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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



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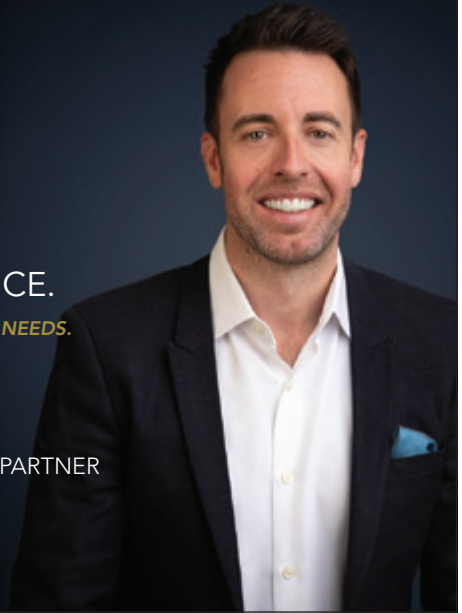
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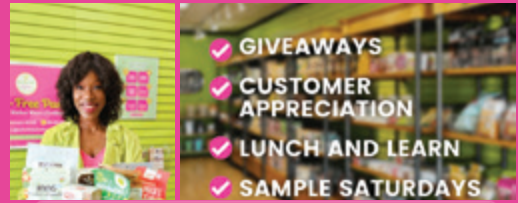
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THE CRESCENT VIEW

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

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**JOIN THE CRESCENT HEIGHTS
COMMUNITY ASSOCIATION (CHCA)
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FAMILY AND YOUR NEIGHBOURS
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Director at Large	Vacant	
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Sharon Danish Lutheran Church

A part of the Crescent Heights community since 1930

July 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

UPCOMING: **Summer Bible Day Camp**, July 15-19,
8:30 am to 5:00 pm for Ages 4-12 years old.

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.)



WANTED

Stampede Breakfast Volunteers

We need to wrangle some volunteers to help make this event a success!

We need people on the grill, serving up grub, setting up and taking down and so much more!

View volunteer positions and sign up at:
bit.ly/chca-stampede



For any questions email
stampedebreakfast@crescentheightsyyc.ca

PRESIDENT'S MESSAGE

Happy Summer Crescent Heights!

We are now well into summer, and hopefully everyone has been out in the community enjoying the long sunny days and warm evenings. Here are a few updates on some of our many community happenings.

Our annual community Stampede Breakfast is just around the corner – it will take place on Sunday, July 14 at the community centre. There will be pancakes and sausages on the grill, and pony rides and activities for the kids. The event will also feature the sounds of the Kate Reid Band. We need a lot of helping hands to make our Stampede breakfast a success – if you can volunteer a bit of time, please sign up at bit.ly/chca-stampede.

In Rotary Park this summer the Mini Galleries exhibit will celebrate three years of operation with a retrospective of three years of exhibits. It will be on display throughout July and August.

The community rink project has gone out for contractor bids, so we hope that it won't be long until we have shovels in the ground. This is very exciting since it's taken a lot of volunteer hours to get to this point.

We have a few more things to work out in terms of plans for the fountain in Rotary Park, and we're getting very close to meeting our fundraising goals. If you haven't donated yet, we've partnered with the Parks Foundation, so now you can just go to their website and choose "Rotary Park Public Drinking Fountain" on their 'Donate' page. You'll receive a tax receipt for your donation.

Stay safe and enjoy the warm weather!

Marie

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.

Membership Focus

Hello Crescent Heights,

What a great time of year – the flowers are blooming, and the trees are full of green leaves. Thanks to extensive vegetation, our old neighbourhood is a wonderful place to live.

Hope you are excited about the upcoming Stampede Breakfast, the near future new skating rink, and in Rotary Park, a fountain to be built soon for humans and dogs.

I'm excited that CHCA memberships are growing. Will you join? Just visit the CHCA website then click 'Membership.' It's easy.

A few volunteers are still needed for the membership table at our Stampede Breakfast. You can greet arriving guests, check membership records as the event is free for members, take in cash from paying non-members, hand out plates and cutlery to the guests, and of course help interested resident purchase memberships. If you wish to volunteer, please email memberships@creascentheightsyyc.ca.



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.

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

The Old Garden by Hwang Sok-Yong

After the Korean War, which ended in 1953, dissent in the newly formed South Korea was classified as communism, a taboo political and social belief. Hyun Woo fell afoul of the law for actively promoting democracy; the internationally supported authoritarian government considered this a crime. His jail sentence was eighteen years in solitary confinement.

Hyun Woo is the protagonist in *The Old Garden*, a novel by esteemed Korean author Hwang Sok-Yong. The author's own incarceration informs the experiences of his characters.

When the novel starts, Hyun Woo has just been released – into a world that makes nonsense of his youth. Cars are everywhere. Shops line major roads. People are rushing through busy lives. Upon being given the letters and diary of his once fiancée, Yoon Hee, he retreats into her story of motherhood, painting, teaching, and marginal activism. At a time when he is flooded with sadness because she did not survive his absence, he learns that they had a daughter. She never told him, to keep him from the added pain of not being able to support them.

Yoon Hee was anything but a model mother. As a baby, Eun Gyl was left with her grandmother, because her mother needed to work. Even so, the long periods between visits meant that the child didn't know her mother well; and her father had been given a false identity. When school enrollment required a parent's authorization, Yoon Hee's sister adopted the girl. Hyun Woo only meets them at the end of his story.

The tragic themes of *The Old Garden* are lightened with delightfully poetic descriptions of places and people. The anecdotes about how the many solitary prisoners made pets of pigeons, mice, and insects are tributes to the human spirit. As is usual with prisoners, the imaginary recipes and later actual recipes are detailed

enough for the reader to create delicious Korean meals. The romantic invocation of Kalmae, where he lived with Yoon Hee, saved his sanity through the years of loneliness and through the time needed to re-enter the new world.

For Canadian readers, *The Old Garden* tells a history unknown to us, in a style that is lyrical and easy to follow. The characters are motivated by universal values, even though they inhabit a barely familiar culture.



Know the signs of STROKE

F **Face**
is it drooping?

A **Arms**
can you raise both?

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

T **Time**
to call 9-1-1

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<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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Crescent Heights Community Association

STAMPEDE BREAKFAST

Sunday, July 14th 10 am-12:30 pm

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GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



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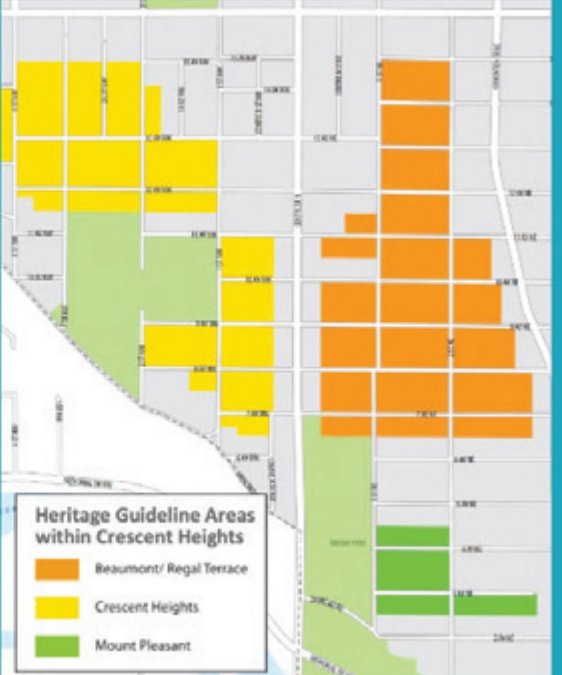
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Familiarize yourself with the Heritage Guidelines Implementation Guide and Checklist.

crescentheightsyyc.ca/planning



Heritage Guideline Areas within Crescent Heights

- Beaumont/Regal Terrace
- Crescent Heights
- Mount Pleasant

What is GOTS and How Does it Benefit Conscious Consumers?

by Stephanie Ho Lem, CHCA Director of Living Green

When spring comes, we get caught up with spring cleaning, which includes our closets. It feels good to be in style with a new wardrobe. If you feel this way, you are not alone, there's a growing market for cheaper clothing and new styles, but it's taking a toll on the environment. On average, people are buying double what they bought in 2000 and throw out more because of fashion. Fashion production makes up 10% of humanity's carbon emissions, dries up water sources, and pollutes river and streams. What's more, 85% of all textiles go to the dump each year.

Through working to become more conscious of our environment, I came across GOTS, the Global Organic Textile Standard. You may have already heard about it but what is it? How does it benefit conscious consumers?

GOTS was founded by two textile industry organizations in 2006, one US, the other from Germany, and two soil organizations, one in the UK the other in Japan. Together they hold extensive experience in promoting "organic" and all had developed individual processing standards for organic textiles. Their goal was to agree on one common standard, which means they can export with one organic certification that is accepted in all major markets.

The aim of GOTS is to attain the golden seal of approval for sustainable processed fabric made with organic fibers, typically cotton. Buying fashion with the GOTS certification means you're wearing clothing that has undergone stringent examination by global-standard.org. To meet certification:

- Clothing is made from 70% or more organically farmed fibres.
- Only low impact chemicals are permitted to protect consumer health as well as the environment.
- Manufacturers have met water and energy consumption targets and procedures.
- Garment factory workers' rights are upheld by the ley safety norms and values of the International Labour Organization.

GOTS prohibits the use of the kinds of chemicals commonly used in textile processing that can cause cancer, birth defects, and other serious illnesses. Improvements in manufacture and supply chains mean GOTS certified clothing is usually far superior to their counterparts, but it isn't intended to be a mark of luxury or quality.

GOT is a reassuring way for fashion conscious consumers to identify sustainable and ethical clothing.

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

- Sources: GOTS website, GOTS Certification-Guide to Organic Clothing, Ultimate Guide to GOTS Certification and Sustainable Textiles

Please note that the content provided is for informational purposes.

stephanie@crescentheightssyyc.ca





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How to Grieve the Loss of a Pet

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

The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

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Mini Galleries Celebrates Three Years of Art in Rotary Park

You're invited to our mini galleries' birthday party!

August 24 at 2:00 pm in Rotary Park.

CHCA's mini galleries are having a birthday party! Over three years, the galleries have hosted 16 exhibitions, partnered with 12 different art organizations, conducted 18 art walks, and displayed the works of 118 artists, each of whom were 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 estimate it's in the thousands.

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

What was your favourite exhibit? Send your memories to minigalleries@crescentheightsyycc.ca and you could be featured in our exhibit.



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Mini Galleries Anniversary Celebration

3 years of community engagement and artistic connections!

Join us for an afternoon of art, community, and live music!

Aug. 24th at 2 p.m.

Save the Date!

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

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