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March	23	17	20	\$482,450	\$497,250
February	23	22	15	\$619,000	\$590,000
January	23	11	7	\$385,000	\$365,000
December	22	4	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

To view more detailed information that comprise the above
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CMCA Office Hours

10:00 am to 2:00 pm, Monday/

Wednesday/Friday

Phone: 403-251-1715

Fax: 403-251-6190

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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

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CMCA Facility Rentals

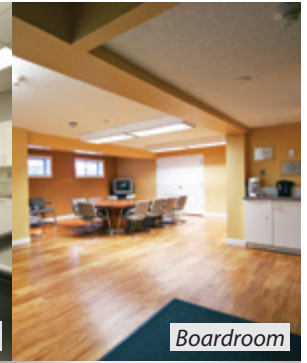
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
Weekend rates are for 6:00 pm Friday to end of day Sunday.
Minimum two-hour rental on weekends.
Set up and clean up must be included in your rental time
CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday rate	Weekend & stat holiday rates	Security Deposit
Canterbury Hall (F1) Main Hall 27x48' (1300 sq ft)	Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full size fridge, large East & West facing windows, tables & chairs, Wi-Fi	\$50/hr Mon 6:00 am to Fri 6:00 pm	\$70/hr Fri 6:00 pm to Sun (end of day)	\$1,200
Lloyd Hand Hall (F2) Main Hall 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi <i>*Commercial kitchen is available for an additional fee*</i>	\$60/hr Mon 6:00 am to Fri 6:00 pm	\$80/hr Fri 6:00 pm to Sun (end of day) Wedding Special Sat 8:00 to 2:00 am \$1,260	\$1,200
Lloyd Hand Hall (F2) Commercial Kitchen	Full rental – Includes use of all appliances; walk-in cooler, freezer, dishwashers, industrial double oven with 10 burner stovetop, & pizza ovens. Dishes, glassware, cutlery & serving dishes. Limited rental – Includes use of walk-in cooler, freezer, counter tops, sink	\$450 with hall rental \$165 with hall rental	\$450 with hall rental \$165 with hall rental	Equal to kitchen rental
Lower Boardroom Approx. 500sqft	Includes counter area, sink, bathrooms, microwave, fridge	\$35/hr Mon 6:00 am to Fri 5:00 pm	\$45/hr Fri 5:00 pm to Sun (end of day)	\$500

The annual Community Cleanup is scheduled for Saturday, July 22 from 9:00 am to 2:00 pm. CMCA has partnered again with the City of Calgary Waste and Recycling Services and Community Strategies to help residents get rid of unwanted household items.

This free event saves residents a trip to the landfill with items that do not fit into their black carts and for residents who do not have cart service. The City of Calgary Waste and Recycling Services will provide three packer trucks at the community centre to collect unwanted trash. There will be no truck collecting household organic waste – please use your green cart.

CMCA has planned to have additional recycling vendors on-site in addition to the City of Calgary packer trucks. Community members can also drop off used tires and old batteries (car, truck, boat – not household batteries), electronic recycling, scrap metal, old propane tanks, gently used household goods (for donation), and paper shredding. We will also have limited pick-ups for our senior community members who are unable to get their trash to the community centre on July 22. You must be a current community member and be pre-registered for a pick-up. Call or email Bonnie in the office to have your name added to the list.

Once again, this year, CMCA has partnered with a local landscape partner to provide those “Big Yellow Bags” of dirt and/or mulch that we all need for gardening and landscaping delivered right to your home. For every Big Yellow Bag ordered using the community code, CMCA23, you will save \$5 per bag and the CMCA will receive a \$10 donation.

If you have passed by the community hall lately, you probably noticed the new solar panels attached to both facilities. Canyon Meadows community was one of the many community associations selected for the solar installations under the ENMAX Community Solar Fund. The engineering, equipment, and installation costs were all fully funded by ENMAX under contract with The City of Calgary, with all equipment belonging to The City. The electrical load supplied by solar for our site is estimated to be 105.28% of our consumption. Pretty impressive numbers for sure! The system is not yet connected to the grid but stay tuned for additional updates. Canyon Meadows Community Association

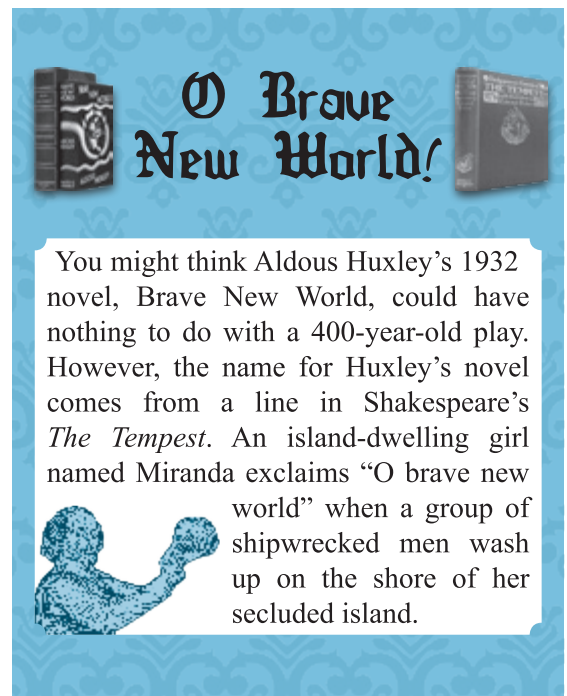
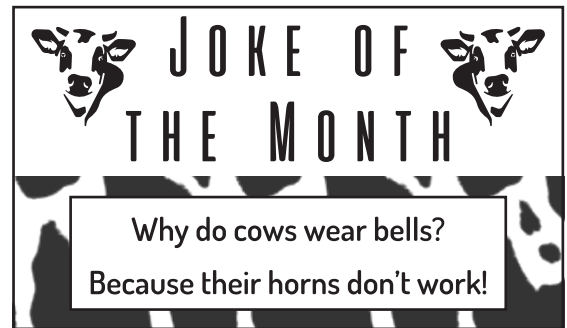
is thrilled and grateful to be part of the ENMAX Community Solar Fund.

Until next month...

Bonnie

info@cmca.ca

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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 is the upcoming bingo event date that CMCA is scheduled to work:

June 23, 2023

SCAN HERE TO VIEW ADDITIONAL CANYON MEADOWS CONTENT

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Seniors' Coffee Time

Wednesday, June 14 and 28

June is the last month of coffee time for seniors before we break for the summer!

Be sure to stop by and catch up with everyone on Wednesday, June 14 and 28.

Coffee and treats are provided in the Lloyd Hand Hall from 10:30 to 11:30 am.

Thanks and appreciation goes out to Stan and Heather from the Canyon Meadows Bakery for continuing to support this bi-weekly community event.



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RESIDENT PERSPECTIVES



Carolyn's Corner: Plan Your Front Yard Edible Garden

Get ready to move your vegetable garden beyond the back yard this year. In many cases, the front yard may be the only place with the full sun needed for tomatoes, strawberries, squash, peppers, and other delicious edible plants.

Concerns about what the neighbours might think prevents some homeowners from planting in their front yard. Consider telling them your plans in advance with a pledge to keep the garden neat and attractive. Another concern in planting front yard edibles is that passersby might take the produce. You may lose the odd tomato, strawberry or handful of raspberries, but will be surprised at how respectful of your plantings people are.

From self-watering heirloom cedar planters to in-ground galvanized in all shapes and sizes, to small space layered garden boxes, you can grow above or in the ground. Squeeze something in between driveways. Create interesting patterns in the middle of the yard with geometric shapes. You might choose circles or a series of rectangles and squares to create a formal pattern like those found on old European estates. Utilize paths made out of brick, stump rounds, flagstone, or just mulch, to ensure safe and clean movement through the area.

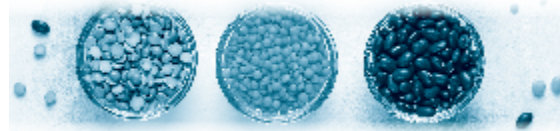
When well-designed and well-tended, a vegetable garden can be attractive enough to serve as a focal point of the landscape. The key is providing structure for the layout. Remember that fruit trees, bushes, and herbs all combine to create 'stories' in the garden. Plant colourful vegetable varieties, flowering shrubs, striking perennials, spring bulbs, and ornamental grasses for year-round interest. Consider leaving a strip of grass along the sidewalk to blend into adjoining yards.... and to keep the veggie snatchers at bay!



This attractive front yard in SW Calgary proves that with purposeful planning, you can create a functional and beautiful vegetable garden right in the middle of your street. Photo compliments of Kathy Cameron.

Load up on Legumes for Lunch

from Alberta Health Services



Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas, and mung beans.

Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron, and magnesium.

They are also high in fibre. They contain two types of fibre: soluble and insoluble. Both are important for our bodies to function.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

Meal Ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

Or try making a chickpea salad:

1. Chop cucumbers, tomatoes, and carrots. Add them to rinsed, drained canned chickpeas.
2. Toss with a dressing made of vegetable oil, vinegar, or lemon juice.
3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.

The Midnight Sun

Have you ever seen the sun at midnight? If you visit Iceland in June, you just might! This phenomenon occurs because of the tilt of Earth's axis which gives places north of the Arctic Circle 24 hours of sunlight. As a result, Reykjavik, Iceland's capital, experiences the longest summer solstice in the world!



BRAIN GAMES

SUDOKU

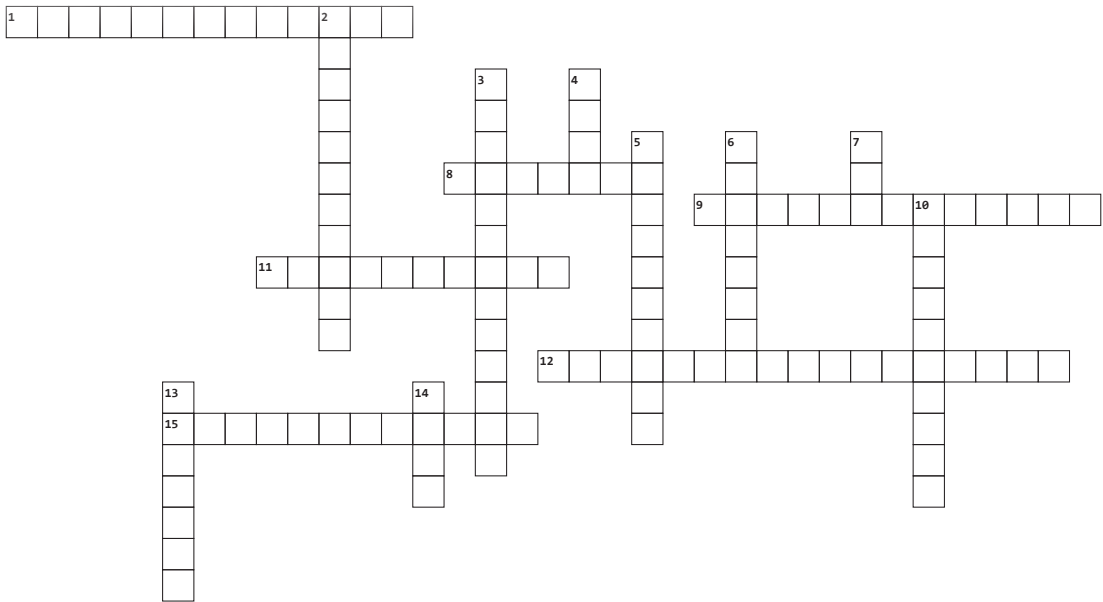
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	1	5		7				

SCAN THE QR CODE
FOR THE SOLUTION





June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY



Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.

Bon Appétit!



FRIENDS of Fish Creek



June in Fish Creek

WestJet Gift of Flight

From May to July, the Friends of Fish Creek are offering you The Gift of Flight from WestJet. Win a round trip flight for two to anywhere WestJet flies! Pick up your tickets today and enjoy this amazing opportunity to see a new part of the world or return to a favourite place. All funds raised will support the Friends and our conservation efforts here in Fish Creek. Fish Creek Provincial Park enhances the quality of life for countless community members each day, and we are committed to protecting and preserving its sensitive ecosystems and biodiversity so that future generations can enjoy this park long into the future. Enter to win one round trip flight for two guests to any regularly scheduled and marketed WestJet destination! No cash value. Fees, taxes, and surcharges are not included. Blackout dates and restrictions apply. Tickets are one for \$10, five for \$20, 25 for \$50, or go all in and get 100 tickets for \$100! Contest closes July 3, 2023. All tickets are sold electronically. All bookings and travel must be completed within one year from the date of the event. For more information, visit <https://friendsoffishcreek.org/programs/flight>.

Calgary Connect: Maintaining Ecological Connectivity

Thursday, June 8, 7:00 to 8:30 pm

Presented by Nicole Kahal, Conservation Analyst with the Miistakis Institute

What is ecological connectivity and why is it important? What are the challenges to maintaining ecological connectivity in our region? The City of Calgary, in partnership with Miistakis Institute, launched Calgary Captured in 2017, and through this program, Friends volunteers help with wildlife camera monitoring here in Fish Creek Provincial Park. This multi-year wildlife monitoring and citizen science-based program is intended to study urban wildlife populations, their movement and behaviour, and enable informed conservation and management decisions that support healthy wildlife populations in our city. Join Nicole Kahal, Conservation Analyst with the Miistakis Institute, to learn how Miistakis and partners are using wildlife camera-traps, spatial modeling, and municipal planning to understand how we can protect what's left of the natural connections in the Calgary metropolitan region. To register, visit <https://friendsoffishcreek.org/event/connect>.

Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offers our Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs from May 1 to July 31, 2023. You can register at any point throughout the contest. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1.

To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area here features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek ambassadors.

GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

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FOR THE ANSWERS!**



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Midsummer Day

In Sweden and Finland, Midsummer Day is a national holiday that takes place on June 24. As one of the longest days of the year, Midsummer Day celebrates the summer solstice and traditionally, the midpoint of planting season. Celebrations commence the night before and involve bonfires, feasting, singing, dancing around the Maypole, and time spent with loved ones.

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Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Canyon Meadows. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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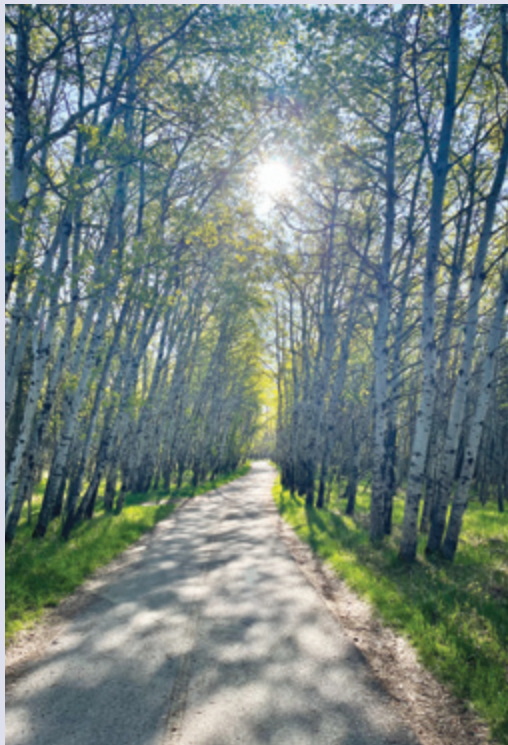
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