

DECEMBER 2025

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

HAPPY HOLIDAY SEASON



Mountain Ash by Judith Umbach



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ALBERTAWOOD

Hollywood isn't the only location to shoot great films; Alberta has become a popular backdrop for many beloved films over the years. Most recently *Die My Love* was filmed here but other blockbusters include *Brokeback Mountain*, *Jumanji: The Next Level*, *Cool Runnings*, *Inception*, *Interstellar*, *Legends of the Fall*, *The Revenant*, *Ghostbusters: Afterlife*, and many, many more!



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November 30 - December 24

Sundays at 10:30am in person or online



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WWW.GOODTREE.CA

Optionally, we are collecting donations of new items for Mainsprings Pregnancy & Family Support throughout December.





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.





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Traffic and Mobility: Spaces as Places	Adam Schwartz	adam@crescentheightsyyc.ca
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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?
For more information contact president@crescentheightsyyc.ca

PRESIDENT'S MESSAGE

Hello Crescent Heights!

The holiday season is here, and our neighbourhood is looking more magical than ever! Snowflakes are dancing in the air, trees are sparkling with frosty crystals, and that fresh blanket of white is sure to light up our evenings.

Our amazing rink rats are back at it, getting the outdoor rinks ready for another fun-filled winter. A huge thank you to everyone who helps make this happen — your time and effort bring so much joy (and ice time!) to Crescent Heights every year.

After a few delivery delays, our new drinking fountain finally arrived last month and was installed in Rotary Park — just in time for the snow to fly! While it'll stay under wraps for the winter, it'll be ready to go as soon as warmer days return in spring. Thank you to Humaira for her dedication in getting it done.

We're also excited to welcome Abi, our new interim Hall Manager! Abi also works with the Banff Trail and Capitol Hill community halls, and we're thrilled to have her join our team for the next while.

A quick reminder: we're still looking for volunteers for our upcoming Casino Fundraiser. It's a fun way to support the community — one shift raises about \$2,000! — and a great chance to meet your neighbours. Plus, you can enjoy some classic casino eats (deep-fried everything!) and we'll reimburse up to \$30 for taxi or Uber rides to get you to and from the casino.

Wishing everyone a safe, cozy, and joy-filled holiday season. See you around the neighbourhood — and maybe out on the rink!

Happy Holidays, Crescent Heights!

**JOIN THE CRESCENT HEIGHTS
COMMUNITY ASSOCIATION (CHCA)
MEMBERSHIP BENEFITS YOU, YOUR
FAMILY AND YOUR NEIGHBOURS
HAVE A VOICE
HELP US GROW COMMUNITY!**



YOUR CITY OF CALGARY

Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!

The Planning Process and Making Your Voice Heard

by Simonetta Acteson, Planning Director, CHCA

The planning process in Calgary can be confusing and daunting for many. Currently, we are in a state of flux as our new mayor and councillors take the helm; all we can do is wait and see if and how things may change going forward. For now, the blanket upzoning that came into effect in August of 2024 remains in effect.

What happens if a new development is proposed near or next to you? For now, most new development proposals (DP) require the city to post signage for neighbours to see what is coming. Beyond the site sign your best link to information is in the city's Development Map (<https://www.calgary.ca/development/permits/permit-application-search.html>). Here you can review plans, obtain the file manager contact information, and submit comments. Before you submit comments, we recommend you reach out to the CHCA Planning Committee at planning@crescentheightsyyc.ca. We are here to help! We can assist in providing direction on what comments have the most impact and direct you to statutory and non-statutory plans that can support your comments. It also helps our Committee to accurately reflect the concerns of those most affected in our submitted comments. Comments (and any future appeal) should be based on planning principles and should refer to applicable planning policies to have the most effect.

Redevelopment in our community is overseen by layers of plans and policies including the Municipal Development Plan (MDP), the North Hill Communities Local Area Plan (NHCLAP), NHCLAP

Heritage Guidelines, the Land Use Bylaw (LUB), and others. Current planning policy allows for a range of housing forms on residential lots from single-family to rowhouse/townhouse forms with four to eight units including suites (depending on lot size).

On the flip side if you are planning redevelopment of your own, approaching the Committee for feedback can be a great first step and help smooth your process.

Once a DP has been circulated, the planning department gathers the responses from the public, your community association, and other internal departments, and may recommend changes. This process can take some time before the city approves or denies an application. Our Committee is not always appraised of the changes that may have occurred before approval, but we do our best to follow up on contentious applications.

If approved, and an affected party feels the DP should not have been approved, the clock starts and affected parties have 21 calendar days to submit an appeal though the Subdivision Development Appeal Board (SDAB). The process of appealing a decision is relatively simple and has a fee of \$200, but if you are not familiar with it, this is another area in which your Planning Committee can assist. Providing the Committee shares your concerns, we can support your process through offering advice for the appeal, attending the appeal hearing(s), and even speaking on behalf of the appeal if warranted.

Our committee is always looking for new members to join. We strive to find a balance between the needs of redevelopment and neighbourhood continuity and character. Please reach out if you would like to attend a meeting and consider joining us.

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We need your help!

Volunteer for the **CHCA CASINO 2025** December 13th & 14th

The CHCA has an opportunity to raise approximately
\$80,000 at our event at Elbow River Casino
to support community initiatives and programs.

To volunteer go to:

fundraising@crescentheightssyc.ca



Fun Fact: By working one shift at the casino your effort
will raise up to \$2000 for the community.

Let's work together to make Crescent Heights better!



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Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

WooOf!



The Fountain is here
for next year!



SORRY
We're
CLOSED
for Winter



Get Involved and Grow!

Contact: Humaira Palibroda [parks@crescentheightsyyc.ca](mailto: parks@crescentheightsyyc.ca)



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

***Lightseekers* by Femi Kayode**

An investigative psychologist, Dr. Philip Taiwo, is pushed into researching a criminal case by his patriarchal father – and almost loses his life. In *Lightseekers*, the first in a new series of thrillers set in Nigeria, Femi Kayode, brings the sensibilities of the international genre of amateur sleuths to the turbulent politics of southeastern Nigeria.

Dr. Taiwo is a “fish out of water”. He did grow up in Nigeria, but he studied and came to maturity in the US. Doing investigative work under pressure from his father makes him feel juvenile, but solving the horrendous crimes his research reveals is an imperative of his American professional ethics.

The Okriki Three is the label in the media for the mob assault and killing of three young men, suspected of stealing from businesses and households in the small town of Okriki. Locally, this “accident” is regarded as just desserts. Two were known to be thugs, albeit educated ones, and the third was lumped in with them – a suspected thug. Kevin’s father feels his son’s death is inexplicable. Such a well-brought-up, respectable boy could not be part of the thievery nor of any conspiracy. As an old friend of Philip’s father, he appeals for help.

No one in Okriki wants any more investigation. Those involved gave their statements to the police, and the case was closed. Philip is an outsider, even though his assigned driver, Chika, increasingly appears to be someone on the inside or at least who has good contacts.

It soon becomes more obvious that Kevin was not allied to the thugs. Possibly, his murder was motivated by completely different factors. Possibly, the thugs were not the targets. Possibly, Philip and Chika are fatally in the way of big men.

Philip's frustration is palpable. Any efforts to stop investigating and return home are thwarted by his father and Kevin's father. Several people who are helping or hindering him are not who they seem, all conspiring in deceptions that slow the uncovering of facts and motives. As Philip comes closer and closer to the truth, actions of others hurl him into a hurricane of doubt and retribution.



WORD OF THE MONTH

FINAGLE: VERB (FUH-NAY-GL)

To get something by indirect, involved, or devious means.

She tried to finagle her way into the VIP party.



Another Year, What Happened?

by Stephanie Ho Lem, Promoting Living Green

A lot has happened in 2025, a lot of negatives and one positive, in my opinion, that we have a new prime minister, Mark Carney.

To recap, I have written 11 monthly articles related to climate change for *the View* and they are listed as follows:

- January - What is the Emissions Cap and What Effect will the Cap have on Alberta?
- February - Have You Been Greenwashed?
- March - What is the Paris Agreement?
- April - No article
- May - The Paradoxical Role of China
- June - Why Industrial Carbon Pricing is Important
- July - Loss of Mature Trees on Private Land in Crescent Heights
- August - Has the Earth Already Exceeded 1.5 Degrees Celsius of Warming?
- September - Establishing the Bee-Friendly Pollinator Garden
- October - Is Nuclear Energy Coming to Alberta?
- November - Does Artificial Intelligence (AI) have an Environmental Problem?
- December - Another Year, What Happened?

Canada is an independent sovereign country with vast amounts of natural resources. For years and years, our biggest trading partner has been the US as we share a common border, easily connected by rail, highways, and airlines. The US has a giant economy with the world's largest military which Canada complacently relies on, and as a result, Canada hasn't met its NATO obligation of 2% of GDP. Canada is comparable to California in population, as the two have very similar numbers, though Canada is much larger in area, being roughly 25 times bigger. Countries much smaller than Canada in both population and GDP like Estonia, Latvia, Lithuania, Slovakia, and Albania have all managed to meet or exceed the 2% target.

Since the newly elected president of the US has created an unstable trading relationship with Canada, Prime Minister Carney's priority is to increase trading with countries other than the U.S.

The previous Conservative and recently led Justin Trudeau Liberal government stated that Canada's stance on defence spending is not a matter of capability, it's a matter of choice. Unfortunately for Canada, such blatant disregard for Canada's commitments generated significant animosity among our allies. Prime Minister Carney recognized Canada must meet its NATO obligation of 2% of GDP if Canada is to increase trade among its allies.

Mark Carney has long been recognized as an authority on climate change. When he was the governor of the Bank of England, he introduced climate change to bankers as a threat to international financial stability. When he was appointed UN Special Envoy on Climate Action and Finance in 2019, Carney described climate change as "the world's greatest existential threat".

Canada is the 11th largest emitter of CO2 and the second largest emitter on a per capita basis. Canada has a commitment to reach net-zero by 2050. When you receive the December *View*, Prime Minister Carney will have introduced his budget and thus far, climate has taken a back seat. Will this change? We are anticipating what Canada will announce regarding climate at COP30.

COP30 Climate Summit in Brazil happens November 6 to 21.

Happy holidays to everyone.

Please note that the content provided is for informational purposes.

Sources: Canada.ca-Net 0 Emissions by 2050; UN News-Climate Change likely to breach 1.5degC limit in next 5 years; The Conversations-Mark Carney inaction is at odds with his awareness of climate change existential threat.

stephanie@crescentheightsyyc.ca



Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.

- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Knowing your risks could save your life.

Our free Risk Screen tool helps you understand your risks for heart disease and stroke.



heartandstroke.ca/riskscreen

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SCAN ME

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HOLIDAY DONATION DRIVE

November 15th - December 15th
.....

Warm Winter Items:

- Winter Jackets
- Winter Boots
- Gloves/Toques
- Socks
- Underwear
- Hand Warmers

Hygiene Supplies:

- Shampoo/Conditioner
- Body Wash/Soap
- Deodorant
- Chapstick
- Pads/Tampons
- Toothpaste/Toothbrushes

Where to drop off:

If you're in Crescent Heights, contact Adam at



CHCA to arrange a pickup within the
community: adam@crescentheightsyyc.ca

Alpha House Shelter

203 15th Avenue SE
24/7



*we accept both new and gently used items