

MAY 2023

DELIVERED MONTHLY TO 3,500 HOUSEHOLDS

CANYON MEADOWS

CHRONICLE

BRINGING CANYON MEADOWS RESIDENTS TOGETHER



Cover Photo by Kim Chulsky



PROMOTE YOUR BUSINESS HERE

Call 403-720-0762

or email sales@greatnewsmedia.ca

GET A QUOTE NOW

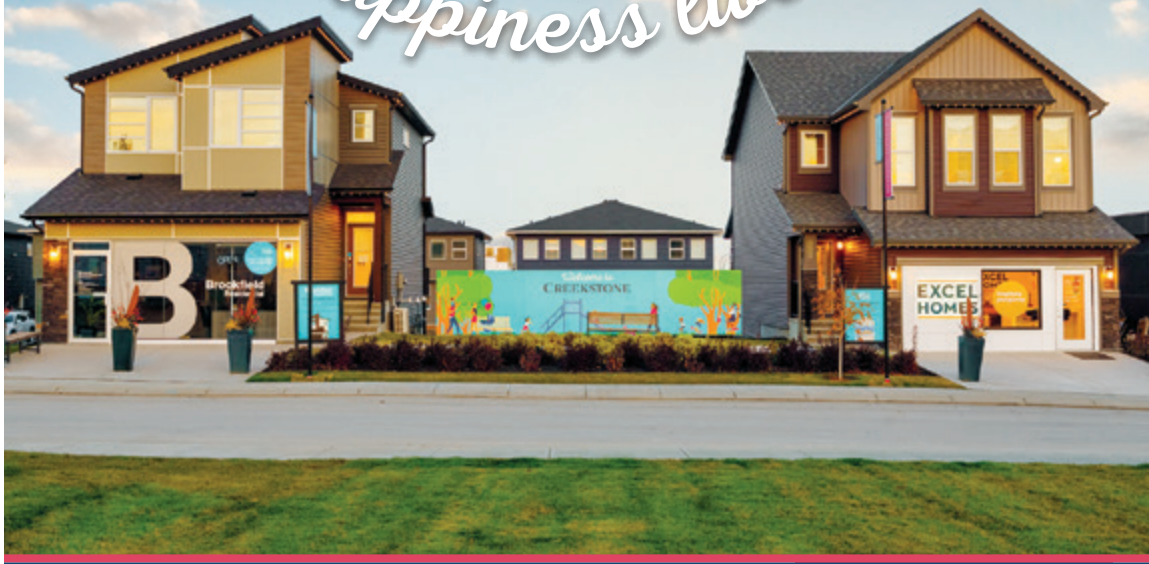


CREEKSTONE

Your New Southwest Enclave

is where
happiness lives

PHASE
-2-
now
SELLING!



Laned
Duplex

FROM THE LOW

\$500s

Single-Family
Front-Drive Garage

FROM THE LOW

\$600s

HOMES BY:

Brookfield
Residential

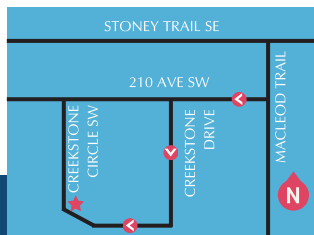
EXCEL
HOMES
35 YEARS

Prices & terms are subject to change without notice.

Show Home Hours

Monday - Thursday
from 2-8 pm

Weekends
from 12-5 pm



Welcome

to your new SW
neighbourhood. Join us as we
build a community that provides
more than just a home!

ENCLAVE COMMUNITY

PARKS, PATHWAYS,
& PLAY SPACES

EASY ACCESS TO SHOPPING,
RECREATION & MORE

QUADRA
DESIGN GROUP

APEX
Building communities and lives

CREEKSTONECALGARY.COM

SUPPORT LOCAL



**20% OFF TOY
TUESDAY**

**15% OFF SENIOR
THURSDAY**



**WILD BIRD
SEED**
BIRD'S CHOICE

**\$12 SELF-SERVE
WASH BAY**



MOMMS
PET FOOD & SUPPLIES



403-225-8501



**SUITE 143, 755 LAKE
BONAVISTA DRIVE S.E.**



WWW.MOMMS.CA

MAJOR BRANDS WE CARRY

ACANA ALMO ARTISAN
BENNY BULLY'S CHUCK IT
CANADA POOCH CARNIVORA
CANADIAN NATURALS
CRUMPS' FARMINA
FROMM FRUITABLES' GO!
HEMP 4 PAWS KONG
NOW ORIJEN PUPPY LOVE
PUREBITES REDBARN
SMACK STELLA & CHEWY'S
SNAPPY TOM SQUARE PET
TUFFY STUFFY TILTED BARN
WHIMZEES WERUVA
ZIGNATURE ZUKE'S

**AND
MANY
MORE!**

COUPON



**BRING THIS COUPON IN STORE AND RECEIVE
30% OFF TOYS, TREATS, AND ACCESSORIES
AND 15% OFF WILD BIRD SEED & SUPPLIES**



FREE DELIVERY

CURB-SIDE PICK UP

403-607-0316
info@mvpcanada.ca

**hassle-free exterior
restorations**

we specialize in
Stucco Coatings
Stucco Repair
Interior Painting
Exterior Painting

mvp
Calgary Owned
and Operated!

mvpcanada.ca

find us on

Proudly owned in *Calgary* serving Calgary businesses

CALL 403.279.5554

109 - 10836 24th Street SE

MATS
Commercial mat rentals
and purchases

HOSPITALITY SERVICES
Linens for tables, chairs, and
napkins. Laundry and
pressing services

WORKWEAR
Workwear and cleaning of
uniforms and coveralls

CLEANING
One-stop service for cleaning
supplies and paper products

calgarymatandlinen.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
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

President	Michael Richmond	president@cmca.ca
Vice President	Anna Glickman	vicepresident@cmca.ca
Treasurer	Sarah Weatherdon	treasurer@cmca.ca
Secretary	Brynn Archibald	secretary@cmca.ca
Bingo Director	Johanne Smith	bingo@cmca.ca
Membership Director	Baylea Willan	memberships@cmca.ca
Events Director	Lindy Bowler	events@cmca.ca
Civic Affairs Director	Monica Fassnidge	civicaffairs@cmca.ca
Communications Director	Alison O'Connor	communications@cmca.ca
Director at Large	Ryan Hogan Jonathan Prescott	

Office Staff

Facility Manager	Bonnie Treavor	info@cmca.ca
Accountant	Daniela Haack	accounting@cmca.ca
Hall Rentals		info@cmca.ca



**READY FOR
ZUMBA®
CLASS?**

Thursdays at 5:30PM & Saturdays at 9AM
11 Sackville Drive SE
Southwood Community Centre
403-630-5756

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

CMCA Facility Rentals

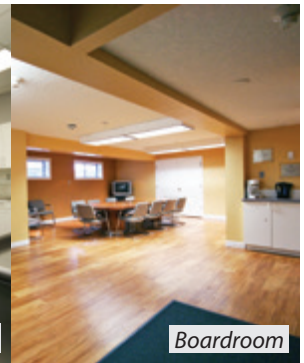
Weekday rates are for 6:00 am Monday to 5:00 pm Friday.
Weekend rates are for 5:00 pm Friday to end of day Sunday.
Minimum two-hour rental on weekends.
Set up and clean up must be included in your rental time
CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday rate	Weekend & 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 *Commercial kitchen is available for an additional fee*	\$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

Seniors' Coffee Time

Come out for some great conversation, coffee, and treats with other local seniors from the neighbourhood.

The group meets in the Lloyd Hand Hall every other Wednesday between 10:30 and 11:30 am.

Mark your calendar for May 3, May 17, and May 31. Hope to see you here!

Thanks again to the Canyon Meadows Bakery for providing the free treats for these community get-togethers!



YOUR CITY OF CALGARY

Let the Dogs Run Free: Map Shows Off-Leash Areas in the City

from the City of Calgary



As the weather warms up, it's the perfect time to get outside and spend time with your four-legged friend. Calgary has 157 public off-leash areas with a combined area of 1,145 hectares for you and your dog to enjoy.

The City of Calgary has a map that shows the location of off-leash dog areas in Calgary. View the Calgary Off-leash Dog Areas Map on the Map Gallery; it can be found at <https://maps.calgary.ca/OffLeashDogAreas/>.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

BRAIN GAMES

SUDOKU

		8			1			
	5						1	
9			5		2		7	
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	

SCAN THE QR CODE
FOR THE SOLUTION



403-281-2008

info@summitplumbing.ca
www.summitplumbing.ca

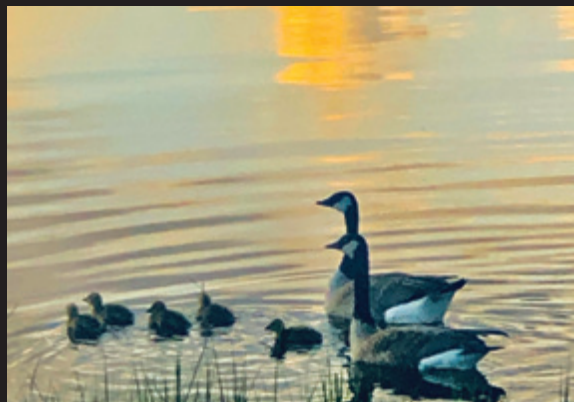
MORE THAN
15 YEARS
IN BUSINESS



Specializing in Residential Services

Photo Gallery

by Kim Chulsky





**Support your business
Support your community**

CMCA BUSINESS PARTNERSHIP PROGRAM

AQUALITY PLUMBING & HEATING

BEITEL BROTHERS LIQUOR

CANYON CREEK LIQUOR

CANYON DOLLAR STORE

CANYON MEADOWS AUTO SERVICE

CANYON MEADOWS BAKERY

PAULINA RICHMOND, REALTOR - CENTURY 21

CLOUD K9 PET SERVICES

ELECTRONIC INNOVATION INC.

EVANS RESOURCE MANAGEMENT INC.

IN CONSTRUCTION INC.

LINDY BOWLER, REALTOR - CHAMBERLAIN REAL ESTATE GROUP

LIVING TAI CHI (AND YOGA)

OPTIMUM WELLNESS - MARGARET MAIDMENT, R.
PROVISIONAL PSYCHOLOGIST

MORTGAGELINE - MICHAEL RICHMOND, BROKER

ROMANTIC PLANET VACATIONS - TASHA WALSH, TRAVEL
CONSULTANT

SMITH PEZZENTE REAL ESTATE TEAM

SPIRITLEAF CANNABIS DISPENSARY

SYLVAN LEARNING

THORNBOROUGH SMELTZ LLP

WENDY KELMAN, REALTOR - COLDWELL BANKER MOUNTAIN
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:

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

SCAN HERE TO VIEW ADDITIONAL CANYON MEADOWS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



FRIENDS *of* Fish Creek



May in Fish Creek

Fish Creek Community Terrace - Reserve Your Brick 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 <https://friendsoffishcreek.org/programs/brick>.

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, surcharges not included. Blackout dates and restrictions apply. Tickets are 1 for \$10, 5 for \$20, 50 for \$25, 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 info visit <https://friendsoffishcreek.org/programs/flight>.

The Buzz on Calgary Bumble Bees

Thursday, May 11, 7:00 to 8:30 pm

Presented by Syd Cannings, Biologist, Canadian Wildlife Service, Prairie Region Environment and Climate Change Canada

Bumble bee populations pose a conservation concern these days, and several species from the Calgary area have been assessed as at risk by the Committee on the Status of Endangered Wildlife in Canada. This talk will provide an introduction to bumble bees and their basic biology, examine bees whose numbers have declined, the reasons for the decline, and what we can do about the situation. Syd Cannings is a Species at Risk Biologist with the Canadian Wildlife Service in Whitehorse, Yukon. He is a member of COSEWIC, the Committee on the Status of Endangered Wildlife in Canada, and has led the development of the national recovery strategies and management plans for four species of bumble bees. He has also written several books, including *British Columbia: A Natural History*, and *The New BC Roadside Naturalist*. To register, visit <https://friendsoffishcreek.org/event/buzz>.

Friends of Fish Creek - Annual General Meeting Wednesday, May 24, 2023

7:00 to 8:30 pm

Registration opens at 6:30 pm

Fish Creek Environmental Learning Centre, Shannon Terrace

The Friends would like to thank all our members, volunteers, donors, community partners, and other supporters for helping to make 2022 a truly memorable year. The Annual General Meeting presents an opportunity to meet with Friends staff, board of directors, members, and volunteers as well as learn about the year that has come to a close and hear about our exciting plans for 2023 already underway. At this year's AGM, we will bid a fond farewell to some of our board members and welcome new volunteers to our board of directors. This event is free to all community members, however only current 2023 members are eligible to vote. To register or for more information, please visit <https://friendsoffishcreek.org/event/agm>.



Love Where You Live: Host a Block Party!

A Message from the Federation of Calgary Communities

Summer is almost here! What better way to kick off the season than to host a block party? Whether you want to get to know your neighbours, celebrate your community, discover something new about the area, or just have a good time, look no further!

There is no better way to get to know your neighbours than to have a block party. Neighbourhood block parties can develop relationships among neighbours, which creates a strong sense of community and a safer place to live. Block parties provide an opportunity for neighbourhood residents to get to know one another, have some fun, and mingle! A connected neighbourhood can create a sense of pride, safety, and cohesion for all who live there. Neighbours who know each other can look out for one another and create a safer community.

A block party isn't just about gathering people together on a street; it's about bringing a community together. Block parties offer the rare opportunity to bring a sense of small-town life into Calgary. Block parties don't have to happen on a road or a street; they can happen anywhere that brings neighbours together.

Let us help you throw the best block party that Calgary's ever seen! All you'll need to do is follow these steps:

- 1. Put together your party planning committee.** It may seem like a daunting task, but planning a block party is easier than it seems – especially with a good group of neighbours working together! It's best to begin this step at least two months before the date of your event to leave time for planning, petitioning, and permits.
- 2. As soon as possible, get out there and get your petition signed by all affected neighbours!** This is an important step that must be completed early in the process. The following information should be indicated on the petition:
 - a. Date of the party/activity.
 - b. Address of the party/activity.

- c. Names and addresses of all affected residents within the block area.
- d. One adult signature from each household either accepting or rejecting the block party/street activity. If rejected, obtain a brief statement explaining why so that consideration may be given by approving authorities on the applicant's request.
- e. Whether the resident owns or rents the property within the block area.
- f. Home and business telephone number of the applicant.
- g. Map showing closure of road for the block party/activity.

3. Apply for a Block Party and Play Street Permit with the City of Calgary.

Cost: Free

Timeline: Minimum of 15 business days with completed petition

- 4. Put your idea together.** Think of the fun, different things you can do! Your block party could follow any number of themes: a BBQ, potluck, catered meal, picnic, garden tour, cultural gathering, water park, or historical walk. Will you have games? Live music? An outdoor movie? A talent show? The options are endless for what a block party could be. Have fun with mixing and matching ideas!

- 5. Let's talk logistics!** A crucial step in bringing your block party to life is planning the logistics. Here are a few things for you to think about:

Parties cost money! How are you planning to pay for your block party? Neighbours can chip in for the party, but also consider reaching out for donations/sponsorships from local companies to cut costs on food and entertainment! Be sure to check for any grants or funding opportunities you may be eligible for. Otherwise, you could hold a local bottle drive or a community garage sale to help fundraise for your block party!

Will you need tables/seating? Volunteer supervisors? Decorations? Equipment? A rain-out option? What is your plan for food and drinks?



Hire A Handy Guy

"Your one call specialist for all your home maintenance needs"



- Maintenance
- Fences & Decks
- Repairs
- Carpentry
- Renos
- Bathrooms
- Odd Jobs
- Floorings
- Drywall
- Junk Hauling

11 Years' Experience

Why call several companies when we can do it all for you!

FREE ESTIMATES

403-861-0179

hireahandyguy@gmail.com

6. Promote your party! Let's talk promotion – after all, you want people to show up! Chances are that your neighbours were made aware of the party when you petitioned to them earlier. But have you updated them with a date, time, and location? Consider making a flyer to pass around door-to-door! Social media is also a great free tool to spread the word. Consider partnering up with your local community association to help spread the word! They might also have some resources or tips and tricks to help you throw the best block party possible.

*Note that some grants require partnership with insured organizations (e.g., community associations) to receive funding.

7. Have fun!

For more information, check out this handy guide to block parties: <https://calgarycommunities.com/wp-content/uploads/2023/03/Tip-Sheet-Love-Where-You-Live-Host-a-Block-Party.pdf>.

McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective
and practical advice, representation
and counsel to meet
your legal needs

*Insurance Disputes - Small Business
Employment Issues - General Litigation*

Peter B. McLaws
Barrister & Solicitor

(403) 710-3712

COME VISIT OUR NEW WEBSITE!

www.mclawslaw.ca

OFFICIAL
PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50
Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

Your Patio Furniture Superstore!



YETI **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

RESIDENT PERSPECTIVES

Stargazing with Pat J

How Come We Don't Have a Lunar or Solar Eclipse Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Let's take a trip down memory lane and imagine that our solar system is an old-style music record album with the Sun in the middle and each song representing a planet's orbit.

As the planets formed at the same time, about 4.6 billion years ago, they were all pretty much level with each other. Astronomers refer to this flat disk as the ecliptic plane.

Now, considering its traumatic birth was the result of a Mars-sized object smashing into Earth, our Moon has never been one to follow the crowd.

First off, over the course of each month, the Moon's orbit around Earth varies from 5 degrees above the ecliptic plane to 5 degrees below.



A full moon takes place when the Earth is between the Moon and the Sun. If the Sun, Earth, and Moon all line up perfectly, with the Moon smack dab on the ecliptic plane, the Moon will enter the Earth's shadow and a lunar eclipse will occur.

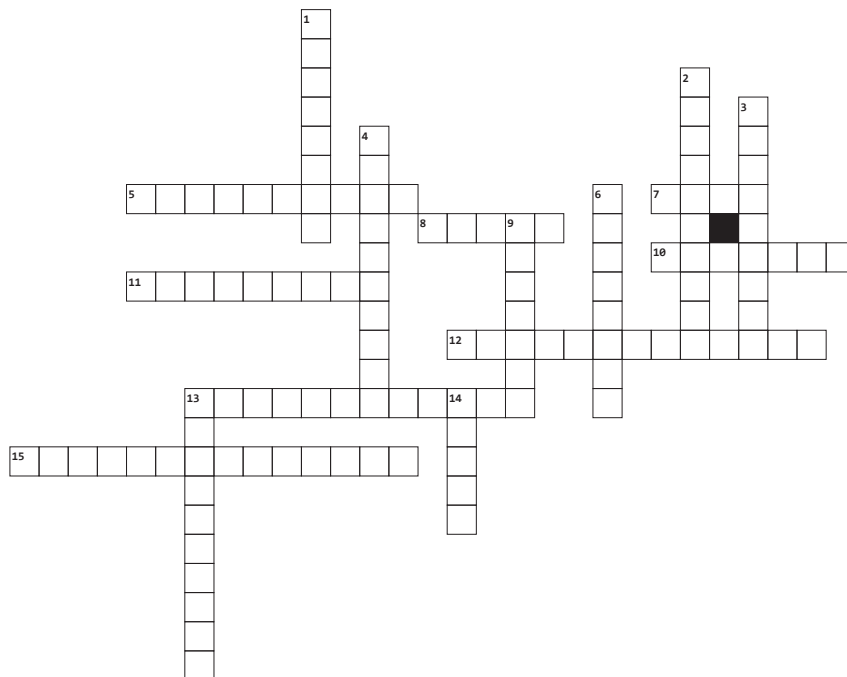
Conversely, a new moon happens when the Moon is between the Earth and the Sun. If all three align, with the Moon on the ecliptic, the Moon's shadow will move across the surface of the Earth and a solar eclipse will occur.



The reason we don't have a lunar or solar eclipse every month is because most of the time, the Moon's orbit is either above or below the ecliptic plane, which causes the Moon to miss Earth's large shadow or Earth to miss the Moon's tiny shadow.

A lunar eclipse occurs about three times a year while a total solar eclipse only happens every 18 months.

May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

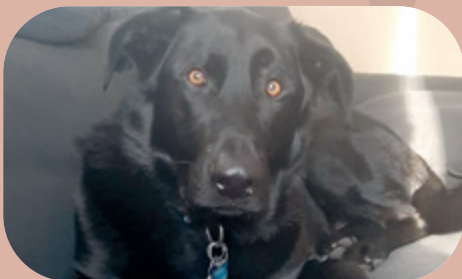
**SCAN THE QR CODE FOR
THE ANSWER KEY**



Cats, Canines, & Critters of Calgary



Miki, Haysboro



Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

To have your pet featured, email news@mycalgary.com

GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE
FOR THE ANSWERS!



www.kilbco.com

CONCRETE SEALING

Kilbco offers **concrete** resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned &
Operated

Free Estimates to 403.870.0737

Do You Know the Signs of a Stroke?

from Alberta Health Services

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

Remember: FAST

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping?
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit myhealth.alberta.ca.



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."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

CANYON MEADOWS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

ABOVE & BEYOND CONSTRUCTION LTD.: Serving Calgary for over 30 years. Free estimates. Construction Management, complete interior and exterior renovations, additions, painting, and new construction. Fully insured. No upfront payment required. Check us out at www.aboveandbeyondconstruction.ca or call 403-278-3433.

LANDSCAPING SPECIALISTS: AS/F Contracting specializes in concrete installation & removal, decks, fences, sod, retaining walls and paving stones. Call Shawn for a free estimate at 403-651-0424 | www.asfcontracting.com.

AFFORDABLE DENTAL CARE MINUTES FROM CANYON MEADOWS! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BASEMENT WINDOWS R-US: New or larger window openings – includes complete install. Digging, concrete cutting, material/dirt hauled away. Member of the BBB. Available 24/7. Call 403-201-0317 or 403-660-0612.

CROWN RENOVATIONS: Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free in-house estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at www.crownrenovations.com. Call Bill at 403-819-8588 or email crownreno@shaw.ca.

CS HANDYMAN SERVICES: Serving Kingsland, Haysboro, Willow Park, Maple Ridge, Fairview, Acadia, and Southland, doing drywall repairs, fence repairs, painting, small plumbing repairs, and odd jobs around the house. Courteous and reliable. Licensed and insured. Low rates. Phone Cliff at 403-620-8170.

DISCIPLE HOMES & IMPROVEMENTS INC. (38 YEARS): Specializing in high-quality renovations and customer satisfaction. Complete custom kitchen, bathroom, basement, whole floor renovations and exterior work. Licensed and insured, BBB A+ rating, former client references and walkthroughs available. Free in-home estimates 403-207-5708 email: info@disciplehomes.com, www.disciplehomes.com. Financing OAC.

ED'S HANDYMAN SERVICES: "No job too small- give me a call!" Free estimates and seniors' discounts! 25 years of experience in general repairs, painting, tile installation, laminate/hardwood flooring, bathroom repairs/renovations and fencing. Call 587-998-2858 or email diaz180@telus.net.

RENOVATION/DEVELOPMENT IN CANYON MEADOWS: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: www.JDMeyerConstruction.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

RESIDENTIAL CLEANING: Need help with your cleaning? R&N can help you. We have an affordable rate and well experienced cleaners. Available weekly, bi-weekly, monthly and one time clean. Call Rachell at 403-708-3119 to book.

ANN & ANDY'S AWESOME HOME CLEANING SERVICE AND BEFORE/AFTER SCHOOL KIDS CARE:

Ann: I am fast and thorough and can help with all your cleaning needs. \$25/hour must have your own supplies. 587-917-8532. Andy: Experienced child care worker available for kids attending schools in Canyon Meadows. 587-917-0158. Awesome references available. Website coming soon!

OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOME TAX SERVICES:

Experienced in public accounting CPA, CMA provides multiple year filings, mobile services, Canada personal and corporate tax preparation, bookkeeping, GST and source deduction. Please call 403-305-0955, email okonbooks@gmail.com or visit <http://www.okonbooksaccounting.com>.

SCREEN-APPEAL - SCREEN REPAIR AND REPLACEMENT SERVICE:

Full-service, locally owned and operated mobile screen shop to handle all your screen needs. We specialize in custom-made window screens, sliding screen patio doors and more. We are also a proud dealer of Phantom Retractable Screens. Contact us today at www.screen-appeal.ca, info@screen-appeal.ca, or 587-437-9328.

SMITH PROPERTY RENOVATIONS:

Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

ZANELLA AUTO REPAIR:

Dominic and sons Vincent and Charlie - in business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.



Tuna Tostadas

by Jennifer Puri

To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.



The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves

- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbsp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.



Bon Appétit!

Joke of the Month

What do you call a little bear with no teeth?

A gummy bear.

PLUMBER

PLUMBOB Father and Son



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



LEN T WONG + ASSOCIATES



CANYON MEADOWS COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	16	21	\$474,999	\$480,000
February	23	23	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
April	22	20	26	\$494,900	\$487,500

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

**#1
TEAM
YEAR 2022**

403.251.2900

SMITH PEZZENTE TEAM

Cory, Geoff, Sylvia Smith & Dino Pezzente



**RE/MAX LANDAN
REAL ESTATE**

Independently Owned & Operated

Homes for sale in Canyon Meadows, Calgary



CANTER PLACE SW



CANTERBURY PLACE SW

**29TH ANNUAL
PARADE OF GARAGE SALES**

MAY 27TH | 9 AM TO 4 PM



REGISTER AT INFO@SMITHPEZZENTE.COM

NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE