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THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



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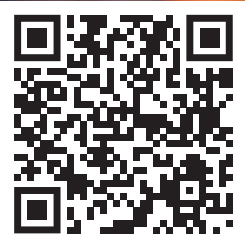
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Let's keep Crescent Heights walkable!

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

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



A friendly message from your Crescent Heights Community Association

OFFICIAL

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HAPPY NEW YEAR!

May
hope,
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joy,
love,
and Christ
be with you this year!

2025

FROM GOODTREE CHURCH
*Formally Crescent Heights Baptist
& GoodTree Christian Fellowship*



Gather for worship
Sundays @ 10:30 AM
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www.goodtree.ca



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

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

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



BOARD OF DIRECTORS 2024-25

President	Marie Semenick-Evans	president@crescentheightsyyc.ca
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

PRESIDENT'S MESSAGE

Happy New Year, Crescent Heights!

As we kick off 2025, I am excited to announce that our new rink is now in full swing. Whether you're lacing up your skates or just enjoying the winter atmosphere, we hope the rink will be a gathering place for everyone in the community. We're planning a special celebration to mark the completion of this project and to thank the sponsors who made it possible. Watch for details in our community e-blasts.

I'm also pleased to welcome Jeff Deere to the CHCA board as our new Membership Director. Jeff joined us in late November, and we're excited to have him on board. At the same time, we want to express our gratitude to Dennis Marr, who is stepping down after many years of dedicated service. Dennis, your contributions have truly helped shape our community, and we're grateful for everything you've done.

As always, we're looking to expand the team, and we're still seeking volunteers to fill the roles of Facilities Director, Climate Director, and Treasurer. If you're interested in any of these positions or would like to learn more, please reach out to me directly at president@crescentheightsyc.ca.

On behalf of the entire CHCA board, I wish you a happy, healthy, and prosperous 2025. Here's to another year of making Crescent Heights an even better place to live!

Stay warm!

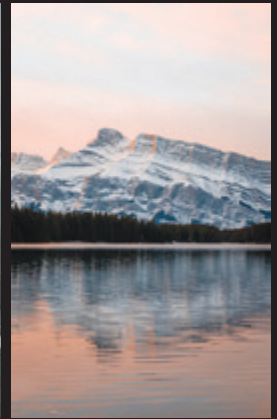
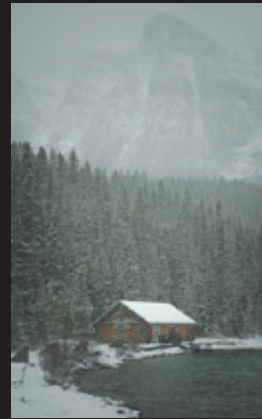
Marie



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Photo Gallery by Jirapan Nilmanee (Mik)



PLANNING COMMITTEE

Do You Have Comments on a Proposed Development in Your Neighbourhood? Share With the Planning Committee!

Twice a month, the Crescent Heights Planning Committee meets to review local development proposals and requests for change of land use. Often, we hear from neighbours to the development in question, looking for advice or information. We're always happy to help. As representative of Crescent Heights, it's also valuable for the Planning Committee to hear your concerns and perspectives.

We also have the Heritage Committee, and the committees work together to see that proposed developments in the Heritage areas of our community follow the Heritage Guidelines.

We can offer suggestions and guidance on how to comment on a Development Proposal that is impacting you, and our community association comments to the city can be more reflective of specific resident concerns. The more we know about diverse points of view, the better we can represent our community.

If you want to stay on top of development applications (DP) around you, you can check out the DP map at the city website (developmentmap.calgary.ca/). Information on the application and deadlines for comments are listed. Note that not all DPs are circulated to CHCA.

Calgary

PROPOSED DEVELOPMENT

Tell Us What You Think
Submit comments to The City by at calgary.ca/development and refer to:
Comments received after this date may or may not be considered. When submitting comments please include your full name, address and the reasons for your position.

This application requests approval of a development permit at:

- New Apartment Building (1 building)
- 5 storeys (at approximately 17.6m metres in height)
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Explore “Art on the Cusp” in the Mini Galleries Until February

Art on the Cusp, is staying an extra month! Brought to you by CHCA's Mini Galleries at Rotary Park and Artpoint Gallery & Studios Society, this exhibition highlights the creativity and collaboration that define our vibrant arts community. Six local artists explore the connection between shifting landscapes and human transitions, offering a fresh perspective on nature and our inner worlds. The exhibition is made possible thanks to the support of CADA and the City of Calgary.

Stay tuned for a new exhibition in February, featuring members of Calgary's Fuse33 Makerspace.



BJ Sosa's 'Four Louise' depicts Lake Louise, one of the most iconic lakes in the world, where the variety of seasonal activities can only be paralleled to the versatility of the human beings who enjoy it.



Reva Diana's 'Interzone' captures the surreal spaces where memory, dreams, and reality intertwine. Through digital collage and poetic visuals, 'Interzone' explores the powerful seconds in between.



Inspired by seasonal walks through Rotary Park, Terra McDonald's 'Dot-Acorn' captures the beauty of nature and the discoveries it holds.



Dianne J Leong's 'Winter Season of Life, 2024' pays homage to the knowledge, wisdom, and experiences those in the 'winter season of life' impart to us. "Winter is a time of rest, and introspection. This winter twilight scene is a metaphor for a life that is well-lived with all its challenges and successes. There is abundant life and opportunity in every season of life," says Dianne.

**SCAN HERE TO VIEW ADDITIONAL
CRESCENT HEIGHTS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



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THE NEW CRESCENT HEIGHTS OUTDOOR SKATING IS HERE!

A HUGE thank you to our supporters,
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Get Involved and Grow!

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Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

***The Miraculous True History of Nomi Ali* by Uzma Aslam Khan**

The Andaman Islands are located in the northeast part of the Indian Ocean, close to Myanmar. Now most of them are part of India, but in 1789 the British built a naval base and penal colony there. The islands have a dark history, based on principles inhumane to the residents, the prisoners, and eventually families. Written records are almost silent.

In *The Miraculous True History of Nomi Ali*, Pakistani author Uzma Aslam Khan tells the story through emotions, thoughts, and the fates of two Local Borns - Nomi and her brother Zee. They are the offspring of a prisoner father who has served his sentence and now lives free on the island; no prisoner is ever allowed to return to India.

The novel’s timeline starts a few years before WWII and continues on through the war. As in all human settlements, residents have assumed essential roles in providing for and managing the island (beyond the impositions of the British). Shakuntala runs the brothel and a productive farm. Aye is Zee’s friend, as well as a worker at the jail and the “pet” of Mr Howard, the jail’s superintendent. Susumu is the dentist, kindly gentle to the children who come to him. The “prisoner who was no longer a prisoner” escapes to a life of hiding – known to everyone local, yet out of sight of the oppressors.

During WWII, the Japanese successfully invaded the Andaman Islands, displacing the British. Their words were inclusive, but their actions terrorized the islanders. Staying out of sight was the healthiest strategy, but not always the most feasible. Japan was supporting the Indian National Army, the Indian independence movement, with impressive lip service that led only to betrayal.

In this dangerous fraught environment, Nomi is learning and growing. As a child she tries to make sense of the power struggles, while developing loyalties to those who seemed to have the locals in their hearts. Missing individuals form holes in her understanding, while she struggles innocently to find herself in a coherent world.

The Miraculous True History of Nomi Ali slowly unfolds the hidden history of people too small to be noticed. Uzma Aslam Khan makes use of tiny islands to reveal great truths about our own world.



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How to Be a Great Communicator

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



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

6. Advising – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

What Is the Emissions Cap and What Effect Will the Cap Have on Alberta?

Stephanie Ho Lem, CHCA Director of Living Green

The COP29 climate conference in Baku, Azerbaijan happened in November 2024. The hosting of COP meetings rotates among the five UN regional groups: Africa, Asia-Pacific, Eastern Europe, Latin America and the Caribbean, and Western Europe and others. According to the UN, members of these groups decide which country will host each conference. I as many others asks why oil rich countries would be hosting the COP meeting. Along with last year's conference held in Dubai, are these countries trying to give the impression that they do care about the environment?

Canada's input to the start of COP29 climate conference, was the announcement of its government's plan to limit greenhouse gas emissions from the oil and gas industry. The draft regulations will require the sector to cap emissions to 35% below 2019 levels. Canada is the fourth-largest producer of oil in the world, fifth-largest producer of natural gas and of which Alberta accounts for around 84 percent of Canada's production. According to the federal government, the cap will "cap pollution, drive innovation, and create jobs in the oil and gas industry."

No sooner this announcement was made, following are comments made about the emissions cap.

Conference Board of Canada (Think Tank)

"Alberta would be hardest hit, from 2023 to 2030 the province's economic growth and employment growth would fall. Estimates that the cap would reduce Canada's GDP by up to \$1 trillion."

Nick Murray, The Canadian Press (November 2024)

"Can the industry meet the regulations without cutting production? According to the government, it can, which is paramount to the entire proposal. The government is pitching a cap-and-trade system as part of the proposed changes. Companies that fail to reduce their emissions enough will have to buy allowance units, a maximum of 20 per cent of their emissions cap from other companies to stay in compliance.

What would the industry do to meet the cap? The government is hoping oil and gas companies will reinvest their profits in technology that reduces greenhouse gas emissions without cutting their production. Initiatives such as carbon capture technology, buying offset credits outside the oil and gas industry like tree planting programs."

Kenneth P. Green, Fraser Institute (November 2024)

"Even if Canada eliminated all its GHG emissions expected in 2030 due to the federal cap, the emission reduction would equal 4/10ths of one per cent of global emissions, a reduction unlikely to have any impact on the trajectory of the climate in any detectable manner or produce any relate environmental, health or safety benefits. The measure intended to avert harmful climate change, will generate too little emission reduction to have any meaningful impact on the climate."

Deborah Yedlin, Calgary Chamber of Commerce (November 2024)

"Rather than support investment, the emissions cap, as currently structured, will create more uncertainty, stifle investments aimed at decarbonization in a sector that has already shown significant decreases in per barrel emissions intensity and risk moving investments to other jurisdictions, ultimately leaving Canada further behind."

Alex Pourbaix, Executive Chair, Cenovus Energy

"Other oil and gas producing countries aren't implementing an emissions cap because they understand the incredible importance of the oil and gas sector to their economies and they're too smart to shoot themselves in the foot."

Environmental Defence (Formerly Known as The Canadian Environmental Defence Fund)

Founded in 1984, Environmental Defence works with government, industry and individuals to defend clean water, a safe climate, and healthy communities.

"The oil and gas industry is the largest source of emissions in the country, accounting for over 30 per cent of Canada's emissions. The industry has continued to produce more pollution each year, cancelling out efforts made by other parts of the economy. This underscores the need for government intervention... The pollution cap shifts the responsibility for addressing

pollution back onto an industry that has long profited at Canadians' expense and forces companies to do their part to clean up their own mess."

The emissions cap will dominate the news this year, 2025. This article briefly warms you up on what most people are saying about the emissions cap. Will it become law?

Please note that the content provided is for informational purposes.

Sources: Fraser Institute-Kenneth Green, Calgary Chamber of Commerce - Debra Yedlin, Canadian Press - Nick Murray, Cenovus Energy - Alex Pourbaix, Environmental Defence, the Calgary Herald.

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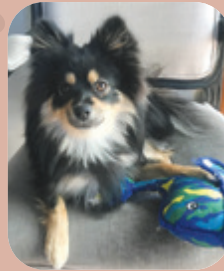
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Remembering Zhou

Video games have become a popular pastime for many Canadians, offering entertainment and a sense of community. However, as with any activity, moderation is key.

A teenager in our community passed away in October in a suspected case of extreme exhaustion brought on by excessive and prolonged gaming. His name was Zhou, and he was a high-achieving student with a secret problem.

Video game fatigue occurs when individuals spend excessive amounts of time playing video games, leading to physical and mental exhaustion. This phenomenon is particularly concerning among our youth, who are more susceptible to its effects. The symptoms of video game fatigue can range from eye strain and headaches to more severe issues such as sleep disturbances and decreased academic performance.

Video game fatigue has a big impact on physical health. Prolonged gaming sessions often result in poor posture, leading to musculoskeletal problems. Additionally, the sedentary nature of gaming can contribute to obesity and related health issues. It is crucial for gamers to take regular breaks, engage in physical activities, and maintain a balanced lifestyle.

Mental health is another area of concern. Excessive gaming can lead to increased stress, anxiety, and even depression.

If you are having difficulty disconnecting, visit the www.gamequitters.com website for tips and help. Ignoring the problem won't make it go away.

Parents and guardians play a vital role in mitigating the risks by setting limits on screen time, encouraging outdoor activities, and fostering open communication about the potential dangers of excessive gaming. Schools and community organizations can also contribute by promoting awareness and providing resources to support healthy gaming habits.

Let's remember Zhou and help raise awareness about this growing health problem. Gaming can be a fun activity, but it is important that it is just part of a healthy life, not a way of life.

YOUR CITY OF CALGARY

Walking in a Winter Wonderland: Snow and Ice Removal Adjacent to Properties

by the City of Calgary

The City of Calgary is committed to keeping our public spaces safe and accessible, but residents also play a vital role. The City maintains roughly 10 percent of Calgary's 5,000 kilometers of sidewalks, leaving the majority for property owners/occupants to clear.

In recent years, amendments to Calgary's Streets Bylaw (20M88) have strengthened compliance measures, including an escalating fine structure for property owners who fail to clear their sidewalks within 24 hours of snowfall ending:

- If a sidewalk or pathway adjacent to private property is not cleared, a complaint can be filed through 3-1-1 to Calgary Community Standards.
- A peace officer will inspect, provide education, and leave a 24-hour warning if the snow and ice aren't cleared.
- If the issue persists, the officer will assign a contractor for removal, and the property owner will be fined and charged for the service.
- The fine for not clearing snow/ice is \$250, with escalating fines for subsequent violations within 12 months.
 - o First offence: \$250
 - o Second offence in a 12-month period: \$500
 - o Third subsequent offence(s) in a 12-month period: \$750, automatic court summons

Key guideline: Snow can be shoveled from sidewalks onto the street but not from private property, like driveways, into public spaces. Snow must not block designated wheeling lanes, like downtown cycle tracks.

Become a Snow Angel

Clearing snow and ice from sidewalks can be challenging – even dangerous – for older adults and people with limited mobility. Snow Angels help keep those Calgarians safe. Consider becoming a Snow Angel today!



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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.

YOURS TRULY, JOHNNY DRYWALL: A big thank you to all my neighbours and new friends for a fantastic year so far! If you have any drywall or ceiling repair needs, please call/text Brad at 403-771-5228. Estimates and advice are always free.

Alberta Blue

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

Alberta blue with me and you

Our river wider, current true

Thru towns and cities high and low

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January 13, 1888, was a landmark day for explorers! On this day, the National Geographic Society was founded in Washington, D.C., setting the stage for countless discoveries. Just months later, in October 1888, the very first issue of the iconic National Geographic Magazine hit the shelves, sparking a love for exploration and knowledge!



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