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

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Admin Assistant: Morgan Wohlberg

Contact information:

General Information: admin@crestmonthall.com

Events/Rentals: events@crestmonthall.com

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Statistics



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What is the Difference Between the Crestmont Homeowner Association (CHOA) and the Crestmont Community Association (CCA)?

Both organizations are non-profit; however, our mandates and our 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.

CHOA	CCA
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 are members.	Membership is voluntary. Membership for 2025: TBD
Fees for 2025: \$367.50 (\$350.00 + GST)	
Annual fees are used to: <ul style="list-style-type: none"> - 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: <ul style="list-style-type: none"> - 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.
Potentially 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.



Restoration of East Storm Pond Fountain Amenity

The CHOA Board of Directors had approved, and budgeted for, a replacement fountain in the East storm pond in early 2024. We were, unfortunately, unable to put that amenity in place due to City of Calgary water restrictions. This year your Board is pleased to announce that the new fountain has been purchased (\$17,728) and is expected to be installed this spring, pending approval of the licenses required by the City of Calgary. Our General Manager submitted the request early and received feedback that Crestmont should be one of the first licenses approved this year. This process falls entirely within the City of Calgary's scope and as we know more, we will share details. Please note, there will be no additional cost burden to members for this amenity, as the funds that had been allocated to the capital purchase were carried over into the 2025 fiscal year. Although the annual maintenance costs (\$8,000) associated with the fountain were not included in the operating budget for 2025, reserve funds will be allocated towards them and will be an operating cost for budgeting going forward.

Entrance Sign Amenity

The 2024 spring CHOA membership survey showed a small majority of members supported the amenity of a "Crestmont" entrance sign to be located at the east end of the property line (north side of the roadway just past the fence). To that end, over the summer the Board pursued obtaining quotes for a foam sign. The most cost effective (including concrete pad installation) option of a 12'x 8' sign is \$25,000. A mock up is available on our website. The yearly operational expenses for this amenity are minimal and include cleaning and maintenance of plants at the base. There will be no additional cost burden to members for this amenity, as there had been funds available in the 2024 budget for this amenity that have been carried over into the 2025 fiscal year. The entrance sign is expected to be installed by this fall.

Sport Court Amenity (Special Resolution)

Many CHOA members have expressed an interest in installing a "Sport Court" amenity on the CHOA property. Although our General Manager has secured estimates for the capital cost and operational maintenance costs for such an amenity, and has pursued information

pertaining to possible grant funding to assist with the capital cost of the amenity, due to the current political and economic climate there is uncertainty as to whether the timing is right to move forward. While we recognize the value that this amenity would bring to the community, we are mindful that there is a degree of financial insecurity that is impacting all of us. A decision of this magnitude requires further discussion and input from the members.

Please watch for further updates and information.



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Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!



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April Events and Programs

Spring Programs

The spring program session of classes runs from April to June. 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.

Please visit our website for the most up-to-date information on Art Classes with Jessica (Mondays), Yoga with Vanitha (Thursdays), and more.

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!

We want your input and feedback! What programs or activities would you attend at the hall?





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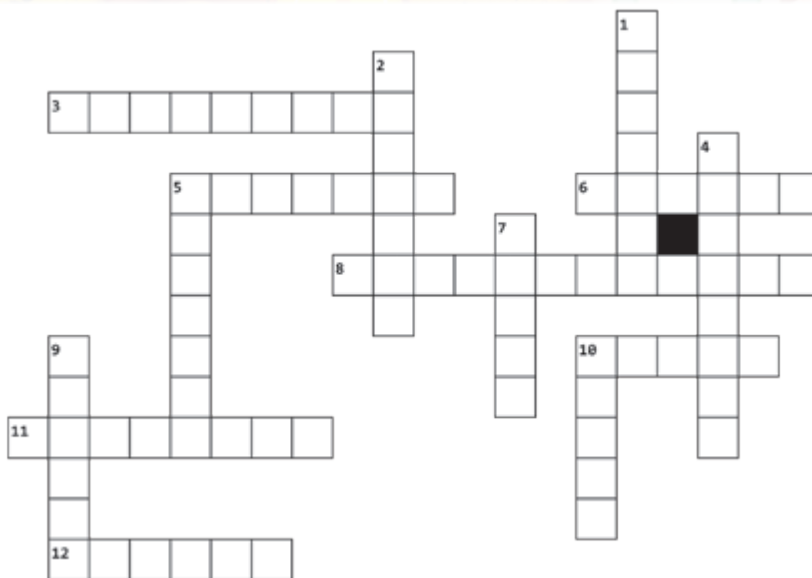
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April Crossword



Across

3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the _____ flu pandemic.
6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song _____ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

1. April's birthstone is the _____, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space _____*, premiered in April 1968.
4. The Royal _____ Air Force was officially established on April 1, 1924.
5. _____ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
9. The World _____ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Tips On Quitting Smoking for Good

by Alberta Health Services

Thinking about quitting smoking in 2025? You're not alone. More than half of adults who smoke cigarettes are seriously thinking about stopping.

Quitting can be hard, but there are things you can do to make it easier. Everyone is different, so it's important to get the right kind of help for you. Use the tools, programs, and services that make sense for you.

The following tips can help you on your journey.

Know Your Reasons for Quitting Smoking

Reflect on why you want to quit smoking. Write down or say out loud the reasons that matter most to you. For example:

- I want to feel better.
- I want to save money.
- I want to protect my family and friends.

Taking stock of why you want to quit is a good first step on the path to quitting for good. This activity can help you decide if you're ready to make a change. It can help you set a goal and stick with it.

Make a Plan

When you're ready, pick a day to quit smoking in the next three weeks. As this date gets closer, pay attention to your urges to smoke. Keep track of the routines, places, and emotions that trigger you. Think about how you'll handle these cravings and stay in control when you're quitting.

Planning ahead helps you stay on track when you're quitting. It sets you up for success in the long run.

Consult the Experts

Reach out for advice and support:

- Call 1-866-710-7848 to speak with an AlbertaQuits counsellor. They'll listen with no judgment and offer you free, confidential advice and helpful tips.
- Ask a physician, pharmacist, or other healthcare provider about medications to reduce cravings, limit withdrawal, and help you feel comfortable when you're quitting.
- Join a QuitCore program in your local area or online.



In six facilitated sessions, you'll learn skills to quit smoking and connect with other people who are trying to quit. Call the AlbertaQuits helpline at 1-866-710-QUIT (7848) to find a QuitCore group in your local area or online.

- Go to AlbertaQuits.ca for guidance and tools to build a quit plan.
- Text 123456 to ABQUITS for free text messages to keep you motivated.

Getting help to quit smoking really works. Research shows that by combining different methods of support, you can double or even triple your odds of success.

Stick With It!

Be mindful that it can take more than one attempt to quit smoking. If you have setbacks, keep trying! Count the days and weeks you were able to go smoke-free as wins and think about what you can learn from them. Reflecting on what worked will help you next time.

Quitting is one of the best things you can do for your health, no matter how old you are or how long you've been smoking. Quitting lowers your risk of heart disease, cancer, lung disease, and diabetes. It improves your health in ways you can see and feel. Within 20 minutes of putting out your last cigarette, your blood pressure and heart rate go down with less stress on your heart and blood vessels.

For more information on smoking and your health, go to MyHealth.Alberta.ca/Tobacco-Smoking-Vaping. For more tips to quit smoking for good, go to AlbertaQuits.ca.

Say Cheese! It's Grilled Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?

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Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

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