

MAY 2025

DELIVERED MONTHLY TO 3,750 HOUSEHOLDS

CANYON MEADOWS

CHRONICLE

BRINGING CANYON MEADOWS RESIDENTS TOGETHER



SEED AND PERENNIAL SWAP

PAGE 10

SENIORS BBQ

PAGE 11



**In need of stucco paint
and repair?**

We can help!

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings.

We specialize in:

*Stucco Coatings
Stucco Repair*

*Exterior Painting
Interior Painting*

mvpcanada.ca



A+



FREE ESTIMATES!

403-607-0316
info@mvpcanada.ca

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

*Locally Owned &
Operated*

Free Estimates to 403.870.0737

Your Patio Furniture Superstore!

YETI

Wicker Land Patio

TRAERGER

RATANA

BBQ LAND

**Modern
Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269

**Not just a pharmacy.
Your pharmacy.**

I.D.A.

**Visit Bonaventure I.D.A. Pharmacy
for individualized healthcare**

Services:

- FAST and friendly service
- FREE delivery across Calgary
- FREE blister packaging
- All vaccines including flu & COVID
- Prescription refill reminder
- Medication reviews
- Smoking cessation services
- Walk-in travel consultation
- Compounding services



BONAVENTURE PHARMACY
(403) 255-1080

Mon - Fri: 9AM - 5:30PM

Saturday & Sunday: Closed

101-12427 Bonaventure Dr SE, Calgary, AB, T2J 3N8

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE \$11,679

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- 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 new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

CMCA Office Hours

Monday to Friday: 9:00 am to 4:00 pm
Closed on holidays

Board Meeting Times: September to June
The second Wednesday of the month
7:00 to 9:00 pm

Lower level boardroom

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	Eugene Otsuka	treasurer@cmca.ca
Secretary	Emma Paton	secretary@cmca.ca
Bingo Director	Johanne Smith	bingo@cmca.ca
Events Director	Michael Ingham	events@cmca.ca
IT and Funding Director	Ryan Hogan	funding@cmca.ca
Director at Large	Frank Anderson	
Director at Large	Kyle Jones	
Director at Large	Lindy Bowler	
Director at Large	Monica Fassnidge	

Office Staff

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

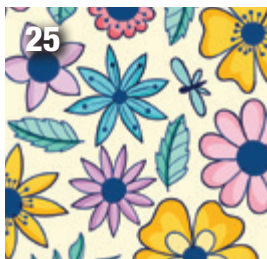
Programs and Events at the Canyon Meadows Community Centre

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
Dancing Heals	Saturday mornings	dancingheals@hotmail.com
Girl Guides – CGG TallTrees Dist.	Monday, Tuesday, Thursday	any-calgarytalltrees@girlguides.ca
Gospel Meetings	Sundays, 4:00 to 5:00 pm	dmaestewart@hotmail.com
Hopscotch Before and After School Care	Monday to Friday	hopsotchbasc@gmail.com Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday evenings	aboffice@littlekickers.ca
Queens & Jacks	Monday evenings. Try a free intro class to modern square-dancing on September 8 and 15 from 7:00 to 8:30 pm.	info@queensandjacks.com
Quilted Mouse	Every first and third Tuesday	Group currently closed for registrations
Rock the Diploma	January and June diploma prep classes	marc@rtdacademy.com
Tai Chi	Thursday mornings. September to June. Beginner and Advanced levels. Try a free class!	janesponiar@gmail.com

CONTENTS

- 7 UPCOMING PROGRAMS AND EVENTS AT CMCA
- 10 SEED AND PERENNIAL SWAP/GIVEAWAY
- 16 MOSAIC FINE ART POP-UP GALLERY
- 20 MAKING COPACETIC HAPPEN: SPRING DECLUTTERING AND ORGANIZING IN CALGARY
- 25 MAY CROSSWORD
- 28 BUSINESS CLASSIFIEDS



**SCAN HERE TO VIEW ADDITIONAL
CANYON MEADOWS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee

403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



Support your business
Support your community

CMCA BUSINESS PARTNERSHIP PROGRAM

AllKind Appliance Service Ltd.
Aquality Plumbing & Heating Inc.
Beitel Brothers Liquor
Calgary Art Community
Canyon Creek Liquor Store
Canyon Meadows Auto Service
Chamberlain Real Estate Group – Lindy Bowler
Coldwell Banker Mountain Central – Realtor Wendy Kelman
CottageCare Calgary South
Electronic Innovation
Evans Resource Management Ltd.
Isle Love Travel – Tasha Walsh
KC Service – Mobile Small Engine Mechanic
Living Tai Chi
Making Copacetic Happen – Professional Organizer Mauri Loyer
Mathew Theriault – Realtor
My Mortgage Line – Michael Richmond
Paragon Designs – Joshua Huot
Parkview Massage + Wellness
Smith Pezzente Real Estate Team Remax
Sylvan Learning of Mid-South Calgary
Thornborough Smeltz LLP
Ukrainian Bakery and Cafe

WWW.CMCA.CA/BPP

LANDSCAPING SPECIALISTS



FOR A FREE ESTIMATE
ON LANDSCAPING
CALL SHAWN 403.651.0424
WWW.ASFCONTRACTING.COM

COMMERCIAL/RESIDENTIAL LAWN MAINTENANCE • PAVING
STONE • SOD • RETAINING WALL INSTALL • FENCES • DECKS

Upcoming Programs and Events at CMCA

Learn more and register at cmca.ca or call the office at 403-251-1715



Good Food Box

Order deadline: May 6

Pick up date: May 14

Monthly order of seasonal fruits and veggies.

- \$30 Small Box (20 to 25lbs)
- \$35 Medium Box (30 to 35lbs)
- \$40 Large Box (40 to 45lbs)

Order at cmca.getcommunal.com

Senior's Coffee

Every other week from September to June. Tuesday, May 13 and 27 at 10:30 am

Lloyd Hand Hall

Free gathering for members to come catchup with neighbours for a chat.

Fine Art Pop-Up Gallery

May 3, 10:00 am to 4:00 pm

Community Centre

This vibrant event is a celebration of 30 local artists each showcasing their unique styles and perspectives. Whether you're drawn to bold abstracts, serene landscapes, or wildlife, there's truly something here for everyone and at every price point.

Ohana Generational Healing Level 1 Certification Course

May 10 from 10:00 am to 3:00 pm

At Serenity Within, Darlene's mission is to guide individuals on their journey to inner peace, healing, and self-discovery through the power of Reiki, Ohana Generational Healing, and Access Consciousness Bars.

Seed and Perennial Swap/Giveaway

May 10 from 10:00 am to 12:00 pm

Community Centre

After over 50 years, CMCA is starting a Yard and Garden Club! We are working on plans for raised garden beds but until those plans are finalized, we will start with a swap. As you're cleaning up your beds this spring and dividing perennials, set aside your excess! Load up your trunk with what you have to offer and meet in the parking lot at the hall near the garage. Need to fill a gap? Check to see if you can bring home a sample of something that grows well in Canyon Meadows! All ages welcome!

Seniors BBQ

June 4 from 11:00 am to 2:00 pm

Free! Grab a friend or neighbour and ring in spring at the hall. There will be a DJ spinning the classics, live harp from a local student, and a fresh lunch. This brand-new event is brought to you by one of our newest board members, who previously hosted a similar celebration in Southwood with great success. Please RSVP to gm@cmca.ca or 403-251-1715.



Word of the Month

Filipendulous: *adjective* (fil-i-pen-du-lous)

Suspended by a thread.

The artist crafted a gallery full of filipendulous drawings and artworks.

CMCA Facility Rentals

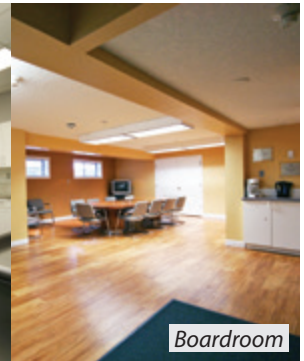
Weekday rates are for 6:00 am Monday to 6:00 pm Friday.
Weekend rates are for 6:00 pm Friday to end of day Sunday.
Minimum two-hour rental on weekends.
Set up and clean up must be included in your rental time.
CMCA members receive 10% off all bookings!



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
Canterbury Hall (F1) Main Hall 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
Lloyd Hand Hall (F2) Main Hall 39x48' (1872 sq ft)	Includes bathrooms, outdoor gazebo, spacious entryway, generous coat room, portable bar, large windows, tables & chairs, podium, highchairs & Wi-Fi <i>*Commercial kitchen is available for an additional fee*</i>	\$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
Lloyd Hand Hall (F2) Commercial Kitchen	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
Lower Boardroom 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

Xbox Gaming Room/ Crazy Carts Rental

Head into spring and bring your team together at CMCA! Our Xbox Gaming Room is perfect for year-round team bonding—whether you're a hockey team, soccer group, or company crew.

When summer rolls around, take the fun outdoors with Crazy Carts—our exciting drifting go-karts, available for rent in our outdoor rinks.

Learn more at cmca.ca/xbox-games-room and plan your next team adventure!



Hall Rentals

Looking for an affordable and versatile space for your program or event? Our two spacious halls and fully equipped commercial kitchen are perfect for life's special milestones and activities—birthdays, weddings, celebrations of life, church services, creative and exercise classes and events, AGMs, and more.

With flexible weekday and weekend availability, we're ready to accommodate your needs! For details, see page 8, then contact us at info@cmca.ca or call 403-251-1715 to book today!



SEED & PERENNIAL SWAP/GIVEAWAY

**Sat, May 10
10:00AM-12:00PM**

**Bring your excess seeds and
perennials!
Take home a sample that grows
well in Canyon Meadows!
All ages welcome!**



cmca.ca



SENIORS BBQ

4TH JUNE 2025

11:00 AM-2:00 PM

CANYON MEADOWS COMMUNITY HALL
848 CANTABRIAN DRIVE SW

FREE

GRAB A FRIEND
OR NEIGHBOUR
AND RING IN
SPRING!



LIVE
HARP



DJ
SPINNING
THE
CLASSICS

RSVP TO GM@CMCA.CA OR (403) 251-1715



Calgary
Humane
Society

REPORT

ANIMAL ABUSE

ANIMAL NEGLECT

ANIMAL ABANDONMENT

END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca

Membership Sign Up



Your Canyon Meadows Community Association membership helps support our vibrant community and provides funds that enrich community life for all residents of Canyon Meadows.

Benefits

- Take part in programs at the hall, such as our Kids Summer Drop-In, Tot Time (hopefully returning soon), or Girl Guides (Membership funds help subsidize rent for this group).
- Support community initiatives such as our free skate lending library.
- Get access to ice rinks and rink room (Membership funds help support maintenance of the rinks).
- Join our free monthly events, such as Seniors' Coffee.
- Entry to membership exclusive draws and contests. Subscribe to the eScoop, our monthly community email.
- Get a voice on local issues and the right to vote at our AGM.

Discounts

- On hall rentals, CMCA events, and services such as skate sharpening.
- At Cloverdale Paint: 25% off paint and 15% off paint accessories. Contact Bonnie in the office for details.

Three Ways to Purchase or Renew a CMCA Membership

1. Scan the QR code to purchase a membership online. Easy, fast, and convenient; please choose auto renew to keep our budget consistent.
2. Stop in the office any Monday to Friday between 9:00 am and 4:00 pm to pay by cash, debit, or cheque.
3. Drop a cheque with a note including your contact information in the secure drop box on the west wall of the main hall.

Membership Fees

- Seniors (60+): \$20 + GST
- Individual: \$25 + GST
- Family: \$35 + GST
- Business: \$50 + GST



Monthly Bingo Events for CMCA Fundraising

by a Current CMCA Bingo Volunteer

Where: Grey Eagle Bingo Hall

Volunteer Time frame: 10:00 am to 4:00 pm

Upcoming Bingo Dates: Fridays on May 9, June 20

What is it like to volunteer at bingo for the community?

Our community provides volunteers one Friday afternoon a month at Grey Eagle Bingo, which is in the same building as the casino. Volunteers don't have to know how to play bingo.

There are several positions volunteers can fill. We need four volunteers each time to sell game tickets out on the floor to the patrons. Another position for two volunteers is to verify the winning bingo cards; or volunteers can work in the office at three different positions, which all involve handling cash.

Training for all these roles would be provided. Lunch and a beverage from the concession is also provided for volunteers.

If a person has asthma that would be aggravated by cigarette smoke, you probably don't want to be working out on the floor because Grey Eagle does allow smoking (the land is not within City of Calgary).

If you work in the office, you will not be bothered by the smoke. I have asthma myself, so I can attest to this.

We can always use new volunteers or people who can occasionally substitute when regulars are away.

To ask a question, or to volunteer, please contact the CMCA Bingo Director Johanne at 403-819-9416.



Cats, Canines, & Critters of Calgary



Honey, Woodcreek



Kona, Woodlands



Marjory, Walden



Mavis, Calgary



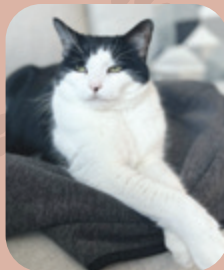
Puff the Magic Dragon,
McKenzie Towne



Riley, Woodbine



Serendipity, Calgary



Tita, New Brighton

To have your pet featured, email news@mycalgary.com

403-607-0316
info@mvpcanada.ca

hassle-free exterior restorations

we specialize in
Stucco Coatings
Stucco Repair
Interior Painting
Exterior Painting

find us on

mvp
Calgary Owned and Operated!
mvpcanada.ca

READY FOR ZUMBA® CLASS?

Thursdays at 7:00PM

11 Sackville Drive SE
Southwood Community Centre

403-630-5756

403-281-2008
info@summitplumbing.ca
www.summitplumbing.ca

OVER 18 YEARS IN BUSINESS

Specializing in Residential Services



Your Silver Lining in Southwest Calgary.

Settle into the already established community of Silverado—where nature, everyday essentials, and adventure are always within reach.



**Duplex
Homes**
from the high
\$500s

**Front-Drive
Garage Homes**
from the high
\$600s



Visit us: 15 Silver Spruce Grove SW
Mon-Thurs: 12–8 p.m. | Weekends & Holidays: 12–5 p.m.

**2024 New Community
of the Year Finalist**
Visit silversprucecalgary.com



Brookfield
Residential

**EXCEL
HOMES**

Prices and terms are subject to change without notice. See our website for more information. E&OE.



MORE INFO: calgaryartcommunity.ca/events



DISCREET & CONVENIENT TEETH STRAIGHTENING



*"Your Oral Health
Is Our Priority"*

COMFORTABLE:



Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.



PREDICTABLE RESULTS:

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.

INVISIBLE APPEARANCE:



Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.

REMOVABLE:



Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



GIVE US A CALL
(403) 271-2661



EXPLORE OUR WEBSITE
www.symmetrydental.ca

• All services provided by a general dentist

**FACILITY
MAINTENANCE**



**WE ARE
HIRING**
SUMMER STUDENTS!

**CAMP
COUNSELLORS**

CHECK OUT [CMCA.CA/JOB-OPPORTUNITIES/](https://cmca.ca/job-opportunities/)

JO-CO INTERIORS LTD
FOR ALL YOUR PAINTING NEEDS!

**GREAT
SERVICE AT
COMPETITIVE
RATES!**

WE SPECIALIZE IN:

- Interior and Exterior Painting
- Textured ceilings
- Drywall repair
- Stain and Lacquer
- Kitchen Re-Finishing – Save thousands!
Re-finish instead of replacing

**CALL TO BOOK YOUR
COMPLIMENTARY QUOTE
403-815-7302**

*Since 1969
Bonded And Insured*

jo-co@shaw.ca



**Detailed
cleaning service**

587-225-4413

letitclean1@gmail.com

Satisfaction guaranteed.

- Moving out/in
- Regular

PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



**Jackson
& Jackson**
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca

www.jacksonjackson.ca



Making Copacetic Happen: Spring Decluttering and Organizing in Calgary

by Mauri Loyer, Retired Professional Organizer



Spring is finally here, and after a long Calgary winter, it's the perfect time to give your home a fresh start. Decluttering and organizing your space not only helps you feel more in control but also brings a sense of calm and balance — or what I like to call, “copacetic.”

Here's how to get there this spring in Calgary:

1. Start with a Game Plan

Before diving in, take a few minutes to assess your space. Are your closets packed with clothes you never wear? Is your garage overflowing with winter gear? Identify the areas that need the most attention and prioritize them. Having a plan keeps the task manageable and helps you avoid feeling overwhelmed.

2. One Room at a Time

It's tempting to tackle everything at once, but that often leads to burnout. Instead, choose one room — maybe the kitchen or living room — and give it your full attention. In Calgary, now's the time to transition your garage: put away skis and snowshoes, and bring out gardening gear or bikes. Taking it step by step makes it easier to see progress and stay motivated.

3. Sort Through Seasonal Items

Calgary's weather is famously unpredictable, so take stock of your seasonal items. Are there winter coats or boots you no longer wear? Donate them or pack them away neatly until next season. While you're at it, swap out heavy winter décor for lighter spring accents. It makes a big difference in how your home feels.

4. Organize with Purpose

Organizing isn't just about tidying — it's about setting up systems that work for your lifestyle. Especially in

smaller spaces like condos, smart storage is key. Think vertical shelves, underbed containers, or labeled bins. The goal is to make items easy to access while keeping clutter at bay.

5. Donate or Sell

Decluttering is a great chance to give your items a second life. Calgary has excellent donation options like the Drop-In Centre, Goodwill, and Women in Need Society (WINS). Want to make a little money? Try Facebook Marketplace or Kijiji. You'll free up space and help someone else at the same time.

6. Shop Intentionally

After decluttering, resist the urge to refill the empty space. Calgary has many tempting shops, but before buying, ask yourself if it's truly necessary. Choose quality over quantity and focus on items that serve a real purpose in your home. Thoughtful shopping keeps your home balanced and clutter-free.

7. Set Realistic Goals

You don't have to do it all in one day. Set small, manageable goals — maybe just one drawer or one shelf at a time. Turn it into a fun weekend project with the family when the sun's out. The key is consistency over intensity.

8. Embrace the Copacetic Vibe

Once your space is organized, take a moment to enjoy it. A tidy, well-balanced home feels lighter, calmer, and more inviting. Spring is all about renewal, and creating a peaceful environment sets a positive tone for the rest of the season.

Final Thoughts

Spring is Calgary's perfect reset button. By decluttering with intention and creating functional systems, you'll make your space feel not just organized — but truly copacetic. Take it one step at a time, donate or sell what you no longer need, and enjoy the fresh start.



CREEKSTONE

Discover the Southwest's
Best-Kept *secret*.



Your new southwest enclave
is where community *thrives*.



Front drive garage homes
from the low \$700s.



- Close to Schools, Shopping, & Recreation
- New Phase Now Selling
- 10KM of Pathways & Parks
- Easy Access to Stoney Trail & Macleod Trail

Visit 586 Creekstone Circle SW
creekstonecalgary.com

QUADRA
DEVELOPMENTS

APEX

Brookfield
Residential

EXCEL
HOMES

Prices and terms are subject to change without notice. See our website for more information. E&OE.



PHOTO GALLERY

Photos by Kim Chulsky



Six Ways to Stand Up for Yourself

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.

Children and The Common Cold

by Alberta Health Services

The common cold is a viral infection of the nose and throat. It is also known as an upper respiratory tract infection. There are over 200 different viruses that can cause colds. It is normal for children to have an average of six to eight colds per year. Having colds more often is not a sign of a weak immune system. Children develop their immune system by being exposed to many viruses over the years. As children get older, they get sick less often.

The 'flu' refers to a specific viral infection caused by the Influenza virus. This virus can make people quite sick, especially young children and older adults. People with the flu have more breathing difficulties and high fevers.

Some Key Facts About the Common Cold in Children

Children with a cold will usually have:

- Stuffy, runny nose
- Sneezing
- Cough
- Fever
- Sore throat
- Decreased appetite

Cold symptoms usually last for three to seven days. Often, symptoms like cough or runny nose, can linger for up to two to three weeks. Fevers usually happen on the first few days your child is sick. Fevers from a cold should get better within three to five days.

Some key points to remember about the common cold in children are:

- Colds are caused by many different viruses and are common in children
- Colds cause runny nose, sneezing, cough and fevers
- Colds get better on their own – keep your child comfortable and hydrated
- If your child has a fever for five days or is not getting better, they should be examined by their doctor

When Should My Child See a Doctor?

There is no medicine to treat a cold, or make it go away faster. Your child's body will take care of the virus. The best thing to do is to make your child feel comfortable while they are sick.



While most children will have mild symptoms and get better in a few days, consider having your child seen by a doctor if they are:

- Younger than three months
- Having trouble breast or bottle feeding because of their stuffy nose
- Having fevers for more than five days
- Having a runny nose that hasn't improved after ten days
- Complaining of ear pain or fluid draining from their ear

Call 9-1-1 anytime you think your child may need emergency care. Seek immediate medical attention if:

- Your child is having trouble breathing
- Your child's lips turn blue
- Your child is complaining of neck pain or stiffness
- Your child is lethargic (very sleepy)
- Your child is dehydrated (dry mouth, no tears, no pee)

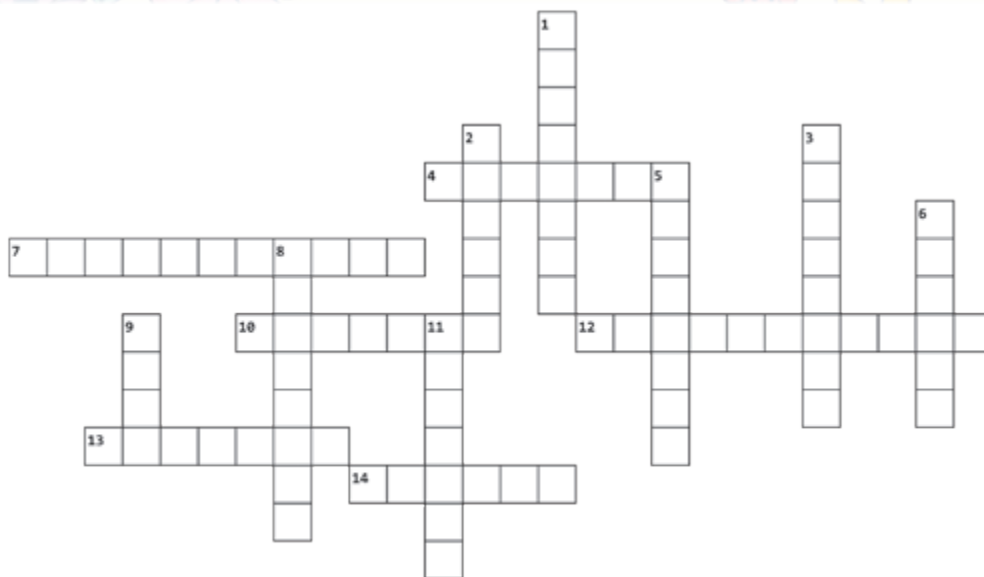
Know Your Options

It can be scary when your child is sick. But in most cases, you don't need to go to the emergency department. If you're unsure, visit ahs.ca/options to learn about the options so you can get the care you need.

About AHS HEAL

The Alberta Health Services HEAL (Health Education and Learning) program was created by a team of doctors, nurses, and other clinical staff who work at the Alberta Children's Hospital and the Stollery Children's Hospital, to support families and patients with up-to-date and useful information about common childhood health concerns. Learn more at ahs.ca/heal.

May Crossword



Down

1. Cory _____, famous for his role as Finn Hudson on *Glee*, was born on May 11, 1982, in Calgary, Alberta.
2. The first _____ Awards were held on May 4, 1959, with Ella Fitzgerald winning the award for Best Jazz Vocal Performance.
3. *Astrophysics for People in a Hurry* by Neil _____ Tyson was originally published in May 2017.
5. On May 8, 1980, the World Health Organization declared that this disease, caused by the variola virus, had been eradicated.
6. Fashion designer, Coco _____, released her eponymous perfume, _____ No. 5, on May 5, 1921.
8. Canadians celebrate the birthday of this Queen on May 19.
9. The month of May is named after _____, the Greek goddess of growth, fertility, and spring.
11. The Canadian government established the North-West _____ Police on May 23, 1873.

Across

4. This popular TV sitcom aired its series finale "The Last One" on May 6, 2004, in the United States.
7. Pyotr Ilyich _____ was a guest conductor for the opening of Music Hall (now Carnegie Hall) on May 5, 1891.
10. On May 16, 1929, the first _____ Awards were held with the silent film *Wings* winning Best Picture.
12. The first-ever race of the Formula 1 World Championship was held on May 13, 1950, at this iconic English circuit, which is still used today.
13. Amelia _____ started her first transatlantic solo flight on May 20, 1932, departing from Harbour Grace, Newfoundland.
14. *The _____ Reloaded* was released on May 15, 2003, starring Canadian actor Keanu Reeves and Canadian actress Carrie-Anne Moss.



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

GREAT NEWS MEDIA

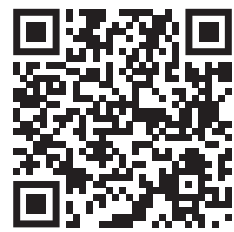
LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



*Happy,
Mother's
Day!*



SCAN ME

Window and Balcony Safety

by Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.

- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

Belonging to May

The bell-shaped flower Lily of the valley's scientific name is *Convallaria majalis*, with *majalis* meaning "of or belonging to May"—making it the perfect birth flower for the month.

GAMES & PUZZLES

Guess the Video Game!

1. This video game was developed and published by Atari in 1972, making it one of the earliest and most well-known video games.
2. With over 300 million copies sold, this is the best-selling video game of all time.
3. Physicist William Higinbotham created the very first game called _____; and no, it's not what you think!
4. A video game classic, the character of Mario was originally called _____.
5. Beginning as a joke, this 1999 Nintendo 64 game included an unlikely rap about its main characters.
6. The Stalfos are the only enemy creatures to appear in every edition of this video game since its creation.



SCAN THE QR CODE FOR THE ANSWERS!



the Gutter Doctor

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!

For business classified ad rates contact
Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Canyon Meadows. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

CANYON MEADOWS MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

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.

BUSINESS CLASSIFIEDS

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

CANYON MEADOWS PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

AFFORDABLE DENTAL CARE MINUTES FROM CANYON MEADOWS! Affordable dental care, easy drive from Canyon Meadows. Dentistry that's accessible is essential. Storefront free parking next to Tim Hortons or Domino's. We accept all dental insurance/direct billing O.A.C. No fluff, no frill care. Get a dental care goodie bag. Call today at 403-287-6453 or 403-272-7272. Two locations (Bonavista and Forest Hills). Visit calgarydentalcenters.com.

REVITALIZE YOUR HOME WITH BLN CONTRACTING: Specializing in residential renovations, we bring unmatched expertise to every project. From kitchen and bathroom remodels to complete home transformations, trust BLN Contracting for exceptional craftsmanship. Let us bring new life to your space. Contact us today for a consultation! Call 778-215-6568 or email at info@blncontracting.com.

10 & 15 YARD BIN RENTALS, STARTING AT \$150: Our bins are the perfect size for your driveway, and we provide wood for protection. Contractors or homeowners, we have you covered for renos, move-out or to declutter as either a short or long-term rental. Ask about our one-week rental special. Call Stu at 403-540-2255.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, biweekly, monthly and one time. Excellent references. Insured and bonded. For a free on site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

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.

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.

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.

TRANSFORM YOUR OUTDOOR SPACE WITH KORU CONTRACTING! With 20 years' expertise, we specialize in decks, fences, pergolas, gazebos, and concrete. Owner oversight ensures personalized service from quotes to completion. Elevate your outdoor living with top-notch craftsmanship. From decks to gazebos, trust our experience for exceptional results. Contact us today at Koru4u@gmail.com or 403-804-1505. Korudecksandfences.ca.

MANN BIKE CAVE: Welcome to 2025 and a new season of bicycle services at Mann Bike Cave. Full comprehensive tune-ups will remain at last year's prices for the spring and summer season. Please phone or text me at 403-620-3036 or check out mannbikecave.com.

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.

Hire A Handy Guy

"Your one call specialist for all your home maintenance needs"



- Maintenance
- Fences & Decks
- Repairs
- Carpentry
- Renos
- Bathrooms
- Odd Jobs
- Floorings
- Drywall
- Junk Hauling

11 Years' Experience

Why call several companies when we can do it all for you!

FREE ESTIMATES

403-861-0179

hireahandyguy@gmail.com

READY TO INCREASE YOUR CURB APPEAL?

KILBCO
CONCRETE CURBING

Need a border between your grass and existing garden? Thinking of creating a new garden? Kilbco can help.

With a variety of colors, stamps and profiles, our steel cable enforced landscape curbing is a cost effective and a practical solution for residential and commercial properties.

Curbing will beautify your landscape and add value to your property

Free Estimates

www.kilbco.com | 403-870-0737

McLAWS LAW

ESTATE PROBATE
WILLS

POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective
and practical advice, representation
and counsel to meet
your legal needs

*Insurance Disputes - Small Business
Employment Issues - General Litigation*

Peter B. McLaws
Barrister & Solicitor
(403) 710-3712

COME VISIT OUR NEW WEBSITE!
www.mclawslaw.ca

**BRAIN
GAMES**

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION





LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



CANYON MEADOWS COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program*

Trade Up Program*

Blanket Home Warranty Program*

Accepting Crypto Currency

Call us to help you navigate through
the changing real estate world

Call or Text 403-606-8888

Email len@lentwong.com

*Guarantee is being offered by Greater Property Group.
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	25	14	13	\$349,900	\$357,500
February	25	14	12	\$497,000	\$520,000
January	25	16	13	\$750,000	\$740,000
December	24	3	7	\$599,900	\$575,000
November	24	13	9	\$489,900	\$445,000
October	24	22	15	\$388,000	\$374,000
September	24	11	17	\$450,000	\$435,000
August	24	17	9	\$649,900	\$625,000
July	24	21	21	\$390,000	\$415,000
June	24	22	23	\$459,900	\$485,000
May	24	30	21	\$460,000	\$440,000
April	24	20	19	\$619,900	\$614,900

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

#1
YEARLY TOP
PRODUCER
RE/MAX
LANDAN REAL ESTATE

SMITH
PEZZENTE



INFO@SMITHPEZZENTE.COM

Homes for Sale in Canyon Meadows, Calgary



260 CANTERVILLE DRIVE SW



53 CANOVA ROAD SW

COMING SOON!

May 31, 2025 | 9 AM TO 4 PM

31st ANNUAL CANYON MEADOWS PARADE OF GARAGE SALES



ADD YOUR HOME TO THE LIST

EMAIL INFO@SMITHPEZZENTE.COM

NOT INTENDED TO SOLICIT PROPERTIES ALREADY LISTED FOR SALE