

FEBRUARY 2025

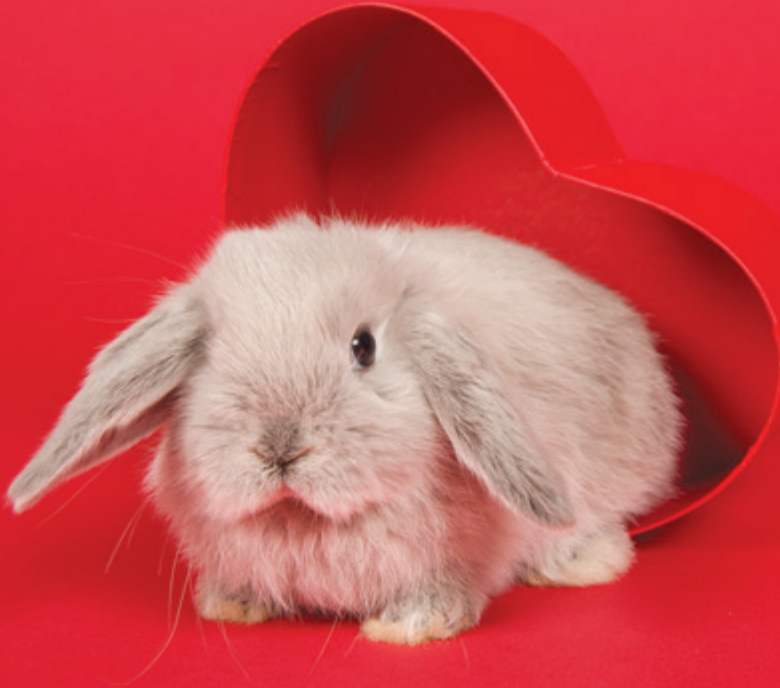
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What is the Difference Between an HOA and a CA?

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
<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.</p> <p>Fees for 2024: \$367.50 (\$350 + GST)</p>	<p>Membership is voluntary.</p>
<p>Annual fees are used to:</p> <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. 	<p>Annual fees are used to:</p> <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.
<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>Direct line of communication with the Developer.</p>	<p>Has a city contact to discuss future planning and development.</p>
<p>Once turnover has taken place, 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>



February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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The Art of Finding Work: Job Search Success Is Not Complicated

by Nick Kossovan

Most people over-complicate the process of achieving success.

Achieving success is often perceived as a complex puzzle, or according to those who play the 'I'm a victim!' card, only available to those who are supposedly privileged. The fact is there's a simple equation for achieving success, which Zig Ziglar famously encapsulated, "You can have everything in life you want if you will just help other people get what they want."

Side note: "all you want" should be interpreted as "all you need."

I recommend considering the hiring process from the employer's perspective. By doing so, you'll empathize with employers and understand that positioning yourself as a candidate who has the skills, experience, and proven track record of helping employers get what they want is a job search strategy that'll set you apart from your competition, who aren't approaching their job search with an "I want to help employers" mindset as they have the all-too-common "I want!" mindset.

Success isn't a complicated journey. With the right mindset, it's a simple path—help others achieve what they want. However, the mindset I come across most often is the exact opposite; job seekers focused on what they want, as opposed to what employers want, resulting in employers being turned off. Who isn't turned off by someone solely concerned with their needs and wants, who comes across as "predatory"?

Most job seekers: "Employers need to understand my issues and needs."

Savvy job seekers: "I need to understand the employer's issues and needs."

Job seekers who are thinking clear and show employers how they can help them achieve what they want are few and far between. Being that rare candidate makes

you unique and highly valuable, which is a significant competitive advantage. I can guarantee that your interviewer almost never encounters a candidate who projects an "I'm here to help you" aura.

When viewed holistically, employers want five things:

1. Be profitable
2. Reduce/control costs
3. Have low employee turnover
4. Optimize employee performance
5. Provide excellent customer experiences

How can you help an employer achieve any of, or a combination of, the above?

What's Your Employee Value Proposition?

For instance, you can never go wrong assuming the employer wants to be profitable; hence, suggesting cost-saving measures or revenue-generating ideas during your interview will demonstrate your desire to help the company get what it wants, which is to be profitable.

Imagine yourself as a hiring manager. One of your standard interview questions is: "How will you contribute to the company's success?" or, more directly, "Why should I hire you?"

Candidate A:

"If hired, I will bring enthusiasm, dedication, and hard work to the team. I am a fast learner and have a strong work ethic. I am also a team player."

Candidate B:

"I bring over 15 years of technical expertise, problem-solving skills, and a commitment to innovation. As head of Gekko's IT, I led a project to streamline its data analysis processes, increasing efficiency by 20% and reducing employee hours. I achieved this by implementing Cyberdyne Systems' latest data visualization tools and automating repetitive tasks. I plan to bring this kind of efficiency oversight to Soylent Corporation."

Which candidate would you lean towards hiring?

Candidate A offers nothing more than their unsubstantiated opinions, which, as I've stated in previous columns, employers don't hire; they hire

results. Opinions about yourself, which you should rarely give without quantifying, don't help your interviewer envision how you'll help the company get what it wants.

On the other hand, candidate B outlined how they can help the company achieve wanting to optimize employee performance and cost savings. Candidate B thinks like an employer and understands employers are a sucker for candidates with a track record of helping employers get what they want.

Getting hired doesn't come down to having the shiniest resume, with all the right keywords, being impeccably dressed, having a perfect smile, or sheer luck. Employers hire candidates they feel will get them what they want.

Consider all the successes around you and why they exist.

- Amazon: Shopping delivered to your door.
- Apple iPhone: Handheld communication.
- Facebook: Having a voice. Keeping in touch.
- Starbucks: Coffee served around an experience.
- Taylor Swift: Music young people in angst can relate to.
- MasterCard: Easy to use credit.
- Zig Ziglar: Motivation and encouragement.

The success of the above can be attributed to the fact that they've designed their offering with the end-user in mind, helping people get what they want.

- Amazon: Convenience
- Apple iPhone: Connectivity
- Facebook: Popularity
- Starbucks: Self-care
- Taylor Swift: Understanding
- MasterCard: Lifestyle
- Zig Ziglar: Hope

All successful businesses are based on selling a product or service that will help people get what they want, which is usually intrinsic. A product or service must satisfy a need or want in order to sell. The same applies to job searching. You must fulfill an employer's need or want. Think of employers as the end users of your services; how do you help employers achieve what they want? Are you communicating your how and willingness to help throughout your job search?

Showing how you can help employers get what they want is how you achieve job search success.

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February Events and Programs

Chocolate Making Workshop

Keep an eye on the Crestmont Hall website for information about our Chocolate Making workshop this month!

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 to talk to us about your ideas!



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Cat-and-Mouse Game

On February 10, 1940, the iconic cat-and-mouse duo, *Tom and Jerry*, made their big screen debut! Created by William Hanna and Joseph Barbera, this cat-and-mouse game would go on to capture the hearts of generations.



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Winter Sun Safety: Protecting Yourself Year-Round

by Alberta Health Services

When winter arrives, many people living in Alberta may stop thinking about sun safety. However, ultraviolet radiation (UVR) can still pose a health risk, even in the chilly months.

UVR comes from the sun but is invisible to humans. Two of the three forms of ultraviolet light, UVA and UVB rays, reach the earth and can harm you.

Around 65 to 90 percent of all skin cancers are linked to UVR exposure. Melanoma is the most serious type of skin cancer. In Alberta, around one in 42 males and one in 46 females will develop melanoma within their lifetime. From those who develop melanoma, around one in 276 males and one in 674 females will die.

Ultraviolet Radiation Reflects Off the Snow

During winter, UVR can be as harmful as in the summer. The UV Index is a rating of how strong the sun's rays are. The higher the UV rating, the more careful you have to be when outside in the sun.

When skiing, snowshoeing, walking, or skating, you can be exposed to more UVR than you think. Bright white surfaces like snow can double your UVR exposure. Being at a higher altitude can also expose you to more UVR, putting you at higher risk of sun damage.

Protect yourself from the sun during the winter by following these tips:

- Check the UV index (a rating of how strong the sun's rays are) when planning to be outside in the sun. If the UV index is above three, be careful. Consider planning activities in the shade, away from the sun.
- Wear winter clothing that covers as much skin as possible. Most winter clothing will provide good UV protection because of tight windproof construction with multiple layers.
- Some areas that are not always covered by winter clothes are your face, head, and hands.
- Choose a sunscreen that has a broad-spectrum sun protection factor (SPF) of 30 or higher. Apply sunscreen generously 20 minutes before going outside and reapply frequently.

- Wear sunglasses that fit closely and wrap around the face. Try to find sunglasses that reflect or filter out 99 to 100% of UVR light.
- Find out if your medication causes you to be more sensitive to sunlight or heat stress.

Escaping to Warmer Weather? Stay Sun Safe!

While a sunny destination escape is exciting, you might be caught off guard by how strong the sun's rays are in certain climates. Bringing sunscreen, long sleeve shirts, and clothing with good UV protection, hats, sunglasses, and other measures can help protect your skin and eyes from short- and long-term damage from the sun.

A "base tan" from either indoor tanning (also known as tanning beds) or outdoor tanning before a trip will not prevent a sunburn. In fact, it's estimated that indoor tans only give you two to four percent protection from the sun. Tanning equipment usually emits higher levels of UV radiation than the UV radiation outside. Use of tanning beds is not worth the health risks.

Did you know? The World Health Organization has placed UV tanning beds into its highest cancer risk category, ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

Skin Types: What Is Yours?

The colour of your skin also plays a role in your sun burn risk. The fairer your skin is, the higher the risk. It's important that you know what your skin type is and understand the risks.

Risk level	Skin Type	How Skin Reacts to Sun
High	• Light, pale white	• Always burns, never tans
High	• White, fair	• Usually burns, tans with difficulty
Medium	• Medium, white to olive	• Sometimes mild burn, gradually tans to olive
Medium	• Olive, moderate brown	• Rarely burns, tans with ease to moderate brown
Low	• Brown, dark brown	• Very rarely burns, tans very easily
Low	• Black, very dark brown to black	• Almost never sunburn, tans very easily



Nevi are benign melanocytic tumours, also known as moles. They are strongly associated with risk for melanoma. The greater the number of moles on a person's skin, the greater the risk of melanoma. Someone who has more than 100 common moles or more than two atypical moles has a five- to twenty-fold increased risk of melanoma.

Learn more about your skin type and the risks of indoor tanning by visiting <https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/>.

Learn more about skin cancer screening and skin self-exam:

- <https://www.canadianskincancerfoundation.com/early-detection/skin-check/>
- <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=skc1179>



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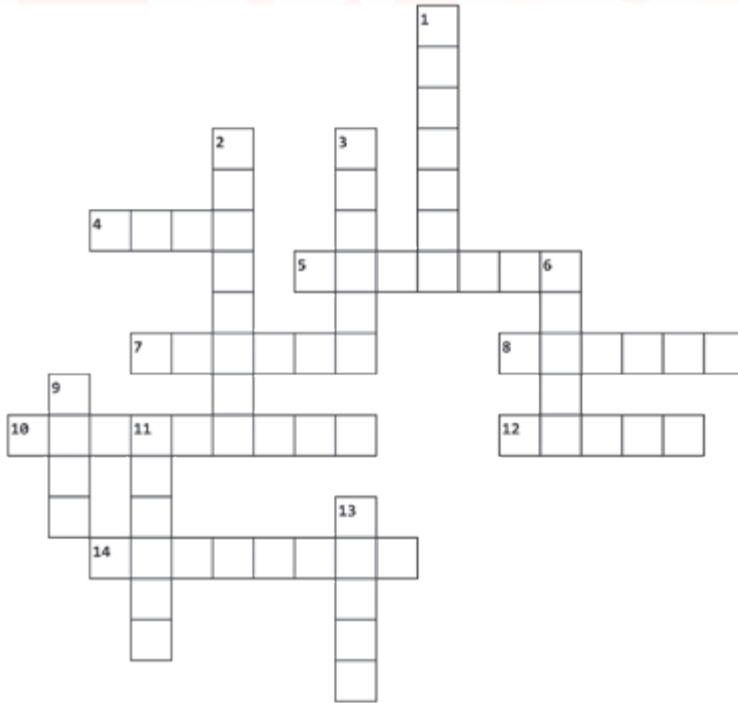
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February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.





Councillor, Ward 1
Sonya Sharp

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✉ ward1@calgary.ca

📧📷📺 @sonyasharpyyc

Hello, Ward 1!

February brings new opportunities and important updates for our community. Whether it's navigating property assessments or staying informed about upcoming events, there's plenty happening in Calgary and at City Hall this month.

Property Assessment Notices

Property assessment notices were mailed out on January 3, and if you haven't received yours yet or have any questions about the assessed value of your property, you can contact the Assessment Department at 403-268-2888 or visit calgary.ca/assessment. The City's Customer Review Period runs until March 11, so be sure to review your notice and reach out to the Ward 1 Office or 3-1-1 if you need assistance.

Calgary Plan Review

The review of the overarching Calgary Plan, initially scheduled for December 2024, has been postponed to February 2025. The plan outlines long-term development strategies for the City. Councillor Sharp has consistently emphasized the importance of thoughtful, community-focused planning that considers the unique needs of Calgarians. She will continue advocating for balanced approaches that reflect both fiscal responsibility and the values of Ward 1 residents.

Events Happening in Calgary

Chinook Blast

Calgary's ultimate winter festival returns from January 31 to February 17! Enjoy dazzling light installations, live performances, and family-friendly activities at iconic spots like Stephen Avenue. Details at chinookblast.ca.

Family Day

Family Day on Monday, February 17, is a great chance to enjoy time with loved ones. Keep an eye on local events happening throughout the city to celebrate the day together!

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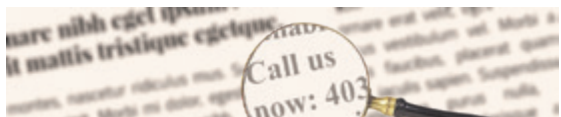
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ChargeYYC: Helping Calgarians Install EV Chargers in Multi-Residential Buildings

by The City of Calgary



The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit calgary.ca/chargeyyc.

Stay Safe, Stay Off Storm Ponds

by The City of Calgary

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit calgary.ca/rinks.



Did you know?

The Alberta United Conservative Party has wasted **\$8.1 billion dollars** as of October 2024.

If you're ready to hold your MLA accountable, let's meet for a coffee. Contact AB Resistance to schedule a town hall and fireside chat in your community to learn more about your options, and your rights as an Albertan!

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