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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER





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Thurs, December 24, 2026

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7:00 - 8:00pm

Individuals, friends, families, neighbours... All are welcome to be part of this beautiful evening.

Merry Christmas!

⚠ FREEZE WARNING

MERRY CHRISTMAS FROM THE MR. MIKE'S CREW

DON'T LET YOUR PIPES FREEZE!

Drain your hose bibs (outside taps) before the deep freeze. 4 quick steps:

1 UNHOOK HOSES
Take hoses and splitters off every outside tap.

2 SHUT IT OFF
Inside, close the valve that feeds that tap.

3 OPEN THE TAP
Outside, open the tap and let it drain.

4 BLEED IT
Open the bleeder cap on that valve to drain it.

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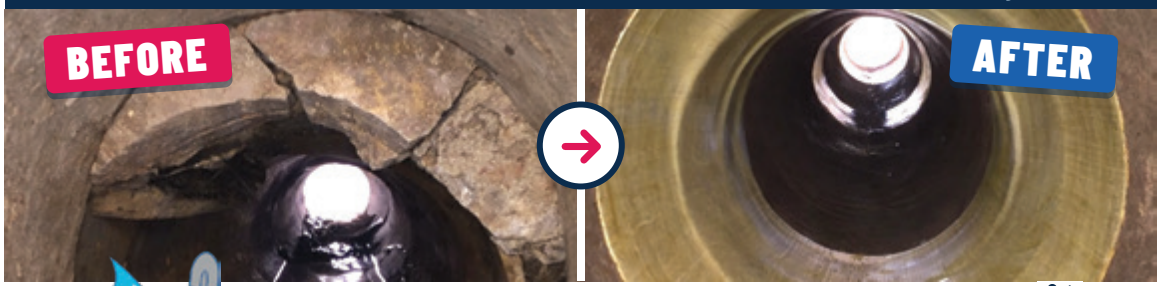

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Newsletter Deadline

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.



JOIN THE CRESCENT HEIGHTS COMMUNITY ASSOCIATION (CHCA)
MEMBERSHIP BENEFITS YOU, YOUR FAMILY AND YOUR NEIGHBOURS
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News, Events, & More	Crime Statistics	Real Estate Statistics

BOARD OF DIRECTORS 2026-27		
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Treasurer	David McEwen	treasurer@crescentheightsyyc.ca
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Planning Director	Vacant	planning@crescentheightsyyc.ca
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Digital Platform	Krista Beavis	digital@crescentheightsyyc.ca
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Traffic & Mobility / Spaces as Places	Adam Schwartz or Marie Semeneck-Evans	adam@@crescentheightsyyc.ca marie@@crescentheightsyyc.ca



Joke of the Month

Who is the snowman's favourite relative?

Aunt Artica!



PRESIDENT'S MESSAGE

Hello Crescent Heights!

As December arrives, our neighbourhood is settling into the holiday season. It's a wonderful time of year to enjoy the festive lights, connect with neighbours, and celebrate this special place we call home.

I'd like to take this opportunity to welcome three new members to the Crescent Heights Community Association Board: Hayley M., our new Events Director; David K., our new Heritage Director; and Rolf R., our new Facilities Operations Director. We're delighted to have them join the team and we look forward to the energy, ideas, and experience they'll bring to our community. Be sure to check out the updated Board roster in this newsletter to see all our directors and their roles.

Our outdoor rinks are off to a slower start this year due to the citywide water restrictions, but our wonderful and dedicated Rink Rats should be out in full force this month, working their magic to get the ice ready for another season of skating. A big thank you to this amazing group of volunteers who brave the cold to make winter a little more fun for everyone!

As our Board looks ahead to the new year, we'd love to see more neighbours get involved! Our Heritage, Planning, and Transportation, Planning and Mobility (TPM) committees are always happy to welcome new members. Whether you have a particular interest or simply want to contribute to the future of our neighbourhood, joining a committee is a great way to get involved, meet your neighbours, and make a difference. If you're interested in lending a hand or exploring ways to contribute, I'd love to hear from you! You can reach me at president@crescentheightsyyc.ca.

As the holidays approach, I hope you find time to slow down, enjoy the little things, and share some special moments with family, friends, and neighbours. Whether you're celebrating with a houseful of loved ones or enjoying a little peace and quiet, I wish you warmth, laughter, and all the happiness this season can bring.

Happy Holidays Crescent Heights!

Marie

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Good fences (and signs) make great neighbours.



As we head into the warmer months, our community hall and the surrounding grounds become a popular venue for private rentals such as weddings, celebrations, and special events. You may begin to notice signage posted around the hall indicating when the outdoor space is reserved for private use.

When these signs are displayed, we kindly ask all residents to respect the rental boundaries by:

- Refraining from entering the designated event areas
- Choosing alternate spaces for walking or playing with dogs
- Avoiding the use of outdoor tap for gardening or other use

We understand that this space is enjoyed by our residents, and we apologize if you are inconvenienced. Please remember that this area is also used for rentals and events, and these bookings help support the Association and upkeep of our community facilities.

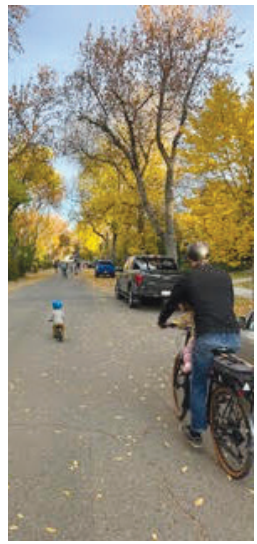
We appreciate your cooperation and consideration in helping make our shared spaces welcoming and respectful for all.

A friendly message from your
Crescent Heights Community Association

Little People, Big Connections: The Joy of Getting Together

by Hayley Michelle





There's something special about a field full of families playing together. The squeals of excitement, the laughter, the occasional chaos, and the wonderful ability to turn up and get amongst it.

Recently, a group of local families have been gathering at our community centre for a Monday evening (5:00 to 6:00 pm) of play, connection, and a little bit of grown-up conversation (it's sparse, but it's there). Children of different ages running around; soccer nets and cones provide the backdrop to pick up soccer or What's the Time Mr Wolf. We parents catch up across the circle of Duck Duck Goose, or on the sidelines of British Bulldog and the whole space quickly fills with the kind of energy that reminds me what community is all about.

For the kids, it's a chance to explore, play, and make new friends. Whether they are frog hopping across the field or doing cartwheels, there is plenty happening. Sometimes the best childhood memories aren't made during carefully planned activities but in those unstructured moments when you're wearing a sparkle jacket and are doing handstands with your friend.

For the adults, we get the opportunity to walk like a giraffe or pause like a toilet during Toilet Tag. My functional "floor to standing" time has improved since Duck Duck Goose re-entered my life. We get to be a part of the Bike Bus along the ridge to a different playground as twilight brings the Golden hour. I'm here for the memories too.

Parenting can sometimes feel like a solitary experience, particularly when we're juggling work, family commitments, and the endless list of everyday responsibilities. Having a place to meet other families from the local area, share a few stories, exchange recommendations or simply stand about while the kids play can make a real difference to the day, week, or life.

And that's the beauty of a community space. It doesn't need to be fancy, and the activities don't need to be elaborate. It just needs to be welcoming. A place where children can be children, parents can feel comfortable, and families can get to know one another without the pressure of organising something perfect.

These gatherings are also a lovely reminder that community doesn't happen by accident. It grows through small, repeated moments of showing up. A familiar face, a shared laugh, a child recognising a friend from the previous week, or a conversation that turns into a new friendship. Over time, these little interactions help create the sense of belonging that makes a neighbourhood feel like home.

As our children grow, so do their social worlds. Giving them opportunities to play alongside others, practise sharing, navigate friendships and discover new experiences is valuable in ways that go far beyond the squeals of play itself. And for us adults, it's a reminder that we're not meant to do everything alone either.

So, here's to more afternoons filled with laughter, play, new friendships and the occasional Bike Bus along the ridge!

Thank you to all the families who come along! Please feel free to share what we are up to, everyone is invited. If you happen to be approached at the playground to join the CH Fams group chat on WhatsApp, this is what it's all about!

See you on Monday!



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

The War We Won Apart by Nahlah Ayed

War-time marriages follow a cliché of haste, passion, and distance. Rarely are both the bride and the groom undercover spies operating for the SOE, Churchill's secret intelligence agency during WWII. In her creative non-fiction double-biography, *The War We Won Apart*, Nahlah Ayed draws us into the world of two young people eagerly doing their duty in the most dangerous manner possible.

Sonia Butt was English by birth and grew up in the south of France—a perfect background for undercover work. At 17 she enlisted in the RAF, where the work for women was boring, and at 19 she was recruited into the SOE (Special Operations Executive) for training in parachute landings, deceptive techniques, and courier activities.

She fell in love with fellow trainee, Guy D'Artois, a Canadian from Québec. Almost immediately they became inseparable and were granted permission to marry shortly before their first assignments. Their dream of serving together was never to be realized, because the authorities thought it would detract from their stressful work and would lay them open to easy blackmail if the relationship were to be discovered.

Apart, both Sonia and Guy distinguished themselves as field operatives. Their styles in operating were entirely different. Sonia was overt, hiding in plain sight. She bicycled far and wide, cajoling her way through checkpoints and inspections. On the other hand, Guy was an expert in organizing the underground. His skills were particularly valuable in setting up bands of local resistance fighters in the lead-up to D-Day, where their tactics were designed to hamper the German efforts to concentrate troops in northern France as the allies established a new front.

When the war was over, Sonia and Guy had to create a new and lasting marriage after years apart. They moved to Canada where Guy could pursue his military career. Sonia subsided into her role as wife and mother. They both wanted their marriage to work because their passion hardly dimmed despite the ups and downs of life. Six children were proof of this. Later, both Guy and Sonia were distinguished with military awards for risking their own lives to save so many others.

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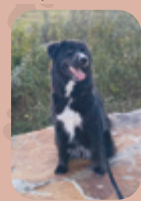
Mount Pleasant



Jasper,
Arbour Lake



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Why Do the Holidays Bring Up So Much Emotion?

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

Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

Seeking a New Planning Director!

Simonetta Acteson

The Planning Committee needs a new director...could you be that person(s)?

The Planning Committee holds an important role in our community as we continue to experience redevelopment and increased densification. The reversal of blanket zoning will have some effects on proposals in our community, but with every sale we see the old being replaced with the new, usually with larger units housing more people. This is both a benefit and a determent as we welcome new neighbours but see the built fabric of our community with its strong heritage elements gradually change. Central to the efforts of our committee is a focus on preserving our urban forest, encouraging thoughtful and contextual design in new construction, and reducing negative impacts of new development on existing housing of all types and the fabric of our community. This can include commenting on massing, setbacks, shadowing, privacy, permeable land, tree and bush selections and much more.

The role of Planning Director can be a demanding position, one more suited to a two-person role, but as outgoing Director I am committed to transitioning the new Director(s) and actively working on ways to simplify and partition the role so other committee members can shoulder part of the responsibilities going forward. Experience and knowledge of planning processes and the ability to read and understand plans is a benefit, but the city and the Federation of Calgary Communities offer excellent courses for those interested.

Our last year with the Planning Committee was a busy one. The Committee reviewed and, in most cases, commented on 52 applications. Most of the applications were for Development Permits (DP), but we also comment on Land Use Changes (LOC) and Subdivision (SB) applications.

In addition, we have been involved with three resident led appeals to the Subdivision Development Appeal Board (SDAB). These are appeals of city approvals of developments. The committee involvement can be as simple as offering support and help to residents leading an appeal, or as involved as presenting the community position at hearings. The committee has also been involved in commenting on planning matters at the city that will impact the community, either in the form of changes to our governing plans (like our Local Area Plan), but also to proposed changes in overall planning approaches in the city (ie. The proposed Calgary Plan, and future changes to the Land Use Bylaws).

Our dedicated team reviews most DP's using a detailed checklist that helps guide our review and responses, while also referring to any statutory plans that pertain to Cresent Heights. Our work is closely aligned with the Heritage Committee, and comments are combined and submitted to the city.

We have also had the added advantage since March 2026 of having been selected for the city's Planning Liaison Program which pairs community committees with a planning liaison (two in our case). These dedicated city staff attend our meetings, provide information, take in feedback, and help our committee be the best it can be. We want to thank Kathy Ye and Jennifer Crack from the City of Calgary for their contributions.

Please consider stepping forward and taking on this meaningful role in our community! Volunteering has many benefits including meeting other residents from the four corners of our community while contributing to the evolution of our community and learning so much!

Reach out to planning@crescentheightsyyc.ca if you want to explore this opportunity!



Expressions in Print

The creative process involves engaging with the world around you and transforming your interpretations into individual expression.

During July and August 2026, nine local youth explored tactile printmaking techniques as a means of translating ideas, images, and materials that inspire them into their own forms of expressive mark-making.

Each of their artworks will be featured in the Crescent Heights Mini Galleries in two consecutive exhibitions. Linocut prints will be presented from September 12 to November 9, 2026, followed by monotype impressions presented from November 14, 2026, to January 11, 2027.

This exhibition and the precursor printmaking workshops were developed in collaboration and partnership between Crescent Heights Community Association, the Women's Centre of Calgary, and Alberta Printmakers, with funding support from Calgary Arts Development.





SAFE AND SOUND

Cold Weather Safety

by Alberta Health Services

Emergency Health Services 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.

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Hours of Operation:

Mon & Wed: 10 AM – 4:30 PM
Tues & Thurs: 11 AM – 7 PM
Friday: 9:30 AM – 12:30 PM

Recycle More This Holiday Season

by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

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

Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

Create More Memories and Less Waste this Holiday Season



The best holiday memories aren't found under the tree. They're made with the people we spend time with.

During the holidays, Calgarians generate about 25% more waste from wrapping paper, packaging, and leftover food. As you get ready for the season, here are a few simple ways to create more memories and less waste:

- Gift experiences instead of things, like tickets, memberships or a day out together.
- Make a gift with a personal touch, such as homemade cookies, a photo book or a handmade gift.
- Shop locally to reduce shipping materials and packaging waste.
- Borrow, swap or share decorations with neighbours, friends or family.
- Reuse gift bags and bows or wrap gifts with fabric.
- Stick to a grocery list, use leftovers or send extras home with guests.

For more holiday waste reduction tips, visit calgary.ca/our-city/articles/calgary-conversations-podcast-015-howland-wark.html.

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The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.



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