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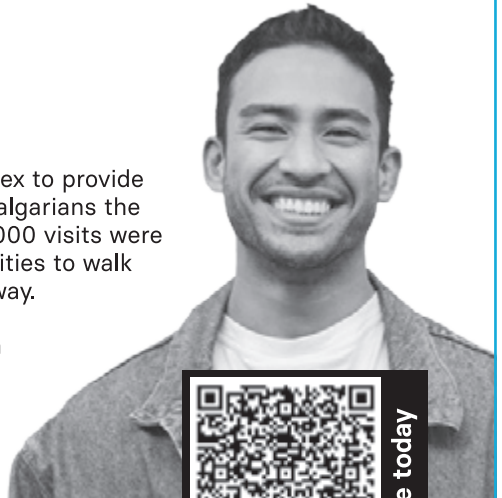
Health.
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Humanity.

This is Our Community.

Together, we shape it. Your support empowers The Alex to provide vital health, housing, and food programs that offer Calgarians the critical support they need. Last year alone, over 100,000 visits were made to our programs. That's over 100,000 opportunities to walk alongside clients, providing help—every step of the way.

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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:

Cranston Memberships
 11 Cranarch Road SE
 Calgary AB T3M 0S8

DID YOU KNOW?

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, New Brighton, Queensland, and Walden.**

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- 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 2024/2025 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at **WWW.GOFOOTHILLS.CA**

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 per household within Cranston, \$30 per 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 Cleanup, Festival of Lights, and organizes the *Cranversations* newsletter.
- Partner with grassroots 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 annually each April.
- It is a not-for-profit organization that is professionally managed and operated.
- Operates, maintains, and manages amenities within Cranston owned by the Cranston RA including Century Hall with its indoor and outdoor facilities including gymnasium, tennis courts, splash park, and ice rink. They also maintain the Windmill, Art Park, and Direct Control corners.
- Responsible for Century Hall's programming. Kids and adults can take part in all sorts of wonderful activities such as dance, yoga, basketball, and art classes.
- Additional events such as Stampede Breakfast, Farmers Market, and Winter Wonderland are also organized by the Cranston RA with help from a variety of generous sponsors.

Cranston Community Association Board Listing

BOARD MEMBERS

Jason Gordon	President
Mark Labrecque	Treasurer
Cheri Gordon	Secretary
Faith Gordon	Communications/Media

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GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



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Putting Yourself First!

by Alberta Health Services

Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we do not have control of stressors that cause the stress, but we can have control of our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere.

Managing Emotions

Commonly referred to as “name it to tame it,” this is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the current rather than the “what if.”

Breathwork

Slowing and deepening your breaths has been shown to help you self-regulate by calming your emotions. Use breathing techniques that work for you, which can include box breathing or even paced breathing.

The importance of the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

References

AHS (2024). *D-Stress*. Retrieved March 12, 2024 from <https://www.albertahealthservices.ca/amh/page/16759.aspx>.

Mindfulness.Com (2024). *Name It to Tame It: Label Your Emotions to Overcome Negative Thoughts*. Retrieved March 12, 2024 from <https://mindfulness.com/mindful-living/name-it-to-tame-it>.



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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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Summer at Century Hall

Spend your summer with us; we've got summer camps, registered programs, the splash park, skatepark, community events, and much more!

Save the Date for Some Exciting Summer Activities:

- **Cranston's Weekly Block Party.** Every Tuesday from 4:00 to 8:00 pm. June 25 to August 27. Beer gardens, food trucks, DJs, and a sampling of local vendors.
- **Cranston's Amazing Race.** August 10. More details to come on our social media pages.
- **Outdoor Movie Night.** August 23. More details to come on our social media pages.



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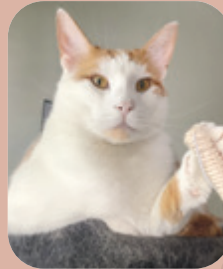
Crime
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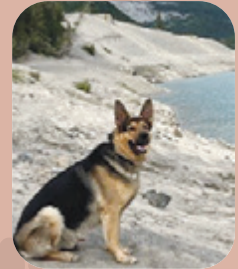
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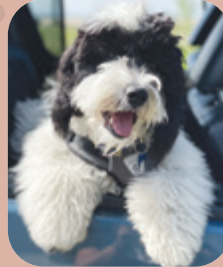
Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



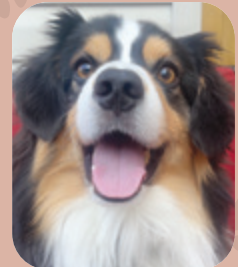
Harry, *Bridgeland*



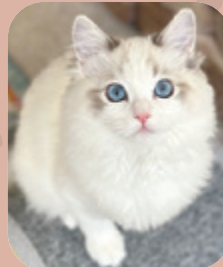
Pikko, *Hillhurst Sunnyside*



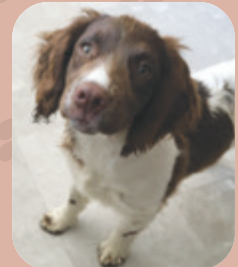
Riley, *Kensington*



Sawyer, *Beddington*



Snowbelle,
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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
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Gym 5159 sq. feet	57 ft. by 90.5 ft.		Party Package Only	Party Package Only	Party Package Only

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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
 Round – 60" diameter (seats 6-8)
 Rectangle – 72" long x 30" wide (seats 6)
 Cocktail – 30" diameter can be set either 30" or 42" high

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Cleaning Services	Mat Rentals	CALGARY MAT & LINEN SERVICES
<input checked="" type="checkbox"/> Dry Cleaning	<input checked="" type="checkbox"/> Standard	
<input checked="" type="checkbox"/> Tablecloths	<input checked="" type="checkbox"/> Waterhog	Pick-Up & Drop-Off Services 
<input checked="" type="checkbox"/> Napkins	<input checked="" type="checkbox"/> Paper Towel	
<input checked="" type="checkbox"/> Table Skirts	<input checked="" type="checkbox"/> Logo	
<input checked="" type="checkbox"/> Chair Covers	Paper Products	
<input checked="" type="checkbox"/> Massage Sheets	<input checked="" type="checkbox"/> Tork Dispensers	
<input checked="" type="checkbox"/> Face Cradles	<input checked="" type="checkbox"/> Paper Towel	
<input checked="" type="checkbox"/> Gym Towels	<input checked="" type="checkbox"/> Centre Pulls	
<input checked="" type="checkbox"/> Face Cloths	<input checked="" type="checkbox"/> Toilet Paper	
<input checked="" type="checkbox"/> Chef Coats	<input checked="" type="checkbox"/> Facial Tissues	
<input checked="" type="checkbox"/> Coveralls		
<input checked="" type="checkbox"/> Microfibre Cloths		
<input checked="" type="checkbox"/> Dish Rags		

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	48	56	\$584,943	\$593,500
May	24	88	73	\$580,000	\$575,000
April	24	65	55	\$649,000	\$658,500
March	24	39	39	\$534,800	\$550,000
February	24	41	31	\$565,888	\$563,000
January	24	27	30	\$622,500	\$610,500
December	23	12	16	\$667,500	\$670,000
November	23	22	26	\$680,000	\$677,000
October	23	31	35	\$474,900	\$480,000
September	23	50	44	\$554,900	\$567,000
August	23	50	53	\$598,900	\$597,000
July	23	51	53	\$529,900	\$549,700

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

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Join us at Red Deer Lake United Church where we come together in community and explore God together on Sunday mornings at 10:30 am. We are excited to share that our Worship Service is also available on our YouTube channel, @RedDeerLakeUnitedChurch. We are an affirming, safe space for all. Our location is ideal and easy to get to via Stoney Trail, virtually only minutes from most anywhere in the city. Don't let our name fool you, we're closer than you think!

MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- Welcome Back BBQ – September 8
- Men's Breakfast – September 28
- On the Edge Concert Series with Tim Isberg – Friday, October 18
- Market and Craft Sale starts on November 16
- Turkey Supper – November 30

RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a one-time or recurring basis. You do not need to be affiliated with the church to rent our space. Some of our past and current tenants rent our facilities for catering, art shows, music concerts, business meetings, and of course, weddings, baptisms and funeral services. Our memorial garden is a beautiful place for photos.

For more information about booking an event, availability, and pricing, please contact the office at office@reddeerlakeuc.com or (403) 256-3181. You may also complete the Rental Booking Request form on our website to submit your requirements.

Visit us at <https://reddeerlakeuc.com/> to stay up to date on all our events!

