

AUGUST 2024

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



CHCA AGM
TUESDAY, OCTOBER 22
7:00 PM

Cover Photo by CHHS student Piper Kolafa

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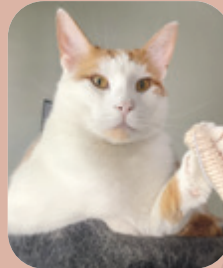


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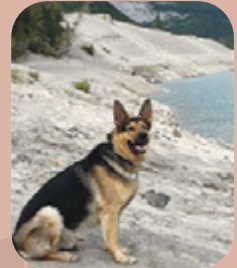
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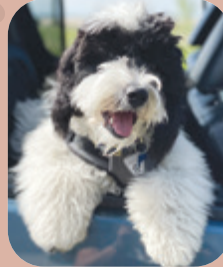
Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



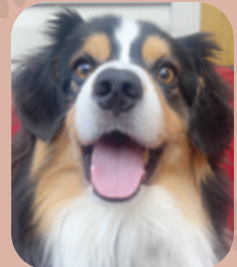
Harry, *Bridgeland*



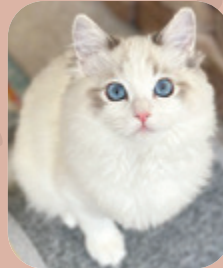
Pikko, *Hillhurst Sunnyside*



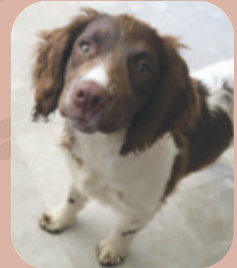
Riley, *Kensington*



Sawyer, *Beddington*



Snowbelle,
Discovery Ridge



Tilly, *Deer Run*

To have your pet featured, email news@mycalgary.com



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
Can help start or advance your career
Bring fun and fulfillment to your life

**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 2024

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



CRESCENT HEIGHTS
Community Association

Annual General Meeting

Save the Date

Tuesday, October 22, 7 pm

Interested in joining our Board of Directors?
Contact president@crecscenheightsyyc.ca

Sharon Danish Lutheran Church

A part of the Crescent Heights community since 1930

August 2024

- Sunday, 4th** 10:00 am - English Worship Service
Potluck BBQ Lunch after the service
- Sunday, 11th** 10:00 am - English Worship Service
11:15 am - Danish Worship Service
- Sunday, 18th** 10:00 am - English Worship Service
- Sunday, 25th** 10:00 am - English Worship Service
11:15 am - Danish Worship Service



Contact Pastor Charlotte Berg: 403-277-5804
Email: office@danishlutheranchurch.ca
Website: www.danishlutheranchurch.ca
Facebook: Danish Lutheran Church in Calgary



Everyone is welcome!

(A congregation of the Danish Seamen's & Churches Abroad.)

PRESIDENT'S MESSAGE

Hello Crescent Heights!

We're at the halfway mark of summer and it has been a perfect season for getting out and enjoying all that Crescent Heights has to offer – our beautiful parks, our restaurants and businesses, and our very own CHCA community events.

At the time of writing this we were a week out from our annual Stampede Breakfast. A big thank you to everyone who stepped up to volunteer to help make the event a success. A special thank you to board member Harmett S.K. for taking on the task of organizing the event this year and to Heike C. for taking on the role of organizing our volunteers.

We feel very lucky to live in a community where we have so much support from our businesses. A special shout out to the community sponsors of our Taste of Crescent Heights door prizes: Agni Fine Indian Cuisine, Santorini Greek Taverna, Two Pillars Brewery, Milk Ice Cream Club, Deng's Dumplings, and Deepak's Dhaba. And a big thank you to Perma Insurance/Co-operators for sponsoring our breakfast pancakes and sausages and to EFW Radiology for sponsoring the great sounds of the Kate Reid Band.

A reminder this month to take a stroll through Rotary Park to take in our summer Mini Gallery exhibit - a retrospective of three years of exhibits. On August 24 there will be live music and refreshments to bring the community together to mark the celebration of three years of Mini Gallery operation.

Also, mark your calendars for October 22, our annual CHCA AGM. If you are interested in joining our dedicated board of directors, please contact me at president@crescentheightsyc.ca.

See you out and about in the community!

Marie



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New Parking Guidelines

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

For more information, visit www.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 STAMPEDE BREAKFAST

THANK YOU!

**To our community volunteers
and generous sponsors!**

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Perma Insurance | Co-operators

AGNI Fine Indian Cuisine

Santorini Greek Taverna

Two Pillars Brewery

Milk Ice Cream

Deng's Dumplings

Deepak's Dhaba



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

Lawn Boy by Jonathan Evison

Mike Muñoz likes to mow lawns. So do I, and for the same reasons. Clear progress and the sensual aroma of new mown grass. When his lawn mower and tools are stolen, his livelihood disappears. In *Lawn Boy* by Jonathan Evison, we accompany Mike in his quest to achieve goals he barely acknowledges.

Like the author, Mike lives in the Seattle area – with his mother who works several jobs, his older brother, Nate, who is developmentally disabled, and a succession of quasi-dad figures. He has a close childhood friend, Nick, who is foul-mouthed and racist (which Mike doesn't like). The library is his place of calm. He often takes his brother there because Nate's helpless aggression recedes in the library. They spend hours in this space where their acceptance is never questioned. Thus, Mike has read a lot of books, both from the new books displays and from the open shelves of classics. Of particular interest are the books recommended by librarian Andrew, who actually listens to the undertext of Mike's woes.

Mike can't get a break. Even when it seems he has, it falls apart, partly because he has a deep sense of loyalty and integrity. His most lucrative opportunities exploit his naivety; they are scams that use him to further his "employers" goals. Every time he loses out, since his income is crucial to the family's precarious well-being, his mother suffers. Nevertheless, his mother remains calm and gently supportive, assuring him she can't possibly take on more shifts in her multiple jobs.

Overriding his important yet minor accomplishments is Mike's lack of self-confidence. He knows the world is wider than his circumstances, and he continues to try new ways of escaping the grey life of his family and community. As he inconspicuously develops from a teen to a young man, his growing maturity and life's tough lessons lead him to his greatest treasure – self-respect. As he gradually recognizes his own self-worth,

he gradually sees how to accomplish the goals that belong to him.

Jonathan Evison tells Mike's story with generosity and humour. Honesty about the struggles of the "working poor" comes from the author's own experiences. Not everything is bad. Moments of joy enrapture his characters.



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News, Events, & More



Crime Statistics



Real Estate Statistics



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Swish is a brand new dental clinic, now open in the General Block! Swish provides fully transparent, personalized dental care in a space designed for maximum comfort. Why? When you enjoy your routines and rituals, great care comes easy.

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The key to great care? It all starts with *our people.*

Meet Dr. Zahi Shlah

Dr. Zahi Shlah is a General Dentist and the Clinic Lead at Swish. From connecting with patients to coaching his team, Dr. Shlah works to create a culture of genuine care at Swish.



Meet Dr. Tyler Rosolowski

Dr. Tyler Rosolowski is a General Dentist with a passion for positive patient experiences. A Bridgeland local, Dr. Tyler delivers kind and approachable care at Swish.

Book in for an appointment with our dream team at Swish!

Swish Loves Local

Giving Back at the BRCA Farmers' Market



The Bridgeland Riverside Farmers' Market is back! Swish is proud to sponsor the Aspiring Entrepreneur booth for a second season. The Aspiring Entrepreneur booth supports up-and-coming artists, makers, and bakers, providing them with a coveted spot at the market free of charge.

Last year, we had the privilege of supporting some very cool local brands, like Novelty Bakes, Sa Akin Ceramics and Candles, and Bunny Kissed Crochet. We can't wait to meet this year's lineup of budding businesses – we hope you'll join us!

Find the BRCA Farmers' Market every Thursday evening this summer, rain or shine!

Bridgeland-Riverside Community Association Farmers' Market

Where: Bridgeland Community Hall, 917 Centre Ave NE

When: Thursdays from 3:30 – 7:30 PM, June 20 – October 3

For more information, please visit: bridgelandfm.ca

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*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



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[swishoralcare.ca](https://www.swishoralcare.ca)

hello@swishoralcare.ca



@swishoralcare

Rotary Park People & Pet Fountain Fundraiser



Crescent Heights we are so close to the finish line

Calling all Concrete Contractors!

We need your help to install a small concrete pad for the fountain

email: Humaira - parks@crescentheightsyyc.ca



Receive a tax receipt from Parks Foundation Calgary.
Use the new QR Code linking Donations to the Parks Foundation on our website:
<https://crescentheightsyyc.ca>



Donate to have the Rotary Park Fountain in 2024
Let's do it Crescent Heights!



Get Involved and Grow!



Humaira Palibroda - parks@crescentheightsyyc.ca



FASTEST MAN ALIVE

Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

Word of The Month

Mellifluous: *adjective* (muh-lif-loo-uhs)
Sweet or smooth sounding, as in a voice or string of words.
She believed Spanish to be the most mellifluous language in the world.



FAREWELL TO OUR DEAR CRESCENT HEIGHTS OUTDOOR SKATING RINK



**Thank you for the years of
service and memories**
**A HUGE thank you to our funders,
who have made our new skating rink
possible. Coming winter 2024!**

CALGARY FOUNDATION
Daryl K. Seaman
Canadian Hockey Fund

**THE GOVERNMENT OF
ALBERTA - Community Facility
Enhancement Program**

**PARKS FOUNDATION
CALGARY**

**SADDLEDOME FOUNDATION
THE CITY OF CALGARY**

Get Involved and Grow!

Humaira Palibroda parks@crescentheightssyc.ca

GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



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

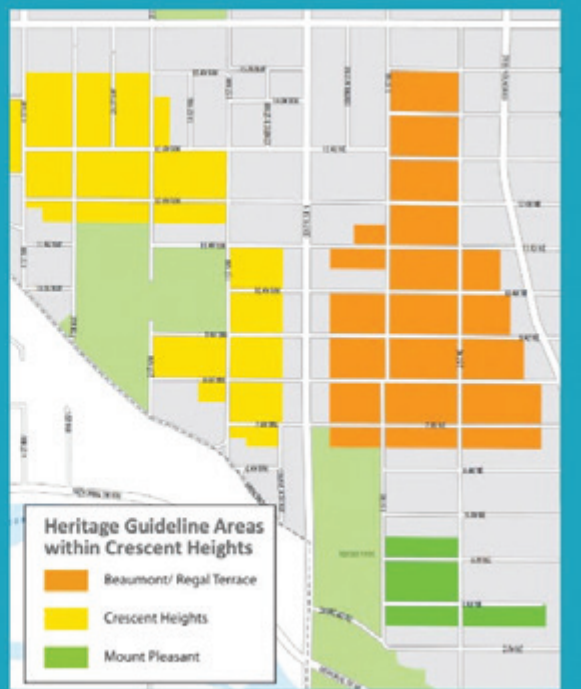


Building, renovating or purchasing a home in Crescent Heights?

Your property may be within the
Heritage Guideline Areas that apply to
much of our community.

Familiarize yourself with the
Heritage Guidelines Implementation
Guide and Checklist.

crescentheightssyc.ca/planning



Are We Heading Into an Ice Age?

by Stephanie Ho Lem, CHCA Director of Living Green

On my recent trip to Toronto, one of the hotel guests introduced an interesting topic, the Ice Age. "Yes, we will be looking ahead at an ice age. I don't know when but it's coming." Well, the last time I heard those words was in high school, too many years ago to count. "What makes you think we're heading into an ice age?"

He was visiting Toronto from "down under" and taking a break from work as a mining engineer, "there's a lot of news around the world about the possibility of an ice age ahead."

What do we know about the Ice Age, how often do ice ages happen, and when is the next freeze expected to begin?

Earth has undergone five big ice ages, some of which lasted for hundreds of millions of years.

There are many factors that cause an ice age. The main ones include variations in Earth's orbit known as Milankovitch cycles. Scientist Milutin Milankovitch over a century ago, "hypothesized the long-term, collective effects of changes in Earth's position relative to the Sun are a strong driver of Earth's long-term climate and are responsible for triggering the beginning and end of glaciation periods (Ice Ages)". When summer temperatures in the northern hemisphere fail to rise above freezing for years and winter snowfall doesn't melt, but instead builds up, compresses, and over time starts to compact, or glaciates, into ice sheets, we are in an ice age.

During the last ice age, which finished about 12,000 years ago, enormous ice masses covered much of the land now inhabited by millions of people.

Since the 1800s, the amount of carbon dioxide (CO2) in the atmosphere has increased very quickly mainly by burning fossil fuels, which has then spurred warming. The source of this new carbon dioxide is not from natural sources like forest fires, volcanoes, or outgassing from the ocean. At the end of the last ice age, ecosystems had a good deal of time to adapt to the warming as it occurred. With increased CO2, warming is happening a lot faster. Many climate scientists agree that significant

societal, economic, and ecological damage would result if the global average temperature rose by more than 2°C (3.6°F) in such a short time. At last count, global temperatures have reached 1.5°C.

Although scientists cannot say we have definitely prevented the next ice age, what is certain is that global warming is largely caused by human activities.

For my past *View* articles, visit the CHCA website.

Please note that the content provided is for informational purposes.

Sources: ABC Science News, Live Science, Britannica, Climate Portal

stephanie@crescentheightsyc.ca



BRAIN GAMES SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

Mini Galleries

Hello dear friends of CHCA's Mini Galleries,

It's been three years since we dug post holes in Rotary Park and installed our six wonderful mini galleries. Since then, we've hosted 16 exhibitions, partnered with 12 different art organizations, conducted 18 art walks, and displayed the works of 118 artists, each paid for their work. We've also hosted workshops, music, and dance events. We can't count how many people have viewed the art, but we estimate it's in the thousands.

In July and August, you'll see artistic retrospectives of the three years in each gallery. And on August 24, we're throwing a birthday party and inviting everyone who has been part of this wonderful project, including our community. Join us in Rotary Park as we commemorate this remarkable milestone and reflect on the incredible journey we've shared.

Please forward this email to the artists who participated and board members within your organization to ensure we haven't missed anyone. And please also RSVP so we know how many people to expect.

Finally, a big thanks to CHCA for funding the party!

Until then, have a great summer!

Brenda Erskine

CHCA Mini Galleries

brenda@crescentheightsyc.ca



VIDEO KILLED THE RADIO STAR

On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!



Mini



Galleries since 08.2021

Celebrating 3 years of community engagement and artistic connections!

Join us for an afternoon of art with live music; refreshments will be provided!

August 24 at 3:00 pm

Meeting point at Gallery #6 in the Rotary Park.

For more information, visit crescentheightsyc.ca or contact us at minigalleries@crescentheightsyc.ca

STOLEN ART

HELP US BRING THIS ONE OF A KIND ARTWORK HOME



SPARROW

by Sarah Whalen-Lunn

This piece was stolen out of the mini gallery at Rotary Park in the early morning hours of June 24th by 2 teens. A police report has been filed.

**\$200
REWARD**

To return the piece anonymously, please leave it at the Crescent Heights Community Association

CALL OR TEXT WITH ANY INFORMATION

403-464-7749

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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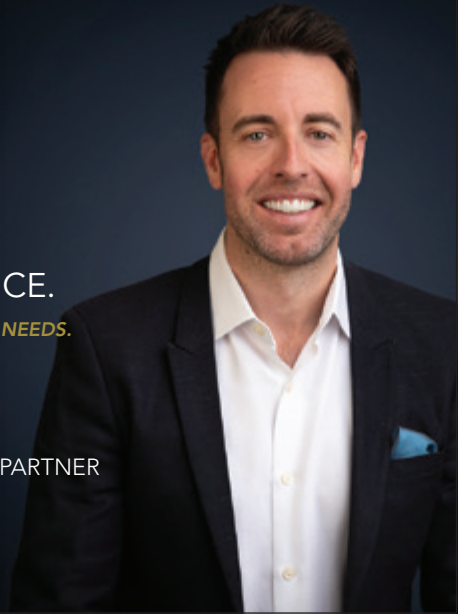
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