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# the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

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*Spruce Snow Fingers by Judith Umbach*

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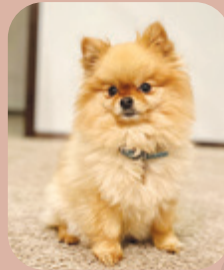
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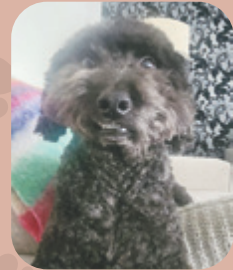
Betty White, Cranston



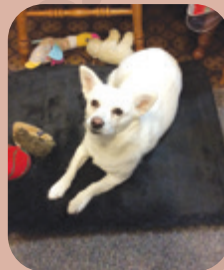
Dazi,  
North Glenmore Park



Jack, Seton



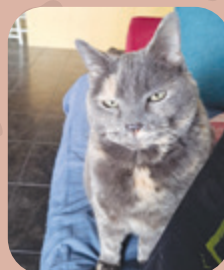
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Teffy, Mount Pleasant



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To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)





# 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](mailto: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](mailto: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](mailto:secretary@crescentheightsyyc.ca) at least 24 hours before the meeting.



JOIN THE CRESCENT HEIGHTS  
COMMUNITY ASSOCIATION (CHCA)

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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## BOARD OF DIRECTORS 2025-26

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Treasurer	David McEwen	treasurer@crescentheightsyyc.ca
Secretary	Harmmeet Singh	secretary@crescentheightsyyc.ca
Community Partnerships	Adam Schwartz	adam@crescentheightsyyc.ca,
Planning Director	Simonetta Acteson	planning@crescentheightsyyc.ca
Heritage Director	Krista Beavis	heritage@crescentheightsyyc.ca
Fundraising Director	Eilysh Zurock	fundraising@crescentheightsyyc.ca
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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
Facilities	Marie Semenick-Evans	president@crescentheightsyyc.ca
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](mailto:president@crescentheightsyyc.ca)

## PRESIDENT'S MESSAGE

Happy New Year, Crescent Heights!

We're kicking off another exciting year in our community, and things are already buzzing!

Thanks to newly awarded grant funding, we're moving ahead with some much-needed upgrades to our community hall. This year, we'll be improving the bathrooms, kitchen, and a few other key spaces. Throughout the project, we'll be looking for volunteers to help with minor demolition and general project support—so if you're handy, enthusiastic, or just eager to lend a hand, we'd love to hear from you! Reach out anytime to [president@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca).

Stampede season might feel far away, but planning starts now—and we urgently need an event coordinator for the 2026 Stampede Breakfast. Without someone to take the lead, we simply won't be able to host this beloved community event. If you're organized, energetic, or passionate about keeping this tradition alive, please contact [president@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca). Your leadership will truly make all the difference!

Also, with the new addition of the drinking fountain in Rotary Park, we're putting together a small committee of regular park-goers to act as stewards of the fountain—helping with tasks like spring start-up and fall blow-out. If you're interested in helping ensure our new fountain is well cared for and enjoyed by both our two-legged and four-legged residents for years to come, please contact Humaira at [parks@crescentheightsyyc.ca](mailto:parks@crescentheightsyyc.ca).

If you're out enjoying our amazing rinks this winter, don't forget that the Skate Shack—there to help you warm up during colder temperatures—and the washrooms are open Monday to Friday from 4:30 to 11:15 pm and Saturday and Sunday from 10:00 am to 11:15 pm. Thanks again Rink Rats—our rinks are looking great!

And finally, a huge thank you to all our volunteers who helped with our December casino, our most important fundraiser of the year—we couldn't do it without you!

Here's to a fantastic year ahead in Crescent Heights!

Stay Warm!

Marie



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@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca)



# 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*



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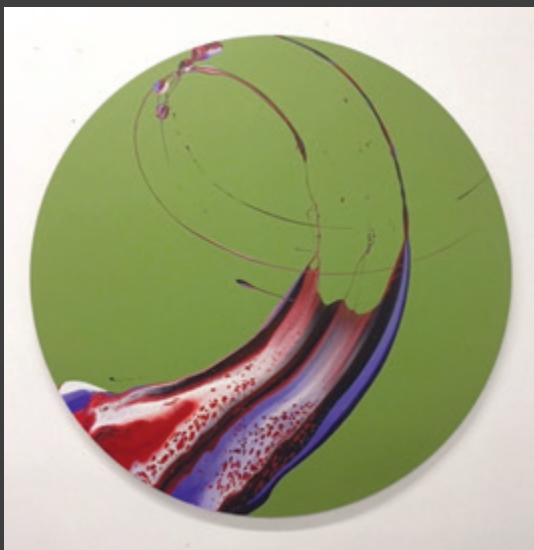
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# Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

## ***The Essex Serpent* by Sarah Perry**

The interest of Victorians in amateur fossil hunting brings Cora to a village on the Essex coast where the long, low tides have deposited remains for millennia. She has escaped London and the formal mourning expected after the death of her husband. Since she rarely had a happy day with him, her inappropriate smiles of independence need to be hidden away. In *The Essex Serpent*, Sarah Perry opens a can of worms, and we watch them wriggle through many lives.

The Serpent has been seen, rather like the Loch Ness Monster has been seen. Fog often shrouds the coast, but the heaving of a dark, moaning form penetrates into the receptive minds of the villagers. One pew in the church is adorned with a carving of the Essex Serpent. Villagers know it has shining scales, huge wings, and a rapacious mouth with sharp teeth.

The pastor, Will, cannot change their fear. In ever greater numbers, they attend his services, even though they are severely disappointed in his refusal to cast Christian spells on the monster. He tries to reason with them, but what is reason in the face of instinctive knowing? Even his wife, Stella, believes in the spells of the Serpent.

A semi-invalid, Stella is wraith-thin, wrapped in an aura of blue. In a kind of bliss, she collects blue things—a notebook, broken pottery, stones, ribbons—and she surrounds herself with them in her bedroom. Will adores her, as do her three children.

Cora's arrival brings an influx of London visitors, welcomed by her but not by the villagers, who consider them interfering socialites. In fact, they are an eminent surgeon, Luke, his friend, Spenser, who is also a doctor, another friend, Ambrose, and his wife, Katherine. On meeting Stella, the two doctors immediately recognize why Stella seems to be disappearing before Will's eyes. She is. She has advanced TB. Resisting treatment, Stella must acquiesce to the removal of her children for their own safety, kindly taken into the family home of Ambrose and Katherine.

The interplay of these characters leads to knotty themes. Love is particularly difficult, because the borders of friendship and romantic love are so blurred. Love in marriage might include deep friendship, as it does for Will and Stella, but did not for Cora and her husband. Convention, faith, and fear sway attitudes. Events cause cascades of change and readjustment.

## The Birth of a Legend!

On January 8, 1935, in Tupelo, Mississippi, a star was born! Elvis Aaron Presley, who would go on to be one of the most culturally significant figures of the 20<sup>th</sup> century was born. Can you believe that he would be 91 if he were still alive today?! What a legend!



## Canada and COP30

by Stephanie Ho Lem, Promoting Living Green

COP30 was held in Belem, Brazil November 10 to 21, the Gateway to the Amazon River. The Canada Pavilion was to provide a central networking hub for partners and stakeholders to showcase Canadian climate leadership and innovation. Only two Canadian government Ministers, Environment Minister Julie Dabrusin and the Minister of Canadian Identity and Culture and Minister responsible for Official Languages and Minister responsible for the Parks Canada Agency, Stephen Guilbeault attended COP30. The Canadian delegation was seen as inadequate.

At the same time COP30 was being held, the federal budget was introduced in parliament. The Liberal government was shy a few seats for a majority government. As a result, there was a scramble to vote on the federal budget, that pulled federal ministers away leaving Canada's direction at COP30 without significance.

Canada ranks 4th in the world in oil reserves, and the world may reduce the use of fossil fuels but will not eliminate the use entirely. Domestic policies promoting oil and gas development directly conflict with Canada's climate goals. Canada's official delegation to COP30 included numerous oil gas lobbyists which overshadowed climate action.

Canada received the "Fossil of the Day" Award from Climate Action Network International (CAN). The Fossil of the Day Award is a daily "award" given to those countries who are the best at being the worst and doing the most to do the least. Countries are nominated by CAN and the award is determined by a CAN Members' vote.

CAN is the world's largest environmental network of over 1,800 non-governmental organizations in over 130 countries fighting the climate crisis. Climate Action Network Canada's Executive Director is Caroline Brouillette. She states the world is taking notice of the government's backtracking on climate. Calgary organizations actively involved in climate action and linked to broader networks include the Calgary Climate Hub, The Arusha Centre, and the Pembina Institute often collaborating with the University of Calgary's sustainability efforts.

Prime Minister Carney states that he is convinced that the best way to ensure that climate policy sticks is to balance it with other urgent public policy priorities, that is strengthening our economy, diversifying trade, and bringing our country together. Canada refused to commit to the 2030 target emphasizing instead the later net zero target of 2050.

### How Is Canada Viewed at COP30?

Although Canada defended its COP30 presence as consistent with its goals, the overwhelming consensus from environmental groups and observers was that the delegation was inadequate and failed to demonstrate the climate leadership expected from Canada, particularly given its domestic policy direction.

What COP30 did not achieve:

- No roadmap to halting deforestation
- No roadmap to transitioning away from Fossil Fuels

What COP30 did achieve:

- An agreement to triple adaptation finance to \$120 billion per year.

*Please note that the content provided is for informational purposes.*

**Sources:** Government of Canada-Environment and Climate Change Canada; Climate Action Network Canada; Fossil of the Day Award; COP30 Canada Pavilion.

stephanie@crescentheightsyyc.ca



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# Caring for an Aging Parent: Strategies for When the Going Gets Tough

by Nancy Bergeron, R. Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



### Emotional Strategies (Inner Work and Regulation)

#### 1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

#### 2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

#### 3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

#### 4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

### 5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

### 6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

### 7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

### Situational Strategies (Practical Boundaries and Care Structures)

#### 1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t



handle daily visits." Say it out loud, write it down, and share with other family members if needed.

### **2. Establish Firm Communication Boundaries**

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

### **3. Use Neutral, Brief Responses**

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

### **4. Set Structured Routines**

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

### **5. Engage Outside Help When Possible**

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

### **6. Protect Your Physical Space**

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

### **7. Use Written Communication for Sensitive Topics**

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

### **8. Plan for Respite and Breaks**

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

### **9. Involve Professionals for Tough Conversations**

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

### **10. Prepare for Emotional Pushback**

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

# WANTED

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[president@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca)**

# Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

### Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

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## On Deerfoot Trail

*by Garth Paul Ukrainetz*

On Deerfoot Trail the potholes grow  
A little larger every day  
They never seem to fill them in  
We zig and zag along the way

On Deerfoot Trail bad tempers show  
The need for speed in rush hour mess  
The faster lane ain't always faster  
The quicker route ain't always best

On Deerfoot Trail the snow plows blow  
They clear the slushy slop away  
But cars still slide into the ditch  
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow  
Like blood cells flow within a vein  
The city's major artery  
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo  
Corralled commuters, Calgary  
Bronc riding on this road together  
Until we exit, until we're free

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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](http://www.communitymediation.ca), 403-269-2707.

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