

MARCH 2016

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# myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER



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**CHANGES  
TO THE BYLAWS  
WITH A SPECIAL  
MEETING**

**MARCH 22 AT 7PM**



Living the Dream Lakefront  
in Auburn Bay

**Ryan MacDonald, B.Sc.**  
**Sheri MacDonald, M.Sc.**  
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info@calgaryhometeam.com  
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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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The Official CEDARBRAE Community League Association Newsletter | MARCH 2016 3

# 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

## 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.*

## 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**



EXECUTIVE BOARD		EMAILS
President	Steve Brown	president@mycedarbrae.ca
Vice President	Stacey Knight	vicepresident@mycedarbrae.ca
Treasurer	Ron Bichel	accounts@mycedarbrae.ca
Secretary	Brenda Lofstrom	secretary@mycedarbrae.ca
DIRECTORS		
Glenn Suart	Andrea Roeke	Heather Bharadia
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Tanya Jopling	Shelley Pears	Mae Pears
Sharon Bettin		
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Community Partnership	Joan Barnett	joan.barnett@calgary.ca
Staff	Shannon Sigvaldason	info@mycedarbrae.ca
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		

Hourly Rental		Event Rental	
<b>Gym</b>		<b>Gym</b>	
Half	\$48	Half	\$595
Full	\$80	Full	\$895
Capacity: Dining 374 - Non Fixed Seats 472 - Standing 598			
Meeting Rooms		Meeting Rooms	
North (Kitchen)	\$43	North (Kitchen)	\$225
Capacity: Dining 59 - Non Fixed Seats 59 - Standing 59			
South	\$40	South	\$200
Capacity: Dining 57 - Non Fixed Seats 596 - Standing 59			
North and South	\$75	North and South	\$395
Capacity: - Dining 126 - Non Fixed Seats 158 - Standing 200			
Main Floor	\$29	Main Floor	\$175
Capacity: Dining 55- Non Fixed Seats 70- Standing 89			

## PRESIDENT'S MESSAGE

Well the month of February brought us some very warm and dry weather lets hope we see the same for March, however, we would likely see cooler temperatures with a few spring storms, lets see what happens.

There has been a great buzz lately on the construction completion of St. Cyril Elementary School for September 2016. We are anxious in seeing the children activity levels back and wish the school a speedy start up. Keep an eye on the exterior construction progress.

We are currently in discussions on hosting Calgary's 1st Official World Cubing Association Rubik's Cube Competition, Speed Cubing. The competition invites all ages, currently we know of a range of 7-year-old to 50-year-old. The event would be hosted on May 28th, 2016. Follow canadiancubing.com and on Facebook @calgarycubingclub as well as our Facebook page and website. This completion is open to all Southern Albertans.

I thought I would update you on some of our programs currently in play and others looking at expanding due to increased demand.

The Drop in Pickle Ball Program at Cedarbrae in partnership with the Calgary Pickle Ball Club has been very successful with increased attendance week after week. The drop in cost is \$6.00 from 8:30am to 12:30pm. Jackie has done a great job rounding up players from the Calgary Pickle Ball Club and abroad. The Centre sponsors the event and each player signs a waiver approved by the Centres legal team. I have been in discussion with the Calgary Pickle Ball Club in supporting another partnership, Pickle Ball Program for kids starting at ages 10 and up. The Centre provides the facility and equipment such as nets, balls and paddles for the kids with instruction from Calgary Pickle Ball members. I will provide more details as the information becomes available, if all comes together we could look at a start date in May – stay tuned! This would be a program offered free to kids if you have a Cedarbrae Centre Membership.

The Walklive program instructed by Julie Marsh is currently running mornings on Mondays and Thursdays from 10:30 am to 11:30am, It's a better way to walk for health and weight loss. It's a very popular program for all ages! Julie is looking at starting an additional evening class on Mondays from 7pm to 8pm on April 4th, 2016, register at walklive@shaw.ca or call (403) 680-6825. Julie is also proposing "ZOOMBA" sessions starting in April, give her a call if you are interested. Julie is a registered instructor.

RDSGymnastics.com is currently are having their spring registration which can be done on line or call Leila @ (403) 225-8519. Leila runs programs for Boys aged 3 to 6 years, Girls aged 3 to 6 years and Girls aged 6 to 12, all three are very popular programs.

The Calgary Canine Centre, for the ultimate in dog sports, agility, obedience and K9 nose work will be launching sessions at the Centre. Call (403) 238-6715 or email the team at k9centre@telusplanet.net for information, check out their website as well at calgarycaninecentre.com.

I met with Taylor Construction regarding the proposed schedule for the West Patio Project with a start date of May 9th, 2016, we are accessing our operational needs during this project and I will update the community.

We are sequestering quotes for a number of end of useful life projects for the Centre such as; the Centre exterior painting and wood repairs, the Centre interior painting, toilets, cabinets and sinks which are part of our life cycle project commitments to the City. One of our most important operational issues now is a new law enforced by the City regarding proper stove ventilation hood assemblies; we have gone out to quote for material and labour to install the code compliant equipment.

We are preparing for our Membership Drive taking place in April. The membership base continues to grow by a few more families every week. We continue to have a tremendous amount of activity at the Centre and we experience much feedback from all ages and groups making the Cedarbrae Community Centre a vibrant one for our residents and those living in the SW quadrant of Calgary.

We have many special observed events in March: March 1st is Saint David's Day, March 13th is Daylight Savings Time – don't forget to spring ahead your clocks one hour, March 14th is Common Wealth Day, March 17th is St. Patrick's Day, March 20th is Palm Sunday, March 20th is March Equinox, March 24th is Purim, March 25th is Good Friday, March 26th is Holy Saturday and March 27th is Easter Monday and observed on March 28th in Alberta to all our Cedarbrae residents!! I may have missed some special observed events, please email them to the Centre.

One more request to our residents, I would love to see some pictures sent to us, community stories and information about the Centres East Wall mural.

Oh my, I almost forgot this one for our avid gardeners, the Garden opening is scheduled for May 20th, 2016 running through the entire long weekend, Starting May1st, 2016 stop by the Centre office to register for your garden plot and membership.

~continued on page 7~





## DON'T FORGET

Submission  
Deadline is the 1<sup>st</sup> of  
each month  
Please send all  
submissions to  
Stacey at  
mycedarbrae@gmail.com

# Great Photos of Cedarbrae Wanted!

Send your photos to [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca)

## PRESIDENT'S MESSAGE CONT'D

On March 19th, 2016 we will host our first Meet Your Neighbor Night of 2016 at the Centre from 6pm to 9pm.

We have the space you need for most of your events, book your tour of the centre by calling the office 403 251-2101.

Please visit our web page at [MyCedarbrae.ca](http://MyCedarbrae.ca), [Twitter@Cedarbraeinfo](https://twitter.com/Cedarbraeinfo) and Facebook (like us on Facebook) for up to date events and activities at your Centre.

Look forward to seeing you at the Centre.

Community Minded,

Steven Brown, President  
CCLA

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## UPCOMING EVENTS

- |                  |   |
|------------------|---|
| March 19         | Meet your neighbour night<br>6pm-9pm              |
| March 22:        | Changes to the bylaws with<br>special meeting 7pm |
| May 9 to July 1: | West Patio Project                                |
| May 20:          | Garden Opening,                                   |
| July 16:         | Stampede BBQ                                      |
| Sep 10:          | Community Clean up 9am-2pm                        |
| Sep 14:          | AGM 7pm   |

## CALGARY BOTTLE EXCHANGE



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### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and  
choose the Calgary communities  
you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

## SAFETY SYNC

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](http://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.

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# 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.

## NEW *atomic volleyball* Winter 2016

### 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.
- 8-week program.
- Each session is split between practice and game play.



#### atomic WEDNESDAYS

Starts January 13, 2016

4:30pm - 5:45pm

Cost: \$40.00 + \$8.25 membership fee

#### atomic THURSDAYS

Starts January 14, 2016

4:30pm - 5:45pm

Cost: \$40.00 + \$8.25 membership fee



#### LOCATION:

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

**Registration Deadline December 30, 2015**

FOR MORE INFORMATION:

Email: [krath@volleyballalberta.ca](mailto:krath@volleyballalberta.ca)

Phone: 780-415-1703



**Register online at: [www.volleyballalberta.ca](http://www.volleyballalberta.ca)**





## CALGARY COIN SHOW

March 19 & 20, 2016  
10 am to 5 pm each day

**Clarion Hotel**  
2120 16<sup>th</sup> Ave. NE

- ✓ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- ✓ Hourly Door Prize Draws
- ✓ Free Parking

**ADMISSION \$5,**  
bring this ad and get \$2 off.  
Children under 16 free  
[www.calgarynumismaticssociety.org](http://www.calgarynumismaticssociety.org)

## Up and Coming Programs

### Yoga - Drop In

Mondays 6:30PM to 7:45PM  
\$14.00 Drop in charge  
E-mail: [keshnawe@gmail.com](mailto:keshnawe@gmail.com)  
587-891-8900  
Starting March 3, 2016

### Nose Work Classes- Calgary Canine Scent Training

To register e-mail [k9centre@telusplanet.net](mailto:k9centre@telusplanet.net), 403-238-6715  
Thursdays 7:30PM – 8:30PM  
Starting March 3, 2016

### Walklive Evenings

Mondays 7:00 PM- 8:00PM  
\$10.00 Drop -in charge  
To register e-mail [walklive@shaw.ca](mailto:walklive@shaw.ca), 403-680-6825  
Starting April 4, 2016



## South West Communities Resource Centre

### Positive Discipline in Everyday Parenting Register Now

Tuesday mornings, 10:00 am – 12:00 pm for 8 weeks.  
Next session is April 12 – May 31 2016. Program offered free of charge and includes program materials, child minding, coffee, and snacks.

### Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, January 21 to March 31 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

### Neighbours Helping Neighbours

Calgary's economic downturn is hitting people hard. The baby and personal care items we have in stock are dwindling rapidly. We are in need of the following to share: newborn and sizes 1 to 6 diapers and pull-ups, formula and baby shampoo; for children, youth and adults shampoo, conditioner, toothpaste tooth brushes, bar soap

~continued on page 21~



## Pickleball @ Cedarbrae

Sundays 8:30am-12:30pm all levels  
\$6 with required signed waiver  
*Come out and have fun!*

Cedarbrae Community Centre  
11024 Oakfield Drive SW, Calgary  
email [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca)



Free Admission | Family-Friendly | Open to the Public  
**A Geoscience Outreach Program**



March 13-15, 2016  
Big Four Building  
Stampede Park

Sunday, March 13  
Noon – 5:00 pm  
Monday, March 14  
8:45 am – 2:45 pm  
Tuesday, March 15  
8:45 am – 2:45 pm

### HIGHLIGHTS

- Pan for gold with Yukon Dan
- Geoscience talks on Sunday

[esfscanada.com](http://esfscanada.com)

Hosted by:



## Get Active at the Cedarbrae Community Centre!

South West United Soccer	403-281-2798
Adventures Childcare	403-483-1272
55+ Coffee Group	403-251-2101
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

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

If you wish your name to be added to the meeting, please contact **[info@mycedarbrae.ca](mailto:info@mycedarbrae.ca)** 7 days prior.



# NEW *miniVolley* Winter 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.**
- **8-week program.**
- **Physical literacy development in children.**
- **To increase competence and confidence children need to participate in a wide variety of physical activities.**



### Mini MONDAYS

Starts January 11, 2016  
4:30pm - 5:45pm

Cost: \$40.00 + \$8.25 membership fee

### Mini TUESDAYS

Starts January 12, 2016  
4:30pm - 5:45pm

Cost: \$40.00 + \$8.25 membership fee



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

**Registration Deadline December 30, 2015**

FOR MORE INFORMATION:

Email: [krath@volleyballalberta.ca](mailto:krath@volleyballalberta.ca)

Phone: 780-415-1703



**Register online at: [www.volleyballalberta.ca](http://www.volleyballalberta.ca)**

## IN & AROUND CALGARY

### March is Community Association Membership Awareness Month!

**Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?**

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

**Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!**

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!

**Engage. Belong. Inspire. Be part of it!**

### Graffiti Vandalism

*A message from the Federation of Calgary Communities*

Any figures, letters, drawings or stickers that are applied,

scribbled, scratched, etched, sprayed or attached to the surface of any premises, structure or other property without previous permission, is considered graffiti vandalism. Graffiti vandalism is not a victimless crime.

Learn more about graffiti and how to manage it in your community with the Federation of Calgary Communities and Calgary Police Service graffiti coordinator Constable Dave Ladic on March 9!

**Date:** Wednesday March 9, 2016

**Location:** Dover Community Association: 3133 - 30 Ave SE

**Time:** 7:00pm - 9:00pm

**Presented by:** Cst. David Ladic

**Cost:** FREE (to all Calgarians)

Register at [www.calgarycommunities.com/workshops-events/](http://www.calgarycommunities.com/workshops-events/)

### Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, [www.srcacalgary.ca](http://www.srcacalgary.ca) where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

### READYCALGARY 2016

**READYCALGARY** is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit [Calgary.ca/READY-CALGARY](http://Calgary.ca/READY-CALGARY) for more information or to register today!

#### Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

**Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particu-

*~continued next page~*



## IN & AROUND CALGARY CONT'D

larly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.

**Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

### 2016 Session Dates:

Program and registration details, as well as online versions of course materials, can be found at [Calgary.ca/READYCALGARY](http://Calgary.ca/READYCALGARY)

The registration process is available online via 311 or email your preferred dates to [CEMATraining@calgary.ca](mailto:CEMATraining@calgary.ca)

Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).

Note that the registration deadline is 7 days prior to the session of choice.

**Section 1:** March 8 (17:30 - 20:30 at CEMA)

**Section 2:** March 22 (17:30 - 20:30 at CEMA)

**Section 1:** April 6 (17:30 - 20:30 at CEMA)

**Section 2:** April 20 (17:30 - 20:30 at CEMA)

**Section 1:** September 15 (17:30 - 20:30 at CEMA)

**Section 2:** September 22 (17:30 - 20:30 at CEMA)

**Section 1:** October 4 (17:30 - 20:30 at CEMA)

**Section 2:** October 18 (17:30 - 20:30 at CEMA)

## Calgary Public Library

### Your Year of Reading Guides

Whether you choose to read with a book in hand or with an ebook downloaded from our extensive catalogue, all you need to get started is your FREE Calgary Public Library card and our *Year of Reading Guides*. Use the Guides to plan your next read, track your progress or take notes.

The *Year of Reading Guide* is a series with one Guide for each of preschoolers, kids, teens, and adults, and features Librarian-approved recommendations for everyone!

Your family can make use of tons of FREE Library e-resources. Just download ebooks directly to your device ([libraryebooks.ca](http://libraryebooks.ca)); check out free movies, TV, music & audiobooks with Hoopla ([libraryhoopla.ca](http://libraryhoopla.ca)); load virtually every popular magazine you'd ever want to read ([libraryzinio.ca](http://libraryzinio.ca)) ... all you need is your FREE Calgary Public Library card.

Consider giving a Guide to a family member, friend or neighbour, along with a FREE Calgary Public Library card. They are available at all community libraries and online at [calgarylibrary.ca/card](http://calgarylibrary.ca/card)

## Southland Leisure Centre

See [calgary.ca/leisurecentres](http://calgary.ca/leisurecentres) for schedules and info.

Location: Southland Leisure Centre, 2000 Southland Dr.

Please call 403-648-6550 for more information

**Friday Night Dance Party** – March 18 from 7:15-10:00pm.

Admission to the Party includes a dance lesson (primary movements, rhythmic structure, posture, leading and following), social dance, as well as refreshments. No Partner Required!

### Wednesday Soccer Drop

Age: All ages Soccer in the gymnasium. Please supply your own soccer ball.

Tuesday, Mar 22 – 9:30 a.m. -11:30 a.m. and 6:30 p.m.- 8:30 p.m. - Family Easter Craft & Cookies Celebrate Easter. Drop-in to our lobby.

### Calgary AfterSchool

Cost: Free. Ages: 11 – 15

Day: Monday to Thursday, 3 – 6 p.m. and Fridays, 1 – 5 p.m.

### South Calgary Youth Council (SCYC)

Meetings are held once a month, October – June, along with additional volunteer opportunities.

Fridays, 7:30 to 10 p.m. Youth Night Friday nights have taken an active twist! Come with your friends and join us in the Sport Hall for a variety of youth exclusive sports including basketball, badminton, dodgeball, soccer and much more. General youth admission applies.

### Volunteer Opportunities

Southland welcomes volunteers, 13 years old to seniors, to assist in a variety of programs and activities throughout the year.

### Drop-in Preschool Programs

Check out some of our drop-in preschool programs including Kinder Room, Friday Funtime, Kinderschool, Snug and Tot's Gym Time.

### Drop-in Climbing and Gymnastics

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

Every Sunday, 8 am to noon. Family Swim Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies.

## IN & AROUND CALGARY CONT'D

### Babysitting Room

Mon – Wed 8:30am – 8:15 pm, Thursday 8:30am -8:00 pm, Fri 8:30am-6pm, Sat & Sun 8:30 am – 12:30pm. Reasonable rates for a well deserved break!

### March Break Day Camps

Check out the City of Calgary Recreation program guide on stands or online at [www.calgary.ca/recreation](http://www.calgary.ca/recreation) for lots of great day camp programs over March/April Break.



## PEOPLE OF CEDARBRAE

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](mailto: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!**



## 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](mailto:calgary.glenmore@assembly.ab.ca)

First of all, I would like to thank you for being excellent stewards of our Glenmore constituency and society as a whole. The more I am getting to know you, the more amazed I am and very proud to have the opportunity to be your MLA as well as represent you in the AB Legislature.

I aspire to be your best advocate and represent you in all ways possible. Therefore, I invite your continuous feedback regarding government services/ministries through our constituency office.

Recently, the following concerns have been brought to my attention and I would like to address them as follows:

**BRT:** This project is municipal and not a provincial project as it is under the jurisdiction of the City of Calgary. The Alberta Government introduced The Green Transit Incentives Program (GreenTRIP) and committed \$2 Billion by 2020/21 towards the program. The purpose of the program is to allow municipalities all over the province to provide sustainable public transit alternatives. As posted in Calgary Herald, "Transportation Minister Brian Mason said the province would use \$187 million from the GreenTRIP fund to boost public transit in Calgary, Airdrie, Canmore and Banff." Calgary received \$162 Million to perform LRT electrical upgrades and invest in bus rapid transit and transitway projects. The province allocated \$47 million to two bus rapid lines, one in the north and one in the south and another \$92 million earmarked for transitways in the southwest and along 17th Avenue southeast. The City then decided how these funds can be utilized to specific BRT projects, and the BRT project on 14th street, SW is one of the specific projects. Therefore, the province has no involvement in this particular project and all the communication in regards to this project has to occur between the residents and the city. For more details on how these funds were allocated, please refer to the Calgary Herald article: [www.calgaryherald.com/news/local-news/province-announces-187-million-in-green-trip-funding-for-calgary-outlying-communities](http://www.calgaryherald.com/news/local-news/province-announces-187-million-in-green-trip-funding-for-calgary-outlying-communities).

**Gender Neutrality in Schools:** The purpose of the new mandate as introduced by the Government of Alberta is to ensure that no child feels unsafe in school because of issues related to gender identity, expression or if they identify as transgender. The Government of Alberta is supporting the school boards to design strategies to create a safe environment for

~continued on page 20~

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**DOUBLE DIAMOND PLUMBING AND HEATING LTD:** A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: [doublediamondplumbingltd@gmail.com](mailto:doublediamondplumbingltd@gmail.com). [www.doublediamondplumbingltd.com](http://www.doublediamondplumbingltd.com).

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.

**MASSAGE-U-WELL:** Lee is an RMT. He has 20 years experience in the Chinese acupressure massage field and is specialized in treating whiplash and sciatica. If you're bothered by chronic pain, don't wait for the problem to get worse, Lee can help you with magical hands. Phone: 403-475-0368. Website: [www.massage-u-well.com](http://www.massage-u-well.com).

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts interior and exterior. Kitchens, bathrooms, remodeling, flooring and tile. Windows, doors, roofing, siding, soffit and trough. Members of BBB, licensed and insured. Email us at [info@disciplehomes.com](mailto:info@disciplehomes.com) or 403-207-5708. Visa and Mastercard accepted.

**JUNK TO THE DUMP / ODD JOBS:** Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior Discount. Please call Sanil for your free estimate at 403-616-2758.

~continued next page~

## BRAESIDE COMMUNITY POLICE

### DID YOU KNOW?

The BraeCentre Community Police Station has been located at 11430 Braeside Drive SW since 1996 and serves Calgarians in a variety of ways! The station is staffed entirely by volunteers from the adjoining communities and is managed by two Calgary Police Service constables.

### HOW CAN WE ASSIST YOU?

Have you been in an accident and require a damage sticker to legally get your car fixed?

Have you had your vehicle broken into?

Were items stolen from your vehicle?

Have you had your personal property damaged and need to complete a report for insurance purposes?

Have you lost or found property and are not sure what to do about it?

**We can assist you with these types of situations and other police related problems!**

**Whether you require assistance with paperwork or are simply looking for advice with police related problems we are here to assist you.**

**Please contact us at 403-974-6150 to inquire about ways in which we may be able to serve you.**

**We are open Monday- Friday from 9am – 7pm;** we are closed on Saturday, Sundays and statutory holidays.

## C.O.P.S. Corner

**Cst. Steve Henderson/Cst. Marsha Kutarna/  
Cst. Miranda Dilschneider**

Serving the Communities of: Bayview • Braeside • Canyon Meadows • Cedarbrae • Oakridge •

• Palliser • Pump Hill • Woodbine • Woodlands

**Location:** BraeCentre Mall, 11430 Braeside Dr. S.W.

**Telephone:** 403-974-6150 • Fax: 403-974-0618

**Office Hours:** Weekdays – 9:00 am to 7:00 pm •

Closed - Saturday, Sundays and Holidays

**The Calgary Police Service can be reached at any time by calling 403-266-1234**

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**CURVES – BRAESIDE:** Annual Food Drive, start for \$30. Join Curves March 5 to 18th. All you need is a bag of non perishable groceries for the Food Bank and join for \$30. Come join the fun and get stronger. Call Curves today 403-238-8400. What have you got to lose?





## COUNCILLOR, WARD 11 BRIAN PINCOTT

[www.ward11calgary.ca](http://www.ward11calgary.ca)

My team and I are being asked where the City is in the process of creating a SW Transitway. While we have worked to clarify some of the misinformation in the community before, we hope the questions and answers below will help address further questions and outline the upcoming project path.

### Will the SW Transitway be cancelled?

The SW Transitway will be proceeding. Council voted unanimously for the idea in 2011, and now the transportation project team at The City is working on the detailed design phase while addressing questions they have heard. As this project has been approved by City Council all final decisions will be made by the Project Team and their colleagues.

### Why not wait for the Ring Road?

While the Ring Road is expected to alleviate some of the traffic issues on 14<sup>th</sup> street, Glenmore, and Crowchild, it does not address the needs of all. The Ring Road is a provincial highway that is intended to bypass communities and as such does not work for transit. The SW Transitway is very specifically about improving transit for SW communities and increasing transportation options to move people through the city. The two projects, while complementary to one another, address different needs and serve different users.

### I keep seeing TOD. What is a TOD?

TOD stands for Transit Oriented Development. It is an urban planning term that means the placement of buildings, walkways, and houses within a community take into consideration the ability of residents and visitors to access transit. This typically means greater density development in the area immediately beside these stations. The goal with TOD is to remove the *need* to use a private vehicle to connect to transit.

### Will the City be doing TOD at the SW Transitway bus stations?

No. The City's TOD policy refers only to the development of City owned land surrounding LRT stations, or at BRT stations where an LRT is planned to be in the future. The SW Transitway is NOT planned as a precursor to an LRT line. The City will not be applying its TOD policy to these

## MLA CALGARY-GLENMORE ANAM KAZIM CONT'D

students so that no child's safety is jeopardized. The parents will be involved throughout this process and will be continuously engaged with the school boards to discuss the strategies. Especially, the parents with children below the age of 16 will be continuously informed and involved with the school boards for the best available options for their children; the ultimate goal is to ensure that the needs of all children in our schools are met. Please contact your respective school board directly for further details on parental engagement on this policy.

**The Legislative Assembly Spring Session:** The starting date of the legislative assembly session has been changed and will begin from March 8, ending in mid-June.

**Community Events:** Also, I would like to mention that due to frequent changes in my schedules for trips to Edmonton, at times I am unable to attend the community events even if I have confirmed to attend them. In such cases, I ensure that at least one of my assistants Janice and/or Jonathan attends the event on my behalf to present my thoughts to you. I highly appreciate your understanding when these situations occur.

Once again, thank you very much! Please keep in touch as I always look forward to hearing from you.

stations, nor does the City own large tracts of land in the area.

### Brian brought a Notice of Motion to Council last year, regarding Glenmore Landing. What was that all about?

Glenmore Landing sits on privately owned land. While the landowner, Rio-Can, has not submitted any redevelopment applications to the City as of February 1, 2016, they have made it clear that they intend to do so in the future. Brian's Notice of Motion directed the City to work with the landowner as much as possible to avoid excessive construction disruption to the community and enable smart planning decisions to be made by both parties. The Notice of Motion can be found on the Ward 11 website.

If you would like more information, please see [www.calgary.ca/swtransitway](http://www.calgary.ca/swtransitway), and remember to sign up to receive updates from your Ward 11 office at [www.calgary.ca/ward11](http://www.calgary.ca/ward11).

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
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	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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



**South West Communities Resource Centre** cont'd

(Dove recommended), feminine hygiene products, deodorant, disposable razors, men's shaving cream.

### SWCRC Volunteer Opportunity: Parenting Group Assistant

SWCRC is expanding its parenting education programming. To support the participation of low income and socially isolated parents, we would like to offer free child care for the parents' young children.

### Tutoring Program

**Wednesdays, 6:00 – 7:30 pm at the SWCRC. Offered free of charge to students in grades 4 – 12. Registration is on-going throughout the school year.**

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# your COMMUNITY business of the month

## Braeside Dental Centre Braeside Community

Braeside Dental Centre has been in the Brae Centre for over 30 years and has proudly provided gentle comprehensive care to generations of Calgarian families. It's no secret that maintaining healthy teeth requires regular visits to your dentist and it's no secret that going to the dentist can be stressful and expensive. At Braeside Dental Centre, we get that! We recognize and respect the value of your time and money and we strive to offer appropriate treatment with reasonable costs and accurate estimates for all patients, in a safe, comfortable atmosphere.

Our team of health professionals include Dr Manish Goel and Dr Adam Mireault who have worked hard to create a family-based practice that focuses on prevention and supporting patients of all ages to reach their dental health goals. Both graduates of the University Of Alberta School Of Dentistry, they continue to study and explore the constant advancements in dental technology in order to provide the very best dental treatment options for their patients. Our dental hygienists provide gentle dental therapy with a strong emphasis on proper dental hygiene and maintenance. They teach effective cleaning techniques allowing patients to care for their own teeth at home as well as what steps to take to avoid future problems such as gum disease. They want to help you keep your smile healthy long after you leave our office. Our administrative staff specialize in customer service and will help you coordinate your appointment schedules to fit your busy lives. With their expert help, interpretation and application of the various dental benefit programs provide the maximum benefit to our patients. This is our daily goal as our patients are more than just customers; we take care of them as if they were family.

As general dentists, both doctors enjoy all aspects of general dentistry and can provide preventive checkups and health assessments as well as a wide range of procedures aimed at helping patients of all ages get the dental care they need. They work closely with various specialists with offices close by to ensure the best possible treatment outcomes. Our practice is geared towards prevention but has a special interest in crowns, cosmetic procedures, root canals and implants all provided in a caring, compassionate and comfortable environment.

At Braeside Dental Centre, we are always ready to welcome new patients and invite you to call our office to arrange an appointment time that is convenient for you.



Braeside Dental - Dentists Serving Southwest  
Calgary New & Emergency Patients Welcome



**HOURS**  
**MONDAY TO THURSDAY** 7AM - 6PM  
**FRIDAY** 7AM - 3PM  
**SAT/SUN** CLOSE

**BRAESIDE DENTAL CENTRE**  
11436 BRAESIDE DR. SW CALGARY, ALBERTA, T2W 4X8  
☎ 403-251-1055 📠 403-251-1084



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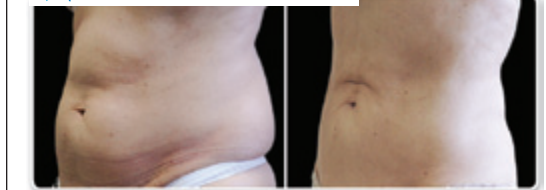
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## Get the Body You Want!



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## hCG Rapid Weight Loss Program

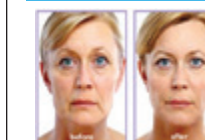
Calgary's only Medically Supervised hCG Program includes:

- Weekly visits, hCG & 6 weeks maintenance!
- Metabolic Testing & Fat Burning Injections
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Benefits of our CleanStart hCG program:

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

## Facial Aesthetics



Reduce Wrinkles, Increase Eyelash Thickness, Healthy Looking Skin

Available here: PCAskin Botox Chemical Juvéderm Latisse Juvéderm

## Travel Vaccinations

We offer ALL Travel Vaccinations, including:  
Hepatitis A/B, Yellow Fever, Tetanus



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

For more info or to book a free consultation

**Call 403-452-5699 Today!**

[www.GlenmoreHealthcare.com](http://www.GlenmoreHealthcare.com)



Dear SW Calgary Neighbours,

Join thousands of Calgarians and sign the petition that asks City Council to reconsider the SW Transitway & Bus Rapid Transit (BRT). Go to our website [www.readytoengage.ca](http://www.readytoengage.ca) to find out more on where to sign the petition and get involved.



#### Will the SW Transitway be cancelled?

We are asking City Council to reconsider this costly project. The SW Transitway & BRT has never been properly debated at City Council, was passed on a deficient preliminary engineering report, has not had adequate consultation with affected landowners, was misrepresented at Council and has been inactive for the past 5 years. Most residents alongside the route had never even heard of the project until *ready to engage!* brought it to their attention.

#### Does the City care what I think?

Actions speak louder than words. The City seems intent on ramming this project through regardless of the legitimate concerns about safety, construction chaos and budget overruns that the public has. The City has no intention of meaningfully consulting with impacted individuals or changing its plans regardless of concerns expressed. The Mayor and ward Councillors have repeatedly said City Council is "done" and the project will be proceeding. We disagree.

#### Will parks be removed? What about parking?

The City has stated that all construction will be contained within road right-of-ways and City owned land. Road right-of-ways include medians, shoulders, and berms/green space along streets. The City of Calgary owns the majority of the parks and recreational fields and dog parks that are found throughout the city. Green spaces and parks the public now enjoy will be removed and replaced with asphalt, concrete, and bus platforms along the route. Increased traffic and parking in communities will come with BRT commuters. Parking lots could eventually be built along the route to accommodate commuters.

#### Why not wait for the SW Ring Road?

The SW Ring Road will be available at approximately the same time as the proposed SW Transitway & BRT and will provide extensive relief to traffic congestion along 14th Street making this project a waste of taxpayer dollars. Existing public transit service along this route already exceeds demand. Many buses running on 14 Street SW, 24 Street SW, 90 Avenue SW and on Southland Drive SW are currently running far below their passenger capacity. The City has stated that the BRT will serve students going to Mount Royal University shortening their length of travel. Adding a direct bus route to Mount Royal University would be a much more cost effective use of taxpayer money versus a full blown SW BRT.

#### Will the City be doing Transit Oriented Development (TOD) at the SW Transitway bus stations?

When asked whether transit oriented developments are likely around all BRT stations, Mac Logan, General Manager of Transportation at The City of Calgary stated, **"Intensification around every bus stop? Yes, eventually."** (CBC Eyeopener, Jan 8, 2016). Private Landowners are being encouraged by the City to use Transit Oriented Development principles. This means there will eventually be densification around each BRT transit stop. A motion put forward by Councillor Pincott directing the City staff to work with the owners of Glenmore Landing to facilitate the sale of city land for development was passed by City Council. This purchase will allow for a high density development on the site replacing 5.4 acres of City-owned green space which we all enjoy today.

**We are *ready to engage!* - concerned citizens who have joined together to give SW Calgarians and other stakeholders a voice on the City's SW Transitway and Bus Rapid Transit (BRT) project. We are in support of well-planned, efficient and cost-effective public transit improvements for all Calgarians.**

**Information published by ready to engage! is sourced from City publications and the City website**