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HIP HOP

HIP HOP CLASSES

PAGE 16



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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
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Director at Large	Frank Anderson	
Director at Large	Kyle Jones	
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

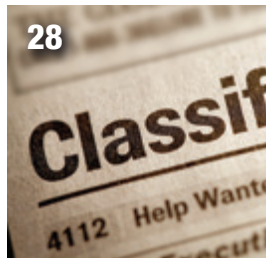
Programs and Events at the Canyon Meadows Community Centre

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
Faithway Bible Baptist Church	Wednesday evenings at 6:30 pm, Sunday mornings at 10:45 am, Sunday evenings at 6:30 pm	www.fwbcc.ca info@fwbcc.ca
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	hopscotchbasc@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 in September!	janesponiar@gmail.com

CONTENTS

- 8 CMCA BUSINESS PARTNERSHIP PROGRAM
- 9 KIDS HALLOWEEN DANCE
- 10 CMCA FACILITY RENTALS
- 14 PHOTO GALLERY BY KIM CHULSKY
- 16 HIP HOP DANCE CLASSES
- 23 CANYON MEADOWS YARD AND GARDEN CLUB
FALL 2025 UPDATE
- 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.

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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: October 28

Pick up date: November 5

Monthly order of seasonal fruits and veggies. \$1.20 to \$1.50 per lb.

- \$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, Tuesdays, October 14 and 28 at 10:30 am

Lloyd Hand Hall

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

Fall Swap

October 4 from 10:00 am to 12:00 pm

In the Parking Lot Next to Garage

Have any extra bulbs, seeds, harvest, or canning? Come swap them out with neighbours and find out about funding and projects underway for the Yard and Garden Club.

Casino

October 6 and 7 at Various Times

Deerfoot Inn & Casino (1000, 11500 – 35 Street SE)

Check in with Bonnie by phone or at info@cmca.ca to see the options for remaining shifts.



Hip Hop Dance Classes

October 16 to November 20 from 3:10 to 3:55 pm, and 4:00 to 4:45 pm

Lloyd Hand Hall

Pulse Studios will be back for a six-session dance class for Elementary and Middle/High School age kids. Lower price! \$70 for members and \$85 for non-members. Limited spaces, don't delay registering!

Kids Halloween Dance (Tween Hangout TBD)

October 24 from 6:00 to 9:00 pm

Lloyd Hand Hall

Come give your costume a test drive before Halloween night. DJ Kyley from Little Something Beautiful is back to DJ with his digital photo booth. \$5 for members and \$10 for non-members. Caregivers and kids two and under are free.

Christmas Craft Market

November 8 from 10:00 am to 3:00 pm

Lloyd Hand and Canterbury Halls

Vendor registration now open! Vendors, please visit the website to register.

Remembrance Day

November 11 from 9:30 am to 12:00 pm

Lloyd Hand Hall

Gather with neighbours, share a luncheon and stories.

SPIRIT HALLOWEEN

Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!



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: \$17,679

SALE \$13,879
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: \$20,679

SALE \$15,679
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Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

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Support your community

CMCA BUSINESS PARTNERSHIP PROGRAM

AllKind Appliance Service Ltd.

Aquality Plumbing & Heating Inc.

Beitel Brothers Liquor

Canyon Creek Liquor Store

Canyon Meadows Auto Service

Chamberlain Real Estate Group – Lindy Bowler

CottageCare Calgary South

Electronic Innovation

Evans Resource Management Ltd.

Green Door Preschool

Isle Love Travel – Tasha Walsh

KC Service – Mobile Small Engine Mechanic

Living Tai Chi

Making Copacetic Happen – Professional Organizer
Mauri Loyer

Mathew Theriault – Realtor

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KIDS HALLOWEEN DANCE

TWEEN HANGOUT TBD

24 OCTOBER 2025
6 PM - 9 PM

CANYON MEADOWS HALL

DJ! LASER LIGHTS!
DIGITAL PHOTO BOOTH!
GLITTER TATTOOS!
\$5 MEMBERS
\$10 NON-MEMBERS

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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

The 2025 General Election Is Here

by The City of Calgary

Eligible voters can cast their ballots for the 2025 General Election starting October 6, 2025.

During Advance Vote, from October 6 to 11, voters can vote at any of the Advance Vote stations, regardless of the ward in which they reside.

On Election Day, October 20, voters must vote at their designated voting station.

Voters can use the “Where Do I Vote?” tool on the Elections Calgary website to find their nearest Advance Vote location, as well as their designated voting station on Election Day.

Special (mail-in) ballots are available for request for voters who cannot vote during the Advance Vote or on Election Day for any reason. The last day to request a mail-in ballot to be mailed to you is October 3.

The last day for in-person pick-up is October 20 at 10:00 am. All mail-in ballots must be received by the Elections Calgary office by 12:00 pm (noon) on October 20. Mail-in packages can be requested online or by calling 403-476-4100.

More information on where, when and how to vote, voter identification requirements and other important information about the 2025 General Election can be found at electionscalgary.ca/vote or by calling 403-476-4100.



Plan Your Fall Party at CMCA!

Our Xbox Gaming Room is a hit for kids' parties, team windups, and company socials. Whether you're celebrating a birthday or bonding with your hockey team, soccer crew, or colleagues, it's the perfect place for fun and connection.

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



With Flexible Weekday and Weekend Availability, We're Ready to Accommodate Your Needs!

For details, see page 10, then contact us at info@cmca.ca or call 403-251-1715 to book today!

Versatile Spaces for Every Occasion

Looking for an affordable and versatile space for your program or event? Our two spacious halls, boardroom, 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.



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



SAFE AND SOUND

Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Christmas CRAFT MARKET

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NOVEMBER
8

10AM
- 3PM

Canyon Meadows Hall

cmca.getcommunal.com

PHOTO GALLERY

Photos by
Kim Chulsky



DUCK LIPS

**What did the duck say
when it bought lipstick?
Put it on my bill**



ELLIOT WEINSTEIN FOR WARD 13



Calgary's Future Announces Official Endorsement for Ward 13: Elliot Weinstein

Elliot Weinstein is a Family-Focused Leader

Calgary City Council candidate Elliot Weinstein holds an MBA from the University of Calgary, specializing in Energy and Sustainability, and worked for five years as a project manager with Golder Associates. In 2018, he founded The Beach YYC, an indoor beach volleyball and recreation facility. Elliot has previous political experience from running federally in the 2023 Calgary Heritage by-election.

As a small business owner, Elliot knows what it means to take risks, create opportunities, and to build something meaningful for his community. He wants to use his experience to bring new energy and new ideas to city council. Elliot understands the needs of his rapidly growing ward are affordable housing, transportation, and safety.

Here's why Elliot Weinstein is the right choice

Elliot Weinstein is entrepreneurial with a focus on family and community needs. He's not in it just to play politics. He will be an involved leader who takes the concerns of residents and the job of a city councillor seriously, making him the best choice for Ward 13.

Here's why we're endorsing Elliot Weinstein

- **Relatable leader:** Family and sports focus
- **Small business owner:** Founded The Beach YYC
- **Knowledgeable:** Former project manager with an MBA

"I'm here to help build safer streets and better transit, and to help address our housing crisis. For my children, your children, and everyone."

— **Elliot Weinstein, Calgary City Council Candidate
for Ward 13**



If you want to hear more about where Elliot Weinstein stands on the critical issues facing Calgarians, check out his answers to our Candidate Questionnaire



HIPHOP

DANCE CLASSES



6 THURSDAYS OCT 16-NOV 20

LIMITED SPACE, REGISTER NOW!

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**PULSE
STUDIOS**

ELEMENTARY SCHOOL AGE
3:10-3:55

MIDDLE/HIGH SCHOOL/ANY AGE
4:00-4:45

\$70 MEMBERS \$85 NON-MEMBERS

Planning Corner - Did You Know?

There have been two interesting development permit applications in Canyon Meadows recently. An eight-plex house on a single-family lot on Elbow Drive and a McDonald's location proposed for the corner of Elbow and Canterbury Drive SW. You can submit your comments on these proposals on the City of Calgary website or by contacting the File Manager:

Eight-Plex



Simrat Bains

368-889-9396

Simrat.bains@calgary.ca

McDonald's



Martin Siddles

368-887-1534

martin.siddles@calgary.ca

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, October 17, November 14, December 12, January 9, February 13, March 13, April 10, May 8, June 26

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.

**BRAIN
GAMES**

SUDOKU

6								
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	7			6				
				9	1	3		
		4	3				1	
			4					6
		1		4	8			
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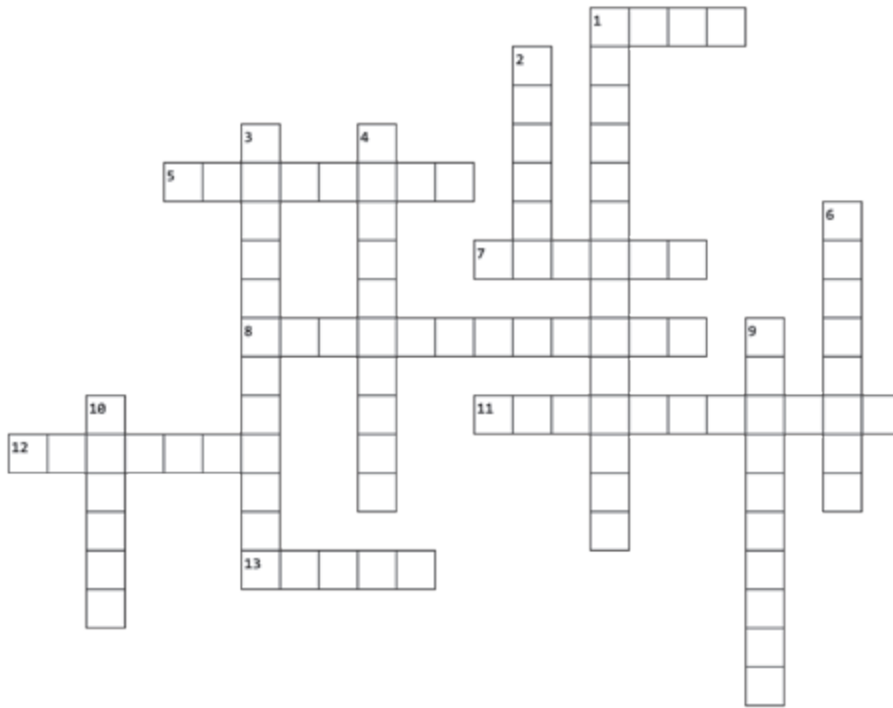
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October Crossword



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answers or
scan the QR
code for the
answers

Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World _____' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the _____ Peace Prize, making her the first African woman ever to receive the award.

Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black _____.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, _____.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The _____* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, _____ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in _____" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



FALL SWAP

FRESH PRODUCE FROM LOCALS



OCT 4
10AM-
12PM

Canyon Meadows Hall
Parking lot next to the
garage

Swap extra bulbs, seeds, harvest
or canning with neighbours.

Find out about funding and
projects underway for the Yard &
Garden Club.



Lest we forget.

REMEMBRANCE DAY
GATHERING

GATHER WITH NEIGHBOURS,
SHARE A LUNCHEON AND STORIES

NOV 11 9:30AM-12PM

CANYON MEADOWS
LLOYD HAND HALL

How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

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Discover Calgary's go-to store for party supplies, fall decor, balloons, kitchen essentials, home decor, and seasonal treasures—all at unbeatable prices.

OCTOBER HIGHLIGHTS:

- Halloween decor & party supplies Calgary loves
- Harvest & Thanksgiving centerpieces, pumpkin decor, and garlands
- Helium balloons, balloon bouquets, and foil balloons Calgary events need
- Kitchen essentials & tableware for gatherings
- School stationary, crafts & DIY supplies

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Canyon Meadows Yard and Garden Club Fall 2025 Update

The Canyon Meadows Yard and Garden Club is full of momentum as we look ahead to our exciting community garden project! We're thrilled to share a few important updates and opportunities for you to get involved.

New Garden Bed Locations Being Considered

We've been exploring the best possible spots for our raised garden beds and have made some thoughtful changes. While the original plan was to place them along the parking lot, we're now focusing on two promising areas:

1. The treed area beside the lot, which offers a natural windbreak and partial shade.
2. The slope near the play park, which could create a visually beautiful, tiered garden space.

We're carefully considering factors like sunlight, accessibility, and aesthetics — and we'd love to hear your thoughts!

Planning for Sustainable Watering

A key piece of our project is a watering system that can efficiently support all our planting areas. We're currently researching systems that are both sustainable and easy to use, so that our garden thrives throughout the growing season. Your input on this is welcome too, especially if you have experience with irrigation or rainwater collection!

Community Hall Landscaping Upgrades

Exciting news: the Canyon Meadows Community Hall is upgrading the landscaping around the buildings! These changes will enhance the overall look and feel of our



shared space and create a welcoming environment for our future garden. This gives us a great opportunity to collaborate and align our garden with the larger vision for the area.

Grants, Fundraising, and Spring 2026 Build

We're still actively applying for grants and working on fundraising efforts to support our garden project. Thanks to all who have donated time, money, or skills — every little bit helps. Our target is to break ground and start building in spring 2026!

We Want Your Ideas!

This project is truly community-driven, and your ideas, questions, and feedback are essential. Whether you have a suggestion for bed placement, ideas for native plants, tips on watering systems, or want to help with fundraising — we'd love to hear from you. Reach out to us at gm@cmca.ca.

Let's grow something amazing together!

Fast Fingers

On October 21, 1918, Margaret Owen put her fingers to the test and set a world record for typing. Owen impressively typed 170 words in one minute! To make her achievement even more impressive, she set the record on a manual typewriter.



Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

Prep Time: 15 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!

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May	25	14	18	\$614,900	\$607,000
April	25	15	7	\$825,000	\$807,500
March	25	11	14	\$392,450	\$396,250
February	25	14	12	\$497,000	\$520,000
January	25	14	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

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The Birth of Ballet

On October 15, 1581, Catherine de' Medici, the Queen Mother of France, commissioned "Ballet Comique de la Reine" in Paris. The performance depicted the myth of Circe from Homer's *Odyssey* and is believed to be the first true ballet, combining music, dance, plot, and staging.



Quirky QWERTY

Have you ever wondered why keyboards are not in alphabetical order? Before modern keyboards, typewriters were the way to go! Typewriters were mechanically slower so when the keys were typed too fast, the mechanics could get jammed. To slow down typing speed and prevent such jams, Christopher Sholes designed the QWERTY keyboard to keep commonly used letter combinations separate.



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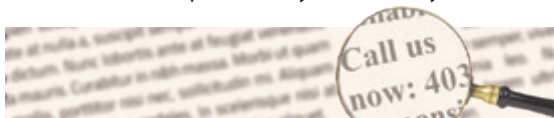
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Sulphur Mountain Sasquatch

by Garth Paul Ukrainetz

Where hot springs flow from long ago
Where mountain trees did younger grow
A Sasquatch soaked in water hot
And all his problems there forgot

But then one day his world would change
His dear ol' Rocky Mountain range
Banff National Park, the first to be
Now tourists flocked for all to see

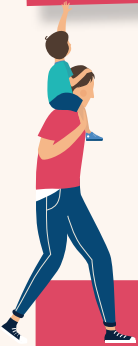
Up Sulphur Mountain Sasquatch climbed
His favourite hot pool left behind
He at the top made cave of snow
And cried alone in moonlight's glow

From high above he got to scheming
He'll go back down while Banff was dreaming
So, down below he'd go at night
And back up top by morning light

Where hot springs flow from long ago
Where mountain trees now older grow
A Sasquatch soaks in water hot
With one eye open, lest he be caught

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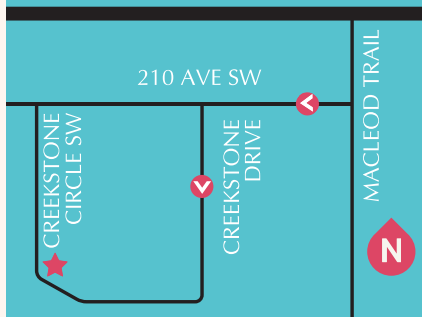
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Sincerely, *The Smith Pezzente Team*