

JULY 2025

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# the CRESCENT view

THE OFFICIAL CRESCENT HEIGHTS COMMUNITY NEWSLETTER

## STAMPEDE BREAKFAST

### JULY 13

### VOLUNTEERS NEEDED



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**WANTED**

**Stampede Breakfast Volunteers**

We need to wrangle some volunteers to help make our event on July 13<sup>th</sup> a success!

We need people on the grill, serving up grub, setting up and taking down and so much more!

To view volunteer positions and sign up go to:  
**bit.ly/chca-stampede**

For any questions email:  
stampedebreakfast@crescentheightssync.ca



# 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](mailto: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](mailto: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](mailto: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  
Facilities Director  
Stampede Breakfast Event Coordinator

If you are interested or have any questions, please reply to: [president@crescentheightsyyc.ca](mailto:president@crescentheightsyyc.ca)

### VOLUNTEERING

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JOIN THE CRESCENT HEIGHTS  
COMMUNITY ASSOCIATION (CHCA)  
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HELP US GROW COMMUNITY!





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Heritage Director	Krista Beavis	heritage@crescentheightssyyc.ca
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Parks Director	Humaira Palibroda	parks@crescentheightssyyc.ca
Facilities Director	Vacant	
Engagement Director	Vacant	
Communications Directors	Elsie Ross	communications@crescentheightssyyc.ca
Traffic and Mobility: Spaces as Places	Marie Semenick-Evans	marie@crescentheightssyyc.ca
Traffic and Mobility: Spaces as Places	Adam Schwartz	adam@crescentheightssyyc.ca
Living Green Director	Stephanie Ho Lem	stephanie@crescentheightssyyc.ca
Membership Director	Jeff Deere	memberships@crescentheightssyyc.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@crescentheightssyyc.ca](mailto:president@crescentheightssyyc.ca)**

CHCA Mini Galleries Present

# IT'S A BEAUTIFUL DAY IN THE NEIGHBOURHOOD

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Colleen Peters,  
Rob Ward,  
Sandra Melnik,  
Sky Weir &  
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**EXHIBITION OPENING  
JUNE 28TH  
11:30 A.M.**

MEETING POINT: GALLERY NO. 1

EXHIBITION IS UP  
JUNE 28. - AUGUST 31.

- GALLERY NO. 1 IS LOCATED NEXT TO ROTARY PARK LAWN BOWLING CLUB

INFO: AL DORO BUCH MINIGALLERIE@CRESCENTHEIGHTS.CA

CRESCENT HEIGHTS  
ARTS & CULTURE

## PRESIDENT'S MESSAGE

Happy Summer, Crescent Heights!

It's officially that sweet spot of the year when the sun's out, patios are buzzing, and our neighbourhood is looking its absolute best. Whether you're out for a walk, tending a garden bed, or chasing kids through Rotary Park, there's no better place to be than Crescent Heights in the summer.

Speaking of gardens – have you seen our community garden lately? It got a lovely spring refresh, thanks to Elena and James (our tireless Community Garden and Food Forest Leads) and a team of enthusiastic volunteers. The beds are full, thriving, and ready to burst with fresh summer harvests.

Behind the scenes, our board has been hard at work securing funding to improve our beloved community hall. It's not the flashiest job, but we know how important these upgrades are to keeping our space safe and welcoming for everyone.

Of course, summer in Crescent Heights wouldn't be complete without our legendary Stampede Breakfast, happening Sunday, July 13. We've got pancakes, ponies, and the return of the amazing Kate Reid Band! But we need your help to make the magic happen—check out volunteer opportunities at [bit.ly/chca-stampede](http://bit.ly/chca-stampede).

And don't forget to mark your calendars for September 17—it's our Annual General Meeting. We'd love to see some new faces join our board. Fresh ideas and community spirit are always welcome!

Until then, enjoy the sunshine, say hi to your neighbours, and we'll see you at breakfast!

*Marie Semenick-Evans*

CHCA President

## Clean Up Our Laneways



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

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

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

CHCA Transportation Planning and Mobility (TPM) Committee



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*Québec Village*  
On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!





## *I Capture the Castle* by Dodie Smith

In *I Capture the Castle*, Dodie Smith writes a very unusual novel. It is a story about happiness. Not seeking happiness but having it now.

The Castle is a half-heartedly restored piece of a dilapidated castle that was long ago replaced by a once-modern castle. Cassandra's indigent family acquires a forty-year lease to indulge her father's dream of returning to his status as a famous writer – except there is nothing left in him. The whole family (stepmother, older sister, younger brother) cater to his every whim to support him in finding his genius again. This consists mainly of leaving him alone and scrambling around to find a bit of money and food. Selling all the not-very valuables in the castle, plus making-do with their scanty threadbare wardrobes are the principal ways of sustaining the family.

Cassandra doesn't mind. Ecstatically, she marvels at luminous night skies and at wonderous tiny plants. Everything in the natural world thrills her sensibilities! In her teens, she still finds the vicar a jolly fellow and a kind confidant. The few people in the distant village are friends who care for her and her inexplicable family.

Into this Eden comes the snake, and maybe Cassandra has to grow-up. The grandsons of their aged landlord (who hadn't been collecting rent for many years) come by one day to see their newly realized inheritance. Astounded to find such a strange household, they enter into a social game to be the new indulgent landlords.

The grandsons, now owners of the old castle and the new castle, have money and cars and friends and clothes and parties. For quite a period of time, they literally cannot comprehend the lives of their sitting tenants. They blithely suggest listening to the radio, unable to imagine a lifestyle that cannot fund the purchase of a radio. They invite the family to tea and dinner (magnificent meals with choices of foods), unable to realize that the family has no resources for hosting them in return.

Cassandra's older sister recognizes a gold mine when she sees it. With steely and rather obvious determination, she throws herself at the young man who notices her, with the complete support of her mother. His brother is furious, Cassandra is apprehensive, and jealousy begins to taint the family dynamic.



**Crescent Heights Community Association**

# **CHCA STAMPEDE BREAKFAST**

**July 13<sup>th</sup> 10:00 am - 12:30 pm**

**We'll have live music,  
pony rides for the kids  
and of course  
pancakes on the grill!**

**CHCA members are free  
Non-members 5 bucks  
Become a member today!**

**Crescent Heights Community Centre  
1101 2<sup>nd</sup> Street NW**

# Loss of Mature Trees on Private Land in Crescent Heights

by Stephanie Ho Lem, CHCA Director of Living Green

Calgary, the fourth largest city in Canada has a very high rate of homeownership - currently 69%, compared to Vancouver at 57.4%. Furthermore, an estimated 61% live in single-detached or semi-detached houses i.e. those most impacted by the change in zoning.

## Increasing Density: A Necessary Response to Urban Growth

Calgary's population has grown 18% over the past five years, with a 6.14% increase year-over-year. This rapid expansion has created an urgent need for affordable housing and efficient land use. In response, the federal government provided \$220 million (housing accelerator fund) to support increased housing across the city, leading to initiatives like blanket rezoning. Rezoning allows for higher-density developments, such as multifamily dwellings, in areas traditionally dominated by single-family homes. This approach aims to address housing shortages, improve affordability, and accommodate a more diverse population. However, the transition comes with its own set of challenges. The tension between densification and the preservation of mature trees in residential areas has taken center stage.

Being a member of the Crescent Heights Community Association Planning Committee, all development permits relating to any developments within the community are sent to the Planning Committee Chair for the committee's input. Since Council approved the bylaw for blanket rezoning, we are seeing a greater number of development permits for rezoning. For many, residents lament the loss of trees and the aesthetics of the pedestrian-friendly street with front lawns and gardens. They also are concerned about traffic and lack of enough street parking with all the new neighbours.

## The Role of Trees in Urban Neighbourhoods

In Crescent Heights, mature trees are more than just aesthetic features of a community. They play a crucial role in urban ecosystems by providing shade, improving air quality, supporting biodiversity, and absorbing carbon dioxide to combat climate change. From a social perspective, trees enhance mental well-being by offering serene green spaces and reducing

stress. Streets lined with mature trees also improve the aesthetic appeal of neighbourhoods, fostering a sense of tranquility and connection to nature. Trees provide much-needed cooling shade in warmer months, reducing the urban heat island effect. However, with increased densification through developments such as four-plexes, these ecological and social benefits are under threat.

## The Impact on the Loss of Mature Trees

Higher-density developments often require larger lot coverage, leaving less space for green areas and mature trees. The shift from single-family homes to multifamily units has already led to noticeable changes. Front lawns have shrunk or disappeared entirely, and once tree-lined streets are now characterized by buildings squeezed close to sidewalks. According to George Brookman, Chair and Company Ambassador of West Canadian Digital "front lawns are gone or so small that the grass, if it grows, could be trimmed with scissors".

## The Case Against Losing Trees

Critics of blanket rezoning and densification argue that the loss of trees has far-reaching consequences. Beyond their environmental importance, trees contribute to the unique character and livability of neighbourhoods. Their removal often leads to:

- Reduced green spaces: Larger developments leave little room for permeable land, which is critical for stormwater management and maintaining ecological balance.
- Higher temperatures: Fewer trees mean less shade, exacerbating the urban heat island effect and making neighbourhoods less comfortable during summer months.
- Loss of biodiversity: Trees provide habitats for various species, and their removal disrupts local ecosystems.
- Decreased mental well-being: The absence of greenery can negatively impact residents' mental health, reducing opportunities for relaxation and stress relief.

For many homeowners, the loss of trees also represents a loss of identity and cohesion within their communities. Tree-lined streets and spacious front lawns are visual and cultural markers of Calgary's suburban neighbourhoods. Their disappearance, coupled with an influx of transient renters in higher-density dwellings,



raises concerns about diminished community ties.

### Private Tree Conservation Bylaw

Council rejected a motion from Ward 7 Councillor Terry Wong for the city to pursue a private tree conservation bylaw, opting instead to adjust land-use bylaws to incentivize tree preservation. However, critics argue that these measures may not go far enough to protect the city's green canopy. The absence of a cohesive plan for handling zoning changes, particularly in areas like Crescent Heights, has left many residents feeling uncertain about the future of their neighbourhoods.

### Conclusion

The debate over losing trees versus increasing density in residential neighbourhoods is emblematic of broader challenges in urban planning. Calgary's tree canopy covers 8.25% of the city, including public and private properties. The goal is to expand this coverage to 16%. While densification is essential for population growth and housing shortages, the city must preserve the unique natural and social fabric of Calgary's neighbourhoods.

*Please note that the content provided is for informational purposes.*

### Sources:

Calgary Herald-Apr/24, Every Day Tourist, The Sprawl, AP News-Understanding Blanket Rezoning

stephanie@crescentheightsyyc.ca



### Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!



## Cats, Canines, & Critters of Calgary



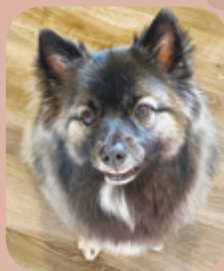
Lily and Fern, Calgary



Enzo, Calgary



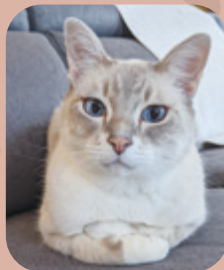
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# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

### Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First Aid

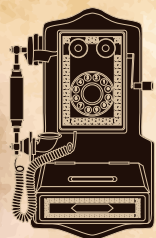
- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



## Hello, Can You Hear Me?

Way back on July 1, 1881, the world's first international telephone call took place between St. Stephen, New Brunswick and Calais, Maine—two towns so close (approximately a mile), you could probably shout across the river!





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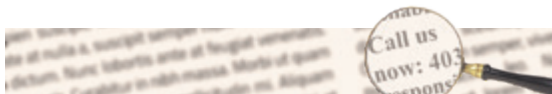
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca),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

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