

NOVEMBER 2025

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

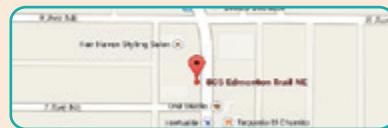
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 - Dr. Laura Brescia

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SATURDAY, DECEMBER 20
2-5 PM **1318 CENTRE ST.**



THE CRESCENT VIEW

Newsletter Deadline

The Crescent View is published 12 times per year. The submission deadline is 6:00 pm on the fifth of each month for the following month.

For example, to be published in the June issue, the deadline is May 5.

Please email your articles or event listings, as an attachment in MS Word form, to the editor at: newsletter@crescentheightsyyc.ca.

Digital photos that are community related are always welcome as an attachment to the email and be sure to send a caption and/or the names of people who are in the photo. The requirements are 250 KB for a smaller picture and 1-3 MB for a larger (full-page) picture.

Editor:

Elizabeth Stady

Email: newsletter@crescentheightsyyc.ca.

Vision, Mission, Values

Vision

We are a vibrant inner-city community with engaged and connected residents.

Mission

Crescent Heights Community Association works with residents, members and stakeholders to improve the quality of life for its residents by:

- Developing and enhancing community enjoyment, safety, connection and belonging and;
- Advocating on behalf of the community.

Values

- We value integrity and transparency in our communication with all stakeholders.
- We value a sustainable future.
- We value diversity of our residents.
- We value inclusivity and compassion as we work to build community.
- We value the contributions our volunteers make to build a strong sense of community.
- We value community engagement through the arts and support local artists.
- We value protecting and enhancing our public spaces, forests and historic resources.

CHCA Board of Directors

We are always looking for people to join our core group of volunteers. It's a great way to learn/exercise leadership skills and a great way to build and connect your community. If you're interested, then go to our Volunteer page and send us a message.

The Board meets at 7:00 pm every fourth Tuesday of the month and all CHCA members are welcome. If you are planning to attend, please send an email to secretary@crescentheightsyyc.ca at least 24 hours before the meeting.



JOIN THE CRESCENT HEIGHTS
COMMUNITY ASSOCIATION (CHCA)

MEMBERSHIP BENEFITS YOU, YOUR

FAMILY AND YOUR NEIGHBOURS

HAVE A VOICE

HELP US GROW COMMUNITY!



Doggy Inspiration

Did you know that Chewbacca from Star Wars was inspired by George Lucas' dog! His loyal Alaskan Malamute, Indiana, not only shaped Chewie but also gave his name to another icon - Indiana Jones. Proof that man's best friend can also be Hollywood's best muse!



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Traffic and Mobility: Spaces as Places	Adam Schwartz	adam@crescentheightsyyc.ca
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Engagement Director	Vacant	

We need you!

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



Are you looking for a way to get involved in our community?

For more information contact president@crescentheightsyyc.ca

PRESIDENT'S MESSAGE

Hello Crescent Heights!

The days may be getting shorter, but things are still buzzing in our neighbourhood! As we roll into November, I want to take a moment to thank everyone who continues to support and engage with our community—your involvement really makes a difference.

This summer, we added a fantastic new mural as part of our Centre Street and 16 Avenue project. It's part of a partnership with the BIA to bring new life to an underused area—and there's more to come! In the months ahead, we'll be welcoming sea cans from the ContainR pop-up art park, which is being relocated to Crescent Heights. The transformation will start to take shape in spring 2026, and we can't wait to see it all come together.

You might've also noticed something new around the neighbourhood: we've joined the TerraCycle program and installed over 20 cigarette recycling containers in parks and public spaces. It's a small step, but a meaningful one, toward keeping our community clean and green.

At our recent AGM, we were happy to welcome back our full board for another year. A big thank you to each of them for their ongoing commitment to Crescent Heights. Their dedication keeps our community strong, connected, and thriving.

If you've been looking for a way to get more involved, now's the perfect time! Whether you're into heritage, city planning, transportation and mobility, or want to help coordinate our iconic Stampede Breakfast, there's something for everyone. I'd love to hear from you—just send me a note at president@crescentheightsyyc.ca.

And finally, a quick reminder: our fundraising casino is coming up on December 13 and 14 at Elbow River Casino. One volunteer shift can raise around \$2,000, and in total, we have the chance to bring in up to \$80,000 for community programs, events, and improvements. It's a fun and easy way to give back—plus, you'll meet some great people along the way.

Thanks for all the ways you show up for Crescent Heights. Let's finish the year strong—together!

Marie



GOODTREE CHURCH

Join us for our advent sermon series
November 30 – December 24
Sundays at 10:30am in person or online



GOODTREE CHURCH
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Optionally, we are collecting donations of new items for
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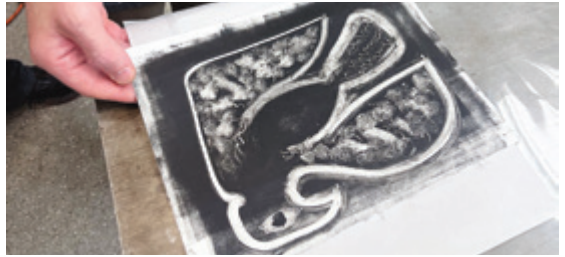
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Crescent Heights' Mini Galleries Feature Alberta Printmakers from October 13 to November 30, 2025

Explore the possibilities of print this fall!

Varied Impressions, an exhibition by Alberta Printmakers, showcases the range of printmaking techniques that can be created within the Calgary-based organization's community studio.

From lithography and letterpress to etching and silkscreen—each mini display will be a window into a different method, showcasing the creative potential that print media can bring to any artistic practice.



Varied Impressions

October 13 - November 30, 2025

Crescent Heights Mini Galleries



Explore the possibilities of print-media!

Alberta Printmakers presents: artworks made using different print techniques made in our studio

Rotary Park - 617 1 street NE, Calgary

Reception + Art Walk: Saturday, October 18 from 1 - 3pm

Walking tour begins @ Gallery #1, near the parking lot on the SE corner of Centre St N and 7 Ave NE

Alberta
Printmakers



Calgary Arts
Development





We need your help!

Volunteer for the **CHCA CASINO 2025** December 13th & 14th

The CHCA has an opportunity to raise approximately
\$80,000 at our event at Elbow River Casino
to support community initiatives and programs.

To volunteer go to:

fundraising@crescentheightsyyc.ca



Fun Fact: By working one shift at the casino your effort
will raise up to \$2000 for the community.

Let's work together to make Crescent Heights better!





Get Holiday Ready With Us.

Want to freshen things up before the busiest season of the year? Book in to make the most of your yearly benefits.



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Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Crescent Heights has launched TerraCycle's innovative vision to keep cigarette butts out of our environment and landfills by recycling them!

#cleanearthgreenearth

CIGARETTE WASTE RECYCLING PROGRAM

ACCEPTED WASTE



See the picture above for what you can send in through this program. Then, every time your ash tray or ash receptacle is full, save your cigarette waste and send it in to TerraCycle.

Cigarette Waste Recycling Program accepted waste:

1. Extinguished cigarettes
2. Cigarette filters
3. Loose tobacco pouches
4. Outer plastic packaging
5. Inner foil packaging
6. Rolling paper
7. Ash

TERRACYCLE.CA



#cleanearthgreenearth

HOW ARE CIGARETTE BUTTS RECYCLED?

If you are a member of the UNSMOKE Cigarette Free Recycling Program, then you've probably asked yourself at one point or another: how in the world do you recycle a cigarette butt? Well, the answer may surprise you! Cigarettes are comprised of multiple components, and require a unique process for recycling.

Collection

Cigarette butts are collected and shipped to TerraCycle by organizations and individuals like you. The collected butts are aggregated and stored in our local warehouse where they are prepared for processing.



Processing

Cigarette butts are comprised of residual tobacco, paper, and a filter.

- Tobacco and paper are dried and mixed with other organic materials to create compost.
- The filters, which are made of cellulose acetate, are dried and turned into a powder.



Conversion

The cellulose acetate powder is used in the manufacturing of recycled plastic lumber. This lumber can be used to build park benches, picnic tables, fencing, decks, playground equipment and more.





Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

The Kinship of Secrets by Eugenia Kim

Most stories tell us about the hazards of keeping secrets, ones that come back to haunt you. In *The Kinship of Secrets*, Eugenia Kim shows the generosity of keeping certain secrets.

Inja is a happy schoolgirl who loves her grandparents, and especially her uncle. They have been taking care of her since she was a small child, when her parents and her sister moved to the United States, promising to come back for her in a few years. Except a few years later, in 1950, the Korean war broke out. Because of his ties to the US Army, her father had relocated to California amid early tensions, and now it was impossible for him to reunite his family.

Miran, her sister, grows into being an American teenager, who was too young to remember Inja when she left. Theirs is a paper relationship based on duty letters and parcels. For years, Najin, their mother, tries to assuage her guilt at having to choose one daughter over the other by flooding her family in Korea with emotional letters and extravagant gifts. Little does she know that most of the gift items are sold as a source of income, during the war and during the hard times afterwards.

The Korean family withholds information about their circumstances from love for a mother who had to leave her child. They respect the agony of parents who had to make impossible decisions to preserve life, and they recognize the profound honour of being allowed to raise their child. As she grows older, through carefully edited stories, Inja learns something of her history. In particular, her uncle curates his stories to his interpretation of age-appropriate knowledge. Only in her teens does she learn about the family's tragic experiences under Japanese occupation in the decades before WWII.

Eventually, it is Inja who travels to the US to be reunited with her family. Only, she is terrified about losing everything important—especially the bond with her fatherly uncle. The strain of living in another language seems unbearable. Schooling in English is daunting, made possible mainly because her other lessons in Korea were more advanced than in the US. Miran helps, even though she is confused by this sudden reality of sisterhood. They begin to share secrets, tailored to their understanding of each other's needs. That is when kinship forges a family from fractured relationships.



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Does AI Have an Environmental Problem?

by Stephanie Ho Lem, Promoting Living Green

Artificial Intelligence or “AI” for short, is here and growing in popularity. The Alberta government is embracing it, we have little choice but to use it, but do we know enough about it? As we go about in our daily life, how many of us use Siri or Alexa? These are forms of artificial intelligence as they use voice recognition and machine learning to answer questions and respond to requests. When you contact customer service for assistance, it’s a chatbot and not a real human being. A chatbot is a computer designed program that simulates human conversation. Another form is ChatGPT, an AI chatbot that uses natural language processing or NLP to create humanlike conversational dialogue. NLP is the ability of a computer program to understand human language as it’s spoken.

AI is increasingly being used but it is changing our lives, workplace, education, healthcare, and the environment. AI is expensive, it can be weaponized, and it can result in the loss of jobs for humans, among other things.

How many of you know that Alberta has currently around 22—and some sources say up to 37—data centre facilities, the major ones Amazon Web Services (AWS) and eStruxture? The Alberta government wants Alberta to become an AI data centre hub. The Beacon AI plans to invest up to \$10 billion to build six data centres with a collective power demand of 4,500 MW, potentially going live in 2027. The biggest development estimated at \$70 billion is Wonder Valley. The Municipal District of Greenview announced a groundbreaking partnership with O’Leary Ventures to build an off-grid natural gas and geothermal power infrastructure to support the largest AI data centre industrial park in the world. The Greenview Industrial Gateway (GIG) has signed a Letter of Intent with O’Leary Ventures for the purchase and development of thousands of acres of land within the Greenview Industrial Gateway and to the south of the GIG near Grande Prairie.

Kevin O’Leary wants an AI centre in Alberta because he says the Premier can provide the permits, there’s 200 trillion cubic feet of natural gas to power the electricity

and a favourable climate. Alberta’s cold climate will permit the efficient cooling of servers, minimizing the need for costly artificial cooling systems and reducing overall energy consumption—lowering both operational expenses and making the facilities more sustainable.

How Problematic is AI for the Environment?

To provide you a scale of AI’s impact, a single query using ChatGPT consumes about 10 times the electricity of a Google search. It can respond to questions and compose various written content, including articles, social media posts, essays, code and emails. Data Centres are the backbone for storing, processing, and distributing data for different applications, including websites, cloud or AI services. They are needed for AI because “AI models demand vast computational power, massive data storage and high-speed networking which are efficiently provided by specialized, scalable infrastructure within these facilities.” There is still much we don’t know about the environmental impact of AI but the data we do know is concerning:

- a 2 kg computer requires 800 kg of raw materials, plus microchips that power AI need rare earth elements;
- data centres produce electronic waste which often contains hazardous substances like mercury and lead;
- rapid obsolescence of hardware in data centres contributes to electronic waste which sometimes is less likely to be recycled;
- vast amounts of water are needed during construction and once operational, to cool electrical components to prevent overheating;
- high water demand can strain local water supplies putting communities and ecosystems at risk;
- AI technology requires a lot of energy, much of the electricity comes from power plants that burn coal and natural gas, releasing air pollutants and greenhouse gases that drive climate change;
- the increased energy demand from data centres is growing faster than the expansion of renewable energy sources;
- noise pollution for nearby communities.

In summary, AI poses environmental harm through the vast amounts of electricity and water data centres consume, increasing greenhouse gas emissions and stressing freshwater resources. What we cannot do is

overestimate the power of good or underestimate the potential for disaster.

Please note: The above content is for informational purposes only.

Sources:

- CBC News, September 2025; Environment Under Review
- United Nations, September 2024 – Artificial Intelligence: How much energy does AI use

stephanie@crescentheightssycc.ca



Calgary Climate Symposium—Free and Virtual, November 17 to 21

by the City of Calgary



The City of Calgary is hosting the 7th annual Calgary Climate Symposium from November 17 to 21, 2025. The event is free, fully virtual, and open to everyone.

Choose sessions that fit your schedule across five days of free learning opportunities. Learn practical ways to cut emissions and manage climate risk at home, at work, and in your community. Connect with industry leaders, researchers, community partners, and City staff who will share innovative solutions to local challenges.

This year's theme, Resilient by Design: Creating a Future-Ready Calgary, highlights how intentional design—in buildings, infrastructure, natural systems, and community development—helps Calgary adapt to hazards while reducing emissions.

Choose from 10+ free sessions covering climate-ready homes and infrastructure, insurance and recovery from hazards, heat and health, climate equity and Indigenous worldviews, net-zero buildings, food resilience, and electric mobility/micromobility.

Can't attend live? All sessions are recorded and posted so you can watch on your schedule.

Accessibility: Live captions for all sessions. Select sessions will also be available in multiple languages.

Learn more and register at calgary.ca/climatesymposium.



Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

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FREE! Contact us to learn more:

famlit@canlearnsociety.ca
(403) 686-9300 ext. 128



www.canlearnsociety.ca/magic-carpet-ride

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection; be prepared to pull over.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

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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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