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CMCA Office Hours

Monday to Friday: 9:00 am to 4:00 pm. Closed on holidays.
Phone: 403-251-1715
Website: 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	president@cmca.ca		
Vice President	Anna Glickman	vicepresident@cmca.ca		
Treasurer	Sarah Weatherdon	treasurer@cmca.ca		
Secretary	Emma Heise	secretary@cmca.ca		
Bingo Director	Johanne Smith	bingo@cmca.ca memberships@cmca.ca		
Membership Director	Baylea Willan			
Events Director	Lindy Bowler	events@cmca.ca		
Civic Affairs Director	Monica Fassnidge	civicaffairs@cmca.ca		
Communications Director	Alison O'Connor	communications@cmca.ca		
Director at Large	Ryan Hogan			

Office Staff

Facility Manager / Hall Rentals	Bonnie Treavor	info@cmca.ca					
Accountant	Sherry Klimow	accounting@cmca.ca					
General Manager	Colleen Griffin	gm@cmca.ca					
Bookkeeper	Sherry Klimow	accounting@cmca.ca					



CMCA Bingo

The dedicated crew of CMCA Bingo volunteers continue with the monthly Friday events at the Grey Eagle Bingo facility. Our scheduled events run from 10:15 am to 4:00 pm. CMCA covers the lunch costs for all volunteers. If you are interested in joining this amazing group of volunteers, please email Johanne at info@cmca.ca.

Upcoming Bingo Dates

- September 13
- October 18
- November 15
- December 13
- January 10, 2025
- February 14, 2025
- March 21, 2025





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. 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 or at 403-251-1715 and a copy will be provided to you.

By Order Of The Board of Directors





We are looking for a Board Treasurer to join our team starting in September. Interested persons should contact 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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- · Supply & install new mold-resistant board
- · Supply & install new tile to ceiling

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

- · Supply & install one corner caddy & soap dish
- · Supply & install new subfloor
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- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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- · Supply & install new tile to ceiling

- · Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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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 – 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		
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	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	Bonnie: info@cmca.ca		
	to June			
Yoga and Tai Chi	Thursday mornings. September to June	janesponiar@gmail.com		

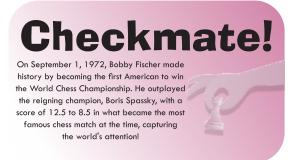
Summer Student Thank You

The CMCA sends a heartfelt thank you to our outstanding Summer Kids Drop-In counsellors—Brenna, Gavin, Jacelyn, and Sun—as well as Drew, our dedicated Facility Maintenance student. Hired through the Canada Summer Jobs program, these exceptional individuals were pivotal to the success of our Drop-In program.

From making s'mores and riding crazy carts to participating in the reptile party, crafting, and getting to know the kids one-on-one, their creativity and commitment were evident. They witnessed friendships form and flourish as they fostered a safe, supportive space where children could feel comfortable being themselves and building connections with their peers. (And give caregivers a bit of a break!)

We wish all our summer staff the very best in their future endeavours and look forward to the possibility of working with them again. We will miss you!





Upcoming CMCA Programs and Events

Learn more and register at CMCA.ca.

Big Yellow Bag (Soil and mulch discount)	Until end of September
Stampede in September	September 8
Good Food Box Order Deadline	September 16
CMCA AGM	September 23
Good Food Box Pick Up	September 25



Photo Gallery by Kim Chulsky















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News from the Office

I hope you all had a wonderful summer!

The Senior's Coffee Time will start again on September 18 from 10:30 to 11:30 am.

The group will meet every other Wednesday, at the same time and place. All seniors are welcome to stop by the Lloyd Hand Hall to enjoy free coffee and a treat from the Canyon Meadows Bakery. Membership is not required but is encouraged.

The Good Food Box Program is a monthly produce box ordering platform that runs from the end of August through to June. The Good Food Box Program operates under the Community Kitchen Program of Calgary. Anyone can purchase boxes of fresh fruits and vegetables at an affordable price. Each Good Food Box contains a combination of fruits and vegetables. The content varies, due to seasonal availability. Please check cmca.ca for order dates and additional details.

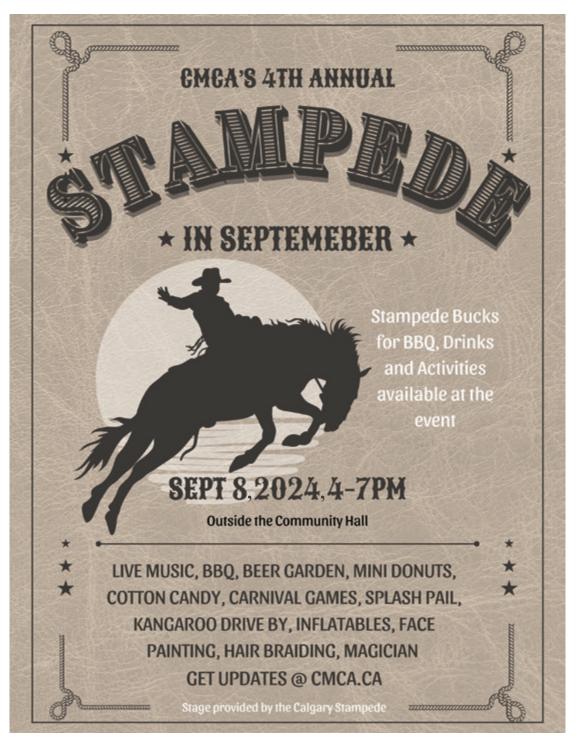
The 2024 CMCA Christmas Craft Market will be on November 16 from 10:00 am to 3:00 pm. Registration for a table at the sale opened September 2, 2024. Registration sign-up and additional details are on our website at cmca.ca. This market is a wonderful place to get a jump start on your holiday gift shopping. Hope to see you here.

The Annual General Meeting for the community association is fast approaching. Please mark your calendar for Monday, September 23 at 7:00 pm. Join us in the Lloyd Hand Hall for the meeting, some voting, and most importantly, some socializing with the CMCA Board of Directors and staff. Speaking of staff, you can meet the new members of our team, Colleen, the General Manager, and Sherry, the Bookkeeper.

Until next month,

Bonnie





The Art of Finding Work: A Job Search Game Changer: Assertive Communication

by Nick Kossovan



King of all skills: communication skills.

Clear, concise communication is the key to getting and keeping an interviewer's attention. An hour-long interview boils down to having 30 minutes to make your case.

First 15 minutes: Small talk, building rapport, setting the tone for the interview.

30 minutes: Actual interview.

Last 15 minutes: Asking questions and wrapping things up, which influences how your interviewer will remember you.

Making your case in 30 minutes requires assertive communication, a powerful skill for conveying your messageclearlyanddirectly. When you start using assertive communication, you'll experience a game-changing shift in your job search and career because it's linked to self-confidence and an alpha-like personality, traits that are valued in business environments.

During the interview process, your competitors will likely exhibit signs of passivity or aggression. In this context, assertive communication is a strategic advantage, making you stand out and, most importantly, be taken seriously. You want to aim for the sweet spot between the timid passivity of "I'm not sure, whatever you think is fine" and the overly aggressive "This is how it's going to be."

The assertive communicator strikes a balance between self-promotion and humility. They state their case firmly

but also listen to the other person's point of view. This balance is crucial during an interview, where you must promote yourself by showcasing your qualifications while appearing poised, professional, and easy to work with.

Assertive communication has three elements:

- 1. Adamantly believing in what you speak of.
- 2. Knowing why you believe what you believe.
- 3. Being ready to prove why you believe, think, or feel what you do; otherwise, it's just your opinion, and "opinions" rarely convince anyone to take action.

A few examples of assertive communication in an interview setting:

Scenario 1: Discussing salary expectations

Passive approach: "I'm open to whatever you offer for this role."

Aggressive approach: "To take this job, I need no less than \$80,000."

Assertive approach: "Based on my 20 years of experience managing inside sales teams and my track record for exceeding sales targets, I think \$85,000, plus a commission and quarterly bonus, which we can work out, would be fair. Would this work for you?"

The assertive communicator clearly and confidently states their salary expectations, acknowledges the employer's perspective, and leaves room for negotiation. Rather than just throwing out a number, they provide context and explanation.

Scenario 2: Addressing a weakness

Passive approach: "I definitely need to improve my public speaking. It's something I struggle with."

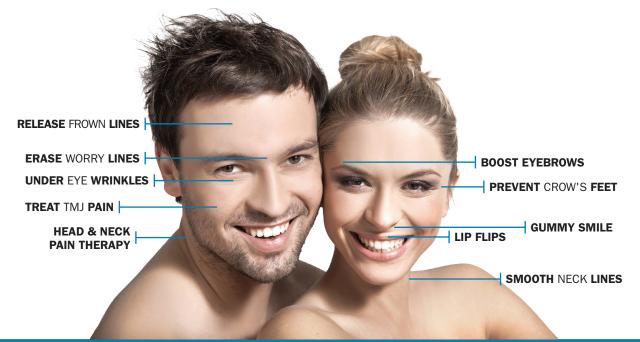
Aggressive approach: "Public speaking is not my weakness at all. I'm an excellent presenter and communicator."

Assertive approach: "I'm actively improving my public speaking skills. In my last role, I volunteered to conduct more team presentations. This past March, I joined Toastmasters and have given three talks since. Although I am proud of my progress, there is still room for improvement."

An assertive communicator acknowledges their weaknesses honestly and explains how they're addressing them, demonstrating self-awareness and a growth mindset, qualities employers find attractive.



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Scenario 3: "Do you have any questions for me?"

Passive approach: "No, you've covered everything."

Aggressive approach: "When can I expect a job offer?"

Assertive approach: "Yes, I do. I'm excited about this opportunity and believe I would excel in this role. How soon can I expect to hear from you regarding next steps? I'm eager to move forward."

Scenario 4: Expressing interest in the job.

Passive approach: "I'd be happy to work here."

Aggressive approach: "I am perfect for this job. I expect you to offer it to me today."

Assertive approach: "This opportunity excites me. Based on our discussion, I can see how my qualifications and experience align with being able to meet the expectations you have for this role; therefore, I'm confident I would excel in this role. I'm very interested in joining your team. Is there anything else I can tell you about my background to help you decide to hire me? Otherwise, when can I expect to hear from you regarding next steps?"

The assertive communicator expresses interest and enthusiasm for the job while respecting the employer's decision-making process. They state their case compellingly without demanding or pressuring the interviewer.

Today's job market is hyper-competitive, making job seekers desperate. Hence, it's becoming common for candidates to ask outright at the end of an interview, "Am I hired?" No matter how much you need or want the job, never ask outright if you got the job.

While it's understandable you want to "close the deal," putting pressure on the hiring manager to tell you whether you got the job will create an uncomfortable situation. As I mentioned earlier, how you end your interview will influence how you're remembered. Creating an uncomfortable situation isn't what you want to be remembered for.

Finding the right balance is the key to assertive communication. Your goal: Be bold and confident without being arrogant or confrontational. Assertive communication is a superpower. Few do it well. It shows employers that you're self-assured, adaptable, and can advocate for yourself. By embracing assertive communication, you'll be far ahead of your competition.

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Did you know that Crystal the Monkey, the adorable Capuchin star from Night at the Museum and We Bought a Zoo, has her very own IMDb page? Yep, this talented lady has shared the screen with big names like Ben Stiller, Robin Williams, and Ken Jeong. Check out her page for more of her wild adventures in Hollywood!



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Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some 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 that a bus is slowing down to stop – motorists should do so 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 crossina.
- Remember: children learn by observing. demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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Diana Batten

MLA, Calgary-Acadia

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O dianabatten @DianaBatten



Hello Calgary-Acadia!

Summer will be wrapping up by the time this newsletter finds its way to your mailbox. The Calgary Stampede formed the bookends around my first year in office and it was a great privilege to have that opportunity to meet so many of you at events across Calgary-Acadia.

Being in the community for the spring and summer allowed me the pleasure of attending a huge variety of community events. A few highlights:

- Enjoying delicious pierogies and spectacular dancing at the Calgary Ukrainian festival taking place at the Acadia Recreation Centre.
- Experiencing government through the questions asked by Calgary-Acadia grade 6 and 9 students, both at the Legislature and in their schools.
- Enjoying year-end celebrations, fiestas, concerts, and graduations at neighbourhood schools.
- Visiting with folks at the many Neighbour Day celebrations throughout the constituency.
- Celebrating volunteers at the community cleanups.
- Stampede Breakfasts and barbeques throughout the constituency!
- Hearing from you on your doorsteps.

My office was busy this spring and summer responding to the concerns of constituents. Most concerns over the last few months have come from folks who are worried about government overreach in municipal affairs, concerned about new rules that allow a grizzly bear hunt, struggling with affordability and rent increases, and who are uncertain about their ability to access healthcare. We are committed and will head back to the Legislature in October to continue fighting as Albertans struggle with high unemployment, lack of family doctors, and a skyrocketing cost of living.

As I prepare for the sitting of the next Legislature this fall, I want to hear from you. Please reach out by email, phone, or dropping by our office, to let me know what concerns you would like brought to the government.

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BUSY BONNIE CLEANING: 26 years of house cleaning experience in Calgary. Dusting, vacuuming, mopping, bathrooms, kitchens, etc. I do my best to provide personalized, professional cleaning for homes and businesses - tailored to your needs. Roughly \$40 per hour (negotiable). References available upon request. Text 403-815-0033 or email labonda@hotmail.com to set up a free consultation.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

CROWN RENOVATIONS: Beautiful kitchen, bathroom and complete basement renovations at affordable prices. Over 40 years' experience in quality renovations. Full service custom cabinetry manufactured in Calgary. Local, licensed, bonded, and insured. Free in-house estimates. Full house renovations. Check out our website at www.crownrenovations.com. Contact Susan at 403-801-1140 or crownreno@shaw.ca.

RENOVATION/DEVELOPMENT IN CANYON MEADOWS:

Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: www.JDMeyerConstruction.ca.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

RESIDENTIAL CLEANING: Need help with your cleaning? R&N can help you. We have an affordable rate and well experienced cleaners. Available weekly, bi-weekly, monthly and one time clean. Call Rachell at 403-708-3119 to book.

SPROUTS KIDS MONTESSORI DAYHOME: Montessori dayhome opening in the Woodlands/Woodbine area offering a full-time preschool program for kiddos aged 2.5-5 years. Early childhood educator (ECE) with over ten years of experience. Dayhome is licensed and eligible for government grants. Contact sproutsmontessori6@ gmail.com or call 403-978-5021 for further inquiries!



403-714-0711 gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

Do You Remember?

Do you remember the 21st night of September? Neither does Earth, Wind & Fire! The legendary band chose that date for their hit "September" simply because it flowed perfectly with the music. Even without a profound backstory, this funky disco anthem has endured, keeping dance floors alive and kicking!





CANYON MEADOWS COMMUNITY REAL ESTATE ACTIVITY

Properties Median Price Listed Sold Listed Sold July 24 23 20 \$349.950 \$365,000 June 24 23 23 \$459,900 \$485,000 24 Mav 30 21 \$460,000 \$440,000 **April** 24 20 19 \$619,900 \$614,900 March 24 20 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 \$500,000 15 \$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

To view more detailed information that comprise the above MLS averages please visit cany.mycalgary.com

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DID YOU KNOW?

We are the official youth soccer provider for: Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, New Brighton, Queensland, and Walden.

YOUR LOCAL SOCCER PROVIDER U4-ADULT



- Canadian Soccer Association -Youth Club License holder.
- Only Calgary Club with 2 turf indoor training facilities. Full size 11v11 Turf Fieldhouse and Turf Training Skills Center.
- Professionally qualified Phase Area Managers at every age group (U4-Adult) (Canada and Europe Qualifications).
- In-house Sport Science program to develop athleticism and prevent injuries.
- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.





- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

INDOOR 2024/2025 REGISTRATION: Program details and online registration available AUGUST 15TH TO SEPTEMBER 30TH at WWW.GOFOOTHILLS.CA



403.251.2900

SMITH PEZZENTE TEAM

Cory, Geoff, Sylvia Smith & Dino Pezzente



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