

AUGUST 2025

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

AGM
SEPTEMBER 17



Summer sidewalk photo by Jayden David, former CHHS student



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GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



SCAN THE QR
CODE FOR THE
ANSWERS!



HAPPY Summer

We welcome you to join us on Sunday mornings at 10:30 am for church service.

WWW.GOODTREE.CA
1212 1 STREET NW



"The heavens declare the glory of God; the skies proclaim the work of his hands."
Psalm 19:1



BRAIN GAMES

SUDOKU

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FALL REGISTRATION

AGES
3 - 17

SEMESTER 1
SEPT 12 - DEC 9, 2025



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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:

Engagement Director
Community Partnerships 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 2024-25

| | | |
|--|----------------------|--------------------------------------|
| President | Marie Semenick-Evans | president@crescentheightsyyc.ca |
| Treasurer | David McEwen | treasurer@crescentheightsyyc.ca |
| Secretary | Harmeet Singh | secretary@crescentheightsyyc.ca |
| Community Partnerships | Vacant | |
| Planning Director | Simonetta Acteson | planning@crescentheightsyyc.ca |
| Heritage Director | Krista Beavis | heritage@crescentheightsyyc.ca |
| Fundraising Director | Eilysh Zurock | fundraising@crescentheightsyyc.ca |
| Parks Director | Humaira Palibroda | parks@crescentheightsyyc.ca |
| Facilities Director | John McDermid | facilities@crescentheightsyyc.ca |
| Engagement Director | Vacant | |
| Communications Directors | Elsie Ross | communications@crescentheightsyyc.ca |
| 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 |

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 info contact president@crescentheightsyyc.ca

Mini Galleries Showcase Local Artists

It's always a beautiful day in the neighbourhood! Our talented and creative Crescent Heights' artists will be showing in the Rotary Park mini galleries for the whole summer! Come over and take a look.

Gallery #1: Sky Weir "It's Voting Season 2025. You Have the Power!"



Gallery #2: Colleen S. Peters/Artist at Play "Friendly Neighbour"



Gallery #3: Rob Ward "Two Riders Were Approaching"



Gallery #4: Adam Schwartz/AGS.YYC "William Reader's Vision"



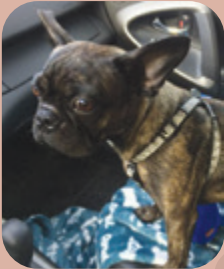
Gallery #5: Bill of Stoneface Creations "Fungi Dreams"



Gallery #6: Sandra Melnik "Puppy Crack Dealer"



Cats, Canines, & Critters of Calgary



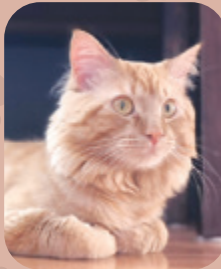
Bugsy, Dalhousie



Ella, Mount Royal



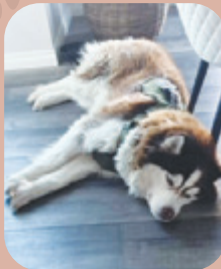
Mac, Evanston



Mango, Evanston



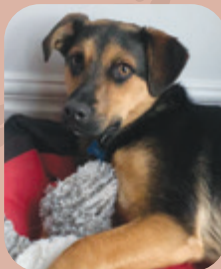
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email news@mycalgary.com

PRESIDENT'S MESSAGE

Happy Summer Crescent Heights!

Can you believe we're already halfway through summer? It's been an incredible season to get out and enjoy everything our neighbourhood has to offer — from our stunning parks to our amazing local restaurants and businesses, and of course, all the fun CHCA community events.

As I write this, we're just a week out from our annual Stampede Breakfast. A huge thank you to everyone who volunteered their time and energy to help make it a success — we truly couldn't do it without you!

We're also so fortunate to have such strong support from the businesses in our area. A big shoutout to the sponsors of our Taste of Crescent Heights door prizes at our 2025 breakfast event: Santorini Greek Taverna, Two Pillars Brewery, Milk Ice Cream Club, Courtyard Pub, Pho Kim, Cat 'n Fiddle Pub, Actually Pretty Good, and Holy Grill. Congratulations to the three winners of our amazing door prizes- enjoy! Also, a special thank you to Calgary Co-op for donating the fruit for the event and to EFW Radiology for bringing the tunes and sponsoring the return of the always-popular Kate Reid Band.

Thank you to the City of Calgary for providing the kids craft station and to Ward 7 for supporting our breakfast through the Ward Communities Fund.

Looking ahead, be sure to save the date – Tuesday, September 17 – for our Annual General Meeting. If you've ever thought about getting more involved or joining our awesome board of directors, I'd love to hear from you! Just reach out at president@crescentheightsyyc.ca.

See you around the neighbourhood!

Marie

WORD OF THE MONTH

Galumph: Verb
(guh-LUMF)

To move in a noisy or awkward style.



They galumphed around the living room looking for Sara's phone.



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

***From the Rez to the Runway* by Christian Allaire**

Christian Allaire still says he is just a kid from the rez. A remarkably short time later, he is a senior fashion and style writer for *Vogue* magazine. *From the Rez to the Runway* is his memoir, written at an age when most of us have just started our careers. His breezy style, sprinkled with current jargon, sweeps the reader along in what feels like a rollicky story, even when times are difficult.

Young people are told to find their passion and pursue it. Christian Allaire's passion was high fashion, and he pursued fashion journalism with the ultimate goal of writing for the best – *Vogue* – and soon! When he was growing up in the Nipissing First Nation (Ojibway), he snuck his mother's few fashion magazines into his bedroom so he could study the stylized photos and the fashion stories. As a teen, his TV viewing was Jeanne Beker's *Fashion Television*. The perceived glamour and style of the fashion world buoyed him through the problems of school and the doldrums of journalism studies at Ryerson University.

By example, this memoir is a handbook of how to use unpaid internships to advance your career. Each summer during university, he strategically targeted an internship with increasing responsibility. His parents and his reservation supported him through the lean months, while he relentlessly did everything to increase his knowledge and his network. He shows how to work contacts to obtain better prospects. He shows how hard work on the right responsibilities gets the intern noticed. He has great ideas, and he shows how to pitch them.

Christian's one blind-spot in fashion was his deliberate disregard for his roots. The ribbon shirts and beading were crafts his mother and aunties did. Not until he abandoned his first full-time job and returned home for a refresh did he recognize the beauty of the formal ensembles displayed at Ojibway events. The same dedication and creativity went into the finest work of Indigenous people as went into the most celebrated couture in New York. Christian had found his new wave of fashion, and New York took notice. Because he knows how to pitch an idea.

Clean Up Our Laneways



Spring is here – it's time to clean up our laneways!

Let's create places for people to feel comfortable and safe to move through our community.

Spread the word on your block!
Let's work together and take pride in our laneways.

CHCA Transportation Planning and Mobility (TPM) Committee



Annual General Meeting

Save the Date

Wednesday, Sept 17, 7 pm

**at the Crescent Heights Community Centre
1101 2nd Street NW**

**Interested in joining our Board of Directors?
Contact president@crescentheightsyyc.ca**

Has the Earth Already Exceeded 1.5 Degrees Celsius of Warming?

by Stephanie Ho Lem, CHCA Director of Living Green

June was a wet and cool month but coming into July, we had a few days of 30+ degree Celsius. Will our summers continue to get warmer?

Last year was recorded as the warmest year. Global average temperature was more than 1.5 degrees Celsius above pre-industrial levels. For the last ten years, we are seeing an alarming pattern in which the warmest years on record have all occurred. According to the World Meteorological Organization (WMO) there is an 80 percent chance that at least one year between now and 2029, the world will be even hotter. Predictions are that global temperatures will likely continue rising.

Under the Paris Agreement signed in 2015, 195 countries agreed to substantially reduce global greenhouse gas emissions that are to limit global average surface temperature well below 2 degrees Celsius and making efforts to limit it to 1.5 degrees Celsius. Answering the question at the top of this article; yes, we have exceeded 1.5 degrees Celsius, but it hasn't breached the Paris Agreement's temperature goal yet. Climate modelling studies indicate the world has entered a 20-year period in which the average temperature anomaly will breach the 1.5 degrees Celsius limit.

Scientific evidence indicates that human activities are causing a rapid increase in global temperatures, leading to a range of environmental and societal problems. We are in a climate crisis, characterized by rising temperatures, more frequent and intense extreme weather events, and disruptions to ecosystems.

Carbon emissions are driving the temperature increase, there are two choices, either reduce the amount of carbon we emit down to zero or we remove carbon from the atmosphere.

Climate science agencies estimate up to ten billion tonnes of CO2 must be removed from the atmosphere annually to keep global warming below the 1.5 degrees Celsius. Okay, how do we visualize ten billion tonnes? 40 billion tons is the amount of CO2 that

humans emitted into the atmosphere by burning fossil fuels. "Humans are notoriously bad at visualising large numbers and grasping the difference between orders of magnitude. Knowing the difference in impact can steer our decisions in what we buy, how we buy it and nudge the global economy away from options that we can no longer sustain." (2025 Lune Climate Ltd.)

We can each do our part by following the greenhouse gas mitigation hierarchy: avoid, reduce, replace, compensate, and neutralize. Simply put, let's remind ourselves to do the following:

- Recycle your materials.
- Cut down on plastic.
- Cut down on food waste.
- Conserve water.
- Reduce heating and cooling.
- Travel efficiently.
- Plant trees.
- Invest in green projects.
- Improve home energy efficiency.
- Start walking or biking instead of driving.

Each of us can reduce carbon. Carbon reduction and removal is important; we need to do both!

Please note that the content provided is for informational purposes.

Sources:

IPCC Global Warming of 1.5 deg C; UN Climate Action – 1.5 deg C, what it means and why it matters; World Resources Institute-1.5deg C: Understanding World's Critical Warming Threshold; Future Effects of Global Climate Change; 2025 Lune Climate Ltd.

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CHCA STAMPEDE BREAKFAST

THANK YOU!

**To our community volunteers
and generous sponsors!**

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Calgary Coop

Actually Pretty Good Pizza

Courtyard Pub

Holy Grill

Milk Ice Cream

Pho Kim

Santorini Greek Taverna

The Cat 'n Fiddle Pub

Two Pillars Brewery

and the community events grant from

City of Calgary Ward 7

Sketches of a Stage on Second Avenue NE



Do you ever lie awake at night thinking about how to use space better? Whether it be rearranging your closet to be more functional or something much bigger. I do.

One location in Crescent Heights I have given a lot of thought to is the unused space on 2 Avenue between 2 and 3 Street NE. This was once a road connection, but due to safety concerns because of the extreme slope it has been closed for years, leaving a large empty void in the middle of the street.

This challenging topography offers an opportunity to think outside the box and find an innovative way to activate space. One idea is that the slope lends itself easily to theater style seating. There could be a stage at the bottom with storage underneath and up top, a patio where a food truck could bring life to this currently abandoned asphalt. Imagine a hybrid of downtown west side's River Hall and Sunnyside's containR. A place to gather that is versatile, where you can put up a tarp and share a movie night with friends and neighbours. The Second Ave Stage could be a magnet into the neighbourhood.

Land formation informs settlement. Parcels that are flat are easy to develop. The steep slope here makes it difficult to not only navigate but to capitalize on. The multitude of stairs has influenced mostly multi-family buildings and a demographic with less personal space to be concentrated here. When square feet are hard to come by, great use of public space is more appreciated. Third spaces where people can be at no cost hold a lot of social value. People that aren't likely to use more physically geared activation spaces have an opportunity with this type of intervention to interact and engage in the community at large.

This is one way this unused piece of tarmac could help people come together and share their stories, music, and voices, building stronger connections. I am sure there are a lot of holes in this vision I have not considered. This is of course just my lonely thoughts scribbled on paper, nothing more. What are your ideas that could lead to building an even more vibrant, inclusive, social Crescent Heights?





Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

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

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

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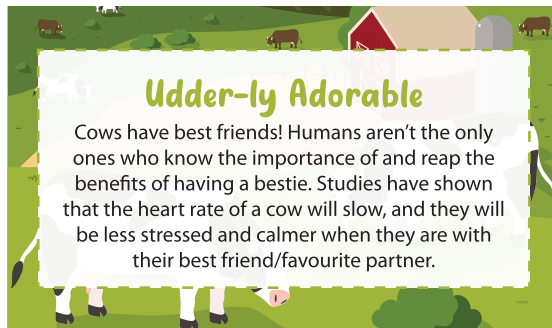
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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