# CRESTMONT COURIER

THE OFFICIAL CRESTMONT COMMUNITY NEWSLETTER





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Thursday: Friday:

8:00am - 4:00pm 8:00am - 3:00pm

Saturday (2/mo):

Monday: 11:00am - 7:00pm Tuesday+Wednesday: 10:00am - 6:00pm

8:00am - 2:00pm

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#### 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.

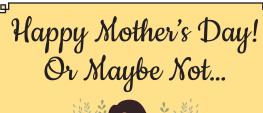
\*Subject to change. Please visit our website for the most up to date information.

#### Contact information:

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

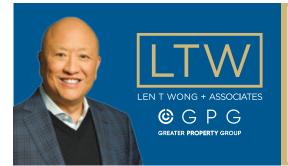
### **Board of Directors**

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President	Theresa Kline				
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Secretary	Melani Gillam				
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	Neil Makaroff				
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Administrator/Events Coordinator	Neha Naik				
Admin Assistant	Morgan Wohlberg				
Contact CHOABoard@crestmonthall.com					





This year in Canada, Mother's Day will be celebrated on May 12. But this is not the same for moms in other countries. In Arab countries it's March 21, and in the UK, it's on the fourth Sunday of Lent. Whenever it is, let's just agree moms deserve all the love, pampering, and chocolates they can get!



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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.					
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	-Provide an association for residents to join where they can work together to improve their community's quality of life.				
that appeal to our diverse membership.	-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	Representative role to the City of Calgary of the needs and issues in the community and direct line with the MLA and Ward Councillor.				
in the greater community.	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.				



#### **MESSAGE FROM THE BOARD**



#### **Resident Survey**

Thank you to everyone who completed the community survey. We appreciate you taking the time to do so as it helps us with both short- and long-term planning for our community.

We had hoped to have a more robust response to the survey (only 12% of households responded). Thus, the table below summarizes community support or nonsupport for amenities/services based on 1) the current 2024 community survey, 2) the 2022 survey (with a 27% response rate), and 3) feedback from members at the 2023 AGM.

Support	Non-support			
Enhanced Snow Removal*	Skate Rink			
Spray Park	Flower Beds**			
Member Events	Storm Pond Fountain**			
Entrance Sign				
Enhanced Landscaping*				

\*Snow/Ice removal - this is a value-added enhancement to provide snow removal coverage beyond the City's capacity. This is enacted through a Snow and Ice Agreement between the City and the CHOA.

\*Enhanced Landscaping of pathways and selected greenspaces - note that the costs for this are offset by Student Summer and City of Calgary Operating Grants. Please visit the following link to zoom in on the community of Crestmont to see what areas are included for mowing and trimming: https://thecityofcalgary. maps.arcgis.com/apps/Embed/index.html?webmap=c 9d3ebaccf41442396fe96aef97f41a4&legend=true.

\*\*With little support and potential water restrictions coming into effect this spring, these items will not be pursued this year.

While not in a position to move on these at present, ideas for additional amenities were received:

- Tennis court
- Multi-sport court volleyball/pickleball/rink
- Sandbox
- Playground upgrade

These amenities will be discussed and revisited with our residents as part of future planning. We hope to utilize surveys as a tool to receive feedback moving forward.

CHOA? CCA? City of Calgary? Many survey comments indicated general confusion as to the responsibilities of the CHOA, the Crestmont Community Association (CCA), and the City of Calgary.

The CHOA is responsible for the grounds and amenities we own. This includes the hall, spray park, playground, fire pit, and land (along the boulevard and adjacent to the hall). To provide added value to the residents of Crestmont, the CHOA has been engaged in additional snow and ice removal in the community, and this year will engage in enhanced landscaping in the community. In taking on these considerable tasks, the CHOA supports the community in benefitting from a higher level of service than the City of Calgary would otherwise provide.

As a liaison to the City of Calgary, the CCA is the community voice for the residents of Crestmont. Please visit the website (https://crestmontcommunity.org/) for details about initiatives (such as community gardens, Neighbour Day events, and community cleanups) and project undertakings that may be possible with sufficient support from the community (such as an offleash area). Please refer to the chart that speaks to the different mandates the CHOA and the CCA have.

We encourage you to visit the City of Calgary website (www.calgary.ca) for information pertaining to:

- · Wildlife and animal control (including bylaws surrounding defecation)
- Airbnb concerns
- · Herbicide application on City property
- · Maintenance of City amenities such as park benches, pathways, and green spaces\*
- Traffic control
- Noise bylaws
- · Snow removal on City and private property (not including the areas taken on by the CHOA)

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 the CHOABoard@crestmonthall.com.







### **Spring Programs**

The spring session of classes runs from April until the end of June. You can 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 aged 16+ may be able to register for adult programs.

#### Fit Dance for Adults with Fior Mondays from April 1 to June 10 (excluding May 20) from 7:00 to 8:00 pm

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. Recommend for ages ten to adult. No experience necessary.

Member rate: \$180 | Non-member rate: \$200 | Drop-ins: \$20

## Fitdance for Parent and Tots with Fior Wednesdays from 9:30 to 10:00 am\*

Session 1: April 10 to May 15 Session 2: May 22 to June 26

\*Times subject to change, please visit website.

Parental supervision required. Perfect for one- to threeyear-olds. 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 from 10:15 to 11:00 am\*

Session 1: April 10 to May 15 Session 2: May 22 to June 26

\*Times subject to change, please visit website.

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 three-to six-years-old.

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

#### Yoga for Health and Well-being with Vanitha Thursdays from April 4 to June 20 from 9:30 to 10:45 am

This 75-minute class is for anyone that wants to work on foundation and alignment for balance, flexibility, and strength. To 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: \$225 or \$20 per class drop-in | Non-member rate: \$240 or \$22 per class drop-in

#### Yoga for Heathy Aging and Well-being with Vanitha 12 Classes

## Thursdays from April 4 to June 20 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. To build stamina and support your joints through movement. This gentle practice will help you to increase flexibility, improve balance and motor coordination, and also deal with common health issues and stress. Better sleep and an improved sense of overall vitality are commonly experienced. Beginners welcome.

Member rate: \$225 or \$20 per class drop-in | Non-member rate: \$240 or \$22 per class drop-in

#### **Other Programs Offered:**

#### Sportball

#### May 15 to June 26

The program moves outside in May! This is a wonderful non-competitive sports program 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!

#### **Game Night**

#### Tuesday, May 21 from 6:30 to 9:30 pm

Now more than just board games! Join us for our free monthly game nights, and feel free to bring in any game (e.g. bridge, poker, crokinole, board games, etc.) you would like to play, or join in with other attendees. Email events@crestmonthall.com to sign up or register using the link on our website.

#### Children's Used Clothing and Toy Sale May 26 from 1:00 to 4:00 pm

Have you accumulated gently used items? The Used Toy

and Clothing Sale is the perfect opportunity to get them out of the house! Tables are \$20 for members and \$25 for non-members. Please email events@crestmonthall to grab a table, or for more details! Admission is free for shoppers.

#### **Parade of Garage Sales**

#### June 15

Watch for details.

#### **Spray Park**

We have a very tentatively scheduled opening date for the Spray Park this year – June 15. This, of course, will be weather and water restriction dependent. All updates will be communicated through our email newsletters and on the CCA Facebook page.

#### **Water Restrictions**

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

#### Summer Events: Save the Date!

#### Stampede BBQ

#### July 14 from 12:00 to 3:00 pm

This year the CHOA is hosting a BBQ on the grassy area adjacent to the hall. There will be entertainment, food, and drinks (beer garden) on hand – hope to see you there!

#### **Movie Nights in the Hall** First Showing on August 23

"Movie Nights in the Hall" will replace "Movie in the Park" this year. We've opted to host these indoors at the Crestmont Hall so we can have more of them and not have to worry about weather issues. Join us for our first showing on August 23!

Stay tuned for more information!







**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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#### **SAFE AND SOUND**

### **Window and Balcony Safety**

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

#### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

#### **Balconies**

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### **Further Prevention Tips**

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window be can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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	SCAN THE QR CODE								

## **☑ CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

9 PM





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Multi award-winner. Quality work with a warranty!

## Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops





#### My 2024 Stats:

Average Days on the Market - 9.83 days Average SOLD Price vs List Price - 101%

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- Davis and Melanie F.

