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**ANNUAL GENERAL
MEETING**

PAGE 11

HALLOWEEN DANCE

PAGE 15



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	26	22	14	\$678,950	\$669,000
July	26	15	19	\$619,999	\$612,000
June	26	26	17	\$599,900	\$585,000
May	26	30	16	\$689,950	\$695,500
April	26	11	7	\$399,000	\$390,000
March	26	13	13	\$510,000	\$501,000
February	26	5	8	\$665,000	\$650,000
January	26	9	7	\$529,000	\$505,000
December	25	4	3	\$195,000	\$185,000
November	25	11	11	\$639,900	\$625,000
October	25	11	14	\$640,000	\$626,500
September	25	18	13	\$465,000	\$450,000

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

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**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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CMCA Office Hours

Monday to Friday: 10:00 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
Director at Large	Ryan Hogan	funding@cmca.ca
Director at Large	Consuelo Osuna Milan	
Director at Large	Frank Anderson	
Director at Large	Karen King	
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 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	Newcomers are welcome to join us for either Sunday School or the Morning Worship Service. Sunday School at 9:45 AM Morning Worship Service at 10:45 AM Beginning October 25, Evening Service at 6:30 PM Wednesday Evening Service at 6:30 PM	www.fwbcc.ca info@fwbcc.ca
Girl Guides – CGG TallTrees Dist.	Monday, Tuesday, Thursday September to June	any-calgarytalltrees@girlguides.ca
Hopscotch Before and After School Care	Monday to Friday September to June	hopscotchbasc@gmail.com Jenn or Tammy: 403-890-8233
Little Kickers	Tuesday Evenings October to April	aboffice@littlekickers.ca
Queens & Jacks Square Dance Club	Monday evenings September to June. Try a free class!	info@queensandjacks.com
Quilted Mouse	Every first and third Tuesday September to June.	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
Yoga with Kayla	Thursdays at 6:30 pm Starting in September	yuzdepskikayla@gmail.com

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

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Community Reminders

Board Members Needed

We're looking for community-minded volunteers to join our Board of Directors. If you'd like to help shape programs, events, and community initiatives, we'd love to hear from you. Contact vicepresident@cmca.ca or attend the AGM October 8m at 7:00 pm at 848 Cantabrian Drive SW.

Please Stay Off the Sea Cans

For everyone's safety, climbing on our sea cans is not permitted. The community centre grounds are a busy shared space with maintenance projects, vehicles, equipment, and recreational activities taking place throughout the year. Parents and guardians are asked to actively supervise their children while visiting the hall and grounds to help ensure everyone's safety. We appreciate your help in keeping our community spaces safe and enjoyable for all.

Bog Method

Did you know? The process of flooding a cranberry field to gather the fruits that float to the top is called the "bog method." With cranberries in season farmers are hard at work harvesting those delicious berries.



Plan Your 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!



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.



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For details, see page 16, then contact us at info@cmca.ca or call 403-251-1715 to book today!

UPCOMING PROGRAMS AND EVENTS AT CMCA

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

Good Food Box

Order deadlines: October 26

Pick up date: November 4

Monthly order of seasonal fruits and veggies. \$1.00 to \$1.75 per lb!

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

Order at cmca.getcommunal.com



Senior's Chair Yoga and Coffee

Lloyd Hand Hall

Every second and fourth Tuesdays, September to June (hall scheduling permitting).

Chair Yoga at 10:00 am, and coffee at 10:30 am.

- Tuesday, October 13
- Wednesday, October 28

Free gathering for members to come catch up with neighbours. A potluck for Thanksgiving is being planned for October 13. Do you need a ride? A carpool is available. Any interest in Mahjong or other activities? Let us know at the contact info above.

Community Garden Work Sessions

Various dates in October

- October 8 to 11: Begin raised bed construction.
- October 14 to 15: Hook up of slim rain tank on north side of hall.
- October 22 to 25: Finish up remainder of work, wicking beds, and anything else still outstanding.



Sign up if you'd like to lend a hand! cmca.ca/events/community-garden-work-sessions/.

Hip Hop Dance Classes

October 1 to November 5, from 3:10 to 3:55 pm and 4:00 to 4:45 pm in Lloyd Hand Hall

Pulse Studios will be back for a six-session dance class for elementary and middle/high school age kids. \$70 for members, \$85 for non-members. Limited spaces; don't wait to register!

Fall Swap

October 3, 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.

Annual General Meeting

October 8, at 7:00 pm in Lloyd Hand Hall

Review the past year and future plans (bring your ideas and suggestions). Meet the Board and consider joining: a great way to contribute and develop your skills. Charcuterie, beverages, and door prizes.

Kids Halloween Dance

October 30, 6:00 to 9:00 pm in Lloyd Hand Hall

Come give your costume a test drive before Halloween night. DJ Kiley from Little Something Beautiful is back to DJ with his digital photo booth. Caregivers and kids 2 and under are free.

\$5 for Members | \$10 for non-members

Christmas Craft Market

November 7, from 10:00 am to 3:00 pm in Lloyd Hand and Canterbury Halls

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

Remembrance Day

November 11, from 10:00 am to 1:00 pm in Lloyd Hand Hall

Ask friends, neighbours, and family to dig out memorabilia and share stories. A luncheon will be provided.

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CMCA YARD + GARDEN CLUB PRESENTS

FALL SWAP



OCT 3
10AM-
12PM

Canyon Meadows Hall
Parking lot next to the
garage

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

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

Canyon Meadows Community Association

Notice of the Annual General Meeting of Members to be Held on Thursday, October 8, 2026 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 Thursday, October 8, 2026, at 7:00 pm (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, 2026, 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 403-251-1715 and a copy will be provided to you.

by Order of the Board of Directors



Annual General Meeting

Oct 8, 2026 7PM
Lloyd Hand Hall
848 Cantabrian Drive SW

Welcome Back Board of Directors

- Review the past year and future plans (Bring your ideas and suggestions)
- Meet the Board and consider joining: a great way to contribute and develop your skills
- Charcuterie & beverages
- Door prizes



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Celebrating the People Who Make Canyon Meadows Special

The Canyon Meadows Community Association is fortunate to have an incredible community of volunteers, partners, sponsors, and supporters who help bring our programs, projects, and events to life. This past month was a perfect example of what we can accomplish when our community comes together.



Movie in the Park

Thank you to the good crowd who came out for Movie in the Park on August 29! A special thank you to my neighbour Lorne, who ran the equipment and kept an eye on the screen through a very blustery evening. Our consistent volunteer Sam kept the concession running, while the daughters helped with the popcorn. Thank you to our camp counsellor Rayann for setting up some fun crafts for the kids.

And, for once, I actually got to sit down and watch GOAT!



Community Garden Update

Our Community Garden took another big step forward! Ted Bahr and community volunteers planted our plum, pear, apricot, and apple trees, along with Saskatoon and honeyberry bushes. The final planting evening is coming up on September 24 from 6:00 to 9:00 pm.

Want to get your hands dirty? Visit our website to sign up or learn more about the project: cmca.ca/community-garden-and-landscape-project.

Stampede in September

A huge thank you to everyone who came out in the cooler weather to celebrate Stampede in September with us! We couldn't have done it without the support of our sponsors, community partners, and more than 30 volunteers who spent the week preparing and then braved event day to make everything run smoothly.

A special thank you to Chantelle, Jeff, and Julia with the Calgary Stampede Stage for setting up their amazing stage. Harry the Horse always provides a few giggles.





Thank you to Rayann, our former camp counsellor and current Mrs. Central Alberta, for bringing her enthusiasm and giving a warm greeting to the crowd.

Thank you to our Silver Sponsors, including an anonymous Business Partner and Prestige MediSpa, located above Rexall. Congratulations to Brianna, the lucky winner of a facial!

Our Bronze Sponsor, Reliable Garden and Snow, brought tractors for some memorable photo opportunities. Congratulations to Jen B., who won the fall cleanup!

A special thank you to longtime supporters Sylvan Learning Mid-Sun and Tim Hortons Crowchild Corner in North Glenmore, proudly owned by Canyon Meadows residents Lissy and Michael.

We're also grateful to Green Door Preschool for sponsoring our axe throwing game and to the Calgary Art Community for sharing their artwork and offering an interactive painting experience. We even had an impromptu display from Brix for Kids, who accidentally arrived at the hall for an event that was actually happening the next day. Their timing may have been off, but their enthusiasm was right on schedule!

And of course, thank you to the cheerful and incredibly helpful volunteers from Youth Central. Your energy was a wonderful addition to the day.

It was especially meaningful to have Councillor Dan McLean give us a big Canyon Meadows "YAHOO!" and to have MLA Diana Batten present us with a framed scroll commemorating 55 years of Canyon Meadows community spirit.

Have photos from Stampede in September? We'd love to see them! Send your favourite shots to gm@cmca.ca.

We truly couldn't have done it without you. Here's to another 55 years!

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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 and 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 am 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) 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. Various rental levels available.	\$450 plus hall rental	\$450 plus 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



KIDS HALLOWEEN DANCE

30 OCTOBER 2026
6 PM - 9 PM

LLOYD HAND HALL

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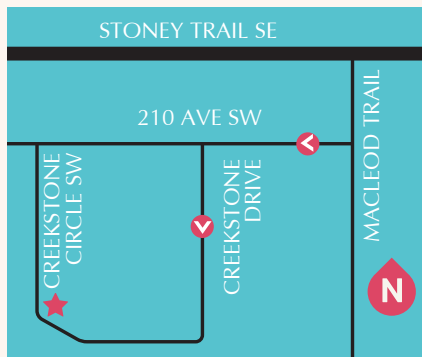
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12112	Fluoride Treatment	\$37.65	\$37.65

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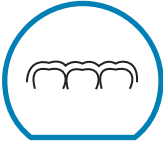
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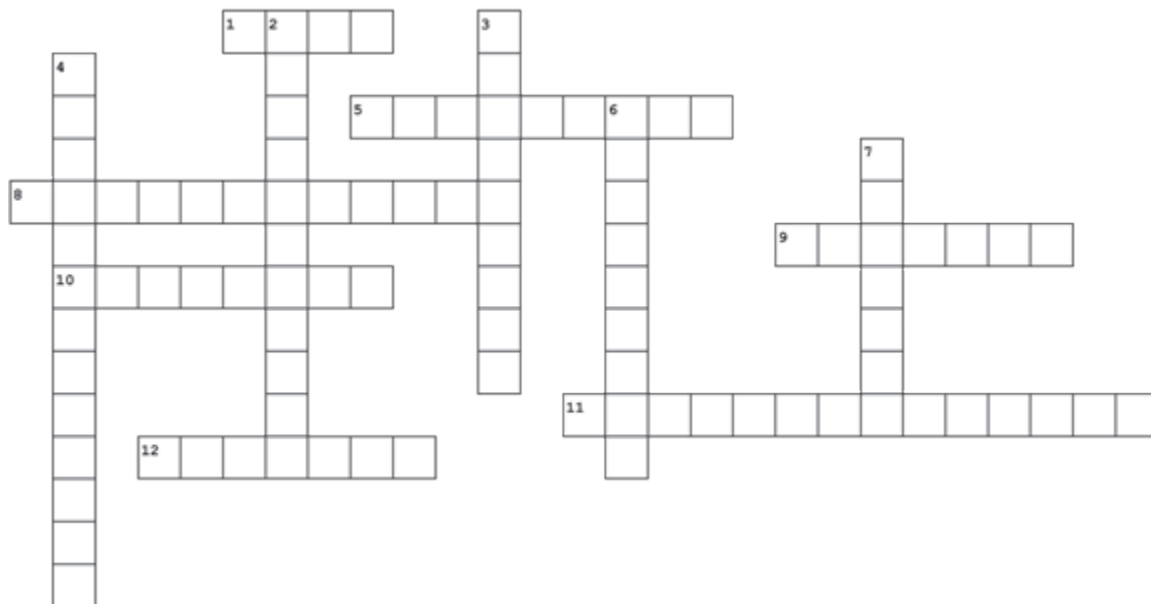
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October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek myths.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



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 plus GST
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- Family: \$35 plus GST
- Business: \$50 plus GST



Two Rivers Flow Through Calgary

by Garth Paul Ukrainetz

Two rivers flow through Calgary
Two rivers we all know
Their source the Rocky Mountains
The Elbow and the Bow

They join at St. Pat's Island
Circle famous Calgary Zoo
Then continue on together
Through Alberta, blue and true

They wind along the prairies
Forge the soul of western plains
Brave the ice and snow of winter
Dance with spring and summer rains

Round each bend their water swirling
Past each field and farmer's plow
Until meeting with the Old Man
South Saskatchewan River now

Then on to Manitoba
Through Lake Winnipeg, still flow
Up the Nelson River northward
Into Hudson Bay they go

Yes, two rivers flow through Calgary
On their way to endless sea
Growing, changing on their journey
Just like you and just like me

Halloween Safety

by Alberta Health Services

As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important 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 at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and establish a time for children to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup 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 extend below your child's ankles.

- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.



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Making Copacetic Happen: The Four Types of Clutter and Easy Wins

by Canyon Meadows Resident Mauri Loyer: Retired Professional Organizer

Clutter isn't just stuff; it's information. It tells you what's unfinished, what's unmade, what's unprocessed, and what's no longer aligned with your life.

When you understand the four types of clutter, you can create quick, meaningful wins that make your home feel lighter and more copacetic without needing a full weekend overhaul.

1. Surface Clutter: The Everyday Pileups

Surface clutter is the everyday stuff that lands on countertops, tables, nightstands, and other visible spaces.

Common examples:

- Mail
- Keys
- Water bottles
- School papers
- Receipts
- Items waiting to be put away

These things aren't necessarily bad or unnecessary. They're simply homeless.

Easy win:

- Give frequently used items a consistent home.
- Create a designated landing spot for things that tend to accumulate.
- Take five minutes to return stray items to their homes.

When things have a place to land, surfaces stay clearer and your home can feel instantly calmer.

2. Storage Clutter: The Overwhelm Behind Closed Doors

Storage clutter is the stuff hiding inside closets, drawers, cupboards, bins, and other storage spaces.

Common examples:

- Clothes that no longer fit
- Kitchen gadgets you forgot you owned
- Old linens
- Abandoned hobby supplies
- Items you've been keeping "just in case"

Because it's hidden, storage clutter can be easy to ignore. But it still takes up physical and mental space.

Easy win:

- Choose one drawer, shelf, or bin.
- Set a timer for 10 minutes.
- Remove anything you haven't used in the past year.
- Donate, recycle, discard, or relocate what no longer belongs there.

Small, focused wins build momentum without turning decluttering into an overwhelming project.

3. Sentimental Clutter: When Stuff Carries Feelings

Sentimental clutter can be the hardest to tackle because the object represents something bigger than itself.

Common examples:

- Childhood belongings
- Gifts
- Inherited items
- Old letters
- Photos
- Memorabilia

The challenge isn't deciding whether the object is useful. It's deciding whether the memory requires the object.

Easy win:

Choose one sentimental item and ask: Do I want to care for this for the rest of my life?

If the answer is no:

- Take a photo of the item.
- Write down the memory it represents.
- Share the story with someone.
- Release the object with gratitude.

You can keep the meaning without keeping the burden.

4. Aspirational Clutter: The "Someday" Version of You

Aspirational clutter belongs to the person we imagine we might become rather than the person we actually are.

Common examples:

- Unused workout equipment.
- Craft supplies for hobbies you never pursue.
- Books you feel you should read.
- Clothes for a lifestyle you don't live.
- Supplies for projects that have been waiting for years.

These items can quietly carry expectations and guilt.

Easy win:

Ask yourself: Does this item support the life I'm living now?

If it doesn't:

- Give yourself permission to let it go.
- Stop storing things for a version of yourself you don't actually want to become.

- Make room for the interests, routines, and priorities that matter today.

Small Choices, Big Difference

Clearing even a small amount of clutter can create:

- More physical space
- More ease
- Less visual noise
- Less decision fatigue
- More emotional freedom
- A home that feels more aligned with your current life

You don't need to tackle the whole house. Start with one surface, one drawer, one sentimental item, or one "someday" object. That's how copacetic happens.

Not through massive purges or an exhausting weekend overhaul, but through small, intentional choices that make your home feel lighter, calmer, and more supportive of the life you're actually living.

Have an article you'd like to submit? Email gm@cmca.ca. We'd love to hear more Canyon Meadows voices!



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Ghost Stories of Haunted Inglewood

Even though Calgary is a young city, it has its fair share of historic buildings—and where there are old buildings, there are bound to be ghost stories! This month we explore a few ghost stories from Inglewood, Calgary's oldest community.

Inglewood was first established on the east side of the Elbow River in 1875, following the construction of Fort Calgary. When the Canadian Pacific Railway chose undeveloped land to the west for its route (near where the Calgary Tower stands today) the town centre shifted west with it. The community rebounded by the early 1900s and by 1911 it was renamed from East Calgary to Inglewood after Colonel James Walker's estate and ranch.

A.E. Cross was a prominent early Calgarian who formed the Calgary Brewing and Malting Company in 1892 and was one of the "Big Four" sponsors of the first Calgary Stampede in 1912. He lived in Inglewood even after other wealthy early Calgarians moved west of the river. His home at 1240 8 Ave SE was built in 1891 and is now home to the Rouge Restaurant – along with reportedly the ghosts of two of his children. The Cross family was struck by a diphtheria outbreak in 1904 and were stuck waiting for medicine. Sadly, two of his three children passed before the medicine arrived. People visiting the Cross Residence have reported seeing a young girl sitting in front of the fireplace. Others have heard eerie laughter coming from the basement.

Another local favourite, the Hose and Hound, is housed in Fire Station No. 3 (1028 9 Ave SE). Built in 1906 in an ornate Edwardian Commercial style, it served Calgary as a fire station until 1952 when a new one was built in East Inglewood.

Calgary first fire chief, James "Cappy" Smart spent a lot of time at this station. Cappy Smart was a colourful and eccentric person and was known for his appreciation of exotic pets. At one point, Smart had a pet monkey that he would bring in to work on field trip days for students of the nearby Alexandra School. An incident occurred one day when the monkey attacked and bit a child, which led to the monkey being put down. The ghost of



the monkey is said to inhabit the fire station and cause all sorts of mischief: throwing cans off the shelves, starting the dishwasher, and messing around with the pool tables.

The fire station is also believed to be haunted by one of Cappy Smart's horses, Lightning, who died in a fire. Some people claim to have heard the sound of Lightning's hooves outside of the station. When it was still a fire station, firefighters working there swore they heard horses neighing in the moments leading up to a call about a fire.

While the CPR depot was in downtown Calgary, its yards were just south of Inglewood, so there were a lot of working-class families in the area. The Suitor Residence at 1004 8 Ave SE had spent part of its life as a boarding house for new arrivals to Calgary. A young couple stayed there for some time, with the husband working with CPR while they saved up for a home of their own. One day while jumping onto a train car – something rail workers did all the time to get to the railyards – he slipped off and died. His wife, distraught, died shortly afterwards. To this day, her ghost is said to haunt the Suitor Residence.

Do you know of a haunted heritage building in Calgary? Tell us your ghost story here: <https://www.heritagecalgary.ca/tell-us-your-story>.



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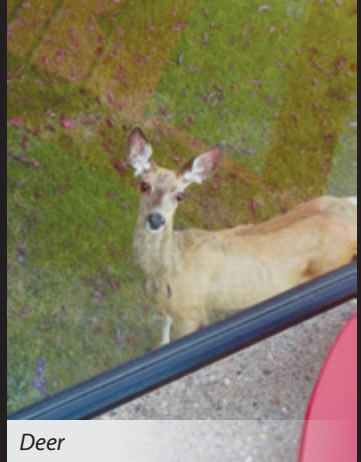
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Beyond the Impression: Van Gogh and Post-Impressionism

by Kristina Quapp

Van Gogh is an artist that needs no introduction, but the style of his work is a different story. Vincent's style is commonly mislabelled as impressionist, where the more accurate classification would be post-impressionist. Impressionism is a 19th-century art movement that featured a strong focus on lighting, thick brush strokes, unblended colours, and everyday modern subjects painted outdoors (*en plein air*). As most art movements do, impressionism built upon the foundations of the realist movement which took place about 20 to 30 years prior. Realist painters preferred working *en plein air* as it allowed them to capture natural light and unvarnished everyday life, while pushing back on traditional academy standards that forced what some considered artificial compositions. While both art styles feature an emphasis on lighting and capturing the environment, impressionists did not focus as heavily on the realistic details.



Though Van Gogh's work certainly captures elements of impressionism such as thick brush strokes and vivid colours, his work often pushed the boundaries of impressionism. For example, Claude Monet, the founder of the impressionist movement, features large brush strokes, but the lighting

remains grounded. As can be seen in Monet's 1875 oil painting, *Woman with a Parasol*, the piece is heavily stylized. Brush strokes are visible and the hues are vibrant, but the edge light and shadow in front of the woman tells the viewer that Monet focused on



realism when capturing the atmosphere. In contrast, Vincent's *The Starry Night*—while it maintains *impasto* as Monet did—exhibits

even more vibrant colour contrast and his sentiment at the time, represented in weighty brush strokes. It's often conferred that *The Starry Night* is symbolic of Van Gogh's inner turmoil, given the swirling and turbulent skies, thick *impasto* brush strokes, and the large looming cypress tree outlined in red.

Vincent's *The Garden of Saint Paul's Hospital*, often referred to as *Leaf-Fall*, features inspired aspects from traditional Japanese woodblock prints. Van Gogh implements an elevated perspective and tree trunks that are abruptly cut off by the lower and upper edges of the canvas, eliminating the horizon line. These artistic choices create a compressed sense of space similar to the arrangements found in Japanese print designs.



Like the changing landscape around him, Van Gogh's work had moved beyond simply capturing a fleeting impression of the world. His colours became bolder, his brushwork more expressive, and his paintings increasingly shaped by emotion and personal interpretation. This October, as the leaves begin to fall, perhaps take a moment to look at the world around you—not only as it appears, but through the impression it leaves on you.

Divorce—Business Income is Personal Income

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse is the owner/operator of a business. In these families, the line between business income and personal income is often blurred. Many business owners (intentionally or not) often use their company credit cards and corporate money to pay for personal family and home expenses. As a result of this, the personal tax returns of a business owner often do not reflect their true personal income.

In the above scenario, the personal tax return of a business owner might show a very low amount of personal income, while their business tax return can show a very high amount of corporate earnings. It is also common to see personal expenses counted as “business expenses” on business tax returns. This is sometimes done intentionally so that CRA will think the business earns less and thus would be taxed less than it otherwise should be.

The mixing of personal/business income and expenses can cause significant problems in divorce cases. The amount a spouse must pay for child support and spousal support is often based on his or her reported personal income. A spouse who owns a business sometimes uses a false lower income amount on a personal tax return to argue they should pay a lower amount of support. Unfortunately, in many cases, the actual personal earnings power of the spouse is hidden within the business income.

Judges and divorce lawyers are keenly aware of situations where business owners try to muddle their personal and business income. Fortunately, the law can protect vulnerable spouses and children in these cases. If a judge believes that a spouse is hiding income within a company, the business income can be used as the correct amount for determining support

payments. Similarly, the law gives judges power to examine business expenses to ensure these are not actually personal expenses. In an Alberta divorce case, if a spouse is self-employed, he or she must demonstrate their business expenses are reasonable and that they are truly business expenses. If a self-employed spouse cannot show their business expenses are reasonable, a judge can add these expenses back into the spouse's income amount. In these situations, the higher income level, after adding back in the unreasonable expenses, is used to determine that spouse's support obligations.

It is also important to remember that many business-owning spouses are not intentionally hiding their income. The mixing of personal and business income can result from someone not understanding tax laws. Sometimes, a business owner is just too busy and is not paying enough attention to their personal/business spending patterns. However, whether intentional or not, divorce law is clear: business income and business expenses can both be used to determine the true personal earning power of a spouse.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

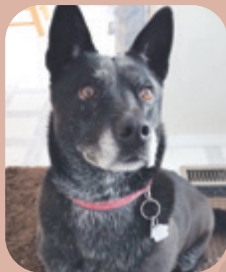
Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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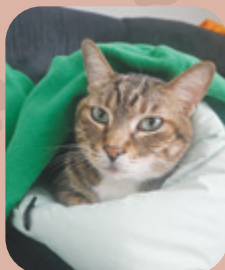
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