

FEBRUARY 2026

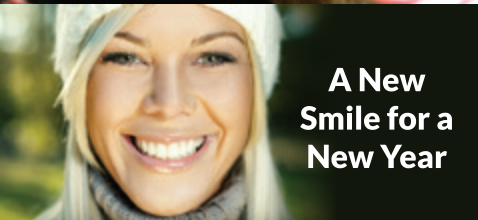
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### WINTER OPEN HOUSE

Saturday, Feb 21, 2026  
10AM - 2PM

FOR MORE  
INFORMATION VISIT:  
**stmu.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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	7			5		8		
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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:



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## Celebrity Simmons

Best known for his roles in films like *Whiplash* and *Spider-Man*, J.K. Simmons is considered one of the most prolific character actors of his generation. But did you know that since the late 1990s, on top of his great movie roles, Simmons has been the voice of the yellow M&M in the commercials? How deliciously fun!



## Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## YOUR CITY OF CALGARY

### Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit [calgary.ca/yechiring](http://calgary.ca/yechiring) for ongoing announcements and advice on how to get prepared!





# 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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## CRANSTON COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
December	25	15	18	\$616,000	\$593,500
November	25	24	33	\$599,900	\$585,000
October	25	38	43	\$579,900	\$570,000
September	25	56	32	\$669,950	\$662,250
August	25	35	32	\$497,500	\$475,000
July	25	39	38	\$649,900	\$637,250

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



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# Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

### 1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



### 2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

### 3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

### 4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

### 5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now." or... "I don't have to solve this today."

### 6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

### 7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

### 8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

### 9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

### 10. Use curiosity over judgment.

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"



	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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Seat 17.5" square; back 19.5" wide by 15.5" high

(seat to top of chair) rectangle

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April is Come Try Ringette month, and there will be many sessions in Calgary.

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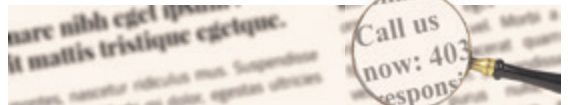
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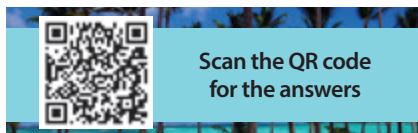
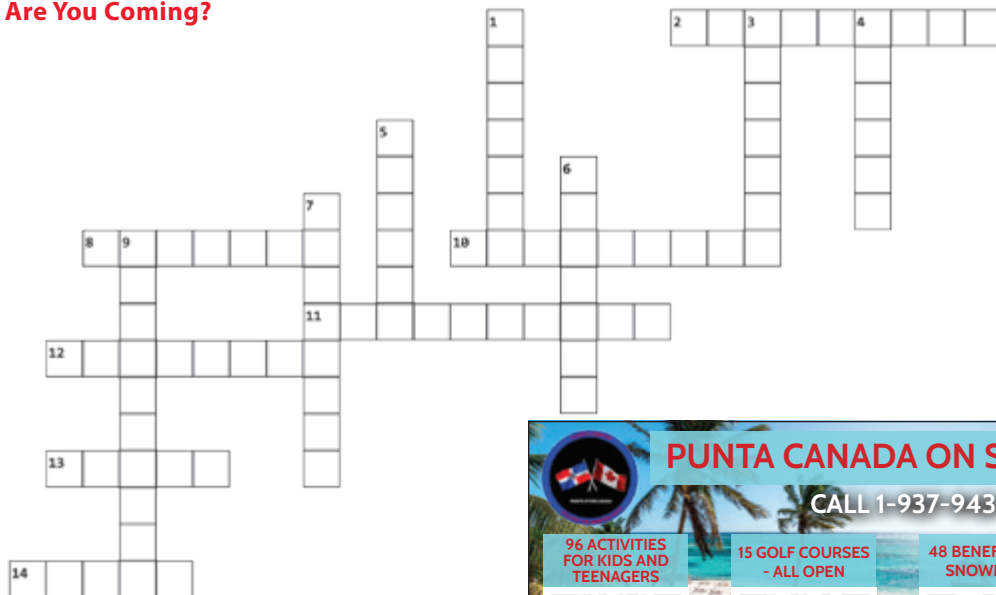


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10. So many \_\_\_\_\_ vacation in Punta Cana that it's affectionately called Punta Canada!
11. The Dominican Republic is a unique biodiverse country which makes it popular for this type of tourism.
12. Punta Canada enjoys a \_\_\_\_\_ climate, which means it is summertime all year long.
13. La Bandera is the national dish of the Dominican Republic and consists of white rice, red \_\_\_\_\_, and stewed meat.
14. Rio Yaque del Norte is the longest \_\_\_\_\_ in the Dominican Republic.

## Down

1. PGA Ocean's 4 is the first golf course in the Dominican Republic directly affiliated with the PGA of \_\_\_\_\_.
3. Punta Canada is home to multiple 5-star, all-inclusive, beachfront \_\_\_\_\_.
4. This beach in Punta Canada is ranked as one of the best beaches in the world.
5. Zona Colonial in Santo Domingo was declared as a World Heritage Site by this organization.
6. Dominican coffee is made from this type of bean.
7. A popular souvenir for visitors of Punta Canada are ceramic figurines commonly known as "\_\_\_\_\_ dolls".
9. Vacationing in Punta Canada is an \_\_\_\_\_ option with tons of benefits.

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		Listed	Sold	Listed	Sold
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October	25	39	43	\$579,900	\$570,000
September	25	56	32	\$669,950	\$662,250
August	25	35	32	\$497,500	\$475,000
July	25	39	38	\$649,900	\$637,250
June	25	61	33	\$599,900	\$599,900
May	25	49	52	\$612,500	\$612,500
April	25	54	53	\$569,900	\$550,900
March	25	55	49	\$599,900	\$604,500
February	25	44	31	\$540,000	\$571,500
January	25	47	29	\$539,900	\$565,000

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