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DID YOU KNOW?



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We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.**

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- In-house Sport Science program to develop athleticism and prevent injuries.
- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.

• Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.

• 8 Canadian National Youth Championships won.

• Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.

• One of two founding franchises for the Project 8 women's professional league launching in 2025.



INDOOR 2023/2024 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at www.gofoothills.ca



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Did You Know?

Cranston has two separate organizations working to make our community the best it can be!

Cranston Community Association (CCA)

cranstonca.com • cranstonca@gmail.com

- Membership is voluntary (\$20/household within Cranston, \$30/household outside Cranston).
- Protects and advocates for the interests of the neighbourhood; is the community voice.
- Past hot topics have included cell phone tower placement, congested intersections and zoning.
- Direct contact with our City Councillor, MLA, Calgary Police Liaison Officer, Federal MP and others on a monthly basis.
- Run events such as the Community Clean-Up, Festival of Lights, and organizes the Cranversations newsletter.
- Partner with grass roots minor soccer programs.
- Run solely by volunteers; generally meet at 7:00 pm on the fourth Tuesday of each month (excluding July/August) at Century Hall and all are welcome!

Cranston Residents Association (CRA)

www.cranstonra.ca • 403-781-6614

- Membership is compulsory for all households in Cranston; fees are collected each April.
- It is a not-for-profit company that is professionally managed and operated.
- Operates, maintains and manages amenities within Cranston including Century Hall and its indoor and outdoor facilities including gymnasium, tennis courts, splash park and hockey rink (as well as utilities, insurance, programs administration, landscaping, and so on). They also maintain the Windmill, Art Park, Direct Control Corners and various medians and boulevards in the community!
- Responsible for Century Hall's extensive list of programming! Families and individuals can take part in all sorts of wonderful activities including dance, yoga, taekwondo, basketball, and much more.
- Additional events such as Family Movie Nights, Ice Cream Socials, Puppy Play Dates and more are also organized by the CRA with help from a variety of generous sponsors.

Cranston Community Association Board Listing

BOARD MEMBERS

Jason Gordon	President
Steve Dimic	Vice-President
Mark Labrecque	Treasurer
Cheri Gordon	Secretary
Elaine Rusnack	Board Member
Faith Gordon	Board Member

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			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

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

Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Because you value your community, be sure to purchase your Cranston Community Association annual membership!

Benefit from sports, activities and partner discounts. Gain preferred access to youth and community events and programs. Secure a vote at public meetings, or make a difference by joining the Board, and more.

**Memberships are \$20 per family for Cranston residents and \$30 per family for non-residents.
Memberships are valid for 1 year from date of purchase.**



Name: _____ Spouse Name: _____

Address: _____ Postal Code: _____

Contact Phone: _____ Email: _____

Number of children: _____ Age(s) of children: _____

Yes, please contact me about volunteering

Please fill out the above, enclose your cheque or money order, payable to the Cranston Community Association and mail to:



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	61	61	\$514,900	\$514,900
May	23	72	71	\$580,000	\$585,800
April	23	69	64	\$517,500	\$521,500
March	23	59	52	\$576,389	\$557,500
February	23	41	32	\$489,900	\$494,250
January	23	33	25	\$469,900	\$461,000
December	22	16	23	\$389,900	\$380,000
November	22	30	22	\$499,950	\$502,000
October	22	26	42	\$427,267	\$420,500
September	22	54	36	\$496,950	\$492,500
August	22	45	49	\$599,900	\$595,000
July	22	54	48	\$399,950	\$391,500

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

Hawaiian Rice Bowl

by Jennifer Puri



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world’s largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world’s largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

Telephone:
403-781-6614
Fax: 403-781-6655
Email: info@cranstonra.ca
11 Cranarch Road, SE
Calgary, AB T3M 0S8

CenturyHallCranston
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Century Hall Administrative Office Hours

Monday to Sunday
9:00 am to 5:00 pm

Century Hall Park Hours

Monday to Sunday
9:00 am to 9:00 pm

Administration

admin@cranstonra.ca

Programs and Events

programs@cranstonra.ca

Facility Rentals

rentals@cranstonra.ca

General Manager

gm@cranstonra.ca

Cranston Residents

Do you have your membership cards for Century Hall? All residents over the age of 10 are now required to have a membership card for entry to Cranston Century Hall Park and facility. Membership cards will also allow you to register for programs offered by the Cranston Residents Association (CRA).

Century Hall Updates

Did you know as a Cranston resident you have access to the Century Hall Tool and Equipment Library! Here you will find a variety of tools and outdoor sports equipment that you can borrow and enjoy for free! We have paddleboards, snowshoes, kayaks, lifejackets, skateboards, games bins, drills, ladders, saws, tools, you name it! Inquire today to learn more!

CENTURY HALL RENTAL RATES
rentals@cranstonra.ca

	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 dinner	\$88.00	\$100.00	\$112.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 dinner	\$58.00	\$65.50	\$73.00
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 dinner	\$48.00	\$54.00	\$60.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 dinner	\$48.00	\$54.00	\$60.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 dinner	\$68.00	\$77.00	\$86.00
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 dinner	\$63.00	\$71.25	\$79.50
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 dinner	\$50.00	\$56.75	\$63.50
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 meeting	\$30.00	\$33.75	\$37.50
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 dinner	\$50.00	\$56.75	\$63.50
Gym 5159 sq. feet	57 ft. by 90.5 ft.	200	Party Package Only	Party Package Only	Party Package Only

Weekday rentals between 9:00 am and 4:00 pm (excluding holidays) receive 10% discount. Minimum two hour rental for Heritage Room(s).

Additional Charges

- After Hours Security fee applies for rentals ending between 9:00 pm and 1:00 am.

- After Hours Teardown fee applies for rentals ending between 8:30 pm and 1:00 am.
- SOCAN and Re:Sound fees apply for bookings with music and/or dancing.
- \$500 damage deposit and proof of insurance is required for all rentals.

Revised February 2022 - prices subject to change

Summer Farmers Market

We are now taking applications for our Summer Farmers Market. The market will run throughout the summer on Tuesday nights from 4:00 to 8:00 pm. If you, or someone you know, is interested in becoming a vendor, please fill out the application, which can be found on our website at cranstonra.ca.

Summer Leadership Programs

Looking for something for your teen to do this summer? The Cranston Residents Association has developed a new stream of summer leadership programs. Level 1: Leaders in Training (13 to 15 years old) is a two-week course that will help youth develop their leadership skills and learn what it takes to be a camp leader. There is also Level 2: Summer Camp Internship program (15 to 17 years old). This program is brand new this summer and gives youth the opportunity to test their leadership skills, hands on, with our camp programs. Applications can be sent to gm@cranstonra.ca outlining your interest in the program. Successful candidates will also receive a certificate, reference letter, and honorarium at the end of their placement. For more information on either program, visit us online at cranstonra.ca.



Measuring Main Streets

from the City of Calgary



Successful main streets bring people together. To help understand how Calgary's main streets are doing, The City of Calgary is conducting the annual Main Street Metrics Program, which will collect and track data related to how our main streets:

- Support a social and healthy environment.
- Facilitate improved mobility and functionality.
- Demonstrate a unique character and identity.
- Create areas of economic vitality.

Help Us Measure Calgary's Main Streets!

- Public Survey – Do you visit main streets? Take this survey to share insights about the user experience, such as how safe you feel, what types of businesses you visit, and more.
- Business Survey – Do you own a business on a main street? Take this survey to share information about your business to help us understand the economic vitality of the street.

As someone that uses our main streets everyday or just occasionally, your insights are very valuable to this process! These inputs will be used alongside other types of data to help paint a comprehensive picture of the current successes and challenges of each main street. To find the survey's and learn more about Calgary's Main Streets, visit calgary.ca/mainstreets.

SCAN HERE TO VIEW ADDITIONAL CRANSTON CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



Staying Healthy When You Travel

from Alberta Health Services

The best way to stay healthy on your trip is to plan ahead. Talk with your doctor several months before you travel to another country. It's also important to allow enough time to get the vaccine doses that you need. For example, if you need the hepatitis A vaccine, you'll need two doses spaced at least six months apart. Also ask your doctor if there are medicines or extra safety steps that you should take. Check with your local health unit or travel health clinic for other travel tips.

Get Necessary Vaccines

Make sure that you are up to date with your routine shots. They can protect you from diseases such as polio, diphtheria, and measles. These diseases are still a problem in some developing countries.

Get other vaccines that you may need. Your doctor or a health clinic can tell you which ones you need for your travels. Here are some examples:

- Hepatitis A vaccine - if you are traveling to developing countries.
- Yellow fever vaccine - if you are visiting places in South America and Africa where the disease is active.
- Typhoid fever vaccine - if you are traveling to Central and South America, Africa, or some areas of Asia.

Bring Medicine with You

If you take medicine, bring a supply that will last the length of your trip. Get a letter from your doctor that lists your medical conditions and the medicine that you take. Bring prescriptions for refills if you will be gone for a long time. Also bring any medical supplies that you may need, such as blood sugar testing supplies or insulin needles.

If you are going to an area where malaria is a risk, ask your doctor or health clinic for a prescription to help prevent infection. This medicine works best if you take it before, during, and after your trip.

You may want to bring medicine for traveller's diarrhea. Over-the-counter medicines include:

- Bismuth subsalicylate (Pepto-Bismol)
- Loperamide (Imodium)



Your doctor may also prescribe an antibiotic to take with you. If so, take it as directed. This can treat diarrhea if you're going to an area where modern medical care isn't readily available.

Make Safer Choices as You Travel

Practice safer sex. Using condoms can prevent sexually transmitted infections.

In areas where mosquito-borne illnesses are found, use DEET insect repellent. Wear long pants and long-sleeved shirts. Use mosquito netting to protect yourself from bites while you sleep.

Many developing countries don't have safe tap water. Only have drinks made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks, such as soda, beer, wine, or water, are usually safe. Don't use ice if you don't know what kind of water was used to make it. Don't use tap water to brush your teeth.

Be aware that you could be injured in cars, boats, or public transportation. Driving can be dangerous due to bad roads, poor driver training, and crowded roadways. Always wear your seat belt if available. If you hire a driver or taxi, ask the driver to slow down or drive more carefully if you feel unsafe.

Air pollution in some large cities can be a problem if you have asthma or other breathing problems. Avoid such cities when air quality is poor or stay indoors as much as possible.

Be careful around dogs and other animals. Dogs in developing countries are often not tame and may bite. Rabies is more common in tropical and subtropical regions.

If you're going to a place that's much higher above sea level than you're used to, ask your doctor how to avoid altitude sickness. Your doctor may also prescribe medicine to help treat it.

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