

OCTOBER 2016

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myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER

THE CONSTRUCTION
IS ON THE OUTSIDE
BUT THE FACELIFT IS
COMPLETED ON THE
INSIDE

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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
Peace Officer Animal & Bylaw
Services: Tracey Mundy 403-888-7931

COMMUNITY VISION AND MISSION

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


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

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

2016 RENTAL RATES

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

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



Hourly Rental Event Rental

Gym		Gym	
Half	\$48	Half	\$595
Full	\$80	Full	\$895

Capacity: Dining **374** - Non Fixed Seats **472** - Standing **598**

Meeting Rooms

Meeting Rooms		Meeting Rooms	
Gardenview	\$43	Gardenview	\$225
Capacity: Dining 59 - Non Fixed Seats 59 - Standing 59			
Aspenview	\$40	Aspenview	\$200
Capacity: Dining 57 - Non Fixed Seats 596 - Standing 59			
Aspen/Gardenview	\$75	Aspen/Gardenview	\$395
Capacity: - Dining 126 - Non Fixed Seats 158 - Standing 200			
Parkview	\$29	Parkview	\$175
Capacity: Dining 55 - Non Fixed Seats 70 - Standing 89			



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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NEWSLETTER AD SALES

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

Cedarbrae Board Message to Contributors for BBQ 2016

On behalf of the Board, we would like to extend great appreciation and generosity for the donations we received in supporting the 2016 Cedarbrae BBQ. Without your generosity and those of all the volunteers whom contributed to the success this would have been difficult. An extended appreciation goes out to those we missed on the original Thank You.

Julie Marsh
South Calgary Church
Oak Park Church
Christ the Livingstone Fellowship
Braeside Automotive
Wyman Productions

Look forward to seeing you at the Centre.

Community Minded,
Steven Brown, President
CCLA

Pickleball

Cedarbrae Community Association is excited to announce fall **Pickleball** in our gym. We have been working with the Calgary Pickleball Club to develop **daily** pickleball in our gym. There will be a variety of options for beginner, intermediate, advanced and open play slots. There will also be a women's only and men's only slot. Introduction to pickleball lessons will also be offered for those who want to try this fun and social sport.

All this starts on Sunday, October 30th 8:30 AM. Watch for more details. These will be posted on the Calgary Pickleball website (www.calgarypickleballclub.ca) in mid-October.

Free Little Library now ready!

A Free Little Library is now available outside the Cedarbrae Community Centre.

We acquired a used newspaper box and enlisted the aid of a young girl from Cedarbrae School to add artwork on it. With guidance from her teacher Ms Alexandra Collard, Kayla first sketched her ideas on paper and then painted them onto the box.

Kayla R. is 10 years old and just completed Grade 4. She has lived in Cedarbrae her entire life, along with her parents and four siblings, two older and two younger than herself.

Kayla loves drawing, playing video games, and of course, reading. This summer she was hoping that her Grandmother would come to visit and she also hoped to take a trip to British Columbia.

Her teacher, Ms. Alexandra Collard, has been teaching for five years. The first two years in Bangladesh and the last three at the Cedarbrae School.

In her spare time, Ms Collard loves to dance, teach dance, snowboard and take pictures. She inherited her love of photography from her father who is a retired High School Math Teacher.

We invite Cedarbrae Community Residents to admire the lovely artwork, browse the books and select one or two for your reading enjoyment.

We have a selection for both children and adults and will replenish the supply as required.

You can take a book and leave a book you are done with, or simply take a book.

Thank you very much Kayla and Ms Collard for your assistance in getting the Library ready to 'open'.

Sheila Husson, Community Outreach Committee Chair
Cedarbrae Community League Association
Board of Directors



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

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PRESIDENT'S MESSAGE

By the time I submit this update we are weeks away from our AGM, in advance I wish to thank all whom participated in the process.

From all of us on the Cedarbrae Board, we all wish you a great Thanks Giving Day Holiday.

We continued with internal Centre repairs and upgrades like the South Patio Project to reline the patio membrane making it water proof again, electrical panel upgrades, the exterior painting wrapping up due to cooler weather and it will resume in the spring, complete the parking lot painting, modernized billboards for advertising, framed art work from the kids in the daycare, preparing for the yearly deep cleaning and waxing of the centre floors, many rooms were named this spring by the Board and signs have been made up and installed, completion of the new C-can cold storage container installation for the garden equipment, sidewalk cleaning equipment and Centre storage. Drop by and check out the fresh new look outside and inside the Centre.

We partnered with Sean Peter and hosted our first basketball camp in September with another one scheduled during the long weekend of October 8th, 9th and 10th.

Last year we started a program with Calgary Pickleball Club offering Pickleball, this year the sport will be offered almost every day of the week for all ages starting on October 30, 2016. Please check the website and schedule posted in the newsletter as CPC have offered various session types from beginner to senior levels, it's a great opportunity for low impact exercise. Come on

UPCOMING EVENTS

- October 1 & 2 Calgary Reptile Expo
- October 7-9 Basketball Day Camp
- October 15 Community Garden Harvest
- October 17 SWUS resumes at the Centre
- October 22 Meet Your Neighbour Night
- October 25 CCLA Monthly Strategic Meeting
- October 30 Pickleball Returns
- October 31 Happy Halloween!
- Oct. Mon & Thurs Russian Martial Arts
- December 10 & 11 Christmas Craft Fair

by, we have many seasoned players willing to teach the sport.

We have had a recent flurry of inquiries and reaching out to us to have the hockey rink up this year - those interested call the Centre.

I read through the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. The report paints a troubling picture of how our children are spending their time and the effect this is having on their sleep and ability to perform well in other areas of their lives.

Only 9% of Canadian Kids aged 5 to 17 get the 60 minutes of heart pumping activity they need each day.

Only 24% of 5 to 17-year-olds meet the Canadian Sedentary Behavior Guidelines recommendation of no more than 2 hours of recreational screen time per day.

Every hour kids spend in sedentary activities delays their bedtime by 3 minutes, and the average 5 to 17-year-old Canadian spends 8.5 hours being sedentary each day.

High school students in Canada spend an average of 8.2 hours in screen based sedentary behaviour.

Let's get our kids active and involved.

Many of our regular programs have restarted their season so check out our calendar and website or call the office for information. The Centre also brings many celebrations, weddings, birthdays, parties of all kinds. We offer some beautiful renovated spaces for rent; please call the Centre office to book a tour, we would love to have you.

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

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

Look forward to seeing you at the Centre.

Community Minded,
Steven Brown, President, CCLA



Name	Age	Contact	Course
Aaron	13	403-287-9492	Yes
Annika	12	403-454-2393	Yes
Avi	41	587-897-0789	Yes
Charlize	13	403-671-3443	Yes
Denisse	17	587-582-1799	No
Emilia	17	403-251-2013	Yes
Evelyn	12	403-475-0919	Yes
Maya	15	587-896-1136	Yes
Nina	16	403-918-0641	Yes
Paula	17	403-404-8009	Yes
Paula	17	403-404-8009	Yes
Raven	14	403-460-0307	Yes
Sabrina	19	403-400-5520	Yes

Calling All BABYSITTERS

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

Calling All PARENTS

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

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

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Get Active at the Cedarbrae Community Centre!

- | | |
|-------------------------------|--------------|
| South West United Soccer | 403-281-2798 |
| Adventures Childcare | 403-464-2429 |
| 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 |
| Basketball | 403-988-9409 |
| Ladies' Badminton | 403-238-5185 |
| Monday Night Ball Hockey | 403-669-6739 |
| Friday Night Men's Hockey | 403-221-8901 |
| Walk 15 Classes | 403-251-6717 |
| Drop-in Pickleball | 403-251-2101 |
| Scent Training | 403-238-6715 |
| Expressive Arts for Self-Care | 403-238-6033 |
| Worry Warriors | 403-452-1124 |
| Russian Martial Arts | 403-870-0937 |
| Country Swing Dance | 403-809-1886 |



OCTOBER 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

October 1:

Gym: Calgary Reptile Expo 7:00am-8:00pm, **Aspen View Room:** Gremtassa 4:00pm-6:30pm, **Park View Room:** Calgary Reptile Expo 7:00am-8:00pm

October 2:

Gym: Calgary Reptile Expo 7:00am-8:00pm, **Garden View:** Varsity Church Group 8:00am-4:00pm, **Park View Room:** Calgary Reptile Expo 7:00am-8:00pm

October 3:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, RDS Gymnastics 4:30pm-6:00pm, Men's Hockey 9:00pm-11:00pm, **Aspen View:** APC Monthly Meeting 1:00pm-4:00pm, RDS Gymnastics 6:00pm-8:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

October 4:

Gym: Aspen Mom and Tot drop-in 10:30am-12:00pm, Dynamic Kidz 3:45pm-4:45pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Worri Warriors 6:00pm-8:00pm

October 5:

Gym: Lady's Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Expressive Arts for Self-Care 6:30pm-9:30pm

October 6:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, Chinook Country Line Dancers 6:00pm-9:00pm, **Aspen View:** Bravo Circus Gymnastics 6:30pm-8:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Scent Training 7:15pm-9:15pm

October 7:

Gym: Basketball, SWUS, Dynamic Kidz 2:00pm-3:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm

October 8:

Gym: Basketball, SWUS **Aspen Garden View:** Private party, all day

October 9:

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

October 10:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, Men's Hockey 9:00pm-11:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

October 11:

Gym: Aspen Mom and Tot drop-in 10:30am-12:00pm, Dynamic Kidz 3:45pm-4:45pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Worri Warriors 6:00pm-8:00pm

October 12:

Gym: Ladies' Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Expressive Arts for Self-Care 6:30pm-9:30pm

October 13:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, Chinook Country Line Dancers 6:00pm-9:00pm, **Aspen View:** Bravo Circus Gymnastics 6:30pm-8:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Scent Training 7:15pm-9:15pm

October 14:

Gym: Dynamic Kidz 2:00pm-3:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm **Aspen/Garden View:** Country Swing Classes 6-8pm

October 15: no events schedule

October 16:

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

October 17:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, RDS Gymnastics 4:30pm-6:00pm, SWUS 6:00pm-7:30pm, Men's Hockey 9:00pm-11:00pm, **Aspen View:** RDS Gymnastics 6:00pm-8:00pm, **Gardenview:** Russian Martial Arts 7-9pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm

October 18:

Gym: Aspen Mom and Tot drop-in 10:30am-12:00pm, Dynamic Kidz 3:45pm-4:45pm, SWUS 6:00pm-7:30pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Worri Warriors 6:00pm-8:00pm

October 19:

Gym: Ladies' Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, SWUS 6:00pm-7:30pm, SWUS 9:00pm-10:30pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Expressive Arts for Self-Care 6:30pm-9:30pm

October 20:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, Chinook Country Line Dancers 6:00pm-9:00pm, SWUS 9:00pm-10:30pm, **Aspen View:** Bravo Circus Gymnastics 6:30pm-8:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Scent Training 7:15pm-9:15pm

October 21:

Gym: Dynamic Kidz 2:00pm-3:00pm, SWUS 6:00pm-9:00pm, **Aspen Garden View:** Gremtassa overnight vigil, **Park View:** Dynamic Kidz 7:00am-6:00pm

October 22:

Gym: SWUS 12:00pm-4:30pm, **Aspen Garden:** Meet Your Neighbour Night 6:00pm-9:00pm

October 23:

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



October 24:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, RDS Gymnastics 4:30pm-6:00pm, SWUS 6:00pm-7:30pm, Men's Hockey 9:00pm-11:00pm, **Aspen View:** RDS Gymnastics 6:00pm-8:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm, **Gardenview:** Russian Martial Arts 7-9pm

October 25:

Gym: Aspen Mom and Tot drop-in 10:30am-12:00pm, Dynamic Kidz 3:45pm-4:45pm, SWUS 6:00pm-7:30pm, **Garden View:** CCLA Monthly Strategic Meeting 7:00pm-9:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Worri Warriors 6:00pm-8:00pm

October 26:

Gym: Ladies' Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, SWUS 6:00pm-7:30pm, SWUS 9:00pm-10:30pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Expressive Arts for Self-care 6:30pm-9:30pm, **Gardenview:** Russian Martial Arts 7-9pm

October 27:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, Chinook Country Line Dancers 6:00pm-9:00pm, SWUS 9:00pm-10:30pm, **Aspen View:** Bravo Circus Gymnastics 6:30pm-8:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Scent Training 7:15pm-9:15pm, **Gardenview:** Russian Martial Arts 7-9pm

October 28:

Gym: Dynamic Kidz 2:00pm-3:00pm, SWUS 6:00pm-9:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm **Aspen/Garden View:** Country Swing Classes 6-8pm

October 29:

Gym: SWUS 12:00pm-4:30pm

October 30:

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

October 31:

Gym: Walk Live 10:30am-11:30am, Dynamic Kidz 3:45pm-4:45pm, SWUS 6:00pm-7:30pm, Men's Hockey 9:00pm-11:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm, Men's Group 8:00pm-9:00pm, **Gardenview:** Russian Martial Arts 7-9pm

OCTOBER 2016



CEDARBRAE STRATEGIC MEETINGS

Last Tuesday of the month

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

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



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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.



2016

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!



STEP INTO FALL
 Are you thinking of becoming more active?
 The University of Calgary is recruiting volunteers for a 12-week physical activity study.
To participate you must be:
 -18 years of age or older
 -Exercising less than 3 days per week
 -Have internet access
 You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.
By completing the 3 questionnaires you will receive:
 -A pedometer (\$25 value)
 -\$10 gift card
 -Prize draw entry for \$1000 gift card
To participate contact:
 Research Coordinator
 403.210.7044 or perryr@ucalgary.ca





Ethics ID: REB15-2944
 This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

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 Check us out on Facebook: bobbysplaceyc
403-475-8575
11440 Braeside Drive SW

FREE guided cemetery tours
May 8 to October 30
 Cowboys and cooks, prohibitionists and politicians, suffragettes and speculators! Join our volunteer guides for a walk through time to learn about the people and events that shaped Calgary.

Burnsland Cemetery • Last Saturday of the month • Meet at Galloway House near the Union Cemetery gate at Spiller Rd. S.E. and Cemetery Rd. S.E. *Special tours* • Canada Day, Friday, July 1 • Remembrance Day, Friday, Nov. 11	St. Mary's Pioneer Cemetery • Third Saturday of the month • Meet inside the St. Mary's Cemetery main gate at Ertlon St. S.W. and 32nd Ave. S.W. Union Cemetery • Every Sunday • Meet at the Union Cemetery entrance at Cemetery Rd. S.E. and Spiller Rd. S.E.
---	--

Tours are 2 - 3:30 p.m. (weather permitting).
 Note: Cemetery tours are not wheelchair or stroller accessible and are best suited for ages nine and up. Pets are not permitted. Contact 311 for tour cancellation updates.
 Visit calgary.ca/cemeteries for more information.



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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@mycedarbrae.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 _____ Last Name _____

First 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

Spouse Partner – if applicable

Last Name _____

First Name _____

Address _____ Postal Code _____

Home Phone _____ Cell Phone _____

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

New Location
is two blocks
west of the
old one!

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Proudly Serving Woodbine, Cedarbrae, Oakridge, Pumphill, Evergreen, Braeside, Woodlands, Southwood, Canyon Meadows.

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Fall Sale

Sale Ends November 13th

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Sat: 10 AM - 5 PM
Sun: 12 PM - 4 PM

PH: 403 475-6313

Free Powerplant Whole Food Bar when you bring in this coupon. While supplies last.



HARVEST 2016 RECIPES

Well the time has come for our annual harvest. Since our gardening season in Calgary consists of only 112 days, we have to make the best of it. With fall approaching we must be very mindful of the quick changes of weather; one overnight frost can take your hard labour and turn it into mush. I strongly suggest having poly (plastic) on hand in order to cover your beds for any last minute frost warnings. This may entitle you to an extra two to three weeks of growing season.

Root vegetables have the advantage of the soil to protect them from the frost. For example, beets, potatoes, turnips, carrots have the opportunity to get a little extra growth.

Ensuring root vegetables last through the fall and winter.

- Potatoes and all root vegetables once they have been harvested should be set to dry on newspaper with the soil left on them. This will help the vegetables last much longer. Place them in a cardboard box in a dry cool area. Basement usually works well.
- Canning is another great option, for example pickled beets with onions, canned potatoes, butternut squash soup freezes well, zucchini bread freezes up nicely.

Suggestions for canning regular vegetables

- Beans & Carrots: Pickled for Caesar's
- Onions: Sliced or cut into small pieces freezes well for French Onion soup also pickles well with carrots
- Kale: Great in a smoothie, also makes wonderful chips in a dehydrator
- Cabbage: although this takes up a great portion of your garden plot it is a wonderful vegetable to freeze whole. When defrosted the leaves are very soft and are great to use in the making of cabbage rolls.
- Beets & Potatoes: sliced with Epicures Mandolin Slicer, put on the Epicure Chipster, and placed in a microwave

The Calgary Reptile Expo

October 1 & 2 2016

Saturday 10-5pm
Sunday 1-5pm

Admission:
\$7-adult, \$5-kids
3 and under free
TARAS members free

THE ALBERTA REPTILE AND AMPHIBIAN SOCIETY

Cedarbrae Community Center
11024 Oakfield Dr SW, Calgary

for homemade chips, sprinkled with Red Pepper Sausage seasoning makes for a great homemade snack.

Kale or Spinach: Par boil in boiling water with 1tsp of sea salt for approx. 30 seconds, remove from boiling water submerge into ice water bath to cool quickly remove and form into a ball, squeezing all excess water. Place on saran wrap and pack tightly. This freezes very well, keeps the color vibrant, use in breads, soup broth, and can substitute for spinach in spinach dip.

Par boiling Beans & carrots process in an ice baths and vacuum sealing then store in freezer for up to six months will ensure freshness.

Beets: Pickling is a great way to enjoy you garden all winter. My favorite is as follows:

- 3 Lbs small whole beets
- 1-cup white vinegar
- 1-cup apple cider vinegar
- 1-cup water
- ½-cup sugar
- 1tsp whole allspice
- 3 whole cinnamon sticks, or can be substituted for 1/2tsp nutmeg

~continued on page 25~

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 journeyman 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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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.

YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

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SNOW REMOVAL: RNM Cleaning Services clears freshly fallen snow daily, removes ice and uses environmentally friendly melt products. We are a local, reliable business providing punctual, safety conscious and reasonably priced snow removal services. Please call Rob for a free quote today! 403-831-1651.

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COUNCILLOR, WARD 11
BRIAN PINCOTT

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You will notice continued work in our ward in preparation for the Southwest Calgary Ring Road (SWCRR). The City began work on SWCRR-related projects in late 2016. Each City project has its own timeline over the next four years, and the project teams will be updating and talking to residents throughout the different design and construction phases. The goal is to complete this work before fall 2021, when the Government of Alberta is scheduled to open the SWCRR.

Here's an update on The City projects and timelines that will affect us in Ward 11:

- **90th Avenue SW and Southland Drive connections**
 - Design: 2016 – 2017
 - Construction: 2018
- **Anderson Road widening, between SWCRR and Elbow Drive**
 - Design: 2016 – 2017
 - Construction: 2017 – 2018
- **Glenmore Trail widening and changes to the Glenmore / Crowchild interchange**
 - Design: 2017
 - Construction: 2018 – 2019

As the designs progress throughout 2016 and 2017, more information will be confirmed and available to the community. If you have questions or comments about The City's role with the ring road, you can email the project team at CalgaryRingRoad@newsletter.ca, contact 311, or visit their website at www.calgary.ca/swrr. If you have questions about the SWCRR's design, location or construction schedule, please contact the Government of Alberta at email@sw-crr.ca, or visit their website at www.sw-crr.ca.

Other projects that are underway in our ward and related to the SWCRR are:

- the ENMAX utility relocations at 90th Avenue SW and area
- the Anderson Pedestrian Overpass linking the communities of Woodbine and Cedarbrae
- the Crowchild Trail Corridor Study
- the 37th Street Stormwater Trunk Project

Details on these projects can be found on my website at www.ward11calgary.ca, and on The City website at www.calgary.ca. It's certainly a busy fall, be sure to subscribe to your Ward 11 update at www.ward11calgary.ca to receive timely updates on the SWCRR, and other projects in your community, and city.

Dr. Diane Fennell

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- Do you hear a **ringing or buzzing** in your ears?
- Do you have trouble understanding the speech of **women and children**?

If you answered **"Yes"** to any of these questions, **you could have a hearing loss.**



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 Email: calgary.glenmore@assembly.ab.ca
 Facebook: Anam Kazim MLA for Calgary-Glenmore
 Twitter: @anamkazimMLA

Dear Constituents:

As we enter autumn, I continue to enjoy meeting constituents and attending community and stakeholder events. Also, I'm working hard on the Standing Committee for Resource Stewardship and the Economic Development Policy Committee; while reviewing bills and motions that best serve Albertans for session on October 31, 2016.

Some important initiatives the Government of Alberta is taking to benefit Albertans:

Pipelines: Premier Notley and the Ministers have had positive discussions with Canadian leaders about the importance of pipelines with success. Every government in Canada is committed to the view that developing energy infrastructure like pipelines is urgent to addressing our nation's economic situation. Pipelines are the safest way to transport Alberta's oil, benefitting all Canadians through jobs and a strong economy.

Tools for Albertans: Alberta Works offers a wide range of career and employment services to assist Albertans, whether making career transitions or looking for employment. For more information, visit <http://www.humanservices.alberta.ca/financial-support/3171.html>.

Minimum Wage: The \$15 hourly minimum wage will be phased in by 2018, which means there will be fewer families visiting the foodbank to make ends meet. Nearly, 300,000 Albertans will get closer to a living wage. The government has taken steps for a smoother transition through the current economic climate and increased minimum wage through:

- Reducing small business corporate income tax rate from 3 per cent to 2 per cent.
- Reintroducing the Summer Temporary Employment Program (STEP) to give youth an opportunity to gain valuable skills and employers work for reduced minimum wages.

- Creating the **Alberta Investor Tax Credit** that encourages investment in small and medium-sized businesses in non-traditional sectors.
- Creating the **Capital Investment Tax Credit** that encourages businesses to invest in machinery, equipment and buildings to grow their business and create jobs.
- Continuing support of economic diversification and lending to small- and medium-sized businesses through a \$1.5 billion program with Alberta Treasury Branches.
- **Increasing Alberta Child Benefit** up to \$2,750 per year for the most vulnerable families
- Enhancing the **Alberta Family Employment Tax Credit** allowing more families to receive the credit or receive a larger credit.

Infrastructure Investment: The government's funding commitments include \$900 million in affordable housing and \$365 million to expand long-term care, which means more than 2,000 long-term care beds for seniors throughout Alberta. About 30 new school projects opened for students in September and another dozen or so projects will open by the end of 2016.

Healthcare Optimization: The Government of Alberta and the Alberta Medical Association (AMA) have achieved a tentative agreement. This agreement is good for doctors, and good for patients. It is a significant step in our promise to slow the growth of health spending while protecting services.

Southwest Calgary Ring Road: The construction of the ring road began in September. Please continue to bring all of your individual SWCRR inquiries to our office for a more specific response, but otherwise, please go to www.sw-crr.ca and www.calgary.ca/swrr.

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SATURDAY & SUNDAY DECEMBER 10&11, 2016 CEDARBRAE CHRISTMAS CRAFT FAIR

Cedarbrae's Annual Christmas Craft Fair

One of our most popular events, The Christmas Craft Fair is an extraordinary collection of unique and one of a kind gift ideas. Come shop the neighbourhood and discover something for everyone on your list!

No time to bake? We've got you covered with an amazing assortment of delicious Christmas treats, cookies and homemade specialties. It's a one stop Holiday Extravaganza you can't afford to miss! Stop in to see our Community Centre become a gift givers dream!

**Now a 2 day Event by
popular demand!**

**A huge assortment of
local crafts, baking
and unique gift ideas**

**Open both Saturday
10am-4pm and
Sunday 11am-3pm**

**Santa's workshop for
the kids will run both
days 11am-1pm**

**Limited vendors
tables available, call
the Centre for details**

CEDARBRAE COMMUNITY LEAGUE ASSOCIATION

11024 Oakfield Drive SW
Calgary 403-251-2101

info@mycedarbrae.ca

www.mycedarbrae.ca

Brenda's Blog

A Community Centre is a Kind of a Miracle

How do you run a community centre? Lots of goodwill, hard work and a powerful determination to make your little corner of the world a better place. The only way it can work is to bring together a dedicated and passionate group of volunteers willing to give up lots of their time! They'll all have bunches of ideas and powerful voices, and the first part of the miracle is when all the voices and ideas are heard and acted upon; a disparate group recognising their commonalities and drive to improve their neighbourhood, thus creating a powerfully bonded group.

Money is brought in through renting space, memberships, fundraising and grants. Just like any household, sometimes the finances work great and other times there's a need to scramble and watch every nickel. Where do those nickels go? They pay the bills for the building, staff, supplies, and all the necessary fixes needed to keep an aging building in good shape. If your community association is smart and careful the next part of the miracle happens--there are extra funds to use! That's how low cost and free programs get started, a way to offer everyone a chance to participate regardless of their financial situation. That meant this summer there were a couple weeks of low-cost volleyball camps for kids and a new basketball program. This fall there'll be new and returning programs offered at really affordable rates.

What happens day to day in your Community Centre? Lots of people stop by! Residents and others looking for space to rent for their events or sporting groups. Contractors and volunteers come and go all day, fixing, cleaning, organising, preparing meals and planning for the future. Members stop by for a coffee, electronic recycling or to have a question answered, even local politicians keeping their finger on the Community's pulse will turn up! Regular renters host classes, events, meetings and games bringing as many as a 1,000 people or more through the front doors in a single day! An everyday miracle that means your neighbourhood has a hub, a place where everyone can come and find a way to get active and get involved.

What does that all add up to? It becomes a miracle all its own. A single parent who can afford to send their children to a sports club. A solitary senior who can call up and get advice on who to call about that issue with the neighbours. An apartment dweller without a yard has a space to grow a vegetable patch and you, any one of you, has a voice and a way to make the world a better place by starting in your own backyard.

"Miracles are like meatballs, because nobody can exactly agree on what they are made of, where they come from, or how often they should appear."

-Lemony Snicket



CONTACT JULIE MARSH: Certifications:
Walk Leader (Leslie Sansone)
Personal Trainer (Canfitpro)
Older Adult Specialist (Canfitpro)
Healthy Eating and Weight Loss Coach (Canfitpro)
4th Degree Black Belt
(Academy of Shotokan Karate)

CPR, AED, and First Aid (Red Cross and Canfitpro)
(403) 680-6825 • walklive@shaw.ca • www.walkathome.com

JOIN JULIE FOR A FREE INTRODUCTORY SESSION, TRY BEFORE YOU BUY!

**A Free session will be held at The Cedarbrae Gym on
Saturday October 8 10:00am-11:00am**

Our Walk Classes are suitable for all ages and fitness levels. There is no difficult choreography. Four basic steps, in an easy to learn format allows participants to feel successful the first time they try our classes. Seniors love these classes because they offer great music, a supportive atmosphere, and most importantly they are a lot of fun! The Canadian Physical Activity Guide for Older Adults recommends 30-60 minutes of moderate activity most days of the week. You are NEVER too old to improve your fitness levels, even people in their nineties will notice improvements in getting around if they begin a gentle exercise routine. Did you know that a healthy 75 year old may be biologically similar to a person 20 years younger? Walk classes improve cardio-respiratory functioning, reduce risk of heart disease, elevate mood, improve sleep, condition muscles, strengthen bones, in short this super simple health choice brings dramatic changes to your mind, body and spirit.



Basketball Skills Camp

Boys & Girls

All Skill Levels Are Welcome
From October 7 to October 9



Location: Cedarbrae Community Center

Address: 11024 Oakfield Drive S.W.

Phone: 403-988-9409

Email: C2C.Basketballacademy@gmail.com

Website: www.c2cbasketball.net

About Camp:

- Learn from qualified former CIS basketball All-Star and professional basketball player Sean Peter
- C2C basketball is a high intensity skills camp developed to improve basketball fundamentals
- Ball Handling, Passing, Defense, Footwork, Rebounding, Shooting, and Teamwork
- Agility and physical conditioning
- Free T-shirts and prize giveaways

Visit our Website to Register as limited spots are available!!



CRUNCHING GIRL GUIDE COOKIE NUMBERS

This fall we have **2,836,320** boxes of our chocolately mint cookies to sell in Canada

With 24 cookies/box that is, **68,071,680** chocolately mint cookies. That's about

2x the population of Canada!!

It takes more than **462,000 kg** of flour to bake one year's worth of Girl Guide cookies. That's equivalent to the weight of over

102



elephants

One year's worth of Girl Guide cookies set out lengthwise would stretch **6401 km**, or across Canada with more than 15 million cookies to spare

Stacked they would reach a height of **1,221 km**

\$5 per box, a really sweet deal! Watch for a girl selling cookies near you in October

NO MATTER HOW YOU STACK 'EM
GIRL GUIDE COOKIES
ARE A TASTY TREAT!

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

Harvest recipes cont'd

Wash beets, leaving on root and 1 inch of tops. Cover beets with boiling water; simmer 25 minutes. Drain. Slip off skins and trim beets. In a large kettle, combine vinegar, water, and sugar. Tie allspice, cloves and cinnamon or nutmeg in a cheesecloth bag. Add spice bag to pickling liquid. Bring to boiling; simmer 15 minutes. Pack beets into hot jars, leaving ½-inch headspace. Cover beets with boiling pickling liquid, leaving ½ headspace. Adjust lids. Process in boiling water bath (half-pints) 30 minutes. Makes 3 half-pints. For larger beets after preparing for canning either slice or cube your beets to be able to pack jars more efficiently.

Recipes taken from Better Homes & Garden Canning & Freezing Cookbook

Lauraine Brown, Garden Coordinator

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Woodcreek Craft Sale

Free
Admission

Saturday
November 5th, 2016
9:00 - 3:00 pm

Free
Draws

Woodcreek Community Centre - Main Hall
1991 Woodview Drive SW

Handmade crafts include:
Jewelry

Christmas wreaths and ornaments
Knitted, crocheted, sewn fashions and accessories

Baking
Pottery, stained glass, leather and metal work
and many more

Get a head start on your Christmas shopping!

Refreshments by the Woodcreek Scout Group



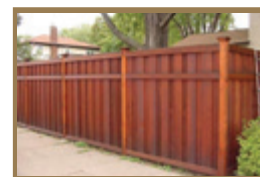
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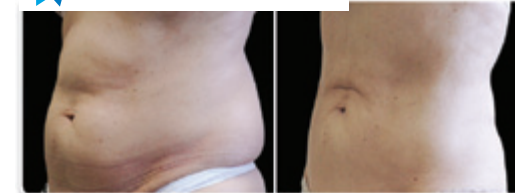


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* Expires Aug 31 2016

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