

SEPTEMBER 2016

DELIVERED MONTHLY TO 2,700 HOUSEHOLDS

myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER

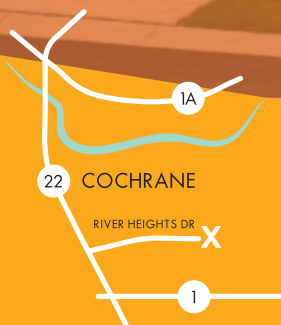


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Cedarbrae Community League
Association

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

Phone: 403.251-2101

info@mycedarbrae.ca • www.mycedarbrae.ca

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NEWSLETTER AD SALES

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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

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
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Glenn Suart	Andrea Roeke	Carole Davis
Sheila Husson	John Seagrave	Mae Pears
Tanya Jopling	Shelley Pears	Tamara Trevors
Sharon Bettin	Lori Choi	
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OTHER EMAIL CONTACTS FOR US		
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garden@mycedarbrae.ca	newsletter@mycedarbrae.ca	
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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



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



DON'T FORGET

Submission Deadline is the 1st of each month

Please send all submissions to info@mycedarbrae.ca

Great Photos of Cedarbrae Wanted!

Send your photos to info@mycedarbrae.ca

"We Care"

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BBQ Vendors Thank You

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. We had the pleasure of serving 900 people. 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 all listed below.

Wyman Productions
Ward 11 Office City of Calgary
Taylor Construction
Solaris Electric
Chinook Country Line Dancers
First Calgary
Quality Landscaping
Calgary Neighborhood Coordinator
ABC Disposal
South West United Soccer
Jeff Ackerblade
Arpis
Sobeys Forest Lawn
Woodbine Shoppers Drug Mart
Pioneer Air
Tim's Braeside
RJC Engineering
All Kind Door
Sammy's Pizza
Bravo Circus
Safeway Woodbine
Dynamic Kidz
Inland Audio

Look forward to seeing you at the Centre.
 Community Minded,

Steven Brown, President, CCLA

Cedarbrae STAMPEDE BBQ

Once again this year The Calgary Stampede was celebrated in Cedarbrae with a BBQ lunch at the Centre. Things got dicey this year with weeks of rain, fewer volunteers and trouble with the BBQ, but The Cedarbrae Spirit shown through and saved the day!

Our local Veterans from Legion #285 started off the day with a flag march and a proud rendition of O'Canada. The Wyman band wowed the crowds with their energy, talents and a great variety of music, they're our new favourite local band! Perennial crowd favourites The Chinook Country Line Dancers got the crowds to their feet and children ran through a magical bubble land courtesy of Bravo Circus and RDS Gymnastics.

Cedarbrae's very own Ron Bichel was 'white hatted' for his years of extraordinary volunteer service, way to go Ron, thanks for all you do! Thanks as well to our MLA Anam Kazim who always helps out when such great service to our Community gets recognised!

New this year was a snow cone station that was a big hit with all the kids. Another Thank-you to Cedarbrae's very own snow queen Tamara Trevors for 'crushing it' all day!

Putting on such a big event can only be accomplished with the help of an incredible group of hard working volunteers. Our whole neighbourhood is indebted and so grateful to all of you, thanks so much to the South Calgary Community Church, Oakpark Church, The Living Stone Fellowship, the Gremtassa Group, and all the Cedarbrae members who pitch in every year! An incredible group of people make Cedarbrae a great place to live, we invite you all to join them by volunteering your time for our community.

Not to be outdone by the shining example set by our volunteers our sponsors really stepped it up this year too! Local businesses and service providers put their money where their mouth is and helped to cover the celebration's costs. Our September newsletter contains a full list of all those businesses that contributed. We are so thankful and hope you will all return to them the support they've shown to Cedarbrae!

A final thank-you to The City of Calgary Ward 11 Office whose support and contribution was a real boon to our planning and execution. And thanks to you Cedarbrae! It's so wonderful to see the community gathered together in a sense of celebration, let's do it again next year!



Make a difference in the life of a family...

Are you looking for a way to give back to your community?
 Our Home-Start program is looking for volunteers!

What does a Home-Start volunteer do?

- Visits a family's home once per week
- Provides support, friendship and encouragement
- Gets the family involved with the local community
- Shares their own experiences of parenting and family life

Interested in getting involved?

For more info, or to learn about upcoming training sessions, contact Home-Start
 or visit www.boysandgirlscubsofcalgary.ca

North Calgary: 403-660-6809 South Calgary: 403-660-1136





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

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

Look forward to seeing you there!

UPCOMING EVENTS

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

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PRESIDENT'S MESSAGE

It's been a very eventful summer with the wild weather, heavy rain and hail. Some of you went to all kinds of effort to protect your outside plants and gardens.

We compiled survey results derived from our BBQ, asking specific questions about re-purposing the outdoor rink. Please come by the centre office for the results which the Board are reviewing.

St. Cyril is now open and in full swing expanding young minds within our community and abroad.

The construction and renovation projects within our Centre have continued through into September too. We continue focusing on the painting for the Centre's exterior while the warm weather lasts. Dimmable LED ceiling pot lights were installed in our upstairs rooms, Aspen View and Garden View, it looks awesome and presents very well for renters. Many areas in the Centre had aging and worn ceiling tiles which we replaced with new ceiling tiles throughout the Centre. With flooding activity experienced in the Centre this summer we have engaged the City's assistance on the South Patio Project. Drop by and check out the fresh new look in the Centre.

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 in 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



Cedarbrae Real Estate Update

Last 12 Months Cedarbrae
MLS Real Estate Sale Price Update

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

Last 12 Months Cedarbrae
MLS Real Estate Number of Listings Update

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

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



Get Active at the Cedarbrae Community Centre!

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

SEPTEMBER 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

September 1:

Gym: Adventures 3:45pm-4:45pm, **Aspen View:** A.P.C. monthly meeting 1:00pm-4:00pm, **Park View:** Adventures Childcare 7:00am-6:00pm

September 2:

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

September 3:

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

September 4:

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

September 5:

Gym: Men's Hockey 9:00pm-11:00pm, **Park View:** Men's Group 8:00pm-9:00pm

September 6:

Gym: Dynamic Kidz 3:45pm-4:45pm, **Aspen View:** Bravo Circus Gymnastics 5:30pm-6:30pm, **Aspen Garden View:** Bravo Circus Gymnastics 6:30pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm

September 7:

Gym: Lady's Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, **Park View:** Dynamic Kidz 7:00am-6:00pm

September 8:

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

September 9:

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

September 10:

Centre: Annual Community Clean-up 9:00am-2:00pm, **Aspen Garden:** Private Party 3:00pm-12:00am

September 11:

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

September 12:

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, **Garden View:** Condo Board Meeting 7:00pm-9:00pm, **Aspen View:** RDS Gymnastics 6:00pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm Men's Group 8:00pm-9:00pm

September 13:

Gym: Aspen Drop-in 10:30am-12:00pm, Dynamic Kidz 3:45-4:45pm, **Aspen View:** Bravo Circus Gymnastics 5:30pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm

September 14:

Gym: Lady's Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, **Aspen Garden View:** CCLA Annual General Meeting 7:00pm-9:00pm, **Park View:** Dynamic Kidz 7:00am-6:00pm

September 15:

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

September 16:

Gym: Dynamic Kidz 2:00pm-3:00pm, RDS Gymnastics 4:30pm-6:00pm, **Aspen View:** RDS Gymnastics 6:00pm-8:00pm, **Aspen Garden View:** Gremtassa Overnight Vigil, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm

September 17:

September 18:

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

September 19:

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:** RDS Gymnastics 6:00pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm Men's Group 8:00pm-9:00pm

September 20:

Gym: Aspen Drop-in 10:30am-12:00pm, Dynamic Kidz 3:45pm-4:45pm, **Aspen View:** Bravo Circus Gymnastics 5:30pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm

September 21:

: Lady's Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, **Park View:** Dynamic Kidz 7:00am-6:00pm

September 22:

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

September 23:

Gym: Dynamic Kidz 2:00pm-3:00pm, RDS Gymnastics 4:30pm-6:00pm, **Aspen View:** RDS Gymnastics 6:00pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm

September 24:

September 25:

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

September 26:

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:** RDS Gymnastics 6:00pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm Men's Group 8:00pm-9:00pm



September 27:

Gym: Aspen Drop-in 10:30am-12:00pm, Dynamic Kidz 3:45pm-4:45pm, **Garden View:** CCLA Strategic Meeting 7:00pm-9:00pm, **Aspen View:** Bravo Circus Gymnastics 5:30pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm, Worry Warriors 6:00pm-8:00pm

September 28:

Gym: Lady's Badminton 1:00pm-3:00pm, Dynamic Kidz 3:45pm-4:45pm, **Park View:** Dynamic Kidz 7:00am-6:00pm

September 29:

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

September 30:

Gym: Dynamic Kidz 2:00pm-3:00pm, RDS Gymnastics 4:30pm-6:00pm, Calgary Reptile Expo Set-up 6:00pm-9:00pm, **Aspen View:** RDS Gymnastics 6:00pm-8:00pm, **Park View:** Dynamic Kidz Childcare 7:00am-6:00pm, Calgary Reptile Expo Set-up 6:00pm-9:00pm



CEDARBRAE STRATEGIC MEETINGS

Last Tuesday of the month

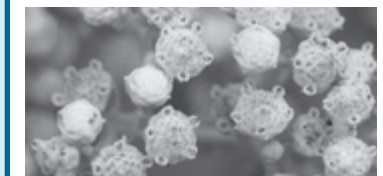
Cedarbrae Community League Association

11024 Oakfield Dr. S.W.

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



Plant Trivia



Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.



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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.



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 Erlton St. S.W. and 32nd Ave. S.W.

Union Cemetery

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

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

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

Visit calgary.ca/cemeteries for more information.



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!



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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

Benefits of Community Membership

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

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

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

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

TEN GOOD REASONS TO JOIN *Your Community* ASSOCIATION:

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

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



Clean-up Cedarbrae!

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

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

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

If you're able to help out on September 10 please contact the Cedarbrae Community Centre 403-251-2101.

Email: info@mycedarbrae.ca

Let's make our Community Better!



Trivia

The Calgary Reptile Expo

October 1 & 2 2016

Saturday 10-5pm

Sunday 11-4pm

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

EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

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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."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

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.

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.

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.

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

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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.

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.

AFFORDABLE GROUP FITNESS CLASSES: September registration now open. Text 'JOIN' to 62687 for a free class. Kelly Heintz Fitness.

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.

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LAWN AND GARDEN CARE: Bark chips, flower beds, regular or occasional lawn cuts. Locally owned and operated. Call for your fall cleanup as well. Please call Brenda at 403-615-7199.

COZY HOME SALON IN BRAESIDE: Hair styling for over 20 years, cuts, perms, colors, hi-lites - reasonable prices! Call Nancy at 403-251-0932.

PROFESSIONAL MUSIC LESSONS: Discover your potential with music lessons at Sak's Music. A friendly atmosphere with caring, professional teachers offering lessons in all styles and most instruments including voice. From beginner to advanced, just for fun or conservatory prep. Nine Studio teaching rooms and convenient times day or evening. 403.251.2443.

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IN & AROUND CALGARY

Southland Leisure Centre

2000 Southland Drive SW
Phone: 403-648-6582

#GetMovingYYC - Free Family Events

Creating a vibrant and prosperous Calgary depends, in many ways, on the health and happiness of our citizens. In 2015 we launched the #GetMovingYYC initiative to get *more Calgarians, more active, more often*. Join us in the *movement* to get Calgarians moving more where they live, work and play. Together we can turn the curve on sedentary behaviour and lifestyles in Calgary. For upcoming events and schedules Check out calgary.ca/get-moving Events may include family dance, indoor cycle & movie, obstacle course and more!

Try It For a Toonie:

Ever thought about signing up for a registered class, but wanted to try it first? Now is your chance! There is something for everyone to try, and something new every day. If you love a class, you can sign up for a whole session starting just a few weeks later! Admission to facility amenities is not included.

Age: 16Y and up

Sep 19-22 \$2.00/person Drop-in
Sep 19 M 07:05 pm-08:05 pm YYC Circuit
Sep 20 T 07:15 pm-08:15 am HIIT
Sep 21 W 07:00 pm-08:00 pm Pilates Reformer-Intro
Sep 21 W 08:15 pm-09:15 pm Real Men do Yoga
Sep 22 Th 09:00 am-10:00 am Body Weight Bootcamp

Friday Night Dance Party - Sept 30 from 7:15-10:00pm

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

Wednesday Soccer Drop-in
Age: All ages

Drop-in Climbing and Gymnastics

Drop-in Badminton and Basketball

PLAYSCHOOL

Southland Leisure Centre's Playschool is recreation-

~continued next page~



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Daily lunch 11am - 2pm - \$10
Happy Hour 2pm - 7pm
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Live Music

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Friday & Saturday: 11am - 1am

Come in for a game of foosball, darts, crokinole, or crib
Check us out on Facebook: bobbysplaceyc

403-475-8575
11440 Braeside Drive SW

Southland Leisure Centre cont'd

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

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.

MEND Mind, Exercise, Nutrition... Do it!

Child obesity is a significant issue in Alberta. There is substantial evidence linking obesity to preventable chronic diseases and psychological impacts on children. MEND is a community, family-based healthy lifestyle program. These programs are provided at NO COST to participants and provide a comfortable environment for families to interact and learn how to make healthy lifestyle choices. The program will provide you with the tools and support you need to help you and your family transition to a healthier lifestyle. If you are interested in hearing more about MEND or wanting to register, please contact:

403-648-6576 for 2Y – 4Y

403-366-3926 for 5Y – 13Y

Ages 2Y – 4Y: 10 week healthy eating and activity program for families.

Ages 5Y – 7Y: 10 week early prevention program for families with children at risk or above healthy weight, encourages healthy eating and physical activity.

Ages 7Y – 13Y: 10 week (20 sessions) program for families with children that are above a healthy weight.



Animal Trivia

Sharks apparently are the only animals that never get sick. As far as is known, they are immune to every known disease including cancer.

IN & AROUND CALGARY

Mandatory bylaw for building maintenance approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit calgary.ca/buildingmaintenancebylaw.



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New Location




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IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

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

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



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



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



RBC Wealth Management
Dominion Securities

DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

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

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

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

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

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Cedarbrae mybabysitterlist

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

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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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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.



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:

As we transition to autumn, I hope all of you were able to make the most of summer and get ready for the new school year and upcoming ventures. It was a great time for myself to do a self-reflection and I want to ask yourselves about the best possible ways I can best serve you as your MLA. I would be delighted to learn about how I can be the best I can be as the MLA representing you. Therefore, please contact me at the contact information provided to share your thoughts and suggestions. I look forward to having your feedback.

I, your MLA along with the government have been working very hard to create jobs in Alberta and boost our province's economy. The collapse in oil prices has caused economic pain and anxiety throughout the province. For this reason, in this newsletter I would like to share information about the **Alberta Jobs Plan** in-depth.

Alberta Investor Tax Credit: \$90 Million for the new Alberta Investor Tax Credit provides a credit to those investing in small-and-medium sized enterprises.

Capital Investment Tax Credit: \$75 Million for this credit provides credits for the first-time acquisition of new or used property or spending in value-added agriculture, tourism infrastructure, culture, manufacturing and processing industries.

The Entrepreneurship Incubator Program: It helps entrepreneurs and small and medium sized businesses bring their ideas to market.

Reduction in the Small Business Income Tax Rate: The income tax rate for small businesses have been reduced from three percent to two percent and is effective January 1, 2017.

The New Alberta Child Benefit and Enhancements to the Alberta Family Employment Tax Credit: This provides approximately \$340 Million in combined benefits to 199,000 families and will help children get a good start in life. Also, it helps Albertans in need get back on their feet and under this plan, 380,000 children will be better off.

The Climate Leadership Plan: Invests in public transit, energy efficiency, new cleaner electricity and continuous strong negotiations with provincial and federal partners to build new pipelines-The safest and most efficient way to deliver Alberta's traditional energy products to new markets.

The Alberta Jobs Plan also provides help for apprentices to complete their training/work experience requirements and supports the Training for Work Program. For further details on the Alberta Jobs Plan please check the website www.alberta.ca/alberta-jobs-plan.aspx as well as the website for Alberta Ministry of Economic Development and Trade at www.economic.alberta.ca.

The Government of Alberta could have chosen to make cuts during these rough times to the services people rely on but, it has chosen to support Albertans by creating jobs and investing in infrastructure.

The Alberta Jobs Plan Invests:

- \$3.5 Billion to build and modernize schools
- \$9 Billion in funding to municipalities
- \$900 Million to ensure Albertans live in affordable homes
- \$365 Million to continuing care

For further details, please do not hesitate to contact me.

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.





COUNCILLOR, WARD 11 BRIAN PINCOTT

P.O. Box 2100 Stn. M, #8001A
Calgary, AB T2P 2M5
403-268-2430 • www.ward11calgary.ca

Another summer has come and gone. I hope you enjoyed all it had to offer in and around our city. The City of Calgary and our Community Associations held many great events to get out moving and socializing like the Canada Day celebrations in the downtown, Stampede breakfasts, festivals, and mobile skateparks.

Council is back in session after the August break, along with all Councillor appointments to special committees. I'm involved in many facets of City and partner functions, and I love these opportunities to work with great organizations and make positive changes. Here's a bit about what I have been and will be up to. I sit on two Standing Policy Committees: on Community and Protective Services, and on Transportation and Transit. I also serve on Audit Committee and the Intergovernmental Affairs Committee.

I am on the board of Attainable Homes Calgary Corporation (AHCC), Calgary Housing Company (CHC), and the Calgary Homeless Foundation (CHF). These three committees represent the continuum of ensuring Calgary's citizens are able to address their housing needs. By helping to create strategies to get Calgarians into homes, stay sheltered if they face physical or financial hurdles, and move out of the system and into home ownership, I am able to recommend policy proposals which make sense within the larger picture.

My work on the boards of Family and Community Support Services Association of Alberta (FCSSAA), and the Federation of Canadian Municipalities (FCM) allows me to guide municipal policy development in conjunction with initiatives at the federal and provincial levels, and vice versa. FCSSAA meetings take me up to Edmonton once a month and FCM meetings take me all over Canada every few months to meet with colleagues in other Canadian municipalities. With FCM, I am the Chair of the Executive Committee, on the Governance Committee, part of the Prairies and Territories Regional Caucus, on the Standing Committee on Environmental Issues and Sustainable Development, the Chair of the network of francophone municipalities, the Standing Committee on Increasing Women's Participation in Municipal Government, Chair of the Standing Committee on Social-Economic Development, on the National Municipal Energy Infrastructure Task Force and the Governance Representative for Haiti projects.

The City of Calgary is the sole shareholder of ENMAX (while the City "owns all the chips", it doesn't play them). In my role on the ENMAX Board of Directors, I am really excited about the

future possibilities of electrical distribution. ENMAX is a separate legal organization, and pays the City of Calgary dividends when able. I prefer that the City use these dividends for re-investment, such as into the ENMAX Legacy Parks Fund. This is the funding mechanism behind the Sandy Beach/River Park rehabilitation project.

I also act in an advisory capacity to the BiodiverCity Advisory Committee, the Climate Change Action Advisory and the National Zero Waste Council. Healthy native flora and fauna populations give our city increased resilience in the face of climate change. Especially at the municipal level, it's important to address waste, and the real cost of waste to both the municipality and our environment.

I also serve on the Calgary Arts Development Authority board. Besides my past involvement in and love of the arts community, there is a real economic argument for the arts that we as a City need to support.

As we gear up for a busy fall, be sure to subscribe to your Ward 11 update at www.ward11calgary.ca to receive an email or two a month letting you know about important happenings in your community and city.



Join us
for a special
CALL Café



**Thorncliffe
Community Hall
5600 Centre St. N.**

WEDNESDAY
**Sept. 14
7 – 9 pm**

**SPEAKER: ROLLIN STANLEY
GENERAL MANAGER FOR URBAN STRATEGY
CITY OF CALGARY**

**Calgary in the 21st Century: "How the digital
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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



The SouthWest Communities Resource Centre (SWCRC) proudly offers programs and services to families throughout 28 local communities.

This fall the SWCRC will be offering some new programs and services along with our highly requested parenting workshops. We will also offer a speakers series over the year and have experts in their field speak to our residents. Stay tuned for more information.

We are now accepting registration for our "Positive Discipline and Everyday Parenting" on Tuesday mornings and "Parent Talk" on Thursday mornings starting September 20th. Please contact our office at 403 238-9222 to register.

The work we do couldn't be done without great volunteers supporting our efforts. As we expand our program offerings we are also seeking new volunteers.

Consider volunteering close to home:

- Tuesday/Thursday mornings we can always use your help with child minding for two hours.
- We are looking for our brightest and smartest south west residents who can volunteer a couple of hours a week as a tutor for grades 6 – 12. Our tutoring program runs early Wednesday evening and goes throughout the year. Parents can also register their children/youth by contacting our office.
- How about your office skills? The SWCRC is also looking for volunteers to mind our phones and provide general office support. These positions are for one half day per week. Give us a call

Our office is located in the Oakridge Co-op Plaza and would love to show you our newly renovated space! Please stop by and learn more about the programs and services offered in your communities.

Visit us on Facebook: www.facebook.com/calgaryswcrc
Follow us on twitter: @swcrc_yyc

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

SPECIAL GALA CALL CAFÉ - Wednesday, September 14, 7:00 - 9:00 pm. Come out to a CALL Café to celebrate the beginning of the FALL SEASON at CALL. Learn about programs, socialize and enjoy light refreshments. Thorncliffe Community Hall, 5600 Centre Street N.

I AM AN EXPERIENCED REGISTERED MIDWIFE new to your community and I look forward to supporting families to meet their birth wishes. If you are low risk and looking for informed choice and personalized care, I can offer home birth, birth centre or hospital birth. Midwifery care is free in Alberta! Please contact Nicole at swcalgarymidwife@gmail.com with any questions.

SEPTEMBER MOON CALENDAR



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

CEDARBRAE ANNUAL COMMUNITY CLEAN-UP

Let's clean-up our mess Cedarbrae!

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



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

Techno Trash Alberta
will be on hand for
Electronic recycling

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

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

www.mycedarbrae.ca

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

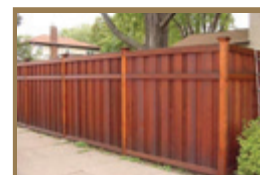


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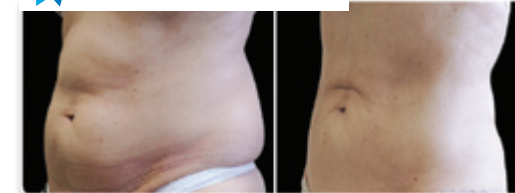


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Rapid Weight Loss Program

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 1/2 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!



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For more info or to book a
free consultation

** Expires Aug 31 2016*

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