

OCTOBER 2024

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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.

General Manager: Roshni Norum

Administrator / Events Coordinator: Neha Naik

Admin Assistant: Morgan Wohlberg

### Contact information:

General Information: [admin@crestmonthall.com](mailto:admin@crestmonthall.com)

Events/Rentals: [events@crestmonthall.com](mailto:events@crestmonthall.com)

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Telephone: 403-475-7230

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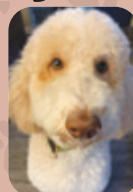
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# What is the Difference Between an HOA and a CA?

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.





# October Happenings

## Paint Night

**October 18 from 7:00 to 9:00 pm**

Register through the office and join us for another fun and relaxing evening with instructor Jessica Tonn! More details to come – keep an eye on the e-newsletters and website.

## Programs

\*Unfortunately, our instructor's schedule has changed, and we are no longer offering FitKids this session.

## Fall Programs

The fall program session of classes runs from September to December. 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.

## Fit Dance for Adults with Fior

**Mondays, September 9 to November 18 (excluding November 11) 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 10 years to adult. No experience necessary.

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

## 50+ Yoga with Vanitha

**Thursdays, September 19 to December 5 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.

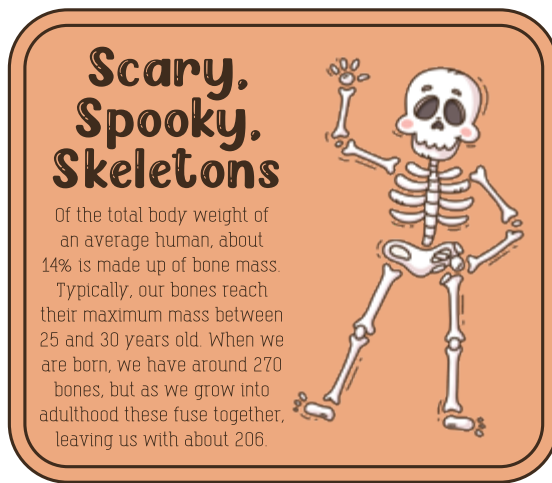
Member rate: \$225 or \$20 per class drop-in | Non-member rate: \$240 or \$25 per class drop-in

## 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](mailto:admin@crestmonthall.com) to talk to us about your ideas!



## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR  
CODE FOR THE  
ANSWERS!

# Tips for a Healthier Relationship with Social Media and News

by Alberta Health Services



Social media and news can help you stay connected. But all that information can also be overwhelming. It can disrupt your day, and it's easy to form habits you didn't mean to.

Be sure to stay safe while using social media. Be careful with the information you share and who you share it with when you're online. If someone is harassing or threatening you, unfriend or remove them from your friends list, block them, and report them to the site administrator. Learn about how to use the privacy settings on social media and keep your security software up to date.

### Tips to Consume Social Media and News in a Healthy Way

- Know your goal. If you want to use social media to stay up to date on community events, log off after you have the information you need. If you're trying to stay caught up on the day's events, do you need to keep an eye on the headlines all day? Maybe a check-in once a day is enough.

- Notice how it makes you feel. Does seeing what friends are sharing make you happy? Or does it make you feel down? Does the daily news stress you out? When you know how news and social media affect you, you can decide if you need to make some changes to how you use them.
- Don't compare your everyday life to someone else's online life. People usually post about the shiny parts of their lives instead of daily struggles or disappointments. So even if what you're seeing is a true story, remember that it won't be the whole story. Add to your life and learning with real-world experience.
- Change notification settings. That way you can find information you want when you're ready for it, instead of letting it find you.
- Unfollow and hide feeds as needed. If accounts you follow or friends you have post things that stress you out, get rid of them. If you don't want to "unfriend" someone, just change your settings so that you don't see what they post anymore. They'll never know.
- Follow the feel-good stuff. The news can be heavy. Try to find balance by focusing on things that make you feel happy. Try following social media accounts that are focused on your interests or on things that make you laugh. And sign up for "good news" mailers. Most major news outlets offer them, or something like it. To help you find balance try tracking how much time you spend on social media or reading news.
- Set a time to step away. Make time to disconnect from news and social media. Close your apps and turn off the TV. Read a book, get outside, work on a puzzle, or call a friend. It doesn't matter what you choose to do. Just make sure it's something that feels supportive and worth your time.

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#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



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**Crestmont Homeowner's Association:**

# **ANNUAL GENERAL MEETING**

**SAVE THE DATE**

**November 28th, 2024 | Meeting begins at 7PM  
Registration opens at 6:30PM**

**12400 Crestmont BLVD SW**

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Official AGM notices will be sent out electronically to those with an email on file and hard copy will be sent to those without an email on file. All relevant documents will be available on our website once the notices have been sent.



## Persons Day

by Danielle Robbertze

October is a special month for women in Canada with the celebration of Women's History Month and International Day of the Girl Child. There is also Persons Day which has a



close connection to Albertans. You might find yourself wondering, what exactly is Persons Day, and how does it relate to women? The name may sound unusual, but the history behind it is deeply impactful. Before 1929, women were not considered "persons" in Canada's legal system. It wasn't until five determined women from Alberta decided to fight against this that the definition changed.

In 1927, the Famous Five - Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby, and Henrietta Muir Edwards - asked the supreme court of Canada what the word "persons" entailed. They were surprised to hear that the definition of "persons" in the British North America Act did not include women. The British North American Act (now known as the Constitution Act, 1867) was a significant piece of law at the time as it laid out the obligations and power structure of the federal government and Canadian provinces. Therefore, it was especially significant that this Act did not include women in the definition of "persons."

The Famous Five did not take this omission lightly and went to Canada's highest court of appeal to fight against this injustice. Then on October 18, 1929, the Famous Five won their fight and they along with their fellow women were finally considered "persons." Which also meant women could serve on all levels of government.

Though there was (and some could argue still is) a long way to go in making the definition of "persons" more inclusive - not only in law but also in society (including people of colour, Indigenous people, etc.) - it was at least a step in the right direction. So, for this Persons Day let it be a kind reminder to us all that we are all "persons," and that no individual should be excluded from that ever, no matter their ethnicity, religion, race, nationality, sexual orientation, or gender.

BRAIN  
GAMES

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			1	6	4			
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 ✉️ ward1@calgary.ca  
 📱 @sonyasharpyyc

Hello, Ward 1!

As we move into the heart of autumn, I want to extend my warmest wishes to you and your families for a joyful Thanksgiving. And as Halloween approaches, I hope you're as excited as I am to see our neighbourhoods light up with festive decorations and trick-or-treaters. Let's make this month safe, fun, and memorable for everyone!

**YardSmart Tips for Fall**

With the leaves turning and temperatures dropping, now is the perfect time to prepare your yards and gardens for the winter months ahead. Consider composting fallen leaves to enrich your garden soil, and plant spring bulbs before the ground freezes. A reminder that green cart collections are weekly from April to October and every two weeks from November to March. You can find out more information on being YardSmart at [calgary.ca/YardSmart](http://calgary.ca/YardSmart).

**Winter Preparation**

Even though winter may still feel a little way off, it's never too early to start preparing for the colder months. Now is a great time to ensure your home and vehicles are ready for winter. Check your home's insulation, seal any drafts, and prepare your snow removal equipment. It's also a good idea to put together an emergency kit for your car, including blankets, a shovel, and some non-perishable snacks. For more information on winter preparedness, visit [calgary.ca/emergencies/winter-storm](http://calgary.ca/emergencies/winter-storm).

**2024 Budget Deliberations**

Last year, many of you shared your thoughts and priorities regarding the City's budget, and I want to thank you for your valuable input. As we look ahead to the upcoming budget discussions, I'll continue to voice your concerns and be an advocate for affordability, smart spending, and focusing on essential services like clean water, waste management, and road maintenance. It's about getting back to basics to ensure we deliver the core services that matter most to our communities.




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- Meghan and Alex  
July 2024

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