

OCTOBER 2024

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# the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

**CHCA AGM**  
**TUESDAY, OCTOBER 22**  
**7:00 PM**

*Fall has Begun by Emily Strecker*

**Find out what your home is worth in 2024**



**Richard Palibroda**

**403.560.0061 | richardpalibroda.com**

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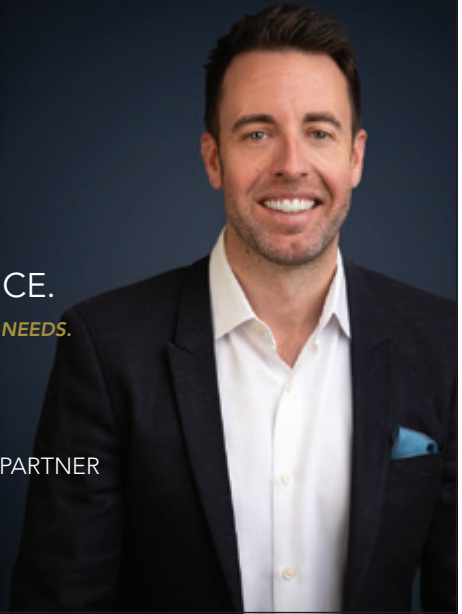
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- Face & Co. Jemini Hair Artistry, Inc.*
- Markato Convenience Store*
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# THE CRESCENT VIEW

## 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.



### Crescent Heights Community Association

## Join Our Board!

We are looking for people for the following roles:

Planning Director  
Engagement Director  
Fundraising Director  
Memberships Director

If you are interested or have any questions, please reply to: president@crescentheightsyyc.ca

### VOLUNTEERING

Connects you to others  
Is good for your mind and body  
Can help start or advance your career  
Bring fun and fulfillment to your life

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



## BOARD OF DIRECTORS 2024

President	Marie Semenick-Evans	president@crescentheightsyyc.ca
Treasurer	John McDermid	treasurer@crescentheightsyyc.ca
Secretary	Harmeet Singh	secretary@crescentheightsyyc.ca
Community Partnerships	Zachary Nagy	communitypartnerships@crescentheightsyyc.ca
Planning Director	Krista Beavis	planning@crescentheightsyyc.ca
Planning Director	Adam Schwartz	planning@crescentheightsyyc.ca
Parks Director	Humaira Palibroda	parks@crescentheightsyyc.ca
Facilities Director	Jordan Nabata	facilities@crescentheightsyyc.ca
Engagement Director	Vacant	engagement@crescentheightsyyc.ca
Communications Director	Elsie Ross	communications@crescentheightsyyc.ca
Traffic Planning and Mobility Directors	Marie Semenick-Evans Doug Carlyle	marie@crescentheightsyyc.ca doug@crescentheightsyyc.ca
Living Green and Sustainability Director	Stephanie Ho Lem	stephanie@crescentheightsyyc.ca
Membership Director	Dennis Marr	memberships@crescentheightsyyc.ca
Fundraising Director	Vacant	
Director at Large	Vacant	
Digital Platform Director	Matthew Clapson	digital@crescentheightsyyc.ca

# We need you!

We're looking for **new board members** to join  
the **Crescent Heights Community Association**  
**Board of Directors.**



**Our Annual General Meeting is coming up on October 22<sup>nd</sup>!**

We have a number of open positions that we'd like to fill including:  
Memberships | Fundraising | Planning | Engagement  
For more info contact [president@crescentheightsyyc.com](mailto:president@crescentheightsyyc.com)

## PRESIDENT'S MESSAGE

Happy fall Crescent Heights!

I'm going to start this month's report by sharing some good news about our casino fundraiser. We recently learned that we raised \$81,917 which will support the many activities and events that we have in our community throughout the year. Again, we are extremely thankful to the many volunteers who made this possible for our community. Our next casino will be in Q4 of 2025 at the Elbow River Casino.

I'd also like to remind everyone that our AGM will be held this month on October 22 at 7:00 pm in the community hall. Doors will open at 6:30 pm for a meet and greet. Drop in to meet others from the community, hear what board committees have been up to, and possibly win one of our many door prizes!

But most importantly, why not consider getting involved? We have several open Director positions, or you can raise your hand to join one of our many committees. Our board is looking for help with membership, events, planning, fundraising, and more. If you have any questions or would like more information on volunteer opportunities, send me an email at [president@crescentheightsyc.ca](mailto:president@crescentheightsyc.ca).

And remember, *"Volunteers don't get paid, not because they're worthless, but because they're priceless."* - Sherry Anderson, author.

Have a wonderful Thanksgiving and Happy Halloween!

Marie



**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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## Membership Focus

Our members join the CHCA for various reasons including the Stampede Breakfast, seniors' fitness class, and the community garden. Others join because they use the community-maintained rink, enjoy the mini-galleries in Rotary Park, and value the community and river cleanup efforts. Still, others join because they appreciate the work done by the CHCA on dealing with the City on development permit issues, traffic and mobility issues, crime monitoring, enhancement efforts to the Goose and Bear Park that overlooks Edmonton Trail, and the work to install a human/dog fountain in Rotary Park. Finally, the CHCA interfaces with residents and the City on a myriad of other issues of concern to Crescent Heights' residents. Our community's strength comes partly from our CHCA membership numbers. Do you need more reasons to become a member? If not, go to the CHCA website and click on membership. The cost is a bargain, the benefits enormous.

### Sharon Danish Lutheran Church

A part of the Crescent Heights community since 1930

**October 2024**

<b>Sunday, 6<sup>th</sup></b>	10:00 am - English Harvest Service with Potluck Lunch Afterwards
<b>Sunday, 13<sup>th</sup></b>	10:00 am - English Thanksgiving Service 11:15 am - Danish Thanksgiving Service
<b>Sunday, 20<sup>th</sup></b>	10:00 am - English Worship Service
<b>Sunday, 27<sup>th</sup></b>	10:00 am - English Worship Service 11:15 am - Danish Worship Service



**Contact Pastor Charlotte Berg:** 403-277-5804

**Email:** [office@danishlutheranchurch.ca](mailto:office@danishlutheranchurch.ca)

**Website:** [www.danishlutheranchurch.ca](http://www.danishlutheranchurch.ca)

**Facebook:** Danish Lutheran Church in Calgary



**Everyone is welcome!**

(A congregation of the Danish Seamen's & Churches Abroad.)

CRESCENT HEIGHTS COMMUNITY ASSOCIATION



# Annual General Meeting

October 22, 2024  
7:00 pm



Crescent Heights Community Centre  
Doors open at 6:30 pm for meet and greet



## Everyone Welcome!

You must have a membership prior to the meeting to participate in election and draws

### Refreshments Board Reports & Elections Door Prizes



From local restaurants: Santorini Taverna, Agni Fine Indian Cuisine, Two Pillars Brewery, Milk Ice Cream, Deepak's Dhaba and Deng's Dumplings.





# Off the Shelf

## BOOK REVIEW BY JUDITH UMBACH

***My Decade at Old Sun, My Lifetime of Hell*  
by Arthur Bear Chief**

For all the reports of abuse at residential schools, most of us have a dim idea of the resulting childhood trauma. *My Decade at Old Sun, My Lifetime of Hell* is Arthur Bear Chief’s rendering of the permanent damage done to him in the name of progressive social policy.

When he was sent to Old Sun, there were no other schools. Like now, it was illegal to not send children to school. Law was a concept too remote for a six-year-old to understand why he could no longer have love and kisses from his mother. He was rebuffed by his new teachers when he sought ordinary comfort from them. Students were beaten for crying. Seemingly, the understanding was absent that young children and teenagers need a nurturing environment to succeed in life. The law was executed – and no more.

As an adult, Arthur Bear Chief came to acknowledge that his own cold, violent, uncaring nature was a direct consequence of being treated similarly for ten formative years. He didn’t know until his last and final marriage that kindness, small gestures, and unconditional love were part of building family. His inability to become attached to spouses and children was simply a pattern he unconsciously absorbed in the residential school. He only went home for a couple of months in the summer, where other people were leading lives apart from him and his experiences. In his own defense, he bottled up all his feelings, learned to be a loner, and shut down all expectations.

Arthur must have been a bright boy, because despite such a poor education, he became relatively influential in positions with local, provincial, and federal governments. For a while, he even taught in an Ontario residential school, where he worked hard to give the boys a warmer and more satisfying experience than his own.

Writing his book was a painful journey of remembrance and discovery. The wounds were re-opened by the pathetic efforts of the federal government and the Anglican church to investigate, compensate, and apologize for the experiences in residential schools. The cold legal approach of the formal processes didn’t lead to much. Arthur Bear Chief dug into his own emotions and personal harms to create a book of insight. Old Sun is an hour away from Calgary; Arthur’s school experience is a galaxy away from my own.



# SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

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

<p><b>News, Events, &amp; More</b></p>	<p><b>Crime Statistics</b></p>	<p><b>Real Estate Statistics</b></p>
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Step inside the Consult Room and learn more about the world of cosmetic dentistry.



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Swish is a locally-owned dental clinic where oral care meets self-care. Since opening our doors in 2022, we've earned over 500 5-Star Reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join us here in Bridgeland or at our brand-new University District location, opening this fall.

Good Vibes +  
Shame-Free  
Treatment

Fast and  
Convenient  
Direct Billing

Experience  
the Extras at  
No Extra Cost



The key to great  
care? It all starts  
with our people.

Book an appointment with  
our dream team at Swish  
Bridgeland.

# Cosmetic Dentistry 101

Want to freshen up for fall? We've got you.

Our clinic team is in the know and able to help you decide what cosmetic dental procedures might be a good fit for your goals.

## What is it?

Cosmetic Dentistry describes a range of services and treatments, including Veneers, Implant Crowns, Cosmetic Bonding, and, of course, Whitening.

## Do I need it?

You may be a candidate for cosmetic dentistry if your teeth are:



Chipped or broken



Heavily stained



Misaligned (and unable to achieve your desired results with Invisalign)

## Where do I sign up?

It all starts with a consultation.  
Call us at 825-540-7183 to book now!

# Swish

# Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



## The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



## Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

\*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



## Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



## Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



## Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



## Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

**Brush up on all things**

# Swish

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# Rotary Park People & Pet Fountain Fundraiser

 Crescent Heights we are so close to the finish line

**We have raised \$16,800.00**

**The City requires us to have:**

**a concrete pad and electrical for a drainage pump**

**Calling all Concrete Contractors!**

**We need your help to install a small concrete pad for the fountain**

email: Humaira Palibroda- parks@crescentheightssyc.ca



Receive a tax receipt from Parks  
Foundation Calgary.  
Use the new QR Code linking Donations  
to the Parks Foundation on our website:  
<https://crescentheightssyc.ca>



Donate to have the  
Rotary Park Fountain in 2024  
Let's do it Crescent Heights!



**Get Involved and Grow!**



## New Parking Guidelines

For the new fee structure and to apply for a parking permit, visit [www.calgaryparking.com/parkingpermits](http://www.calgaryparking.com/parkingpermits).

For more information, visit [www.calgary.ctvnews.ca/there-s-a-fee-for-that-city-of-calgary-launches-first-change-to-permit-parking-program-1.6247738](http://www.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.

## Will Calgary Meet Its Planned Objective Of 9% Tree Canopy Coverage In 2026?

by *Stephanie Ho Lem, CHCA Director of Living Green*

Having written climate change articles for the past two years for the *View* and having been a long-time member of the Crescent Heights Planning committee, I am noticing an increase in development permits for fourplexes and secondary suites. What's sad is that not only are single family homes being torn down, but we're losing our trees. Older trees are being destroyed that absorb more CO<sub>2</sub> than younger trees from the atmosphere and release oxygen in exchange. Along with this loss is tree canopy. Tree canopies support Calgary's climate resilience by providing shade and cooling during heat waves, reducing stormwater runoff, and improving air quality. From 2012 to 2022, tree canopy has decreased from 8.51 percent to 8.22 percent.

Immigration has increased in Canada, and Calgary is receiving a number of these immigrants as in-migration from other provinces. The federal government is incentivizing municipalities to increase density and affordability to accommodate. Single family homes in established communities are being replaced with fourplexes and secondary suites. Trees, and especially older trees, are the casualty as new developments are built leaving only 45% of the land for open space. Available amenity space is either cemented for a patio or constructed for a deck.

Calgary is facing challenges in expanding its tree canopy due to tree losses, climate changes, and resource constraints. The city aims to plant 7,500 new trees annually to meet its 9% canopy coverage goal, but current plantings fall short at approximately 5,600 per year. The city needs public support to reduce tree loss on private property.

### Why Do We Need to Increase Tree Canopy?

Achieving a 9% tree canopy is significant for several reasons:

**Environmental Benefits:** Trees improve air quality, reduce urban heat islands, provide habitats for wildlife, and absorb carbon dioxide, helping combat climate change.

**Social Benefits:** Green spaces enhance community well-being, offering areas for recreation and relaxation, contributing to reduced stress and improved mental health.

**Economic Benefits:** Trees increase property values and reduce energy costs by providing shade and wind protection.

Increasing density in the inner city, means more and more trees will have to be destroyed. Council has raised concerns about tree canopy loss and has directed city administration to review. On December 1, 2022, city administration produced a Private Tree Protection Briefing (CD2022-1300). The status quo approach to public and private tree protection will result in a sustained loss of tree canopy over time.

On March 12, 2024, a Notice of Motion was made by Councillors Wong and Chabot re Conservation of Trees on Private Properties (Report No. EC2024-0374). This notice of motion is available online and I suggest everyone review the information.

In response to the Notice of Motion, city administration is expected to report no later than 2025 Q1 on recommendations, budget estimates, and public education and engagement needs through the Community Development Committee.

For the city to meet its goal of 9% tree canopy by 2026, tree protection on private land must become a priority. The city's Urban Forestry group does not have sufficient funds on an annual basis to plant 7,600 trees. With blanket rezoning, fourplexes and secondary suites will decimate trees on private land. About 66% of trees are on private land.

What is being sacrificed are trees as increasing density with new developments do not have sufficient space to replace the trees that are lost. Tree canopy will continue to decrease. As residents we must support keeping and planting trees on private land.

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

**Sources:** City of Calgary's website "Tree Canopy Cover, Urban Forestry Plan and Budget, Notice of Motion Report #EC2024-0374"

*stephanie@crescentheightsyc.ca*

# Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

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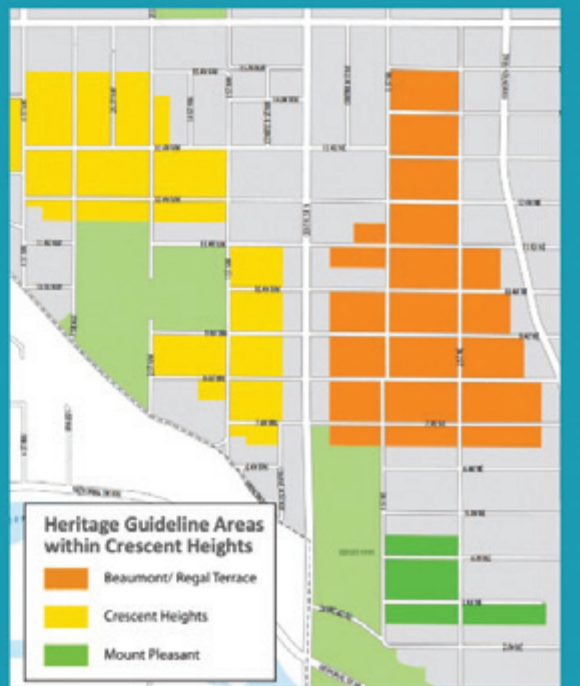
LEADERS IN COMMUNITY FOCUSED MARKETING

## Building, renovating or purchasing a home in Crescent Heights?

Your property may be within the Heritage Guideline Areas that apply to much of our community.

Familiarize yourself with the Heritage Guidelines Implementation Guide and Checklist.

[crescentheightssyc.ca/planning](http://crescentheightssyc.ca/planning)



# Eight Reasons Why You Should Leave a Toxic Workplace

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



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

**1. Mental Health:** Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

**2. Physical Health:** The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

**3. Emotional Well-being:** Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

**4. Career Growth:** Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

**5. Relationship Strain:** The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

**6. Reduced Productivity and Job Satisfaction:** It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

**7. Ethical Considerations:** Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

**8. Long-Term Happiness:** In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.



# Get a Heritage Guideline Area Lawn Sign!

Put up a lawn sign and help create awareness of the Heritage Guidelines that apply to development in Crescent Heights.

Help us preserve the rich heritage character of our neighbourhood.



## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

## BRAIN GAMES SUDOKU

1			8					
		2				5	3	
							6	4
		3			5			
			1	6	4			
8	1						7	
5				7			4	2
6		8			2			3
	4					8		

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### Time, Talent, and Treasure

We all have something to give – our time, our talents, and our treasure (money). Some have more of one than another, but we all have something we can give.

Community service is the price you pay to live somewhere, and everyone should get involved in their community in one way or another. In the end we all benefit when people in the community step up to help organizations, run events, and fill the gaps in community services.

One of the best ways to get involved is through existing community service organizations because they are experienced in our community and know where help is needed.

Your local community association is a great place to start because you will be helping and improving the very neighbourhood where you live.

However, there are also many other organizations that also do incredible work in our neighbourhoods like food banks, animal shelters, newcomer groups, and youth sports organizations.

You can volunteer locally but still be part of a massive global network if you join organizations like the Salvation Army, Calgary Lions Club, the Kiwanis Club of Calgary, or the Rotary Club of Calgary. Each organization offers a slightly different focus, so look around for the best fit for your interests.

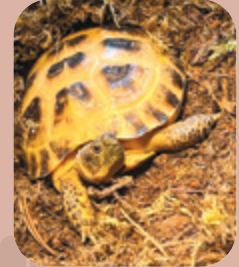
Volunteering is something we ought to pass along to younger generations. Please consider inviting a young person out to your volunteer activities so that they can learn early the value of community service. Their enthusiasm and energy will liven up any gathering and the lessons they learn will be of life-long value. It's a win-win for all involved.

Finally, if you are not able to commit your time or your talents to any of the organizations above, please consider helping with a donation. Your donation can be monetary, or it could be with a life-saving blood donation. Afterall, these are the very people that make your community the place you proudly call home.

## Cats, Canines, & Critters of Calgary



Buck, *Montgomery*



Dry Bones, *McKenzie Lake*



Harper Lee, *Beddington*



Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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