

MARCH 2025

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THE OFFICIAL CRESTMONT COMMUNITY NEWSLETTER



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Association



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Our Clinic Hours of Operation

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Tuesday+Wednesday: 10:00am - 6:00pm
Thursday: 8:00am - 4:00pm
Friday: 8:00am - 3:00pm
Saturday (2/mo): 8:00am - 2:00pm

SCAN ME!



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Calgary, AB T3B 6K2

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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

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General Information: admin@crestmonthall.com

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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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.





LAND OF THE LAKES AND ENDLESS SHORES

Canada is home to 60% of the world's lakes, this equates to over 2 million shimmering bodies of water across this beautiful country we call home. But that's not all - Canada also has the longest coastline in the world stretching an astonishing length of 202,080 kilometres.

GAMES & PUZZLES

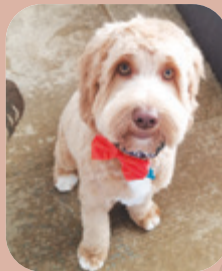
Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



SCAN THE QR
CODE FOR THE
ANSWERS!

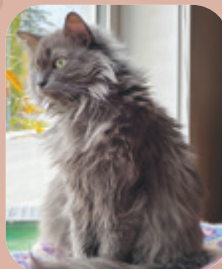
Cats, Canines, & Critters of Calgary



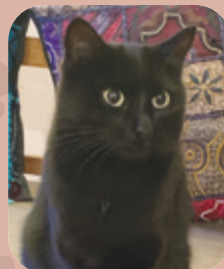
Jax, McKenzie Towne



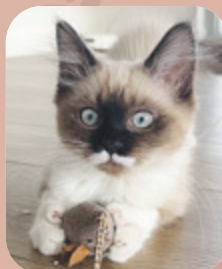
Louie, Panorama
Country Hills



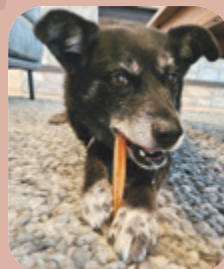
Luna, Marda Loop



Luna, West Hillhurst



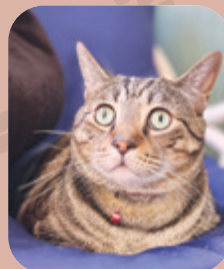
Lutik, Douglas Quarry



Mystery, Christie Park



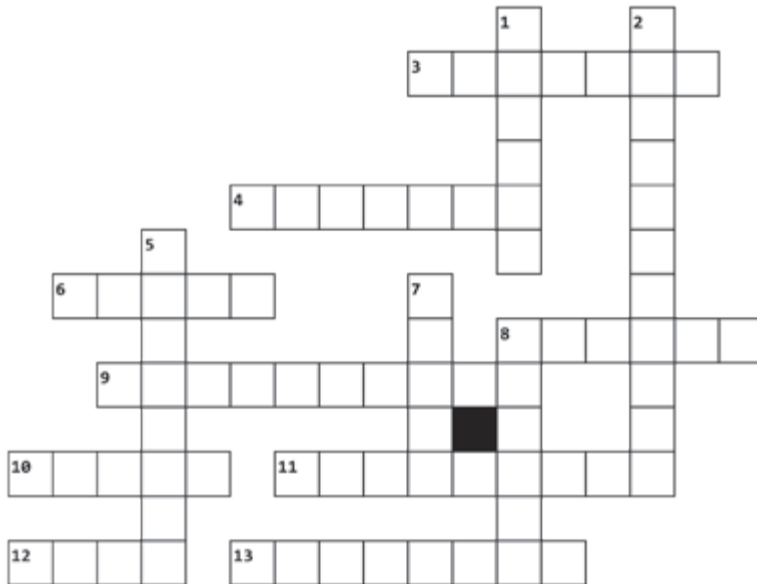
Neville, Douglas Glen



Snoop, Southwood

To have your pet featured, email news@mycalgary.com

March Crossword



Across

3. Known as the "Fight of the Century", on March 8, 1971, Muhammad Ali's 31-fight winning streak was ended by Joe _____ in Madison Square Garden.

4. Nathan _____ was born on March 27, 1971, in Edmonton, Alberta, and is best known for his role as Captain Malcolm on *Firefly*.

6. Pink _____'s album *The Dark Side of the Moon* was released on March 1, 1973, and stayed on the Billboard Top 200 album charts for 741 weeks!

8. A _____ *Life*, an emotional novel following the lives of four friends and written by Hanya Yanagihara, was first published on March 10, 2015.

9. This pale-blue gemstone is one of March's birthstones.

10. On March 26, 1953, Dr. Jonas Salk successfully tested a vaccine for this disease that has affected notable individuals such as Frida Kahlo, Franklin D. Roosevelt, Joni Mitchell, and Neil Young in the past.

11. Known for her roles in *Schitt's Creek*, *Home Alone*, and *Beetlejuice*, _____ O'Hara was born on March 4, 1954, in Toronto, Ontario.

12. The month of March is named after this Roman god of war.

13. This iconic film about a giant ape causing chaos in New York City first premiered on March 2, 1933, at Radio City Music Hall.

Down

1. Daylight _____ Time will start on Sunday, March 9 this year.

2. This national park with geothermal features spanning across Wyoming, Montana, and Idaho became the first national park in the world on March 1, 1872.

5. Daffodils and _____ are the official birth flowers of March.

7. March is officially _____ Heritage Month in Canada and celebrates the history and impact of individuals, past and present, from the country nicknamed the "Emerald Isle".

8. On March 2, 2024, _____ James made NBA history by becoming the first player to score 40,000 career points.



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

A Cleaner Crestmont: How One Couple Took Action to Tidy Up Their Community

For over 13 years, Rea Hailley and Al Del Degan have called Crestmont home. They've watched the neighbourhood grow, welcoming new families, new houses, and—most noticeably—more dogs. With this growth came an unfortunate problem: many dog owners weren't picking up after their pets.

At first, it was just an occasional nuisance, but as time passed, the issue became impossible to ignore. Uncollected waste created unsanitary conditions, attracted coyotes, and left behind unpleasant odors. Frustrated by the decline in cleanliness, Rea and Al decided they wouldn't just complain—they would take action.

The couple set out to create a simple solution: easily accessible dog poop bag dispensers placed throughout Crestmont. After experimenting with several designs, Al perfected a 3D-printed dispenser that was durable, functional, and easy to maintain. They installed them in key areas and took on the responsibility of keeping them stocked with bags, all on a volunteer basis.

The impact was immediate. Over time, the couple noticed a remarkable difference—more than a 90% decline in uncollected waste. The neighbourhood was cleaner, safer, and more enjoyable for everyone.

Of course, there are still a few who refuse to clean up after their pets, but thanks to Rea and Al's initiative, the problem is significantly reduced. Their efforts even inspired others to get involved. Gerard Chiasson, a local realtor, generously stepped up to supply the dispensers with free dog poop bags, ensuring that every pet owner had the tools they needed to do their part.

Thanks to this simple act of community-driven problem-solving, Crestmont residents can take pride in a cleaner, more welcoming neighbourhood. It's proof that small actions, when done with dedication, can lead to big changes.



YOUR CITY OF CALGARY

Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



March 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.

Yoga with Vanitha

Thursdays, April to June from 9:30 to 10:45 am

Whether you are 20, 40, 60, 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. Beginners welcome.

Member rate: \$265 | Non-member rate: \$280 | Drop-in: \$25 per class

Art Classes with Jessica

Details are still being confirmed at time of print. Please visit our website for the most up-to-date 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 to talk to us about your ideas!

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



BRAIN GAMES

SUDOKU

					7			8
4	3	2	6	8				
	8		4			2	3	
	6		1					
3								5
					8		2	
	4	1			6		7	
				1	2	9	5	4
9			3					

SCAN THE QR CODE FOR THE SOLUTION

Penny For Your Thoughts

Some hummingbirds weigh less than a penny! The Bee Hummingbird, the tiniest bird in the world, weighs only 1.6 to 2 grams.

Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!



Celebrating Calgary 150 - Fort Calgary

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Fur trading provided First Nations with manufactured goods and saw more people arriving from the east. John Palliser led a hunting/science expedition in 1857. He described Palliser's Triangle as an arid area surrounded by agricultural lands.

Calgary soon saw its earliest settlements. The first European to arrive was John Glenn (ca.1873), who established a farm where Fish Creek meets the Bow. Sandford Fleming meanwhile was surveying a route for Canadian Pacific Railway.

The second group were Francophones. In 1861, Father Lacombe founded a chapel in St. Albert, Alberta's oldest building. Father Doucet later established St. Mary's, Calgary's first mission.

Third, starting in 1869, former Métis HBC employees arrived on the Elbow River. One family, Antoine Godin and Susanne Bruneau, were likely Calgary's first permanent residents.

Illegal whisky from the U.S. was trading in the area, which led Ottawa to create the North-West Mounted Police. They began their March West in July 1874. They made slow progress and struggled to supply themselves. Eventually, they founded Fort Macleod and started arresting whisky traders. There, Lt.-Colonel James Macleod met with Chief Isapo-Muxika ("Crowfoot"), who wanted peace and security for his people.

Macleod then sent a detachment to establish a fort along the Old North Trail halfway between Forts Macleod and Edmonton. For millennia, the Trail was used as a food-rich and sheltered route between the harsher montane and prairie environments.

On August 25, 1875, George C. King became the first NWMP officer to cross the Bow River and arrive at its confluence with the Elbow. Macleod named it Fort Calgary, after his good memories from staying at Calgary House, Scotland.

More Métis arrived from Fort Edmonton. They constructed log cabins along the Elbow and HBC opened a post in 1876 called Hunt House, the oldest building in Calgary remaining on its original site.

Meanwhile, John Glenn and Sam Livingston become the first to cultivate cereal crops and use mechanized farm equipment. Livingston established Glenmore School, named after his Irish home village.

What would the future hold for all the people now calling the Calgary area home? Join us next month.

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https://commons.wikimedia.org/wiki/File:Palliser%27s_Triangle_map.png. Map showing the extent of Palliser's Triangle in Western Canada, 2005. Created by NormanEinstein, via Creative Commons Attribution-Share Alike 3.0 Unported license. <https://digitalcollections.ucalgary.ca/asset-management/2R3408I0JW?WS=SearchResults>.



"Fort Calgary, Alberta.", [ca. 1878-1879], (CU1137653) by Hook View Company Incorporated. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. https://commons.wikimedia.org/wiki/File:Calgary_House_-_geograph.org.uk_-_5946142.jpg.



"North-West Mounted Police crossing, Belly River, Alberta., 1874-09-14, (CU198691) by Julien, Henri. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FQ582P?WS=SearchResults>.

This Canmore Wedding

by Garth Paul Ukrainetz

Three Sisters over Canmore

O beautiful the bridesmaids

At the altar in the valley

Where the River Bow does run

Tall groomsmen of Mount Rundle

Rugged handsome chiseled features

Wearing spruce tree green tuxedos

Faces flushed with rising sun

Proud Nakoda poised in middle

His true love will soon make entrance

Yes, at last they'll be united

Grassi tear wells in his eye

Though the bride is slow in coming

Patient bridal party waiting

Heaven knows this Canmore wedding

Stands majestic to the sky



"North-West Mounted Police scouts at Fort Macleod, Alberta.", 1890-12-20, (CU1138291) by Steele and Company. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. L-R back row: Mr. Hunbury; Jerry Potts. L-R middle row: Cecil Denny, Staff Sergeant Chris Hilliard; Sergeant George S. Cotter. L-R front row: Black Eagle; Elk Facing the Wind. See also NA-936-9. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SU9WIR?WS=SearchResults>.



"North-West Mounted Police inspection, Fort Macleod, Alberta", [ca. 1894], (CU1171653) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F7DRQ?WS=SearchResults>.



"Mission, St. Albert, Alberta.", 1877, (CU2120436) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FXWQPR?WS=SearchResults>.



"View of Roman Catholic mission in Calgary, Alberta.", [ca. 1883], (CU1155424) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First building on the Mission property. Possibly Father Albert Lacombe at left. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FR1KU4>.



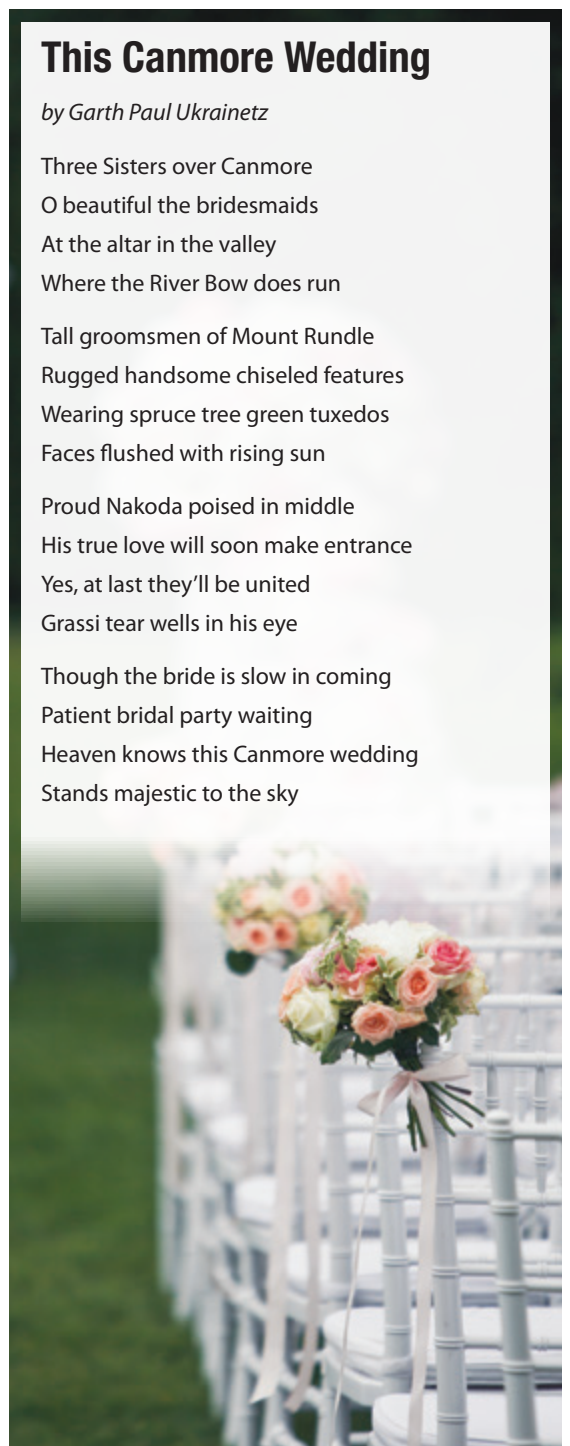
"The John Glenn Ranch, near Calgary, Alberta.", [ca. 1884-1885], (CU1129267) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OABABA?WS=SearchResults>.



Calgary House, 2018. Andrew Wood, Creative Commons Attribution-Share Alike 2.0 Generic license. https://commons.wikimedia.org/wiki/File:Hunt_House_1.jpg.



Hunt House (H.B.C. Log Cabin) 806 - 9 Avenue SE, Calgary. This building has been substantially restored by the property owners of Cross House Restaurant. 23 March 2018, Author Benlarhome. Creative Commons Attribution-Share Alike 4.0 International license.



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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.

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Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

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#postyourpurple





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