

JUNE 2024

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



STAMPEDE BREAKFAST VOLUNTEERS NEEDED

View of Downtown by Judith Umbach

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WHAT'S NEW IN OUR NEIGHBORHOOD



SCAN FOR INFO

Eau Claire Athletic Club, Calgary's new private athletic facility, slated to open in early 2025, in the former YMCA building

ECAthleticClub.ca

steve
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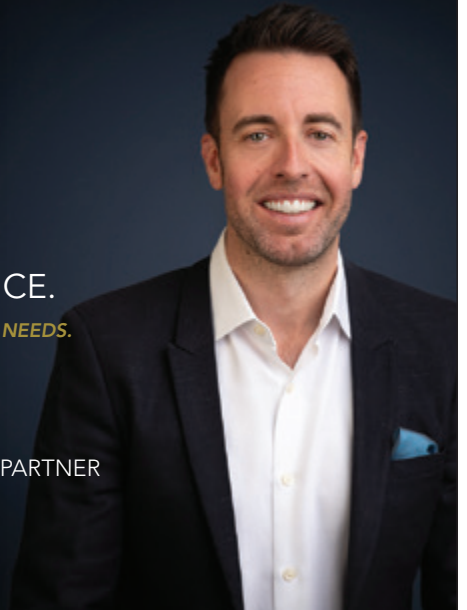
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THE CRESCENT VIEW

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@crescentheightsyc.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@crescentheightsyc.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@crescentheightsyc.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@crescentheightsyc.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!**



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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.

SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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Labyrinth and Topiary Bed Coming to Crescent Park

The City of Calgary Parks and Open Spaces has designed a miniature hedge labyrinth and topiary shrub bed to be installed in Crescent Park this spring and summer.

A labyrinth is an ancient geometrical pattern that is typically walked through and used for self-reflection, meditation, and stress reduction. Low growing shrubs will be planted to create the shape of the labyrinth's path and maintained to a height of less than one meter.

Topiary is the art or practice of clipping shrubs or trees into ornamental shapes. The topiary bed will include varieties of spruce, cedar, yew, junipers, and pines shaped into balls, spirals, pyramids, and hedges.

Park visitors will be invited to traverse the pathway in and out of the centre of the labyrinth, while also enjoying the variety of trees and shrubs in the topiary bed.

Parks and Open Spaces envisions the project to provide a creative, innovative, and engaging new way to experience nature at Crescent Park. Goals of the project include:

- Providing an additional activity to park users that is open to all ages and mobility levels.
- Increasing habitat for pollinators and birds.
- Creating a new point of interest for nearby pathway users.
- An opportunity to increase happiness and improve mental health and wellness for visitors.

The labyrinth will be located in the southern portion of the park and will complement the existing sports fields, playground, and other amenities. The entire project will be about the size of two tennis courts once complete.

Site preparation is expected to start in June or July with planting to follow. Disruption during installation is anticipated to be minimal as work is located away from roads and pathways and does not involve large equipment. Informational signage will be placed onsite during installation.

Please contact 3-1-1 with any questions about the project.

Located in the Crescent Heights community, Crescent Park is bound by Crescent Road NW to the south, Second Street NW to the east, Third Street NW to the west, and the lane behind 12 Avenue NW to the north. The park dates from 1923 and is comprised of an open/ornamental area and a variety of recreational areas.





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Membership

Hello CHCA residents,

Here are some facts about community membership. The percentage of a community's residents who are members of their community association varies from very low to over 90%. The impetus for membership is to support the volunteers running the community association and the programs and services that it provides. While the CHCA is not in the top percentile, it still has a respectable number of members. Our two-year old software system has helped stabilize our membership numbers by automatically reminding members of the impending expiry of their membership. The CHCA needs members to attend our AGM and endorse our activities. A large number of members indicates strong support for the community association's actions and ensures a strong attendance at our AGM.

To get your membership now, just go to the CHCA website and click 'Members'. It is very easy to sign up and is very much appreciated.

Happy (almost) summer Crescent Heights!

Now that we are truly heading into summer and the snow is behind us (we hope), this is a great time to be out taking in some of our local Crescent Heights attractions and all that our wonderful community has to offer.

There is so much to see and do around our community, and with the warmer weather here and the days growing longer, it's time to pull ourselves from hibernation and get out.

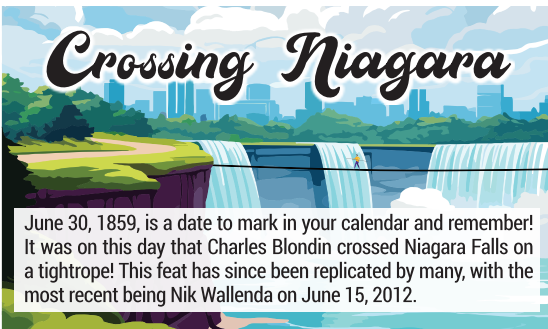
Be sure to take a stroll to some of our local restaurants, pubs, and cafés this month, and maybe enjoy some time out on the patios. Or unwind at Rotary Park or Crescent Park - it's a great way to enjoy a sunny afternoon with friends and family, whether you choose to picnic, play some ball, or just bask in the lovely weather.

With summer comes our annual Stampede Breakfast – and we're looking for volunteers to help make this year's breakfast a success. Volunteering is a great way to meet your neighbours, have a little fun, and help make our events awesome. Details are posted on our website, and you can contact stampedebreakfast@crescentheightssyc with any questions.

Thank you to all the volunteers who were out last month helping to clean up McHugh Bluff and the river pathways, and those that volunteered at the community cleanup. We appreciate your efforts in helping our community get a jump on spring cleaning. Also, a big thank you to the volunteers who made last month's Heritage Celebration such a fabulous success – we had over 80 people out on the Jane's Walk and almost 400 people attend the event and exhibit at the community centre.

We have such an awesome community!

Marie



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Backyard Play Safety

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (*Alberta Building Code).

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

All the Beauty in the World by Patrick Bringley

During very sad moments in our lives, we long to retreat from the realities of busy days that overflow with commitments. Patrick Bringley accomplished this unusually by becoming a security guard at the Metropolitan Museum of Art in New York, where he lived. *All the Beauty in the World* is his meditative memoir of what he saw, what he learned, and how he healed.

“Security Guard” is a misleading job title because the guards act as a reservoir of information ready for the questions of millions of visitors – thousands each day. Amongst a huge collection of beautiful and significant works of art from five continents, learning of the history is a gentle challenge to the guards, themselves representing the five continents. Beyond passion, no particular qualifications are required to be hired. Word-of-mouth and small ads attract an unending stream of wildly differing applicants. Surrounded by people, yet silent for most of the day, Patrick’s mind and soul subtly expand with the passage of time.

For the readers, who cannot see what museum visitors can, Patrick describes artworks that draw big crowds, helping us to feel the emotions felt by their creators. Historical anecdotes bring us closer to the artists; for example, Michaelangelo hated painting and sculpting, even while bringing forth visions that have fascinated every generation since the Renaissance. Patrick also extols the less-visited pieces, introducing us to artists from far away countries and distant times. When he can, he recommends these to visitors who had come prepared to only seek out acknowledged masterpieces.

Glimpses of his non-museum life assure us that he is recovering from his brother’s early death. His family grows, first with a son and later with a daughter. The same gentleness that makes him respected in his job makes him a loving father. Startled by the outrageous contrast between the calm assurance of his workday and the hectic imperfections of life with babies, Patrick celebrates that he has returned to being a multi-faceted, fulfilled, and more joyous man.

Crescent Heights Community Association

CHCA STAMPEDE BREAKFAST

July 14th 10:00 am - 12:30 pm

**We'll have live music,
pony rides for the kids
and of course
pancakes on the grill!**

**CHCA members are free
Non-members 5 bucks
Become a member today!**

**Crescent Heights Community Centre
1101 2nd Street NW**

Sharon Danish Lutheran Church
A part of the Crescent Heights community since 1930

June 2024

Sunday, 2nd	10:00 am - English Worship Service	
Sunday, 9th	10:00 am - English Worship Service 11:15 am - Danish Worship Service	
Sunday, 16th	10:00 am - English Worship Service	
Sunday, 26th	10:00 am - English Worship Service 11:15 am - Danish Worship Service	
Sunday, 30th	10:00 am - Family Worship Service in English	

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.)

Why We Need Oil

by Stephanie Ho Lem, CHCA Director of Living Green

Canada ranks fourth in the world for oil and gas production. Canada is grouped with other developed countries labelled Global North, characterized by democratic systems, a high level of industrialization, technological advancement, political stability, and ageing population. Global South consists of the world's developing countries and least developed countries, largely Africa, Asia, and Latin America.

In my January 2024 *View* article, I touched on COP 28 that was held at the end of 2023. COP, or Conference of Parties, is an international climate meeting that is held each year by the United Nations. It was the 28th time countries have gathered under the convention, hence COP28. The COP28 President Sultan Al-Jaber, also head of the UAE national oil company, said about oil, "phase down is inevitable, it can only happen when the world has added a sufficient amount of renewable energy capacity."

There are individuals who want fossil fuel production to immediately shut down. Realistically, we depend on oil and gas. Living in Crescent Heights, a number of us are or were employed directly or indirectly in the oil and gas industry. It's given us a level of wealth, comfort, necessities, and material goods. Over time, we need to displace fossil fuels with low carbon renewable energy sources.

There are so many products made from oil and natural gas that we use daily and take for granted. Our clothes, sports equipment, personal care and health products to name a few. How about our money? Did you know since 2011, our former "paper and cotton" money is now made from a synthetic polymer called polyethylene terephthalate or PET, a petrochemical derived from oil and natural gas. These banknotes last up to four times longer and it's possible to embed more security features than in paper notes to prevent counterfeiting.

The Bank of Canada has advised that over their entire life cycle, polymer bills are responsible for 32% fewer greenhouse gas (GHG) emissions, and a 30% reduction in energy compared to making paper notes.

Remember we can all reduce our carbon footprint: reduce, reuse, and recycle.

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

• Sources: CAPP, New York Times, Quora

Please note that the content provided is for informational purposes.

stephanie@crescentheightsyyc.ca



The 57th Annual Pathway & River clean up happens on Sunday, May 5th from 10am-1pm

We appreciate the volunteers that helped us at this very important clean up

Amalie L, Antonio A, Brian H, Diana G, Doreen O, Humaira P, John M, Michael L, Richard P, Steve W

THANK YOU

John McDermid
treasurer@crescentheightsyyc.ca




WANTED

Stampede Breakfast Event Coordinator

We're searching for someone to step up and take on coordination of our annual Stampede Breakfast.

Don't worry about all the how-to's and what-if's – you'll be given a step-by-step manual to help you and a whole bunch of eager volunteers to help make it happen.

If you're interested contact president@crescentheightsyyc.ca

Heritage Celebration Brings Out the Community

CHCA's Heritage Celebration in May was a huge success, attracting over 400 people from the community to the day's various activities.

The morning started with Jane's Walk, a walking tour of historic points of interest in Crescent Heights. The walk attracted over 80 people who spent just under two hours learning about the rich history and interesting backstories of our unique neighbourhood. Special thanks to Adam Schwartz and Isabelle Jankovic for putting the walk together and guiding the group.



In the afternoon, almost 400 people filled the community centre to check out "100 Storeys," an art exhibit by community resident Jackie Ramsay. People were able to enjoy the wonderful paintings and even learn a bit about some of the houses that were featured in the exhibit. There was also a display of historical photos and information from the early days of the community reminding people of a time when there was a sightseeing streetcar that ran along McHugh Bluff and the Crescent Theatre on Centre Street. A big thank you to Krista Beavis and Alan Zakrison for pulling the historical display together.



The event wouldn't have been possible without the many hours put in by the CHCA's Heritage Committee and a group of dedicated community volunteers. Special thanks to Krista B., Brenda E., Adam S., Isabelle J., Simonetta A., John M., Dennis M., Ken R., Jackie R., Alan Z., Blythe B., Elsie R., Damon J., Marie S., and Dan E.

Joke of the Month

What do you get from a pampered cow?

Spoiled milk.



GAMES & PUZZLES

Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
3. Born in 1853, this artist famously cut off his left ear.
4. This artist is one of the most famous American visual artists for his pop art pieces.
5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
6. This Spanish painter and sculptor is best known for his cubism and surrealism.



SCAN THE QR CODE FOR THE ANSWERS!

Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

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



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- 1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- 2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- 3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- 4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

5. Be Supportive – Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.

6. Maintain Independence – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

7. Address Insecurities – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.

8. Practice Self-Care – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.

9. Focus on the Present – Avoid dwelling on past relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

10. Seek Growth Together – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.

5. Boundaries – Respect your partner’s boundaries and communicate your own clearly.

6. Quality Time – Spend meaningful time together, creating positive experiences and memories.

7. Appreciation – Show appreciation for your partner’s efforts, qualities, and contributions.

8. Consistency – Be consistent in your actions and behaviours to foster a sense of security and stability.

9. Problem Solving – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.

10. Self-Care – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You’ve Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

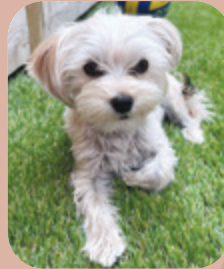


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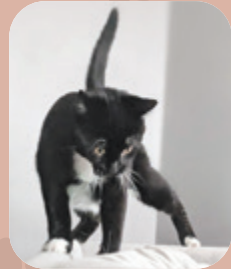
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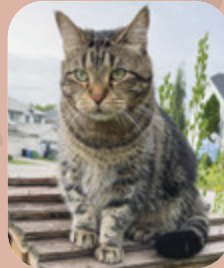
Minnie, Erlton



Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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

One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- ¼ tsp. black pepper
- ¼ tsp. oregano
- Salt to taste

Directions:

- Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.

- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!



Father's Day



Father's Day is a wonderful date to celebrate all father figures and paternal bonds. This celebratory day was proposed by Sonora Smart Dodd in 1909 and takes place on the third Sunday in June every year. How will you celebrate?



The Gutter Doctor

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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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

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