CRESTMONT COURIER

THE OFFICIAL CRESTMONT COMMUNITY NEWSLETTER





GROW YOUR BUSINESS

PLACE YOUR AD HERE AND PROMOTE YOUR BUSINESS

403-720-0762 | grow@greatnewsmedia.ca





Our Clinic Hours of Operation

Thursday:

Friday: Saturday (2/mo):

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

> 8:00am - 4:00pm 8:00am - 3:00pm 8:00am - 2:00pm

hello

For your convenience we accept direct billing and follow the ADA Fee Guide.

- Sedation Dentistry
- Teeth Whitening
- Dental Cleanings & Check-ups
- Crowns, Bridges and Implants
- Root Canal Treatments
- Invisalign® + Botox®
- Cosmetic & Restorative Smile Makeovers
- Same Day Emergencies





Dr. Cheyanne Olsen + Dr. Sami Sahawneh

30 Crestridge Common SW, Suite 110 Calgary, AB T3B 6K2

(403) 300-3330

www.crestmontdental.com









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

Position	Name	
President	Theresa Kline	
Vice President	Paul Godard	
Treasurer	Andrew Goetz	
Secretary	Neil Makaroff	
Management and Staff		
General Manager	Roshni Norum	
Administrator/Events Coordinator	Neha Naik	
Admin Assistant	Morgan Wohlberg	
Contact CHOABoard@crestmonthall.com		





YOUR HOME SOLD GUARANTEED!

Call to find out more about our Innovative Consumer Programs

Virtual Tours Guaranteed Sale Program* Trade Up Program*

Blanket Home Warranty Program* Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888 | Email len@lentwong.com

*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.

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	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.



Office Updates

Stampede BBQ Thank You

Thank you to all our residents who attended the CHOA Stampede BBQ back in July! We had an amazing turnout and served almost 800 of our neighbours. A big thank you goes out to our attendees, staff, and sponsors, Nelle and Laura from the Real Estate District for helping make this event a possibility. Please visit crestmonthall.com for photos, and any feedback can be directed to us over email at admin@crestmonthall.com.



Paint Night Thank You

Thank you to everyone who attended our Paint Night this summer! We are hoping to put on another one in the coming months, so please keep an eye on our CHOA Updates and website for a date and time.



Upcoming Events

Outdoor Family Movie Night – September 27

Wear something comfy and settle in with some popcorn to watch a family-friendly movie outdoors! Be sure to bring your lawn chairs and blankets. The chosen movie can be found on crestmonthall.com.

Programs

Journal content is submitted over a month in advance – please visit crestmonthall.com for the most up-to-date information!

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

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 10 years 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-year-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

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

continued on next page

Yoga for 50+

Thursdays

September 19 to December 5 from 9:30 to 10:45 am

When it comes to yoga, it's never too late! Whether you're 50 or 75, it is never too late to take up yoga. You are only as old as you feel! Get the most out of your "golden years" - now that you finally have time to do something for yourself and your own physical and mental development. Specially adapted yoga exercises can awaken the body's power 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: \$262 or \$20 per class drop-in | Non-member 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!

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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

SCAN HERE TO VIEW ADDITIONAL CRESTMONT CONTENT

News, Events, & More



Crime **Statistics**



Real Estate **Statistics**

GAMES & PUZZLES

Guess the Musician!

- 1. This individual holds the Guiness World Record for best-selling solo artist.
- 2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
- 3. On his debut album, this musician is said to have played 27 different instruments.
- 4. At 1,560 words, this artist has the most words spoken in a single song.
- 5. This famous musician's stage name came from a popular song by the band 'Queen'.
- 6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.





The Month of Septem

Did you know September was originally the seventh month of the year in the Roman calendar? It wasn't until the Gregorian calendar was introduced that it became the ninth month. In fact, September comes from the ancient Roman word "septem" which means seven.



Bike Safety for Everyone

by Alberta Health Services

Biking can be a great way to get around and to keep fit. To ride safely though, good balance, control, strength, and judgement are key tools to remember each time you get on your bike.

Here are some important safety tips to lower the risk of injuries while biking:

- Obey the same rules when you ride on the road as you do when you drive a car. This includes riding on the right side of the road so you're going in the same direction as traffic and stopping at all intersections.
- · Look behind you (shoulder check) each time you turn or move out to pass.
- Learn and use hand signals.
- · Look left, right, and left again before going ahead.
- Watch the road for hazards like debris, grates, or holes.
- Be extra careful in wet or cold weather that could affect the road conditions or how well you can see.
- Watch for people walking, animals, and others on bicycles when you ride in shared spaces like bike paths or trails.
- · Plan your route and choose the safest way to vour destination.
- Ensure your bike fits you correctly. Adjust the seat to fit your height. Ensure your bicycle is working properly and do an ABC quick check before every ride: A for air (make sure the tires are firm), B is for brakes, bar, and bell (check your brake levers are working, handlebars are at the right height, and test your bell.)

Do You Have Protective Gear?

Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle. Here are some things to consider when selecting a helmet and ensuring you will be well protected on your bike:

- · Make sure your bike helmet meets current, approved helmet safety standards. Look for a CSA, Snell, or ASTM sticker to know if the helmet is approved.
- Take the Bike Helmet YES Test to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace your helmet every five years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.



- · Set a good example for children by wearing your bike helmet.
- Let your child choose their own bike helmet because they'll be more likely to wear it.

Other protective gear includes things like a bell or horn for your bike, gloves for a better grip on the handlebars, proper supportive shoes, reflective tape, reflectors, and lights so it's easier to see you at night. Reflectors should be on the front, back, and spokes of the bicycle. Wear bright clothing during the day so it's easier for other people to see you on your bike.

Staying Safe While Riding with Children

Children can often ride a bicycle before they understand how to be safe. Children aren't ready to ride alone until they understand road safety rules, know how to signal, and know how to avoid major risks. When riding bicycles, young children should always:

- Ride with an adult.
- Ride in a single line behind an adult who knows how to ride safely.
- Use hand signals.
- · Get off their bicycles to cross the street.

Most children have the skills they need to ride on the road alone at ten-years-old. But every child is different, so supervise actively. Stay where you can see, hear, and reach them, and pay close attention to what they're doing. Lead by example and show children how to be safe. Teach them the safety rules and make sure they follow them.



Crestmont Real Estate Update

Last 12 Months Crestmont MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2024	\$850,000	\$851,000
June 2024	\$862,450	\$837,250
May 2024	\$779,900	\$795,000
April 2024	\$875,000	\$900,000
March 2024	\$639,900	\$630,000
February 2024	\$745,000	\$698,000
January 2024	\$849,900	\$835,000
December 2023	\$717,450	\$708,750
November 2023	\$864,900	\$850,000
October 2023	\$579,999	\$575,000
September 2023	\$749,900	\$745,000
August 2023	\$644,000	\$645,000

Last 12 Months Crestmont MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2024	11	5
June 2024	7	6
May 2024	8	5
April 2024	8	7
March 2024	2	3
February 2024	3	3
January 2024	3	1
December 2023	1	2
November 2023	3	3
October 2023	4	3
September 2023	2	7
August 2023	5	2

To view more detailed information that comprise the above MLS averages please visit **crst.mycalgary.com**





TAKE ON WELLNESS

Stroke Prevention and You

by Alberta Health Services

It is important to learn the signs of stroke, not only to protect yourself but your loved ones around you. But first, let's start with the basics. What is a stroke?

A stroke is damage to the brain that occurs when a blood vessel in the brain bursts or is blocked by a blood clot. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly. Brain damage can start within minutes of a stroke, so it is important to act quickly because timely treatment can help limit the damage and increase the chance of a full recovery.

Causes and Symptoms of Stroke

There are two types of strokes which have different causes:

An ischemic (say "iss-KEE-mick") stroke is caused by a blood clot that blocks blood flow to the brain. A blood clot can form in an artery that supplies blood to the brain. Or a blood clot can form in another part of the body (often the heart) and travel through the bloodstream to the brain. Ischemic strokes are the most common type of stroke.

A haemorrhagic (say "heh-muh-RAW-jick") stroke is caused by bleeding in or around the brain. It happens when an artery in the brain leaks or bursts. Haemorrhagic strokes are less common than ischemic strokes.

Symptoms can happen suddenly, so knowing what to look for can ensure you or your loved one is treated quickly. The best way to remember stroke symptoms is by using the acronym FAST.

- Face is it drooping?
- Arms can you raise both?
- Speech is it slurred or jumbled?
- Time to call 9-1-1 right away

Other stroke symptoms include loss of balance or trouble walking, trouble seeing out of one or both eyes, sudden confusion, sudden trouble understanding simple statements, fainting, a seizure, and a sudden, severe headache.



When you know what stroke symptoms are, you will know when it's important to call for medical help. Quick treatment can limit damage from a stroke, and it may save your life or someone else's life.

Stroke Prevention

Managing health problems such as atrial fibrilization, diabetes, high blood pressure, and high cholesterol can minimize the risk of stroke but there are other ways to prevent.

Some examples include:

- Maintaining a heart-healthy lifestyle, including healthy eating and regular physical activity. Include heart-healthy foods like vegetables, fruits, nuts, beans, lean meat, fish, and whole grains. Limit sodium and sugar.
- Ensure you incorporate at least 2.5 hours of moderate to vigorous exercise a week. Walking is an easy, low-impact option but other activities can include running, swimming, cycling, or playing tennis or team sports.
- · Don't smoke. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Limit alcohol intake.
- · Stay at a healthy weight.
- Limit and manage stress.
- · If you are diabetic, it is important to control your diabetes. To learn more about how to manage your myhealth.alberta.ca/health/pages/ diabetes. see conditions.aspx?hwid=center1010.

If you think you may have a problem with alcohol or drug use, talk to your doctor. If you use hormone therapy for menopause or hormonal birth control, talk with your doctor. Ask if these are right for you. They may raise the risk of stroke in some people. Decide with your doctor whether you will also take medicines to help lower your risk. For example, you and your doctor may decide you will take a medicine that prevents blood clots.



Councillor, Ward 1
Sonya Sharp

403-268-2430

ward1@calgary.ca

XOf @sonyasharpyyc

As we settle into the back-to-school routine and as Council resumes session, I hope that we all had a great summer with our friends and family and that the warm weather continues well into the fall, allowing us to enjoy the outdoors a little longer!

Calgary Transit Service Updates

Starting September 2, 2024, Calgary Transit will introduce changes to improve transit services in Ward 1, specifically in the communities of Tuscany, Silver Springs, and Rockland Park. The changes include the renaming and realignment of Route 134 to Rockland Park, the introduction of a new Route 26 connecting Tuscany Station to Westbrook Station, and the conversion of routes 74 and 174 to community shuttle buses during peak hours. Additionally, an on-demand transit service will be launched to connect the U of C Spy Hill campus and the broader transit network. These changes aim to improve connectivity and better serve the residents of Ward 1. To find out more, visit calgarytransit.com.

Mid-Cycle Adjustments

Mid-cycle adjustments are on the horizon as Council is back in session and preparing to adjust 2025 Service Plans and Budgets. This is in response to the needs of Calgarians, providing more certainty to taxpayers in light of current economic factors such as population growth, inflation, and cost-of-living pressures on residents and businesses. For more information, visit calgary.ca/adjustments.

Traffic Safety

Over the summer, Ward 1 saw several improvements, ensuring pedestrian and traffic safety remains a top priority. Some of the infrastructure upgrades in Ward 1 included lighting upgrades at crosswalks, a speed hump pilot, calming curbs at multiple locations, pole replacement, pedestrian overhead flashers, and traffic signals. More details are available at calgary.ca/mobilityprograms.





No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.













OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

CRESTMONT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

CRESTMONT PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.





403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

Cleaning Services Mat Rentals **CALGARY MAT &** ☑ Dry Cleaning ☑ Standard **LINEN SERVICES** ☑ Tablecloths ☑ Waterhog ✓ Napkins ☑ Scraper ☑ Table Skirts ☑ Logo ☑ Chair Covers Pick-Up & Drop-Off **Paper Products** ☑ Massage Sheets ☑ Tork Dispensers Services ☑ Face Cradles ☑ Paper Towel ☑ Gym Towels ☑ Centre Pulls ☑ Face Cloths ☑ Toilet Paper ☑ Chef Coats ☑ Facial Tissues ☑ Coveralls ☑ Microfibre Cloths ☑ Dish Rags

calgarymatandlinen.com | 403-279-5554



SERVING CALGARY AND SURROUNDING AREAS FOR OVER

37 YEARS.

Call me for all your real estate needs! It is always the right call!

#1 Selling Realtor in Crestmont for 2023

SOLD

98 Crestbrook Hill SW

Let me help you get your home SOLD

I can provide a free home evaluation so you can make an informed decision!

CALL ME!

OUR DIFFERENCE

We offer a top-notch professional experience and add a personal touch to every interaction and transaction.

WHAT MY CLIENTS SAY:

My partner and I are first time home buyers and were referred to Gerard through family members, and we could not be more thrilled about being given this referral. From the first meeting we had with Gerard, he was clearly invested in our journey to buying a place we could call home for many years and informative about what we could expect throughout the process. After this, Gerard was attentive to our wants and needs, quick in setting up showings and providing us any information we asked for, and an advocate on our behalf with all parties involved to ensure we got our dream home. We are incredibly lucky to have had Gerard as our representative and real estate agent and could not recommend him enough to anyone looking to purchase a home. Thank you, Gerard!!!

- Meghan and Alex July 2024







