

MARCH 2024

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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

Share your purple moments using
#postyourpurple



Word of the Month

Imponderabilia: *plural noun* (im-pon-der-uh-bil-ee-uh)

Experiences, ideas, and objects that are complex to explain.

In her poetry, Jane discusses the imponderabilia of life's milestones and hardships.



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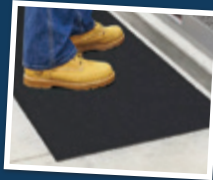
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What is the Difference Between the Crestmont Homeowners Association (CHOA) and the Crestmont Community Association (CCA)?

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 us to maximize our 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>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>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 voluntary.</p> <p>Membership for 2024: \$25</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>Once turnover has taken place, eligible for grant funding for larger scale projects on HOA land.</p>	<p>Has a city contact to discuss future planning and development.</p> <p>Reliant on grants, donations, rentals of community facilities, programs, sponsorships, and casinos for funding.</p>





CRESTMONT Homeowners' Association

Contact information:

General Information: admin@crestmonthall.com.
 Events/Rentals: events@crestmonthall.com.
 Website: www.crestmonthall.com.
 Telephone: 403-475-7230

Office hours:

Monday, Wednesday, Thursday, Friday: 11:00 am to 4:00 pm.
 Tuesday: 1:00 to 7:00 pm.
 Closed on Saturdays, Sundays, statutory holidays, and long weekends.

*Subject to change. Please visit our website for the most up to date information.

Adjusted hours:

Please note that on March 11, 12, and 14 the office will be open from 1:00 to 4:00 pm.

Office closures:

The office will be closed on March 29 for Good Friday, and Monday April 1 for Easter Monday.

Board of Directors

Position	Name
President	Theresa Kline
Vice President	Ben Mercer (Qualico)
Treasurer	Andrew Goetz
Secretary	Melani Gillam
Directors at Large	Paul Godard
	Neil Makaroff
	Brian Brown (Qualico)
Management and Staff	
General Manager	Roshni Norum
Administrator/Events Coordinator	Neha Naik
Admin Assistant	Morgan Wohlberg

Contact CHOABoard@crestmonthall.com

Real-Life Fairy Tale



Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.



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CHOA Programs and Services Survey

In the next few days your volunteer board will be sending out an email invitation to complete the CHOA community survey. If you do not receive emails from the CHOA, please call the office at 403-475-7320 to arrange to pick up a paper copy. The survey asks members for their opinions on the types of programs offered and services provided to the community over the past year. Your feedback is important to the board as it considers programs and services for 2025 within budget constraints. Please take 10 to 15 minutes to have input into this important process. We look forward to hearing from you and will report back on the results by the end of June.

Do You Know What Your Manager Does?

Most of you know Roshni Norum, our CHOA General Manager, from your individual interactions with her by phone or email. However, her role is multi-faceted, and she is an integral part of the smooth functioning of the CHOA. We wanted to let you know some of the other things Roshni does for us that keeps her more than busy on our behalf:

- Keeps a close eye on the maintenance requirements of the hall, amenities, and grounds; nipping problems in the bud and making sure that our collective investment is well-looked after through appropriate maintenance.
- Responds weekly to about 30 emails/texts/phone calls/in-person inquiries from members.
- Coordinates and engages in the work to communicate with CHOA members through the bi-monthly "CHOA Updates", *Crestmont Courier*, posting signs, sending email notifications, annual Programs and Services Survey.
- Works with the Events Coordinator to make effective use of the hall throughout the year, and planning and carrying out CHOA community events.
- Attends and works at all CHOA community events.
- Ensures service provider contracts are solicited, vetted, the work appropriately carried out, and paid. These include garbage removal, hall cleaning, hall maintenance, snow removal, and landscaping.
- Coordinates and facilitates the transition from the Developer to the CHOA membership for control of the CHOA.

This includes: a) Getting a very clear understanding of what the HOA's positioning was and how we got here, and what we need to be focused on moving forward to ensure independent sustainability; b) Working closely with the accounting and governance teams to get a comprehensive understanding of the HOA's overall financial position; c) Creation of policies and operational/procedural manuals; d) Assuming most governance and administrative tasks.

- Selects/trains/directs/supervises part-time, student, and casual staff.
- Writes and submits grants for summer student workers.
- Ensures facility and personnel compliance with all federal, provincial, and municipal statutes.
- Prepares monthly operations and reserve fund reports and financial statements for board review, keeping the board "in the loop" on what is happening in the community.
- Ensures CHOA is compliant with all financial and regulatory reporting statutes.
- Prepares documents/presentations for board meetings and AGM.
- Interacts with the City on snow removal and landscaping contracts, utility issues, taxation, and permits.
- Ensures our insurance is current and paid.
- Works with the CCA in their planning for programs and events.
- Coordinates the YYC food trucks.
- Works on holiday decorations.

Thank you, Roshni, for all you do for our community!



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News, Events, & More



Real Estate Statistics



Winter Programs

The winter session runs until March 28. Drop-in is available for the following classes:

- Fit Dance for Adults with Fior
Mondays from 7:00 to 8:00 pm
No experience necessary!
- Fitdance for Parent and Tots with Fior
Wednesdays from 9:30 to 10:00 am
- Yoga for Heathy Aging and Well-Being
Thursdays from 9:30 to 10:45 am

Board Game Night Thursday, March 28

Join us at our free board game nights every month from 6:30 to 9:30 pm. The last few were enjoyed by all attendees, and games like Carcassonne, Crokinole, Rummy-O, Codenames, and Party Pictionary were just some of the games played. If you are interested, please email events@crestmonthall.com to sign up. Feel free to bring a game you would like to play (modern or classic) or join in with other attendees.

Spring Programs

Visit our website for dates and prices, and an updated class list.

The spring session of classes runs from April until the end of June. You can 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.

Fit Dance for Adults with Fior Mondays from 7:00 to 8:00 pm

Fitness program that involves cardio and Latin-inspired dance and other it's all about having fun while burning calories which looks and sounds more like a dance party. Recommended for ages ten to adult. No experience necessary.

Fitdance for Parent and Tots with Fior Wednesdays from 9:30 to 10:00 am

Parental supervision required. Perfect for one- to three-year-olds. These classes focus on stretchy bands, gentle parachute exploration, low-risk obstacle courses, and simple musical fun. Cultural dance and beat explorations that get everyone involved at an age-appropriate level. Programs are 30 minutes in length.

Fit Dance for Preschoolers with Fior Wednesdays from 10:15 to 11:00 am

Creative movement and coordination skills, Zumba, obstacle courses, interactive story-based yoga, yoga craft, games, musicality, and rhythm. Programs are 30 to 45 minutes in length and designed for children ages three to six.

Yoga for Heathy Aging and Well-Being with Vanitha Thursdays from 9:30 to 10:45 am

It's never too late to start practicing yoga! This 75-minute class is for anyone that wants to work on foundation and alignment for balance, flexibility, and strength. To build stamina and support your joints through movement. This gentle practice will help you to increase flexibility, improve balance and motor coordination, and deal with common health issues and stress. Better sleep and an improved sense of overall vitality are commonly experienced. Beginners welcome.

Other Programs Offered:

Sportball

Offered at Crestmont hall on Fridays and Sundays. Non-competitive sports programs for every kid, at every stage.

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!



WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



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CRESTMONT COMMUNITY ASSOCIATION

Your board members are all resident volunteers. We love our community and want to help make it the best it can be!

CCA BOARD

President	Wendy Goetz
Vice President	Sean Kolb
Secretary	Devon Sankey
Treasurer	Chris Van Tornhout
Events Chair/ Director at Large	Nelle Derry
Director at Large	Carey Kress

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Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



MESSAGE FROM THE BOARD

As we embark on a new year, we are excited to share the wonderful opportunities that the CCA brings to our vibrant neighbourhood. For just \$25 per year, CCA membership provides you with a ticket to a year-long journey of community engagement and improvement.

At the heart of the CCA lies the spirit of community and the desire to forge meaningful connections among residents. In the hustle and bustle of city life, meeting neighbours can be a challenge, but the CCA is committed to changing that narrative.

As we navigate a period of substantial growth, the CCA is evolving to better serve the needs of our community. We have recently hosted events such as the Crestmont Winter Warmup, the Halloween Party, and the Hip Replacements concert at the hall. We also manage the dog poop bag dispensers throughout the neighbourhood; we thank our current two sponsors, Gerard Chiasson and Carey Henitiuk, who have supplied us with a year's worth of bags! We are actively seeking sponsors for 2024 and will continue to maintain these dispensers for the convenience of all pet owners. These initiatives represent our dedication to providing unprecedented value to our members and we look to adding even more community enhancements as membership grows.

Advocacy is a cornerstone of our work with the CCA. We take your concerns seriously, serving as a liaison between the community and the entities that can effect change. Whether it's addressing development permit applications with the City of Calgary, communicating resident concerns to the Calgary Police Service, collaborating with the Parks Department, or engaging

with our Councillor's office, we are tirelessly committed to resolving the issues that matter to our community.

Join us in shaping the future of Crestmont, where your voice matters, connections flourish, and community spirit thrives. Become a CCA member today to be part of this exciting journey!

For inquiries, to get involved, or to purchase a membership:

Email us at info@crestmontcommunity.org

Visit our website at <https://crestmontcommunity.org/>

Visit us on Facebook:

<http://www.facebook.com/crestmontca>

Let's build a stronger, more connected Crestmont together!



Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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- Barbara and Darrell Knight
August 2023

