

MAY 2016

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myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER



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CANADIAN CUBING EVENT

MAY 28



GARDEN OPENING

MAY 20



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Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

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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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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	VACANT	vicepresident@mycedarbrae.ca
Treasurer	Ron Bichel	accounts@mycedarbrae.ca
Secretary	Brenda Lofstrom	secretary@mycedarbrae.ca
DIRECTORS		
Glenn Suart	Andrea Roeke	Heather Bharadia
Sheila Husson	John Seagrave	Carole Davis
Tanya Jopling	Shelley Pears	Mae Pears
Sharon Bettin		
OTHER		
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	
Gym		Gym	
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

Cedarbrae under Construction, Fall of 1972



Well the month of April started with a very warm weekend landing us in the twenties. We all know too well we could get a foot of snow before May comes around. I hope everyone had fun and was safe in observing the various special events of the month of April.

Everything is in place 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 will be hosted on May 8th, 2016. Follow canadancubing.com and on Facebook @calgarycubingclub as well as our Facebook page and website. This completion is open to all Canadian and United States participants.

The Braeside Community Police station located at 11430 Braeside Drive SW has been in existence since 1996 serving the areas neighborhoods including Cedarbrae. A recent announcement from the City has slated this station to close its doors on May 8th, 2016. Check our website for information and a petition link. Brian Pincott our Councillor and Diane Colley-Urquhart have been contacted by our association in the endeavour to save the station. Make sure to drop by and thank the volunteers and Calgary Police Service staff before the detachment closes down, they have served us well and will be surely missed.

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 continues in its success 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 Centre's legal team. I have been in discussion with the Calgary Pickle Ball Club in supporting another part-

nership, 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.

The Calgary Canine Centre, for the ultimate in dog sports, agility, obedience and K9 nose is experiencing great success now that the sessions on Thursday evenings from 7:30 to 8:30pm are barking along 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.

Taylor Construction will be starting construction for the West Patio Project May 9th, 2016. Our staff have contacted all our renters having accessed our operational needs during this project. I will provide progress updates on the projects for the community.

The interior painting of the Centre is well underway and what a difference we see; we are going for lighter colours to brighten up the interior. The exterior painting project will likely get underway after the Stampede BBQ. This will certainly clean up and smarten up the look of your Centre.

The yearly Membership Drive kickoff in April. We added a business Membership this year to our roster as we wanted to reach out to everyone in this community. 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.

~continued next page~

PRESIDENT'S MESSAGE CONT'D

We have many special observed events in May: May Day, National Teachers Day, Star wars Day, Cinco de Mayo, Mother's Day, Victoria Day and the only Friday the 13th in 2016. 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. Drop them by our Centre

The Garden opening is scheduled for May 20th, 2016 running through the entire long weekend. Look further in this issue for your Garden Report.

The next scheduled Meet Your Neighbor Night is May 14th, 2016. It is a great way to see new and old faces. One of our members opens up the gym to kids that come by and they play basket ball and badminton. The next scheduled event will be June 18th, 2016 and times at the Centre are from 6pm to 9pm. Come by and tour the new painting project and West Patio Project progress.

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 My Cedarbrae.ca, Twitter@ 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

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



Name	Age	Contact	Course
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
Raven	13	403-460-0307	Yes

Calling All BABYSITTERS

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

Calling All PARENTS

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

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

UPCOMING EVENTS

May 9	West Patio Project Begins
May 14	Meet Your Neighbour Night
May 20	Garden Opening
May 28	Canadian Cubing Event
June 18	Meet Your Neighbour Night
July 16	Annual Stampede BBQ Lunch
August 8	Volleyball Summer Program Begins
September 10	Annual Community Clean-up
September 14	Annual General Meeting

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."

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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.

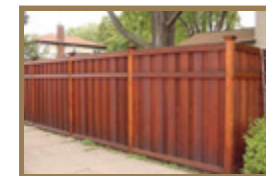


CUSTOMER SATISFACTION GUARANTEED

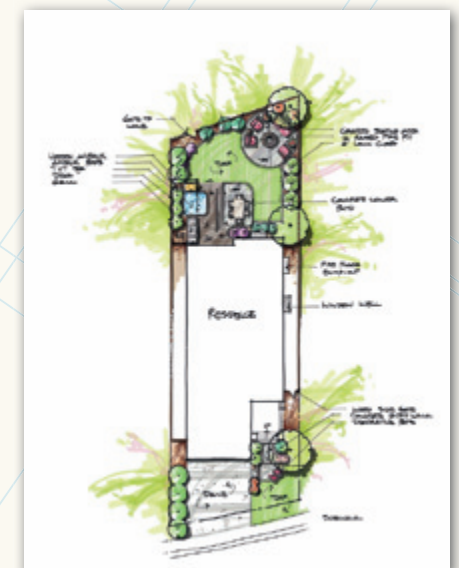


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IN & AROUND
CALGARY

Southland Leisure Centre

2000 Southland Drive SW • Phone: 403-648-6582

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. Lots of Spring preschool, children's and adults programs in the guide too!

Friday Night Dance Party– May 27 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!

Summer Volunteer Opportunities

Southland welcomes volunteers, 13 years old and up for our summer daycamps. Come and enjoy your summer by keeping busy and productive throughout the summer months. For more information call 403-648-6550.

Playschool

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 2016 to 2017 school year.

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

PD School Days

Did you know that Southland Leisure Centre offers programs to elementary school aged children on some Professional and Parent-Teacher Interview days? Check out the City of Calgary Recreation program guide on stands or online at www.calgary.ca/recreation for more information on our School's Out Day Camps.



MLA CALGARY-GLENMORE
ANAM KAZIM

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

Dear Constituents:

I would like to update you on the government's progress since the opening of the second session of the 29th Legislature on March 8th, 2016 with a Speech from the Throne. Subsequently, I am proud to say that it was a moment of honour for me to rise in the chamber and respond on behalf of my respected constituents. Therefore, in this newsletter I would like to share with you the highlights of that response and share insights into the direction the Alberta government is taking to foster progress in our province.

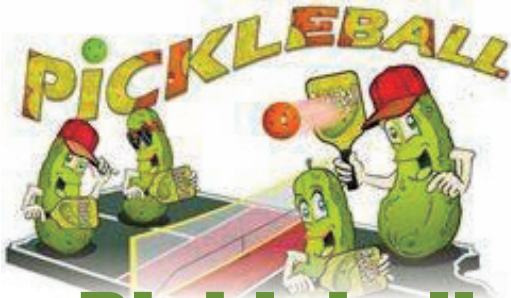
Alberta Child Benefit and the Family Employment

Tax Credit: During the throne speech, her Honour, the Honourable Lois E. Mitchell, spoke to our government investing into the Alberta Child Benefit and Family Employment Tax Credit. This will benefit not only the constituents of Calgary-Glenmore but all Albertan families. Further information can be found at: www.finance.alberta.ca/business/tax_rebates/personal-income-tax/alberta-family-employment-tax-credit.html.

Retraining and Skill Development: Alberta's government is offering financial support for training to assist adult Albertans attain the skills they need to get a job, get a better job, or increase their skills to keep their job. Grant funding is available for full-time training programs and may include income support, tuition, books and supplies. The Skills Investment Bursary helps with costs for part-time training programs. Alberta Works also offers services, training and resources to help Albertans plan a new job path, and search and apply for positions. Further information can be obtained at: www.humanservices.alberta.ca/financial-support/3172.html.

Financial Support for Small and Medium Businesses:

The Throne Speech from the Throne highlighted that government is taking steps to support business by making \$1.5 Billion available to Alberta Treasury



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

MLA CALGARY-GLENMORE
ANAM KAZIM CONT'D

Branches (ATB). These funds will increase lending to small and medium size businesses. This is in addition to directing AIMCo to earmark half a billion dollars for Alberta based companies with growth potential. Further details about this program can be obtained at: www.atb.com/business/products/borrow/term/Pages/government-guaranteed-loans.aspx.

The hardcopy of the Speech from the Throne can be picked up at our constituency office.

My response to the speech can be accessed by scrolling to 3:56 pm at: www.assemblyonline.assembly.ab.ca/Harmony/pb3/powerbrowser_Desktop.aspx?ContentEntityId=3240&EssenceFormatID=139&date=20160316&browser=0.

Save The Date: MLA Stampede Breakfast is on July 13, 2016 from 7:00 am to 10:00 am at Heritage Park.



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

MAY 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

May 1: Upper North: Varsity Church Group 8:00am-4:00pm	May 6: Gym: Dynamic Kidz 2:00pm-3:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm	May 12: Gym: Walk Live 10:30am-11:30pm, Dynamic Kidz 4:00pm-5:00pm, Chinook Country Line Dancers 6:00pm-9:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm, Children's Gymnastics 6:30pm-8:00pm
May 2: Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 4:00pm-5:00pm, Floor Hockey 9:00pm-11:00pm, Upper South: AP Control Meeting 1:00pm-4:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm	May 7: Upper North: Wedding Shower, all day, Upper South: Gremtassa 4:30pm-6:00pm	May 13: Gym: Dynamic Kidz 2:00pm-3:00pm, RDS Gymnastics 4:30pm-8:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm
May 3: Gym: Dynamic Kidz 4:00pm-5:00pm, Upper South: Children's Gymnastics 6:30pm-8:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm, Drop-in Yoga 6:30pm-7:30pm	May 8: Upper North: Varsity Church Group 8:00am-4:00pm, Upper South: Livingstone Youth Group 11:00am-1:00pm, Main Floor: Livingstone Youth Group 11:00am-1:00pm	May 14: Main Floor: Meet Your Neighbour Night 6:00pm-9:00pm
May 4: Gym: Ladies badminton 1:00pm-3:00pm, Dynamic Kidz 4:00pm-5:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm, Condo Board AGM 6:30pm-9:00pm	May 9: Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 4:00pm-5:00pm, Floor Hockey 9:00pm-11:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm	May 15: Gym: Varsity Church Group 8:00am-4:00pm, Main Floor: Livingstone Youth Group 11:00am-1:00pm
May 5: Gym: Walk Live 10:30am-11:30pm, Dynamic Kidz 4:00pm-5:00pm, Chinook Country Line Dancers 6:00pm-9:00pm, Upper South: Children's Gymnastics 6:30pm-8:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm	May 10: Gym: Dynamic Kidz 4:00pm-5:00pm, Upper South: Children's Gymnastics 6:30pm-8:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm, Drop-in Yoga 6:30pm-7:30pm	May 16: Gym: International Auctions Buying Event, all day, Dynamic Kidz 4:00pm-5:00pm, Floor Hockey 9:00pm-11:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm
May 11: Gym: Ladies badminton 1:00pm-3:00pm, Dynamic Kidz 4:00pm-5:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm		May 17: Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 4:00pm-5:00pm, Children's Gymnastics 6:30pm-8:00pm, Main Floor: Dynamic Kidz 7:00am-6:00pm

May 18:

Gym: Ladies badminton 1:00pm-3:00pm, Dynamic Kidz 4:00pm-5:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm

May 19:

Gym: Walk Live 10:30am-11:30pm, Dynamic Kidz 4:00pm-5:00pm, Chinook Country Line Dancers 6:00pm-9:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm, Children's Gymnastics 6:30pm-8:00pm

May 20:

Gym: Dynamic Kidz 2:00pm-3:00pm, RDS Gymnastics 4:30pm-8:00pm, **Upper North and South:** Gremtassa Vigil, overnight, **Main Floor:** Dynamic Kidz 7:00am-6:00pm

May 21:

Gym: Private Event 1:00pm-3:00pm

May 22:

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

May 23:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 4:00pm-5:00pm, Floor Hockey 9:00pm-11:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

May 24:

Gym: Dynamic Kidz 2:00pm-3:00pm, **Upper South:** Children's Gymnastics 6:30pm-8:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm

May 25:

Gym: Ladies badminton 1:00pm-3:00pm, Dynamic Kidz 4:00pm-5:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm

May 26:

Gym: Walk Live 10:30am-11:30pm, Dynamic Kidz 4:00pm-5:00pm, Chinook Country Line Dancers 6:00pm-9:00pm, **Upper South:** Children's Gymnastics 6:30pm-8:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm

May 27:

Gym: Dynamic Kidz 2:00pm-3:00pm, RDS Gymnastics 4:30pm-6:00pm, **Upper South:** RDS Gymnastics 4:30pm-8:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm

May 28:

Upper North and South: Canadian Cubing Event, all day

May 29:

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

May 30:

Gym: Dynamic Kidz 4:00pm-5:00pm, Floor Hockey 9:00pm-11:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

May 31:

Gym: Dynamic Kidz 2:00pm-3:00pm, **Upper South:** Children's Gymnastics 6:30pm-8:00pm, **Main Floor:** Dynamic Kidz 7:00am-6:00pm, CCLA Strategic Meeting 7:00pm-9:00pm

May 2016						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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.



Now that is
some serious
Calgary soccer
pride.

AND WE'RE PROUD
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

CUPE
Calgary's city employees

Making your city
work for you



DON'T FORGET

Submission
Deadline is the 1st of
each month

Please send all
submissions to
info@mycedarbrae.ca

Great Photos of Cedarbrae Wanted!

Send your photos to info@mycedarbrae.ca

"We Care"

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

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www.deerfootcarpet.com



Our Members get a whole new view
on the world!

Cedarbrae Community League Association

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



Community Vision:

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

Mission:

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

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



info@mycedcarbrae.ca

Become a Member today!

What's the easiest way?

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

Cedarbrae Community Memberships are always a great value!

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

Yearly memberships run from May 1- April 30.

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



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

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

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

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



Exterior, Cedarbrae Community Centre

Memberships are for businesses too!

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

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

Who We Are

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

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

What's the first step?

Become a member!

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

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

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

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

Community Association Membership Membership Application Form

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

Main Contact

Last Name _____

First Name _____

Address _____ Postal Code _____

Home Phone _____ Cell Phone _____

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

E-Mail _____

I would consider volunteering for the following:

- ☐ Stampede BBQ
- ☐ Meet your neighbour night

☐ Casino

☐ Newsletter

☐ Special Events

☐ Board of Directors

☐ Community Clean-up

☐ Garden

☐ Sports Programming

☐ Other

South West Communities Resource Centre

Located in the Professional Wing of the Oakridge Co-Op Mall

#42 2580 Southland Drive SW, T2V 4J8

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



Parent Talk – Register Now

Thursday mornings, 10:00 – 11:30, April 14 – June 16, 2016. Free child-minding, coffee, and snacks. Parenting tip sheets and children's books to take home.

This free program is open to all parents of babies and young children.

- Enjoy the company and support of other parents
- Give your children some supervised play time
- Get your parenting questions answered with the help of facilitators from the Further Education Society
- Help your young children learn and develop their potential

You can register and start the program anytime over the 10 weeks of the session. Attend as many weeks as you can. To register, call the SWCRC at 403-238-9222.

Connecting you to the Resources you Need

You live in one of the 28 communities served by the SWCRC. If you are in need of information or resources, or if you are facing a challenging situation of any kind and you aren't sure how to move forward, please call us at 403-238-9222 to make an appointment with one of our Community Resource Workers.

Our two Community Resource Workers are social workers who will:

- sit down and talk with you for an extended period of time
- provide supportive counselling
- help you assess your situation
- identify the strengths and resources you already have
- provide information about, and referrals to, other available resources, programs and services
- help you "navigate the system"

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 (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. As a member of our team of Parenting Group Assistants, you will care for the children by providing a safe, loving and fun environment in which to play, socialize and learn. The time commitment is approximately 2 ½ hours, 9:30 – noon, either Tuesdays or Thursdays.

It takes a village to raise a child. Your passion for kids, and your desire to contribute your knowledge and experience towards a community effort to optimize children's social, emotional and intellectual development, will inspire you to contact the SWCRC for more information about this important volunteer role. Call 403-238-9222 ext. 222.



SUDOKU

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FIND SOLUTION ON PAGE 25



COUNCILLOR, WARD 11
BRIAN PINCOTT

www.ward11calgary.ca

As we move into spring, Calgarians will be out and about, moving around our city in different ways – walking, cycling, skating, transit riding, and driving. It's key that the city provide different modes of transportation to access different nodes in our city. The provision of different modes is also important so as not to overload one system of transportation.

The City of Calgary has identified and is acting on this need over the years through plans like the 2005 Imagine Calgary, the 2007 Plan It Calgary, the 2009 Calgary Transportation Plan, and the 2011 Route Ahead. From citizen feedback, we know that accessibility, reliability, efficiency and safety are paramount in providing and improving transportation options.

The City is currently embarking on a number of projects along the 14th street- Crowchild Trail corridor to address many of the transportation issues we face on a daily basis. The bottlenecks being addressed are at Crowchild Trail at the Bow River, the new connectors for the Ring Road, and the bit of 14th street south of Anderson Road which turns into Canyon Meadows Drive. Glenmore Trail between Crowchild and 37th street will also be widened soon, which will help traffic flowing over the Causeway.

While these projects are taking place, I have been working to ensure that pedestrians and cyclists still have the ability to move between our communities: greater vehicular infrastructure often makes it hard for those who don't drive, including youth and seniors, to move around on their own. The addition of pedestrian overpasses and bus routes will help to include everyone, and keep us all moving together.

We've got some exciting transportation projects in Ward 11. I'll be updating you on the progress of the 20th Street Bikeway project, the 50th Avenue Corridor Study, the Flanders / Crowchild Interchange construction, phase II of the River Park Redevelopment, and the new Anderson Pedestrian Bridge connecting Cedarbrae and Woodbine.

Lastly, this spring, my office will be hosting an information session on Little Free Libraries, as we've had many communities in the ward express their interest in putting them up! Please call 403-268-2430 or email ward11@calgary.ca if you are interested.

As always, you can contact me at ward11@calgary.ca or feel free to connect with me on Twitter @bpincott, or on Facebook at Brian Pincott, Councillor Ward 11.



Rubik's Cube Competition!

Join us for Calgary's 1st official
Rubik's Cube Competition!

When: Saturday, May 28, 2016 – registration and check in begins at 9:00

Where: Cedarbrae Community Centre
11024 Oakfield Drive SW

For more information or to ask about cubing -
email calgarycubingclub@gmail.com
To register visit: <http://www.canadiancubing.com>

Book Trivia

The
highest paid
author is James
Patterson at \$94
million. He pub-

lished
14 novels in 2011.
-Forbes

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:

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.

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.

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.

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!



MAY MOON CALENDAR

 New Moon May 6	 First Quarter May 13
 Full Moon May 21	 Last Quarter May 29

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Art of the world



The **Starry Night** is an oil on canvas by the Dutch post-impressionist painter **Vincent van Gogh**. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.

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

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403-263-3044 or sales@great-news.ca

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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RENOVATIONS - DECKS, GARAGES, BASEMENTS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

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, 403-269-2707.

CURVES - BRAESIDE: Special 3 classes for free. All it takes is 30 min on the Curves Circuit. There is always a Curves Coach to help you with your form and push you to your personal best. Try 3 classes for free, lots of choices. Something for everyone! Call 403-238-8400 for appointment.

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.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

DISCIPLE HOMES & IMPROVEMENTS INC.: Renovation experts interior and exterior. Book now for new roofs, siding, soffit and eaves trough. Members of BBB, licensed and insured. Email us at info@disciplehomes.com or call 403-207-5708. Visa and MasterCard accepted.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. 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.

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

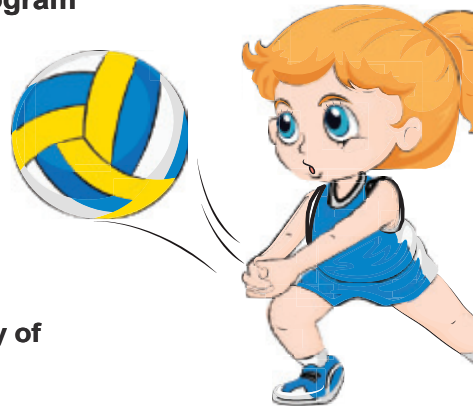
~continued on page 23~

miniVolley Summer 2016

Volleyball Alberta is partnering with Cedarbrae Community Centre

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

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



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

Cost: \$40.00 + \$8.25 membership fee



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

Registration Deadline July 25, 2016

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



Register online at: www.volleyballalberta.ca

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For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

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HARMONY LANDSCAPES INC: A small landscaping company with big landscaping experience! Let us take care of your landscape designs, installation and maintenance needs. We are now taking bookings for spring clean ups as well as design and construction consultations. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

INTERIOR PAINTING: Let us help you update your home with a fresh coat of paint. Dated fireplace bricks can be whitewashed to give your room a modern look. Antiquing furniture is also very popular and we can do that as well. Free estimates, references, colour consulting, quality work. We take pride in our work! Call Colleen at 403-830-3456 Unique Interiors.

LIGHTEN UP IT'S SPRING! Are you tired of high salon prices? Then why not try a local in-home salon offering the same great services! Providing 28 years of expertise in the hair industry and professional product at an affordable cost. Call or text for your free consult today: 403-238-6733.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

SUMMER IS COMING! Get your yard ready for the beautiful days ahead. Weekly or occasional lawn cuts while you are on holidays. Flower bed clean up, planting and/or maintenance or projects. Locally owned and operated since 2007. Please call Brenda at 403-615-7199.

GARAGE DOORS AND OPENERS: Sales, repairs, replacements, quick service on broken springs and emergencies. 25 years of experience. Door sales on now! 403-891-3534. Support local business. sales@thomsondoors.com www.thomsondoors.com.



Join us in June on the #GetMovingYYC journey

#GetMovingYYC is an awareness-raising campaign and a series of community based initiatives to get *more Calgarians, more active, more often*. Over the weekend of June 18 & 19, 2016, The City of Calgary is challenging community partners to lead a walk in their respective communities. It doesn't need to be elaborate and could even be built into other celebrations like Neighbour Day or Father's Day. All we ask is that the walk is accessible, family friendly, has a defined start time and location and it is led.

Would someone on your board or in your community be interested in leading a #GetMovingYYC event? We will provide key messages, poster templates along with other resources, to help promote the initiative should your community association wish to take part. We also encourage the use of the #GetMovingYYC hashtag to spread the word about the benefits of exercise in our city.

For more information on #GetMovingYYC movement, please visit <http://www.calgary.ca/CSPS/Recreation/Pages/getmoving.aspx>

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Our Community Garden

Neighbourly Gardening

As gardeners at our Community Centre we take pride in the relaxation to which our efforts emulate producing vegetables for our loved ones, bragging rights as well. As we quickly approach our planting dates of May 20th thru to May 31st the importance of selecting and preparation is the key to a well-planned garden plot layout.

Upon the start of registration on May 1st, we go to great lengths in assisting gardeners with a selection of vegetables and layouts to provide optimum production from your garden plot. Gardeners, please remember May 31st is our planting deadline as the first scheduled "Organic Compost Tea" feeding is June 1st and your garden plots are requested to remain static for at least a week.

We look forward to another sold out year, please make sure to register May 1st and the Garden Coordinator will be available for advice.

Cedarbrae Membership is required along with as garden plot fee.

If you have any questions or are interested in learning more about our garden, you can contact me at lauraine62@msn.com.

Lauraine Brown
Garden Coordinator

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 – 1st of each month for the next month's publication
Contact news@great-news.ca

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

BRAIN GAMES

SUDOKU

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9504 Oakfield Drive SW
Adjacent to Oakridge Community
Association Centre

The 2016 outdoor racquet season is just
around the corner and Early Bird
Registration is now open until April 30, 2016.

2016 ORC Membership Fees:

An annual Oakridge Community membership is required to join ORC—\$40 Household or \$20 Senior Household.

	Early Bird—until April 30th	Regular Season
Individual	\$75	\$100
Senior	\$50	\$75
Couple	\$150	\$175
Family—with kids under 18	\$175	\$200
Junior—under 18 not with family	\$25	\$25

ORC has 6 outdoor tennis courts with 2 of those lit for evening and pickleball play. We offer regular drop in times for tennis, pickleball and cardio tennis. We also have some exciting new kids programming in addition to our Adult Beginner, Intermediate and one day clinics. ORC has a Professional Tennis Coach – Tom Gregory – who is ready to give private lessons in addition to our group programs.

You do not need to be a member to register in one of our programs. Register NOW as space is limited!

- Kids programs – Kids team tennis, Mini Tennis League, Afterschool Learn to Play, Summer Camps all summer long
- Adult Tennis programs – Beginner & Intermediate Lessons, One Day Clinics, Cardio Tennis

Go to oakridgecommunity.ca and click on Register for a Program or call Sandy at 403-238-0008

“Like” us on Facebook. Oakridge Racquet Club.



Insects & Technology

The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.

Discovery Magazine



www.kilbco.com

CONCRETE SEALING

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Name	Age	Contact	Course
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
Raven	13	403-460-0307	Yes
Sabrina	19	403-400-5520	Yes

Calling All BABYSITTERS

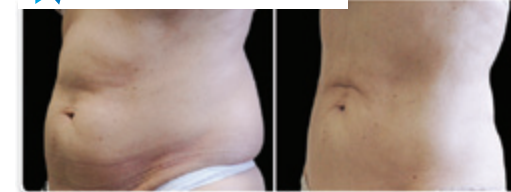
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

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

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

Get Your Total Body Transformation!



BEFORE

12 WEEKS AFTER

COOLSCULPTING

Rapid Weight Loss Program

Calgary's only Medically Supervised hCG Program includes:

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

Benefits of our Clean Start hCG program:

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

Targeted Fat Elimination

Do you have stubborn pockets of fat?

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

Skin & Body Tightening

Loose skin on your face or body?

- Exilis tightens loose skin on face, arms, abdomen

Save up to \$1,000!



A305, 1600 - 90th Ave SW

(3rd floor Glenmore Landing)

For more info or to book a
free consultation

* Expires June 30, 2016

Call 403-452-5699 Today!

www.GlenmoreHealthcare.com



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

CEDARBRAE ANNUAL COMMUNITY CLEAN-UP

Let's clean-up our mess Cedarbrae!

Cedarbrae's annual Community Clean-up offers residents a chance to clean out their back alleys, basements and backyards! City of Calgary waste trucks will be on hand including a truck for organics recycling. Also accepted will be clothing, metals, bicycles, tires, electronics, paints, good quality kitchen ware dishes 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**