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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

HAPPY FALL SEASON



Cover Photo by Jasmine Lee, former CHHS student

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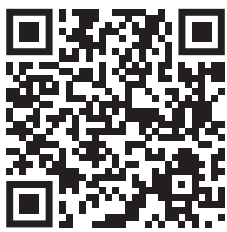
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Calgary 



THE CITY OF CALGARY
Presents This Certificate To :

*Crescent Heights
Community Association*

For collecting the following weight in waste

10,740 KG

Congratulations on your successful cleanup on Sunday, May 11, 2025.
A big thank you to the Community Association and residents for your
commitment to keeping our communities healthy, safe and vibrant.





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)

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FAMILY AND YOUR NEIGHBOURS

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Heritage Director	Krista Beavis	heritage@crescentheightsyyc.ca
Fundraising Director	Eilysh Zurock	fundraising@crescentheightsyyc.ca
Parks Director	Humaira Palibroda	parks@crescentheightsyyc.ca
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Marketing Director	Zachary Nagy	
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Traffic and Mobility: Spaces as Places	Marie Semenick-Evans	marie@crescentheightsyyc.ca
Traffic and Mobility: Spaces as Places	Adam Schwartz	adam@crescentheightsyyc.ca
Living Green Director	Stephanie Ho Lem	stephanie@crescentheightsyyc.ca
Membership Director	Jeff Deere	memberships@crescentheightsyyc.ca

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

MESSAGE FROM THE BOARD

Hello Crescent Heights!

We hope you're enjoying the start of fall in our beautiful neighbourhood!

On September 17, we held our Annual General Meeting, thanks to everyone who came out! A new board was elected, and some great reports were shared with members. Since this message was written a little ahead of time, we don't have the full meeting recap just yet. But don't worry, next month's President's Message will include all the highlights, plus a warm welcome to your new board members!

In the meantime, we've got some exciting news to share, the Rotary Park fountain project has officially broken ground! Huge shoutout to Humaira P. for all her hard work getting City approval and moving things forward. If everything goes smoothly, our four-legged residents might just get to enjoy the fountain before the snow hits, paws crossed!

Also, a big thank you to everyone involved in our community gardens this season. They were absolutely stunning! The beds have now been harvested and tucked in for the winter, but we're already dreaming about next spring. We can't wait to see what our amazing gardeners grow next year!

And one more thing, mark your calendars for December 13 and 14: our community casino is coming up! This is a major fundraiser that helps support all kinds of programs and events here in Crescent Heights. Just one volunteer shift can raise around \$2,000, and together we have the potential to bring in up to \$80,000! We need your help! Email us to sign up or get more information: fundraising@crescentheightssyc.ca.

Happy fall!

The CHCA Board



SAFE AND SOUND

Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

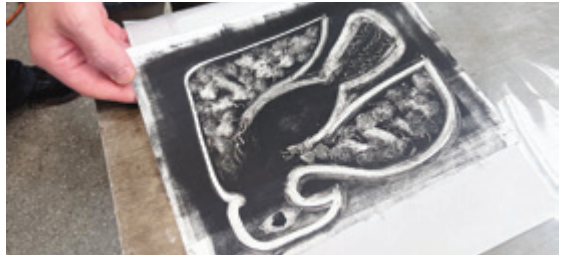
- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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@crescentheightssyc.ca



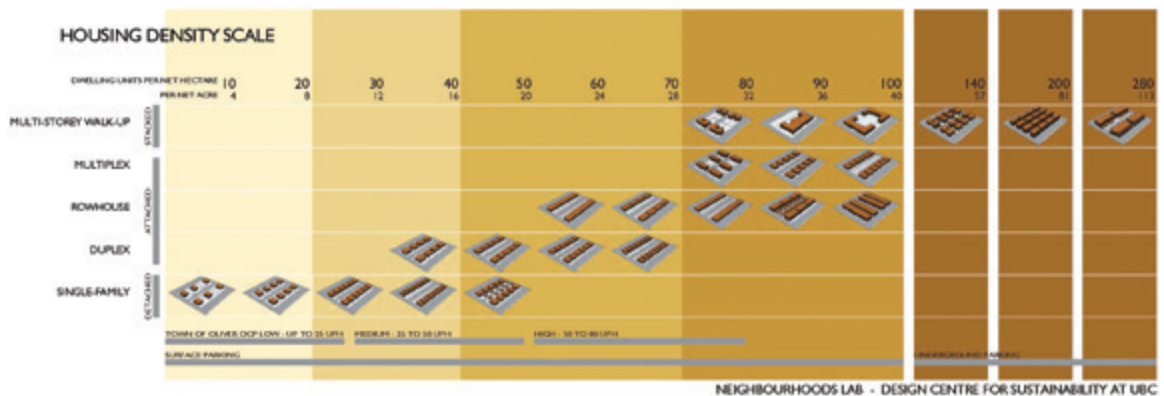
Fun Fact: By working one shift at the casino your effort
will raise up to \$2000 for the community.

Let's work together to make Crescent Heights better!



What Do Density Numbers Mean and Why Should I Care?

by Isabelle Jankovic



Blanket Rezoning could be the defining issue of this year's civic election. In the past year, we have seen dramatic changes in older communities. The changes haven't been as dramatic in Crescent Heights as some other communities because many units have already been built here since 2014. The CHCA Planning and Heritage committees work diligently to ensure new developments in Crescent Heights fit into our neighbourhood.

What does blanket rezoning mean? In addition to single detached and semi-detached homes, a row house or townhouse can be built on most residential lots in established communities in Calgary with up to 60% building coverage on the lot. The most popular development is the four-unit rowhouse with four secondary (basement) suites. (four plus four). Only four parking spaces are required, and other parking is pushed to the street. The City considers parking ten minutes from your home as reasonable.

By the time all the sidewalks are added to access the entrances and garage, very little land is left for soft landscaping. The average is 11% which is often a few strips of grass dotted with a tree and a few shrubs. A tree requires about 10 m² to grow and thrive to maturity and there is barely enough land area to support even one tree as it matures.

While there has been a lot of discussion about trees, height, and lot coverage, very little is said about density. The current RCG bylaw allows 75 dwelling units

per hectare. Most residents have no idea what this means. Many professionals don't either because there is no industry standard. Density can be expressed as population or dwelling units, site specific or an overall area. This article focuses on site specific dwelling units per hectare (du/h). According to the UBC density scale, this is considered medium density. However, Calgary currently does not count secondary suites as dwelling units while the federal census does. When secondary suites are included, the density becomes 150 du/h which is considered high density according to the same UBC scale. In the initial review of the new zoning bylaw, the density will be changed to 150 du/h. We have seen how our established communities have changed over the past year under the blanket rezoning policy. Imagine what they will look like in ten years.


How did we get here? Part of the push is from the federal government and the money offered to municipalities for housing if they changed their bylaws to increase density. Different cities across the country have taken different approaches. Red Deer recently said no to the 12 million dollars the federal government offered. For them, the required density to obtain the money wasn't worth the changes it would bring to their city. In Calgary, City Council ignored the wishes of the people and passed the blanket rezoning bylaw to obtain the federal money which is less than last year's budget surplus.

What's the solution? We don't want to go back to the previous bylaw which was cumbersome for everyone.

We need higher density in our established communities but not at the cost of building developments that strip lots of mature trees and shrubs and only allow small spaces for new growth. We need permeable land and vegetation to absorb water especially as our summers become warmer and dryer. We need developments that respect the existing homes in the area without excessive size and height. Our next mayor and council will determine how our City will develop in the future. Do you want more of the same or do you want something different?

Quirky QWERTY

Have you ever wondered why keyboards are not in alphabetical order? Before modern keyboards, typewriters were the way to go! Typewriters were mechanically slower so when the keys were typed too fast, the mechanics could get jammed. To slow down typing speed and prevent such jams, Christopher Sholes designed the QWERTY keyboard to keep commonly used letter combinations separate.



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for Healthy Aging Classes

- Exclusively for CHCA Members -

The **Crescent Heights Community Association** is excited to offer two complimentary **Yoga for Healthy Aging** (YFHA) classes this fall — just for our members! We've partnered with **CIY | House of Yoga** to bring you this unique opportunity to deepen your yoga practice or explore something new.

WHEN & WHERE

Oct 15 & 22
10:00 am – 11:00 am
Crescent Heights Community Centre

WHAT IS YFHA?

YFHA is a gentle, yet powerful practice designed for active adults seeking to build strength, balance, flexibility, and resilience.

A focus on posture, alignment, and body awareness
Techniques to reduce stress and support mobility
A welcoming environment for all fitness levels

WHO CAN ATTEND?

Current CHCA Members
Adults 18+ of all fitness and experience levels

RESERVE YOUR SPOT!

Email shellysmithyycc@gmail.com to secure your spot, then arrive 10 min. early day of class with a yoga mat and water!



Is Nuclear Energy Coming to Alberta?

by Stephanie Ho Lem, *Promoting Living Green*

For years coal has been fueling our electricity needs in Alberta but in 2015, then Premier Rachel Notley announced that coal will be phased out by 2030. By 2024, ahead of schedule by six years, coal was phased out due to natural gas taking over much of the generation. Natural gas produces half as much as coal in greenhouse gas (GHG) emissions. Canada's overall emissions have decreased but the per capita rate remains high. Canada ranked 11th highest in 2022.

The energy sector is the primary driver of Alberta's economy and exports. Its cultural and political landscape is intertwined with the energy sector. With Alberta growing in population on an annual basis, predictions are that Alberta is expected to grow by two million by 2050. Power demand is expected to double, and electrification will increase. *Herald* writer Chris Varcoe reported that Edmonton based Capital Power and Ontario Power Generation formed a partnership to conduct a preliminary study on the feasibility of developing grid-scale small modular reactor (SMR) technology in Alberta. Their study indicates that SMRs would "support Alberta's energy, industrial, and technology sectors".

Ontario leads the country in nuclear energy and is building North America's first commercial, grid-scale Small Modular Reactor (SMR) at its Darlington New Nuclear Project site. They plan on building three more but not until the first one is completed to ensure they got it right. The expected total output of the Darlington New Nuclear Project (safe, reliable, and low carbon energy) would be 1,200 megawatts; enough electricity to power 1.2 million homes and meet the increasing demand from electrification. Ontario remains one of the lowest carbon intensive jurisdictions in the world.

In the August *Herald* edition, the Alberta government announced it is exploring the potential of nuclear power to meet the province's surging energy needs. Currently, Alberta leads Canada in new wind and solar installations. This surge in green power, presents challenges. The Alberta Electric System Operator (AESO) requires a stable and a reliable power grid and continues

to balance these renewable sources. Wind and solar do not produce carbon but are intermittent energy sources. Nuclear energy operates 24/7, is reliable, and does not produce carbon emissions.

Should we be wary of nuclear energy in our backyard? How can we forget Chernobyl (1986), and Fukushima (2011). Nuclear energy has improved with advancements in technology and safety measures; there are some who think nuclear energy's dangers outweigh the benefits and there are others who believe it's an answer to reducing carbon emissions.

Reasons Why We Cannot Ignore Nuclear Energy

- It has the lowest carbon footprint and needs few materials, less than other electricity sources. For example, to produce one unit of energy solar needs more than 17 times as much material and 46 times as much land.
- Uranium in the earth's crust and oceans is more abundant than gold, platinum, and other rare metals.
- Doesn't rely on weather such as wind and solar.
- Nuclear energy is safer than coal, gas, and oil as it's less polluting.
- Nuclear energy is clean and is the least environmentally burdensome over the lifetime of a nuclear power plant.

Fighting Climate Change

As the world faces the reality of a rapidly changing climate, nuclear power is essential in the fight against climate change because of its ability to produce large amounts of low-cost power safely, reliably, and without carbon emissions. To combat climate change Canada chose the net zero goal to align with global climate targets and scientific recommendations for limiting global warming to 1.5°C by 2050. Nuclear power could expand the grid and does not produce greenhouse gas thus reducing CO2 emissions in the province.

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

Sources: World Population Review – Greenhouse Gas Emissions by Country 2025; Natural Resources Canada – Additional Statistics on Energy; The Walrus – The World is Moving Away From Fossil Fuels; Government of Alberta – Nuclear Energy Engagement.

stephanie@crescentheightsyyc.ca

How You Can Support an Emotionally Avoidant Partner

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

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.



4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

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Residential

- Lock all windows and doors – even when you are at home.
- Keep valuables (purses, car keys, wallets) away from the front door. Do not leave your spare keys in an obvious spot.
- Consider using a safe for valuables and important documents. Keep the safe in a well-hidden area. Consider using tracking devices (e.g. Air Tags or GPS trackers) for your vehicle and any other valuables.
- Close your blinds to prevent people from looking inside your home.
- Install motion-activated or timed lights (smart light bulbs).
- Have secure, lockable basement windows.
- Trim the shrubbery in front of your residence.
- Post a contact list on the fridge (name, renter/owner, phone number, email).
- Create a nightly routine for your household (for example, make sure the last person to bed checks that the windows, doors, and vehicle(s) are locked).
- Update your alarm company with your contact information.
- Lock your gates.
- If you are outside doing yard maintenance, make sure your doors and windows are closed and locked, and valuables (tools) are stored out of sight. Do not leave ladders out.
- If you live in an apartment building, do not let anyone into the building that you don't know. If you see anyone concerning in your vestibule, call the police.
- Alarm systems can provide a great deterrent; however, police need evidence of the offender to locate and charge them. Consider installing security and/or doorbell cameras.
- Record serial numbers of electronic items and photograph all valuables. This helps police and you with identifying your property.
- Get to know your neighbours so that they know if a person belongs at your property or not.

Attached/Detached Garage

- Always lock the main door between the garage and the residence.

- When you are not inside your garage, close the overhead door to ensure no one can remove any belongings or break into your house. Lock vehicles that are inside the garage.

Vacation

If you are heading on vacation or going camping:

- Arrange for a house sitter to watch your house/property while you are away. Make sure your house sitter has contact information for you and other homeowners (name, phone number, and email).
- Arrange for someone to pick up your mail and packages. Mail and packages piling up over days or weeks will look like no one is home.
- Have someone shovel your walkway and/or driveway in the winter, mow your lawn in the summer, and put your garbage bins in and out (even if they are empty).
- Ask your neighbour to park their vehicle in your driveway while you are gone.
- Lock your gates. Do not leave ladders out.
- Put your lights on timers – both interior and exterior (smart light bulbs).
- Do not advertise your vacation plans on social media platforms.
- Do not put your address on your luggage tags. Your name, phone number, and email will be sufficient for someone to contact you in the event of lost or delayed luggage.

Vehicles

- Lock all doors and close all windows, even if you are parked inside a garage.
- When you leave your vehicle, take your garage door opener with you.
- Do not keep any valuables in your vehicle.
- Take your purse and wallet with you. Do not leave these in your vehicle at any time.
- Do not keep cash or spare change in your vehicle.
- Do not keep spare keys or your driver's licence in your vehicle.
- Lock your glove compartment. Insurance and registration should be in a safe spot.



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