

SEPTEMBER 2025

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# CRANVERSATIONS



CRANSTON  
COMMUNITY ASSOCIATION

THE OFFICIAL CRANSTON COMMUNITY NEWSLETTER



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## Wellness Centre Program Guide

# Better health for free *In-person & online classes*

Information • Cooking Basics • Support Groups & More

### Tasty, Low Salt Cooking

Learn tips for how to cook delicious recipes with less salt. Recipes included.

#### Registration:

<https://redcap.link/TastyLowSaltCooking>



#### For other classes & more info:

[ahs.ca/shcwellness](https://ahs.ca/shcwellness) (click on Program Guide)  
403-956-3939 or [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca)





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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	25	60	38	\$649,900	\$637,250
June	25	71	33	\$599,900	\$599,900
May	25	55	52	\$612,500	\$612,500
April	25	55	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
October	24	30	38	\$559,749	\$547,125
September	24	61	47	\$599,900	\$585,000
August	24	50	48	\$599,450	\$597,500

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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CenturyHallCranston  
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## CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

**9 PM**  
**ROUTINE**

**CALGARY  
POLICE  
SERVICE**

## What Is Cart Contamination?

by The City of Calgary, Waste and Recycling Services



We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at [calgary.ca/contamination](http://calgary.ca/contamination).

**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.

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# Promoting Mental Health in Children

by Alberta Health Services

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

### Apologize When You're Wrong

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

- "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

- "I'm sorry I got mad, but you were really getting on my nerves."

### Give Your Child Choices and Respect Their Wishes

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- Feel a Sense of Control
- Develop Self-Esteem
- Learn How to Solve Problems
- Take Responsibility for Their Choices

### Ask Questions That Help Your Child Solve Problems on Their Own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- "If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding

the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

### Read Books and Stories Together

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

### Be a Role Model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.

What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.



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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



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# 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!



*Andrea Taylor*

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## GAMES & PUZZLES

### Guess the School Tool!

1. In the early 1960s, the first one of these was created to assist with number manipulation.
2. Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
3. A semi-circular measurement tool that deals with angles.
4. An organizer typically characterized by its circular or D-shaped retainers.
5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
6. Alphabetical reference books that are always being updated, named after the Latin word for "the act of speaking".



SCAN THE QR CODE FOR THE ANSWERS!

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# Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.



- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

**Hey neighbour,**

**ever tried the  
front crawl?**

Bring a friend & try it out!  
[ymcacalgary.org/neighbour](http://ymcacalgary.org/neighbour)





	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*

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

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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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)

# Cats, Canines, & Critters of Calgary



Harley, Cranston



Jasper, Glenbrook



Lulu, Signal Hill



Mika, Richmond Knob Hill



Mr. Fuggs, Christie Park



Rollie, Auburn Bay



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