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		Properties		Median Price	
		Listed	Sold	Listed	Sold
February	25	48	31	\$540,000	\$571,500
January	25	52	29	\$539,900	\$565,000
December	24	15	25	\$649,000	\$640,000
November	24	34	29	\$530,000	\$524,800
October	24	30	38	\$559,749	\$547,125
September	24	61	47	\$599,900	\$585,000
August	24	50	48	\$599,450	\$597,500
July	24	55	39	\$550,000	\$550,000
June	24	40	56	\$584,943	\$593,500
May	24	83	73	\$580,000	\$575,000
April	24	64	55	\$649,000	\$658,500
March	24	39	39	\$534,800	\$550,000

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

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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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
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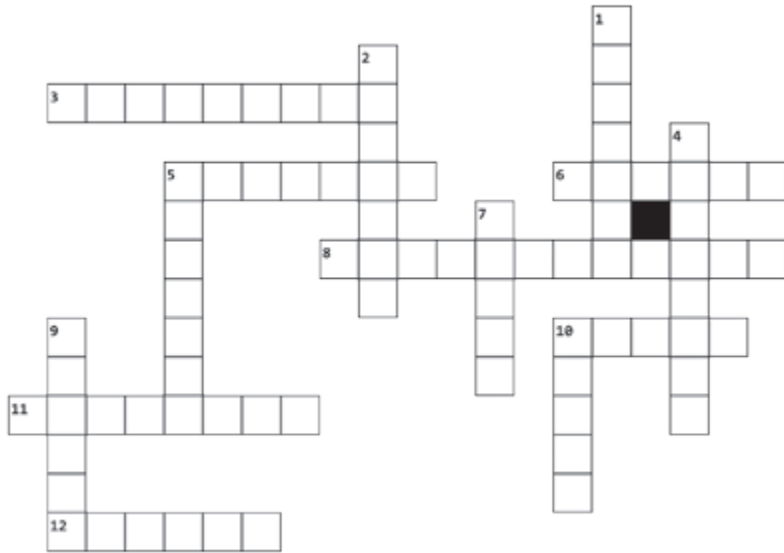
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April Crossword



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answers or scan
the QR code for the
answers

Across

- Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
- On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the _____ flu pandemic.
- On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
- Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
- This meteor shower takes place in April every year.
- ABBA won the 1974 Eurovision Song Contest with their song _____ on April 6.
- This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

- April's birthstone is the _____, a popular choice for engagement rings.
- Stanley Kubrick's sci-fi adventure film, *2001: A Space _____*, premiered in April 1968.

- The Royal _____ Air Force was officially established on April 1, 1924.
- _____ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
- Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
- The World _____ Organization was established by the United Nations on April 7, 1948.
- On April 16, 2018, Kendrick _____ won the Pulitzer Prize for Music, becoming the first rapper to do so.

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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!

Annual Encumbrance Fees

Annual Encumbrance fees are due April 1, 2025, with an interest free grace-period until April 30, 2025. All outstanding accounts come May 1, 2025, will be subject to additional interest.

For more information on your 2025-2026 Encumbrance fees, annual budget, and association information, please visit our website at cranstonra.ca.

April Fools... Not!



On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them - Gmail was real, and it's still one of the most popular email services today.

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Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.



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

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 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

Use Your Water Meter to Check Your Home for Leaks

by The City of Calgary

Did you know that 40 percent of homes have some water fixture leakage? Using your water meter to check for leaks, inside and outside the home, is one way you can do your part to use water wisely.

Using your meter to check your home for leaks is easy:

1. Turn off all taps and water-using appliances – inside and outside your home.
2. Watch the flow register on the face of the meter. The register could look like a gear or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water devices, such as your toilet, taps, humidifier, hot water heater, and water softener. To learn more about common sources of household water leaks, including some helpful repair tips, visit calgary.ca/waterguide.



Noise Barrier Retrofit Program

by The City of Calgary

The City of Calgary is committed to reducing the impact of transportation noise heard in residential areas through the Noise Barrier Program. Where residential areas next to an eligible roadway exceed The City's noise level criteria, a barrier may be constructed.

Several approved noise barrier locations across Calgary will be moving forward with construction in 2025, with completion expected by the end of 2026. You can check the status of the noise barrier construction in your community on our website here: calgary.ca/roads/noise-barriers.html.

To learn more about the Noise Barrier Program, or to submit a request to have a noise measurement completed, visit calgary.ca/NoiseBarriers.



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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, 403-269-2707.

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continued on next page

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Cranston Market Stats - March 1st, 2025

Property Type	Benchmark Price	Year Over Year Price Change	Average Days on Market
Detached	\$772,400	6%	24 Days
Duplex	\$530,200	6%	16 Days
Row	\$458,900	1%	28 Days
Apartment	\$367,100	3%	40 Days

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