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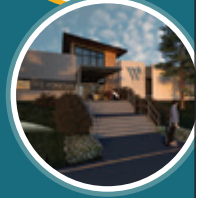
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# THE CRESCENT VIEW

## 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:

- Engagement Director
- Facilities Director
- Community Garden and Food Forest Coordinator
- Stampede Breakfast Event Coordinator

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

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COMMUNITY ASSOCIATION (CHCA)  
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Treasurer	John McDermid	treasurer@crescentheightsyyc.ca
Secretary	Harmeet Singh	secretary@crescentheightsyyc.ca
Community Partnerships	Zachary Nagy	communitypartnerships@crescentheightsyyc.ca
Planning Director	Vacant	planning@crescentheightsyyc.ca
Heritage Director	Krista Beavis	heritage@crescentheightsyyc.ca
Fundraising Director	Eilysh Zurock	fundraising@crescentheightsyyc.ca
Parks Director	Humaira Palibroda	parks@crescentheightsyyc.ca
Facilities Director	Vacant	
Engagement Director	Vacant	
Communications Directors	Elsie Ross	communications@crescentheightsyyc.ca
Traffic and Mobility: Spaces as Places	Marie Semenick-Evans	marie@crescentheightsyyc.ca
Traffic and Mobility: Spaces as Places	Adam Schwartz	adam@crescentheightsyyc.ca
Living Green Director	Stephanie Ho Lem	stephanie@crescentheightsyyc.ca
Membership Director	Jeff Deere	memberships@crescentheightsyyc.ca

# We need you!

We're looking for **new board members** to join  
the **Crescent Heights Community Association**  
**Board of Directors.**



**Are you looking for a way to get involved in our community?**

We have a few open positions that we'd like to fill including:  
Facilities | Climate | Treasurer  
For more info contact [president@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca)

## Celebrating Calgary 150 - Treaty 7 and Cow Town

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

The NWMP arrived in 1874. Colonel Macleod met with Chief Crowfoot, who wanted respect for Blackfoot rights and encouraged friendly relations with the newcomers.

Conflict in America and the planned trans-continental railway led Canadian authorities to offer treaty negotiations with Indigenous peoples. The negotiations took place at Blackfoot Crossing, a traditional gathering place near Cluny, AB.

Crowfoot delivered an account of the talks to the other Chiefs. Land for settlement was exchanged for Indigenous land rights as well as farming support, food, and annuities. The Treaty was signed on September 22, 1877.

Increasing settlement and the buffalo's near extinction upended the Treaty. As well, property was not part of Indigenous tradition, and the location and size of reserves was not clarified.

The end of the buffalo meant Indigenous peoples arrived on their reserves in need of food and shelter. The winter of 1883 to 1884 is known as the Starvation Winter. Government bureaucrats worsened the situation by restricting movements and limiting agricultural support.

Louis Riel returned from America to again argue for Indigenous rights. In 1885 at Batoche, SK, he established a provisional government. Shots were fired and the police retreated. Some Cree in Alberta took up the cause at Frog Lake, but Crowfoot would not side with Riel. Troops were ordered to Saskatchewan via the newly constructed railway. At the Battle of Batoche, the North-West Resistance ended, and Riel was tried and executed.

With the railway completed in 1885, Calgary was connected to the world. One result was more homesteading. American John Ware, a former slave, arrived and developed a reputation as a skilled and daring cowboy. Along Fish Creek, John Glenn's irrigation system powered Samuel Shaw's woollen mill.

Calgary was incorporated as a town in 1884. Surveyor William Pearce set aside St. George's and St. Patrick's

Islands as parkland. James Walker, owner of Bow River Sawmill, expanded the fort. He was the first Board of Trade president and petitioned for a school district. In 1975 he was named Citizen of the Century.

With Cow Town firmly established, the next decade would shape the city you're probably most familiar with today.

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FEDERATION OF  
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## Jane's Walk Calgary

May 2, 3, 4, 2025

Jane's Walk is an annual festival of free, community-led walking conversations inspired by urbanist and writer Jane Jacobs. On the first weekend of May every year, Jane's Walk festivals take place in hundreds of cities around the world. This event encourages people to share stories about their neighbourhoods, discover unseen aspects of their communities, and use walking as a way to connect with their neighbours.

Get your feet to the street: @janeswalkcalgary, janeswalk.calgarycommunities.com.

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by Garth Paul Ukrainetz

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# Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

### Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



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# Fresh 5 vs the Essentials

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## The Fresh 5

The Fresh 5 is a flat-rate version of our essential services, featuring cavity-detecting X-rays and two units of scaling. We know there are many barriers to accessing oral care but your finances shouldn't be one of them. The Fresh 5 includes five must-have treatments and is great for anyone who has lapsed in visits to the dentist and is in need of a bit of catching up.

Both options are designed to keep your smile healthy and bright. Do you have more questions about which package might be the right fit for you?

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Fresh 5 is a flat rate option with five must-have treatments.



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# The Art of Finding Work: Stop Asking Your Interviewer Cliché Questions

by Nick Kossován

Most job search advice is cookie-cutter. The advice you're following is almost certainly the same advice other job seekers follow, making you just another candidate following the same script.

In today's hyper-competitive job market, standing out is critical, a challenge most job seekers struggle with. Instead of relying on generic questions recommended by self-proclaimed career coaches, which often lead to a forgettable interview, ask unique, thought-provoking questions that'll spark engaging conversations and leave a lasting impression.

English philosopher Francis Bacon once said, "A prudent question is one half of wisdom."

The questions you ask convey the following:

- Your level of interest in the company and the role.
- Contributing to your employer's success is essential.
- You desire a cultural fit.

Here are the top four questions experts recommend candidates ask; hence, they've become cliché questions you should avoid asking:

### **"What are the key responsibilities of this position?"**

Most likely, the job description answers this question. Therefore, asking this question indicates you didn't read the job description. If you require clarification, ask, "How many outbound calls will I be required to make daily?" or "What will be my monthly revenue target?"

### **"What does a typical day look like?"**

Although it's important to understand day-to-day expectations, this question tends to elicit vague responses and rarely leads to a deeper conversation. Don't focus on what your day will look like; instead, focus on being clear on the results you need to deliver. Nobody I know has ever been fired for not following a "typical day." However, I know several people who were fired for failing to meet expectations. Before accepting a job offer, ensure you're capable of meeting the employer's expectations.

### **"How would you describe the company culture?"**

Asking this question screams, "I read somewhere to ask this question." There are much better ways to research a company's culture, such as speaking to current and former employees, reading online reviews and news articles. Furthermore, since your interviewer works for the company, they're presumably comfortable with the culture. Do you expect your interviewer to give you the brutal truth? "Be careful of Craig; get on his bad side, and he'll make your life miserable." "Bob is close to retirement. I give him lots of slack, which the rest of the team needs to pick up."

Truism: No matter how much due diligence you do, only when you start working for the employer will you experience and, therefore, know their culture firsthand.

### **"What opportunities are there for professional development?"**

When asked this question, I immediately think the candidate cares more about gaining than contributing, a showstopper. Managing your career is your responsibility, not your employer's.

Cliché questions don't impress hiring managers, nor will they differentiate you from your competition. To transform your interaction with your interviewer from a Q&A session into a dynamic discussion, ask unique, insightful questions.

Here are my four go-to questions—I have many more—to accomplish this:

### **"Describe your management style. How will you manage me?"**

This question gives your interviewer the opportunity to talk about themselves, which we all love doing. As well, being in sync with my boss is extremely important to me. The management style of who'll be my boss is a determining factor in whether or not I'll accept the job.

### **"What is the one thing I should never do that'll piss you off and possibly damage our working relationship beyond repair?"**

This question also allows me to determine whether I and my to-be boss would be in sync. Sometimes I ask, "What are your pet peeves?"

### **"When I join the team, what would be the most important contribution you'd want to see from me in the first six months?"**

Setting myself up for failure is the last thing I want. As I mentioned, focus on the results you need to produce and timelines. How realistic are the expectations? It's never about the question; it's about what you want to know. It's important to know whether you'll be able to meet or even exceed your new boss's expectations.

**"If I wanted to sell you on an idea or suggestion, what do you need to know?"**

Years ago, a candidate asked me this question. I was impressed he wasn't looking just to put in time; he was looking for how he could be a contributing employee. Every time I ask this question; it leads to an in-depth discussion.

Other questions I've asked:

- "What keeps you up at night?"
- "If you were to leave this company, who would follow?"
- "How do you handle an employee making a mistake?"
- "If you were to give a Ted Talk, what topic would you talk about?"
- "What are three highly valued skills at [company] that I should master to advance?"
- "What are the informal expectations of the role?"
- "What is one misconception people have about you [or the company]?"

Your questions reveal a great deal about your motivations, drive to make a meaningful impact on the business, and a chance to morph the questioning into a conversation. Cliché questions don't lead to meaningful discussions, whereas unique, thought-provoking questions do and, in turn, make you memorable.





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# Tips On Quitting Smoking for Good

by Alberta Health Services

Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

### Know Your Reasons for Quitting Smoking

Reflect on why you want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with it.

### Make a Plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

### Consult the Experts

Reach out for advice and support:

- Call 1-866-710-7848 to speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist, or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Join a QuitCore program in your local area or online.



In six facilitated sessions, you'll learn skills to quit smoking and connect with other people who are trying to quit. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- Go to [AlbertaQuits.ca](https://AlbertaQuits.ca) for guidance and tools to build a quit plan.
- Text 123456 to ABQUITS for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

### Stick With It!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smoke-free as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no matter how old you are or how long you've been smoking. Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to [MyHealth.Alberta.ca/Tobacco-Smoking-Vaping](https://MyHealth.Alberta.ca/Tobacco-Smoking-Vaping). For more tips to quit smoking for good, go to [AlbertaQuits.ca](https://AlbertaQuits.ca).



# Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

## Noise Barrier Retrofit Program

by *The City of Calgary*

The City of Calgary is committed to reducing the impact of transportation noise heard in residential areas through the Noise Barrier Program. Where residential areas next to an eligible roadway exceed The City's noise level criteria, a barrier may be constructed.

Several approved noise barrier locations across Calgary will be moving forward with construction in 2025, with completion expected by the end of 2026. You can check the status of the noise barrier construction in your community on our website here: [calgary.ca/roads/noise-barriers.html](http://calgary.ca/roads/noise-barriers.html).

To learn more about the Noise Barrier Program, or to submit a request to have a noise measurement completed, visit [calgary.ca/NoiseBarriers](http://calgary.ca/NoiseBarriers).



**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.

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Len Webber, MP**  
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Calgary, AB T2M 3M2  
📞 403-220-0888  
✉ [len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)

### Your SIN

Every Canadian has their own Social Insurance Number (SIN), and it is important to understand who should have access to this unique identifier. The nine-digit number is issued using a special formula that is tied to geography, status, and purpose. Attached to this number is your name, date of birth, place of birth, and your parents' names.

The SIN has been used by the federal government since 1964 to streamline the administration and delivery of government services.

Your SIN is confidential and should only be shared in limited circumstances. It is critical that you store your SIN securely. Do not carry it in your wallet or purse, and do not use it as a form of identification. However, you will need to provide your SIN to your employer, your financial institution, and the Canada Revenue Agency when filing your taxes.

Do not use it as identification or provide it for things like job or rental applications. Do not provide your SIN to non-governmental companies, organizations, or when requesting a credit report. In the wrong hands, your SIN could lead to an invasion of privacy, identity theft, loss of government benefits, or tax issues.

If someone uses your SIN to commit fraud, it could ruin your credit rating. Someone could also use your SIN to work illegally. In this case, the Canada Revenue Agency (CRA) may expect you to pay tax on income you did not receive.

If you feel someone is inappropriately requesting your SIN, do not provide it, and offer to provide another form of identification. If you are not happy with the response, you should file a complaint with the Office of the Privacy Commissioner of Canada. They can be reached at 1-800-282-1376 or by visiting [www.priv.gc.ca](http://www.priv.gc.ca).

# BUSINESS CLASSIFIEDS

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

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

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

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

**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.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. 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! www.gutterdoctor.ca, 403-714-0711.

**YOURS TRULY, JOHNNY DRYWALL:** Your neighbourhood drywall and texture repair specialist! Having your Poly B replaced? Is now the time for drywall repair and/or texture repair? We can also repair other things associated with water leaks, or help with minor renovations. Call or text Brad at 403-771-5228.



	<b>the Gutter Doctor</b>	<b>403-714-0711</b> <b>gutterdoctor.ca</b>
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## Say Cheese! It's Grilled Cheese Month!

April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?



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## Happy Easter

Palm Sunday  
April 13

Mauudy Thursday  
April 17

Good Friday  
April 18

Easter Sunday  
April 20



[www.goodtree.ca](http://www.goodtree.ca)

Worship Sundays @ 10:30am  
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