

AUGUST 2024

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 Events/Rentals: events@crestmonthall.com
 Website: www.crestmonthall.com
 Telephone: 403-475-7230

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Message from the Board

We invite you to join us at a Town Hall on September 26 between 7:00 and 9:00 pm.

We are pleased to announce that the formal process of turnover from the developer was officially completed in July. A lot has transpired in the last nine months since the 2023 AGM, and we, your resident board members, would like to offer an opportunity for community engagement in a less formal setting. In addition to meeting your resident board members and management, the Town Hall will provide an opportunity for us to share details about a number of important items with you, and answer some of the questions you have. No RSVP is required, and we look forward to seeing you then.



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Office Updates

Modified Office Hours Through September

Please visit our website for up to date hours.

Due to the frequency of rentals, office hours may fluctuate, and access to main hall washrooms may be limited.

Upcoming Events

- **Family Movie Night** – wear something comfy and settle in with some popcorn to watch a family friendly movie in the hall! August 23.
- **Games Night and Food Trucks** – September 24
- **CHOA Town Hall** – September 26

Programs

Fall Programs

The fall program session of classes runs from September to December. Registration for classes can be done online or through the office. Classes require a minimum of six participants to run. Drop in and pro-rated options are available. Youth ages 16+ may be able to register for adult programs.

Fit Dance for Adults with Fior Mondays

September 9 to November 18 (excluding November 11) from 7:00 to 8:00 pm

A fitness program that involves cardio and Latin-inspired dance. It's all about having fun while burning calories, which looks and sounds more like a dance party. Recommended for ages 10 to adult. No experience necessary.

Member rate: \$150 | Non-member rate: \$165

Fitdance for Parent and Tots with Fior Wednesdays

September 11 to October 16 from 9:30 to 10:00 am

Parental supervision required. Perfect for one to three years old. These classes focus on stretchy bands, gentle parachute exploration, low-risk obstacle courses, and simple musical fun. Cultural dance and beat explorations that get everyone involved at an age-appropriate level. Programs are 30 minutes in length.

Members: \$50 | Non-members: \$65

Fit Dance for Preschoolers with Fior Wednesdays

Six weeks from September 11 to October 16 from 10:15 to 11:00 am

Creative movement and coordination skills, Zumba, obstacle courses, interactive story-based yoga, yoga

craft, games, musicality, and rhythm. Programs are 30 to 45 minutes in length and designed for children ages three to six.

Members: \$90 | Non-members: \$115

Yoga for Healthy Aging and Well-being with Vanitha Thursdays

September 19 to December 5 from 9:30 to 10:45 am

It's never too late to start practicing yoga! This 75-minute class is for anyone that wants to work on foundation and alignment for balance, flexibility, and strength. Build stamina and support your joints through movement. This gentle practice will help you to increase flexibility, improve balance and motor coordination, and deal with common health issues and stress. Better sleep and an improved sense of overall vitality are commonly experienced. Beginners welcome.

Member rate: \$262 or \$20 per class drop-in | Non-member rate: \$280 or \$22 per class drop-in

Other Programs Offered

Sportball – Offered at Crestmont hall on Fridays and Sundays. Non-competitive sports programs for every kid, at every stage. Please visit Sportball Calgary's website for details and registration.

Program Space

Is your group or business looking for a venue to host their activity? Our hall can accommodate up to 150 people, and we offer hourly bookings during the week. Dance, music, choir, martial arts, or languages. Reach us at admin@crestmonthall.com to talk to us about your ideas!



Word of the Month

Mellifluous: adjective
(muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.





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YOUR CITY OF CALGARY

City of Calgary Launches Secondary Suite Incentive Program

by the City of Calgary

The City of Calgary is proud to introduce the Secondary Suite Incentive Program, an initiative aimed at encouraging safe and accessible housing for Calgarians.

The Secondary Suite Incentive Program is a component of 'Home is Here: The City of Calgary's Housing Strategy.' It provides a qualifying homeowner up to \$10,000 to cover a portion of construction costs to develop and register a safe secondary suite.

The incentive applies to suites built within the main dwelling, not for backyard or detached suites. Applications are limited to one per person and you must own the property through the entire process. Qualifying homeowners with an active building permit can apply for the following:

- Egress windows
- Hardwired and interconnected smoke and carbon monoxide alarms
- Protected exiting
- Smoke-tight barriers
- Split heat/separate air

Additional funding is available for accessibility and energy efficiency.

The Secondary Suite Incentive Program is open for applications. Learn more about the program or apply at calgary.ca/suite-incentive.

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Hydration and You

by Alberta Health Services

Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

What is the Right Amount of Water to Drink Each Day?

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water per day (250 ml or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people



who don't have any caffeine. A moderate amount of caffeine is about 200 to 300 mg per day which is about two to four cups (250 ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.

Ways to Consume More Water During the Day

If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea.
- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day.
- Take a sip whenever you pass a drinking fountain.
- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.

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What is the Difference Between an HOA and a CA?

Both organizations are non-profit; however, the mandates and the legal obligations are quite different. It is not possible for either organization to take on the responsibilities of the other; however, working closely together allows the community to maximize the scope of work.

HOA	CA
<p>An organization created through the Developer as a means of ensuring the community is provided with amenities not provided by the City of Calgary, creating enhanced property values within a community.</p> <p>Run by a volunteer board of directors and paid staff.</p>	<p>An organization that serves as an affiliate of the City of Calgary with the goals of finding solutions to local issues (e.g., traffic) and promoting civic and community engagement.</p> <p>Run by a volunteer board of directors.</p>
<p>Membership is based on the legal encumbrance registered on the title of the property.</p> <p>All Crestmont property owners automatically become members of the association upon possession.</p> <p>Fees for 2024: \$367.50 (\$350 + GST)</p>	<p>Membership is voluntary.</p>
<p>Annual fees are used to:</p> <ul style="list-style-type: none"> - Maintain the amenity features including the hall, spray park, storm pond fountain, and grounds. - Provide enhanced snow removal and landscaping on City pathways. - Provide the community with quality programs and value-added events that appeal to our diverse membership. 	<p>Annual fees are used to:</p> <ul style="list-style-type: none"> - Create opportunities for residents to participate in social events, recreational programs, and educational activities in their community. - Provide an association for residents to join where they can work together to improve their community's quality of life. - Dog Poop bags and dispensers: finding sponsors and maintaining the dispensers. - Host broad community and accessible events. - Apply for grants and special events linking to community clean up, community garden, dog parks, community rinks.
<p>Liaise with the City of Calgary for enhanced services such as additional snow removal on City pathways, and enhanced landscape maintenance in the greater community.</p>	<p>Representative role to the City of Calgary of the needs and issues in the community and direct line with the MLA and Ward Councillor.</p> <p>Partner with the City and other organizations to improve the community.</p>
<p>Direct line of communication with the Developer.</p>	<p>Has a city contact to discuss future planning and development.</p>
<p>Once turnover has taken place, eligible for grant funding for larger scale projects on HOA land.</p>	<p>Reliant on grants, donations, rentals of community facilities, programs, sponsorships, and casinos for funding.</p>



Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 4 to 6

Ingredients:

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



Directions:

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.

- In a medium sized bowl, add mayonnaise or veganise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



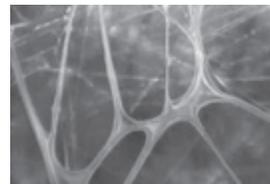
FASTEST MAN ALIVE



Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

Pain Management or Pain Elimination

The Myofascial Release Approach is considered to be the ultimate therapy that is safe, gentle and consistently effective in producing results that last.



Your fascial system is a 3D sheet throughout your entire body.

We view pain from two different perspectives. In Western medicine we avoid pain, “mask” the symptoms and teach the patient to cope with their problem. It does not cause direct trauma, but forces people to be satisfied with limited results. This leads to the possibility of cumulative trauma. Untreated restrictions can cause microtrauma to the patient’s system over time. This microtrauma is like a ticking time bomb left in the system, forcing a return of symptoms or a shift to another area.

The other perspective is “no pain, no gain.” Many times patients have been instructed to exercise and force their way through the pain. Which means a lot of strong patients in agony. Or aggressive manual techniques and manipulations producing force into structures with little or no attention to the tight surrounding myofascial environment. The force used creates the possibility of increased pain, injury or a return of symptoms. This is because the environment of every structure, the myofascial system, had not been released first.

Would you consider a third possibility? Myofascial Release Massage can safely free the structures and/or create a more open environment to enhance the effectiveness of manipulation, mobilization procedures, exercise and flexibility programs. One aspect of the Myofascial Release Approach is where the therapist applies gentle, sustained pressure into the fascial system, creating what the patient reports as a feeling of good pain or a good stretch. Release of the pressure of the fascial system around the muscles, nerves, blood vessels and the osseous structures creates a free, mobile environment of these pain-sensitive structures, producing consistent results in relieving pain and restoring functional mobility. The other aspect is the sophisticated technique called Myofascial Unwinding. The therapist takes gravity out of the system so the body can tap into its own self-correcting mechanism (Barnes).

The Myofascial Release Approach is more than just an assemblage of techniques. Instead, it creates a whole-body awareness allowing the health professional to facilitate change, growth and the possibility for total resolution of restrictions, emotions and belief systems that impede patient progress.

Sheena Taggart RMT
Connective Wellness Myofascial Release Massage
Connectivewellness.ca

References
Today Vol. 5, No. 40 Mind & Body by John F. Barnes



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- Dennis and Norma
April 2024

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