

DECEMBER 2024

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*Subject to change. Please visit our website for the most up to date information.

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Administrator / Events Coordinator: Neha Naik

Admin Assistant: Morgan Wohlberg

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General Information: admin@crestmonthall.com

Events/Rentals: events@crestmonthall.com

Website: www.crestmonthall.com

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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
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.	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.
Run by a volunteer board of directors and paid staff.	Run by a volunteer board of directors.
Membership is based on the legal encumbrance registered on the title of the property. All Crestmont property owners automatically become members of the association upon possession. Fees for 2024: \$367.50 (\$350 + GST)	Membership is voluntary.
Annual fees are used to: - 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.	Annual fees are used to: -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.
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.	Representative role to the City of Calgary of the needs and issues in the community and direct line with the MLA and Ward Councillor.
Direct line of communication with the Developer.	Partner with the City and other organizations to improve the community.
Once turnover has taken place, eligible for grant funding for larger scale projects on HOA land.	Reliant on grants, donations, rentals of community facilities, programs, sponsorships, and casinos for funding.



December Events and Programs

Christmas Party

Saturday, December 21 from 12:00 to 4:00 pm

Join us for an all-ages, family friendly holiday celebration featuring horse-drawn wagon rides, crafts, hot chocolate, and a visit from a very special guest!

Admission is free to CHOA members, but a donation to the Calgary Food Bank or the Toy Drive is greatly appreciated.

Please RSVP to events@crestmonthall.com.

Winter Programs

Please visit our website for the most up-to-date information on classes and workshops.

The winter program session of classes runs from January to March. Register for classes 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.

50 + Yoga with Vanitha

Thursdays, January 6 to March 24 from 9:30 to 10:45 am

Whether you are 50 or 75, it is never too late to take up yoga! You are only as old as you feel. Specially adapted yoga exercises can awaken the body's powers of regeneration, leading to more energy, enhanced physical well-being, and a more positive attitude towards life. People under 50 and beginners are also welcome.

Member rate: \$265 | Non-member rate: \$280

\$25 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!

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AGM: Thank you to all that attended the Annual General Meeting on Thursday, November 28. Due to the print timing of the newsletter, we will provide an update on the election outcome and any significant take-aways from the question and answer/conversation that evening.

Annual Fees: Please be reminded that the annual encumbrance fee invoices will be issued through PerfectMind and will be available as of January 1, 2025. An email reminder will be sent out, but a hard copy will not be sent in the mail unless we do not have an email address on file for your property. As promised, there has been no increase in fees for the upcoming year. The fee payment deadline is January 31, and payment can be made online (credit card), or through the office via cheque (please indicate your address if not already noted), debit, credit card, or cash. Interest will begin accruing as of February 1 at rate of 2% per month.

Any outstanding accounts as of March 31 are sent to Field Law for processing of payment.

If you do not have access to PerfectMind, please contact the office at admin@crestmonthall.com.

We look forward to continued engagement with you and hope to see you out at the events being hosted at the hall over the next few months. You can reach the board directly through CHOABoard@crestmonthall.com.



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#HealthyTechnologyUse

by Community Health Promotion Services

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO "fear of missing out" on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.



12 - 4 PM
SATURDAY
DECEMBER 21,
2024

JOIN US!

CHRISTMAS PARTY

Join us for an all-ages, family friendly holiday celebration
featuring horse-drawn wagon rides, crafts, hot chocolate
and a visit from a very special guest!

Sign up online for the
12-2PM session or the
2-4PM session or email
events@crestmonthall.com





Magic Carpet Ride

Family Literacy Program



A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



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www.canlearnsociety.ca/magic-carpet-ride

Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



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SCAN THE QR CODE
FOR THE SOLUTION



Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



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Councillor, Ward 1
Sonya Sharp

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Hello, Ward 1!

The holiday season is just around the corner, and I want to wish you and your loved ones a joyful and restful time as we close out the year. Whether you're celebrating with family, friends, or spending time reflecting on the past year, I hope this season brings peace and warmth to your home.

Here's a look at what's happening in our community this December.

Budget Update

City Council recently wrapped up deliberations on the 2025 budget. We've been hard at work balancing the need to maintain essential services with keeping taxes affordable for residents. To stay up to date on the decisions that affect our community, visit calgary.ca/ward1 or sign up for the Ward 1 newsletter.

Winter Weather Tips

With colder temperatures settling in, remember to prepare for winter driving conditions. Keep an emergency kit in your car and ensure your vehicle is winter-ready. City crews are continuing to prioritize snow clearing on major routes within 24 hours, but please allow extra time to get where you're going.

For those enjoying the outdoors, make sure you're layering up properly and keeping walkways clear of snow and ice, as residents are responsible for snow clearing from sidewalks next to their property within 24 hours of snowfall. If you can, help out a neighbour by shovelling their sidewalk – a simple way to spread holiday kindness!

You can stay informed on updates regarding parking bans and snow removal by visiting calgary.ca/snow or calling 3-1-1.

Supporting Local Businesses

This holiday season, I encourage you to support the many incredible small businesses right here in Ward 1. Whether you're shopping for gifts, dining out, or looking for festive experiences, our local businesses depend on your support, especially during this busy time of year. By shopping locally, you're helping keep our community strong and vibrant.



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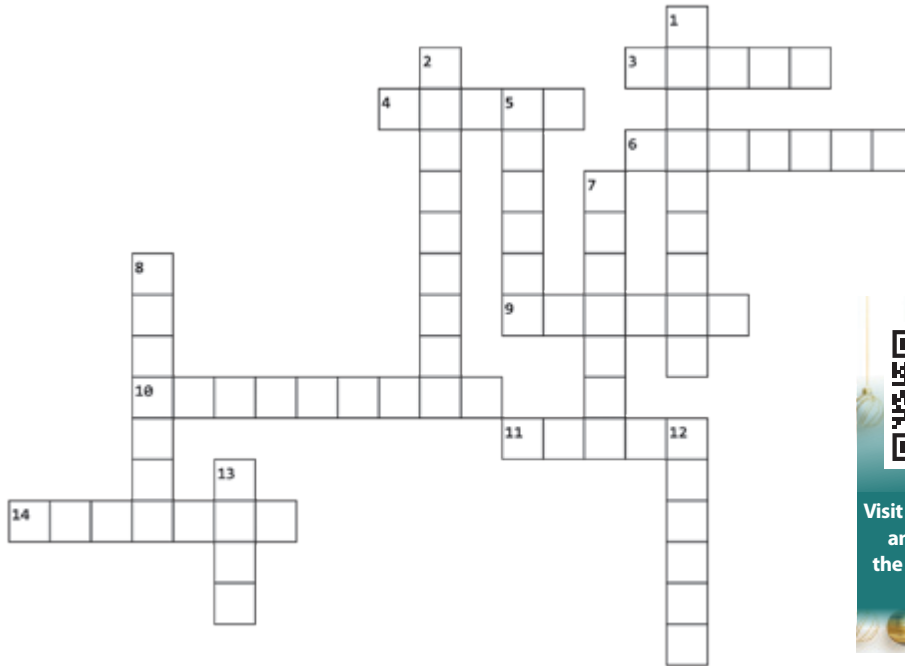
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December Crossword



Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "*_____ Night*".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.



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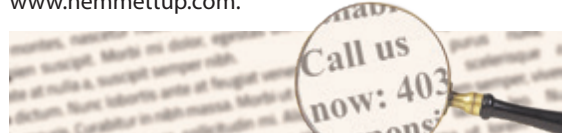
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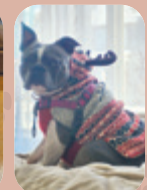
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Annual Christmas Turkey Giveaway

We are thrilled to be giving away turkeys for Christmas. A small way to give back and thank the amazing residents of Crestmont and Valley Ridge. We invite all Crestmont and Valley Ridge residents to participate in the draw. 6 names will be drawn at random on Thursday, December 19, 2024.

HOW TO ENTER:

- Like and share my Facebook page at: www.facebook.com/gerardchiassonremax and add "Turkey Draw" in the comments.
- If you do not have a Facebook account, send an email to gerardchiasson@gmail.com. Indicate "Turkey Draw" in the subject line and provide your contact information.
- Enter by 9:00 pm on Wednesday, December 18, 2024.
- You must be a resident of Crestmont or Valley Ridge to be eligible.
- Winners will be contacted on Thursday, December 19, 2024.



**My wife and I would like to extend our warmest wishes for a
joyous Holiday Season and a Healthy and Prosperous New Year.**

Sincerely, Gerard and Sherry Chiasson