

AUGUST 2016

DELIVERED MONTHLY TO 2,700 HOUSEHOLDS

myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER



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Cedarbrae Community League
Association

11024 Oakfield Dr. S.W. • Calgary, AB T2W 5G6

Phone: 403.251-2101

info@mycedarbrae.ca • www.mycedarbrae.ca

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GREAT NEWS PUBLISHING HAS BEEN
PROUDLY SERVING CEDARBRAE
FOR 12 YEARS!

CEDARBRAE COMMUNITY ASSOCIATION

Complex
 11024 Oakfield Drive SW
 Calgary AB T2W 5G6
 Phone 403 251 2101
 info@mycedarbrae.ca
 www.mycedarbrae.ca

Community Contacts
 C.O.P.S. Liaison
 Cst. Gary Baldwin

EXECUTIVE BOARD		EMAILS
President	Steve Brown	president@mycedarbrae.ca
Vice President	VACANT	vicepresident@mycedarbrae.ca
Treasurer	Ron Bichel	accounts@mycedarbrae.ca
Secretary	Brenda Lofstrom	secretary@mycedarbrae.ca
DIRECTORS		
Glenn Suart	Andrea Roeke	Carole Davis
Sheila Husson	John Seagrave	Mae Pears
Tanya Jopling	Shelley Pears	Tamara Trevors
Sharon Bettin	Lori Choi	
OTHER		
Community Partnership	Joan Barnett	joan.barnett@calgary.ca

COMMUNITY VISION AND MISSION

Community Vision
 Cedarbrae is recognized as one of the most desirable, progressive and caring communities in Calgary to live, learn, work and play.

Mission
 MyCedarbrae operates a vibrant, viable community centre that provides recreational, social & educational opportunities for residents of Cedarbrae and by extension, citizens of Calgary.

OTHER EMAIL CONTACTS FOR US

casino@mycedarbrae.ca	volunteers@mycedarbrae.ca
events@mycedarbrae.ca	craftfair@mycedarbrae.ca
garden@mycedarbrae.ca	newsletter@mycedarbrae.ca
membership@mycedarbrae.ca	facility@mycedarbrae.ca
stampede@mycedarbrae.ca	

2016 RENTAL RATES

Damage Deposit required
Liquor License and Insurance may be Required at additional cost

Birthday parties, weddings, Celebration of Life, Showers, Game Days and Meetings
Our facility has the space for all your needs
Subject to availability and other conditions,
GST extra



Hourly Rental Event Rental			
Gym		Gym	
Half	\$48	Half	\$595
Full	\$80	Full	\$895
Capacity: Dining 374 - Non Fixed Seats 472 - Standing 598			
Meeting Rooms		Meeting Rooms	
Gardenview	\$43	Gardenview	\$225
Capacity: Dining 59 - Non Fixed Seats 59 - Standing 59			
Aspenview	\$40	Aspenview	\$200
Capacity: Dining 57 - Non Fixed Seats 596 - Standing 59			
Aspen/Gardenview	\$75	Aspen/Gardenview	\$395
Capacity: - Dining 126 - Non Fixed Seats 158 - Standing 200			
Parkview	\$29	Parkview	\$175
Capacity: Dining 55- Non Fixed Seats 70- Standing 89			



DON'T FORGET
 Submission Deadline is the 1st of each month
 Please send all submissions to info@mycedarbrae.ca

Great Photos of Cedarbrae Wanted!
 Send your photos to info@mycedarbrae.ca

"We Care"

DEERFOOT

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<p>Cork</p> <p>Starting Under \$1.99 Psf</p>	<p>Linoleum</p> <p>From \$0.99 Psf</p>	<p>Luxury Vinyl</p> <p>From \$0.99 Psf</p>	

6170 - 12 ST. S.E. 255-5880 NEW HOURS Mon-Wed. 9-6 • Thursday Friday 9-6 • Saturday 9-5 • Sunday Closed

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PRESIDENT'S MESSAGE

We had a wonderful Stampede BBQ this year and the community pulled it off with volunteers helping with setup and teardown, the barbeque chefs cooking up great grub and lots of entertainment. Ron Bichel was White Hatted this year, he is the Centre's Treasurer and has held that position for over 9 years, he is dedicated and takes pride in handling the Centres finances and is an outstanding volunteer in this community as well with other organizations in the City and Province. I would also like to extend many thanks and appreciation to the sponsors whom generously contributed to this years Stampede BBQ, accolades are mentioned further on in this newsletters issue.

Summer weather has been good this year except for the deluges of heavy rain and localized flooding. Let us hope August turns out to be a little bit less generous with that weather pattern.

St. Cyril Elementary School has had a major refurbishment and looks great in preparation to open in September.

The construction and renovation projects within our Centre continue through the summer too. We will be focusing on the painting for the Centre's exterior while the warm weather lasts. The West Patio Project is now completed and fully functional to our renters. Drop by and check out the fresh new look in the Centre. New HVAC diffusers installed in the gym to provide an evenly dispersed flow of ventilation through out the space. New ceiling tiles and LED lights were installed in the upper rental rooms and patio.

Volleyball Alberta has collaborated with our Association again this year to offer kids summer programs. These Volleyball programs will take place throughout the month of August. Please check out www.volleyball-alberta.ca for details and registration. Courses fill up early, so register quickly!

Many of our regular programs have concluded their seasons and will return to us in the fall. Summer at the Centre brings many celebrations, weddings, birthdays, parties of all kinds. We offer some beautiful renovated spaces for rent; please call the Centre office to book a tour, we would love to have you.

None of our events can happen without the dedicated hard work of our Community Volunteers. Cedarbrae Volunteers have discovered the benefits of engaging in a more purposeful life, making new contacts and friends while developing new skills. We encourage all residents to volunteer their time for our Community, please contact the Centre office for opportunities or contact me directly.

Community memberships are still available for our 2016/2017 membership year. Our members have found the heart and soul of Cedarbrae. Meeting new friends, learning new skills, getting involved in community decision making, and having a real impact on the lives of others. Membership applications can be completed and dropped off at the Centre or online through our website's secure membership page.

Please visit our web page: mycedarbrae.ca, Twitter: @Cedarbraeinfo or like us on Facebook. The centre office is often open too; stop by to check out all the activity happening in our neighbourhood.

Look forward to seeing you at the Centre.

Community Minded,

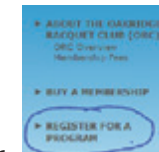
Steven Brown, President, CCLA



Oakridge Racquet Club KIDS SUMMER CAMPS!

Winner of Tennis Canada's Building Tennis Communities Award in 2016

Monday July 11 – Friday July 15
 Monday July 18 – Friday July 22
 Monday July 25 – Friday July 29
 Monday August 8 – August 12
 Monday August 15 – August 19
 Monday August 22 – Friday August 26



Openings available for all weeks:
 0900-1100

Register at:

www.oakridgecommunity.ca/racquetsports/

UPCOMING EVENTS

August 8 Volleyball Summer Program Begins
 August 23 CCLA Monthly Strategic Meeting
 September 10 Annual Community Clean-up
 September 14 Annual General Meeting
 September 27 CCLA Monthly Strategic Meeting
 October 1 & 2 Calgary Reptile Expo
 October 15 Garden harvest
 October 17 SWUS resumes at the Centre
 December 10 & 11 Christmas Craft Fair

Cedarbrae Community League Association ANNUAL MEETING

Our Community Association is preparing once again for our Annual General Meeting. This year's meeting will be held at the Cedarbrae Community Centre on Wednesday September 14, 2016 at 7:00pm. A copy of the minutes from last year's meeting is available at the Cedarbrae Centre office for all residents to read.

All residents are encouraged to sign up for a membership and to get involved in our Community in any way that they can.

Look forward to seeing you there!

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 Happy Hour 2pm - 7pm
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 Live Music

Open: Sunday - Thursday: 11am - 11pm
 Friday & Saturday: 11am - 1am

Come in for a game of foosball, darts, crokinole, or crib
 Check us out on Facebook: [bobbysplaceyc](https://www.facebook.com/bobbysplaceyc)

Brenda's Blog

The Health Rewards of Helping!

Did you know that by helping others you help yourself?

People who volunteer and lend a helping hand to others often experience a 'helper's high' in the form of a physiological surge throughout the body stimulated by the brain's release of neurotransmitters - endorphins, serotonin, dopamine and others. These are the body's natural painkillers, tranquilizers AND feel-good stimulators which trigger both mental and physical benefits.

A helper's high is similar to a 'runner's high' - feelings of energy, euphoria and optimism! Those of us who don't run often feel the equivalent in what we call 'natural highs' stimulated by such things as the beauty of nature, the majesty of music and the sense of accomplishment.

A helper's high can create a positive and energizing outlook on life. Numerous studies have shown that people who donate their time and efforts by volunteering to help others receive numerous mental health benefits themselves. A Cornell University study found that volunteer work increases a person's self-esteem and sense of mastery over life. A study undertaken by the University of Texas found that volunteering very quickly lowered depression in volunteers over the age of 65, and over time lowered depression in all age groups.

An Ontario study determined that volunteer work reduces social isolation and anxiety, and volunteers feel more socially connected and able to combat feelings of loneliness and depression.

Helping others was also found to create a general feeling of calm and well-being, stabilize moods and increase the ability to manage stress.

And a growing body of studies is showing that volunteer work also has positive effects which go beyond mental health. Results determined that people who give of their time to help others are also rewarded with better physical health. The Ontario study also revealed that helping others reduces blood pressure in volunteers. The endorphins released by positive emotions created by helping others help relax the heart - natural blood pressure pills!

Researchers in a Michigan study also showed that individuals with a history of heart conditions experienced a reduction in blood pressure, and also improved cholesterol readings when tested after volunteering. Another Michigan study found that men who did volunteer work had increased levels of physical activity and lower mortality rates - two and one half times lower than those who did not volunteer!

Many other studies show the same results - helping others works wonders for our own health.

Get High! Be A Helper! Hope to see you as a volunteer at Cedarbrae Community Centre!



Cedarbrae Real Estate Update

Last 12 Months Cedarbrae MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$409,500.00	\$400,000.00
May 2016	\$424,900.00	\$423,000.00
April 2016	\$399,900.00	\$390,000.00
March 2016	\$399,900.00	\$395,000.00
February 2016	\$419,500.00	\$410,000.00
January 2016	\$269,900.00	\$270,000.00
December 2015	\$419,900.00	\$410,000.00
November 2015	\$349,450.00	\$336,250.00
October 2015	\$354,900.00	\$350,000.00
September 2015	\$419,900.00	\$412,000.00
August 2015	\$407,400.00	\$406,750.00
July 2015	\$324,500.00	\$313,000.00

Last 12 Months Cedarbrae MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2016	10	9
May 2016	10	7
April 2016	10	15
March 2016	13	5
February 2016	8	3
January 2016	4	1
December 2015	2	2
November 2015	3	2
October 2015	4	3
September 2015	4	5
August 2015	5	6
July 2015	3	3

To view the specific SOLD Listings that comprise the above MLS averages please visit cedarbrae.great-news.ca



Get Active at the Cedarbrae Community Centre!

- South West United Soccer 403-281-2798
- Dynamic Kidz Childcare 403-483-8861
- Guides and Brownies 403-238-4675
- Chinook Country Line Dancers 403-988-0973
- Bravo Circus Gymnastics 587-894-0675
- RDS Gymnastics 403-225-8519
- Preschool Gym Playtime 403-219-3477
- Volleyball Alberta 780-415-1703
- Lady's Badminton 403-238-5185
- Monday Night Ball Hockey 403-669-6739
- Friday Night Men's Hockey 403-221-8901
- Walk Live Classes 403-251-6717
- Drop-in Pickleball 403-251-2101
- Drop-in Yoga 587-891-8900
- Scent Training 403-238-6715

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ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)

safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

AUGUST 2016

Schedule of Events at the Cedarbrae Community Centre

Serving the Community of Cedarbrae | 11024 Oakfield Drive SW, Calgary

For more information please contact the Cedarbrae Community Association at 403-251-2101

August 1:

Gym: Adventures 3:45pm-4:45pm, **Aspen View Room:** AP Control Monthly Meeting 1:00pm-4:00pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm, Men's group 8:00pm-9:00pm

August 2:

Gym: Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 3:

Gym: Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 4:

Gym: Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 5:

Gym: Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 6:

Aspen View Room: Gremtassa 4:00pm-6:30pm

August 7:

Garden View Room: Varsity Church Group 8:00am-4:00pm

August 8:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

August 9:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 10:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 11:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 12:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Aspen Garden Room:** Wedding Set-up 8:00pm-10:00pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 13:

Aspen Garden Room: Private Event, all day, **Park View Room:** Jack and Jill Shower 1:00-6:00pm

August 14:

Garden View Room: Varsity Church Group 8:00am-4:00pm, **Park View Room:** Livingstone Youth Group 11:00am-1:00pm

August 15:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

August 16:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 17:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 18:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 19:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Aspen Garden Room:** Gremtassa overnight vigil, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 20:

No Events Scheduled

August 21:

Garden View Room: Varsity Church Group 8:00am-4:00pm, **Park View Room:** Livingstone Youth Group 11:00am-1:00pm

August 22:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

August 23:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 24:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm, Private Meeting 7:00pm-8:00pm

August 25:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 26:

Gym: Volleyball Alberta 12:30pm-4:00pm, Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 27:

No Events Scheduled

August 28:

Garden View Room: Varsity Church Group 8:00am-4:00pm, **Park View Room:** Livingstone Youth Group 11:00am-1:00pm

August 29:

Gym: Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

August 30: **Gym:** Adventures 4:00pm-5:00pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm, CCLA Strategic Meeting 7:00pm-9:00pm

August 31:

Gym: Adventures 3:45pm-4:45pm, **Park View Room:** Adventures Childcare 7:00am-6:00pm

CEDARBRAE STRATEGIC MEETINGS

Last Tuesday of the month

Cedarbrae Community League Association
11024 Oakfield Dr. S.W.

If you wish your name to be added to the meeting, please contact info@mycedarbrae.ca 7 days prior.



AUGUST 2016



Guiders are...
INSPIRING!
FUN!
AWESOME!
Girl Guides is a place where we can

all shine together!

"My experience with GGC gives me a sense of empowerment and self-confidence that I can foster in the girls and women I interact with. It is one way of giving back to my community."

For more info on volunteering with Girl Guides in Cedarbrae... contact Barb: 403.251.5169 silverbirchgirlguides@gmail.com

Girl Guides is...
MOST. FUN. EVER.

Registering Now!

Find a Unit near you at girlguides.ca

Sparks	5 & 6 years old
Brownies	7 & 8
Guides	9 to 12
Pathfinders	12 to 15
Rangers	15 to 17 +

Women always welcome
Free training provided

For more info in Cedarbrae contact: Barb at 403.251.5169 or silverbirchgirlguides@gmail.com





Clean-up Cedarbrae!

Our annual community clean-up is quickly approaching, September 10, 2016.

Some of our neighbours will need help to remove their unwanted items, and volunteers with larger vehicles are needed to assist with pickups.

We'd also love to have volunteers at the centre helping residents load their unwanted items.

If you're able to help out on September 10 please contact the Cedarbrae Community Centre 403-251-2101 Email: info@mycedarbrae.ca

Let's make our Community Better!

Cedarbrae mybabysitterlist

Name	Age	Contact	Course
Aaron	13	403-287-9492	Yes
Annika	12	403-454-2393	Yes
Avi	41	587-897-0789	Yes
Denisse	16	587-582-1799	No
Emilia	16	403-251-2013	Yes
Evelyn	12	403-475-0919	Yes

Maya	14	587-896-1136	Yes
Nina	16	403-918-0641	Yes
Paula	17	403-404-8009	Yes
Paula	17	403-404-8009	Yes
Raven	14	403-460-0307	Yes
Sabrina	19	403-400-5520	Yes

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Summer 2016

atomic volleyball

Volleyball Alberta is partnering with Cedarbrae Community Centre

- The atomic volleyball program focuses on increasing the number of ball contacts per player, creating longer rallies, and developing proper skill delivery.
- Promotes FUN, FAIRPLAY, and PARTICIPATION
- Adapted rules for youth aged 9-12.
- Each session is split between practice and game play



August 8-12, 2016 2:30pm-3:45pm
August 15-19, 2016 1:00pm-2:15pm
August 22-26, 2016 2:30pm-3:45pm

Cost: \$40.00 + \$8.25 membership fee



LOCATION:
Cedarbrae Community Centre
11024 Oakfield Drive SW
Calgary, AB T2W 5G6

Registration Deadline July 25, 2016

FOR MORE INFORMATION:
Email: krath@volleyballalberta.ca
Phone: 780-415-1703



Register online at: www.volleyballalberta.ca



We are looking for articles about people with interesting stories, who have demonstrated outstanding service, or people who have gone above and beyond the ordinary.

We would like to hear from you. Contact the community centre at 403-251-2101 or write mycedarbrae@gmail.com.



2016 FREE guided cemetery tours May 8 to October 30

Cowboys and cooks, prohibitionists and politicians, suffragettes and speculators! Join our volunteer guides for a walk through time to learn about the people and events that shaped Calgary.

Burnsland Cemetery

- Last Saturday of the month
- Meet at Galloway House near the Union Cemetery gate at Spiller Rd. S.E. and Cemetery Rd. S.E.

Special tours

- Canada Day, Friday, July 1
- Remembrance Day, Friday, Nov. 11

St. Mary's Pioneer Cemetery

- Third Saturday of the month
- Meet inside the St. Mary's Cemetery main gate at Ertlon St. S.W. and 32nd Ave. S.W.

Union Cemetery

- Every Sunday
- Meet at the Union Cemetery entrance at Cemetery Rd. S.E. and Spiller Rd. S.E.

Tours are 2 – 3:30 p.m. (weather permitting).

Note: Cemetery tours are not wheelchair or stroller accessible and are best suited for ages nine and up. Pets are not permitted. Contact 311 for tour cancellation updates.

Visit calgary.ca/cemeteries for more information.



Electronic Recycling Bin at Cedarbrae Community Centre

Please DO NOT drop in front of the bin.

Stop by the centre office, we'll open the bin for you

Thank you from your Cedarbrae Board!



BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 25



Our Members get a whole new view on the world!

Cedarbrae Community League Association

Join your neighbours in making Cedarbrae a better place to live, learn, work and play. Become a member today!



Community Vision:

Cedarbrae is recognized as one of the most desirable, progressive and caring communities in Calgary to live, learn work and play.

Mission:

MyCedarbrae operates a vibrant, viable Community Centre that provides recreational, social and educational opportunities for residents of Cedarbrae and by extension, citizens of Calgary.

Want to make the world a better place? Why not start in your own backyard? Become a member, get active and join in, attend an event, or volunteer. Your neighbours are amazing, come meet them!



info@mycedcarbrae.ca

Become a Member today!

What's the easiest way?

- Check out our website: www.mycedarbrae.ca, click on the membership tab to go to our secure membership site, a few easy steps and you're a member!
- Stop by the Community Centre and fill out a membership form. Anytime during office hours the Centre staff is ready to help.
- Fill out the membership application in the May edition of the MyCedarbrae newsletter and drop it in the mail.
- Come check out one of our Community Events. Memberships are available during all of our Events.

Cedarbrae Community Memberships are always a great value!

- \$30 per household
- \$15 for seniors (55+)
- \$10 for a business

Yearly memberships run from May 1- April 30.

Cedarbrae Centre programming dollars at work, drop-in pickleball in the gym



Join us in ensuring our neighbourhood remains the beating heart of south west Calgary! Become a member today.

The Cedarbrae Community League Association is a volunteer non-profit organization run by and for the residents of Cedarbrae.

Funds are raised through rentals at our Community Centre, fundraising events and our yearly membership.

All those funds are put right back into our Community, maintaining the Centre, low cost programming, hosting events and Community Outreach.



Exterior, Cedarbrae Community Centre

Memberships are for businesses too!

Own or operate a local business? Become a business member. Our business members agree to offer discounts or specials to our community members. In turn, your business will be recognized on our website, newsletter and social media communications.

Building our community means supporting local businesses. Get your company involved through our many volunteer opportunities. Come meet your customers and show off your support for Cedarbrae!

Who We Are

The Cedarbrae Community League Association is a dedicated group of volunteers who work hard every day to make our neighbourhood a better place.

Why not join us? Your involvement can be great or small, all contributions are valued!

What's the first step?

Become a member!

Our members have found the heart and soul of Cedarbrae. Meeting new friends, learning new skills, getting involved in community decision making, and having a real impact on the lives of others.

Membership dollars go towards running your local Community Centre, Community Events, and programs offered at low cost so that everyone can join in.

Your membership is a passport to all the great happenings in your community:

- Meet Your Neighbour Night
- Open Gym Times
- Community Gardens
- Discounts at local businesses
- Community Clean-up
- Volunteer opportunities
- A voice in what's happening in Cedarbrae

Community Association Membership Membership Application Form

\$30.00 – Family Membership \$15.00 – Senior 55+ Membership \$10.00 – Business Membership

Main Contact

Last Name _____

First Name _____

Address _____ Postal Code _____

Home Phone _____ Cell Phone _____

Please send cheque or money order to Cedarbrae Community League Association 11024 Oakfield Dr. SW Calgary AB T2W 5G6

E-Mail _____

I would consider volunteering for the following:

- Stampede BBQ
- Meet your neighbour night

- Casino
- Newsletter
- Special Events
- Board of Directors

- Community Clean-up
- Garden
- Sports Programming
- Other

Benefits of Community Membership

Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. It provides: a voice for the community on changes and new developments that affect residents; information, programs and support, low cost recreation, sports and social activities and discounts for members on various goods and services.

You can become involved with your community association in two important ways:

Become a member. When you purchase a membership in your community association, your dues are used to offer you and your neighbours many programs and activities.

Become a volunteer. Community Associations rely on volunteers to make things happen. There are many ways you can volunteer to make your community a more enjoyable place to live. At the same time you will make new friends and learn skills.

TEN GOOD REASONS TO JOIN *Your Community* ASSOCIATION:

- Programs and Services for all ages. Preschoolers to seniors, community associations offer programs directly or provide support to other organizations offering programs.
- Sports. Community Associations offer you recreational and sports opportunities.
- Community Safety. Block Watch, Block Parent and bicycle safety programs are examples of how community associations ensure safety in the neighbourhood.
- Special Events. Many events are provided throughout the year that provide an opportunity to meet others in the community and have some fun. Events include the Stampede Breakfast, Children's Christmas Party, Community Cleanup Weekend, and others are always in development.
- Awareness and Responsive to Planning and Development Issues. The community association makes every effort to keep track of development and planning proposals in the area such as transportation, park development, and traffic issues. The City of Calgary often consults with the community association on these issues.
- Community Newsletter. The community association communicates to the residents the activities, programs and services that are happening in the community through a regular newsletter.
- Facility Operations and Rentals. Many community associations operate a facility that is available for programs, meetings, social and private functions. Outdoor tennis courts are also maintained for the benefit of the community residents.
- Membership does have its benefits. Certain events offered in the community by independent groups/individuals offer discounts on registration to community members.
- Representing the Community on Regional Committees and Initiatives. Community association designates represent the community on regional issues of interest such as major parks, major infrastructure projects in the area or social issues.
- Improving the Quality of Life. Community Associations are created by individuals who want to improve the quality of life for themselves and others in the community. Share the feeling of community pride — become a community association member and volunteer.

Community Associations are a great place to belong. It's easy to join, mail in the attached registration form with payment or call the hall to arrange a time to join.



RADISHES THE PROS OF GROWING THIS VEGETABLE AND THE ISSUES THAT COME WITH IT

Sun and Soil

Radishes require at least eight hours of full, direct sunlight each day. This plant does, however, tolerate some filtered shade during the heat of the day. If you plan on growing radishes during the summer months, provide your plant some shade during the afternoon hours to prevent it from going to seed during the longer days. The quality of the soil also affects the quality of the plant's edible roots. Provide your radishes loose, well-draining fertile soil with a pH of 5.5 to 6.8. To increase the fertility of the soil, fertilize the planting space with aged organic compost prior to planting radishes.

Water

The amount of water a radish plant receives affects the quality and taste of the crop. Radishes are a moisture-loving plant. Ensure the soil in your container or planting bed remains moist but not overly saturated. Proper drainage is important in making sure that the soil does not become too wet. Radishes grown in overly wet soil have a tendency to take on a woody flavor. Radishes are

a fast-growing crop, but if the soil is allowed to completely dry out, the growth of the roots slows. Dehydrated, slow-growing radishes also have an unpleasant flavor. If you do not provide your radishes with moist soil, you are likely to notice an overly hot or spicy flavor.

Depth and Planting Space

Provide your radishes with the proper planting depth and space to ensure that the plant and root have enough room to spread and develop. Plant radish seeds at a depth of 1/4 to 1/2 inch in the soil. The amount of space you allow between each plant depends on the variety of radish you plan to grow. Allow 1/2 inch to a full inch between spring radishes, as the plant and roots of these varieties are smaller. Winter radish varieties are typically larger, requiring 2 to 4 inches between each plant.

Time to Harvest

Harvest your radish crop within the appropriate amount of time. Otherwise, you run the risk of your radishes splitting, cracking or developing an unpleasant spongy texture and spicy flavor. Radishes typically require between 20 and 70 days to harvest, with spring varieties being the first to mature, within 20 to 30 days. Winter varieties take slightly longer; approximately 50 to 70 days to reach maturity. The best way to ensure you harvest your radishes on time is to gently pull up and observe the roots. If they appear to be of an edible size, go ahead and harvest.

Pests and Diseases

Due to the rapid growth rate of radishes, the plant is relatively disease-resistant. But you do need to keep an eye on your radish plants to make sure that pests like aphids or root maggots do not harm your crop. Aphids tend to favor hot, dry conditions. Ensure that your radish plant receives adequate water to keep aphids away. If you notice aphids, immediately remove the affected leaves. Root maggots are also seldom a problem. These pests are present if you notice something eating holes through your radish crops. In this case, an organic insecticide is effective for treating root maggots.

If you are successful with growing this vegetable stick with it, as it more than just a salad additive. The versatility is amazing, and the benefits are for a healthier you.

Happy Gardening

Lauraine Brown, Garden Coordinator

BUSINESS CLASSIFIEDS

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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.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769. yardbusterslandscaping.com.

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SUMMER IS HERE! Time to enjoy your yard. Weekly or vacation cuts. Flower bed, planting, and maintenance. Hedges, bark chips, and projects. Locally owned and operated. Please contact Brenda at 403-615-7199.

THE GUTTER DOCTOR! We install, repair and clean eaves-troughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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The Cedarbrae Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.



It is just like
man's vanity and
impertinence
to call an animal
dumb because
it is dumb to his
dull perceptions.

Mark Twain

Thank you for taking the time to join in on the budget discussion through June and July. I valued the thoughts, comments and feedback you added to the discussion. If you missed it, please check out the blog series on my website at www.ward11calgary.ca. If you do not have internet access, please know you are welcome to contact my office, and will find an alternate way to share the information with you.

To ensure that you're part of the conversation, I would like to encourage you to contact me and sign up to receive updates from my office. I send out one or two email updates a month to let residents of Ward 11 know about upcoming events in your community, city programs and opportunities to have input into the city's public engagement programs. You can sign up by emailing my office at ward11@calgary.ca and asking to start receiving our updates.

The summer is a great time to consider joining your community association. Community Associations work for you at the very local level of your neighbourhood. The people who volunteer with your community association are committed to making your community better. They plan events, work to represent you to the City and to me, and are always looking for new ways to help neighbours connect with neighbours. They are a very important part of what makes our communities great. Please support your community association by getting a membership, by volunteering and helping out to make your neighbourhood event better.

There are a ton of events taking place in Ward 11, and in Calgary, this summer, and I would like to encourage everyone to take part in some of them! Ward 11 is blessed with very active community associations that are hosting stampede breakfasts and parade, pub nights, movie-in-the-park nights and all kinds of other events. Enjoy the festivities, I hope you have a safe and great summer!

WYMAN

Website: www.wymanmusic.com
Email: intrepid@wymanmusic.com
Twitter: www.twitter.com/wyman2014
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WYMAN | the man, the artist, the band

When Wyman parted ways with the last IT company he worked with in 2010, he made a life changing decision. "I'd been writing music my entire life", he said with a wry grin and energetic glint in his eye, "it was time to inflict it on the world". No small feat for a 54 year old father of two who in 2010 felt compellingly obliged to share a lifetime of music, lyrics, art and passion.

A native of Montreal who grew up in California and was educated in Toronto, Wyman resides and writes music in Calgary. With a lifetime of extensive travel behind him, he stewards an ever expanding catalogue of material born of an artist's eye and genuine sensitivity to the universal human condition. The often poignant yet always hopeful songs explore the people of his world in their native environments - we see ourselves reflected and know we are not alone.

Cab Callaway to Frank Zappa, Lighting Hopkins to Led Zeppelin, Robert Johnson to Little Feat, Hank Williams to Townes Van Zandt, Tommy Hall to Art Of Noise - these iconic influences provide the DNA of Wyman's music. Undeniably a modern folk artist using many traditional components, Wyman successfully incorporates rhythmic blues, country and classic/psychedelic rock elements to create his own hybrid, yet satisfyingly familiar sound. The catalogue features acoustic guitar in a characteristic minimalistic, open-voiced finger style together with rich, warm and inviting vocals that never fail to enchant rapt audiences across the country. This is fine adult contemporary music with broad appeal that is at once heartfelt, rhythmic, evocative and timeless.

FIRST SINGLE RELEASE DATE: 02/02/15
I Fell Like A Stone

EP RELEASE IN PRODUCTION: 

Sometimes
My Heart Stands Down
Faded Highway
Lead On

Bad 'N True

PR CONTACT

Ellen Magidson
Phone: 1.403.268.4825

BOOKINGS

KP Entertainment 
Phone: 1.403.891.9540
kpntertainment@gmail.com

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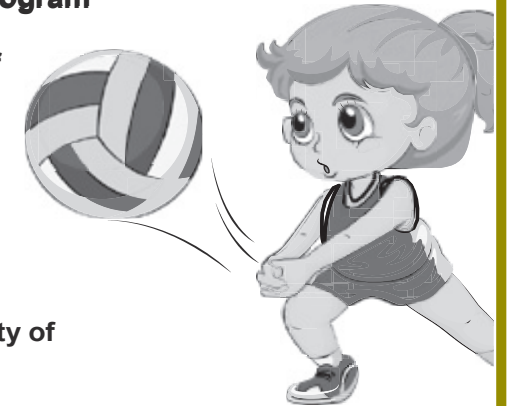
We acknowledge the financial support of FACTOR, the Government of Canada through the Department of Canadian Heritage (Canada Music Fund) and of Canada's Private Radio Broadcasters

miniVolley Summer 2016

Volleyball Alberta is partnering with Cedarbrae Community Centre

Mini-Volley is an introductory volleyball program for children providing game like activities while also focusing on the development of fundamental movement patterns.

- PLAY and FUN
- For children aged 6-8.
- Physical literacy development in children.
- To increase competence and confidence children need to participate in a wide variety of physical activities.



August 8-12, 2016 1:00-2:15pm
August 15-19, 2016 2:30pm-3:45pm
August 22-26, 2016 1:00pm-2:15pm

Cost: \$40.00 + \$8.25 membership fee



LOCATION:
Cedarbrae Community Centre
11024 Oakfield Drive SW
Calgary, AB T2W 5G6

Registration Deadline July 25, 2016

FOR MORE INFORMATION:

Email: krath@volleyballalberta.ca
Phone: 780-415-1703



Register online at: www.volleyballalberta.ca

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South West Communities Resource Centre

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Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca



Exciting News

The Board of Directors would like to introduce Debra Armstrong as the new Executive Director for the South West Communities Resource Centre. With a background in Social Work and Non-Profit Management her leadership has contributed to the impact of numerous programs and services throughout Alberta. She is excited to work with families throughout 28 local communities and provide a range of programs and services that will meet the needs of children, youth and parents. Come by our office and say hello.

Summer Fun

Chat N' Play

Wednesday afternoons from 1:30 to 3:30.

This is a fun gathering of parents and tots who are looking for opportunities to socialize and connect with other parents. Coffee will be on, but childcare will not be provided.

Volunteering in your community

- **Casino shifts available on October 1st and 2nd. At Cash Casino.** Please help our agency raise needed dollars to support our neighbours. The gift of your time means so much to so many families. (Must be over the age of 18 to volunteer at a casino).
- If you have a professional skill that you would like to offer as a volunteer, we want to talk to you! We are looking for people who can donate time to help with the following areas and roles: our social media, volunteer management, web design, graphic artists, photographers, parenting group assistants and morning child care once a week. **Please contact our office if you would like to help.**

Donations

Neighbours Helping Neighbours:

- Do you know anyone giving away high quality office furniture? We are seeking three office desks, white boards, and credenza.
- More than ever your neighbors' are requesting our support. The demand for basic needs for many young families has increased over the last year. We are seeking donations for baby diapers, pull-ups and wipes, baby shampoo and formula, personal hygiene products and feminine hygiene products.
- If you are unable to purchase these items, consider making an **online donation** so that the SWCRC can continue to help those who require a helping hand. Visit www.swcrc.ca for more information.

IN & AROUND CALGARY

Southland Leisure Centre

2000 Southland Drive SW

See calgary.ca/leisurecentres for schedules and more information.

Fall 2016 - look for our program guide online and on stands early Aug www.calgary.ca/recreation

NEW "Did you know Southland Leisure Centre has a Proshop? We have a great selection of swimsuits for all ages. Proshop sharpens skates using the Blackstone Stealth Skate Sharpening machine, CHECK US OUT"

Wednesday Soccer Drop-in. Age: All ages
Soccer in the gymnasium. Develop foot skills, practice drills or play a game. Nets and standards are available. Please supply your own soccer ball.

Drop-in Climbing and Gymnastics. There's so much to do at Southland Leisure Centre! Come have some fun and unique experiences in our rock wall climbing and gymnastics gym drop-in times. All equipment is provided and instructors are present to guide you.

Drop-in Badminton and Basketball.

Please see calgary.ca/recreation or contact 311 for the latest schedules as cancellations may be in effect for special events or holiday hours.

SOUTHLAND LEISURE CENTRE PLAYSCHOOL

Phone: 403-648-6582

Southland Leisure Centre's Playschool is recreation-based and includes educational activities which allows children to learn through play. Playschool programs are for two to four year olds from September to June. Registration is ongoing throughout the year, based on availability. Spaces are still available for the 2 1/2 and 4 year old programs for the 2016 to 2017 school year.

NEW Prepare your preschooler for an active social experience where children are encouraged to play and learn through games, song, exploration, and art.

This flexible Playschool option allows you to choose from one day a week or all five, just pay for the day/classes you choose at the time of registration and you can add day/classes throughout the year as you require. Registration is ongoing and in-person.

Age: 3Y-5Y

Sep 12 - Dec 31, (Jun 14/2017), M - F, 12:30pm - 03:00pm, \$20

Every Sunday, 8 am to noon. Family Swim. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the AquaPlay structure. Be prepared to get wet! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

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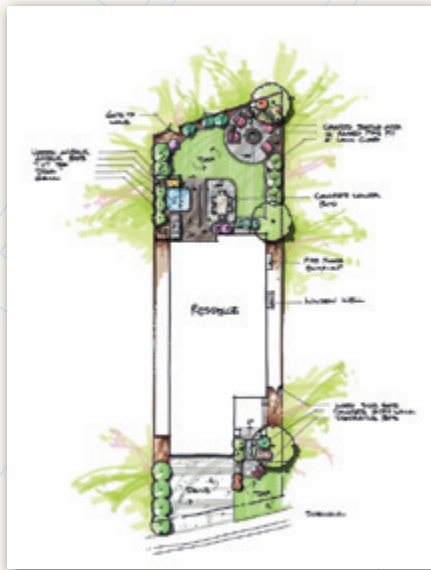


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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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MLA CALGARY-GLENMORE ANAM KAZIM

#A208, 1600 - 90th Avenue SW
Calgary, AB Canada T2V 5A8
Ph: (403) 216-5421, Fax: (403) 216-5423
Email: calgary.glenmore@assembly.ab.ca

Dear Constituents:

Thank you to all the constituents who attended our MLA Stampede Breakfast at Heritage Park on July 13, 2016. I was very happy to see you and pleased you took the time to make the event a success. Also, I apologize for the misquote in the July community association newsletters about Canada Day 150- we are in the 150th year now and we are moving towards the celebration of that all year, so we wanted to say "towards our 150th birthday". Thank you for your understanding.

Alberta Registry Renewal Reminders: I would like to remind you that the paper reminders from Service Alberta will no longer be issued for the renewal of license plates, driver's licenses and other government IDs. Therefore, please register online at www.reminders.e-registry.ca to receive electronic reminders and review the documents for their expiration dates.

Electricity Prices/Carbon Levy: It is worth noting that current and expected transmission cost increases are due to entirely new transmission builds that were approved in 2008. While it is crucial we have a reliable electricity grid that keeps pace with a growing province, decision makers at the time were not clear with Albertans about what the costs would be and who would pay for their decisions.

The government is putting a price on carbon pollution across the entire economy, and every bit of the revenue generated from our price on carbon will be reinvested back into Alberta's economy, including the pocket-books of Alberta families and to diversify our economy and create good, mortgage-paying jobs through investments in renewables and infrastructure.

This plan is cost neutral for most Albertans. Two-thirds of Albertans will receive a rebate to ensure the direct costs of emissions do not place an unfair burden on them and that their efforts to reduce their energy consumption are rewarded. Please note that even once the carbon levy is fully implemented, Alberta will still have the lowest taxes in the country.

The government has announced the creation of a new energy efficient agency, Energy Efficiency Alberta, to help families, businesses and municipalities reduce both their energy costs and greenhouse gas emissions. These efforts will help Albertans save on energy bills, and create new jobs in insulation, retrofitting and rebuilding. Until now, Alberta has been the only province without a plan to improve energy efficiency of our homes, workplaces, and public buildings and was long past due. More details will be available soon.

There will also be an adjustment program to assist coal-dependent communities, Indigenous communities, low-income families, and small business to adjust to and succeed in a diversified, lower carbon economy.

Alberta's government has an investment plan that will fully recycle revenues from Alberta's carbon levy into renewable energy, innovation, public transit, and other measures that will reduce the carbon intensity of our economy.

Alberta Jobs Plan: Please check the link for details on the government's initiatives to create jobs in the province: www.alberta.ca/alberta-jobs-plan.cfm

Facebook: [Anam Kazim MLA Calgary-Glenmore](https://www.facebook.com/AnamKazimMLA)
Twitter: @anamkazimMLA

BRAIN GAMES SUDOKU

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

your COMMUNITY BUSINESS OF THE MONTH

Inland AV

Inland AV is a full service audiovisual provider to Canadian and International clients. Our specialists deliver a comprehensive range of products and expertise through our sales, service and rentals divisions. With a Winnipeg head office, Inland AV maintains full service locations in Winnipeg, Calgary, Edmonton, Regina and Saskatoon.

Inland AV is an audiovisual pioneer, commencing operations in 1937 with branch expansions into Saskatchewan beginning in 1978. 1989 saw the entry of Inland AV into the Alberta market, with a presence in Calgary and Edmonton. The Sales, Service, Rentals and Managed Services divisions offer the services of over 130 full time staff and have introduced and supported a myriad of technological communication advances, always meeting the needs and demands of our customers.

Our strengths begin with our personnel and leadership. The personnel, from management through sales to the front line technicians, all provide the necessary talents and experience to develop and enhance AV services.

Our commitment to this industry and to progressive business is reflected in our Mission Statement: Everything we do must be good for our Customers, our Employees, and our Company.

Inland AV's Calgary location is a full-service operation with Sales, Installation, Rentals and Managed Services. Inland AV is an official representative of hundreds of major AV manufacture brands and represents relationships that have been nurtured over 30 years of time or more. The major brands recognized internationally by AV rental companies include: Sennheiser, QSC, Bose, Electrovoice, Polycomm, Cisco, Barco, Epson, Hitachi, Digital Projection, Sharp, Mackie, Shure, and many more.

The key overall markets for Inland AV include event venues, associations, corporations, K-12 and post-secondary institutions, government and associated institutions, and worship. The event venues that Inland AV provides AV support include the Coast Plaza Hotel & Conference Centre, the Glenmore Inn

& Conference Centre, the Calgary Petroleum Club, Best Western Port O Call, Hilton Airport, Four Points Airport & four Points West, Fort Calgary, Blackfoot Inn, Aloft, Calgary Golf & Country Club, Holiday Inn Macleod Trail, Radisson, Ramada and more.

The Inland AV, Calgary location is best known for their Rentals division. We are known as a "we can do that, never say no" attitude that looks to solve issues before they arise. The rental division has had twenty years of stable leadership and direction with Moe Alibhai. Inland AV Rentals is unique in that we have the strength and stability having multiple locations but we are still small enough to be able to offer flexible service and policies that make us easy to work with.




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calgary@inlandAV.ca
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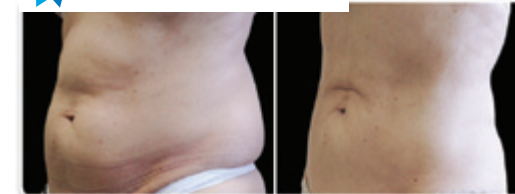
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12 WEEKS AFTER

COOLSCULPTING

Rapid Weight Loss Program

Calgary's only Medically Supervised hCG Program includes:

- Weekly visits, hCG & 6 weeks maintenance!
- Metabolic Testing & Fat Burning Injections
- Medical history review & lab testing

Benefits of our Clean Start hCG program:

- An average weight loss from ½ lb to 1 lb per day
- No loss of muscle or structural fat
- Lose the weight and keep it off!

Targeted Fat Elimination

Do you have stubborn pockets of fat?

- Eliminates love handles, muffin tops, and bra fat!
- Only clinic in Calgary with both COOLSCULPTING and Vanquish/Exilis targeted fat removal!

Skin & Body Tightening

Loose skin on your face or body?

- Exilis tightens loose skin on face, arms, abdomen

Save up to \$1,000!



A305, 1600 - 90th Ave SW
(3rd floor Glenmore Landing)

For more info or to book a free consultation
*Expires Aug 31 2016

Call 403-452-5699 Today!

www.GlenmoreHealthcare.com



**SATURDAY SEPTEMBER 10,
2016 9:00AM-2:00PM**

CEDARBRAE ANNUAL COMMUNITY CLEAN-UP

Let's clean-up our mess Cedarbrae!

Cedarbrae's annual Community Clean-up offers residents a chance to clean out their back alleys, basements and backyards! City of Calgary waste trucks will be on hand including a truck for organics recycling. Also accepted will be clothing, metals, bicycles, tires, batteries, electronics, paints, kitchen ware dishes, furniture and children's clothes. This event is free to residents of Cedarbrae, although donations are always welcome.



**Many thanks to
The City of Calgary
Animal and Bylaw
Services along with
Waste and Recycling
for making this event
possible**

**Techno Trash Alberta
will be on hand for
Electronic recycling**

**Volunteers are always
needed, along with
trucks and trailers,
please contact the
Centre to join this
or any of our great
volunteer groups!**

**Cedarbrae Community
League Association
11024 Oakfield Drive SW
Calgary
403-251-2101**

www.mycedarbrae.ca

**Saturday September 10,
2016 9:00am-2:00pm**