

DECEMBER 2025

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# CRANVERSATIONS



CRANSTON  
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



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\*Terms and Conditions Apply.

|           |    | Properties |      | Median Price |           |
|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| October   | 25 | 52         | 43   | \$579,900    | \$570,000 |
| September | 25 | 64         | 32   | \$669,950    | \$662,250 |
| August    | 25 | 36         | 32   | \$497,500    | \$475,000 |
| July      | 25 | 40         | 38   | \$649,900    | \$637,250 |
| June      | 25 | 62         | 33   | \$599,900    | \$599,900 |
| May       | 25 | 49         | 52   | \$612,500    | \$612,500 |
| April     | 25 | 54         | 53   | \$569,900    | \$550,900 |
| March     | 25 | 56         | 49   | \$599,900    | \$604,500 |
| February  | 25 | 44         | 31   | \$540,000    | \$571,500 |
| January   | 25 | 47         | 29   | \$539,900    | \$565,000 |
| December  | 24 | 15         | 25   | \$649,000    | \$640,000 |
| November  | 24 | 33         | 29   | \$530,000    | \$524,800 |

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

## ALWAYS BE IN THE KNOW

### FOLLOW US ON



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# Self-Care Through the Holiday Season

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

### 1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

### 2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

### 3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

### 4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.

That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

### 5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

### 6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

### 7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

### 8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.



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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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Calgary AB T3M 0S8

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# FRIENDS of Fish Creek

## Seed Processing and Listen Garden

It's December now and you might be asking what sort of work the Friends of Fish Creek are up to when it's cold out, the days are short, and not much is growing. Well, our work actually continues year-round, and we have the time once field season ends to reap the fruits of our labours – kind of literally! Through spring, summer, and fall, after you see beautiful blooms on all kinds of different species of native plants, those plants go to seed. And we're out there at plant salvages, in the park, and on land we've been given access to by our partners, harvesting those seeds to continue building species diversity within the park. After harvesting, our incredible volunteers gather weekly to help us separate the seeds from the chaff so that they're easily stored, measured, and perhaps most importantly, planted.

And this year, we've got a special purpose for all those seeds we're harvesting – putting them into the Listen Garden at Bow Valley Ranch – a space for native plants, Indigenous knowledge, and reconciliation. This area has been treated with herbicide to remove the invasive species that cover much of the park and prepare it for the cover crop (annual Plains coreopsis) and native seed mix we'll apply in spring. After one to two seasons, the Plains coreopsis will die, and the high-diversity native seed mix will emerge from below. To speed revegetation along, hundreds of large, salvaged mature plants like Foothills rough fescue, Parry's oatgrass, and Western porcupine grass will be planted in the spring alongside the seed



Site map - satellite view



Site map - regular view

mix. The Listen Garden will also feature several "Habitat beds" that highlight Alberta's diverse ecosystems. Beds on the garden's west side will showcase alpine/montane, foothills parkland, and Foothills rough fescue grassland ecosystems, merging into the dry mixed grass and badlands ecosystems on the east side of the gardens. These more "formal" gardens will be installed in a few years. Right now, the space consists of contoured pathways – what isn't currently path will be a home for thousands of tiny native plant seedlings.

You can learn more about the Listen Garden project at <https://www.bowvalleyranch.com/iiststiik> or stop by Fish Creek's Bow Valley Ranch day use area to see the future site of incredible species diversity (and an impressive assortment of blooms once these species reach maturity).

Help us with this and other exciting projects by making a donation or becoming a member today! [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org).

## JOKE OF THE MONTH



Why did the football coach go to the bank?

To get his quarter back.

### Breakfast with Santa



Saturday,  
December 13, 2025  
10:00am - 11:30am

Adults - \$25  
Kids - \$20



The Best Western Plus  
Okotoks Inn & Suites  
100 Southbank Road,  
Okotoks AB  
T1S 0N3

Breakfast includes french toast, sausage, hash browns, and a yogurt parfait bar along with coffee, tea and a variety of juices. This year, when Santa visits each table, he's bringing a special guest **THE GRINCH!**  
Enjoy face painting, glitter tattoos and cookie decorating!

**BOOK NOW** [bookwhen.com/2025breakfastwithsanta](http://bookwhen.com/2025breakfastwithsanta)







# 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, skateboards, games bins, drills, ladders, saws, tools, you name it! Inquire today to learn more!

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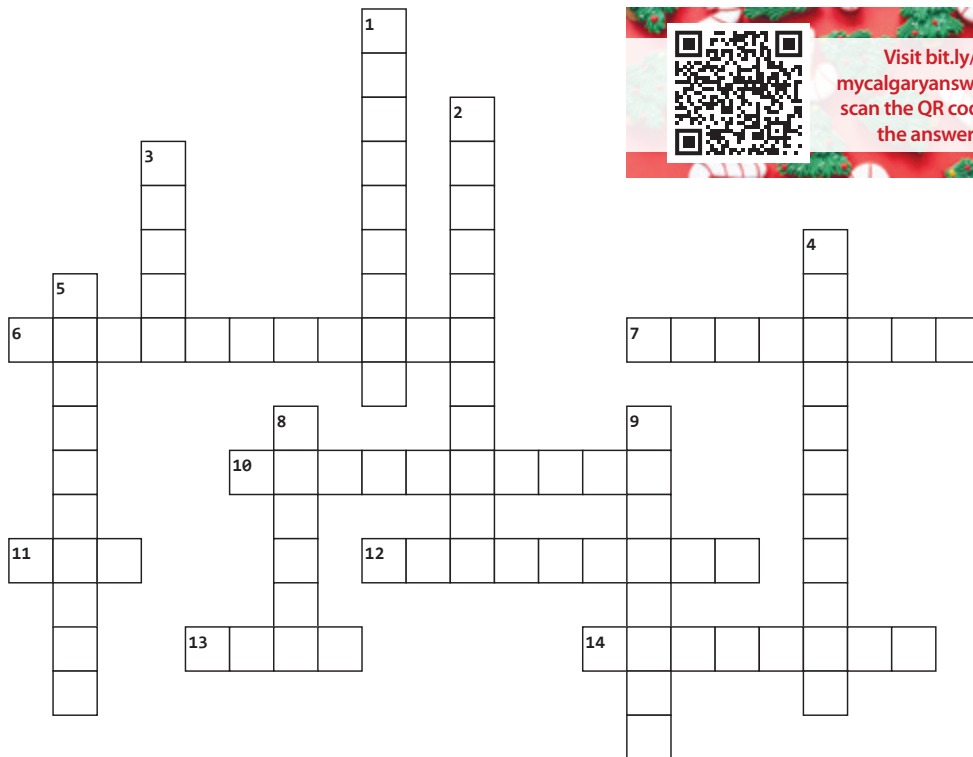
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# December Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

## Across

6. The Statute of \_\_\_\_\_ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn \_\_\_\_\_ celebrates his birthday on December 23.
10. The \_\_\_\_\_ is also known as the Christmas flower.
11. "Gangnam Style" by \_\_\_\_\_ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star \_\_\_\_\_: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

## Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, \_\_\_\_\_ House Day is celebrated.
3. The first human-to-human \_\_\_\_\_ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. \_\_\_\_\_'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, \_\_\_\_\_, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the \_\_\_\_\_ Hall of Fame.





|                                     | Dimensions           | Capacity   | Hourly Rates       |                      |                    |
|-------------------------------------|----------------------|------------|--------------------|----------------------|--------------------|
|                                     |                      |            | Resident           | Brookfield Community | Non-Resident       |
| Heritage Hall ABC<br>2652 sq. feet  | 34 ft. by 78 ft.     | 135 Guests | \$93.00            | \$105.00             | \$118.00           |
| Heritage A<br>1037 sq. feet         | 34 ft. by 30.5 ft.   | 50 Guests  | \$61.50            | \$69.50              | \$77.50            |
| Heritage B<br>850 sq. feet          | 34 ft. by 25 ft.     | 40 Guests  | \$51.00            | \$57.50              | \$64.00            |
| Heritage C<br>765 sq. feet          | 34 ft. by 22.5 ft.   | 35 Guests  | \$51.00            | \$57.50              | \$64.00            |
| Heritage A & B<br>1887 sq. feet     | 34 ft. by 55.5 ft.   | 90 Guests  | \$72.00            | \$81.50              | \$91.50            |
| Heritage B & C<br>1615 sq. feet     | 34 ft. by 47.5 ft.   | 80 Guests  | \$66.50            | \$75.00              | \$84.00            |
| Vista<br>639 sq. feet               | 18 ft. by 35.5 ft.   | 30 Guests  | \$53.00            | \$60.00              | \$67.50            |
| Riverside<br>534 sq. feet           | 17.5 ft. by 30.5 ft. | 25 Guests  | \$53.00            | \$60.00              | \$67.50            |
| Legacy (Board Room)<br>369 sq. feet | 18 ft. by 20.5 ft.   | 15 Meeting | \$33.00            | \$36.25              | \$40.00            |
| Gym<br>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*

11 Cranarch Road SE – 403-781-6614 ext. 3 – [rentals@cranstonra.ca](mailto:rentals@cranstonra.ca)





**CRANSTON**  
RESIDENTS ASSOCIATION

# Century Hall Rental Policy & Procedures

## 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

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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

11 Cranarch Road SE – 403-781-6614 ext. 3 – [rentals@cranstonra.ca](mailto:rentals@cranstonra.ca)



## Warm Up to Winter in Calgary Parks

by The City of Calgary



Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crockicurl, and ride an ice bike in our parks.

We have several established outdoor, natural ice-skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? Check out the outdoor rink, firepit, and decorative winter displays this winter.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit [Calgary.ca/winteractivities](http://Calgary.ca/winteractivities).

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Sheep River  
HEALTH TRUST

## Photos with Santa!

**Nov. 15 - Dec. 18, 2025**

**\$55 per session**

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