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		Listed	Sold	Listed	Sold
May	23	75	71	\$580,000	\$585,800
April	23	70	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
June	22	64	64	\$466,700	\$464,000

To view more detailed information that comprise the above
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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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News, Events, & More



Crime Statistics



Real Estate Statistics



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Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

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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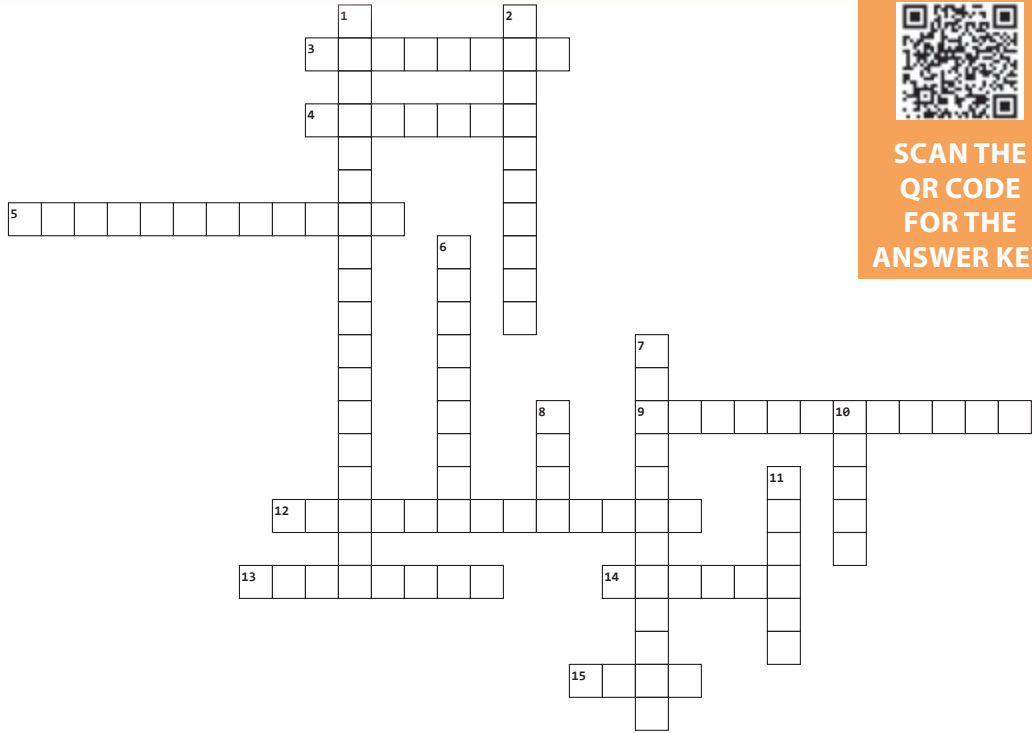


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*This advertisement is not intended to solicit properties already listed for sale.

July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

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YOUR CITY OF CALGARY

Enjoy Off-Leash Dog Parks Safely This Summer

from the City of Calgary



Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. By following simple guidelines, dog owners can create a positive and secure environment for their pets and fellow park-goers.

Know the Rules

Familiarize yourself with the specific rules and regulations of each dog park you plan to visit. Be aware of any size restrictions, leash policies, and speak to your veterinarian about the vaccinations your dog will require.

Training and Socialization

Before heading to the park, ensure that your dog is well-trained and socialized. Basic commands like "sit," "stay," and "come" can go a long way in managing their behaviour.

Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.

Communication with Other Owners

Establish open lines of communication with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.

Bring Essential Supplies

Carry essential supplies such as water and waste bags. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To learn more about responsible pet ownership, check out our video series at calgary.ca/pets/licences.

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CRANSTON RESIDENTS ASSOCIATION

CONTACT INFORMATION

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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



Registrations Now Open!

Registration for our spring, summer, and summer camp programs is now open for both residents and non-residents. To view our Program Guide, visit us at cranstonra.ca. If you have any questions, please contact us at 403-781-6614.

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.

Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE QR CODE FOR THE ANSWERS!



BRAIN GAMES

SUDOKU

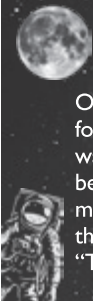
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	2					5		

SCAN THE QR CODE FOR THE SOLUTION



ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for *a* man."



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Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

Prep Time: 30 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tpsps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

Stargazing with Pat J: Indoor Astronomy

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



If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through two panes of glass



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Sun spots



Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

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