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# SUDOKU

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SCAN THE QR CODE  
 FOR THE SOLUTION





### Office hours:

Monday, Wednesday (by email only), Thursday,

Friday: 11:00 am to 4:00 pm

Tuesday: 1:00 to 7:00 pm

Closed on Saturday, Sunday, 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)

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Contact [CHOABoard@crestmonthall.com](mailto:CHOABoard@crestmonthall.com)

## Cats, Canines, & Critters of Calgary



Bear, Palliser



Buster, Hamptons



Lizzy,  
Huntington Hills



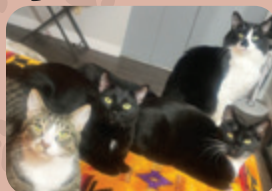
Mirabella, Lower  
Mount Royal



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# 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.





## MESSAGE FROM THE BOARD



**CRESTMONT**  
**Homeowners'**  
**Association**

Happy New Year! We hope you all had a lovely holiday season.

Our Annual General Meeting was held on November 28, 2024 and we appreciate that many of you came out despite the cold weather. Two new Directors were voted in, and our Board is now comprised of the six resident members noted on page 3.

A draft copy of the minutes and the full Q & A will be available this month.

As your Board of Directors, we will continue to look to you for direction regarding amenities and services that fall within our scope, that you feel are value-added to the community. Please take a few minutes to respond to surveys as they are released and if possible, join us at future TownHalls to share your feedback.

As always, communication is always welcome. Please free to reach out to [choaboard@crestmonthall.com](mailto:choaboard@crestmonthall.com), or for more immediate response, [admin@crestmonthall.com](mailto:admin@crestmonthall.com).

**Annual Fees:** As promised, there has been no increase in fees for the upcoming year. The annual encumbrance fee invoices will be issued through PerfectMind and will be available as of January 2, 2025. An email reminder will be sent out to everyone with an email address on file. Due to ongoing backlog with Canada Post, a hard copy will not be sent in the mail to those without an email on file. Please contact the office to obtain a copy of your invoice, or to get access through PerfectMind.

The fee payment deadline is January 31, and payment can be made online (credit card), or through the office via cheque (please indicate your address if not already noted), debit, credit card, or cash. Interest will begin accruing as of February 1 at rate of 2% per month.

Any outstanding accounts as of March 31 are sent to Field Law for processing of payment.

If you do not have access to PerfectMind, please contact the office at [admin@crestmonthall.com](mailto:admin@crestmonthall.com).



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# January Events and Programs

## Holiday Lights Update

Thank you to Nelle and Laura of the Real Estate Group for sponsoring the annual holiday lights competition. The winners for 2024 will be announced in our next newsletter.

## Chocolate Making Workshop

Keep an eye on the Crestmont Hall website for information about our upcoming Chocolate Making workshop in February! Details about the date, time, and price will be coming soon.

## Winter Programs

Please visit our website for the most up-to-date information on classes and workshops.

The winter program session of classes runs from January to March. 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.

## 50 + Yoga with Vanitha

**Thursdays, January 6 to March 24 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: \$265 | Non-member rate: \$280

\$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!

## YOUR CITY OF CALGARY

# Chill Downtown This Winter!

*by the City of Calgary*

Chill downtown this winter and experience the beauty the season has to offer. Whether you're looking to sip hot cocoa, enjoy a downtown winter festival like Chinook Blast, master your skating skills, or simply soak in the festive atmosphere, there's something for everyone. Grab your mittens, gather your friends, and prepare for a season filled with twinkling lights, mouth-watering treats, and fun events that will warm you up from the inside out!

As downtown continues to transform, The City along with its partners are proud to offer a wide variety of activities and entertainment, with the goal of becoming a 24/7 destination where people live, work, learn, and play all year long. To ensure Calgarians and visitors know what's happening downtown and to help plan your day, we've created Choose Your Own Downtown Adventure Itineraries. With a new itinerary released each month until March, you'll have fun and unique ideas at your fingertips to help plan your downtown outing.

Embrace the season and chill downtown this winter. Ready, set, explore! To learn more about the Choose Your Own Downtown Adventure Itineraries and other exciting events and activations happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).



# How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

**1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

**2. Story-Topping** – This can shift the conversation from connection to competition.

**3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

**4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

**5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

### Here Are Some Habits of Good Communicators:

**1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.

**2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

**3. They follow their natural curiosity** by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

**4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

**5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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## Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 5

### Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

### Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

### Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

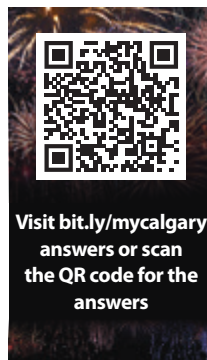
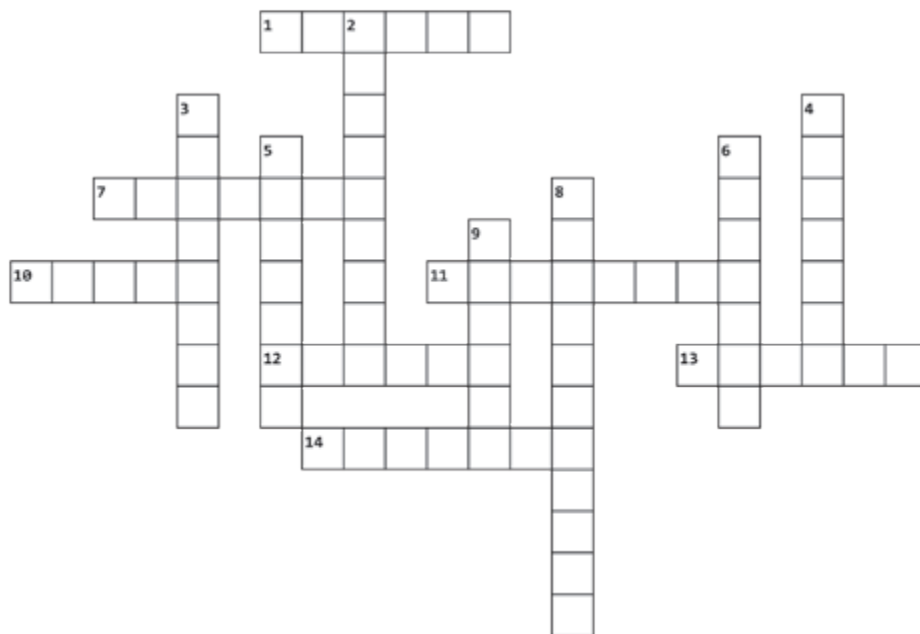
### Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!



# January Crossword



Visit [bit.ly/mycalgary](http://bit.ly/mycalgary)  
answers or scan  
the QR code for the  
answers

## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.

# The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovan

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or breaks opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

### Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

**Bad:** "I'm a software engineer at Yoyodyne."

**Good:** "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

### Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

**Bad:** "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.

**Good:** "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

**Consider "Hooks"**

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

**Bad:** "I'm a financial lawyer."

**Good:** "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

**Highlight Your Unique Journey**

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



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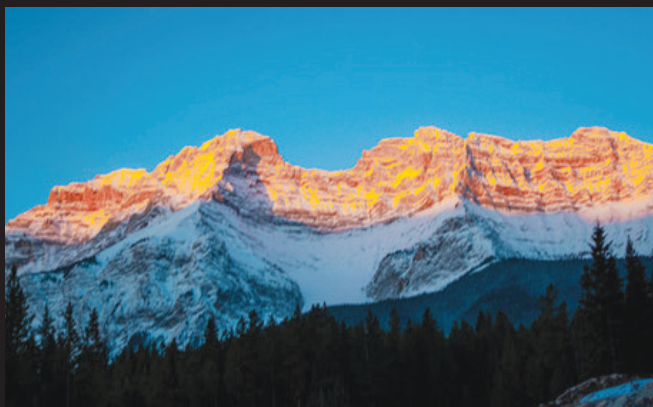
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# Photo Gallery

by Jirapan Nilmanee (Mik)





## Friendship

by Cheryl Dunkley

Is there anything better than a buddy on whom you can depend?

Always comes running when you call, "Help"

When she shows up, you know trouble is soon at an end.

Confiding, sharing, laughing, crying too

Many things in our lives make us happy or blue.

We don't always agree, but that's okay...

Giving each other time to have our say.

Careful with advice... is that a request?

Knowing when to be silent,

A hug can sometimes be the best.

We have different lives, our choices miles apart

No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.

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