

CRESTMONT

Courier



CRESTMONT
Homeowners'
Association

Crestmont Community Connection

MARCH 2016 to MAY 2016: VOLUME 35

Meet Jake Bean
at the Hitmen
Community Game
on March 13

CCA Annual
General Meeting
April 7

Colouring
Contest

Cover Artwork by Olivia Turner



Suburban Journals
PUBLISHING
make an impression

To advertise, call 403-880-1819

Is Your RRSP Wisely Invested?

Get Tax-Smart Guidance

With over 28 years of experience through all types of markets, Derrick can introduce you to strategies that can help you:

- Ensure you don't outlive your retirement assets
- Bolster your savings beyond your RRSP/RRIF
- Minimize taxes in retirement



DERRICK WILSON, MBA, CFP, FICB, CIM
Vice President & Portfolio Manager
RBC Dominion Securities
Crowfoot West Business Centre
410-600 Croowfoot Cres. NW
Calgary, AB T3G 0B4
www.derrickwilson.ca

*To schedule a complimentary meeting, please
contact Associate Derek Au-Yeung at
derek.auyeung@rbc.com or 403-216-6188.*



RBC Wealth Management
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_90706_SAG_005

CRESTMONT Courier

Crestmont Homeowners' Association

Homeowners' Association Info / Fee Payments
403-202-2175
crestmonthall@shaw.ca
www.crestmonthall.com

Crestmont Community Association

Community Association Information
www.crestmontcommunity.org

Contacts

Facility Manager

Chantal Chapin 403-202-2175 / cchapin@qualico.com

Event Coordinator

Daniela Ceglarski 403-202-2175 / dceglarski@qualico.com

Qualico Customer Relations

Iona Sentes 403-212-1624 / isentes@qualico.com

Elected Officials

Councillor Ward 1

Ward Sutherland 403-216-5400 / calgary.bow@assembly.ab.ca

MLA

Deborah Drever 403-216-5400 / calgary.bow@assembly.ab.ca

MP

Ron Liepert 613-992-3066 / ron.liepert@parl.gc.ca

City & Services

Calgary Police Services District 2 Liaison

Constable Dylan Harris, #4411 403-567-6200

General City Inquiries 311

Local Pre-school Information

Childspace Crestmont Pre-school
403-616-6754 / info@childspacecrestmont.ca

Public Education

Calgary Board of Education 403-294-8211

Catholic Education

Calgary Catholic School District 403-298-1411

Lawn & Garden Information

City of Calgary Parks www.calgary.ca/parks

Suburban Journals Publishing

Advertising Sales:

Pam: 403-880-1819 pam@suburbanjournals.ca

The ad booking deadline is the 14th of the month prior to the distribution month.

This publication is published 4 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from local retail outlets.

Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters and nannies, or other parties listed in the Crestmont Courier should not be interpreted as recommendations or endorsements by the editor or the publisher.



CRESTMONT
Homeowners'
Association



Your Homeowners' Association

HOA Fees

Interest Free Period Ends June 30th 2016

Please be advised that the six month interest free period for the Crestmont Homeowners' Association fee ends June 30th. Annual HOA fees are mandatory for all homeowners in Crestmont and are a registered encumbrance on your property title. The HOA invoice is due upon receipt in January and interest begins accruing on overdue accounts as of July 1st each year.

Important Changes to Fee Collection

January	Invoices are sent out to homeowners' and are due upon receipt.
July 1	A letter will be sent out to all homeowner's with outstanding accounts to notify them that interest is now accruing and payment is past due.
August 1	Outstanding invoices will be sent to our law firm BD&P for collection.
September 15	A court filing will be made against all outstanding invoices for recovery of funds, lawyer expenses and interest accrued as set out in the encumbrance

**Please note that all outstanding invoices will be subject to 18% interest per annum under the encumbrance with interest accruing until payment has been collected.*

If you have not paid your annual fee yet, please make sure you do so right away to avoid unnecessary interest charges. If for some reason you have not received or cannot find your 2016 invoice, please do not hesitate to contact Shannon Scott, Accounts Manager, at sscott@qualico.com.

Payments can be made via debit, VISA, Mastercard or cheque. Payments can be made in person at the Crestmont Hall or by credit card over the telephone at 403.202.2175.

Office Hours are Monday to Friday 9:30am-4:00pm
(closed 12:30-1:00pm for lunch)

Crestmont Courier

The Homeowners Association has had several requests to have the Crestmont Courier delivered to each home. We began delivery of the Courier several editions ago. You will continue to receive the Courier by delivery for future editions.

Please note there has been some revisions to our publishing process therefore, the aesthetics of the newsletter have changed. If you would like to submit an advertisement for the Courier, Suburban Journals will now handle this.

Crestmont Residents Hall Access Card

Due to recent updates to our security system, resident cards will need to be re-activated for lower level access. Every homeowner should have at least one access card, which allows you to enter into the lower level of the Hall to use the facilities. If you have not already, please drop by the Hall during office hours or email your access card number, along with homeowners name and address to crestmonthall@shaw.ca in order for us to re-activate your card. If you require further information please feel free to contact the Hall anytime during office hours or email us at the above noted address. Please keep your existing cards to be reactivated.

Waste and Recycling Changes

New bylaw changes will require all businesses and organizations in Calgary to recycle a specific list of materials starting November 1, 2016. The Crestmont Residents' Hall will be required to provide adequate storage and containers for a specific list of materials and there will be fines if we do not comply.

As of February 1, 2016, commercial vehicle loads will have higher fines for loads containing recyclable materials. Waste disposal fees at the Hall have already seen an increase reflecting this change. We are currently investigating waste and recycling options and looking to implement changes prior to the November deadline in order to see a change in our fees.

Council has also approved an Organics Diversion Strategy and the proposed bylaw amendments will be brought to council this Fall.

Changes at the Residents' Hall directly related to the new bylaws will include new waste and recycling containers,

both inside and out. We will also have new waste and recycling bins in our parking lot, which will require a new or additional enclosure. There will be a policy implemented that will require our current and future tenants to follow the new waste and recycling guidelines.

Wanting to get involved in your Community?

The HOA is looking for volunteers to assist with our Annual Christmas Parties and our 'Adopt a Player' event. If you are interested in getting involved with the community, please contact the event coordinator at dceglarski@qualico.com.

Website Update

Some minor changes have been made to our website, mostly aesthetic. We encourage the community to check out our new features such as our feedback forms and news feed page, which will include the most up to date information on our community.

We have also included an email sign up application on the home page. If you would like to be added to our email list to stay up to date with news and events, just enter in your email address and hit submit. We have received feedback from residents mentioning they aren't always informed of community perks. The best way to be notified is by email.

Have Your Art Work Published!

Crestmont Homeowners Association invites you to share your creativity. Submit your artwork to be published on the cover of future issues of the newsletter. All mediums will be considered. Whether you express creativity through your camera lens or splash your canvas with paint, show us what you got! All ages welcome. Selection will be based on creativity, use of color and representation. Please submit your work to dceglarski@crestmont.ca or drop off your submission at the Hall during office hours (Monday to Friday 9:30am – 4:00pm).

Deadline for submission will be February 1st, 2016

Congratulations Olivia Turner!
Thank you for your beautiful piece of art work. Your creation has made the front cover of our 'spring' newsletter! Olivia used glue mixed with water and different coloured tissue paper.

Olivia is 9 years old. Her favorite subject in school is physical education- she loves to play dodge ball. Her favourite season is winter because she loves play in the snow and then come in for hot chocolate afterwards! Olivia dances in an Acro class as well as a Hip Hop class. She also loves to read and watch Fresh Prince of Bel Air.

Fire Pit Available for Bookings

Warm up this winter by our cozy community fire pit. The Crestmont Hall has a beautiful fire pit available for Crestmont residents in good standing. If you are interested in having a gathering at the pit, please contact us and we can help you out with your booking. 403-202-2175 or crestmonthall@shaw.ca



The perfect way to warm up your season!

Just a Friendly Reminder Please respect our Private Function Signs

It is important to remember that our Residents Hall is rented out for private events, during the day, on weekdays and on weekends. These rentals are valuable to the success and independence of our Residents Hall and your continued respect is appreciated.

When there is a Private Function sign out that means access to the upper hall is restricted to the renter and their guests only. Please, respect the Private Function signs out front and refrain from entering the Hall, even if it is during office hours. The office is typically closed when there is a private rental taking place during office hours.

Residents enjoying the grounds around the community and require the use of the restrooms, please access them on the lower level of the Hall. Thank You!

We have had quite a successful "wedding season" here at our Residents Hall. I would like to take this opportunity to thank all nearby residents for your patience and understanding while events are taking place. We try very hard to keep noise levels at a minimum. If any residents have concerns, please feel free to contact me anytime.

- Daniela Ceglarski
dceglarski@qualico.com

New to the Community?

The Crestmont Homeowners Association would like to welcome you to the community. For those of you with children, here is a list of the designated schools and contact information for our area:

Regular Learning

- **Belvedere Parkway School** (K-6)
4631-85 St NW (403-777-6010)
- **Thomas B. Riley School** (5-9)
3915-69 St NW (403-777-7260)
- **Bowness High School** (10-12)
4627-77 St NW (403-286-5092)

French Immersion

- **Varsity Acres School** (K-6)
4255-40 St NW (403-777-6090)
- **Branton School** (7-9)
2103-20 St NW (403-777-7440)
- **William Aberhart High School** (10-12)
3009 Morley Trail NW (403-289-2551)

Catholic Programs

- **Our Lady of the Assumption** (K-9)
7311 34 Ave NW (403-500-2045)
- **St. Mary's** (10-12)
111-18 Ave SW (403-500-2024)
- **St. Francis** (10-12)
877 Northmount Dr NW (403-500-2026)
- **St. Sylvester** (k-6)
7318 Silver Springs Blvd (403-500-2063)
- **Madeline d'Houet** (7-9)
108 22 St NW (403-500-2008)

For more CBE Schools, visit www.cbe.ab.ca/schools/find-a-school/Pages/default.aspx#

Spring Break for Calgary Board of Education
(March 21st- March 25th)

Easter Break for Catholic Schools
(March 28th – April 1st)

Be a Good Neighbour!

Please take a moment to review the *Good Neighbour Practices Reference Guide* to keep you and your surrounding residents happy all year long!

This reference guide can be found on the City of Calgary website at www.calgary.ca/CSPS/ABS/Documents/good_neighbour_guide.pdf



Christmas Light Contest Results!

Thank you to all residents who participated in the 2015 Christmas Light Competition! Many oooohhs and awwwws were heard amongst our judges. The stiff competition did not make for an easy decision -but the scores have been tabulated and the results are in! Congratulations to....

The **Godard Family** on Crestmont Drive. For the third year in a row, your home was awarded **First Place** and the distinction of Overall Winner of the 2015 Christmas Light Competition. Seems you have set the bar very high! The holiday music was especially festive and timed well with the movement of lights. Well done!

2nd Place went to the **Kothandaraman/Sabeen Family** on Cresthaven Rise. Judges felt you covered the most “real estate”, decorating both your front and back yards!

3rd Place went to the **Comeau Family** on Crestmont Drive. Judges loved the music from the movie Frozen and awarded you the Clark Griswold Bonus points!

Runner-Up awards went to:

The **Gladwyn Family** on Cresthaven View, judges were impressed by the hand-crafted displays again this year.

The **Silva Family** on Cresthaven Way, judges awarded extra points for the promotion of the Lights for Humanity initiative.

Honourable Mention goes to the **Paley Family** on Crestmont Boulevard. The frosty arctic theme warmed the judges.

All homes were decorated with inspiring holiday designs. Judges are looking forward to see what will be created next year!

Qualico Communities would also like to thank our special guest judge and Crestmont Community Hitman Player Jake Bean, and the Hitmen organization for their generosity and assistance in making this such a fun-filled evening. It was great to have Jake support our event and assist in building community spirit.



A special thank you to Daniela and Chantal from the Crestmont Hall. We couldn't have done this without you!

“It’s really nice that the community members go all out! Over the past 10 years there has been such an increase in Christmas lights in Crestmont. Keep up the good work Crestmont!”

Paul Godard

Crestmont HOA Annual Kids Christmas Party

There is nothing sweeter than seeing child’s face light up when Santa enters the room, other than a handcrafted gingerbread man your little one makes just for you! With a 130 enthusiastic guest in attendance, the littlest residents of the community jumped with joy to attend our Annual Children’s Christmas Party. We could not have been happier with this enjoyable event. The children worked like Santa’s elves, decorating cookies.



Crestmont HOA Annual Adult Christmas Party

2015’s Christmas party was a smashing success.

With 120 residents that attended – more than anticipated, the Hall was filled with holiday cheer.

Thank you for attending our Annual Christmas Party, we hope to see you again next year!



Crestmont Residents Hall Access Card

Due to recent updates to our security system, resident cards will need to be re-activated for lower level access. Every homeowner should have at least one access card, which allows you to enter into the lower level of the Hall to use the facilities. If you have not already, please drop by the Hall during office hours or email your access card number, along with homeowners name and address to crestmonthall@shaw.ca in order for us to re-activate your card. If you require further information please feel free to contact the Hall anytime during office hours or email us at the above noted address. Please keep your existing cards to be reactivated.

New Floors

The Crestmont Hall will be under construction starting April 1st – April 3rd. We are happy to announce we are installing a more durable and low maintenance flooring.

Although the current floor is very beautiful to the eye, hardwood flooring is very easily damaged. With a growth

in weekly programs and increased number of events, the HOA is being proactive and eliminating the likelihood of extreme wear and tear on our current floors, leading to increase of maintenance and therefore, unavailability of the Hall. We have chosen a look similar to what is in the Hall now. This highly versatile flooring will capture the essence of wood. It is exceptionally resistant to scratches and scuffs. This waterproof resistant flooring is ideal for our main Hall space.

Email List

If you would like to receive homeowner news, updates and invitations via email, please forward your address to dceglarski@qualico.com or fill out our online request form on the home page of the Crestmont Hall website.

DID YOU KNOW??

We consume more than 16 million jelly beans during Easter.



Rejuvenate your skin.

Put your best face forward this spring with The Spa Ritual’s rejuvenating spa treatments including facials, skin care and Medical Aesthetics.

Book your appointment today!

403.547.9558
thesparitual.com
106 Crowfoot Terrace NW
Calgary, AB

Community Association

The Crestmont Community Association (CCA) was incorporated as a not-for-profit organization on December 21st, 2009 in Calgary, Alberta, Canada. The CCA board is made up of volunteers who are also Crestmont residents.



CCA Mission Statement

Our mission is to foster good relationships among the residents and be the organized collective voice for the Community. We will promote community activities that enrich the lives of our neighbors.

Your current CCA Board of Directors consists of the following individuals:

- Al Del Degan, President
- Chris Wolfe, Vice President
- Paul Christensen, Treasurer
- Stacy Cousins, Secretary
- Jason Simms, Director at Large

In addition, a past board member and current HOA Liaison Paul Godard is not only a valuable member of our community, but he is a reliable volunteer with the CCA and has played an integral part in the creation and implementation of many of our annual kids events. We thank him for his continued efforts and dedication to the community.

We would also like to thank so many of our community volunteers that help out with putting on events and generally make Crestmont an even better place to live.

Annual Crestmont Spring Cleanup

The date has been set for the CCA's Annual Spring Cleanup event. Get your family ready for Sunday June 26th at the Crestmont Hall parking lot.

As always we will have picker sticks, gloves, bags, food, drinks, games, prizes and a whole lot of fun. Take your household garbage and electronics for recycling to the Crestmont Hall and then grab some picker sticks to head out into the community and pick up litter that has blown in and around our community since last year. Look forward to prizes and games for the kids, like the ever-popular scavenger hunt, along with other prizes for things like the most unusual piece of garbage found.

The City of Calgary will be there with their big packer trucks so you can watch them crush things into little bits in the back of their awesome trucks. We are working

on having scrap metal as well as paint and chemical recycling, but those are not for sure yet. If you have any connections to make them happen we would appreciate your help.

The CCA Annual General Meeting

It is that time of year again for the Annual General Meeting (AGM) where we look for new CCA board members and vote on important things to improve the organization for the following 2016/2017 term. The AGM is scheduled for **Thursday April 7th at 7:30pm** at the Crestmont Hall.

We need your support so please come out and join us for some excellent community networking. If you are interested in joining the board, why not come down to one of our board meetings prior to the AGM? They are always on the third Thursday of each month at the Crestmont Hall starting at 8:10pm.

The NEW Crestmont Kids Council



It is time that the children of Crestmont had their own voice! The CCA is looking to put together a Crestmont Kids Council (CKC) to be formed by volunteers in the community ages 13 to 17 years old. This will be a working board and the president of the Kids Council will have a non-voting seat on the regular CCA board and attend our meetings to keep the communication between the CCA board and the CKC open and flowing.

The CKC will be expected to assemble their own, mission statement, bylaws, budget, board positions, and monthly meetings. They will also be welcome to help plan and execute the kids-related events happening in Crestmont, including the Kids Day and Children's Halloween Party. They may also come up with some of their own events and initiatives for kids in the community.

This is a wonderful experience and character building opportunity for the bright and focused children of our great community. This is a serious commitment and the CKC will be self-sustaining and independent. It is not a playgroup or babysitting service, but a serious team who will be charged with making Crestmont even better for its younger residents.

Any Crestmont Residents in the 13 to 17 age range who are interested can contact the CCA President (or their parents can) via the email address **info@crestmontcommunity.org**.

CCA Membership Drive

Is your Crestmont Community Association Membership still active? Memberships are \$25 and are good for one calendar year from the date of payment. You can get / renew your membership at our website: **crestmontcommunity.org/become-a-member**. We are planning to have some prizes for those who have, get or renew their memberships in 2016.

This year we are looking for volunteers to help us with our membership drive. There are 480 homes in Crestmont as of December 31st, 2015 and our email list only has 246 names in it. Some of which are outside of our community. Our goal this year is to have a full email list for everyone in our community so we can stay in touch and keep everyone engaged and informed. We do not send out many messages, and when we do we try to keep them useful and informative.

Call-out for Volunteers

Further to some of the notices already mentioned earlier, the CCA is always looking for volunteers to help us with our initiatives and events. You don't have to be an official board member to help out. Even if you are willing to make a few phone calls or help out at one or more of our events we want to hear from you. There is always lots to do, and we are very grateful for any assistance you are able to provide.

To volunteer, please fill out our volunteer intake form on our website: **crestmontcommunity.org/become-a-member/volunteer-with-us** or email **info@crestmontcommunity.org**

Thanks for reading.

Al Del Degan
President

Crestmont Community Association
<http://www.crestmontcommunity.org>



For any questions about Guiding, please email **scenicbowvalleydistrict@gmail.com** or phone Diana at 403-510-5598.



BOOTCAMP at Crestmont Hall

Mondays 7:05pm – 8:05pm
and/or Thursdays 7:10pm – 8:10pm

Join certified, experienced instructors for a research-based training including a variety of training modalities. The format changes to keep you interested and to keep your body adapting. We do metabolic training, HITT, circuits, and various group activities. Use a variety of equipment to keep your body challenged week to week! A fun group & an effective workout!

To register, please contact Lisa at 403-861-7722 or **Motivatefitnessconsulting@gmail.com**
Website: **www.motivatefitnessconsulting.com**

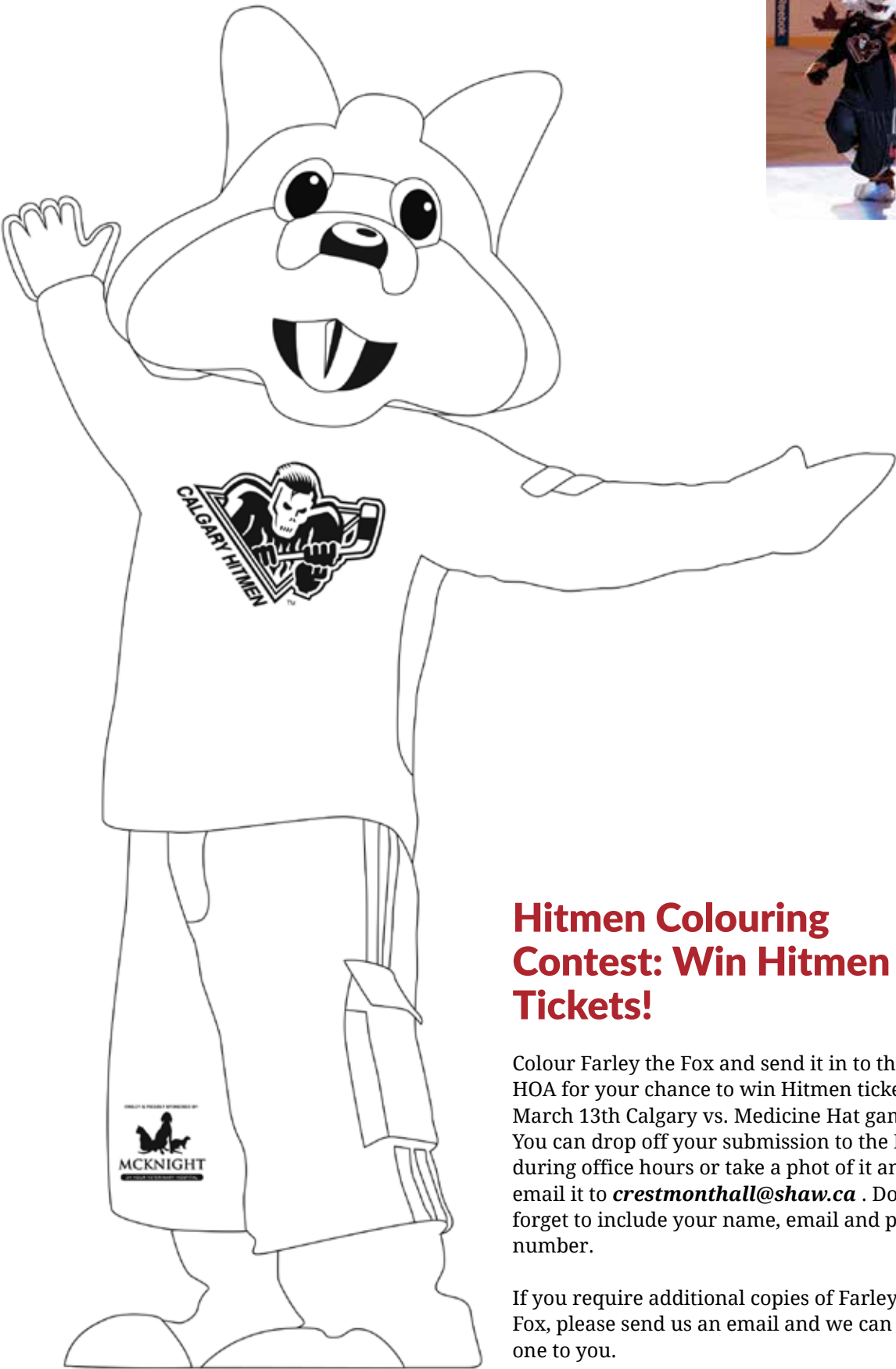
Earth Science for Society

Hello Crestmont community,

I am a volunteer with Earth Science for Society (ESfS), which is an organization dedicated to increasing the public's awareness of Earth Science and how it impacts our everyday lives. To tell you about us, we are a non-profit organization and believe that education should be available to every demographic. Our focus is to increase the science literacy for students of today as they are the decision-makers of tomorrow and the future caretakers of the earth.

This is a **free family friendly event** which is taking place at the Big Four Building on the Stampede grounds **March 13 – 15, 2016**. Some of the highlights of the exhibit include: Panning for gold with Yukon Dan, Geotalks at the Geo-theatre, interactive hands-on displays and so much more!

Kelsey Tillapaugh
Volunteer, Earth Science for Society (ESfS) Committee
esfscanada.com



Hitmen Colouring Contest: Win Hitmen Tickets!

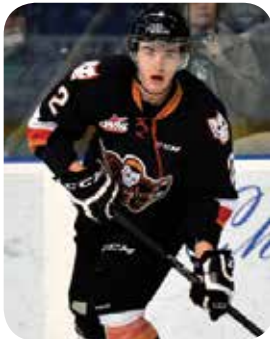
Colour Farley the Fox and send it in to the HOA for your chance to win Hitmen tickets for March 13th Calgary vs. Medicine Hat game. You can drop off your submission to the Hall during office hours or take a phot of it and email it to crestmouthall@shaw.ca . Don't forget to include your name, email and phone number.

If you require additional copies of Farley the Fox, please send us an email and we can send one to you.



Hitmen Adopt a Player

I am sure you have noticed our Hitmen signs and flags throughout the community. We are in full force supporting Jake and cheering the Hitmen on for the hockey season. The community will be recognized for our support and participation at the March 13th 2016 game, Calgary vs. Medicine Hat. The HOA will be organizing bus rides to and from the game on March 13th, along with some pre-game snacks at the community Hall. All you have to do is purchase your game tickets and let us know you would like to hop the bus down to the Saddledome. Tickets for the March 13th game will be available for purchase at the Hall for \$12 (GST included). If you have any questions or would like to purchase tickets, please feel free to contact us via email or give us a call during office hours and we would be more than happy to reserve tickets for you.



Our residents have exclusive Hitmen Ticket rates throughout the season. These can be purchased through the Crestmont website home page.

We would like to take this opportunity to thank those residents who have supported Jake by posting lawn signs, window stickers and cheering them on at games. Please come by the Hall during office hours to pick up your Hitmen signs. They are great for waving around and cheering at the games.

GO, HITMEN, GO!



Construction of Crestmont Pump Station is Complete

The new station, along with the Artists View feedermain project, will ensure continued, reliable water service to the Broadcast Hill and Crestmont Pressure Zones as well as any adjacent future development.



The two projects included many years of planning, design, and construction which resulted in not only a new water pumping station, but also a building and site that blend into the Crestmont sub-division.



The City of Calgary would like to thank the community members, including the Crestmont Community Association, for their cooperation and patience during the completion of this important project.

Clothing Bin

Crestmont Homeowners' Association has been supporting the Alberta Community Clothing Collection Ltd since July 2015. The support this program has been receiving from Crestmont residents' has been phenomenal. Not only is our community supporting a great cause, a small portion of the proceeds will be given back to the Homeowners' Association. We would like our residents' feedback on where they would like to see the funds go. We could donate the funds to the food bank or a charitable cause voted on by the residents. We could use the funds toward a community event such as, opening of the Spray Park BBQ or Movie in the Park. Please send your thoughts to dceglarski@qualico.com or visit our website and complete the online form located on the Home page.



<http://www.albertaccc.ca/index.html>

Hall Programming

Community interest in classes at the hall continues to grow – and we’ve listened. We’re diligently working on providing more activities at the hall in the coming year. A few new programs have been confirmed and more are still in the development stage.

Sportball

Sportball programs offer skills-driven and high-energy instruction for a variety of ball sports, delivered by expert coaches who share our passion. We focus on children’s physical and social development, whether it’s teaching kids how to handle winning and losing or how to dribble a ball. Inclusive, organized, safe and fun for ages 2 to 8 years. Look for our new offering of outdoor spring soccer programs. For more information about our programs and birthday parties, please follow this link: www.sportball.ca/calgary/about-programs.



Parents, please note: Sportball Coaches can pick up children from their classroom at Childspace Learning Centre preschool and bring them upstairs prior to start of program. Dismissal will take place at the Hall.

Winter Session 2
February 18th – March 17th (5 weeks)
11:00 – 11:45am (parent and tot)
11:45am – 12:45pm (multi-sport 3 – 5)
For future sessions, please visit www.crestmonthall.com

Enhance Your Life Yoga with Crystal McGrath
Wednesdays: 9:30am-10:30am
Visit www.livewithlove.ca or email Crystal at livewithlovecanada@gmail.com

Mountain Reach Educators Kids Dance
Dance is a fun way to get children active while exploring their creativity. This program will integrate dance basics from ballet, jazz and hip hop. Children will be encouraged to integrate their own styles while learning several dance moves. Class time will consist

of stretching, moving across the floor and unique combination of dance moves. This will be a great class for children to stay healthy and meet friends with the same passion.
When: Wednesday, 5 - 5:55pm
Dates: January 13th - April 6th
(No classes Feb 18th for family Week)
Age: 7+ years
Cost: The 12 week program costs \$149.41 (Including GST)
Where: Crestmont Community Hall, SW Calgary
Pre-registration is required

Move-it and Shake- it
It is easy to see the love children have for music and movement. Music helps them learn about their new and exciting world they are being introduced to, by communicating with their bodies and this is what makes music and movement so much fun for children. Music and movement has many benefits for a child’s development. It can help develop, participation, social skills, expression of emotions, enhancing self-conception, refining of listening skills, awareness of their body, creativity and imagination, discovering new words and concepts, exploring cause and effect, motor skill development, improving balance, coordination, and rhythm.

Our Move-it and Shake-it program has the perfect blend of music, movement, rhythm and dance – a child’s perfect combination enabling them to do what comes naturally to them.
When: Tuesday 9:30 - 10:15am / Thursday 2:10 – 2:55am
Week beginning January 10 – April 4
Who: Age 18 months – 5 years (ages are flexible and based on ability)
Where: Crestmont Community Centre
Cost: \$149.41 (Including GST)
Pre-registration is required.

Kids Musical Theatre
Musical Theatre is a program built for high energy and enthusiastic children. It can also be a great program to get your potentially shy children out of their bubble. It aims to bring out the inner actor or actress in your children with fun acting games and exercises. Children will learn how to utilize their expressions, body language and voice, to become whatever they want. In addition children will learn the foundations of dance, primarily jazz. This will allow them to integrate their acting with their dancing to perform musical theatre. Children will have the opportunity to learn more about themselves and their peers. Musical theatre is a great program to get your child moving and socializing in the community.

When: Wednesday 4 - 4:50pm
Dates: January 13th - April 6th (No classes Feb 18th for family week)
Age: 7+ years
Cost: The 12 week program costs \$149.41 (Including GST)
Where: Crestmont Community Hall
Pre-registration is required

Discover Through Literacy
In this exploratory, active and hands on program you can expect your child to learn many skills while being creative and artistic. Each week will start with a new fun and captivating story that will form the theme for the class and then the exploration will begin through a variety of literacy and numeracy, art mediums, textures, sounds, rhythms, movement and instruments. The time spent will give the little ones ample opportunity to move, imagine, build, problem solve, and socialize.
When: Thursday 3 - 3:45pm, January 14 – April 7
Who: Age 18 months – 5 years (ages are flexible and based on ability)
Where: Crestmont Community Hall
Instructor: Victoria
Cost: \$149.41 (Including GST)
Pre-registration is required

Crestmont Hall Calendar: Events

Event	Date	Time	Where	Additional Information
Enhance Your Life Yoga	Wednesdays	9:30am – 10:30am	Crestmont Hall	www.livewithlove.ca to register
Fitness Bootcamp	Mondays/Thursdays	7:05pm – 8:05pm	Crestmont Hall	motivatefitnessconsulting@gmail.com
Sparks	Tuesdays	6:15pm – 7:15pm	Crestmont Hall	Register at www.girlguides.ca
Guides	Tuesdays	7:30pm – 9:00pm	Crestmont Hall	Register at www.girlguides.ca
Brownies	Wednesdays	6:15pm – 7:45pm	Crestmont Hall	Register at www.girlguides.ca
Sportball	Thursdays	10:45am – 11:30am 11:30am – 12:30am	Crestmont Hall	Register at registration@sportball.ca
Kids Dance	Thursdays	5:00pm – 5:55pm	Crestmont Hall	Register at mountainreacheducators@gmail.com
Discover Through Literacy	Thursdays	3:00pm – 3:45pm	Crestmont Hall	Register at mountainreacheducators@gmail.com
Kids Musical Theatre	Thursdays	4:00pm – 4:50pm	Crestmont Hall	Register at mountainreacheducators@gmail.com
Move-it and Shake-it	Thursdays	9:30am – 10:15am 2:10pm – 2:55pm	Crestmont Hall	Register at mountainreacheducators@gmail.com
Crestmont Community Association Meeting	3 rd Thursday of every month	8:00pm – 9:00pm	Crestmont Hall	www.crestmontcommunity.org
Hitmen Community GAME	March 13	4:00pm – 7:00pm	Saddledome	Tickets available at Crestmont Hall
Floor Construction	April 1st – 3rd	closed	Crestmont Hall	
Good Friday	March 25	closed	Crestmont Hall	
Easter Monday	March 28	closed	Crestmont Hall	
Victoria Day	May 23	closed	Crestmont Hall	

Our Councillor Report

Thank you for attending my Coffee with the Councillor – Year Two Report Card event in January. I hope you found the session useful and informative. For those of you who were unable to attend, you can view my two-year anniversary report on my City of Calgary website.

Until our next Coffee with the Councillor event, please keep in touch with my office at ward01@calgary.ca or call me at 403-268-2430. You can find me on Twitter, Facebook, Instagram as well as my official City of Calgary website. My website also posts upcoming events that I will be attending in Crestmont.

I would like to sincerely thank Crestmont Hall for allowing me to use their facilities. As there are limited facilities in Crestmont, hosting this event within the community would have been extremely difficult without their assistance.

Stay connected! Sign up at www.wardsutherland.com to receive my monthly e-newsletter, which contains council-related news, community Q&A, and my Vice Chair Finance Blog. To view my February issue, visit: <http://bit.ly/1NE0mGi>.

Ward Sutherland, Councillor, Ward 1

Crestmont Recognition of Excellence

The Homeowners Association will be promoting and recognizing good deeds, philanthropy and contribution to the community. If you believe a member of the community should be recognized or know of an individual who always lends a helping hand, please send your story to dceglarski@qualico.com.

Meet your neighbor Jake Bean, Crestmont Hitmen Player!

- 1) **Crestmont HOA:** How long have you played hockey?
Jake Bean: I started to play hockey when I was three or four-years old.
Crestmont HOA: How old were you when you put on your first pair of skates?
Jake Bean: I was about two-years old.
- 2) **Crestmont HOA:** How do you manage school, your social life and your busy hockey schedule?
Jake Bean: Sometimes it gets pretty tough but the support of both the school and our coaches helps me balance time on and off the ice.
- 3) **Crestmont HOA:** Have you always wanted to be a professional hockey player?
Jake Bean: Playing hockey started out as a goal to have fun and then as things got more serious, I have set higher goals for the last few years.
- 4) **Crestmont HOA:** What is your favorite NHL team?
Jake Bean: The Calgary Flames.
Crestmont HOA: Who is your favorite NHL player and why?
Jake Bean: Cam Fowler of the Anaheim Ducks. He's a player I like to watch and model my game after.
- 5) **Crestmont HOA:** What do you do in your spare time?
Jake Bean: I like hanging out with family and friends and being out at the lake and playing golf.
- 6) **Crestmont HOA:** What are your favorite movies / TV shows?
Jake Bean: Movie - Now you see me. TV Shows - Entourage and Suits.
- 7) **Crestmont HOA:** Do you have any pets? If so, what is your pet's name?
Jake Bean: I have a dog named Max.
- 8) **Crestmont HOA:** Do you play any other sports?
Jake Bean: Golf.

- 9) **Crestmont HOA:** Do you have a nickname on the ice?
Jake Bean: Beaner.
- 10) **Crestmont HOA:** Have you always played defence?
Jake Bean: No, I actually changed to defence when I was about 10 or 11-years old.
Crestmont HOA: If you could play another position on the ice, what would it be?
Jake Bean: I would want to play centre. I often like to jump up in the play and think having a little less defensive responsibility for a bit would be nice.
- 11) **Crestmont HOA:** Where did you go to school?
Jake Bean: Edge School.
Crestmont HOA: What can you say about your experience at the Edge School?
Jake Bean: I am still attending Edge. The teachers there are awesome. I get a lot of support when I am on the road and have through all my schooling so it has been a great experience.
Crestmont HOA: Would you recommend the program to other avid hockey players? For sure, you receive a mixture of sport and school so you get to see what life is going to be like at the next level. Do you think your experience at the school has benefited the player you are today?
Jake Bean: Yes, at Edge we got a lot more opportunity to be exposed to more ice time and extra work off the ice so it has been a benefit for me.
- 12) **Crestmont HOA:** Where do you see yourself in the future?
Jake Bean: Depends how far down the road; I'd like to play in the NHL so that would be a future goal.
- 13) **Crestmont HOA:** Do you have plans for college/university?
Jake Bean: I think I will see where hockey takes me but it has been nice to take a few post-secondary courses while I'm playing.
Crestmont HOA: What do you think you will study?
Jake Bean: I'm interested in business and law.
- 14) **Crestmont HOA:** It is obvious hockey is your #1, if you had to choose a different career path, what would it be?
Jake Bean: I think I'd want to be an investment banker. That interests me.
- Jake Bean:** Crestmont, I thank you for your support. It has been much appreciated. See you soon!

Little Stars Crestmont Daycare



Little Stars is a pre-accredited childcare centre opening in July 2016 in the Crestmont Community Centre. Little Stars is accepting registrations for children 19 months to 6 years.

We offer preschool classes for 2 days/week, 3 days/week or 5 days/week from 9am – 11:30am. In addition to preschool, we are providing full time childcare for families. The full day program will run from Monday to Friday from 7am – 6pm. We offer Kindergarten care for a limited number of children. We will drive to and from schools in Bowness, or we can drop off and pick up children from a bus stop near the community centre.

The preschool program will be closed for two weeks at Christmas, one week in March and all statutory holidays. Parents will be given a list of closure dates in September once preschool starts. The full day program will be closed only for statutory holidays.

Meals and snacks are provided and follow the four food groups and nut free!

Registration forms are available online at www.lilstars.ca
*Crestmont residents that register will receive 10% their first month.

- Preschool fees (9am-11:30am only)**
- 2 days/week (Tues/Thurs) \$250
 - 3 days/week (Mon/Wed/Fri)\$300
 - 5 days/week \$450

- Full time program (7am-6pm)**
- 19 months-3 years \$1100
 - 3-6 years \$1000

- Part time program (7am-6pm up to 4.5 hours)**
- 19 months-3 years \$550
 - 3-6 years \$500

- Kindergarten (includes all school breaks and pd days)**
- \$900

If you need more information, please contact us at 403-241-6261 or lilstars@shaw.ca

Recharging for Scooters

Seniors who use motorized scooters have limits on how far they can travel, due to the battery life of the scooters.

The City of Calgary was asked to consider providing places for people using them to plug in and recharge their batteries, either through the Accessibility Policy or the Seniors' Strategy.

The Deputy City Manager responded that City Staff will discuss the issue, determine where responsibility would be assigned, and then advise Council about scooter recharging stations.

by Anne Burke

Advantage
Exterior Services

Professional
Exterior Painting
and Staining
Services

Quality painting, staining, and repairs
on decks and fences

For free quotes please contact
403-990-5202 or by email at
advantageexteriorsyyyc@gmail.com

**CONCRETE CUTTING FOR BASEMENT
WINDOWS & DOORS & FLOORS**

SAVE UP TO 60% OFF
* Some conditions apply.

**NOW
HIRING**

New openings or enlargements cut into
concrete foundations – we use egress
windows & doors meeting all fire codes.

We supply and install **quality windows, window wells,
weeping tiles, core drilling, excavation** and provide
all other concrete cutting services.

Call 403-570-0555 | Text 403-680-0611 | Email: info@asapconcretecutting.com

Easter AT C3 CHURCH

MARCH 27 9:30 & 11:15

MYC3CHURCH.CA

ON HIGHWAY #1, GOOD FRIDAY, STATIONS OF THE CROSS 10-4

Laughter & Stress Reduction

The Best Medicine at The Groves of Varsity



For those looking for a lock and leave maintenance-free, steel and concrete condo in the heart of Northwest Calgary, The Groves of Varsity has always been a top choice. Now, in addition to the great location and amenities, The Statesman Group is proud to announce the Next Generation of condo living:

Advanced Medical Group ("AMG") ★

"Statesman has always provided our residents with a Beautiful Way to Live," says company founder Dr. Mann, "Now, for the first time, we have taken it a step further by incorporating health and wellness." All of our Groves of

Varsity home owners will have access to AMG. This is a one-of-a-kind facility that is home to the innovative Rejuvenation^{PLUS} program. This is the path to optimum health through tailor-made wellness management programs in just 90 days—right at your door-step!



lifestyle. The good news is, that by making a few targeted changes to our lifestyle, we can significantly reduce the impact these diseases have upon our health.

Rejuvenation^{PLUS} is designed to invigorate and refresh both your mind & body by focusing on five critical wellness pillars that are strengthened through education and training and maintained through ongoing coaching to ensure long-term, sustainable results.

Optimal Health The real power of Rejuvenation^{PLUS} is not just in the science, but in the system and support you experience. Each phase builds upon the previous to ensure meaningful and sustainable results. This medically based program will have a profound impact upon your health in just 90 days.

The Best of Both Worlds! Now you no longer need to leave your community to be healthy. Enjoy a new condo with a state of the art health and fitness centre combined with the Rejuvenation^{PLUS} program. Beautiful and Healthy living can be found in one location.

Visit our show homes in Monterey ONE to find out more.

The Groves of Varsity is currently selling the final 25% of it's very successful and final Condo Phase, The Monterey III.



REJUVENATION^{PLUS}



STATESMAN
what a beautiful way to live!
↓
and Healthy

SHOW SUITE HOURS: Tues-Thur 12 - 6 / Fri-Sun 12 - 5 Location: 105, 16 Varsity Estates Circle NW
Ph: 403.286.8143 Email: grovesofvarsity@gmail.com Web: www.grovesofvarsity.com