my Cedarbrae

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

 $in fo@mycedarbrae.ca \cdot www.mycedarbrae.ca\\$

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NEWSLETTER AD SALES



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Speedcubing Competition



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CEDARBRAE COMMUNITY ASSOCIATION

OTHER EMAIL CONTACTS FOR US

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

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.

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		
OTHER		
Community Partnership	Joan Barnett	joan.barnett@calgary.ca

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	

Hourly Rental Event Rental

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

Gym		Gym	
Half	\$48	Half	\$595
Full	\$80	Full	\$895
Capacity: Dining 374 - I			
Meeting Rooms	Meeting		
Gardenview	\$43	Gardenview	\$225
Capacity: Dining 59 - N	on Fixed Sed	ts 59 - Standing 59	
Aspenview	\$40	Aspenview	\$200
Capacity: Dining 57 - N	on Fixed Sea	ts 596 - Standing 59	
Aspen/Gardenview	\$75	Aspen/Gardenview	\$395
Capacity: - Dining 126 -	Non Fixed S	Seats 158 - Standing 200)
Parkview	\$29	Parkview	\$175
Capacity: Dining 55- No	on Fixed Sea	ts 70- Standing 89	



DON'T FORGET

Submission Deadline is the 1st of each month Please send all submissions to

Great Photos of Cedarbrae Wanted!

Send your photos to info@mycedarbrae.ca



PRESIDENT'S MESSAGE

Summer is in full swing! We will be celebrating with our annual Stampede BBQ on July 16 from 11am to 2pm. Come join us on the Centre grounds for a great meal, entertainment and neighbours showing off their Stampede spirit! Other fun dates to celebrate in July include Canada Day (July 1st), International Kissing Day (July 6th) and National Cheesecake Day (July 30th).

Construction continues at St. Cyril Elementary School. The progress made is now showing and we look forward to seeing all the children back in residence at St. Cyril this fall.

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. Sadly, we have received no feedback from residents regarding the Centre's east exterior mural which is in need of repair. We were looking for any historical significance or suggestions for a change to the existing mural. The West Patio Project now has new glazed windows installed on the west patio and the underlayment and insulation are complete. By our next issue this project should be completed. Drop by and check out the fresh new look in the Centre. We recently completed an exhaust fan upgrade to the Centre to bring the building ventilation up to current code requirements. New diffusers were installed in the gym to the HVAC system providing an evenly dispersed flow of ventilation through out the space. New ceiling tiles and LED pot lights were installed in the upper rental rooms. Repairs were done to the west stairwell concrete bricks efflorescence problem. We spruced up the west side of the property with a fresh application of mulch which enhances the look of the Aspen area.

"New" Cedarplay Days. Kids in the community can learn to play Pickleball, Basketball, or just kick a ball. Check out our signs and the July schedule for dates and times. This is a great new program spearheaded by our newest staff member Robert (Bam Bam) and is free to all with a Cedarbrae Community Membership. Come on by or go online to purchase any of the three types of memberships offered on page 14/15 of this newsletter. "Get Active, Get Involved!"

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.volleyballalberta.ca for details and registration. Courses fill up early, so register quickly!

The gardens look great and I've met guite a few of new members as well as our regulars, you've all got "Green Thumbs"!

The Canadian Cubing Event held in May was quite an incredible undertaking and all the volunteers pulled it off. I personally have never seen so many brilliant young minds at work in problem solving, I felt proud to be Canadian surrounded with this talent pool.

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 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.

One last note to our residents, Dynamic Kidz Daycare is operating in their freshly painted area for the upcoming season, come by and have a visit with Noreen the Daycare Director.

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



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
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 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.

UPCOMING EVENTS

Cedarplay Days Tuesdays July 5,12,19,26 2016

Happy Canada Day! July 1

July 16 Annual Stampede BBQ Lunch July 26 **CCLA Monthly Strategic Meeting** August 8 Volleyball Summer Program Begins

August 30 CCLA Monthly Strategic Meeting Annual Community Clean-up September 10

September 14 Annual General Meeting





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

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0900-1100 Register at:

www. oakridgecommunity.ca/racquetsports/

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IN & AROUND SCHOOLS St. Gerard School

Cher Parents.

It's hard to believe that this will be my last principal's message for St. Gerard. It has been a great ride and I have enjoyed serving this community for the last 7 years. I am thankful to have had the opportunity to work with such great teachers and kids; they made it easy to come to work every day. I was also blessed to have a supportive and collaborative parent community to work with; together we have made our school even more amazing. St. Gerard has had principals before me and will have others after me; however, although we steer the ship, it is the community that makes this a great school and that will never change.

God Bless and thank you for giving me the privilege of working with your kids.

Mme Wozny

Changes at St. Gerard: Our school is excited to welcome our **new Principal, Christian Harries**. He began his position in May. This has allowed him to observe all functions of the school and get a feel for our community. Welcome! Another change in our building was **saying goodbye to St. Cyril School**. It has been a pleasure having you in our building for the last 2 years. We are excited for you as you begin the next school year in your renovated building. Thanks for the awesome BBQ you hosted for us on June 9th!

School Supplies - the deadline for ordering school supplies is July 11th. Details are on our website. If you are not ordering supplies through the service, please refer to the lists published.

Top 10 Highlights of the 2015-16 School Year

- 1. Story Telling Residency with Jeff Stockton
- 2. Special Lunches every Monday
- 3. In-line skating (gr. K, 1, 2), Skiing/snowboarding (gr. 5, 6), Swimming (gr. 3, 4)
- 4. A presentation from Calgary Opera: The Magic Flute
- 5. Carnival Dav
- 6. Celebrating our school and student achievements at monthly assemblies
- 7. Artist in Residence Gail Bartel
- 8. Mission Impossible unit in phys. ed.
- 9. Daily SPARK (physical activity)
- 10. Openminds to Glenbow School (Mme. Cote's grade 4/5 class)

Wishing EVERYONE a wonderful SUMMER!



Cedarbrae Real Estate Update

Last 12 Months Cedarbrae
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$414,900.00	\$405,000.00

Last 12 Months Cedarbrae MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold	
May 2016	11	7	
April 2016	11	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	
June 2015	10	9	

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 **Cedarplay Days** 403-251-2101

JULY 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

Newsletter calendar for July issue of MyCedarbrae

July 1

Main Floor: Adventures Childcare 7:00am-6:00pm

July 2

Upper South: Gremtassa 4:00pm-6:30pm

July 3

Upper North: Varsity Church Group 8:00am-4:00pm

July 4

Upper South: A.P Control monthly meeting 1:00pm-4:00pm, Main Floor: Adventures Childcare 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

July 5

Main Floor: Adventures Childcare 7:00am-6:00pm **Cedarplay Days**

July 6

Main Floor: Adventures Childcare 7:00am-6:00pm

July 7

Main Floor: Adventures Childcare 7:00am-6:00pm

July 8

Main Floor: Adventures Childcare 7:00am-6:00pm



July 9

no events scheduled

July 10

Upper North: Varsity Church Group 8:00am-4:00pm, Upper North and South: Private Party 4:00pm-12:00am,

Main Floor: Livingstone Youth Group 11:00am-1:00pm

July 11

Main Floor: Adventures Childcare 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

July 12

Main Floor: Adventures Childcare 7:00am-6:00pm **Cedarplay Days**

July 13

Main Floor: Adventures Childcare 7:00am-6:00pm

July 14

Main Floor: Adventures Childcare 7:00am-6:00pm

July 15

Upper North and South: Gremtassa overnight vigil, Main Floor: Adventures Childcare 7:00am-6:00pm

July 16

Gym and Main Floor: Cedarbrae Stampede BBQ 11:00am-2:00pm

July 17

Upper North: Varsity Church Group 8:00am-4:00pm, Main Floor: Livingstone Youth Group 11:00am-1:00pm

July 18

Main Floor: Adventures Childcare 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

July 19

Main Floor: Adventures Childcare 7:00am-6:00pm **Cedarplay Days**

July 20

Main Floor: Adventures Childcare 7:00am-6:00pm

July 21

Main Floor: Adventures Childcare 7:00am-6:00pm

July 22

Main Floor: Adventures Childcare 7:00am-6:00pm

July 23

Upper North and South: Private party, all day

July 24

Upper North: Varsity Church Group 8:00am-4:00pm, Main Floor: Livingstone Youth Group 11:00am-1:00pm



July 25

Upper North: Adventures Childcare 7:00am-6:00pm, Main Floor: Adventures Childcare 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

July 26

Upper North: Adventures Childcare 7:00am-6:00pm, Main Floor: Adventures Childcare 7:00am-6:00pm, **CCLA Monthly Strategic meeting** 7:00pm-9:00pm

Cedarplay Days

July 27 Upper North: Adventures Childcare 7:00am-6:00pm, Main Floor: Adven-

tures Childcare 7:00am-6:00pm

July 28

Upper North: Adventures Childcare 7:00am-6:00pm, Main Floor: Adventures Childcare 7:00am-6:00pm

July 29

Upper North: Adventures Childcare 7:00am-6:00pm, Main Floor: Adventures Childcare 7:00am-6:00pm

July 30

Upper North and South: Private wedding, all day

July 31

Upper North: Varsity Church Group 8:00am-4:00pm, Main Floor: Livingstone Youth Group 11:00am-1:00pm

JULY 2016



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.



-80% Thank-You

Cedarbrae! For making our **Fundraiser** For Fort Mac a huge success!

On May 14 a fundraiser in support of Fort Mac was held at The Cedarbrae Community Centre. Once again Cedarbrae has shown its Alberta Strong Spirit! So many people pitched in to help make it all happen at the last minute. A total of \$2450 was raised for The Canadian Red Cross. With the matching dollars from the provincial and Federal governments that total jumps to \$7350! Way to go Cedarbrae! Our neighbourhood is as big as the whole province, with hearts to match!



No gym? No worries! Cedarplay days will continue into July during our gym renovations with activities like soccer, water games, outdoor crafts, hikes to Glenmore park and/or whatever else our community kids want to spend their time in the sun doing! Every Tuesday this July at 1pm. Please call, tweet, or message us on Facebook for details.



SATURDAY JULY 16 STAMPEDE BBQ

At the Cedarbrae Community Centre

It's that time of year again! Come join the party Saturday July 16 11:00am-2:00pm on the east side of the Cedarbrae Community Centre. A Stampede feast, local entertainers, dancing, fun and games. There will be children's activities too, bouncy houses and face painting. Come get in the Stampede spirit Cedarbrae!



Cedarbrae's Annual Stampede BBQ

Saturday July 16, 2016 11:00am-2:00pm

Come Celebrate with us!

Join the party,
meet the
neighbours and
kick up your heels
Cedarbrae!

CEDARBRAE COMMUNITY LEAGUE ASSOCIATION

11024 Oakfield Drive SW

www.mycedarbrae.ca info@mycedarbrae.ca 403-251-2101

Join us! Saturday July 16.



Blue-winged Teal a Little Dabbler

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

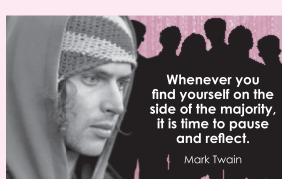
The Blue-winged Teal's formal name (Anis discors) comes from the Latin words for "a duck" (Anis) and discors or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Bluewinged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www. calgarywildlife.org for more information.





Our Members get a whole new view on the world!

Cedarbrae Community 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 vou'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 drop-in pickleball in the gym



The Cedarbrae Community League programming dollars at work, Association is a volunteer nonprofit 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.

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



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
 ,	7 1000 C. G. H. H. C. H.	

Membership Application Form

\$30.00 – Family Membership	\$15.00 – Senior 55+	Membership	\$10.00 – Business Membership
Main Contact		Spouse Partner – if appli	cable
Last Name		Last Name	
First Name		First Name	
Address			Postal Code
Home Phone		Cell Phone	
Please send cheque or money	orderto Cedarbrae Comn	nunity League Association 11024	4 Oakfield Dr. SW Calgary AB T2W 5G6
E-Mail		-	
I would consider volunteering	for the following:	☐ Casino ☐ Newsletter	☐ Community Clean-up ☐ Garden

☐ Stampede BBQ ☐ Meet your neighbour night

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:

- rectly 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.

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 COMMUNICATION Programs and Services for all ages. Preschoolers to seniors, community associations offer programs di-

- 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.

Common Pests in our Garden

Last fall, MOTHER EARTH NEWS launched our Organic Pest Control Survey to learn more about what works and what doesn't when it comes to limiting insect damage in organic vegetable gardens. About 1,300 gardeners from across North America responded, providing new, region-specific insight into organic pest control.

We were surprised by some of the results. For example, we suspected gardeners would report that coping with various root maggots was a challenge, but 90 percent of respondents reported getting good control with crop rotation. Ultimately, the survey revealed 12 widespread garden pests that give gardeners grief. Here are the nitty-gritty details, including down-in-the-dirt advice on how to manage each pest, plus details on which pests are the worst in each region

Listed below are a few of these pests that affect our area.

- 1. Slugs took top honors as the most bothersome pest in home gardens, with 55 percent of respondents saying the slimy critters give them trouble year after year. Handpicking was highly rated as a control measure (87 percent success rate), followed by iron phosphate baits (86 percent) and diatomaceous earth (84 percent). Opinion was divided on eggshell barriers (crushed eggshells sprinkled around plants), with a 33 percent failure rate among gardeners who had tried that slug control method. An easy home remedy that received widespread support.
- 2. Aphids were on the watch list of 50 percent of respondents, but the success rates of various control techniques were quite high. Active interventions, including pruning off the affected plant parts and applying insecticidal soap, were reported effective, but so were more passive methods, such as attracting beneficial insects by planting flowers and herbs. Several readers noted the ability of sweet alyssum and other flowers to attract hoverflies, which eat aphids. "We attract a lot of Beneficial's by planting carefree flowers in the vegetable garden, including calendula, borage, zinnias, cosmos and nasturtiums" (Midwest, more than 20 years of experience). Other respondents commented on the importance of having some aphids around to serve as food for ladybeetles, hoverflies and other well-known beneficial insects. Was beer traps (80 percent success rate)
- 3. Cutworms were a concern for 41 percent of respondents, and effectiveness ratings for using rigid collars (made from plastic drinking cups or cardboard tissue rolls) to protect young seedlings from damage were amazingly high (93 percent effectiveness rating). A common practice to reduce cutworm damage is to cultivate the soil's surface once or twice before planting and

hope robins and other bugeating birds will swoop in to gather the juicy cutworms. Big, sturdy seedlings are naturally resistant to cutworms, so many gardeners said they set out seedlings a bit late to avoid cutworm damage.

- 4. Cucumber beetles wouldn't be so bad if they didn't transmit deadly bacterial wilt to cucumbers and melons, but as it is, 39 percent of our respondents named them as serious garden pests. Neem, handpicking and good garden cleanup (removing all plant debris) were all rated as effective control measures, and once again poultry received many honorable mentions. Row covers earned more widespread use for the control of cucumber beetles than for any other pest, with more than 80 percent of people who had tried row covers reporting them to be effective. Seventy percent of gardeners who'd tried companion planting said this method works for controlling cuke beetles, and 64 percent of people who'd tried yellow sticky traps reported these work.
- 5. Whitefly problems may be on the rise, because whiteflyplagued gardeners (36 percent reported a problem) often used exclamation points to emphasize their frustration with these tiny sucking pests. Insecticidal soap earned a high effectiveness rating (90 percent), though many respondents said they use Dawn or other dishwashing liquids rather than regulation insecticidal soap. (Caution: Some research has found that repeated use of soap or detergent sprays can reduce yields.)

Top-Rated Natural Methods for Controlling Common Garden Pests

Aphid: Insecticidal soap, attracting Beneficial's, horticultural oil **Armyworm:** Bt (*Bacillus Thuringia's*), handpicking, row covers Cabbage root maggot: Crop rotation, beneficial nematodes,

Cabbageworm: Bt, handpicking, row covers

diatomaceous earth

Carrot rust fly: Crop rotation, beneficial nematodes, diatoma-

Colorado potato beetle: Poultry predation, neem, handpick-

Cucumber beetle: Poultry predation, neem, handpicking

Cutworm: Rigid collars, Bt, diatomaceous earth

Flea beetle: Insecticidal soap, garlic-pepper spray, row covers Onion root maggot: Crop rotation, beneficial nematodes, diatomaceous earth

Slugs: Handpicking, iron phosphate slug bait, diatomaceous earth

Squash bug: Handpicking, good garden sanitation, neem Squash vine borer: Growing resistant varieties, crop rotation, beneficial nematodes

Whitefly: Insecticidal soap, attracting Beneficial's, horticultural oil

Lauraine Brown, Garden Coordinator

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

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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: Weekly lawn mowing \$36, power-rake \$100, aeration \$50. 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.

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Rubik's Cube Speedcubing Competition

MAY 28, 2016

Calgary's first ever speedcubing competition was held at the Cedarbrae Community Hall on Saturday, May 28, 2016. The doors opened at 8:00 AM but excited cubers began lining up at 7:15 AM. . Competitors came from Vancouver, Victoria, Edmonton, Lethbridge and other cities to compete. Approximately 200 competitors competed in 8 events throughout the day. Out of those 200 competitors over 120 had never competed before in an official competition. It was great to see all of the excited cubers setting their inaugural times or trying to beat their existing times. It was enjoyable watching the parents cheer their children on while taking photos and videos. A lot of new friendships were made. Antoine Cantin came all the way from Ottawa to attend this competition. Antoine is a world record holder in 3x3x3 one handed average. His attendance was very exciting for so many that got to meet him and get his autograph. The event went off without a hitch even though, due to the large number of competitors we had to compress a 2 day event into 1 day.

Link to CBC coverage of the event and interview with Antoine: http://www.cbc.ca/news/canada/calgary/speedcubing-calgary-1.3605408



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.

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!





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 tour
- · 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 Erlton 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.







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

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Phone: 780-415-1703



Register online at: www.volleyballalberta.ca



MLA CALGARY-GLENMORE

#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:

Happy Canada Day to all - united as provinces and territories celebrating our 150th birthday!

In this month of Calgary Stampede, we ready cowboy hats, boots, belts, scarves to celebrate our strong western roots with family and friends. I am delighted to host my first Stampede Breakfast and have you join me personally to share the joys of our community we are all very proud of. Please mark your calendars and refer below for more info regarding our MLA Stampede Breakfast:

MLA Anam Kazim Calgary Glenmore Stampede **Breakfast Details:**

Date: July 13, 2016 Time: 7:00 am- 10:00 am Location: Heritage Park

Join Us For: Free Breakfast, Entertainment, VIP Guest Speakers, and Face Painting

Agenda:

7:00am-7:30am

6:30-7:00am Greeting in the Plaza and escort to

tent on the green with friends/volunteers

Opening w Blessing of Treaty Six Lands, VIP Guest Speakers

Matt Masters Band and MC - while 7:00am- 9:00am

refreshments served

Pancakes and Breakfast served 7:30-9:30 am 9:00am – 10:00am Paul Finkleman: Songs and Stories

VIP Guest Speakers

Breakfast Buffet closed - mingling 9:30 - 10:00Am

and entertainment

10:00am Farewell

Recognitions: I would like to congratulate two high school constituents from Calgary-Glenmore who participated in the MLA for a Day Program this year in May 2016 at the legislature. Also, many thanks and congratulations to the students of Grade 6 from Calgary Jewish Academy who visited the legislature and learned about politics by actually experiencing it. I was happy to introduce them in the chamber and the introduction can be watched by scrolling to 1:31:45 pm using the following link: http://assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntit vld=3424&EssenceFormatID=73&date=20160525& browser=0

My Participation in the House: Question to the Hon. Min of Education-David Eggen about the measures being taken for better education of our children especially in First Nations' communities. Please scroll to 2:30:04

http://assemblyonline.assembly.ab.ca/Harmony/ pb3/powerbrowser_Desktop.aspx?ContentEntityId =3432&EssenceFormatID=73&date=20160531&bro

-Question to the Hon. Min of Transportation-Brian Mason on public transit. Please scroll to 2:45:33 pm.

http://assemblyonline.assembly.ab.ca/Harmony/ pb3/powerbrowser_Desktop.aspx?ContentEntityId =3407&EssenceFormatID=73&date=20160518&bro wser=0

For continuous updates please check:

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IN & AROUND CALGARY

Southland Leisure Centre

2000 Southland Drive SW

calgary.ca/leisurecentres

Summer Daycamps 2016 - Southland Leisure Centre's Summer Daycamps are now registering look for our program guide online (www.calgary.ca/recreation) and on stands.

Stampede Breakfast

July 14, 9 to 11 am - Come to Southland Leisure Centre's annual Stampede Breakfast for food, music, dancing, petting zoo, face painting and much more!

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 Southland Leisure Centre 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 - Check out our new "Playschool Pick your day" for a flexible and affordable active social experience for your preschooler.

Every Sunday, 8 am to noon. Family Swim at Southland Leisure Centre. It's a designated family swim time. Come enjoy our waterpark, including a trip or two to the Aqua-Play 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.



ALL EMERGENCY CALLS Alberta Adolescent Recovery Centre 403.253.5250 Alberta Health Care 403.310.0000 **AHS Addictions Hotline** 1.866.332.2322 ATCO Gas – 24 Hour Emergency 403.245.7222 Calgary HEALTH LINK 24/7 811 Calgary Police – Non Emergency 403.266.1234 Calgary Women's Emergency Shelter 403.234.7233 Child Abuse Hotline 1.800.387.5437 Kids Help Line 1.800.668.6868 Child Safe Canada 403.202.5900 Distress/Crisis Line 403.266.4357 ENMAX – Power Trouble 403-514-6100 Poison Centre - Alberta 1-800-332-1414 **HOSPITALS / URGENT CARE** Alberta Children's Hospital 403.955.7211 Foothills Hospital 403.944.1110 Peter Lougheed Centre 403.943.4555 Rockyview General Hospital 403.943.3000 Sheldon M. Chumir Health Centre 403.955.6200 South Calgary Urgent Care Health Centre 403.943.9300 South Health Campus 403.956.1111 OTHER 403.205.4455 Calgary Humane Society 403.537.7000 Calgary Parking Authority SeniorConnect 403.266.6200 Calgary Kerby Elder Abuse Line 403.705.3250 Alberta One-Call Corporation 1.800.242.3447 City of Calgary 311 Social Service Info & Referral 211 Community Mediation Calgary Society 403.269.2707 RNR Lockworks Ltd. 403.479.6161 Road Conditions - Calgary 511 Weather Information

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Gamblers Anonymous

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IN & AROUND CALGARY

Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit Calgary.ca and search taxi stands.

COMMUNITY **ANNOUNCEMENTS**

- Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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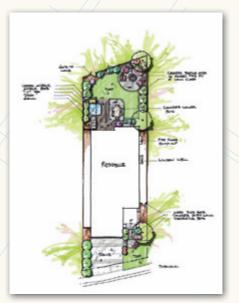


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I was also glad to stop by the great Neighbour Day Events in our ward. Through BBQs, bike parades, and block parties, I've seen that getting out, meeting your neighbours and learning more about each other is a fundamental of building community! Thank you to all of the volunteers who worked so hard to organize these great events!

Thanks to all who joined my team and I on June 9th, 2016 for our information session on Little Free Libraries. It was great to see so much interest in the little libraries, and another great example of building community! We were honoured to have Calgary's newly appointed Poet Laureate, Micheline Maylor share her words; to have Calgary Reads share on Calgary's reading landscape; and volunteers from the Lincoln Park Tool Shed to share about sharing tools! We'd also like to thank Voltage Creative Garage for hosting us in their awesome collaborative arts space, and the expertise that some of their artists shared with us. If you missed this event, please get in touch, and we'll be happy to share the information with you.

We've got many projects and project studies happening in our ward: the 50th Avenue Corridor Study; the construction of the 20th Street Bikeway; the construction of the 61st Avenue Greenway Corridor; the phasing of the SW Transitway BRT; the construction of the Crowchild-Flanders Avenue interchange; the River Park, Sandy Beach, Britannia Slopes redevelopment; the new Southwood Skatepark, and more.

As we move into the summer season, you will notice the Roads crews out repairing sidewalks, curbs, gutters, guard rails, fences, concrete barriers, and roadway surfaces like cracks, manholes, potholes and sinkholes. Please be patient as the crews take to maintaining over 1400 hectares of boulevard green space along major roadways, and continue sweeping where needed.

Remember to subscribe to your Ward 11 updates at www.ward11calgary.ca to stay informed about projects, and if you haven't yet – ask to receive our seasonal electronic newsletter for a summary of Ward 11 happenings mentioned above!



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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