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## CRESTMONT Homeowners' Association

Office hours: Monday, Wednesday, Thursday, Friday: 11:00 am to 4:00 pm. Tuesday: 1:00 to 7:00 pm. Closed on Saturdays, Sundays, statutory holidays, and long weekends. \*Subject to change. Please visit our website for the most up to date information.

#### **Contact information:**

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

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## **Oh Kanata!**

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!





### **Office Updates**

#### **Bylaw Reminders**

Camping season is starting. Please adhere to City of Calgary bylaws regarding recreational vehicles – highlights affecting HOA members include RVs, such as motor homes, can be parked on a street immediately adjacent to the owner's residence for a maximum of 36 hours. For more information on City of Calgary RV bylaws, please visit their website here: https://www. calgary.ca/bylaws/recreational-vehicles.html.

Please remember that there are no off-leash dog parks in our community. To facilitate ease of clean-up after your furry friend(s) there are disposal bags available throughout the community. Details on locations can be found here: https://www.calgary.ca/parks/off-leashareas.html.

The CHOA has undertaken an Enhanced Landscaping Agreement with the City of Calgary to be responsible this season for the mowing and trimming of specified greenspace areas in Crestmont, including pathways and surrounding areas, parks, storm ponds and surrounding areas, and boulevards. This is a reminder that planting trees, shrubs, and other plants, and/or erecting hardscapes in any City of Calgary property is against City bylaws, including all areas directly adjacent to pathways throughout the community. All areas with such items in it will not be maintained. The City has the right to ask homeowners to remove such items and levy fines for non-compliance. Herbicide application (weeding) and watering are not part of the agreement. Lastly, trees are City of Calgary assets and are solely maintained by the City. Visit here for more details: https://www.calgary. ca/bylaws/scripts/tree-protection-penalties.html and here to see the ELM map: https://thecityofcalgary.maps. arcgis.com/apps/Embed/index.html?webmap=c9d3eb accf41442396fe96aef97f41a4&legend=true.

#### 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 Heathy Aging and Well-being with Vanitha Thursdays

## September 12 to December 12 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 | Nonmember 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!

#### **Movie Nights**

"Movie Nights in the Hall" will replace "Movie in the Park" this year. We've opted to host these indoors at Crestmont Hall so we can have more of them without worrying about weather issues. Join us for our first showing on August 23! Keep an eye on our website for updates about the movie selection.

#### **Town Hall**

The date for the September Town Hall is TBA.



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## CRESTMONT STAMPEDE

## July I4 | I2-3PM 12400 Crestmont Blvd

Bring your lawn chairs or blanket and enjoy this year's Crestmont BBQ Stampede celebration!

Live entertainment including country line dancers, live music, Butterfield Acres petting zoo, face painting, a beer garden (18+), and a BBQ lunch - burgers, chips and drink included (vegitarian options available).

## **RSVP** coming soon!

## 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.

НОА	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.	Membership is voluntary.
All Crestmont property owners automatically become members of the association upon possession.	
Fees for 2024: \$367.50 (\$350 + GST)	
Annual fees are used to:	Annual fees are used to:
- Maintain the amenity features including the hall, spray park, storm pond fountain, and grounds.	-Create opportunities for residents to participate in social events, recreational programs, and educational activities in their community.
<ul> <li>Provide enhanced snow removal and landscaping on City pathways.</li> <li>Provide the community with quality programs and value-added events that appeal to our diverse membership.</li> </ul>	-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.
	Partner with the City and other organizations to improve the community.
Direct line of communication with the Developer.	Has a city contact to discuss future planning and development.
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.



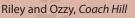
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#### RECIPE

## Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri



Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered "heart-friendly" as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes Servings: 3 to 4



#### Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- 1/2 small red onion, finely sliced
- ½ cup shredded almonds
- <sup>1</sup>/<sub>2</sub> cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- <sup>1</sup>/<sub>2</sub> tsp. salt
- ¼ tsp. coarsely ground black pepper

#### **Directions:**

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!







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- Dennis and Norma April 2024

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