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CRESTMONT COURIER

THE OFFICIAL CRESTMONT COMMUNITY NEWSLETTER



CRESTMONT
Homeowners'
Association



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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
(403) 300-3330
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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. Fees for 2025: \$367.50 (\$350 + GST)	Membership is voluntary. Membership for 2025: TBD
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.
Liaise with developers regarding future development and planning.	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.





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

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News, Events,
& More



Crime
Statistics



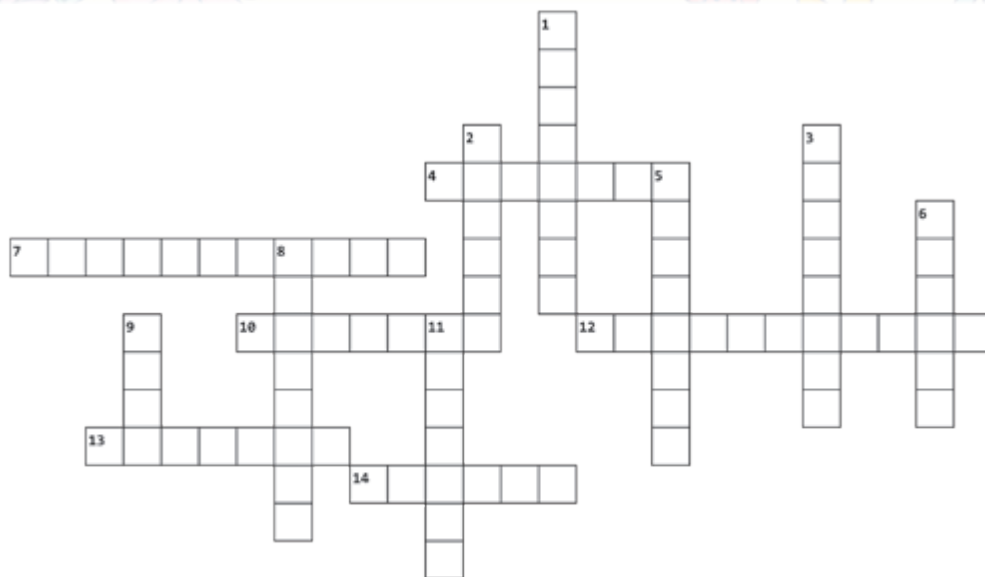
Real Estate
Statistics



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May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Update Regarding Spray Park

As we look ahead to warmer weather, a common question is “When will the Spray Park open?” After significant discussion at both the Town Hall and AGM last year, it was determined that the most prudent option would be to install the system this year with the replacement controller to see if there is an improvement in functionality.

Setup and preliminary testing will be completed by mid month, with updates provided as available.

Update Regarding the Restoration of East Storm Pond Fountain Amenity

The CHOA, despite having submitted its request for the required licensing in January 2025, is still awaiting the necessary permit approvals from the City of Calgary. Until received, installation of the newly acquired fountain cannot take place. Our General Manager has been very closely following up on the situation, however at the time this communication was submitted for the *Courier*, approvals had still not been granted. The City of Calgary is deliberating the requirement for up to four separate permits pertaining to parks access, rather than allowing one permit to extend through the season.

We will keep you updated as we know more.

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.

Correction Regarding the Entrance Sign Amenity

The size of the sign as indicated in the April edition of the *Courier* was indicated as 12’x8’ in error. The maximum height allowance by the City of Calgary is 7’. The approved sign, with mock up shown below, is 12’x5’.



We apologize for any confusion this may have caused.



ELEPHANT CAT



Did you know elephants can purr like cats when they're content? Unlike a cat's purr, which comes from its larynx, an elephant's purr-like sound is actually a deep rumble created by airflow through its vocal cords—how purr-fect!

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May Events and Programs

Spring Workshops

Please visit our website for the most up-to-date information on art classes, paint nights, and other offerings!

Childcare



Little Stars daycare is an independent, licensed childcare program located in the lower level of the Crestmont Hall. We offer childcare for children aged 19 months to 6 years from 7:00 am to 6:00 pm, Monday to Friday. Our daycare is open all year round and closed only on weekends and stat holidays. We can accommodate 34 kids, which makes us a great fit for parents not wanting a huge daycare.

We offer a Flight inspired program where your child gets to help develop what we are learning about, and what activities are exciting. We learn through play and have lots of discussions to help the children learn concepts of literacy, math, science, art, and music. We go outdoors in our fully fenced yard or use the large green space during lovely weather. We also have special guests that will come in and talk to the children. We had a visit from Spiderman and Santa last year!

If you are looking for childcare, please visit our website at www.lilstars.ca, call the daycare at 403-241-6261, or email us at lilstarsyyc@gmail.com. You can also find us on Facebook and Instagram!

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?



Quintuplet Success!



In the village of Corbeil, Ontario, the Dionne quintuplets were born on May 28, 1934, making history as the first known quintuplets to survive infancy.

Children and The Common Cold

by Alberta Health Services

The common cold is a viral infection of the nose and throat. It is also known as an upper respiratory tract infection. There are over 200 different viruses that can cause colds. It is normal for children to have an average of six to eight colds per year. Having colds more often is not a sign of a weak immune system. Children develop their immune system by being exposed to many viruses over the years. As children get older, they get sick less often.

The 'flu' refers to a specific viral infection caused by the Influenza virus. This virus can make people quite sick, especially young children and older adults. People with the flu have more breathing difficulties and high fevers.

Some Key Facts About the Common Cold in Children

Children with a cold usually have:

- Stuffy, runny nose
- Sneezing
- Cough
- Fever
- Sore throat
- Decreased appetite

Cold symptoms usually last for three to seven days. Often, symptoms like cough or runny nose, can linger for up to two to three weeks. Fevers usually happen on the first few days your child is sick. Fevers from a cold should get better within three to five days.

Some key points to remember about the common cold in children are:

- Colds are caused by many different viruses and are common in children
- Colds cause runny nose, sneezing, cough and fevers
- Colds get better on their own – keep your child comfortable and hydrated
- If your child has a fever for five days or is not getting better, they should be examined by their doctor

When Should My Child See a Doctor?

There is no medicine to treat a cold, or make it go away faster. Your child's body will take care of the virus. The best thing to do is to make your child feel comfortable while they are sick.



While most children will have mild symptoms and get better in a few days, consider having your child seen by a doctor if they are:

- Younger than three months
- Having trouble breast or bottle feeding because of their stuffy nose
- Having fevers for more than five days
- Having a runny nose that hasn't improved after ten days
- Complaining of ear pain or fluid draining from their ear

Call 9-1-1 anytime you think your child may need emergency care. Seek immediate medical attention if:

- Your child is having trouble breathing
- Your child's lips turn blue
- Your child is complaining of neck pain or stiffness
- Your child is lethargic (very sleepy)
- Your child is dehydrated (dry mouth, no tears, no pee)

Know Your Options

It can be scary when your child is sick. But in most cases, you don't need to go to the emergency department. If you're unsure, visit [ahs.ca/options](https://www.ahs.ca/options) to learn about the options so you can get the care you need.

About AHS HEAL

The Alberta Health Services HEAL (Health Education and Learning) program was created by a team of doctors, nurses, and other clinical staff who work at the Alberta Children's Hospital and the Stollery Children's Hospital, to support families and patients with up-to-date and useful information about common childhood health concerns. Learn more at [ahs.ca/heal](https://www.ahs.ca/heal).

Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



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Councillor, Ward 1
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Hello, Ward 1!

As spring settles in, I want to take a moment to update you on communications from the Ward 1 Office. Starting June 1, there will be restrictions on what we can share, including City-funded newsletters, open houses, and mass emails, which will only be permitted in emergency situations. With that in mind, this will be the last community newsletter from our office until the election in October.

As we move into the summer months, I hope you have the chance to enjoy all that this season has to offer, whether it's spending time outdoors, supporting local businesses, or simply enjoying the company of family and friends. Wishing you all a wonderful and relaxing summer!

Waste and Recycling Collection

As the weather warms up, it's a great time to check your waste and recycling collection schedule. From April 1 to May 29, Calgary residents can drop off their yard waste for free at City landfills. The yard waste will be composted instead of thrown away, making it easier to keep your garden tidy and reduce landfill waste. Composting food scraps and yard trimmings is a simple way to help the environment and enrich your garden. For guidance on what can go in the Green Cart, visit <https://www.calgary.ca/waste/residential/green-cart.html>.

For more information, visit <https://www.calgary.ca/waste/residential/garbage-schedule.html>.

Parks and Pathways Maintenance

The City's Parks Department is busy with regular maintenance of our beautiful parks, pathways, and green spaces. If you see any areas that require attention, such as damaged benches or littering, don't hesitate to report it through the 3-1-1 service. Ensuring these areas remain safe and clean is a community effort. For more information on park and pathway management, visit <https://www.calgary.ca/our-services/parks-maintenance.html> or <https://www.calgary.ca/our-services/pathway-management.html>.

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Word of the Month

Filipendulous: adjective (fil-i-pen-du-lous)
Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.



Crestmont Real Estate Update

Last 12 Months Crestmont
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2025	\$904,950	\$940,500
February 2025	\$766,950	\$750,694
January 2025	\$909,400	\$909,000
December 2024	\$827,450	\$812,500
November 2024	\$775,000	\$762,500
October 2024	\$565,000	\$555,000
September 2024	\$705,000	\$705,000
August 2024	\$699,900	\$694,000
July 2024	\$850,000	\$851,000
June 2024	\$862,450	\$837,250
May 2024	\$779,900	\$795,000
April 2024	\$875,000	\$900,000

Last 12 Months Crestmont
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2025	9	8
February 2025	7	2
January 2025	2	2
December 2024	0	2
November 2024	3	5
October 2024	7	5
September 2024	5	5
August 2024	6	9
July 2024	8	5
June 2024	7	6
May 2024	8	5
April 2024	8	7

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

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Chanel No. 5

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Saturday, May 10, 2025

9:00 AM

Valley Ridge Strip Mall

200 potted mums will be given away.

Come and get a potted mum for the special mom in your life.

Looking forward to seeing you.

