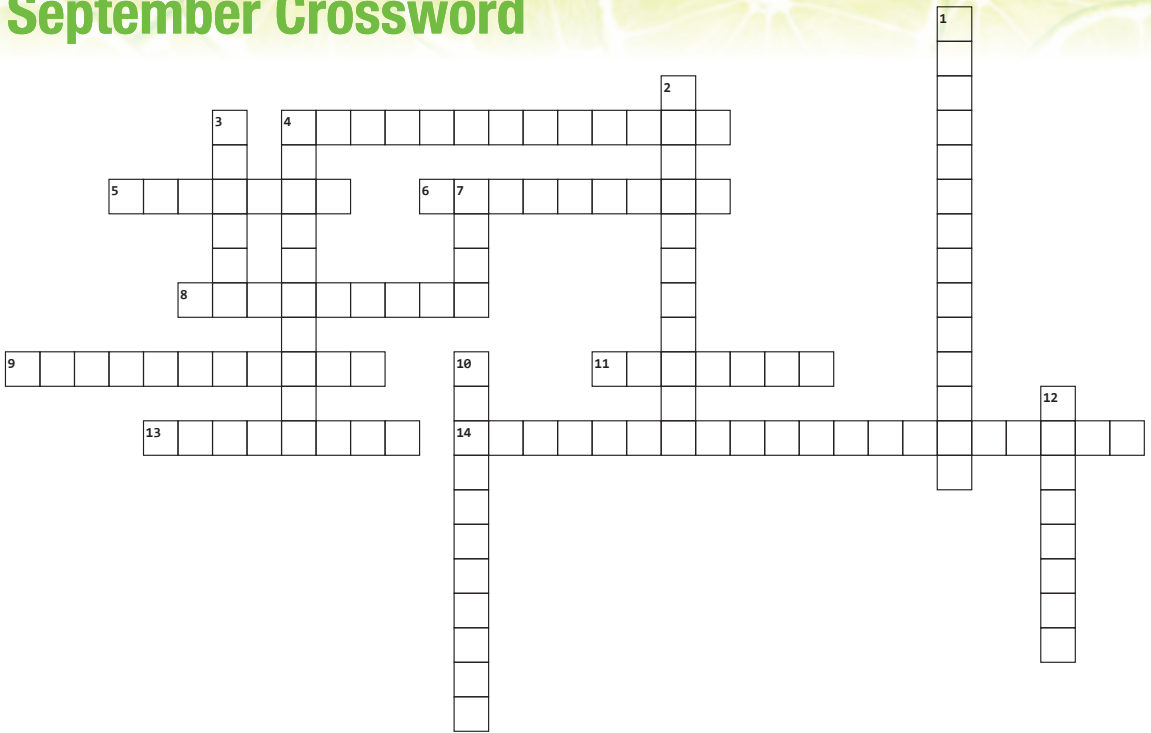
- Prepare marinade by combining mustard, vinegar, salt, pepper, and olive oil in a small bowl. Stir until all ingredients are blended and form a smooth mixture.
- Heat Oven to 375 degrees Fahrenheit.
- In a medium size bowl, toss together bread cubes, cherry tomatoes, and 2 tbsp. of the marinade. Spread the bread cubes and cherry tomatoes in a single layer on a baking tray. Place tray on the middle rack of the oven and bake until bread cubes turn a light brown and cherry tomatoes have softened (approximately 12 minutes).
- Remove from oven and set aside.
- Increase oven heat to 400 degrees Fahrenheit.
- Prep the asparagus spears by rinsing under cold water and patting dry with paper towel. Remove and discard the tough bottom parts of the spears and then spread them in a single layer on a foil lined baking tray. Drizzle remaining marinade over the spears and then place on the middle rack in oven. Bake time is 8 to 10 minutes for thin spears, 10 to 12 minutes for medium spears, and 12 to 14 minutes for thick spears.
- Remove asparagus when cooked and arrange on a serving platter. Top with croutons, cherry tomatoes, crumbled goat cheese, and garnish with chopped fresh parsley, chives, or basil leaves.

Brunch asparagus with goat cheese can be served at lunch or brunch and pairs well with eggs, roast ham, chicken, or turkey.

Bon Appétit!



# September Crossword

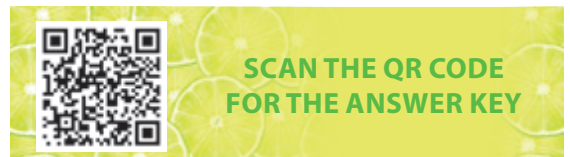


## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.





# Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

*Permanent Astonishment* by Tomson Highway

*Permanent Astonishment* is one of the best books I have ever read. Author Tomson Highway regales us with tales of his childhood in remarkable detail.

Relying mostly on his older sister Louise, he re-creates his birth in the midst of the dog-sled ride of his family to their winter home in Brochet, Manitoba. With great hilarity, he makes the reader a companion who can't help marveling at the ingenuity and resilience of his parents. They raised their children in a beautiful, harsh land where they harmonized their existence with the natural forces that shaped life itself.

Tomson Highway loves his parents, his family, his extended family, and all his friends. His Cree heritage pre-disposes him to finding the funny side of everything in life. Joe Highway, his father, recognized that his clever son needed to expand his horizons beyond fishing and go into the coming world. He sent him (and his other siblings) to school, inevitably a residential school, accessed by air. While the terrors that we now know about residential schools assailed him, Tomson as a memoirist tucks them quietly into the design of a life well-lived.

My favourite scene is a room full of little Cree- and Dene-speaking boys learning English from a unilingual English-speaking nun. Tomson is so excited! D: dee, dee, dee, dee, he repeats. O: owe, owe, owe, owe. So far so good. G: gee, gee, gee, gee. Exactly right! Why is the teacher saying "dog"? What does the sound "dog" have to do with "dee" and "owe" and "gee"? He is then encouraged to colour a very strange dog, which the teacher calls "cat", an animal he has never seen.

Even though he was bullied by older pupils, the slight quick-silver Tomson loved school. Blundering through language confusion and failing at sports, he found joy in the ceremonies of the Catholic faith and in the friendship of so many children. Unusually, in his memoir, he chooses to honour those around him by naming each individual and their home – not just once, but every time the person has a role in his story. The naming becomes a lyrical refrain in this extended love poem to the people and the land of Canada's Subarctic.

# Learn the signs of stroke

**F**ace  
is it drooping?

**A**rms  
can you raise both?

**S**peech  
is it slurred or jumbled?

**T**ime  
to call 9-1-1 right away.

Act **FAST**.  
Lifesaving treatment begins the second you call 9-1-1.

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)



© Heart and Stroke Foundation of Canada, 2023 | ™ The heart and / icon on their own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

# Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

**Specific** – What exactly would you like to do? What is your aim?

**Measurable** – How will you know if you are moving towards your goal? What will you see?

**Achievable** – Can you act to reach your goal? Is it something you can do?

**Relevant** – Does this goal have meaning for you?

**Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

**Attitude** – Being positive, hopeful, and grateful or seeing the good.

**Physical Health** – Being active, eating healthy food, sleeping, and drinking water.

**Relationships** – Spending more time with family and friends.

**Public Service** – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!



## No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



### OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

**CALL US TODAY AT**  
**403-726-9301**  
**calgaryfreshjock.com**

## 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.

**JOIN THE CRESCENT HEIGHTS  
COMMUNITY ASSOCIATION (CHCA)  
MEMBERSHIP BENEFITS YOU, YOUR  
FAMILY AND YOUR NEIGHBOURS  
HAVE A VOICE  
HELP US GROW COMMUNITY!**



**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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**CRESCENT HEIGHTS MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**HEART & HANDS FOR SENIORS:** A trustworthy company with a big heart providing companionship services. Someone to lift spirits, provide friendship, help around the house, and with errands. Heart & Hands provides comfort and peace of mind so that we can assist you or your loved one to stay home. www.heartandhands.ca or 368-999-4447.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



With Momentum's Money Management workshops, you can

**Learn to budget and manage your debt**  
[momentum.org/money-management](http://momentum.org/money-management)

Complete a workshop and be entered to win a \$200 grocery gift card!



# GET NOTICED

**ACQUIRE AND RETAIN NEW CUSTOMERS.**

Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)



**SCAN ME**

**GREAT NEWS MEDIA**

LEADERS IN COMMUNITY FOCUSED MARKETING