

FEBRUARY 2026

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER



Bench in Crescent Park NW. Photo by Dave Dearborn



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SCAN THE QR CODE
FOR THE SOLUTION



THE WATOTO
Children's Choir



From Uganda

MUSIC · DANCE · INSPIRATION

FEB 15 @ 6:30 PM

GOODTREE CHURCH

1212 1 STREET NW, CALGARY, AB

This is a FREE event.

An optional love offering will be taken to support efforts in Uganda

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.



JOIN THE CRESCENT HEIGHTS
COMMUNITY ASSOCIATION (CHCA)

MEMBERSHIP BENEFITS YOU, YOUR

FAMILY AND YOUR NEIGHBOURS

HAVE A VOICE

HELP US GROW COMMUNITY!



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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Treasurer	David McEwen	treasurer@crescentheightsyyc.ca
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Fundraising Director	Eilysh Zurock	fundraising@crescentheightsyyc.ca
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Communications Director	Elsie Ross	communications@crescentheightsyyc.ca
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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
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Engagement Director	Vacant	
Hall Manager (Interim)	Abi	

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!

Winter may still be with us, and the days may be chilly, but our community is full of wonderful ways to get outside and stay connected. If you're up for a stroll, I encourage you to take a winter walk through Rotary Park and experience the Cadavre Exquis exhibit, running until the end of February. It's a great way to enjoy some fresh air while taking in local creativity.

If you're feeling more active, don't forget to take advantage of our amazing community rinks—perfect for a skate with family, friends, or neighbours of all ages. And on those extra-cold days, a quick walk to one of our local restaurants or cafés is the perfect way to warm your belly, support local businesses, and maybe even bump into a neighbour you haven't seen over the winter months.

With Family Day coming up, whether you're staying close to home or travelling afar, I hope you have a safe and enjoyable long weekend. If you're around, it's a wonderful opportunity to enjoy our neighbourhood gems and spend some quality time right here in Crescent Heights.

Finally, if one of your New Year's resolutions was to get involved in the community and you haven't had a chance to yet, we'd still love to hear from you. We're always looking for volunteers for activities ranging from hall renovations to our Stampede Breakfast, as well as our many standing committees. Feel free to reach out to me at president@crescentheightssyc.ca for more information.



**Crescent Heights
Community Association
is hiring a**

Casual Custodian/Cleaner

**We are looking for a reliable,
self-motivated individual to
help us keep our space clean,
welcoming, and safe for all users.**

**Ideal for someone in our community
looking for supplemental work.**

**Hours will be dependent on hall
bookings and needs**

(approx. 4-8 hours per week)

References will be required.

**If you are interested and would like
to learn more, please contact
president@crescentheightssyc.ca**



Be Water Wise Indoors This Winter

by The City of Calgary

When it's cold outside, most of the water we use is indoors—and small changes at home can help protect one of our most precious resources.

This winter, The City of Calgary is encouraging Calgarians to be water wise inside their homes.

Simple everyday habits can easily reduce your water use.

- **Fix leaks quickly.** A dripping tap or running toilet can quietly waste thousands of litres of water each year. If you hear or see a leak, don't ignore it.
- **Run full loads.** Wait until your dishwasher and washing machine are full before you press start—you'll save water, energy, and money on your utility bill.
- **Use water-saving settings.** Choose water-saving or eco cycles when available on dishwashers and washing machines.

- **Track your use.** Check your water bill or meter regularly so you can spot sudden increases that may point to a hidden leak.

By using water wisely today, we help keep our rivers healthy and ensure there's enough to go around as Calgary continues to grow. Together, we are water wise.

To learn more about indoor water-saving tips and find tools to help track your water use, visit calgary.ca/IndoorWaterWise.



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

Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now." or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

***The Lion Women of Tehran* by Marjan Kamali**

When we are friends when we are young, we try to see the future together. We cannot. In *The Lion Women of Tehran*, Marjan Kamali weaves this young wish through a story of lives buffeted by family desires and political realities.

When her father dies before she is eight, Ellie, our principal narrator, is tossed into a life of poverty in a dubious community. Innocently defying her mother's stiff pride, which was developed as a once-respected woman, Ellie quickly makes friends with Homa, a girl from a well-grounded local family. Nothing her mother says, and she says it often, deters her from the instant rapport with a bright, fascinating friend.

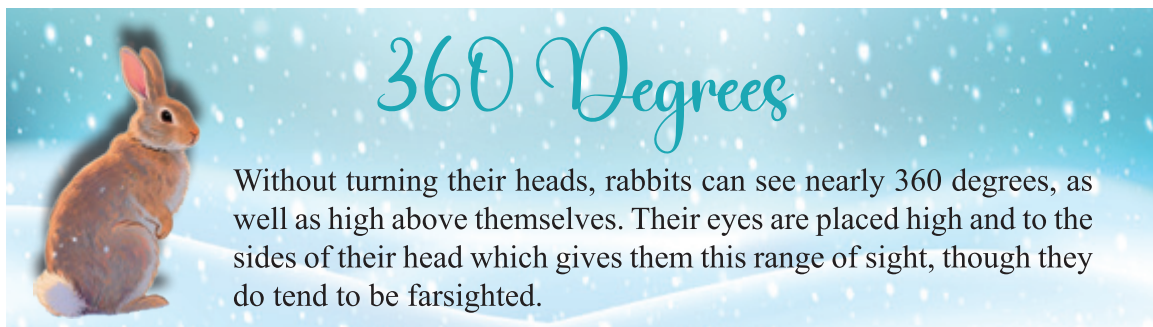
Although it takes some time, Ellie's mother marries her husband's brother, which is customary in Iran. As a wealthy, well-connected man, he establishes the family in a modern, affluent neighbourhood, and to her mother's delight, Ellie attends a modern, affluent school, where she makes friends with modern, affluent girls. In the era of the Shah of Iran, modern means Western. Fashionable clothes replace traditional garments. The popular hairstyle is the "beehive". Girls and boys meet in cafés together. Publicly, women are seen and treated as equals.

Homa follows a path arising from her own background. Her father is a communist, and now so is Homa. She is a dedicated activist, especially for women's and community rights. Rule by the autocratic Shah is unacceptable.

One evening at a party, the innocent Ellie unintentionally betrays her friend. Homa's fate becomes murky, even as Ellie apprehensively sails into true love and marriage.

With marriage comes a doctoral scholarship in New York for Ellie's husband. Mainly through news casts, Ellie watches the political, social, and economic deterioration of her country. Over time, the couple becomes established in the United States, without any avenues to return to their own country safely.

The spark of friendship has burned low, until one day Ellie receives a battered letter making a request only a deep relationship would allow. Homa wants her friend to accept her seventeen-year-old daughter into the safety of her American household, to save her from the consequences of Homa's unwavering activism in support of the women of Iran.



Customer Review Period (January 14 to March 23) Is Your Opportunity to Review and Ensure the Accuracy of Your 2026 Property Assessment

by The City of Calgary

Your 2026 property assessment is mailed out January 14. The 2026 Customer Review Period (CRP) runs from January 14 to March 23. CRP is your opportunity to review and ensure the accuracy of your 2026 property assessment and learn more about how your assessment was determined.

What to look for when reviewing your assessment:

- Is your market value assessment a reasonable estimate as of July 1, 2025?
- Are the property details we have on record, correct?
- Is your assessment fair when compared with others in your neighbourhood?

Each year, The City and the Province separately set a budget and decide how much money they need from property tax. Your share of property tax is based on your assessment class and the assessed value of your property. Your 2026 property tax bill will be mailed in May, but you can get an estimation of it now by visiting calgary.ca/taxcalculator.

To help you review your property assessment we offer general resources on calgary.ca/assessment and property specific tools through the secure log in feature of calgary.ca/mytax. By logging onto myTax you can:

- Check your property details and ensure they're correct. *Incorrect property details can result in your assessment not accurately reflecting the value of your property.
- Compare your property's assessed value to similar properties in your area.
- Review real estate market trends and learn how your property was assessed.

Questions? Visit calgary.ca/assessment or call 3-1-1. Customer Review Period ends March 23.



Switch

by Cheryl Dunkley

One last chore - today that make four!
Yawn, oh what a bore
That kind of week,
Both my knees are sore...
It's snowing! I don't want to go out the door.

But you know, Life is good.
I'm grateful for my home, family and friends.
The very best neighbours live on either side
Everyone on this street takes great pride.
There's good stuff every day
Express my gratitude every time I pray

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Butterflies - The Beautiful Pollinators

by Stephanie Ho Lem, Promoting Living Green

"Establishing the Bee-Friendly Pollinator Garden" was the topic in the September 2025 *View* article. Over the years, I have emphasized the importance of bees as pollinators. A group of us in Crescent Heights created a pollinator garden on Crescent Road and First Street NW in 2018. The garden continues with volunteers and is the first bee-friendly pollinator garden for bees to feed and relax in our community.

Bees are not as beautiful as butterflies but are as important in pollination. Butterflies have a weak sense of smell but great vision. They are attracted to brightly coloured clustered flowers that are open during the day. Butterflies can reach nectar as they have a long tongue called a proboscis which they can drink through like a straw.

One pollinator that is frequently photographed is the Monarch Butterfly (Monarchs) with its vivid orange, black, and white colours. National Geographic recently filmed the migration of these butterflies as they are known to make a two-way migration akin to birds, flying south for the winter and returning north for the summer. History says the sight of these butterflies with their bright orange colour impressed the early settlers, who came to North America from Holland and England. They likely named it "Monarch," after King William III, Prince of Orange, state holder of Holland, and later named King of England.

In Alberta, Monarchs are found where the milkweed grows along the U.S. border. Milkweed is an essential plant for Monarchs to lay their eggs. Unlike other butterflies that can overwinter, Monarchs cannot survive the cold winters in Alberta. These Monarchs are part of the eastern North American migratory population, each alone weighs less than a gram and can travel thousands of kilometres to reach their destination in Mexico. Even though not one of these butterflies has ever been to Mexico, they "return" to the same small groves of trees where their ancestors overwintered one year and at least three generations earlier. Monarchs only travel during the day and need to roost on pine, fir, and cedar trees at night. They will fly 3,000 km to reach Mexico's oyamel fir forest, where they will cluster together to stay warm.

As warm temperatures and lengthening days arrive, the migratory generation of Monarchs finishes the development, become reproductive, breed, and lay the eggs of the new generation. Generation one Monarchs are the offspring of the Monarchs who overwintered in Mexico. Each successive generation travels farther North, it will take three to four generations to reach the northern border of U.S. and Canada.

Climate change has significant potential to alter the migration, hibernation, and reproduction of the Monarchs by causing temperatures to rise and precipitation levels to increase. The butterflies need to overwinter in forests where the temperature is reasonably low so that their metabolism is not too demanding, but not so low that they freeze. Increased rainfall has been found to reduce the amount of time that the butterflies spend on laying their eggs. When moisture coincides with colder temperatures in their overwintering grounds, Monarchs cannot endure these harsh conditions for more than a few hours. Higher than normal temperatures also hinder the growth and quality of the milkweed, an essential plant that Monarch caterpillars feed on.

Pollinators are important to our nation's economy. Butterflies play a significant role in pollinating plants that bees do not like to visit. They also are a food source for other species. Eighty percent of the Monarchs were killed when a severe storm hit Mexico in 2002. Storms are becoming more common. The threat of climate change, degradation of breeding habitats due to urban development and intensive agriculture, wildfires, parasites, pathogens, and the use of agrochemicals have direct consequences for the future of the Monarch Butterfly.

There are actions we can take to help to increase the Monarch butterfly population, some are:

- Plant Native Milkweed and flowers.
- Avoid Pesticides: Herbicides kill milkweed, and insecticides harm all stages of Monarchs.
- Create Habitat: Establish "Monarch Waystations" in gardens, parks, schools, or even balconies with milkweed and nectar plants.
- Support Native Plants: Ask local garden centers to stock native species and avoid non-native tropical Milkweed in many areas.

- Participate in Citizen Science: Join programs like Mission Monarch, Monarch Watch, and iNaturalist to monitor monarchs and help scientists.

Monarch butterflies are not just a beautiful sight fluttering through gardens and meadows; they play a crucial role in maintaining the health and balance of ecosystems.

Please note that the content provided is for informational purposes.

Sources: US Department of Agriculture Forest Service; UN Environment – Convention on the Conservation of Migratory Species of Wild Animals; Entomology Blog-What Role do Butterflies Play in Pollination.

stephanie@crescentheightsyyc.ca



YOUR CITY OF CALGARY

Chinook Blast: Calgary's Signature Winter Celebration Is Back

by The City of Calgary

Chinook Blast is Calgary's ultimate winter festival that showcases the very best of our city. For six years, this celebration has brought winter magic to life—and we're just getting started.

From January 30 to February 16, Chinook Blast returns, promising the most spectacular experience yet. We're turning up the heat at Eau Claire Plaza, transforming it into a dazzling winter wonderland filled with vibrant art installations, live music, and unforgettable adventures.

Built by Calgarians, for everyone, Chinook Blast is proudly local. It's a family-friendly, inclusive festival that celebrates creativity and community while drawing visitors from across Calgary and around the world.

Join us as we make winter extraordinary. Learn more at chinookblast.ca.

WANTED

Stampede Breakfast Event Coordinator

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

Without someone to take the lead, we simply won't be able to host this beloved community event.

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

If you're interested contact president@crescentheightsyyc.ca

Who's Making Life Better for Calgarians with Disabilities? The Advisory Committee on Accessibility Wants You to Nominate Them for an Award

by The City of Calgary



Now is the time to nominate an individual or group that's helping people with disabilities live a good life in Calgary. Nominations run from February 9 to 23, 2026.

The Advisory Committee on Accessibility's annual awards program started in 2006. The committee is a City Council committee consisting of citizens with disabilities and a keen interest in access issues. Working closely with the community and The City of Calgary, the committee makes recommendations to City Council on policy and systems issues, and barriers impacting people with disabilities in Calgary.

The last Accessibility Awards were presented to Lionel Migrino (Advocacy Award for an Individual), Lacrossing Barriers (Advocacy Award for an Organization), Skye Luk (Transportation and Mobility Award), and Pamela Butvin (Universal Design Award).

To submit a nomination or learn more about the awards (including award categories, criteria, winners and their work), visit [Calgary.ca/accessibilityawards](https://calgary.ca/accessibilityawards).

Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.



Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit calgary.ca/yechiring for ongoing announcements and advice on how to get prepared!

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.

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.

F.V. HANDYMAN SERVICES: Offering handyman services in your area. Drywall repair, painting, basic carpentry, plumbing and electrical, flooring and general household maintenance. From quick fixes to ongoing upkeep, no job is too small. I am committed to reliable service, honest communication, and quality workmanship. Call Francisco at 403-993-8567.





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