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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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## 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:

- June 21
- July 5
- August 9
- September 13

# CMCA Facility Rentals

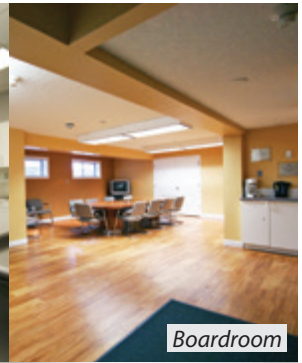
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.  
 Weekend rates are for 6:00 pm Friday to end of day Sunday.  
 Minimum two-hour rental on weekends.  
 Set up and clean up must be included in your rental time.  
 CMCA members receive 10% off all bookings!



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

## Have Your Say on Calgary's Canada Day Celebrations

*by the City of Calgary*

The spring weather has finally arrived, bringing with it the long-awaited green grass, budding trees, and the occasional crocus or two. Now that we can get out into our yards and gardens, I'd like to remind you about our support for the "Big Yellow Bag – Give and Grow" program. If you are ordering soil or mulch, use the promo code CMCA24. Not only will you save \$5 per bag, but \$10 per bag will be donated to our community. Plus, they'll conveniently deliver your purchases right to your doorstep.

Exciting news for CMCA: we've been approved once again for the Government of Canada Summer Student Grant. This means we can hire students to operate the Kids Drop-in Program, Grounds and Building Maintenance staff, and an Office Administrative Assistant. It looks like it's going to be a bustling summer at the CMCA community hall!

Our Seniors' Coffee Dates will continue until the end of June, with gatherings scheduled for June 12 and June 26. Please note the corrected June dates, as there was a mistake in last month's announcement. The program will resume in September, so keep an eye out for updates in the newsletter and on our website at [cmca.ca](http://cmca.ca).

In consideration of our senior community members, I'm exploring the possibility of hosting an afternoon of card playing at CMCA. This could become a weekly or bi-weekly event, providing an opportunity for active seniors in Canyon Meadows to socialize and connect with their neighbours.

If you're interested in or have suggestions on how CMCA can better support our seniors, please don't hesitate to contact me by phone or email.

Until next month,

*Bonnie*



Every year on July 1, Calgarians and visitors gather downtown for Canada Day. This City of Calgary event is free and family-friendly, featuring Indigenous and cultural performances, live music, activities, art, and more.

Canada Day is for everyone. It's a time to honour the rich traditions of Indigenous history and culture and welcome those who move here from all over the world. We can all be proud to live in a great city and country where people from all walks of life come together on Canada Day to celebrate culture and community.

We want Canada Day celebrations to reflect the many different interests and backgrounds of Calgarians. Whether you attend often or haven't attended for a while, this is your opportunity to tell us what's important to you on Canada Day and what an ideal downtown event looks like.

Have your say today at [calgary.ca/CanadaDaySurvey](http://calgary.ca/CanadaDaySurvey). The deadline to provide your input is July 4, 2024. Feedback collected will be used to shape future Canada Day celebrations in Calgary.



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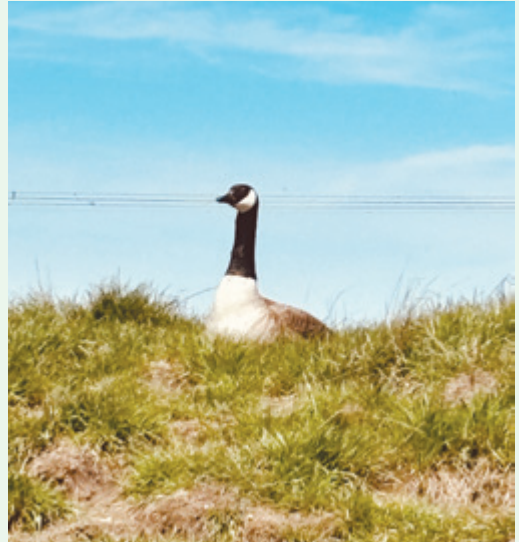
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# Photo Corner

by Kim Chulsky





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*Long-Term Inner City Resident*






# Upcoming CMCA Events

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

Seniors' Coffee	June 12 and 26
Good Food Box Pick-Up	June 5 and 26
Good Food Box Deadline	June 17
School's Out	June 27
Stampede in September	September 8



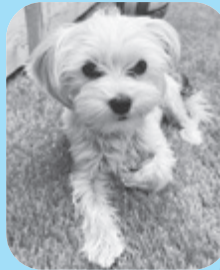
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## CMCA BUSINESS PARTNERSHIP PROGRAM

- AllKind Appliance Service Ltd.
- Aquality Plumbing & Heating Inc.
- 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.

[WWW.CMCA.CA/BPP](http://WWW.CMCA.CA/BPP)

# Cats, Canines, & Critters of Calgary



Archie, Sage Hill



Bandit, Copperfield



Louie, Country Hills



Minnie, Erlton



Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	24	22	20	\$619,950	\$631,450
March	24	21	19	\$567,500	\$565,000
February	24	12	6	\$237,000	\$252,000
January	24	13	13	\$339,900	\$356,000
December	23	8	6	\$389,489	\$405,000
November	23	9	15	\$500,000	\$488,000
October	23	15	20	\$314,950	\$345,000
September	23	26	16	\$576,950	\$579,950
August	23	22	26	\$368,950	\$386,900
July	23	20	21	\$299,900	\$315,689
June	23	21	15	\$239,900	\$278,000
May	23	20	19	\$500,000	\$562,500

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

# 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	calgary@deeperlife.ca or Joshua: 587-717-8675
Girl Guides – CGG 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: kelliocarerevents@gmail.com
Quilted Mouse	Every first and third Tuesday	Coming soon
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Seniors' Coffee Time	Every other Wednesday morning	Bonnie: info@cmca.ca
Yoga and Tai Chi	Thursday mornings	janesponiar@gmail.com

## GAMES & PUZZLES

### Guess That Artist!

1. Born on May 11, 1904, in Spain, this artist is probably best known for their work titled "The Persistence of Memory".
2. This Italian artist is often called the founder of the High Renaissance, and identified as one of the greatest painters of Western art.
3. Born in 1853, this artist famously cut off his left ear.
4. This artist is one of the most famous American visual artists for his pop art pieces.
5. Based in England, this street artist and political activist is well known across North America, with one of their popular artworks titled "Balloon Girl".
6. This Spanish painter and sculptor is best known for his cubism and surrealism.



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# JULY

20  
24

## CMCA SUMMER KIDS CLUB CALENDAR

<b>Mondays</b> 9:30am-12:30pm	<b>Tuesdays</b> 12:30-3:30pm	<b>Wednesdays</b> 9:30am-12:30pm	<b>Thursdays</b> 12:30-3:30pm	<b>Fridays</b> 9:30am-12:30pm
1 Closed for Canada Day! 	2 Wacky Watermelons 	3 Crazy Carts 	4 S'mores & Smokies 	5 Little Green Thumbs 
8 Stampede Smiles 	9 Science Lab 	10 Games Galore 	11 Library Book Truck 	12 Karaoke Dance Party 
15 Ninja Warriors 	16 Reptile Party 	17 Crazy Carts 	18 Angry Birds Slingshot 	19 Campers Choice 
22 Movie Monday 	23 Splatter Paint 	24 Babbling Brook Races 	25 Swifties Unite 	26 CMCA Bake Shop 
29 Sodas & Slip 'n Slides 	30 Intramurals 	31 Spongebob Squarepants Day 		

\*Subject to change based on weather & programming needs\*

Send your kids to the Canyon Meadows Community Association Summer Kids Club for community fun and adventure. Our camp counsellors are excited to welcome you to three-hour drop-in programs open to all members between the ages of four and twelve. We have lots of exciting activities planned, which are subject to change based on the weather.

No need to pre-register, we take drop-ins!

### When:

- Mondays/Wednesdays/Fridays from 9:30 am to 12:30 pm
- Tuesdays/Thursdays from 12:30 to 3:30 pm

**Where:** Drop off and pick up at CMCA (848 Cantabrian Dr SW)

**Cost:** \$10 per day per child. Payable at drop off with cash or debit.

**Who:** CMCA members, ages four to twelve

\*You can sign up for a CMCA membership, even if you live outside of the community!

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## Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate (\*Alberta Building Code).

### Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.



### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

**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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News, Events, & More



Crime Statistics



Real Estate Statistics



## Seniors' Coffee Dates 2024

The social gatherings continue to be a great draw for local seniors to connect with new friends. CMCA provides the coffee, and the Canyon Meadows Bakery donates fresh baked strudels. Mark your calendar and come join this casual fun group. Coffee is on at the Lloyd Hand Hall every other Wednesday from 10:30 to 11:30 am. Hope to see you there!

• June 12 and 26



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### What's in Your Backyard?

Article and photograph by  
Monika Smith



Calgary is fortunate with its many trees and a luxuriant canopy in what was a short grass prairie. As Calgary is hitting 150 years, many planted trees are now mature, and some are at risk of aging out.

Spruces and boulevard trees can easily hit 100, but depending on the species, 40 to 200 can be the life span. For those of you who have planted limber pines (*Pinus flexilis*), they can live over a thousand years, bristlecone pines (*Pinus aristata*) even longer. Some very old trees are in Edworthy Park. Rocky Mountain Douglas fir (*Pseudotsuga menziesii* var. *glauca*) grows along the Douglas Fir Trail; some are at least 500 years old. Along the Bow and Elbow rivers, trees grew well and evolved with our fussy weather and climate. It takes a special tree species to deal with everything that Calgary can throw at it: heat, cold, wind, hail, and the conquering combo of a Chinook. What grows well? Balsam poplars (*Populus balsamifera*) and trembling aspens (*Populus tremuloides*), common across North America, thrive here. We also have two conifers found on the south shore of our rivers where snow stays and protects them: the Rocky Mountain Douglas fir and the white spruce (*Picea glauca*).

But we have trees that are aging out and Calgary is going through drought.

We are facing a double whammy for our weeping birches. This is not a long-lived species to begin with and some trees, like mine, were losing canopy and small branches; they live about 40 to 50 years in Calgary. But they are also a water-loving tree.

If the tops of the trees stop producing leaves and looks dead? It won't take long to die, progressing rapidly from top to bottom. I made the difficult decision, in consultation with an arborist, to take my weeping birch down. For decades, that tree has been a constant joy. A place for birds and squirrels to romp around in, and gorgeous golden fall colour. And what a wonderful shade tree! I will miss it.

But other trees were also having problems. One of my crabapples (*Malus* spp) had a tough time: bark falling

off, branches chocking the interior from poor air and light circulation. Crabapples are thriftier than birches, but only live 40 to 60 years. Sadly, this tree with its pink spring beauty is gone. A lot of birds have lost a place to roost, feed, and shelter. One badly sited tree, an apricot, was dying, and an unknown fungus was slowly breaking it down, doing an important job recycling.

I'm looking at shrubs to take their place. There's now space to replant and a lot more water in the soil ready to be taken up again. My delightful native pin cherry (*Prunus pensylvanica*) is a multi-stemmed species and about three meters tall. It is a decent size, offers some shade and flowers, and birds have a mother tree to live off. Maybe another one? Native trees and shrubs can handle prairie dryness and clay soils, plus the foothills' see-saw weather: chinooks, hail, cloudbursts, deep cold, wind gusts, no snow to snowmageddons, and heat.

Water restrictions are here. The Bow Basin has 12 water shortage advisories as of December 2023. The City of Calgary's recommendation is to water most species to the roots one or two times a month during the growing season (April to September) and increase to once a week during hot weather. Use about 38 litres per inch of trunk diameter (at 54-inches above grade). The bigger the tree, the more water! You will pay for that water!

Keep an eye on your trees this summer, especially those older ones that just might be senescing. They'll need help this coming summer. Water well but thoughtfully. Harvest your rainwater and keep the water in the ground through good mulching.

Think about what makes a wonderful community and how to keep trees healthy! Look at native trees and shrubs that have adapted to drought conditions.

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## Diana Batten

MLA, Calgary-Acadia

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Hello Calgary-Acadia!

By the time you read this, the 31st Legislature will have concluded, and I'll be back in the community. Connecting with folks on doorsteps, in coffee shops, at town halls, and everywhere else has been the highlight of my role. I've visited schools, engaged with community leaders, celebrated new businesses, and continue to enjoy what makes Calgary-Acadia such a great place to live and work.

Our office has been busy handling close to 300 cases over the last three months. Most of these concerns were concentrated on healthcare, LGBTQ2S issues, affordability, and environmental concerns. My colleagues and I are committed to ensuring that the government remains focused on addressing the needs and concerns of Albertans. Whether it is ensuring healthcare is accessible and available for everyone, protecting the vulnerable, finding ways to make our lives more affordable, or advocating to protect Alberta's beautiful parks and wild areas, we are committed to keeping the government focused on what matters most to you.

Calgary has witnessed the highest increase in rent across the country, affecting many Calgary-Acadia constituents directly. If you have questions regarding your rights as a tenant, please don't hesitate to reach out to our office. We can connect you with the resources that are available.

I am excited to see many of you at community Neighbour Days, Stampede Breakfasts, while walking your dogs, and all the other fantastic summer activities happening in Calgary-Acadia and throughout the city.

Wishing you a summer filled with sunshine and fun!



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