

SEPTEMBER 2025

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

AGM
SEPTEMBER 17

Cover Photo by Danny Huynh, former CHHS student

MYKE ATKINSON

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What's on at **AUArts**

Experience art, craft and design in your community with Alberta University of the Arts' public events, exhibitions, and Personal Interest art classes.

Illingworth Kerr Gallery: Faces and Places Exhibition Free Entry

Sept 19 – Nov 22 | Opening Reception: Sep 18, 5PM to 8PM

Public gallery hours: Tues, Wed, Fri: 11-6, Thurs: 11-7, Sat: 12-4

Discover the people, stories and moments that have shaped Calgary's creative identity. Spanning from the 1970s to today, this exhibition draws on local archives and personal histories to celebrate the city's vibrant artistic communities.

Fall Personal Interest Classes for Adults Register Online

Sept – Nov | One night a week for eight weeks

Explore your creative side with a hands-on art class in a beautiful AUArts campus studio. Classes are offered in a variety of disciplines and are open to all skill levels.

Alberta University of the Arts Open House Register Online

Oct 25, 9AM to 4PM

Prospective students and their families are invited to tour the campus and discover what's possible at AUArts. Explore our world-class art, craft and design facilities with guided studio tours, demonstrations and more!

Show + Sale Family Day Free Entry

Nov 15, 10AM to 4PM

Find one-of-a-kind items by emerging artists from AUArts at Calgary's only non-profit art market. Everyone is invited for a family-friendly day of shopping, art-making demos and music on campus.

**Alberta
University
of the
Arts**

Alberta University of the Arts, 1407 14 Ave NW, Calgary, AB
Learn more at AUArts.ca

Re-Elect

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for Ward 7



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See the Results with Terry.**

Election Day: Oct. 20, 2025

ElectionsCalgary.ca/For-Voters.html

7 Real Solutions for Ward 7

- **Smart Growth, Not Blanket Rezoning**

Planning growth that fits the community—preserving character while welcoming thoughtful development.

- **Tax Dollars Delivering Results**

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- **Safe Spaces, Secure Places**

Protecting our homes, streets, and parks with safety-focused planning and visible enforcement.

- **Free Residential Parking**

Protecting parking for residents—no fees, no hassle, just fair access in your neighbourhood.

- **Clean and Vibrant Downtown**

Revitalizing the heart of our city with cleaner streets, thriving businesses, and cultural energy.

- **Public Engagement, No Surprises**

Ensuring residents are heard before decisions are made—transparent, timely, and respectful.

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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

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COMMUNITY ASSOCIATION (CHCA)
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FAMILY AND YOUR NEIGHBOURS
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BOARD OF DIRECTORS 2024-25

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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

PRESIDENT'S MESSAGE

Hello Crescent Heights!

As summer winds down, I'd like to invite you to one of the most important events of the year—our Crescent Heights Community Association Annual General Meeting (AGM), happening on Wednesday, September 17 at the Crescent Heights Community Hall.

We'll begin the evening with a wine and cheese reception—a great opportunity to catch up with neighbours, meet new faces, and enjoy some light refreshments. After that, we'll move into the AGM, where we'll reflect on the past year, share what's ahead, and hold elections for our new board.

This is a fantastic opportunity to learn more about the work of the Community Association, ask questions, and share your ideas for how we can continue to make Crescent Heights an even better place to live. It's also our chance to thank the many dedicated volunteers whose time and energy make our programs and events possible.

Everyone is welcome to attend. If you'd like to vote at the AGM—or are considering joining the board—you'll need to purchase a membership from our website at least 48 hours in advance. Membership is open to all residents and is a great way to show your support for our community.

I hope you'll join us for an evening of connection, conversation, and community spirit. Whether you've lived in Crescent Heights for years or are new to the neighbourhood, your voice matters—and your involvement helps keep our community vibrant and welcoming.

If you're interested in joining the board or have any questions, feel free to reach out to me at president@crescentheightsyc.ca.

See you on September 17!

Marie



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CRESCENT HEIGHTS COMMUNITY ASSOCIATION

Annual General Meeting

September 17, 2025
7pm

Crescent Heights Community Centre
Doors open at 6:30 pm for wine & cheese reception

Everyone Welcome!

You must have a membership prior to the meeting
to participate in elections & draws

Refreshments
Board Reports & Elections
Door Prizes





Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

***Finding Flora* by Elinor Florence**

North of Lacombe, Flora found her home and her community. It didn't look like that when she arrived, only weeks out of Scotland. Her quarter section of rolling countryside looked like an insurmountable challenge. She was a homesteader and a woman on her own. In writing *Finding Flora*, Elinor Florence was imaginatively finding her own roots.

Homesteaders were required by law to "prove" their assigned claim of a quarter section: build a house and a barn, and break and plant crops on five, then ten, then 15 acres each year. After three years, the homesteader could ask for ownership. Inspectors checked the fulfillment of terms several times during each year. "Free" land was given in exchange for laborious settlement, not accounting for the fact that the land was already inhabited when it was divided so neatly into sections (1 mile x 1 mile) and quarter sections.

Although Flora had a bona fide entitlement to her homestead, many of the men in the district resented that a woman was "competing" with them, rather than following the strict social norm of marrying and having children. The homestead inspector was one of the men who felt cheated by a woman working fertile ground. He took his spite out in multiple nick-picking inspections per year and in fomenting anger amongst his friends and other farmers.

Flora's strength was her own, and it was bolstered by her neighbours. Not entirely by happenstance, four adjacent quarters were in the hands of women. Jessie trained horses on the settlement bequeathed to her following the expulsion of Métis from Manitoba; her land was rocky and hilly, quite well suited to her profession. Two ladies lived on land that had been purchased outright, and they re-created the elegance of

England. The other homesteader, Peggy, was a widow from Wales who had come to Canada's hard life to prevent her eldest son from going into the mines that had killed her husband. The hate-filled men sarcastically called the area "Ladyville", which the women adopted with pride to undermine the men's sense of superiority.

As the inhabitants of Ladyville proved their worth, as well as their land, they attracted allies in their battles, both physical and social. The rough and tumble of creating new communities caused hurt and healing. This is a story of Alberta.



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The Essentials is our comprehensive care package, designed to help you find that perfect balance between self care and health care. Your appointment includes a dental exam (performed by a dentist), cleaning (aka scaling), X-rays (to prevent serious issues before they start), teeth whitening, and a 3D Wellness Scan (to keep an eye out for things like oral cancer).

The Fresh 5

The Fresh 5 is a flat-rate version of our essential services, featuring cavity-detecting X-rays and two units of scaling. We know there are many barriers to accessing oral care but your finances shouldn't be one of them. The Fresh 5 includes five must-have treatments and is great for anyone who has lapsed in visits to the dentist and is in need of a bit of catching up.

Both options are designed to keep your smile healthy and bright. Do you have more questions about which package might be the right fit for you?

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SKATING RINK TEMPORARILY CLOSED FOR MAINTENANCE

Our community rink will be closed temporarily for grading and top dressing. This necessary maintenance will help ensure a smoother and safer surface for everyone to enjoy once the work is complete.

We appreciate your patience and understanding during this time.

Updates on reopening will be shared as soon as possible.

Please stay off all freshly dressed and roped-off areas around the outside perimeter of the rink. Walking or playing on these areas may damage the work and delay reopening.



Thank you for your cooperation!!

Get Involved and Grow!

Humaira Palibroda parks@crescentheightssyc.ca

Establishing the Bee-Friendly Pollinator Garden

by Stephanie Ho Lem, Promoting Living Green

Crescent Road is often a “go to” hangout for late night parties, causing disturbances for local residents. In one area, after numerous complaints, former Councillor Farrell in 2017 removed four parking stalls at the corner of 1 St NW and Crescent Road for disruptive activities. Cement planters were installed to restrict vehicle access, and Jenna Cross, the City’s Park ecologist, provided native plants from her garden, her expertise, and necessary budgeted supplies. Alongside resident volunteer Mike Macdonald, the planters were filled with pollinator-friendly plants. In addition to the seven original planters, the Parks donated six more, which were also filled with pollinator-friendly flowering plants. The flourishing pollinator garden now attracts bees, offering them a sanctuary to rest, feed, and refuel. By supporting bees, the garden contributes to biodiversity to conserve pollinators and to help keep their lifecycle going.

The Importance of Bees

Bees are integral to pollinating fruits, vegetables, seeds, and nuts that form the core of our diet—honeybees are crucial contributors to agriculture. While honeybees are known for producing honey and beeswax, 90% of native bees live solitary lives. Native bees do not form colonies, build hives, or make honey or wax. Around 70% nest underground, with the remainder nesting in wood cavities or hollow stems, spending much of their lives hibernating in their nests.

Challenges Facing Bee Populations

Bee populations are declining globally due to:

- Habitat loss from land development, increased use of pesticides, and invasive species.
- Intensive farming practices and changing weather patterns.
- Excessive use of agrochemicals and air pollution, which interferes with bees’ ability to locate food sources. Air pollution is particularly problematic because it disrupts the scent trails bees rely on, making pollination less effective.

Supporting Pollinators

Creating pollinator-friendly gardens is one of the most

effective ways to support bee populations. This involves planting a variety of native species that provide nectar and pollen, which are well-suited to local climates and the needs of pollinators. Blooming trees are especially beneficial. Even small-scale efforts—such as container gardens on balconies or patios—can make a difference, and many pollinator-friendly plants are well-suited to container growth.

The United Nations recognizes the importance of bees, declaring May 20 as World Bee Day. Pollinator Week was recently observed from June 16 to 22, 2025. The Crescent Road Pollinator Garden has received recognition, including a feature in the November 2023 Canadian Geographic magazine. Since 2022, the City has hosted educational booths at the pollinator garden each September, raising awareness about the importance of bees and offering free wildflower seed packets.

Modern Threats to Pollinators

As urbanization and pollution increase, pollinators are under greater threat. Bees are particularly sensitive to pesticides, which are used not only in agriculture but also in residential areas, parks, golf courses, and public spaces. Habitat destruction from expanding agriculture and urban development further limits bees’ natural food sources and nesting sites. Climate change exacerbates these challenges by altering weather patterns and affecting the availability of plants and water.

The Role of Habitat

Loss of habitat is a leading cause of bee decline. When native vegetation is replaced with lawns, non-native gardens, or industrial crops, bees lose essential resources. Native plants are vital, as many bee species have coevolved to rely specifically on them.

Solitary bees, which make up 75% of the world’s 20,000+ bee species, are especially vulnerable. With foraging ranges of only 300 meters or less, they depend on nearby food and shelter. Organizations like The Bee Conservancy address these challenges through diverse habitat strategies and educational outreach.

Additional Threats

Other significant threats to bees include:

- Expansive lawns and widespread use of non-native plants, which reduce biodiversity.
- Climate change, leading to warmer temperatures, unpredictable frosts, and droughts, all affecting bee abundance and plant life cycles.

- Chemical pesticides, which can poison pollinators, especially when used during crop blooming periods.
- Invasive plant species, which can outcompete native flora, reducing food availability for bees.
- Diseases and parasites, such as Varroa mites and German yellow jackets, which weaken or prey on bee populations.

Save and Protect the Bees

The Crescent Road Pollinator Garden serves as a sanctuary for bees, filled with pollinator-friendly flowers that support their survival and, by extension, our food systems. This area is a community success story where residents come together to work with City Parks to establish a notable bee friendly pollinator garden.

Calgary was recognized as Canada's 36th Bee City in December 2019, reflecting the city's commitment to pollinator protection.

The City will host another educational booth on September 11 from 2:00 to 6:00 pm at the bee-friendly Pollinator Garden. It's an opportunity to learn more about pollinators and get your free wildflower seed packet.

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

Sources: Bee City, The Bee Conservatory, Pollinator Partnership Canada

stephanie@crescentheightsyyc.ca



A 'WICKET' DAY!



On September 25, 1844, the USA were totally stumped when Canada beat them by 23 runs in the first international cricket match. Played at St. George's Cricket Club in New York, it was a totally 'wicket' moment in Canadian sports history!

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Back to School Safety

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.



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