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HALL RENTALS

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CMCA BOARD UPDATE

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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
Email: info@cmca.ca
Website: 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

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Communications Director	Alison O'Connor	communications@cmca.ca
Director at Large	Ryan Hogan Jonathan Prescott	

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CMCA Facility Rentals

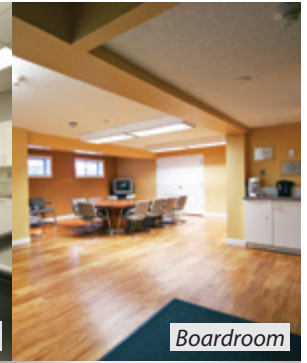
Weekday rates are for 6:00 am Monday to 5:00 pm Friday.
Weekend rates are for 5:00 pm Friday to end of day Sunday.
Minimum two-hour rental on weekends.
Set up and clean up must be included in your rental time
CMCA members receive 10% off all bookings!



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 \$550/day *Savings of \$50+* 12 hr rental	\$70/hr \$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 \$670/day *Savings of \$50* 12 hr rental	\$80/hr \$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	\$45/hr	\$500



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CENTRAL

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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CANYON MEADOWS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



GAMES & PUZZLES

St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?

- a. Canada
- b. Ireland
- c. Scotland

2. According to Irish lore, what did St. Patrick drive out of Ireland?

- a. Snakes
- b. Rats
- c. Witches

3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

SCAN THE QR CODE
FOR THE ANSWERS!



YOUR CITY OF CALGARY

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

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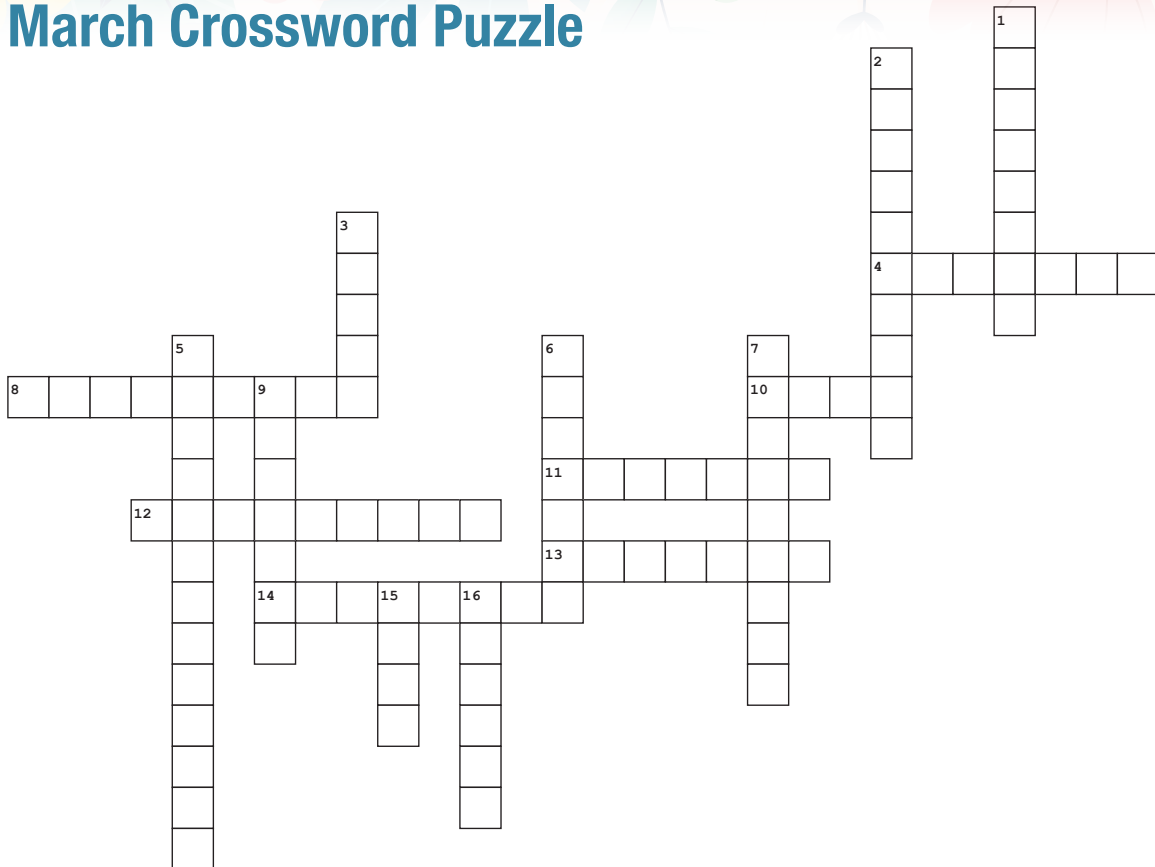
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March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

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CMCA Board Update



It's been a great winter in Canyon Meadows, hasn't it? We (your CMCA Board of Directors) certainly feel we have much to be thankful for going into 2023.

We live in a great community! A community that is only this great because of the dedicated office staff at the community centre, the engaged local businesses who support our activities, and the many volunteers who make everything happen.

It's hard not to notice the buzz our newest edition — Clear-O-Pathra — has made to the community this winter. Thanks to the new advertisers on our rink boards, and donations from generous residents and business members, the CMCA Board was able to purchase the Olympia Ice Resurfacer. We had 12 volunteers come to the ice crew training in February, and now the ice is better — and busier — than ever.

Don't have skates or a helmet? No problem! We've got that covered, too. Thanks to the Embrace the Outdoors grant from the Parks Foundation and the Canadian Parks & Recreation grant, we now have an Ice Skate Lending Library operating out of the Rink Room. There are skates and helmets of all sizes for use, as well as shin pads and hockey sticks. And the best part? It's all free for everyone to use. The concession and lending library are open whenever we have volunteers to run them. Anyone can volunteer, and you only have to contribute as little or as much as you want. If you are interested, please email vicepresident@cmca.ca.

Speaking of volunteers, our Volunteer Appreciation Event is coming up this spring. To get an invitation to this exclusive (and super fun) event, all you have to do is volunteer! For information on upcoming opportunities to get involved, visit cmca.ca, like us on Facebook (@canyonmeadowscommunity), and sign up for the CMCA eScoop to get updates right to your inbox.

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FRIENDS *of* Fish Creek

March in Fish Creek

Fish Creek Community Terrace

Phase 3 Bricks Are Available – Reserve Yours Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit friendsoffishcreek.org/programs/brick.

Fish Creek Speaker Series 2023

Exploring the Impacts of Effluent Release in the Little Bow River Watershed

Presented by Matthew Bogard, Assistant Professor and Canada Research Chair in Aquatic Environments

Thursday, March 9, 7:00 to 8:00 pm

Matthew is an assistant professor and Canada Research Chair in Aquatic Environments at the University of Lethbridge. He has studied the ecology of lakes, rivers, wetlands, and coastal environments across North America, and is currently Associate Editor at Canadian Journal of Fisheries and Aquatic Sciences. Matt's research focuses on understanding how human activities impact our precious water resources in southern Alberta. Free for Friends members and \$10 for non-members. Registration required. To register visit friendsoffishcreek.org/event/watershed.

Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in



the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit friendsoffishcreek.org/park-protector-signup.

Tru Earth Household Products – A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% profit on every sale made through this exciting ongoing fundraiser. Make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <https://bit.ly/37kyppt>.

TAKE ON WELLNESS

Reducing the Salt in Your Diet

from Alberta Health Services



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host "Low Sodium Tasty Tips and Tricks", a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit ahs.ca/shcwellness or email wellness.shc@ahs.ca.

For more information on this topic, search "heart health" at ahs.ca/nutritionhandouts.



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Photo Gallery by Kim Chulsky



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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

To view more detailed information that comprise the above
MLS averages please visit cany.mycalgary.com

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#1 TEAM

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