

JULY 2023

DELIVERED MONTHLY TO 4,760 HOUSEHOLDS

# the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

**CHCA STAMPEDE  
BREAKFAST  
JULY 16  
SEE PAGE 7 FOR DETAILS**



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[crescentheightsyyc.ca](http://crescentheightsyyc.ca)



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**We will:** Present your child with a personalized children's dentistry book. Celebrate with a goody bag. Take pictures of your child's visit, which we will print out to take home and also email to you.

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- Determine when x-rays and fluoride treatments should be started
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 - Dr. Laura Brescia

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# 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.

### BOARD OF DIRECTORS

President	Dennis Marr
Treasurer	John McDermid
Asst. Treasurer	Harmeet Singh Kathuria
Secretary	Harmeet Singh Kathuria
Facilities Director	Chad Friel
Planning Director	Brenda Erskine
Parks Director	Humaira Palibroda
Communications Director	Elsie Ross
Traffic and Mobility Directors	Marie Evans
Community Partnerships Director	Doug Carlyle
Engagement Director	Catherine Dowdell
Director of Climate Change and Sustainability	Joshua Bateman
Director at Large	Stephanie Ho Lem
Fundraising Director	Rob Ward, Warren Chung
Membership Director	Vacant
Newsletter Editor	Wendy Mitchell
<b>KEY VOLUNTEER POSITIONS</b>	
Newsletter Editor	Elizabeth Stady

## SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



# PRESIDENT'S REPORT

Hello Crescent Heights,

My intent with this column is to keep you updated on some of the activities of your Board.

Both the River Cleanup and the Community Cleanup were completed in May. These events rely entirely on volunteers. For the Community cleanup, thank you Councillor Terry Wong for contributing your physical effort but also brightening our day with coffee and donuts. Kellee Grounds was once again the leader on the Community Cleanup and was supported by Dave Dearborn, John McDermid, Elsie Ross, Brenda Erskine, and Dennis Marr. We are grateful to the following organizations that ensure as much as possible stays out of the landfills: WINS, Evraz Recycling (metals), and Technotrash (electronics). Finally, thank you to the hardworking crew from the City of Calgary Waste Management Services and their amazing compactor trucks.

The Stampede Breakfast preparation is well underway for July 16. Volunteers are still needed.

Our Hall HVAC system has been scheduled to be installed by the third week of July.

Thanks to Director John McDermid for having arranged for the south-facing windows on the hall to be painted.

A few years ago, the Crescent Heights Business Improvement Area (BIA) was created with a stupendous effort by a number of people including then CHCA Director Jennifer Black-Mitchell. The BIA has organized events such as the Trunk Shows, increased the vitality of the local business climate, and helped attract new businesses to our area. By providing more services locally, our community becomes a more desirable place to live. Crescent Heights Village BIA, please keep doing what you are doing.

Our Board has had very little turnover but recently Catherine Dowdell accepted a position in Ontario and resigned. She was active in managing our community garden and as Community Partnerships Director had developed strategic relationships with organizations such as Crescent Heights High School, with whom a successful cleanup of Crescent Park was completed. She will be missed.

To receive our more frequent electronic news bulletins (E-blasts), please signup by emailing [communications@crestheightsyyc.ca](mailto:communications@crestheightsyyc.ca) or become a member by clicking on 'membership' on our website.

If you wish to help your community as a volunteer or Director, just email me at [president@crestheightsyyc.ca](mailto:president@crestheightsyyc.ca). Youth and diversity are highly desired.

Hope to see you around.

*Dennis Marr*

**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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## Seniors' Fitness is Back!

Our Monday morning Seniors' Fitness class resumed on March 6 after an almost three-year COVID Hiatus. Many of our regulars have returned and a few spots are still available. Participants must be fully vaccinated and be members of the Crescent Heights Community Association. Our instructor, Pat Harding, is back with us and crueller than ever. Join us on Mondays from 10:30 to 11:30 am at the community hall.





CHCA Laneway Pride Project

## Laneway Garden Challenge

Let's make our laneways an extension of our homes. Let's make them beautiful!

*"Life without beauty is only half lived"*

### Answer the challenge to beautify our laneways!

Imagine our laneways as welcoming spaces with flowers in bloom and creative urban plantings. Imagine what can grow ... on that patch of grass, or that pile of dirt. Between those cracks in stone and concrete, or maybe within a repurposed cast-off. Do it yourself or work with your neighbours! Inspire all of us and post your photos and ideas on our community Facebook.

### Suggestions for durable plants

Day lilies (sun or shade), poppies (sun), rhubarb (sun or part sun), holly hocks (sun), mint (sun or shade), wildflowers (sun). So, when you're out and about picking up some plants for your garden, pick up an extra few and add some beauty to your laneway!

### Weeds, Weeds, Weeds!

Getting rid of our resident weeds is next to impossible, but let's try to keep those pesky invaders like the creeping bellflowers/bluebells from spreading more.

*A few easy tips for week management:*

1. mow/cut down regularly;
2. add non-invasive plantings in abundance to squeeze weeds out;
3. pull weeds when the soil is wet;
4. take off the flower tops/seed heads.



A friendly message from your  
**Crescent Heights Community Association**  
Transportation, Planning and Mobility Committee  
[marie@crescentheightsyyc.ca](mailto:marie@crescentheightsyyc.ca) or [doug@crescentheightsyyc.ca](mailto:doug@crescentheightsyyc.ca)



CENTRE ST. & 16<sup>TH</sup> AVENUE N

# Night Market

WEDNESDAYS 4:30 - 9:30 P.M.

JUNE 21 JULY 5 JULY 19 AUG 2 AUG 16 AUG 30

(403) 203-9243 INQUIRIES@DMEINC.CA

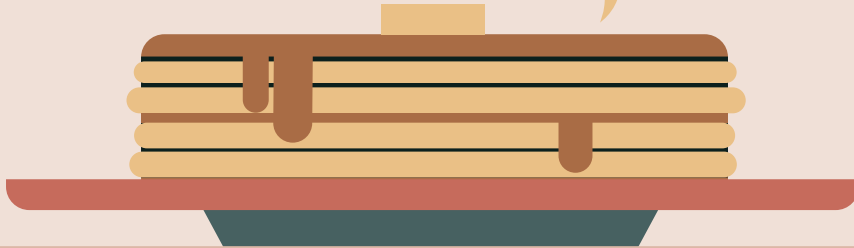
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2023  
**Stampede  
Breakfast**



It will be appreciated if you bring your own plates and cutlery



**SUNDAY JULY 16, 2023 • 10:00 AM - 12:30 PM**

*Featuring live music*

**The Tim Williams Trio** - Winner of the Memphis Blues Challenge

- Become a CHCA member and get a free breakfast. Non-members pay \$5.00
- Members have a chance to win two weekend passes to the Calgary International Blues Festival coming in early August 2023
- Pony rides, face painting, kids crafts, activities and prizes



**VOLUNTEERS NEEDED!**

Contact: [pancakes@crescentheightsyyc.ca](mailto:pancakes@crescentheightsyyc.ca)  
See lots of fun jobs at <http://crescentheightsyyc.ca>



# Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

*Spilled Milk* by KL Randis

How is a child to know that words forbidden in conversation should be spoken when they describe the unspeakable? In her late teens, KL Randis testified against her incestuous, pedophile father in court. His abuse had been going on for years, but it wasn't until she had dinner with her boyfriend's family in her teens that she realized her family life was horribly abnormal. Her fictionalized account, *Spilled Milk*, reveals the excruciating pain of "outing" a relative. And shares the happiness of living life through hard-won success.

The main character, Brooke, unusually makes studying and academic achievement her way of burying reality. As she much later states in court, the only time when her bedroom door could remain locked was if she were studying. One night her father ripped the door off its hinges, because she was not studying but hiding.

Brooke's mother lives in denial, aided by severe back pain dulled by strong drugs. So addicted, she has no shame in making her children turn over all their money to her, whether from birthday gifts or part-time jobs. Even with two parents and working children, food for dinner is not a given. Because her mother is disabled, Brooke is expected to and does keep the house clean, providing her father with one less reason to get violently angry. She cares for her younger siblings because there is no one else who will. She teaches them to hide. When Brooke is accepted to a university away from their semi-remote home, she is horrified to realize that this will expose her younger sister and brother to the abuse she absorbed for many years.

With the sympathy and help of her boyfriend's mother, she seeks counselling. Calling on her personal iron-strength, Brooke brings charges against her father and withstands the brutality of court investigations and hearings. Sitting exposed in the witness box, she writhes with the embarrassment of speaking about sexual and family matters in front of a room full of adults, her extended family, her disdainful father, and his lawyers. Thanks to her court-appointed support worker, she speaks her truth, regardless of tears. Slowly, truth does set her free.



## The Tea Plant

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the *Camellia sinensis* plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!





# Planning Committee Concerned About Land Use Changes in Crescent Heights

by Brenda Erskine, Director, Planning Committee

In the first five months of this year, CHCA's planning committee has reviewed at least five applications to change the land use bylaw from RC2 (single detached or semi-detached) to RCG (row houses up to 11 metres high) on corner lots within our Heritage Guidelines Areas.

CHCA's planning committee believes that most of these applications will destroy our heritage assets, and the green space that supports the tree canopy. We believe this is a short-sighted strategy to densify, with long term impacts on the environmental, social, and economic health of our residents. We believe gentle/modest densification is possible, and we'd be happy to work with planning officials and developers on how to achieve it.

That's why we are making submissions and presentations at City Council. At the latest public hearing on May 16, eight Crescent Heights residents, including four planning committee members, spoke against a proposed land use change at 201 7 Ave NE. We achieved some success, in that Councilor Terry Wong successfully proposed an amendment prior to second reading, to "Withhold second and third readings of Proposed Bylaw 58D2023 until a development permit is at the point of approval."

The proposed land use change will now go before Council at another public hearing (date to be determined) along with details on building design, setback, landscaping, etc. The developer's representative said he is willing to work with CHCA's planning committee on a multi-family unit that isn't a standard four-unit row house with secondary suites below.

While we didn't "save" the pre-1945 bungalow on the corner of 7 Avenue and 1 St NE, we have created conditions where the developer will have to listen to neighbourhood concerns about shadowing, massing, loss of privacy, parking, traffic, and overall destruction of green space and tree canopy before he takes his application back to Council for approval. How successful will this be? Stay tuned!

### Did You Know?

- Nearly two dozen sites on the City's Heritage Inventory of Evaluated Historic Resources (Inventory) are in Crescent Heights, including Crescent Heights Senior High School, a Collegiate Gothic landmark built in 1928, and several tree-lined boulevards that reflect the influence of the City Beautiful Movement.
- Our oldest known house, the Steinbrecher residence at 720 1 street NW was built in 1904, 10 years after the Van Wart house in Inglewood, considered one of the oldest houses in Calgary.
- Crescent Heights has the largest number of heritage assets north of the Bow River, according to Calgary's 2019-2020 Heritage Asset Windshield Survey.
- There are two ways to protect heritage assets (homes):
  - One is by the property owner requesting an evaluation by Heritage Calgary, to have their home placed on the Inventory of Heritage Resources. If placed on the Inventory, the owner must then apply for Heritage Designation through City Council. This can take a few years.
  - The other way is Direct Control, where at least 90% of heritage asset property owners on a block with at least 50% heritage assets request Council create a special land use bylaw for that block.



## New Parking Guidelines

For the new fee structure and to apply for a parking permit, visit <https://www.calgaryparking.com/parkingpermits>.

For more information, visit <https://calgary.ctvnews.ca/there-s-a-fee-for-that-city-of-calgary-launches-first-change-to-permit-parking-program-1.6247738>.

If you do not have access to the internet, please contact the customer service team at 403-537-7000 and they will help you set up an account.

## Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

ChamberFest West presents a  
FREE Community Concert and Preview to  
Our 2023 Summer Chamber Music Festival:

# Resonance

Extraordinary Performances | International Musicians | Inventive Programming

Saturday, July 15

7:00 p.m. to 8:15 p.m.

Crescent Heights Community Centre  
1101 2 St NW (on the lawn outside)

Featuring Chamberfest West artistic directors Diana Cohen (violin) and Roman Rabinovich (piano) plus our Rising Stars Jonathan and Nicholas Swensen (cello and viola).

Bring a blanket or chair. Enjoy classical and contemporary chamber music compositions for the whole family. Everyone welcome!

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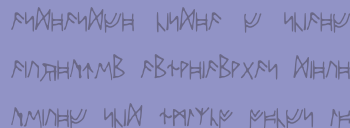


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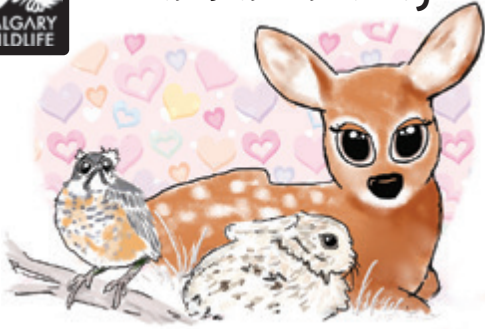
## The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!





## Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

Do you have teaching experience and a passion for wildlife? Apply today! Scan to learn more or visit: [www.calgarywildlife.org](http://www.calgarywildlife.org)



## Cats, Canines, & Critters of Calgary



Big Earl, Capitol Hill



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Tali, Temple

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



## GET AHEAD OF THE STAMPEDE!

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



## Joke of the Month

What happened when the strawberry tried to cross the road?

A traffic jam!



Rotary Park

# Drinking Fountain Fundraiser!

A fountain for our K9 & human park goers

HI, I'M THIRSTY!



Did you know that as of February 2023  
there were 392 dogs licensed in Crescent Heights?

This means if every dog owner donated \$25 today we  
would meet our fundraising goal !

**What:** Public drinking water fountain

**Who:** For dogs & humans!

**Where:** Crescent Heights Rotary Park off-leash area

**How:** With your support/donation

**Donate Today :**

GET INVOLVED AND GROW

online:<https://crescentheights.getcommunal.com/donate/22>

OR

Write a cheque payable to:

**Crescent Heights Community Association**

(send to: 1101 - 2 St NW, Calgary AB T2M-2V7)

Attn: Humaira Palibroda



# How to Get the Most Out of Your Counselling/Therapy Sessions

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

Adapted from Dr. David Burns



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.



# GOOSE & BEAR HILL CHEER FOR VOLUNTEERS

 Spring Clean Up!

Thank you to our tireless volunteers who collected 30 bags, plus more debris:

Marga Betz, Donalda Dickey, Kat Dorian, Nadine Harder, Brian Hohm, Richard Palibroda, Barry Thesen, Doreen Thesen, Marley Young and Jaime with Grounded Yard & Snow



 **CRESCENT HEIGHTS**  
Contact Humaira Palibroda: [parks@crecscenheightssyc.ca](mailto:parks@crecscenheightssyc.ca)  
Get involved and Grow!

## GAMES & PUZZLES



### Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!



# Straighten Your Smile & Receive Free Teeth Whitening

**Book Your Free Consultation**

Services Provided by a Board-Certified Orthodontist  
Payment Options Available – No Referral Needed



## Symmetry

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## Use Water Wisely Outdoors This Summer

from the City of Calgary



The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

Did you know that Calgary's dry climate is at risk of droughts, which can put pressure on our rivers and impact our water supply?

During the summer, Calgary communities can see an average increase of 20 to 30 percent because of outdoor watering activities. Below are some actions that can help you to create a water efficient home and yard and prepare for hot and dry conditions.

### Following These Guidelines Will Help You Prepare for the Weather and Build Resiliency to Drought in Our City:

- Water in the early morning – before 7:00 am or later in the evening.
- Watch the weather forecast and skip watering after it rains or when rain is in the forecast.
- Only give plants the water they need, and don't overwater. Read plant tags to know how much to water your garden.
- Water plants with a soaker hose, drip irrigation, or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs, and flowers.

Visit [calgary.ca/waterguide](http://calgary.ca/waterguide) for information on how to create a water efficient yard, including watering 101 for plants, shrubs, and trees, lawn care, and irrigation systems.

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**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

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