

AUGUST 2024

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# CANYON MEADOWS

## CHRONICLE

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**STAMPEDE IN SEPTEMBER**  
**PAGE 7**



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## CMCA Office Hours

10:00 am to 2:00 pm, Monday/  
Wednesday/Friday

Phone: 403-251-1715

Fax: 403-251-6190

Email: [info@cmca.ca](mailto:info@cmca.ca)

Website: [www.cmca.ca](http://www.cmca.ca)

## Mailing Address:

844 Cantabrian Drive SW

Calgary, AB

T2W 6G4

**Facility 1** (Canterbury Hall)

844 Cantabrian Drive SW

**Facility 2** (Lloyd Hand Hall)

848 Cantabrian Drive SW

## Community Association Contacts

President	Michael Richmond	<a href="mailto:president@cmca.ca">president@cmca.ca</a>
Vice President	Anna Glickman	<a href="mailto:vicepresident@cmca.ca">vicepresident@cmca.ca</a>
Treasurer	Sarah Weatherdon	<a href="mailto:treasurer@cmca.ca">treasurer@cmca.ca</a>
Secretary	Emma Heise	<a href="mailto:secretary@cmca.ca">secretary@cmca.ca</a>
Bingo Director	Johanne Smith	<a href="mailto:bingo@cmca.ca">bingo@cmca.ca</a>
Membership Director	Baylea Willan	<a href="mailto:memberships@cmca.ca">memberships@cmca.ca</a>
Events Director	Lindy Bowler	<a href="mailto:events@cmca.ca">events@cmca.ca</a>
Civic Affairs Director	Monica Fassnidge	<a href="mailto:civicaffairs@cmca.ca">civicaffairs@cmca.ca</a>
Communications Director	Alison O'Connor	<a href="mailto:communications@cmca.ca">communications@cmca.ca</a>
Director at Large	Ryan Hogan	

## Office Staff

Facility Manager	Bonnie Treavor	<a href="mailto:info@cmca.ca">info@cmca.ca</a>
Accountant	Sherry Klimow	<a href="mailto:accounting@cmca.ca">accounting@cmca.ca</a>
Hall Rentals		<a href="mailto:info@cmca.ca">info@cmca.ca</a>



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

## Bingo Dates 2024



The fundraising bingo events continue for 2024. If you are interested in helping on any of the assigned dates, please get in touch with Johanne at [bingo@cmca.ca](mailto:bingo@cmca.ca). The CMCA dates are as follows:

- August 9
- September 13

# CMCA Facility Rentals

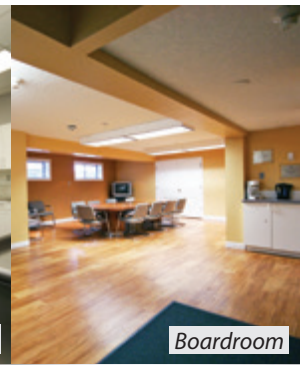
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.  
 Weekend rates are for 6:00 pm Friday to end of day Sunday.  
 Minimum two-hour rental on weekends.  
 Set up and clean up must be included in your rental time.  
 CMCA members receive 10% off all bookings!



Rinks



Kitchen



Boardroom



CMCA Community Hall Aerial



Canterbury Hall



Lloyd Hand Hall



Playground



CMCA Community Hall



Gazebo

Facility	Description	Weekday rate	Weekend & stat holiday rates	Security Deposit
<b>Canterbury Hall (F1) Main Hall</b> 27x48' (1300 sq ft)	Includes bathrooms, spacious entryway, coat racks, small prep kitchen for reheating only, full size fridge, large East & West facing windows, tables & chairs, Wi-Fi	\$50/hr Mon 6:00 am to Fri 6:00 pm	\$70/hr Fri 6:00 pm to Sun (end of day)	\$1,200
<b>Lloyd Hand Hall (F2) Main Hall</b> 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi *Commercial kitchen is available for an additional fee*	\$60/hr Mon 6:00 am to Fri 6:00 pm	\$80/hr Fri 6:00 pm to Sun (end of day)  Wedding Special Sat 8:00 to 2:00 am \$1,260	\$1,200
<b>Lloyd Hand Hall (F2) Commercial Kitchen</b>	Full rental – Includes use of all appliances; walk-in cooler, freezer, dishwashers, industrial double oven with 10 burner stovetop, & pizza ovens. Dishes, glassware, cutlery & serving dishes.  Limited rental – Includes use of walk-in cooler, freezer, counter tops, sink	\$450 with hall rental  \$165 with hall rental	\$450 with hall rental  \$165 with hall rental	Equal to kitchen rental
<b>Lower Boardroom</b> Approx. 500 sq ft	Includes counter area, sink, bathrooms, microwave, fridge	\$35/hr Mon 6:00 am to Fri 5:00 pm	\$45/hr Fri 5:00 pm to Sun (end of day)	\$500

# Canyon Meadows Community Association Notice of Annual General Meeting

Canyon Meadows Community Association Notice of Annual General Meeting of Members to be held on Monday, September 23, 2024, at 7:00 pm.

Notice is hereby given that the Annual General Meeting (the "Meeting") of the members of Canyon Meadows Community Association of Calgary (the "Association") will be held on Monday, September 23, 2024 (Calgary time) at the Canyon Meadows Community Association (848 Cantabrian Dr SW, Calgary, AB).

The purpose of the Meeting is to:

1. Place before the members the audited financial statements of the Association for the financial period ended April 30, 2024, together with the auditors' report thereon.
2. Appoint the auditors of the Association for the ensuing fiscal year.
3. Elect the President and directors of the Association for the ensuing year.
4. Transact such other business as may properly be brought before the Meeting or any adjournments thereof.

Only members recorded on the Association's register on the date of the Meeting are entitled to vote at the meeting, or any adjournment thereof. If you would like to purchase a membership, you can do so by visiting [www.cmca.ca](http://www.cmca.ca). You must be a member in good standing of CMCA for a period of 30 days prior to the meeting.

If you would like a copy of the agenda or the Association's financial statements prior to the meeting, please contact our staff at [info@cmca.ca](mailto:info@cmca.ca) or at 403-251-1715 and a copy will be provided to you.

By Order Of The Board of Directors



 **CANYON MEADOWS**  
Community Association

# JOIN OUR TEAM!

We are looking for a Board Treasurer to join our team starting in September. Interested persons should contact [vicepresident@cmca.ca](mailto:vicepresident@cmca.ca) prior to the AGM on September 23, 2024. Preference will be given to an accountant or finance professional.



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# Upcoming CMCA Programs and Events

Learn more and register at [CMCA.ca](http://CMCA.ca).

Big Yellow Bag (Soil and mulch discount)	Until end of September
Kids Summer Drop-In	Until August 28
Alien In-Line Skating Lessons	August 9, 23
Good Food Box Order Deadline	August 19
Good Food Box Pick Up	August 28
Stampede in September	September 8
CMCA AGM	September 23



Support your business  
Support your community

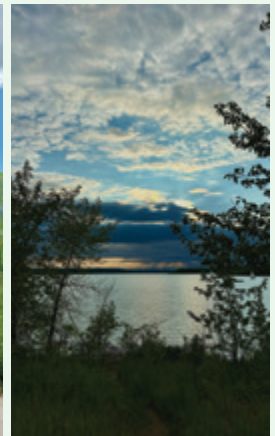
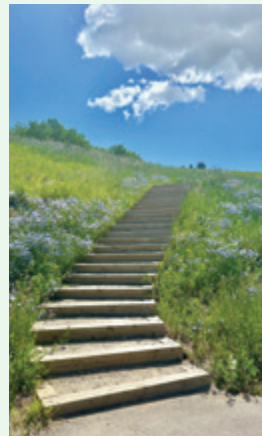
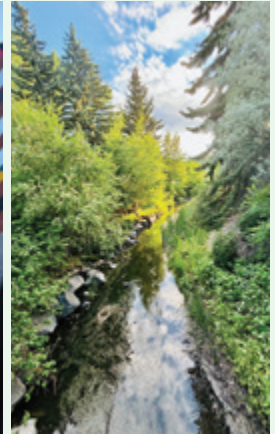
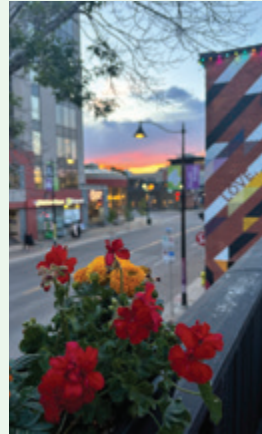
**CMCA BUSINESS PARTNERSHIP PROGRAM**

- AllKind Appliance Service Ltd.
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- Beitel Brothers Liquor
- Canyon Creek Liquor Store
- Canyon Meadows Auto Service
- Canyon Meadows Bakery
- Canyon Variety & Novelty Store
- Chamberlain Real Estate Group – Lindy Bowler
- Cloud K9 Pet Services
- Domino's Pizza Canyon Meadows
- Electronic Innovation
- Evans Resource Management
- In Construction Inc.
- Living Tai Chi
- My Mortgage Line
- Optimum Wellness Centres
- Paulina Richmond Century 21 Bamber
- Romantic Planet Vacations – Tasha Walsh
- Smith Pezzente Real Estate Team Remax
- Spirit Leaf Canyon Meadows
- Sylvan Learning of Mid-South Calgary
- Thornborough Smeltz LLP
- Wendy Kelman – Realtor Coldwell
- Ukrainian Bakery and Cafe - Seniors (65+) receive 5% off any purchase.

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# Photo Gallery

by Kim Chulsky



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# Programs and Events at the Canyon Meadows Community Centre

The groups listed here are all users of the Canyon Meadows facilities. If you have an interest in joining, please get in touch with the group directly.


Group/Program	Day/Time	Contact
Iglesia Ni Cristo	Wednesdays and Saturdays	romting@hotmail.com
Dancing Heals	Saturday mornings	dancingheals@hotmail.com
Deeper Life Bible Church	Sundays, Wednesdays	calgary@deeperlife.ca or Joshua: 587-717-8675
Girl Guides – CCG TallTrees Dist.	Monday, Tuesday, Thursday	any-calgarytalltrees@girlguides.ca
Good Food Box	Once monthly	Visit cmca.ca for order and pickup dates.
Gospel Meeting	Sunday afternoons	B. Drummond: 403-921-8791
Happy Hour Social	Every second Thursday	kristakehoe@me.com
Hopscotch Before and After School Care	Monday to Friday	hopscotchbasc@gmail.com Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday evenings	aboffice@littlekickers.ca 1-833-444-5425, ext. 4
Night Markets	One Friday a month. May to September	Kellie: kelliecarterevents@gmail.com
Quilted Mouse	Every first and third Tuesday	kimmorrison4@gmail.com
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Seniors' Coffee Time	Every other Wednesday morning. September to June	Bonnie: info@cmca.ca
Yoga and Tai Chi	Thursday mornings	janesponiar@gmail.com

BRAIN GAMES

SUDOKU


7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
		2						6
		4			3	5		
	2			1			6	
1			6					9

SCAN THE QR CODE FOR THE SOLUTION



## international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.



CMCA'S 4TH ANNUAL

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# How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you

think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

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	Listed	Sold	Listed	Sold
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March	24	20	\$567,500	\$565,000
February	24	12	\$237,000	\$252,000
January	24	13	\$339,900	\$356,000
December	23	8	\$389,489	\$405,000
November	23	9	\$500,000	\$488,000
October	23	15	\$314,950	\$345,000
September	23	26	\$576,950	\$579,950
August	23	22	\$368,950	\$386,900
July	23	20	\$299,900	\$315,689

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

# Ergonomics and You

by Alberta Health Services



Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

### Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise, and temperature.
- The tools you use to do your job and whether they are set up to fit your needs.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).

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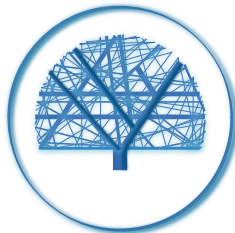
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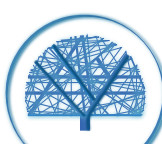
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## Ways To Use Your Workstation Properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

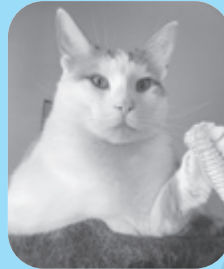
These tips can also help avoid the cumulative effect of repetitive motions:

- Try to sit or stand comfortably in a position that does not put stress on any specific area of your body. You should be able to keep your neck in a neutral position and minimize the need to look up or to the sides continuously while you are working.
- Try to not move from your waist.
- Keep the workstation and workstation tools within reach without having to lean, bend, or twist at the waist frequently.
- Vary postures if possible.
- Take ten- to fifteen-second breaks frequently throughout your task.
- For example, look away from your computer monitor, stand up, or stretch your arms. Short breaks reduce eye strain and buildup of muscle tension.
- Take regular breaks.
- Try taking three- to five-minute breaks or changing tasks every twenty to forty minutes. Working intensely over long periods of time without taking breaks can greatly increase your risk for musculoskeletal injuries. Taking breaks and stretching may reduce the risk of repetitive motion injuries.
- Do stretching exercises during your breaks.

Stretch your body by getting up out of your chair and stretching your arms, shoulders, back, and legs. When you are sitting, shrug and relax your shoulders.

Having proper office ergonomics can help reduce your chances of injury and stress, and can even make your workday comfortable and enjoyable.

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Tilly, *Deer Run*

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  - One of two founding franchises for the Project 8 women's professional league launching in 2025.



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Crime Statistics




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# Creamy Potato Salad

by Jennifer Puri

Potatoes are normally used in place of bread, pasta, or rice. More than a billion people consume potatoes, and they are considered the third most valuable food crop around the world.

Potatoes contain several important vitamins and are 99% fat-free. They also contain half the number of calories of an equivalent portion of cooked rice or pasta as they have a high-water content.

To get the most antioxidants out of potatoes, leave the skins on and choose colourful varieties like red or purple. Baked potato skin is a good source of potassium, magnesium, and fiber which is beneficial for digestive health.

Raw potatoes contain a lot of water making them unsuitable for freezing so only cooked or partially cooked potatoes should be frozen.

Boiled, roasted, or mashed potatoes can be found in soups, casseroles, latkes, gnocchi, samosas, or curries to name a few, or as shown in this crowd-pleasing recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 4 to 6

**Ingredients:**

- 2 lbs. mixed red, purple, or golden baby potatoes
- 1 cup thinly sliced celery
- ½ cup thinly sliced green onions
- ½ cup chopped dill pickles
- 1 cup mayonnaise or veganaise
- 2 tbsp. whole grain Dijon mustard
- ¾ tsp. salt
- ½ tsp. coarsely ground black pepper
- 4 hard boiled eggs, peeled and quartered
- 1 cup whole black or green pitted olives
- Juice of half a lime
- 1 tsp. paprika (optional)



**Directions:**

- Place potatoes in a large saucepan or pot and add enough salted water to cover. Bring to a boil and then reduce heat and simmer covered for about 15 minutes or until potatoes are tender. Drain and set aside to allow potatoes to cool.
- In a medium sized bowl, add mayonnaise or veganaise, mustard, dill pickles, salt, pepper, olives, celery, green onions, and the lime juice. Next slice the cooked potatoes in halves (leaving the skins on) and add to the dressing.
- Finally, gently stir in the cooked eggs until potatoes and eggs are nicely covered. Cover with saran wrap and allow potato salad to chill in the refrigerator for a minimum of six hours, preferably overnight.
- Prior to serving, garnish the creamy potato salad with green onions and smoked paprika if desired.

Bon Appétit!



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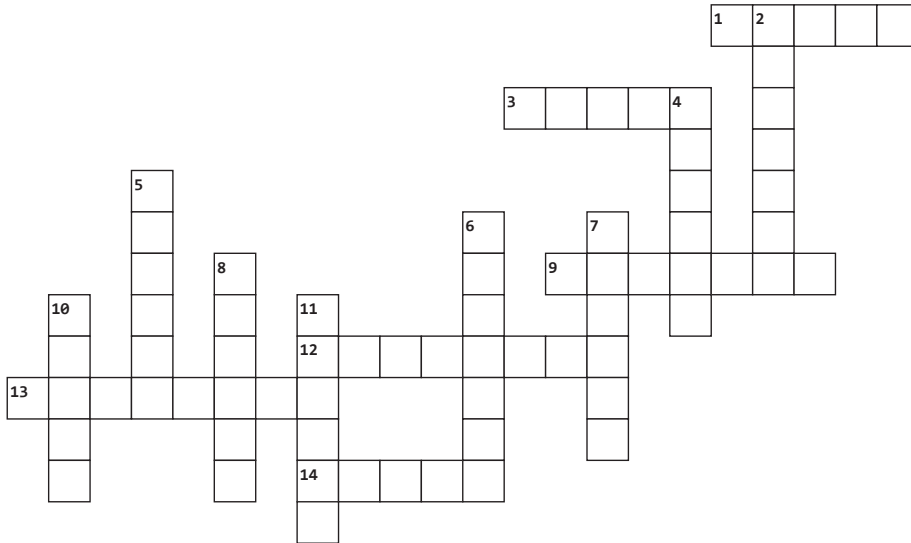
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# August Crossword



## Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
- The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
- Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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**A MONKEY**



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