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THE OFFICIAL CRESTMONT COMMUNITY NEWSLETTER



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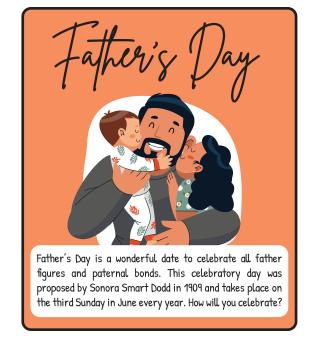
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Contact information:

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

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OUR TEAM

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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.

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.
- 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.	-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.



One Pan Chicken Fajitas

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes Cook Time: 15 minutes

Servings: 4 **Ingredients:**

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- 34 tsp. chili powder

- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. cumin powder
- 1/4 tsp. black pepper
- 1/4 tsp. oregano
- Salt to taste

Directions:

- · Slice onion and bell peppers (seeds and stems removed) into 1/4 inch thick slices.
- In a small mixing bowl, combine 3 tbsp. of olive oil, juice of half a lime, chili and garlic powder, paprika, cumin, black pepper, oregano, and salt to taste. Slice chicken breasts into thin strips and add to the spice mixture.
- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

Bon Appétit!







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Office Updates

Spring Programs

The spring session of classes runs until the end of June. Drop-in and pro-rated options are available. Please visit our website for class details if you are interested in dropping in.

We are working on fall programming! Keep an eye out for details in the July edition.

We are always looking for instructors and ideas for classes that may be of interest to the community. Please feel free to share ideas with us, and if you know of a program you would like to see offered in Crestmont, let us know.

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!

Spray Park

All updates will be communicated through our email newsletters, on the CHOA Facebook page, and on our website.

Water Restrictions

The CHOA will operate in compliance with the City of Calgary regarding any water restriction measures and will communicate any impact on operations as they are known to us.

Summer Events

Backyard Stampede BBQ July 14 from 12:00 to 3:00 pm

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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GAMES & PUZZLES

Guess That Artist!

- 1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
- 2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
- 3. Born in 1853, this artist famously cut off his left ear.
- 4. This artist is one of the most famous American visual artists for his pop art pieces.
- 5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
- This Spanish painter and sculptor is best known for his cubism and surrealism.





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GRESTMONT STAMPEDE

July 14 | 12-3PM 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).

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RESIDENT PERSPECTIVES



A Tale of Natural Beauty: Mr. and Mrs. Na'a, Our **Nesting Geese at Trinity Hills**

by Katelyn Kinsella

Amidst the bustling energy of Trinity Hills in Calgary, Alberta, a heartwarming scene unfolds as we welcome back our cherished guests, Mr. and Mrs. Na'a, the nesting Canadian geese. Nestled in the heart of our community, their presence is a testament to the harmony between urban living and the wonders of nature.

For the second consecutive year, we have been privileged to witness the remarkable journey of Mr. and Mrs. Na'a as they prepare to expand their family right in front of our eyes. Their choice to nest in our midst is a testament to the welcoming spirit of Trinity Hills and the nurturing environment we strive to cultivate.

Mrs. Na'a, the devoted matriarch of the pair, tenderly quards her nest, cradling six precious eggs beneath her protective wings. Her unwavering dedication is a reminder of the profound instinctual bond between parent and offspring, a bond that transcends species and speaks to the universal language of love.

As we eagerly anticipate the hatching of their eggs, let us take a moment to appreciate the remarkable nature of these magnificent creatures.

1. Community Connection: Mr. and Mrs. Na'a's presence serves as a gentle reminder of our interconnectedness with the natural world. Their choice to nest in Trinity

- Hills is a testament to the sense of belonging and safety they find in our community.
- 2. Environmental Guardians: Canadian aeese play a crucial role in maintaining the balance of ecosystems, contributing to the health and vitality of our surroundings. By embracing their presence, we reaffirm our commitment to environmental stewardship and conservation efforts.
- 3. Symbol of Resilience: Despite the challenges of urban living, Mr. and Mrs. Na'a have found a safe haven amidst the hustle and bustle of Trinity Hills. Their resilience serves as an inspiration to us all, reminding us of the strength and adaptability inherent in nature.

As we eagerly await the arrival of their fluffy goslings, let us celebrate the beauty of this natural spectacle and the sense of wonder it evokes within us. May the presence of Mr. and Mrs. Na'a serve as a beacon of hope and inspiration, guiding us towards a future where humanity and nature thrive in harmony.

In closing, we extend our heartfelt gratitude to Mr. and Mrs. Na'a for gracing Trinity Hills with their presence once again. We are honored to share this journey with them and look forward to welcoming their adorable goslings into our community.



DRAGON BOAT FESTIVAL DAY

Also known as Duanwu Jie, this Chinese festival occurs on the fifth day of the fifth lunar month, which is June 10 this year. The best way to celebrate this day is by eating sticky rice dumplings and either watching or participating in a dragon boat race; these impressive boats hold up to 90 people, including a drummer who sets the pace and keeps morale up!



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Dennis and Norma
 April 2024

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