

JULY 2025

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# CRESTMONT COURIER

THE OFFICIAL CRESTMONT COMMUNITY NEWSLETTER



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Association



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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"> <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>	Annual fees are used to: <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>
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, 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)

Events/Rentals: [events@crestmonthall.com](mailto:events@crestmonthall.com)

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

Telephone: 403-475-7230

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

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## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

# 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.

# GRANDPARENT SCAM ALERT

## WHAT IS THE SCAM?

Scammers are calling seniors claiming to be family members in need of immediate money for bail or hospital expenses.

The scammer will often send someone to the door to pick up payment.

## BAIL FACTS:

- Police, lawyers, judges or jails do not call people to get money.
- Bail/ fines are typically paid at a courthouse, police station or jail.
- Bail in Alberta is typically \$10-\$500.
- Bail can't be paid using gift cards.



**"Court appointed" couriers don't exist. If someone asks to come to your home to pick up payment, it's a scam.**



**If it has to be now, it has to be no. Using fear or high-pressure tactics are usually a red flag.**



**Always ask for proof of identification and call-back numbers. Talk to family, friends or other people you trust to help verify claims or requests.**

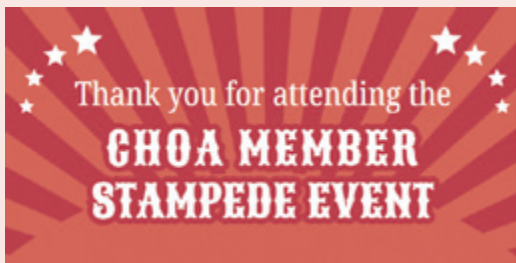
CALGARY  
POLICE  
SERVICE

**If you have lost money or the scam is in progress, contact the Calgary Police Service at [403-266-1234](tel:403-266-1234)**

**To report a scam in general, contact the Canadian Anti-Fraud Centre at [1-888-495-8501](tel:1-888-495-8501)**

## July Events and Programs

Thank you to all our residents who made the 2025 Stampede celebration possible! If you attended this event, feel free to reach out to [admin@crestmonthall.com](mailto:admin@crestmonthall.com) with feedback or pictures you would like to share. We are already looking forward to next year!



### Other Programs Offered:

#### New! Crestmont Tae Kwon-Do

Tae Kwon-Do classes for kids ages 5+, teens, adults, and families starting this September. Crestmont Tae Kwon-Do will offer classes on Monday and Wednesday evenings from 6:30 to 7:30 pm at the Crestmont Hall. Family discounts are available. Try a free class! Email [crestmonttaekwondo@gmail.com](mailto:crestmonttaekwondo@gmail.com) or call 403-826-3213 for more info.

#### 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?



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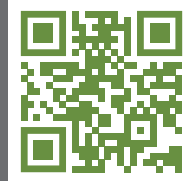
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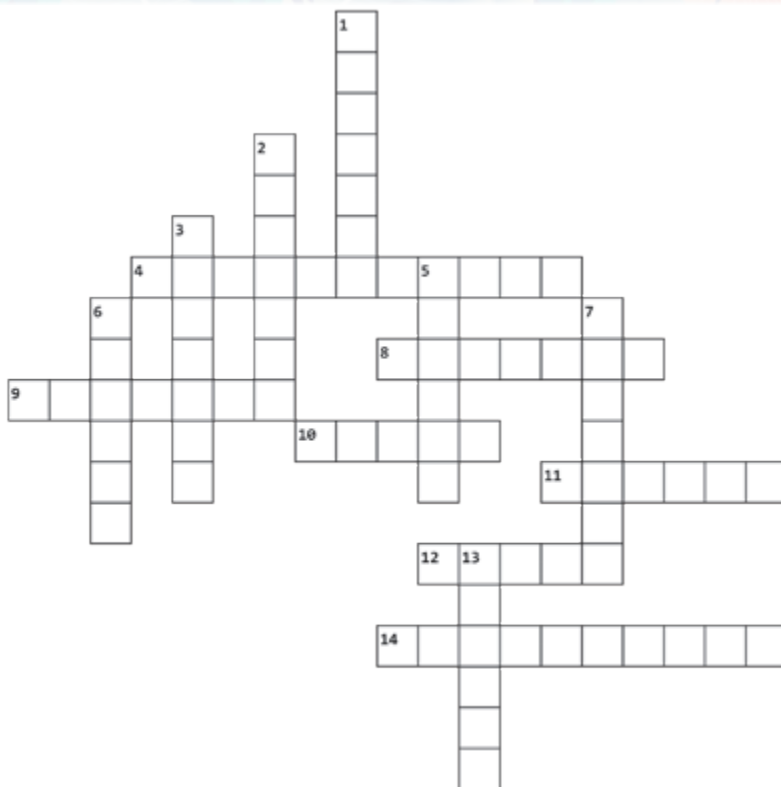
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# July Crossword



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or scan the QR code  
for the answers

## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

## What Are Imaging Tests?

by Alberta Health Services



Imaging tests (also called diagnostic imaging tests) let your healthcare team look for clues inside your body. They can help your doctor find out what's making you feel unwell and find disease early, even when you don't feel sick. Your healthcare team uses the results of your imaging tests along with other information to find out what's causing a health problem (called a diagnosis).

Each type of imaging test shows different details and information about the organs and structures in your body. Your healthcare team chooses which imaging test you need based on your symptoms and the part of your body they want to look at. They'll often send you for more than one type of imaging test to help them understand the problem or cause of your symptoms.

### How Imaging Tests Are Done

Imaging tests use different types of machines and procedures to take pictures of the inside of your body. These tests show what your organs and structures look like. And some even show how well they're working. The information from imaging tests helps you and your healthcare team decide the care and treatment that's best for you.

Many imaging tests are quick, painless, and easy. Some tests are done while you're lying inside of a machine. Imaging tests can be very short, and others take longer to do.

Some imaging tests use a small amount of radiation and others don't. Most imaging tests are non-invasive, but some are minimally invasive. Your healthcare team will let

you know if your test is non-invasive or minimally invasive. Non-invasive means your healthcare team doesn't put a tool or device inside your body. Minimally invasive means your healthcare team passes a tool or device through a small cut in your skin during a test or procedure.

Your healthcare provider will give you instructions for how to prepare for your test. Be sure to follow the instructions carefully.

### **Imaging Tests and Your Health and Safety**

Some imaging tests use radiation (a wave of energy), and contrast dye. Image-guided test may also use sedation or anaesthesia (medicine to numb an area or make you sleepy and comfortable). When you or your child has one of these tests, you might have questions about health and safety.

Your imaging healthcare team will watch you closely to keep you safe. Ask them any questions you have about health and safety. You can also talk to your healthcare provider to learn more about safety and imaging tests.

### **The Healthcare Team**

When you have an imaging test, you'll meet a technologist. Technologists are healthcare professionals who work in a diagnostic imaging department. They're often the ones who use the equipment and machines to do your test. They make sure the pictures show the right amount of detail and information to help the radiologist make a diagnosis.

Radiologists are doctors who work in a diagnostic imaging department.

- Diagnostic radiologists diagnose diseases. They look at your test results and let other doctors know what they find.
- Interventional radiologists treat diseases with therapeutic imaging procedures. They use imaging tests to guide needles, probes, or other tools inside the body.

Diagnostic imaging departments may also include nurses. Nurses help prepare you for your procedure, support the radiologist, and keep you as comfortable as possible during the procedure. They're also the healthcare team members who watch you as you recover after any type of imaging test or procedure.

Find out more about medical specialists on healthcare teams (<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=spec1>).

## **Heat Related Illness**

*by Alberta Health Services*

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### **Heat Exhaustion**

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### **Heat Stroke**

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### **First Aid**

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### **Prevention**

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

## GAMES & PUZZLES

### Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



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## Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!

## No Yolk



**Why don't eggs tell jokes?**  
**They might crack up!**



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## Word of the Month

Lugubrious: Adjective  
(loo-GOO-bree-us)



Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.

## Cats, Canines, & Critters of Calgary



Lily and Fern, Calgary



Enzo, Calgary



Molly, Elbow Scene



Roscoe,  
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