

JANUARY 2024

DELIVERED MONTHLY TO 8,100 HOUSEHOLDS

# CRANVERSATIONS



CRANSTON  
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



**McKENZIE ORTHODONTICS**  
*Certified Specialist in Orthodontics*



FREE CONSULTATION



Scan To  
Book Today!

Happy investing in yourself year.



Happy *you* year

403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

Great News Media | Call 403-720-0762 for advertising opportunities | [www.greatnewsmedia.ca](http://www.greatnewsmedia.ca)



## No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



### OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

**CALL US TODAY AT**  
**403-726-9301**  
[calgaryfreshjock.com](http://calgaryfreshjock.com)

# JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

**Free Estimates 403.256.9282**

[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

## WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS

**Bathroom & Basement Remodeling**  
**Custom Decks & Fences**  
**Affordable Custom Landscape Plans**  
**Stamped & Exposed Concrete**  
**Retaining Walls**

### BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

**Free Estimates 403.256.9282**  
[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

HIGH RIVER



901-11th Ave S.E High River  
(403) 652-1365

HighRiverToyota.ca

# NEW YEAR SAVINGS



## \$20.00 OFF YOUR NEXT SERVICE

HIGH RIVER



**\*PRESENT THIS COUPON TO CLAIM OFFER  
OFFER EXPIRES JANUARY 31, 2024**

## PURCHASE A NEW TUNDRA AND GET UP TO \$2,000 ACCESSORY CREDIT

HIGH RIVER



**\*PRESENT THIS COUPON TO CLAIM OFFER  
CONDITIONS APPLY SEE DEALER FOR DETAILS  
OFFER EXPIRES JANUARY 31, 2024**

## FREE WINTER TIRES WITH PURCHASE OF TOYOTA CERTIFIED USED VEHICLES

HIGH RIVER



**\*OFFER EXPIRES JANUARY 31, 2024**



NEW IMMIGRANT? NEED A VEHICLE?  
OUR FINANCE TEAM IS HERE FOR YOU  
CALL US TODAY (403) 652-1365



## Better health for free

### Wellness Classes:

- Cooking with Fatigue
- Easy & Healthy Mediterranean Cooking
- Supporting Children and Youth Through Grief and Loss
- Wellness Exchange

Try these classes & more!



More info:  
[www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness)  
(click on Program Guide)



**Alberta Health  
Services**

South Health Campus

## 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, Queensland, and Walden.**

## YOUR LOCAL SOCCER PROVIDER U4-ADULT

## DEVELOPING EXCELLENT PLAYERS AND OUTSTANDING PEOPLE

- Canadian Soccer Association - Youth Club License holder.
- Only Calgary Club with 2 turf indoor training facilities. Full size 11v11 Turf Fieldhouse and Turf Training Skills Center.
- Professionally qualified Phase Area Managers at every age group (U4-Adult) (Canada and Europe Qualifications).
- In-house Sport Science program to develop athleticism and prevent injuries.
- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.



calgaryfoothills  
**soccerclub**



- 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.

**OUTDOOR 2024 REGISTRATION:** Program details and online registration available **JANUARY 15<sup>TH</sup> TO MARCH 15<sup>TH</sup>** at [www.gfoothills.ca](http://www.gfoothills.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/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 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
Steve Dimic	Vice-President
Mark Labrecque	Treasurer
Cheri Gordon	Secretary
Elaine Rusnack	Board Member
Faith Gordon	Board Member

## ALWAYS BE IN THE KNOW

### FOLLOW US ON



FACEBOOK

X (TWITTER)

INSTAGRAM

www.facebook.com/  
CenturyHallCranston  
@centuryhall  
www.instagram.com/  
cranstoncenturyhall/

### BRAIN GAMES

## SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION



# Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.

- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.





# CRANSTON RESIDENTS ASSOCIATION

## CONTACT INFORMATION

Telephone:  
403-781-6614  
Email: [info@cranstonra.ca](mailto: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](mailto:admin@cranstonra.ca)

### Programs and Events

[programs@cranstonra.ca](mailto:programs@cranstonra.ca)

### Facility Rentals

[rentals@cranstonra.ca](mailto:rentals@cranstonra.ca)

### General Manager

[gm@cranstonra.ca](mailto: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!



## Cranston's Most Trusted Carpet Cleaner

- Low moisture
- Stain removal/carpet deodorizer/carpet protectant (no additional charge)
- Dry when we're done
- Green/environmentally friendly
- Child and Pet Friendly
- We also do upholstery and mattresses



*Everything we use and do is safe for little ones with 2 legs as well as 4.*



Follow us on [@FutureNowCarpets](https://www.facebook.com/FutureNowCarpets)

403-988-1642 | [www.future-nowcarpets.ca](http://www.future-nowcarpets.ca)



	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](http://www.palcanada.com) or [www.duuo.ca](http://www.duuo.ca) (due 10 days prior to rental)
2. Liquor Permit – available online at [www.aglc.ca](http://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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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.

<b>Cancellation</b>	Must be done in writing – email <a href="mailto:rentals@cranstonra.ca">rentals@cranstonra.ca</a>
<b>75% refund</b>	Rental cancelled more than three months prior to the rental date
<b>50% refund</b>	Rental cancelled between one to three months prior to rental date
<b>No refund</b>	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

**Chairs:** Folding 15.5" high from chair seat to floor;  
 34" from top of chair backrest to floor  
 Seat 17.5" square; back 19.5" wide by 15.5" high  
 (seat to top of chair) rectangle

# BARKER'S

• FINE DRY CLEANING •

PICK UP & DELIVERY  
SERVICES

403-282-2226



# OPEN HOUSE



**FEBRUARY 10, 2024**  
10 am – 2 pm



[visitus@stmu.ca](mailto:visitus@stmu.ca)

Biology  
Education  
English  
History  
General Studies  
Liberal Studies  
Open Studies  
Psychology  
Social Justice &  
Catholic Studies  
Entrepreneurship &  
Social Responsibility

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



## Hate Your Renewal Rate? Call Me!

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial

# Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

### Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to

think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

### Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

## CRIME STATISTICS



### Cranston Crime Activity was Down in October 2023

The Cranston community experienced 6 crimes in October 2023, in comparison to 8 crimes the previous month, and 19 crimes in October one year ago. Cranston experiences an average of 9.6 crimes per month. On an annual basis, Cranston experienced a total of 115 crimes as of October 2023, which is down 32% in comparison to 170 crimes as of October 2022. To review the full Cranston Crime report visit [cran.mycalgary.com](http://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](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



## mybabysitterlist

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

## CALGARY MAT & LINEN SERVICES

403.279.5554  
[calgarymatandlinen.com](http://calgarymatandlinen.com)

We care about the safety, cleanliness, and appearance of your business.

### Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

### Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US





# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Cranston. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**CRANSTON MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**CALGARY PAINTERS:** Professional and affordable painting services. Serving Calgary and surrounding areas for over 25 years. Clean, respectful and always on time. Free estimates. Please call/text Daniel at 403-690-3005 or visit [www.colorcopainting.ca](http://www.colorcopainting.ca).

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**ADDL SERVICES INC:** Is offering residential services, repairs, installation, and maintenance in heating, ventilation and air conditioning. Furnaces, A/C, humidifiers, HRVs, ductwork, and more. Licensed and insured. Call for a free estimate, 587-894-4932.

**AFFORDABLE DENTAL CARE MINUTES FROM CRANSTON!** Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit [CalgaryDentalCenters.com](http://CalgaryDentalCenters.com). Save money, smile, be happy!

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**CODERAD ELECTRICAL LTD:** Over 18 years of experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? [www.coderadelectrical.com](http://www.coderadelectrical.com).

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

*continued on next page*



continued **BUSINESS CLASSIFIEDS**

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**PROFESSIONAL TAX SERVICES:** Expert tax services for individuals and businesses. Local senior tax specialist. Licensed E-filer for accuracy and efficiency. Year-round availability for your convenience. Pick-up and drop-off services available. Contact Ella today! Call or text 403-992-0419 or email ellasmobiletax@gmail.com.

**EXPRESS APPLIANCE REPAIR:** We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

**FOX PAINTING & DECORATING:** 30+ years of painting experience providing interior and exterior applications (licensed and insured). Services include surface preparation (including sanding, caulking, masking) and major/minor drywall repairs. Vast experience with enamels, epoxies, latex, stain, varnishes. Contact Derek for a free quote at 403-616-7044 or derekadamski@shaw.ca.

**HARDCASTLE PAINTING:** A small, family-run painting business! We do both interior and exterior work! Professionals at bushing, rolling, and airless spraying! (Interior - walls, trim, doors, ceilings). (Exterior - trim, garage doors, man doors, fences, decks, wood siding, brick, stucco, soffits/gutters/downspouts). Call or email today to book a free estimate: 403-850-1697 | josh@hardcastlepainting.ca.

**HERITAGE WEST PLUMBING AND HEATING:** Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

**MERGE ENERGY INC. ELECTRICAL SERVICES:** Calgary's go to for all your electrical needs! Friendly service at competitive rates. Fully licensed and insured with years of experience our electricians will get the job done right. Delivering a great customer experience is our goal! Call today for a free quote 403-999-4682.

**RELIABLE MASTER ELECTRICIAN:** For all your electrical requirements, big or small, call Campbel Sinclair 403-397-7141 for your free quotation.

Step into the TAX HUT  
Taxes made simple.   
1-403-265-0162  
mytaxhut.com 



**SCAN HERE TO VIEW ADDITIONAL CRANSTON CONTENT**

**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.



LEN T WONG + ASSOCIATES



## CRANSTON COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lentwong.com](mailto:len@lentwong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 23	25	26	\$680,000	\$677,000
October 23	33	35	\$474,900	\$480,000
September 23	51	44	\$554,900	\$567,000
August 23	50	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

To view more detailed information that comprise the above  
MLS averages please visit [cra.mycalgary.com](http://cra.mycalgary.com)

# SOUTH FAMILY DENTAL

403.262.3235

www.southfamilydental.com

110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

**WE FOLLOW THE  
ALBERTA FEE GUIDE**

**Free Teeth  
Whitening or  
Electric Toothbrush**

\*With complete exam, x-ray, & cleaning

**SCAN TO BOOK AN  
APPOINTMENT TODAY!**



**CALGARY  
OWNED AND  
OPERATED**



*As you're making your  
New Year's Resolutions,  
don't forget to add dental  
care to the list!*



All services provided by our General Dentists and Orthodontist

Dr. N. Headley, Dr. R. Palmer, Dr. N. Speidel, Dr. K. Toucher, & Dr. A. Vilaysane – General Dentists

Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

The Landscape Artist Inc.



Award winning design and construction

403.256.2252

www.landartist.com

Contact us to schedule a free onsite consultation



We are providing our award winning landscaping design and construction services in your area!

Pools & Spas   Outdoor Kitchens & Fireplaces   Sports Courts & Putting Greens   Water Features   Retaining Walls

Watch our interview  
with Bryan Baeumler

