

JANUARY 2024

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

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FROM THE CHCA**



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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.



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
Brings 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 2023

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



**ATTENTION
CRESCENT HEIGHTS RESIDENTS!**

WE NEED YOUR HELP!

VOLUNTEER FOR THE
CHCA CASINO 2024

THE CHCA HAS AN OPPORTUNITY TO RAISE
APPROXIMATELY **\$70,000** AT A CASINO ON
APRIL 14 & 15

MONEY RAISED WILL SUPPORT COMMUNITY INITIATIVES,
ACTIVITIES AND PROGRAMS.

TO VOLUNTEER, CONTACT
[PRESIDENT@CRECENTHEIGHTSYYC.CA](mailto:president@crecentheightsyyc.ca)

FUN FACT
BY WORKING JUST ONE SHIFT AT THE CASINO,
YOUR EFFORTS COULD RAISE JUST UNDER **\$2,000**
FOR THE COMMUNITY.

**LET'S WORK TOGETHER
TO MAKE CRESCENT HEIGHTS BETTER!**



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PRESIDENT'S MESSAGE

Happy New Year Crescent Heights!

Your CHCA board has a busy 2024 planned.

This year we are excited to have a casino coming up on April 14 and 15. The community will have the opportunity to raise up to \$70,000 which will be used for community activities and programs. The success of our casino relies on our community volunteers, so please sign up – it would be immensely helpful.

We hope to attract more rentals to our community hall this year, and thanks to the efforts of John McDermid the hall is refurbished with new furnaces and HVAC systems.

Beginning in the spring, the mini art galleries in Rotary Park, coordinated by Brenda Erskine, will be presenting new shows. We look forward to discovering what wonderful art exhibitions come to Crescent Heights.

Summer wouldn't be complete without our Stampede Breakfast in early July, which is always a highlight for the community. And thanks to the efforts of our Parks Director, Humaira Palibroda, this summer we'll look forward to the addition of the People and Pets Drinking Fountain in Rotary Park.

Ongoing activities also include working with the City of Calgary on improvements to Centre Street and efforts to improve traffic calming in the community.

Our membership numbers have grown over the last couple years and Dennis Marr our Membership Director is committed to keeping that going with a goal of reaching 400 members. If you haven't gotten your membership yet, sign up on the CHCA website or reach out to Dennis with any questions.

If you would like to get involved there are many opportunities in a variety of roles. 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.

On behalf of the CHCA board, I wish you all a wonderful year in 2024!

Stay Warm!

Marie Semenick-Evans

1212 MINISTRIES @ 1212 - 1 STREET NW

YOUTH

**"EYEWITNESS BIBLE:
THE VISUAL BIBLE EXPERIENCE"**

BY JEFF WHITE

FRIDAYS 6:30PM - 8:30PM

COME TOGETHER TO READ AND DISCUSS A BIBLE STORY,
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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

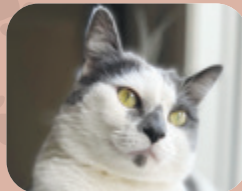
- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



Cats, Canines, & Critters of Calgary



Chigs, Crescent Heights



Daisy, Calgary



Pikachu, Sandstone



Tiffany and Maggie, Calgary

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

JOIN THE FUN!

CASINO VOLUNTEER COORDINATOR NEEDED!

WE'RE LOOKING FOR A COMMUNITY MEMBER TO TAKE ON THE ROLE OF VOLUNTEER COORDINATOR FOR OUR UPCOMING CASINO. IT'S A GREAT WAY TO CONNECT WITH PEOPLE IN THE COMMUNITY AND PARTICIPATE IN RAISING MONEY FOR COMMUNITY INITIATIVES.

FOR MORE INFORMATION, CONTACT
PRESIDENT@CRESCENTHEIGHTSYCC.CA

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@crescentheightsycc.ca.

CRESCENT HEIGHTS ROTARY PARK

DOG RAVE

Human and Dog Water
Fountain Fundraiser

January 12th,
2024
5 pm - 8pm

You can support early
by emailing
tdelauria@gmail.com
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safety collar



Growth in CHCA Memberships is Our Goal

Hello Crescent Heights,

Hope you had a Christmas break and that it was a good one.

The CHCA board is responsible for, among other things, running our hall, skating rink, installing art in the community, enhancing our parks, developing partnerships, working with the City on housing issues, and communicating this activity to you.

To say that there is an incredible group of volunteers in our community is an understatement. Our volunteer support is overwhelming.

Less impressive is our membership list. In some communities 90% of residents are members of the community association. In Crescent Heights, the number is closer to 10%.

To become a member just visit our website and select membership.

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

If interested in joining a soon-to-be-created membership committee, please email me at memberships@crescentheightsyyc.ca.

Hope to see you around!

Dennis Marr

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.

Crescent Heights Community Watch Program



Crescent Watch has recently launched a Community Watch Facebook Group. This group invites all Crescent Heights residents and business operators to participate in our Community Watch Program with the ultimate goal of reducing crime in our neighbourhood and strengthening community connections. The Crescent Heights Community Watch Program will endeavour to do this through educating our community on crime reduction techniques, increasing communication within our community, partnering with key stakeholders, and encouraging residents to report crimes in a timely and accurate manner.

Please visit our Crescent Heights website for information on who to call for concerns within our community and join our Crescent Heights Community Watch Facebook group to help reduce crime in our neighbourhood. Details on crimes committed within our community that have been reported to the police can be submitted through the website (to be posted to the Facebook Group) or participants in the group can post information on crimes. Sharing information helps Crescent Heights residents be more informed and aware of incidents within our community. Monthly crime statistics from Calgary Police Services are also posted to the Crescent Heights Community Watch Facebook group.

Join our Crescent Heights Community Watch Facebook group today to help connect our community and keep crime out.

Questions or comments can be directed to communitywatch@crescentheightsyyc.ca.

Website: crescentheightsyyc.ca/community-watch/.

Facebook: Crescent Heights Community Watch Group – Calgary.



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

River Spirit by Leila Aboulela

In *River Spirit*, the Sudanese author, Leila Aboulela, fills our mind's eye with vivid scenes of a pivotal moment in Sudan's history. From a long distance, she portrays the defeat of Governor Gordon and the British occupation.

Our most frequent witness is Akuany, renamed Zamzam after being enslaved. Her early life was fun, secure in her father's love. But conflict threw her into the life of another family. She became infatuated, perhaps in love, with the youngest son; Yaseen postponed her future while he went to study at the prestigious Al-Azhar University in Cairo. During the prolonged absence, his relatives sold Akuany, pushing her into the household of a senior politician.

She was further manipulated into attending the bachelor household of Robert, a Glasgow painter. He was in Sudan with a British mission, trying to escape the memories of a fire that killed his wife and destroyed his portfolio, erasing both his emotional and financial security. ZamZam (Akuany) and neighbours, were indignant about his paintings that exposed honourable local women. A Victorian, Robert was oblivious, regarding everything as exotic rather than real.

Yaseen returned to his home in Al-Ubayyid as a devout Islamic scholar. He succeeded in obtaining a senior religious post, and as expected, he married properly. Significantly, he gave his first son a "Turkish" name, evidence of Yaseen's loyalty to the Turkish-British alliance that ruled Sudan. His devotion was a pillar in the conquest by the Mahdi of Sudan, particularly the capital Khartoum.

The Mahdi of the late nineteenth century was the self-proclaimed "Expected Redeemer", described by the Prophet Mohammed. Through his charisma, he assembled a massive people's army loyal to himself and the vision of a liberated future. Indeed, he did liberate Sudan, overthrowing the proud General Gordon, who futilely waited for supporting British troops. The entire scandal of the loss of Sudan was a huge political issue in Britain.

But this story is told from the Sudanese perspective, itself a tangle of faith, divided loyalties, pragmatism, and hubris. The characters try to adhere to their traditional wisdoms while adapting to perilous circumstances.



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What's the Point of COP Meeting?

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

COP or Conference of Parties (governments) does raise a considerable amount of media attention, and during this time, everyone is talking about climate change.

This year, COP28 was hosted in Dubai, United Arab Emirates (UAE). The COP28 President, Sultan Al-Jaber is also head of the UAE national oil company, one of the ten largest in the world.

The COP28 President highlighted the climate summit with his indication that he is not on board with plans to end fossil fuel use. He says, "phase down is inevitable, it can only happen when the world has added a sufficient amount of renewable energy capacity." A British journalist wrote that Jaber's appointment was akin to putting a major tobacco manufacturer in charge of an anti-smoking conference. Attendees raised their eyebrows at his appointment; however, COP only has a Code of Conduct policy. The COP28 President is leading an initiative to get oil and gas companies to agree to "nearly" eliminate their emissions of methane, a potent greenhouse gas.

Methane, the major component of natural gas, traps 80 times more heat than carbon dioxide over a 20-year period. It accounts for roughly a third of global warming since industrialization, according to researchers. Methane doesn't stay in the atmosphere as long as carbon dioxide, it is better at trapping heat, so cutting methane emissions is considered one of the most

effective ways of tackling climate change. Already, the planet has warmed 1.1 degrees Celsius since the preindustrial era began 250 years ago, and so far, we've experienced frequent and intense extreme weather, plus people's lives are changing.

Canada announced at COP28, that it is cutting methane emissions by 75% by 2030. The regulations are in step with the US commitments on methane reduction. As soon as this was announced, Alberta's UCP government vowed to fight the new federal methane target. At the same time, Canada's oilpatch calls the goal achievable. The president of the Explorers and Producers Association of Canada said the federal government's proposed stronger methane regulations seem to be going in the right direction and that the increased cost to the oil and gas industry is manageable.

Cutting methane emissions is estimated to be the fastest and best way to reduce pollution that's contributing to climate change, and to be in line with scientific UN studies that state we should continue to limit warming to 1.5 degrees Celsius.

Please note that the content provided is for informational purposes.

Sources:

• Politico, CBC, Global News, NRDC, Calgary Herald

stephanie@crescentheightsyyc.ca



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Crescent Heights Real Estate Update

Last 12 Months Crescent Heights
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$399,900.00	\$375,000.00
October 2023	\$404,950.00	\$392,500.00
September 2023	\$425,000.00	\$418,000.00
August 2023	\$385,000.00	\$366,000.00
July 2023	\$319,900.00	\$315,000.00
June 2023	\$336,000.00	\$326,250.00
May 2023	\$316,950.00	\$313,450.00
April 2023	\$539,900.00	\$539,900.00
March 2023	\$269,950.00	\$270,450.00
February 2023	\$329,900.00	\$320,250.00
January 2023	\$489,450.00	\$480,650.00
December 2022	\$375,000.00	\$350,000.00

Last 12 Months Crescent Heights
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	14	11
October 2023	15	12
September 2023	14	9
August 2023	16	13
July 2023	15	13
June 2023	28	36
May 2023	26	18
April 2023	26	15
March 2023	17	16
February 2023	20	10
January 2023	11	6
December 2022	0	8

To view more detailed information that comprise the above
MLS averages please visit [cres.mycalgary.com](https://www.cres.mycalgary.com)

CRIME STATISTICS

Crescent Heights Crime Activity was Up in November 2023



The Crescent Heights community experienced 22 crimes in November 2023, in comparison to 17 crimes the previous month, and 26 crimes in November 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 November 2023, which is down 38% in comparison to 372 crimes as of November 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.

9 PM

ROUTINE

CALGARY
POLICE
SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

How to Deal with Those Long Sleepless Nights

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



As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.



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Sharon Danish Lutheran Church

A part of the Crescent Heights Community since 1930

January 2024

Sunday, 7th	10:00 am - English Worship Service
Sunday, 14th	10:00 am - English Worship Service 11:15 am - Danish Worship Service
Sunday, 21st	10:00 am - English Worship Service
Sunday, 28th	10:00 am - English Worship Service 11:15 am - Danish Worship Service
Tuesday, 30th	7:30 pm - Guest Speaker from the Food Bank



Contact **Pastor Charlotte Berg:** 403-277-5804

Email: office@danishlutheranchurch.ca

Website: www.danishlutheranchurch.ca

Facebook: Danish Lutheran Church in Calgary



Everyone is welcome!

Kids' Sunday School,
Study Groups,
Movies, Sing-alongs,
Prayer Group,
Ladies' Groups, etc.

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

Let's keep Crescent Heights walkable!



Let's all be good neighbours and help keep our sidewalks safe for all as we get deep into our winter season! This is especially helpful to elderly people, those with limited mobility and anyone else needing a little help.

Here are a few tips to keep in mind:

- Clear the snow as quickly as possible after a snowfall so that it doesn't get packed down
- If you're adjacent to a lane, clear the snow across the lane
- Salt is hard on puppy paws and the environment, so use sparingly
- Help clear your neighbour's sidewalk when they're not able, or just because



A friendly message from your Crescent Heights Community Association

GAMES & PUZZLES

Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



SCAN THE QR CODE FOR THE ANSWERS!

BUSINESS CLASSIFIEDS

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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 FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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, 403-269-2707.

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.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

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