

FEBRUARY 2012



# CRANSTON CONNECTION

**3 On 3 Ice  
Hockey  
Tournament**

**Get Your  
Votes In For  
Cranston**

**School  
News**

**FAMILY VALENTINE SKATE**

 Suburban Journals  
PUBLISHING  
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### Cranston Residents Association

C/O Century Hall,  
11 Cranarch Rd. S.E.  
Calgary, Alberta T3M 0S8  
Tel/Fax: 403-781-6614  
info@cranstonresidents.ca  
www.cranston-connect.com

### Century Hall Park and Office Hours

Century Hall Park Hours:  
Mon to Sun: 9:00 a.m. - 10:00 p.m.  
Century Hall Office Hours:  
Wed to Fri: 9:00 a.m. - 5:00 p.m.

### Elected Officials

#### Alderman:

Shane Keating: 403-268-2430  
shane.keating@calgary.ca

#### MLA:

Art Johnston: 403-215-4380  
calgary.hays@assembly.ab.ca

### Suburban Journals Publishing

#### Editor & Article Submissions:

editor@suburbanjournals.ca  
Submission deadlines are the 10th of the month  
prior to the distribution month.

#### Advertising Sales:

Pam: 403-880-1819

pam@suburbanjournals.ca

The ad booking deadline is the 14th of the month  
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# In Our Community

## Cranston Events and Programs

**Family Valentine Skate:** Feb. 12,  
1:00 p.m. – 3:00 p.m. Bring that special  
loved one or the entire family out for  
a fun valentine's skate...as romantic  
music fills the air! Hot chocolate and  
special treats will also be available to  
warm the soul! This event is compli-  
mentary and is open to the public.

**3 On 3 Ice Hockey Tournament:** Feb.  
4 starting at 9:00 a.m. Time to show  
off your hockey skills in a head to head  
showdown with your neighbors and  
friends! Registration opened Dec. 5.  
Space limited! Stop by Century Hall to  
officially register your team and pick  
up the complete registration package.  
Cost is \$50/team for residents and \$60/  
team for non-residents. Who will be this  
year's champions? Only time will tell!



**Let's Play The Feud!** Sat. Mar. 10,  
6:00 p.m. – 8:00 p.m. Test your knowl-  
edge of interesting information by

entering the first ever Cranston Family  
Feud Challenge! Similar to the family  
friendly game show, as seen on televi-  
sion...families will answer survey ques-  
tions, in hopes of being awarded the  
title of champions! Free of charge, this  
event will be held in the Century Hall  
gymnasium. Registration is required  
for this event, please register online or  
by phoning, 403-781-6614. We hope to  
see you there!

**Thank You To Our Sponsor!** The  
Cranston Residents Association would  
like to extend a huge THANK YOU to  
Cranston's local Good Earth Café for  
their support with our Family Skate  
with Santa event, held on Sun. Dec. 18!

**Cranston's Lend A Hand Club:** Do  
you enjoy getting involved with special  
events occurring in your community?  
If you answered yes, you are a perfect  
candidate to apply to become a member  
of Cranston's Lend a Hand Club. The  
Cranstons Residents association has  
been busy creating unique events for  
the upcoming 2012/2013 year... and  
we could use your assistance in hosting  
them. As a member of this volunteer  
club...every 20 hours of volunteer work

*continued on next page*



Suburban Journals  
PUBLISHING

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- 26 community newsletters
- more than 81,000 homes
- over 215,000 residents
- Unlimited response

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Cranston, McKenzie Lake, McKenzie Towne, New Brighton in the SE; and  
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# In Our Community

## ***Cranston's Lend A Hand Club continued***

completed with us, will earn your free registration for one of our programs or workshops! Please contact Carla Thebeau at [pc@cranstonresidents.ca](mailto:pc@cranstonresidents.ca) for further details.

**The Young @ Heart Club:** Calling all seniors! Join us at Century Hall every Monday to enjoy coffee, tea, socializing, cards, chess, and more! This is the perfect way to spend your Monday afternoon, from 1:00 p.m. – 3:00 p.m. . . as well as a great way to connect with other seniors in the community! The program cost is \$8 for the entire 6 week program. If you do not wish to make a 6 week commitment, you are welcome to “drop in” for a minimal fee of \$2/visit! Who says age prevents you from having fun. . . especially when you are young at heart!

## **Get Your Votes In For Cranston:**

What's the difference between a great neighbourhood and the best neighbourhood? What factors make that truly winning combination — amenities, price, curb appeal, low crime rate and intangibles such as friendliness of the neighbours? Avenue Magazine is conducting their annual Best Neighbourhoods Survey and Awards for 2012. Answer Avenue's Best Neighbourhoods Survey, found at <http://www.avenuecalgary.com/survey>, and let them know what you think makes Cranston great! The deadline for survey completion is Feb. 28.

**Spring Programs 2012:** The 2012 Spring Program Brochure will be available the second week of February, with online registration commencing Feb. 15. Be sure to check out all of the new and exciting programs being offered this spring season! Please contact our Program and Events Coordinator at 403-781-6614 (press 2) or via email at [pc@cranstonresidents.ca](mailto:pc@cranstonresidents.ca) with all questions or inquiries.

## École St. Cecilia School News

While many Calgarians are dreading the snow and sub-zero temperatures of February, the staff and students at École St. Cecilia are thrilled to be celebrating another “Carnaval d’Hiver”.

Each February, the school brings to life the century-old French Canadian tradition of holding a winter carnival. For more than twenty years, French immersion students at École St. Cecilia have enjoyed their “Carnaval de Quebec” complete with activities such as snowshoeing, team racing on wooden skis and snow canoeing. Each year there is also a visit from “Bonhomme”, the original Carnaval mascot.

Probably the most anticipated part of Carnaval is everyone's favourite traditional treat “la tire sur la neige” (maple syrup on snow). Warm maple syrup is poured onto fresh snow as children line up for their chance to twist the soft maple candy onto popsicle sticks. This special treat has earned the reputation of being worth the year long wait!

The games and activities at Carnaval focus on friendship and cooperation. The Carnaval also allows the students to have fun with the French language and culture. Part of learning a second language includes developing an appreciation of the culture from which it originates.

To find out more about École St. Cecilia or to register your child, be sure to attend our Information Evening on Wed.

Feb. 29 from 7:00 p.m. – 9:00 p.m. and our Open House on Wed. Mar. 7 from 1:00 p.m. – 3:00 p.m. Details can be found at [www.cssd.ab.ca/st.cecilia](http://www.cssd.ab.ca/st.cecilia).

## February Twilight



I stood beside a hill  
Smooth with new-laid snow,  
A single star looked out  
From the cold evening glow.  
There was no other creature

That saw what I could see—  
I stood and watched the  
evening star  
As long as it watched me.

*Sara Teasdale*

**"The beginning is  
always today."**

*Mary Wollstonecraft*



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# In Our Community

## Century Hall Rental Rates

CENTURY HALL RENTAL RATES						
ROOM SIZE	ROOM CAPACITY	HRLY RATE PRIME TIME	HRLY RATE NON-PRIME TIME	WEEKEND DAY RATE 9 am to 1 am	WEEKDAY DAY RATE 9am to 4pm	DAMAGE DEPOSIT
<b>UPPER LEVEL BANQUET &amp; MULTIPURPOSE ROOMS</b>						
<b>Heritage ABC FULL BANQUET HALL</b>	135 SEATED	\$60	\$50	\$725	\$500	\$500
<b>Heritage 'A'</b>	40 SEATED	\$40	\$35	\$450	\$325	\$500
<b>Heritage 'A &amp; B'</b>	80 SEATED	\$50	\$40	\$575	\$400	\$500
<b>Heritage 'B' OR 'C'</b>	30 SEATED	\$35	\$30	\$375	\$250	\$500
<b>Heritage 'B &amp; C'</b>	50 SEATED	\$40	\$35	\$450	\$350	\$500
<b>UPPER LEVEL MULTI-PURPOSE ROOMS</b>						
<b>Vista</b>	25 SEATED	\$35	\$35	N/A	N/A	\$500
<b>Legacy</b>	15 SEATED	\$35	\$35	N/A	N/A	\$500
<b>Seasons</b>	10 SEATED	\$35	\$35	N/A	N/A	\$500
<b>LOWER LEVEL MULTI-PURPOSE ROOM</b>						
<b>Riverside</b>	25 SEATED	\$40	\$40	N/A	N/A	\$500
<ul style="list-style-type: none"> <li>• Please email for non-member pricing.</li> <li>• Prime time HRS: Mon - Fri (4:00 p.m. to 1:00 a.m.) or Sat, Sun &amp; all holidays.</li> <li>• Non-prime time HRS: Mon - Fri (9:00 a.m. to 4:00 p.m., not including Statutory Holidays).</li> <li>• A member is defined as a person in good standing residing in Cranston whose CRA fees are current.</li> <li>• A non-member is defined as any person outside of Cranston.</li> <li>• All rentals require proof of homeowners insurance as CRA insurance does not include rental events</li> <li>• There is a security fee applicable to all rentals occurring after 10:00 p.m.</li> <li>• Please contact rentals@cranstonresidents.ca for booking rentals and cancellation policy.</li> <li>• This information is subject to change without notice.</li> </ul>						

## Fish Creek Library

- **ESL Conversation Club (Intermediate):** Wed. Feb. 1 – Mar. 21, 6:30 p.m. – 8:30 p.m.



- **Healthy Options with Community Natural Foods:** Feb. 1, 7:00 p.m. – 8:30 p.m.

- **Baby and You for Moms:** Fri. Feb. 3 – 24, 10:30 a.m. – 12:30 p.m. Ages 2 – 9 months with a parent/caregiver. Register at [www.birthishandbabies.com](http://www.birthishandbabies.com).

- **Diabetes; What You Need to Know:** Feb. 7, 7:00 p.m. – 8:30 p.m.
- **Single in the Suburbs; Winter**

**Wonderland:** Feb. 9, 7:00 p.m. – 8:30 p.m.

- **Career Planning with the Internet:** Feb. 11, 1:00 p.m. – 4:00 p.m.
- **Animal Potpourri Puppet Show:** Feb. 11, 2:30 p.m. – 3:15 p.m. Ages 3 to 6 with a parent/caregiver.
- **Finger Weaving:** Feb. 12, 12:30 p.m. – 2:30 p.m.
- **Decorative Painting; Faux Finishing:** Feb. 12, 12:30 p.m. – 2:30 p.m.
- **The Facts About Heart Disease and Stroke:** Feb. 17, 12:00 p.m. – 1:30 p.m.
- **An Evening with Sandy Aitken:**

Feb. 23, 7:00 p.m. – 8:30 p.m.

- **Open Mic Night:** Feb. 24, 7:00 p.m. – 9:00 p.m.
- **Calgary Public Library Photo Club:** Feb. 25, 2:00 p.m. – 3:30 p.m.
- **Understanding Dementia:** Feb. 28, 7:00 p.m. – 8:30 p.m.
- **Exploring the CPL Online Resources; Learn a Language:** Feb. 29, 7:00 p.m. – 8:00 p.m.

Visit [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com) for more information on these programs. Registration is required for all programs unless otherwise noted.

## In Our Community

### École St. Matthew School News

**St. Matthew School is now accepting registrations for the following programs:**

- Late French Immersion Gr. 7
- Continuing French Immersion Gr. 7-9
- English Elementary & Junior High
- Full Day Kindergarten

For more information, please contact the school office at 403-500-2030 or view our school web page at [www.cssd.ab.ca/schools/stmatthew](http://www.cssd.ab.ca/schools/stmatthew).

**Early and Late Grade 7 French Immersion Open Houses:**

Late French Immersion is a three year program of choice, open to all students and permeated with Catholic beliefs, teachings and tradition. Students who have completed Grade 6 in an all English regular programs may enter the program in Grade 7. Previous French experience is not required and parents do not need to know the language.

If you would like more information about our grade 7 late and early immersion program, we have 2 open houses and information evenings in February:

- **Wed. Feb. 1:** Early Immersion Open House for interested Gr. 6 students. 9:30 a.m. - 12:30 p.m. and 6:30 p.m. info evening for parents
- **Wed. Feb. 8:** Late Immersion Open House for interested Gr. 6 students 9:30 a.m. - 12:30 p.m. and 6:30 p.m. info evening for parents.

Invitational letters will be sent to SE schools. Students interested in attending need to notify their classroom teacher who will then pass on their name to École St. Matthew School. Transportation will be provided for these students to attend the open houses.

École St. Matthew School is a vibrant K-9 dual track school in Acadia. For more information, please call the school at 403-500-2030.

## Stunning Stats on Suicide

According to the World Health Organization (WHO), someone around the globe commits suicide every 40 seconds. For people between the ages of 15 and 44, suicide is the fourth leading cause of death and the sixth leading cause of disability and infirmity worldwide.

The suicide rate for Canadians, as measured by the WHO, is 15 per 100,000 people. Rates are even higher among specific groups. For example, the suicide rate for Inuit peoples is between 60 and 75 per 100,000 people. Other populations at an increased risk of suicide include youth, the elderly, inmates in correctional facilities, people with a mental illness, and those who have previously attempted suicide.

*Canadian Mental Health Association*

## In Our City

### Calgary Connection

**The Strengths in ADHD research study** is recruiting children 8-11 years with or without ADHD to learn more about the strengths and supportive influences that can promote academic, social, and emotional success among these children. 1-2 visits to the University of Calgary. Free parking and refreshments, a \$25 gift certificate and a special toy! For info, contact 403-210-6726 or [adhdkids@ucalgary.ca](mailto:adhdkids@ucalgary.ca) or visit [www.ucalgary.ca/adhdkids](http://www.ucalgary.ca/adhdkids).

**Escorted Transportation Seeking Drivers:** Calgary Seniors' Resource Society is looking for volunteer drivers to help seniors get to medical appointments. We provide Calgary seniors (65+, who may be frail, unable to access public transportation and who cannot afford taxi service) a safe and reliable volunteer transportation option. Please contact 403-266-6200 or [volunteer@calgaryseniors.org](mailto:volunteer@calgaryseniors.org). Visit us online at [www.calgaryseniors.org](http://www.calgaryseniors.org).

**Pit Bulls for Life Dog Rescue:** Save a life, adopt a rescue! All dogs are 100% human non-aggressive as they are pre-tested before they enter our system. For dates and locations of our adoption days at Petsmart, please check out our News and Events on our website [www.pitbullsforlife.com](http://www.pitbullsforlife.com).



**The Calgary International Children's Festival** is looking for volunteers aged 14+ from May 22-26. Visit [www.calgarychildfest.org](http://www.calgarychildfest.org) under 'Volunteer Opportunities' for positions.