

AUGUST 2026

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the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

ANNUAL GENERAL MEETING
TUESDAY, SEPTEMBER 29, 7:00 PM

Alberta is Love by Syed Adeel Hussain



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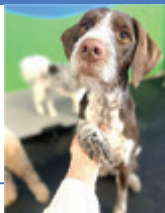
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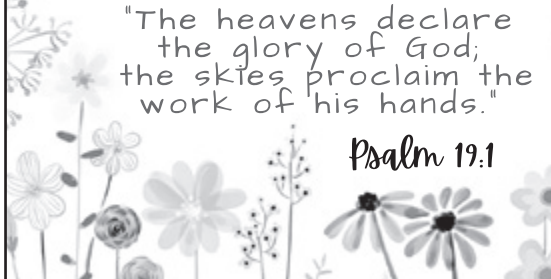
We welcome you to join us on Sunday mornings at 10:30 am for church service.

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Psalm 19:1



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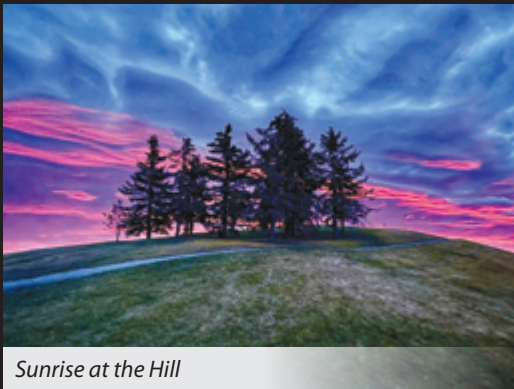
Images by Syed Adeel Hussain



Black and White Bow



A Night in the Fields



Sunrise at the Hill

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LET'S CONNECT

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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.



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



SCAN HERE TO VIEW ADDITIONAL CRESCENT HEIGHTS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



BOARD OF DIRECTORS 2025-26

President	Marie Semenick-Evans	president@crescentheightsyyc.ca
Treasurer	David McEwen	treasurer@crescentheightsyyc.ca
Secretary	Harmeet Singh	secretary@crescentheightsyyc.ca
Community Partnerships	Adam Schwartz	adam@crescentheightsyyc.ca,
Planning Director	Simonetta Acteson	planning@crescentheightsyyc.ca
Heritage Director	Krista Beavis	heritage@crescentheightsyyc.ca
Fundraising Director	Vacant	fundraising@crescentheightsyyc.ca
Parks Director	Humaira Palibroda	parks@crescentheightsyyc.ca
Facilities Daily Operations	Vacant	facilities@crescentheightsyyc.ca
Marketing Director	Zachary Nagy	marketing@crescentheightsyyc.ca
Communications Director	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
Facilities	Marie Semenick-Evans	president@crescentheightsyyc.ca
Engagement Director	Vacant	
Hall Manager (Interim)	Abi	

THE FIRST EMPEROR

The month of August is named for Augustus (Octavian) Caesar
– the first Emperor of Rome and adopted son of Julius Caesar!



We need you!

We're looking to fill some key volunteer positions.



Facility Operations *(Board position or Coordinator role)*

This role involves working closely with the Facilities Director to ensure the smooth operation and maintenance of our community facilities. Great for someone who enjoys solving problems and helping maintain spaces the community relies on.

- Help review facility conditions and identify improvements
- Obtain estimates for maintenance, repair and upgrade work.
- Oversees hall access if the Hall Manager is unavailable

Community Programming *(Board position or Coordinator role)*

Have ideas for bringing people together in our community? From pub nights and concerts in the park to family and seniors' programs, this role helps make it happen. If you enjoy connecting people and creating great community experiences, we'd love to hear from you!

- Initiate and coordinate social programming and events
- Support and grow Active Aging (seniors) programming
- Work with volunteers and help promote events

Fundraising Director *(Board Position)*

Help bring community ideas to life by finding funding and supporting projects that strengthen our community.

- Identify grants and fundraising opportunities
- Support board members with funding for projects
- Coordinate the biannual casino fundraiser



For more info contact president@crescentheightsyyc.ca

PRESIDENT'S MESSAGE

Hello Crescent Heights,

I hope you're having a fantastic summer and finding time to enjoy everything the season has to offer!

What a wonderful summer we've had so far! A huge thank you to everyone who volunteered to help make our 2026 Stampede Breakfast such a tremendous success. Events like this truly showcase what makes Crescent Heights such a special community, and they simply wouldn't happen without the incredible dedication of our volunteers.

A very special thank you to Pat S. and Melissa G. for their outstanding leadership in organizing this year's breakfast. Your hard work, enthusiasm, and countless hours behind the scenes made it all possible. We'd also like to extend our sincere appreciation to Calgary Co-op for once again generously donating the fruit for our breakfast, to the City of Calgary for providing the children's craft station, and to Ward 7 for supporting the event through the Ward Communities Fund. Your generosity and partnership helped create a memorable morning for our community.

I'm also delighted to share some exciting news! The Crescent Heights Community Association has been awarded the Federation of Calgary Communities' ClimateReadyYYC Grant in the amount of \$20,942.50. This funding will support the installation of air conditioning and new ceiling fans, making our community facility more comfortable, particularly during periods of extreme heat and wildfire smoke. These improvements are an exciting investment in our community and will help ensure our hall remains a welcoming and accessible gathering place where residents can connect, participate in programs, and find respite during climate-related events for years to come.

As summer winds down, be sure to mark your calendars for our Annual General Meeting on Tuesday, September 29. It's a great opportunity to hear about everything happening in Crescent Heights, celebrate what we've accomplished together, and help shape the future of our community. We hope to see many of you there!

Enjoy the rest of your summer and thank you for being part of what makes Crescent Heights such a vibrant, welcoming, and connected community.

See you around the neighbourhood!

Marie



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THE MORTGAGE GROUP



Annual General Meeting

Save the Date

Tuesday, Sept 29, 7 pm

at the Crescent Heights Community Centre
1101 2nd Street NW

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



Off the Shelf

BOOK REVIEW BY JUDITH UMBACH

The Return of Ellie Black by Emiko Jean

Teenager Ellie Black stumbled out of the woods, begging hikers to help her. She thought she had been kidnapped. She had. Two years before. Her reappearance was a miracle! Author Emiko Jean tells the story of “after-miracle” in *The Return of Ellie Black*. The trauma did not evaporate—it haunted Ellie.

Police officer Chelsey Calhoun asked for this case because her own sister had disappeared many years ago. Chelsey thought she had a feel for the work needed to capture Ellie’s kidnapper; whereas Ellie just wanted to be left alone, even while she found relief in the warmth of her family and her once-boyfriend. As the police, Chelsey had questions. They must be answered to move the case forward, and she was annoyed and puzzled by this victim’s reluctance to participate in the investigation.

Ellie did remember the time before. She had been carefree and brazen. When she took risks, she would think, “What’s the worst that could happen?” And apart from the adrenaline rush, not much did happen. Who could think that a short walk down the road in

the dark could lead to unconsciousness, underground imprisonment, grooming, and total control by someone named David?

She was not the only one. Two others were also trapped. In the compound, only names given by David were allowed. Friendship, or even contact, was absolutely forbidden. Nevertheless, they gradually and surreptitiously introduced themselves with their real names. Into this cowed circle came Grace—she was still a girl. Her deep fear was soothed by Ellie, who found the emotion of love again. David had recognized her empathy and had forged this last unbreakable chain for Ellie.

When Ellie disappeared again, this time in her sister’s car, Chelsey understood that the story was not over. And when she saw an almost catastrophic event on the news, she knew that Ellie had never escaped her kidnapper. His hold was operating at a distance—very effectively. Only a few hours of friendliness with Ellie’s boyfriend let Chelsey guess at Ellie’s whereabouts. She finds her, and she finds so much more. Devastatingly more.

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- Make a visible contribution to the community

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 Humaira Palibroda
parks@crescentheightsyyc.ca
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Hydration Hub is Open!!!



HOPE YOU AND YOUR PUP ARE ENJOYING THE NEW ROTARY PARK WATER FOUNTAIN!

To help keep your new Hydration Hub clean, safe, and enjoyable for everyone, please consider bringing a paper towel when you visit.
 After using the fountain, we kindly ask that you:

- 🐾 Wipe down the drinking basins
- 🐾 Wipe any splashes from the outside surfaces
- 🐾 Help keep the area tidy for the next visitor

A little effort from each of us goes a long way in keeping this amenity clean and welcoming for both people and dogs.
 Thank you for helping care for your community Hydration Hub!

Get Involved and Grow!
 Humaira Palibroda - parks@crescentheightsyyc.ca

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f
 Any help is appreciated ♥



The Pollinator Garden is “Back on Business!”

by Stephanie Ho Lem, promoting Living Green | sholem3@telus.net

Prior to 2018, the Pollinator Garden at Crescent Road and 1 St NW was originally a parking stall for four vehicles. Former Councillor Druh Farrell supported residents’ request to remove the stalls, and with the help of Parks and Roads, planters were added to block vehicles from entering the stalls. I took responsibility of the area and was grateful when local resident Mike Macdonald offered his help. In 2020, park ecologist Jenna Cross offered suggestions on what to plant, including transplanting native species from her own garden. After a few years, the planters were flourishing with native plants attracting native bees and other pollinators. This area was such a success that it was included as part of Calgary’s Biodiversity in Canadian Geographic September 2023 magazine. By 2025, the planters started to show their age and without warning, although replacement planters were requested, the City removed the planters that were filled with native plants that took years to nurture. No replacement planters were provided.

Thank you to Dick and Lois Haskayne for their donation to purchase the new planters for the Pollinator Garden. With the new planters, the Pollinator Garden is back in business as the bees will be able to feed when the native plants flower this summer. A lot of us are aware of the importance of pollination, yet the importance of native plants seems to be lacking.

The flowering native plants provide species specific nectar and protein rich pollen that many pollinators require for survival. The pollinators and native flowers evolve together, meaning native flowers match local pollinators’ feeding structures and seasonal needs, while non-native plants often lack the right nutrients or accessibility.

We should consider planting more native plants and less grass. This would mean less mowing, less weeding and feeding, and less watering. Native plants offer much more.

- Native plants, once established, need little watering, and are very hardy.

- Native wildflowers are beautiful.
- They attract native butterflies and bees because they provide ample nectar at the right time.
- Native plants feed local and migrating birds with insects, seeds, fruit, and berries.
- Native bees are needed for our vegetable gardens and fruit trees.
- They increase biodiversity and in turn, ecological health and the resilience of our ecosystems.

In short, native plants bring wildlife back into our gardens.

Thanks to again to Dick and Lois Haskayne and to local residents Mike Macdonald, John McDermid, Darlene Jones, Mike Jones, Rob Ward, Leslie Kramer, Stephen Marando, and myself for the work to put the Pollinator Garden back in business.

Please note that the content provided is for informational purposes.

Sources: *Canadian Geographic September 2023*; PollinatorGarden.ca, Why Native Plants; The Importance of Growing Native Plants

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SCAN ME

Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information.

Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small “no,” they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as “We’re exactly alike,” “No one understands me like you do,” or “We’re in this together” early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, “You’re probably too busy to talk,” or “You seem like someone who wouldn’t give people a chance.” The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

Roots from Your Past to Your Future: Young Indigenous Artists Exhibit in Rotary Park’s Mini Galleries May through August

Roots from Your Past to Your Future is a youth-led exhibition that brings together six emerging Indigenous artists—Sam Robinson, Sage Carriere, Katie Hunt, Jakob Kimber, Shaelee Crazy Bull, and Violet Truong—through a series of intimate and powerful mini galleries.

Each artist explores personal and collective identity by reflecting on where they come from and how those roots shape their future. Through a range of artistic practices, including realism painting, pyrography of Native homelands, and symbolic representations of the land, the exhibition highlights the deep connection between culture, place, and self.

Floral works speak to urban farming and land stewardship, while others reflect the circle of life and the relationship between home, communities, and current environments. Together, these pieces tell stories of movement, adaptation, and resilience.

At its core, the exhibition explores what it means to carry your roots with you—especially within urban spaces. It is about reclaiming space, honouring culture, and finding ways to Indigenous wherever land and community are present.

The Mini Galleries invite viewers to witness how Indigenous youth are shaping their identities, creating belonging, and envisioning futures grounded in culture, strength, and continuity.

The exhibit is organized by the Crescent Heights Community Association and USAY (Urban Society for Aboriginal Youth) with funding from CADA (Calgary Arts Development).



Good fences (and signs) make great neighbours.



As we head into the warmer months, our community hall and the surrounding grounds become a popular venue for private rentals such as weddings, celebrations, and special events. You may begin to notice signage posted around the hall indicating when the outdoor space is reserved for private use.

When these signs are displayed, we kindly ask all residents to respect the rental boundaries by:

- Refraining from entering the designated event areas
- Choosing alternate spaces for walking or playing with dogs
- Avoiding the use of outdoor tap for gardening or other use

We understand that this space is enjoyed by our residents, and we apologize if you are inconvenienced. Please remember that this area is also used for rentals and events, and these bookings help support the Association and upkeep of our community facilities.

We appreciate your cooperation and consideration in helping make our shared spaces welcoming and respectful for all.

A friendly message from your
**Crescent Heights
Community Association**

SAFE AND SOUND

Accidental Poisoning

by Emergency Health Services

Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

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 and button batteries are kept.

Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.
- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured 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 a small amount can cause serious illness if ingested.

Find poisoning information 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 EHS paramedics to inspect on their arrival.

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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.





**Samaritan Club
of Calgary**

Semi-Annual Super Thrift Sale

Saturday, September 26

9:00am-1:00pm

**Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW**

**Entry
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