

JUNE 2023

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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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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.

Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1/2 tsp. coarse black pepper
- 3/4 cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- 1/2 pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than 3/4 inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



Bon Appétit!



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

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South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs. Visit our 2023 Online Spring Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in June 2023

Mediterranean Style Eating for Health (Demo)

When: Tuesday, June 20 from 12:00 to 1:30 pm

Online (via smartphone, tablet, or computer)

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health, or general well-being. Come discover the great flavours and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

Registration: https://redcap.link/MediterraneanStyleEatingForHealth_Spring2023

Low Sodium: Tasty Tips and Tricks (Demo)

When: Part 1 (Meal Ideas): Tuesday, June 13 from 12:00 to 1:00 pm and/or Part 2 (Dips and Sauces):

Tuesday, June 27 from 12:00 to 1:00 pm

Online (via smartphone, tablet, or computer)

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Are you struggling with how to implement a lower salt (sodium) diet? Come learn practical ways to lower sodium in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Part one will demo lower sodium meal ideas and part two will demo dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

Registration: <https://redcap.link/LowSodiumSpring2023>

Eating Well When Fatigued

When: Thursday, June 1 from 12:00 to 1:30 pm

(Demo) Online (via smartphone, tablet, or computer)

Program Provider: AHS Nutrition Services Registered Dietitians, Allied Health, and the Wellness Kitchen

Do low levels of energy impact your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands? Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

Registration: <https://redcap.link/EatingWellWhenFatiguedSpring2023>

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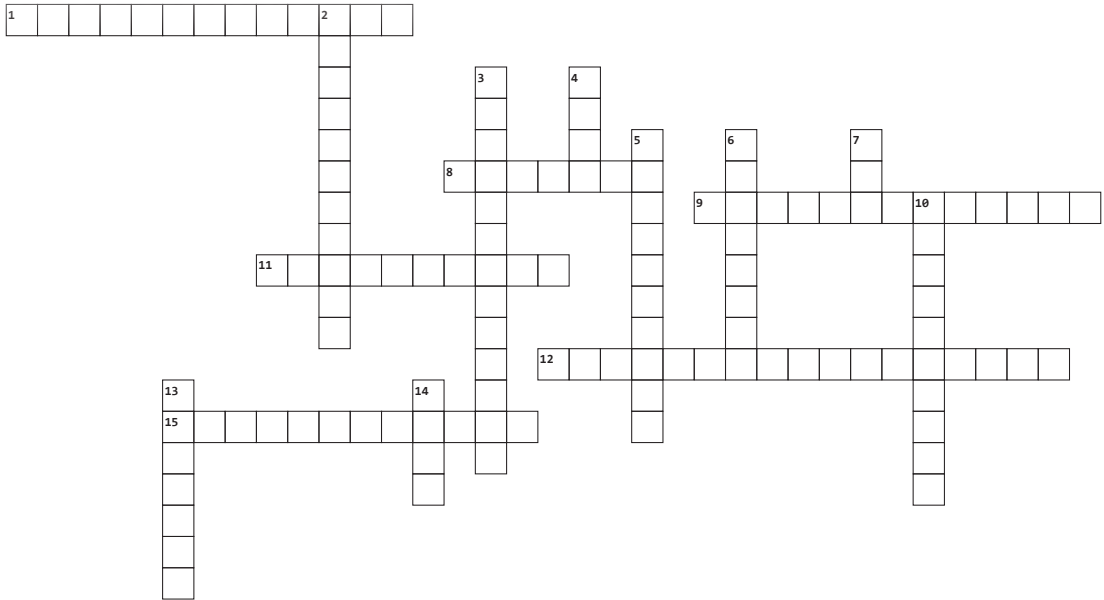
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June Crossword Puzzle



Across

- Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- This Calgary landmark was opened to the public on June 30, 1968.

Down

- The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
- 43 years ago, this NHL hockey team relocated to Calgary.
- The month of June is named after this Roman goddess.
- In North America, National _____ Day is celebrated on June 8.
- 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- The first Friday after Father's Day is National Take Your _____ to Work Day.
- On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- This European country experiences the longest summer solstice due to its geographical location.
- The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY





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

Fees Due

Annual encumbrance fees are due April 1, with a grace-period for property owners until April 30 to pay without interest. To pay your fees, you can visit us in-person, online, send us a cheque, or e-transfer. For any inquiries, please contact us at info@cranstonra.ca.

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.



Adoption Event

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		Listed	Sold	Listed	Sold
April	23	73	63	\$525,000	\$535,000
March	23	61	52	\$576,389	\$557,500
February	23	41	32	\$489,900	\$494,250
January	23	35	25	\$469,900	\$461,000
December	22	16	23	\$389,900	\$380,000
November	22	31	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
May	22	74	80	\$490,000	\$492,500

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In Sweden and Finland, Midsummer Day is a national holiday that takes place on June 24. As one of the longest days of the year, Midsummer Day celebrates the summer solstice and traditionally, the midpoint of planting season. Celebrations commence the night before and involve bonfires, feasting, singing, dancing around the Maypole, and time spent with loved ones.

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