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		Properties		Median Price	
		Listed	Sold	Listed	Sold
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September	23	52	44	\$554,900	\$567,000
August	23	54	53	\$598,900	\$597,000
July	23	51	53	\$529,900	\$549,700
June	23	58	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

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

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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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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8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

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

CenturyHallCranston
 Cranstoncenturyhall

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!



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	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 Guests	\$93.00	\$105.00	\$118.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 Guests	\$61.50	\$69.50	\$77.50
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 Guests	\$51.00	\$57.50	\$64.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 Guests	\$51.00	\$57.50	\$64.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 Guests	\$72.00	\$81.50	\$91.50
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 Guests	\$66.50	\$75.00	\$84.00
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 Guests	\$53.00	\$60.00	\$67.50
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 Guests	\$53.00	\$60.00	\$67.50
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 Meeting	\$33.00	\$36.25	\$40.00
Gym 5159 sq. feet	57 ft. by 90.5 ft.		Party Package Only	Party Package Only	Party Package Only

Minimum two hour rental for Heritage Room(s)

Additional Charges

After Hours Security fee applies for rentals ending between 9:00pm and 1:00am.
 After Hours Teardown fee applies for rentals ending between 8:30pm and 1:00am.
 SOCAN and Re:Sound fees apply for bookings with music and/or dancing.

\$300.00 damage deposit on credit card required for all bookings serving alcohol and/or requiring after hours

revised March 2023 - prices subject to change



Century Hall Rental Policy & Procedures

CRANSTON
RESIDENTS ASSOCIATION

Booking Requirements

1. Signature on Rental Contract
2. Full payment – due upon receipt of Rental Contract
3. \$300.00 Damage Deposit on credit card. Refund will be issued 3-5 business days after event date, pending management review
4. Proof of Insurance – Home Owner Insurance – (Providers Name, Policy Number, Expiry date)

Failure to provide the booking requirements within **one week** from the date of booking will result in the rental being cancelled.

Rentals with alcohol are required to provide:

1. Party Alcohol Liability Insurance – www.palcanada.com or www.duuo.ca (due 10 days prior to rental)
2. Liquor Permit – available online at www.aglc.ca (due day of rental)

Rentals using third party contractors/vendors (caterers, bar tenders, decorators, etc.) are encouraged to provide:

1. Certificate of Insurance from each vendor and when possible have Cranston Residents Association listed as additional insured.

Temporary Bookings/Holds are not permitted. Bookings are on a first come first served basis.

Advanced Booking

Residents can book a maximum of **one year** in advance. Bookings for a full one year in advance can be booked on the 1st of the month of the year prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of August 1, 2023

Brookfield Communities can book a maximum of **11 months** in advance. Bookings for a full 11 months in advance can be booked on the 1st of the month, 11 months prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of September 1, 2023

Non-Residents can book a maximum of **10 months** in advance. Bookings for a full 10 months in advance can be booked on the 1st of the month, 10 months prior – see example below

Ex 1: Want to book your wedding for August 12, 2024? Your booking would be accepted as of October 1, 2023

Changes to Rental Agreements

Two weeks written notice is required for all rescheduling/change requests.

All changes (extending time, room, date, rescheduling or cancelling) **must** be done in writing.

A \$20.00 Admin Fee may be applied.

Cancellation	Must be done in writing – email rentals@cranstonra.ca
75% refund	Rental cancelled more than three months prior to the rental date
50% refund	Rental cancelled between one to three months prior to rental date
No refund	Rental cancelled less than one month prior to the rental date

Tables: Height is 29.25" from floor to table top
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 Cocktail – 30" diameter can be set either 30" or 42" high

Chairs: Folding 15.5" high from chair seat to floor;
 34" from top of chair backrest to floor
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 (seat to top of chair) rectangle

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How to Follow a Recipe

by Alberta Health Services

A recipe provides instructions on how to make a specific food or dish. A recipe can help you make foods and meals with new ingredients. When you try new recipes, it can help you learn new culinary skills.

Not all recipes look the same, but most have the same information. Most recipes will have a title, a list of ingredients, directions, total servings (sometimes called 'yield') and recipe notes.

- A recipe title will describe the food or 'dish.' Below the title a description of the recipe may be included.
- Ingredients will be listed with the amount needed to make the dish.
- Directions should be followed in order. Directions may include steps that you need to do before you start cooking. Set out the cooking tools, equipment, and ingredients for the recipe.
- Total servings or yield is how much the recipe makes. A recipe may include suggested portion sizes.
- Some recipes will have recipe notes, which can include tips for storage, ingredient substitutions or changes, and nutrition information.

Try following these steps when reading a recipe. It can help you make the recipe more easily.

1. Read the entire recipe before you start.

- It can tell you how much of each ingredient to use, and if an ingredient is being used more than once.
- It can tell you the steps you need to do before making the recipe, such as cooking ingredients.
- Plan and give yourself enough time to complete all steps in the recipe. Some steps will take longer than others.



2. Collect the ingredients.

- Look in your cupboard and fridge for the ingredients you already have.
- Start a shopping list for the ingredients you don't have or need more of. It may be helpful to write down how much you need.

3. Get your equipment or cooking tools ready before you start.

- Take out bowls or measuring spoons.

4. Review the order of the steps. See what you need to do before starting, such as preheating the oven or cutting vegetables.

5. Note how to tell when it's done.

- Recipes include cook time. The cook time may change with different ovens and how thick foods are chopped.
- Often recipes will say how you can tell the food is cooked. Checking your food often can help make sure it is not overcooked or undercooked.
- Use a thermometer when cooking meat.



Walt Disney

Nobody knew it at the time, but on December 5, 1901, the world was forever changed. Not sure why? Well, this is the date that empire-leading, family-bonding, happiest-place-on-earth-creating Walter Elias Disney, better known as Walt Disney was born! Can you imagine a world in which Disney World, Mickey Mouse, and Donald Duck don't exist?!

Turning a Home into a Business While Moving at the Same Time

by Kelsey Higgins

Starting a business can be an exciting time, but it can also prove to be challenging when you don't have enough space for both living and working. If you're in this situation, combining your living and workspace by moving is one solution that can help make the process easier. Here are some tips to consider when starting a business and relocating simultaneously.

What to Look for in a New Home

When looking for a new home, make sure it has the necessary space for both living and working. Additionally, decide if you'd like any features such as extra bedrooms or bathrooms, parking spots, or a backyard – all of which could increase the value of the property later on if needed. Having a list of must-haves will help ensure that you do not waste time viewing properties that don't fit your needs.

The Homebuying Process

Once you find the perfect spot for your business and residence, review all documents associated with the sale carefully before signing anything. Keep in mind that real estate transactions can take weeks or even months to complete so starting early is essential. Additionally, meet with lenders or mortgage brokers as soon as possible to discuss loan options so that you are prepared when it comes time to purchase the property. It is also important to keep in mind taxes associated with buying property as this could impact budgeting decisions down the line.

Consider Buying a House “As-Is”

Purchasing an existing property “as-is” may be a viable option for those who are looking to save time and money while still having enough living or working space. Consulting with experts such as realtors is essential so that everyone knows what must be done to complete the sale before closing on the property purchase. Doing research ahead of time can help you make the best decision for your needs.

Updating Information on Your Website and Social Media

Once you've settled into your new home or workplace, don't forget to update contact information on your website and social media platforms. Having current details such as addresses is essential to let potential customers know where they can find you. Taking the time to update these components of your online presence will ensure that customers have access to accurate information when visiting (or calling) during regular hours of operation.

Go Back to School

If starting your own business sounds a little intimidating right now, you could also consider going back to school first – perhaps for a degree in accounting. This will give you an edge over the competition, and you can always take advantage of the flexibility afforded by online learning platforms. That way, you can work toward your degree without having to take too much time away from work, and you'll also have the benefit of being able to implement what you learn into your own business in real time.

Make a Detailed Plan and Timeline

Crafting detailed plans and timelines can help ease the transition period by keeping everyone organized. Doing so will prevent any tasks from slipping through the cracks, particularly when trying to manage multiple tasks such as finding appropriate properties, obtaining financing (if needed), dealing with legal paperwork, and other related matters. Proper planning helps ensure that all these goals are achieved in an efficient and timely fashion.

Create a Budget

Moving can be a daunting task, especially when it comes to budgeting. To make sure that all the associated costs – from moving and renovation expenses to staffing needs – are taken care of without too many surprises, setting up and managing a budget ahead of time is essential. That way, everything will run more smoothly when you begin operations in your new space.

Starting a business and relocating at the same time may appear overwhelming. However, these tips will help you plan effectively so that neither task is neglected

during the transition period between the current and future location. With proper preparation, tasks involved in relocating and setting up operations in a new environment will be relatively smooth. Without adequate planning in advance, these tasks would be more challenging.



CRIME STATISTICS



Cranston Crime Activity was Down in September 2023

The Cranston community experienced 5 crimes in September 2023, in comparison to 9 crimes the previous month, and 15 crimes in September one year ago. Cranston experiences an average of 10.4 crimes per month. On an annual basis, Cranston experienced a total of 125 crimes as of September 2023, which is down 27% in comparison to 172 crimes as of September 2022. To review the full Cranston Crime report visit cran.mycalgary.com.

How To Report Crime In Cranston: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



WET WATER

We all know that water is wet (right?), but did you know that you can actually make water wetter, and that is exactly what firefighters do? There is an agent these heroes add to water to create a higher evaporation temperature, which can reduce the time it takes to put out a fire by up to 30%!



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