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## Chinese New Year Buffet!

Join us in celebration of Chinese New Year with a wonderful lunch buffet and watch an amazing performance by the Calgary Chinese Cultural Centre's Dragon Dancers

**Thursday, February 2, at 12:00 pm**



## Italian Dinner

Want to feel like you're sitting in a beautiful Italian ristorante, listening to the sounds of life going by and gorgeous Italian music playing in the background? Well, we have it all here without the airplane ride!

**Tuesday, February 28, at 5:00 pm**



Please call to reserve your space today! Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	22	5	6	\$434,450	\$422,500
November	22	7	12	\$357,450	\$355,500
October	22	10	18	\$462,450	\$453,750
September	22	19	14	\$279,950	\$282,500
August	22	20	23	\$439,900	\$390,000
July	22	26	18	\$345,000	\$360,000
June	22	17	18	\$322,450	\$323,450
May	22	23	14	\$534,950	\$535,000
April	22	20	26	\$494,900	\$487,500
March	22	28	21	\$500,000	\$520,100
February	22	16	19	\$649,900	\$632,500
January	22	12	8	\$349,950	\$333,500

To view more detailed information that comprise the above  
MLS averages please visit [cany.mycalgary.com](http://cany.mycalgary.com)

## CMCA Office Hours

10:00 am to 2:00 pm, Monday/  
Wednesday/Friday  
Phone: 403-251-1715  
Fax: 403-251-6190  
Email: [info@cmca.ca](mailto:info@cmca.ca)  
Website: [www.cmca.ca](http://www.cmca.ca)

## Mailing Address:

PO Box 83023  
Canyon Meadows Postal Outlet,  
Calgary, AB T2W 6G8

**Facility 1** (Canterbury Hall)  
844 Cantabrian Drive SW  
**Facility 2** (Lloyd Hand Hall)  
848 Cantabrian Drive SW

# Community Association Contacts

President	Michael Richmond	<a href="mailto:president@cmca.ca">president@cmca.ca</a>
Vice President	Anna Glickman	<a href="mailto:vicepresident@cmca.ca">vicepresident@cmca.ca</a>
Treasurer	Sarah Weatherdon	<a href="mailto:treasurer@cmca.ca">treasurer@cmca.ca</a>
Secretary	Brynn Archibald	<a href="mailto:secretary@cmca.ca">secretary@cmca.ca</a>
Bingo Director	Johanne Smith	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
Membership Director	Baylea Willan	<a href="mailto:memberships@cmca.ca">memberships@cmca.ca</a>
Events Director	Lindy Bowler	<a href="mailto:events@cmca.ca">events@cmca.ca</a>
Civic Affairs Director	Monica Vassnidge	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
Director at Large	Ryan Hogan Alison O'Connor	Jonathan Prescott

## Office Staff

Facility Manager	Bonnie Treavor	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
Accountant	Daniela Haack	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
Hall Rentals		<a href="mailto:info@cmca.ca">info@cmca.ca</a>



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# CMCA Facility Rentals

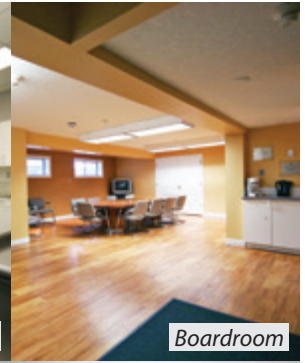
Weekday rates are for 6:00 am Monday to 5:00 pm Friday.  
Weekend rates are for 5:00 pm Friday to end of day Sunday.  
Minimum two-hour rental on weekends.  
Set up and clean up must be included in your rental time  
CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday Rate	Weekend and Stat Holiday Rates	Security Deposit
Canterbury Hall (F1) Main Hall 27x48 (1300 sqft)	Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full sized fridge, large east and west facing windows, tables and chairs, wifi	\$50/hr Monday 6:00 am to Friday 5:00 pm \$550/day *Savings of \$50+* 12 hr rental	\$70/hr Friday 5:00 pm to Sunday (end of day) \$800/day *Savings of \$40* 12 hr rental	\$1,200
Lloyd Hand Hall (F2) Main Hall 39x48 (1872 sqft)	Includes bathrooms, outdoor gazebo, spacious entryway, large coat closet, large windows, tables and chairs, podium, wifi. *Commercial kitchen is available for an additional fee*	\$60/hr Monday 6:00 am to Friday 5:00 pm \$670/day *Savings of \$50* 12 hr rental	\$80/hr Friday 5:00 pm to Sunday (end of day) \$920/day *Savings of \$40* 12 hr rental	\$1,200
Lloyd Hand Hall (F2) Commercial Kitchen	Full rental includes use of all appliances: walk-in cooler, dishes and trays, freezer, dishwasher, industrial stove, pizza ovens  Limited rental includes use of walk-in cooler, freezer, counter tops, sink	\$450 with rental	\$450 with rental	Equal to kitchen rental
Lower Boardroom Approx. 500 sqft	Includes counter area, sink, bathrooms, microwave, fridge	\$35/hr Monday 6:00 am to Friday 5:00 pm	\$45/hr Friday 5:00 pm to Sunday (end of day)	\$500



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Support your community**

## CMCA BUSINESS PARTNERSHIP PROGRAM

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ROMANTIC PLANET VACATIONS - TASHA WALSH, TRAVEL  
CONSULTANT

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WENDY KELMAN, REALTOR - COLDWELL BANKER MOUNTAIN  
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**WWW.CMCA.CA/BPP**

## The CMCA Needs Bingo Volunteers!

The CMCA bingo fundraisers are held at the Grey Eagle Bingo Hall. The Grey Eagle Bingo Hall is a not-for-profit facility that is operated by the Best Bingo Association. CMCA is a member of the Best Bingo Association, along with many other groups such as community associations, sport groups, school bands, other not-for-profits, and charities. Alberta Gaming, Liquor, and Cannabis regulates all aspects of gaming and ensures that the revenue raised each month from running bingos is split evenly between the groups based on the number of bingo events they worked.

Each group that is part of the Best Bingo Association must provide eight volunteers for their event. If the group cannot provide enough volunteers, the event must either be shared with another member group or given up. Both these options are less than ideal because it means splitting the revenue from the event or losing the revenue entirely.

All the revenue raised from bingos must be used for AGLC approved use of proceeds. For CMCA, that use is directed toward paying for the electricity costs associated with the hockey rinks and halls, as well as some other facility maintenance around the community centre. The monthly revenue over the last 16 months averages \$621. Over the last year, our group of bingo volunteers has raised a very impressive \$6,833 after deducting concession and bank fees.

Canyon Meadows community is committed to one bingo a month for 10 months each year. The amazing, dedicated, and valued group of CMCA bingo volunteers is a hard-working, fun group of only eight individuals who do their best to show up for every bingo event.

We would really like to increase the number of volunteers that are available to work a bingo for us. If you are usually available on a Friday during daytime hours (10:00 am to 4:00 pm) and don't mind being at a smoking venue that is large and has very modern, efficient ventilation, your volunteer time would be much appreciated. As well, daytime bingos are not as busy as the evening events. We really need you! All the volunteers receive lunch and beverages during the event and carpooling can be arranged, if required.

So, if you are interested in helping your community, meeting great people, and can be available during the daytime on Fridays, please contact Johanne at 403-281-6573 or Thilly at 403-256-5527.

Here are the upcoming bingo event dates that CMCA is scheduled to work:

March 24, 2023 | April 28, 2023 | May 19, 2023 | June 23, 2023

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### February Is Heart Month

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.

## LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



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# PHOTO GALLERY

Photos by Kim Chulsky



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