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THE OFFICIAL CRESTMONT COMMUNITY NEWSLETTER

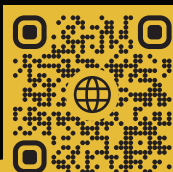


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# What is the Difference Between the Crestmont Homeowner Association (CHOA) and the Crestmont Community Association (CCA)?

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
<p>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.</p> <p>Run by a volunteer board of directors and paid staff.</p>	<p>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.</p> <p>Run by a volunteer board of directors.</p>
<p>Membership is based on the legal encumbrance registered on the title of the property.</p> <p>All Crestmont property owners automatically become members of the association upon possession are members.</p> <p>Fees for 2025: \$367.50 (\$350 + GST)</p>	<p>Membership is voluntary.</p> <p>Membership for 2025: TBD</p>
<p>Annual fees are used to:</p> <ul style="list-style-type: none"> <li>- Maintain the amenity features including the Hall, spray park, storm pond fountain and grounds</li> <li>- Provide enhanced snow removal and landscaping on City pathways</li> <li>- Provide the community with quality programs and value-added events that appeal to our diverse membership</li> </ul>	<p>Annual fees are used to:</p> <ul style="list-style-type: none"> <li>- Create opportunities for residents to participate in social events, recreational programs, and educational activities in their community</li> <li>- Provide an association for residents to join where they can work together to improve their community's quality of life</li> <li>- Dog Poop bags and dispensers, finding sponsors and maintaining the dispensers</li> <li>- Host broad community and accessible events</li> <li>- Apply for grants and special events linking to, community clean up, community garden, dog parks, community rinks.</li> </ul>
<p>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.</p>	<p>Representative role to the City of Calgary of the needs and issues in the community and direct line with the MLA and Ward Councillor.</p> <p>Partner with the City and other organizations to improve the community.</p>
<p>Liaise with developers regarding future development and planning.</p>	<p>Has a city contact to discuss future planning and development.</p>
<p>Potentially eligible for grant funding for larger scale projects on HOA land.</p>	<p>Reliant on grants, donations, rentals of community facilities, programs, sponsorships, and casinos for funding.</p>





## Office hours:

Monday, Wednesday, 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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Website: [www.crestmonthall.com](http://www.crestmonthall.com)

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

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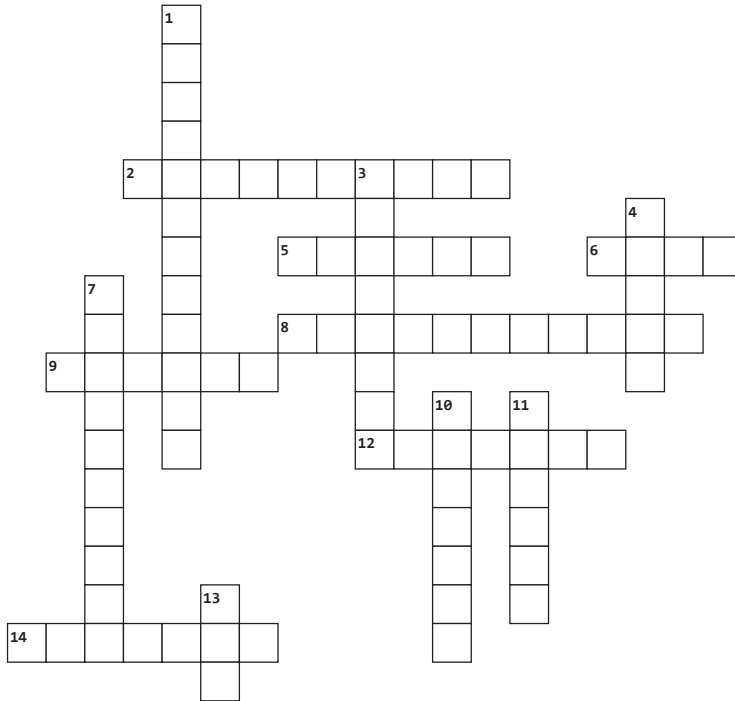
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# June Crossword



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answers or scan  
the QR code for the  
answers

## Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, \_\_\_\_\_ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George \_\_\_\_\_ was first published on June 8, 1949.
12. Charles Blondin crossed \_\_\_\_\_ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

## Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in \_\_\_\_\_, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam \_\_\_\_\_, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis \_\_\_\_\_ celebrates her birthday on June 1.
10. Avril \_\_\_\_\_'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

## MESSAGE FROM THE BOARD



**CRESTMONT**  
Homeowners'  
Association

### Sport Court Amenity (Special Resolution)

Thank you to all that attended the Town Hall on May 22nd. Comprehensive and constructive conversation was had regarding the benefits and detractors from having an amenity such as a multisport court on the CHOA property. You can find the summary of the conversation on our website under 'Important Documents', and watch for emails regarding the special resolution on June 19th 2025 at 7pm.

The Court would be located just west of the retaining wall north of the Hall. While nets/stanchions will be provided, mobile equipment (e.g., balls, paddles, etc.) will be the sole responsibility of the users. The initial cost for this addition is between \$385,000 and \$400,000.

The maintenance costs will include:

- Annual maintenance: \$4,000 to keep it pristine.
- Staffing: \$12,000 - \$16,000 to ensure smooth operations.
- Resurfacing (every 20 years): \$50,000 to keep it fresh for generations.

We've already secured \$180,000 to go toward the project. These funds are available through our reserve fund (while still maintaining an average annual balance of \$300,000) and the excess in operating funds that have been accumulated as a direct result of increasing revenues and reducing expenses over the last two years. If invited to apply, a Community Facility Enhancement Program (CFEP) grant would be applied for by July 15, 2025, to cover the rest. That means no fee increases will be needed to make this dream a reality!

Notice of approvals would be received in November/December, and if approved the timeline for work would be spring 2026!



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## June Events and Programs

We invite all Crestmont residents to register for the 2025 Stampede celebration!

Please visit [crestmonthall.com](http://crestmonthall.com) or email [admin@crestmonthall.com](mailto:admin@crestmonthall.com) for more information.

### 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!

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

**CHOA MEMBER  
STAMPEDE EVENT**

**July 13, 2025**

We invite all Crestmont residents to register for the 2025 Stampede celebration!

Visit [crestmonthall.com](http://crestmonthall.com) for more details.



## GAMES & PUZZLES

### Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.



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## Roasted Chickpea Salad

by Jennifer Puri

Chickpeas are often considered a superfood due to their high nutritional value and have been enjoyed by humans for over ten thousand years.

Grown in over fifty countries, chickpeas are a type of legume and in the same family as peanuts and kidney beans.

The high plant-based protein and fiber of chickpeas may also promote healthy ageing and assist in retaining our skin's elasticity and firmness.

Roasted chickpea salad is delicious on its own or can be served with pita bread or as a side salad.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Servings:** 4

### Ingredients:

- 1 540 ml can of chickpeas
- 2 tbsp. olive oil
- 1 tsp. paprika or hot pepper sauce
- 1 tsp. salt
- ½ tsp. ground black pepper
- 4 cups of chopped head lettuce
- 4 cups of cooked quinoa
- 1 cup Kalamata olives
- 1 cup sliced radishes
- 1 cup cucumber chopped
- 1 cup chopped tomatoes
- 1 small container of store-bought red pepper hummus

### Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup almond butter
- 3 tbsp. fresh squeezed lemon juice
- 2 tsp. Dijon mustard
- 2 tsp. maple syrup
- ½ tsp. salt
- ½ tsp. coarsely ground black pepper
- 5 to 6 tbsp. cold water

### Directions:

- Preheat oven to 450 degrees Fahrenheit.
- Rinse, drain, and pat dry the chickpeas and place in a small bowl, then combine with the olive oil, salt, black pepper, and paprika or hot pepper sauce.
- Spread chickpeas on a foil lined baking tray and bake in the oven for about 25 to 30 minutes until brown and crisp. Remove from the oven and allow to cool.
- In a screw top jar place the olive oil, salt, pepper, Dijon mustard, lemon juice, and maple syrup, and shake until combined. Next add the almond butter and 5 to 6 tbsp. of cold water and stir until you get a smooth consistency.
- To serve divide the quinoa among the bowls and top with lettuce, olives, radish, tomatoes, cucumber, roasted chickpeas, red pepper hummus, and some dressing. Serve with pita bread if desired.

Bon Appétit!



### Early Literacy Development in Preschool

by Rima Madi, ECE



The early years of life are a critical period in child development due to the brain's plasticity and the rapid formation of neural connections. During this time, children absorb information quickly and are especially receptive to language and literacy. As Raban and Scull (2013) stated, "The early years are a crucial period for literacy and numeracy acquisition" (p. 101). This developmental stage lays the foundation for formal learning and presents an optimal window for nurturing early literacy. From infancy through the toddler years, children begin to grasp the basic components of letters and numbers that are essential for later academic success.

Early literacy begins well before children enter school. Parents and caregivers play an essential role by integrating reading, singing, storytelling, and conversation into daily routines. These interactions not only foster early language and literacy development but also promote social bonding and secure attachments. Environments that prioritize relationships and provide consistent opportunities for language-rich exchanges help children build the skills needed to succeed in school and beyond.

Children develop early literacy within the context of their socio-cultural environment, where they learn language through meaningful participation in family and community life. As Raban and Scull (2013) note, equal access to resources and culturally embedded practices allow children to grasp the deeper meanings and uses of language. According to the Canadian Paediatric Society

(2024), "Literacy is a key social determinant of health that affects the daily socioemotional lives of children and their economic prospects later in life" (p. 1). When children are immersed in print-rich environments—where books, signs, and labels are part of everyday life—they begin to understand that written language carries meaning.

Although several factors influence a child's reading ability, including memory, intelligence, and social class, the most consistent predictors of reading success are phonological awareness, print knowledge, and oral language. Phonological awareness is the ability to recognize and manipulate the sounds in spoken words. Print knowledge includes recognizing letters and understanding how print works. Oral language skills—such as vocabulary and sentence formation—support comprehension and expression. Wilson and Lonigan (2010) found that children with stronger vocabularies are more likely to become fluent readers.

Children who experience limited literacy opportunities early on may face significant challenges. Difficulties in reading and writing can lead to academic frustration, reduced confidence, and delayed communication skills. These struggles can have social and emotional consequences, affecting children's ability to interact with peers. As Raban and Scull (2013) observed, "Parents are seeking help from professionals for their children whose self-esteem and behaviour problem are a consequence of learning difficulties..." (p. 102). Westrupp et al. (2020)

linked language delays with behaviour and emotional issues such as hyperactivity, inattention, and anxiety.

To prevent these outcomes, early intervention and structured literacy instruction are essential. According to the Canadian Paediatric Society (2024), well-designed literacy curricula—including systematic teaching of phonemic awareness, phonics, and early word reading—can prevent or resolve difficulties in up to 95% of children.

At the same time, it is vital to maintain a play-based, developmentally appropriate approach. Intentional literacy-rich play allows children to explore language in joyful and meaningful ways. Activities like rhyming songs, storytelling with props, and word games support phonemic awareness and vocabulary growth. Picture book read-alouds paired with reenactments offer multiple modes for children to engage with language. Field trips further support vocabulary by connecting words with real-world experiences. As Wohlwend (2021) explains, “Field trips embed language in actions, sensations, and memories to contextualize vocabulary” (p. 3).

In conclusion, early literacy development is foundational to lifelong learning, and integrating play-based strategies ensures that learning is engaging and effective. When educators and families collaborate to create supportive, literacy-rich environments, children are empowered to become confident and capable learners prepared for future success.

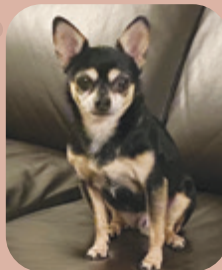
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## Cats, Canines, & Critters of Calgary



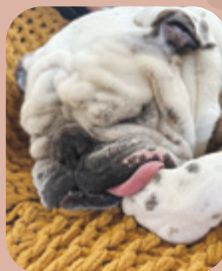
Bart, Heritage Park



Chico, Shawnessy



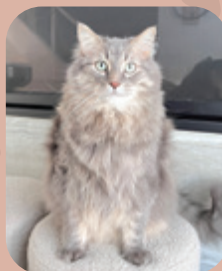
Elsbeth, Airdrie



Harry, Lakeview



Icy, North Glenmore Park



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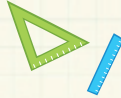
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# Longest Day

Mark your calendars - this year's summer solstice will take place on June 20. Calgary will experience approximately 16 hours and 35 minutes of daylight. That means there is plenty of time to play, relax, and maybe even forget what bedtime is!

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## Age-Friendly Calgary Essential Numbers for Seniors in Calgary

**9-1-1**

Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

**8-1-1**

Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

**3-1-1**

City of Calgary (24-Hour)

Information on all City of Calgary services. [www.calgary.ca](http://www.calgary.ca).

**2-1-1**

Community Resources (24-Hour)

Information and referrals for community and social services. [www.ab.211.ca](http://www.ab.211.ca).

**403-SENIORS**

**(403-736-4677)** The Way In

Information, advice, and help accessing programs and benefits for older adults.

**403-266-HELP (403-266-**

**4357)** Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

**403-943-1500**

Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

**403-705-3250**

Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

## Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.



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