

SEPTEMBER 2017

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myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER



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The JCC is a recreation and community centre, with a salt water pool, full-sized gym, fitness centre, and more.

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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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info@mycedarbrae.ca
 All editorial content must be submitted by the 1st of the month for the following month's publication.

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403-263-3044 | sales@great-news.ca
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www.great-news.ca



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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Cedarbrae Community League Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

PRESIDENT'S MESSAGE

I hope everyone had a great long weekend! A few celebrations during September are as follows: September 4 is Labour Day, September 5 sees the start of the Catholic and Public-School year (please pay attention to posted crosswalks and school zones!) and September 2 is Equinox Day.

"Kids in Spanish" has kicked off the start of their program for the 2017 - 2018 season. Check out the advertisements in the newsletter and our website for program details. Contact Martha 587-703-6815 for information.

Pickleball will resume this September and our website will have details regarding the fall program. Pickleball has been a tremendous success for Cedarbrae; the Centre is known as a great venue for the sport.

Our current proposed project work for 2017 continues with the South Patio Project. The Centre exterior painting is progressing, giving a fresh look to the hub of the Cedarbrae community. The upstairs kitchen island now has under-mounted wheels allowing for mobility, chair rails installed in several rooms, shelving has been fitted in the C-can to better store the Centre's equipment, and the workshop has new used cupboards and drawers to provide more storage of tools and materials. In addition, a new Cedarbrae Community Centre sign has been mounted on the southeast corner of the build-

ing. Maintenance work has been done on the Centre's water fountain, and wheel replacements have been installed on the chair carts.

Our programs are regularly scheduled throughout the month, but are subject to change. Therefore, please check out our calendar and website or call the office for information. The Centre also brings many celebrations, weddings, birthdays, and 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 help you!

Community memberships are available for our 2017/2018 membership year. Meeting new friends, learning new skills, getting involved in community decision making and having a real impact on the lives of others, are just some of the benefits of becoming a member! Membership applications can be completed and dropped off at the Centre or purchased through our website.

Please visit our web page at www.mycedarbrae.ca, or like us on Facebook. You can also follow us on Twitter @Cedarbraeinfo! The Centre office is often open too; stop by to check out all the activity happening in our neighbourhood!

We look forward to seeing you at the Centre!

Community Minded,
 Steven Brown, President, CCLA

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

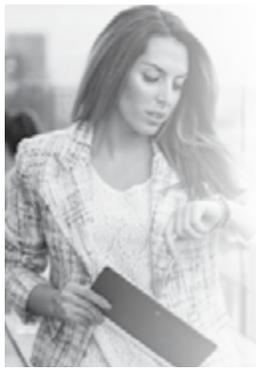
Thank you from your Cedarbrae Board!



VOLUNTEERING is good for the soul



REGISTER ONLINE NOW
CSWUSOCCER.COM



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

BOARD PROFILE

Martin Waugh

Vice President



Cedarbrae Community League Association

Martin is originally from Manchester, England. His early career included a machines trade and technical design apprenticeship as well as gas turbine and steam turbine power station design. Upon completion of his Engineering Degree in Manchester he joined a major global engineering company- Fluor, and moved to Canada in 1980 where he continued his technical engineering career and made a subsequent career move into Project Management of large petrochemical and hydrocarbon processing plants. After a career spanning 47 years, including over 41 years with Fluor, Martin retired in 2016.

Martin likes to travel and, as part of his bucket-list, has visited exotic locations in Europe, India, Italy, Egypt, China, Vietnam, Ecuador (Galapagos), Peru (Machu Pichu), and most recently Rwanda, Tanzania and South Africa. His other interests include hiking, camping, golfing, biking, canoeing/kayaking, downhill skiing, x-c skiing, snowshoeing and Pickleball. Since retiring, he has also become a volunteer for the Cedarbrae Community

League Association. Joining the Cedarbrae Community Association Executive in January 2017, Martin has embraced the role of Vice-President. He works very closely with President - Steve Brown and others on the Board to ensure that our community centre building is maintained, and that community events such as our Stampede BBQ Lunch are planned and executed to ensure success. Martin has recently taken a key role with our brand-new website - MyCedarbrae.ca, and has taken the key role to populate the web pages and ensure that it is maintained with comprehensive and current information.

If you see Martin at the community centre from time to time doing odd jobs around the place or playing Pickleball, feel free to say hello and maybe discuss how you or others might offer your skill set and talents. He will tell you that it is a great way to meet new friends and to contribute within our community!

L.I.F.E.

Learning Independence for Future Empowerment

March of Dimes Canada's Learning Independence for Future Empowerment (L.I.F.E.) Program is coming to Calgary October 16 - 27, 2017! The L.I.F.E. program helps young adults with physical disabilities make the transition to greater independence by providing new skills and hands-on opportunities for growth and development, including:

To register for the L.I.F.E. Program, each applicant must:

- Have a physical disability
- Be able to direct his or her own care
- Be between the ages of 18–30

SPACE IS LIMITED. CONTACT US TODAY!

Kim Dunn | Administrative Assistant
March of Dimes Canada
3639 26 Street NE, Calgary, AB, T1Y 5E1
Toll-Free: 1-855-583-4637 | Tel: 403-263-1946
Fax: 403-263-8954
kdunn@marchofdimes.ca

Oh Dear Cedarbrae

*Cedarbrae, Cedarbrae, Oh Dear Cedarbrae,
how you care and prepare our wellbeing!
monitoring always lest we might go stray,
you go ever mentoring us and modeling.*

*Aware of our needs and mindful of desires,
you cover every aspect of the community.
health, sports, food and all you do perspire,
except referring literature or poetic beauty.*

*Because we often like to say unsayable usually,
more differently, charmingly and unforgettably.
to give vent to hidden sentiments or else drawing,
earnestly some rare attention or simply enjoying.*

*Since man is man more, words and ideas through,
could you, hence, allot days and pages one or two,
as well calling-stirring 'the novice and the known'-
so we can practice using better ways of expression?*

*With thanks—
Prakash Mani Dahal, Cedardale Rise
July 18, 2017
prakashmanidahal@gmail.com*

TO-MAY-TO, TO-MAH-TO:



Tomatoes are originally from Central and South America. The name comes from the word *tomatl* in the Aztec Nahuatl language, which translates roughly as "fat thing". While technically a fruit, you don't want to put a tomato in a fruit salad!



Complex
11024 Oakfield Drive SW
Calgary AB T2W 5G6
Phone 403 251 2101
info@mycedarbrae.ca
www.mycedarbrae.ca

Community Contacts
C.O.P.S. Liaison
Cst. Gary Baldwin

COMMUNITY VISION AND MISSION

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

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

EXECUTIVE BOARD		EMAILS
President	Steve Brown	president@mycedarbrae.ca
Vice President	Martin Waugh	vicepresident@mycedarbrae.ca
Treasurer	Ron Bichel	accounts@mycedarbrae.ca
Secretary	Diane Kirby	secretary@mycedarbrae.ca
DIRECTORS		
Glenn Suart	Andrea Roeke	Carole Davis
Dave Anderson	Chris Glynn	Mae Pears
Tanya Jopling	Lucie Vlach	Tamara Trevors
Sharon Bettin	Brenda Lofstrom	
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	

RENTAL SPACE RATES

- Birthday parties, Weddings, Celebrations of Life, Showers, Game days and Meetings, whatever your need, our recently upgraded facility can accommodate you.
- Our staff will be pleased to discuss you needs, provide availability and other detailed information.
- Liquor license and Liability Insurance are the responsibility of renter.
- Terms and conditions apply.

	Hourly	Daily (8hrs)	Event (16 hrs)
Gym Half	\$51	\$367	\$694
Gym Full (Cap. 472)	\$85	\$612	\$1,156
Garden View Room (cap. 59)	\$46	\$313	\$604
Aspen View Room (cap. 59)	\$42	\$286	\$551
Garden and Aspen Rooms Combined (cap. 200)	\$80	\$544	\$1,050
Park View Room (cap. 70)	\$31	\$211	\$407
Kitchens	\$5	\$34	\$66
Activity Room (Cap. 10)	\$20	\$136	\$262

HARVEST CLEAN-UP

IS VERY IMPORTANT



The Garden clean-up is a very critical step in organic weed, fungus and insect control and the retention of nutrients, moisture and heat. Gardening is cyclical. It never begins and it never ends. What you do (or don't do) in the fall has a direct effect on what you will deal with in the spring and the summer. Just because the harvest is in and the nights are getting chilly doesn't mean you get to walk away. To minimize your work later make the investment now with your time and patients. Gardening is the same as raising children, you can't nor should you skip steps because you are not in the mood. Get your warm fall gear on and get out there, clean up your garden, get it ready for winter. Mulch it ORGANICALLY of course if you wish. You will be so glad that you did.

RESEARCH:

During the winter do your research on the type of planting you want for the next year. In the past gardening reports done this year, recommendations on what to plant, where to plant and the benefits or disadvantages of the neighbouring species. If you find yourself scattering around trying to find the Great News magazine at home, don't waste your time, go online to www.great-news.ca all the copies of the MyCedarbrae are on their site and you can look up whatever article you want from the past years. Make it a project for the winter, be prepared for the spring.

Happy Harvesting

Garden Coordinator
Lauraine Brown



Get Active at the Cedarbrae Community Centre!

Aikido	403-978-0937
Baha'i Prayer Group	403-278-7307
Bravo Circus Gymnastics	587-894-0675
Chinook Country Line Dancers	403-988-0973
Drop-in Pickleball	403-251-2101
Friday Night Men's Hockey	403-221-8901
Guides and Brownies	403-238-4675
Kids in Spanish	403-542-6333 587-703-6815
Lady's Badminton	403-238-5185
Monday Night Ball Hockey	403-669-6739
Pace Setters	403-251-6717
PWA Wrestling	780-232-1535
RDS Gymnastics	403-225-8519
South West United Soccer	403-281-2798
Varsity Hills Church	587-718-9780
Volleyball Alberta	780-415-1703



Water Services

Woodlands Woodbine Community Drainage Improvements Improving stormwater drainage in your community

July 2017

The Community Drainage Improvements program was launched in 2010 to mitigate flooding in areas throughout the city. Drainage studies were undertaken to identify solutions for communities frequently hit by flooding due to extreme rainfall. Such solutions can include adding additional storm drainage pipes, increasing the size of pipes, and adding wet or dry storm ponds to help manage stormwater.

In recent years the communities of Woodlands, Woodbine, Cedarbrae and Braeside have experienced an unusually high number of high volume rainfall events.

These communities currently have a storm level service of a one-in-five-year rainfall event or less. That means that there is a 20 percent chance (or greater) that the storm system will not handle rainfall events causing local flooding in any given year.

Drainage improvements being looked at for these communities target a 1-in-50-year level of service. Once upgrades are in place there will be a two percent chance in any given year that rain events would overwhelm the storm system.

Installation of a dry pond

The City of Calgary will be constructing a new dry pond in the fields located east of the John Ware and St. Benedict schools. This dry pond will greatly reduce flooding during extreme rain events, specifically the flooding that occurs at the intersection of Southland Drive and Braeside Drive. Construction is

expected to begin in the fall of 2017 with completion by fall of 2018. The fields will remain inaccessible to the public for the entire duration of construction.

Construction impacts

Construction of the dry pond consists of earthworks (excavation and grading), underground piping and landscaping. Construction impacts will include:

- Increased traffic to site (construction crews, trucks hauling materials to and from site) on Southland Drive and on Palliser Drive
- Construction noise
- Fields will remain fenced off and closed to the public for the duration of construction
- Traffic and sidewalk detours

Community benefits

The dry pond will significantly reduce flooding that occurs at Southland Drive and Palliser Drive, and along Braeside Drive. During heavy rainfall, overall vehicle and pedestrian safety will be improved, traffic congestion reduced and emergency vehicle access unimpeded by flooding. John Ware and St. Benedict schools will each receive a new soccer field (two in total) and a new baseball diamond will be built allowing for more recreational opportunities for the community. 2

~continued next page~



Chain link fencing will be installed at the location shown on the map above and inaccessible to the public for the duration of construction. Construction access will be off of Palliser Drive. Road and sidewalk detours will be in effect during different stages of construction.

Please contact 311 if you have any questions or concerns. You can also visit Calgary.ca/WWCDI for updates on this project.

UPCOMING EVENTS

- Sept 2: PWA Wrestling LEGACY
- Sept 5: Kids in Spanish Daily Classes
- Sept 6: PMA Karate
- Sept 7: Pacesetters
- Sept 8: Baha'i Spiritual Assembly Prayer Meeting
- Sept 7: Chinook Country Line Dancers
- Sept 11: RDS Gymnastics
- Sept 11: Practical Aikido
- Sept 13: CCLA AGM
- Sept 16: Community Clean Up
- Oct 7: PWA Wrestling DESTINY

Praying for someone or something?

You are warmly invited by the local Bahà'í Community of Calgary to a multi-faith prayer gathering. We will pray together, read Holy writings and listen to spiritually empowering music. All are welcome; come with someone in mind or just an open heart. We convene on the first Friday of each month at 7:30pm at the Cedarbrae Community Center.

For any inquiries contact us at stc-s@calgary-bahai.org

South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. The new Fall Program Guide is now available. See below for some of the programs happening in September 2017. Registration information and full program guide can be found at www.ahs.ca/shcwellness or call 403-956-3939.

Please join the fun on September 9th, 2017 at the South Health Campus for the 4th Annual Fun Run & Kids' Zone. This is a fantastic family-friendly event!

Campus Fun Run: 5K/10K/ Kid's Dash at 10:00 am. Kids' Zone (11am-2pm).
To Register for the Fun Run please visit: calgaryhealthtrust.ca/SHCrun. For More Information on the Kids'Zone Please call: 403-956-3939

South Health Campus YMCA Sports Court is open for community use.
Did you know YMCA Calgary operates fitness facilities here at South Health Campus? For more information call the South Health Campus YMCA at 403-956-3900

Emotional Well Being

Meditation Drop-in
Every Tuesday 5:00-5:45pm

Drumming Up Wellness
Every Friday 1:30-2:30pm

Mindfulness Practice Sessions
September 22 12:15-1:15pm
September 28 6:30-7:45pm

Emergency Preparedness
September 26 1:00-3:00pm

HeartMath®
September 27 6:00-8:30pm

Bouncing Back
September 28 6:30-7:30pm

Employment: Resume Writing
2-Week Series (September 2 & 9 9:00am-4:00pm)

Interview Skills
2-Week Series (September 16 & 23 9:00am-4:00pm)

Health Management Better Choices Better Health
6-Week Series starts September 14 10:00am-12:30pm

Heart Healthy Cooking and Living
September 14 2:00-3:00pm

Quit Smoking (QuitCore)
6-Week Series begins September 18 6:30-8:30pm

Managing Shift Work and Sleep

September 26 6:30-8:00pm

Let's Talk Diabetes
September 26 6:30-7:30pm

Getting Ahead of Your Headaches
September 28 10:00-11:30am

CareGiver / Family Support & Support Groups
Family Peer Support
September 12, 19 5:45-8:00pm

Seniors Home Safety Fixes
September 20 10:00-11:30am

SupportWorks
Wednesdays 6:00-8:00pm

Alcoholics Anonymous
Wednesdays 8:00-9:00pm

Narcotics Anonymous
Thursdays: 8:15-9:15pm

Saturdays: 6:30-8:00pm
Sundays: 7:00-8:00pm

Smart Recovery:
Sundays: 3:00-4:30pm

Parents/Parents to Be Baby and You for Moms
4-week Series Begins September 7 1:30-3:30pm

Feeding Your Baby
September 12 1:00-3:00pm

Nutrition for New Moms
September 13 10:00am-12:00pm

Story Time & Play Date

September 15 or 29 10:00-11:30am

How to Talk to your Children about Sexuality

September 19 1:00-2:30pm

Healthy Eating for Pregnancy
September 21 6:30-8:30pm

Street Drugs
September 21 6:30-8:30pm

Food, Nutrition & Cooking
Kids Culinary Day Camps: (Note: \$Fees apply)

September 22 8:00am-3:00pm

The Truth about What Works in Weight Management
September 16 9:00-11:30am

The Top 5 Tips to Reduce Calories
September 16 1:00-3:30pm

Canning: Pickles with Flair: (Note: Fees apply.)
September 20 6:00-9:00pm

Preserve the Harvest
September 30 10:00-1:00pm

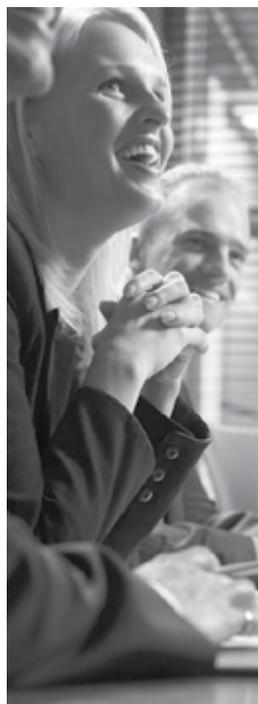
ATCO Blue Flame Kitchen (Demo & Hands-on): (Note: \$Fees apply)

Fall Harvest
September 14 7:00-8:00pm

Mexican
September 23 10:00-11:30am

Most programs require registration. Please see our full program guide and learn how to register at www.ahs.ca/shcwellness or call us at 403-956-3939.

Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!



CEDARBRAE STRATEGIC MEETINGS

Last Tuesday of the month, 7pm

Cedarbrae Community League Association
11024 Oakfield Dr. SW

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



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 info@mycedarbrae.ca.



Happy September!

We hope you all had a great summer! At Calgary Humane Society, we are winding down from another successful season of summer camps that saw hundreds of compassionate children and teens spend a summer learning how to care for animals.

Helping animals is a great way for kids to become involved with their community! Many children feel a connection to the natural world and enjoy learning about animals of all shapes and sizes, but these interactions build more than just knowledge! Research has shown that children who spend time with animals learn enhance many social skills including:

- **Empathy** – Empathy is considered by many psychologists to be the root of “pro-social” behavior. Pro-social behaviors are the behaviors that allow us to build relationships, maintain friendships and connect with our communities. Interacting

with animals allows children to practice skills of non-verbal empathy as they try to understand how an animal is experiencing the world.

- **Compassion** – Empathy is a foundation for understanding others, but compassion moves those feelings into action. Through acting compassionately, children learn that they can have a profound impact on the community around them and that they play a key role in “creating the world they want to live in”.

- **Respect** – When children help others they learn more about why other people (and animals) sometimes need help, and why needing help is not a bad thing. Through helping animals, children learn that even the smallest fish deserves to have good food and a safe home by virtue of being a living, thinking, feeling being.

Are you looking for a great way for your child to become more involved in helping animals? We would love to help! While our minimum age to volunteer is 16 (for safety reasons) we have many great programs for kids of all ages!

- **Attend a youth program!** Children in our kids’ clubs and youth programs get to participate in select animal interactions with carefully chosen animals and complete fun activities with animal loving peers!

- **Party with a purpose!** Check out Calgary Humane Society’s birthday party program and spend your next birthday with us! Our experienced birthday staff lead the party for you – all you do is bring the cake and presents!

- **Collect donations/wish list items** – Another great way to get kids involved in helping is to raise funds or collect items for animals in need! Kids who collect donations for the shelter can book a special ‘behind the scenes’ tour with our humane education department too!

- **Take great care of your pets!** Your child can be an “ambassador” for great animal care by encouraging them to learn more about your pets and help with their care.

Looking for more information on our programs or more ideas on how to get your child involved in helping animals? Our Humane Education team would love to help! Visit www.calgary-humane.ca or call 403-205-4455 for more information.

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

September means a new school year and lots of exciting new beginnings for students, teachers and staff. As this year is a municipal election year, it also means new beginnings for the Calgary Catholic School District (CCSD) Board of Trustees. As trustees are elected officials, some of whom are retiring, while others are running again, there will be a new board in the fall.

The deadline to file nomination papers, which will confirm a candidate’s intention to run as a local school board trustee, is Monday, September 18, 2017. The municipal election takes place on Monday, October 16, 2017 and will determine the mayor, city councilors and school board trustees for Calgary, as well as all municipalities in Alberta including the City of Airdrie, City of Chestermere and Town of Cochrane, also served by the CCSD.

Alberta school boards help shape the future of local communities by governing the education of students enrolled in kindergarten through Grade 12. The provincial government, through the Minister of Education, grants school boards the authority to make decisions regarding the direction and quality of local public education. Accountability to the public is entrenched through the election of local school board trustees every four years.

To be a Catholic school trustee represents a dual challenge: trustees must ensure that students are provided the very best educational opportunities, while at the same time ensuring that Catholic principles and values are reflected in policies and practices of the school board, thus establishing an education system that is permeated by faith. In practice, this plays out in trustees being accountable to both government legislation, as well as Canon Law (Church Law).

The success of Catholic schools depends on everyone in the faith community. While some are called to run as candidates for trustee, others are called to be supporters of Catholic education. Whether it is in the classroom, home or parish, every member of the faith community has a responsibility to ensure the vibrancy of our Catholic schools today and far into the future. An election is an opportune time for the community to have its say in Catholic education.

Breaking News

PWA is excited to announce our NEW venue in Calgary starting August 12 we are moving to the CEDARBRAE COMMUNITY CENTRE

11024 OAKFIELD DRIVE SW.

We look forward to our new partnership in the beautiful community of Cedarbrae which offers a great facility located near the Southland, Anderson and Heritage Ctrain stations and on bus routes #16 & #84. PWA will also work with the community to raise awareness, equipment and monetary donations for the Comrie’s Sports Equipment Bank.

Through the generous support of Comrie’s Sports Equipment Bank, the Cedarbrae Centre can provide the loan of sports equipment to community youth and adults who want to use Centre’s facilities but are in need of equipment.

Advance tickets for all PWA events at the Cedarbrae Community Centre will be available for purchase at our new sponsor, SAMMY’S World’s Greatest Pizza starting THIS FRIDAY!

We look forward to a long partnership with our new venue and sponsor and to continue bringing the very best indie wrestling entertainment in Canada to Calgary.

BRAIN GAMES SUDOKU

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			5			2	6	9
		8	9			3	1	5
2	1	3			5	4		
4	8	9			2			
3	5				6			
	6		8	5				3

FIND SOLUTION ON PAGE 34

GREAT NEWS PUBLISHING 28 YEARS

FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

If You Feel the Same Let's Talk.

403-263-3044

Calgary



Fall Adult 50+ Skating Lessons

Register now for this new program! This exciting & fun class gives adults who are 50+ a 45-min learn to skate lesson with a 15-min social free-skate afterwards. Date: September 12th – December 12th Time: 4:25 – 5:25 p.m.

Days: Every Tuesday for 14 weeks
Ages: 50+
Location: Ed Whalen Arena – Southland Leisure Centre
Cost: \$140 Barcode: 5083

the Gutter Doctor



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is the Japanese aesthetic of simple, unassuming, and unobtrusive beauty. Interestingly enough, it also means “sour”.

Linda Johnson

FOR CALGARY WARD 11



- ✓ Listen to the feedback, concerns, and questions in Ward 11 – and represent those interests in the decision making process.
- ✓ Collaborate with community groups, residents, and governments at all levels to deliver policy results that builds sustainable and vibrant Ward 11 neighborhoods.
- ✓ Support Calgary's entrepreneurial spirit and invest in a future that continues to make this city the best place to live while respecting our economic realities.

lindajohnson.ca @lindajohnsonyyc

Food & yard waste requirements for business: 2.5 months to go!

Starting November 1, 2017 all businesses and organizations in Calgary will be required to separate food and yard waste from the garbage, for composting or another means of diversion.

To comply with this bylaw, the property owner is responsible for the following:

1. Decide who will collect food and yard waste from your building. Green Calgary maintains a directory of collection companies that provide food and yard waste collection at greencalgary.org.
2. Ensure that you accept the right materials. See the full list of materials on our food and yard waste bylaw requirements page.
3. Decide where and how to store your food and yard waste. Check out pages 5-6 of our Food and Yard Waste Diversion Guide for safety and accessibility considerations, and tips to prevent odours and pests.
4. Inform your employees and tenants about the food and yard waste program. You will need to post clear signs on collection containers showing what goes in each bin. Check out our free food and yard waste poster that you can download and print.

You will also need to provide information to new tenants and annual reminders to existing tenants and occupants, including:

- What food and yard waste materials can be collected, and
- How to prepare and sort food and yard waste materials.

Tips for hiring a collection company

Collection companies can be a valuable resource for setting up your food and yard waste program. There are a variety of collection and contract options, and we recommend getting a variety of quotes to see what will work best for your business or organization.

Check out our questions to ask when talking to a prospective collection company.

Have questions or need support?

We are here to help businesses with the upcoming food and yard waste bylaw requirements, including:

- Printable signage, letter templates and how-to guides for businesses and collection companies.
- Group presentations and lunch 'n' learns.
- Waste audits to help determine the amount and types of waste generated at your site.
- Resources for do-it-yourself waste audits including a waste assessment workbook, tips for right sizing and building a green team at your workplace.

Check out our tools and resources page for more information on all of the above.

To schedule a presentation, please fill out an online service request or call 311 and reference “Business Recycling”.

Spread the word

If you know someone who would like to know more about waste diversion for businesses and organizations, please pass on this email. New subscribers can sign up for email updates here.



Cedarbrae mybabysitterlist

Name	Age	Contact	Course
Aaron	14	403-287-9492	Yes
Annika	13	403-454-2393	Yes
Avi	42	587-897-0789	Yes
Emilia	18	403-251-2013	Yes
Evelyn	13	403-475-0919	Yes
Huntter	12	587-894-4194	Yes
Maya	16	587-896-1136	Yes
Nina	17	403-918-0641	Yes
Paula	18	403-404-8009	Yes
Paula	18	403-404-8009	Yes
Raven	15	403-460-0307	Yes

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

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

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



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!



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 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!

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 April 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.

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!

Community Association Membership Membership Application Form

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

Main Contact

Last Name _____

First Name _____

Address _____ Postal Code _____

Home Phone _____ Cell Phone _____

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

E-Mail _____

I would consider volunteering for the following:

- Stampede BBQ
- Meet your neighbour night

- Casino
- Newsletter
- Special Events
- Board of Directors

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



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

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.

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



SEPTEMBER 2017

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

Sept 1:

Gym South: Adventures Summer Camp Program 7am-6pm,
Activity Room: Adventures Summer Day Camp 7am-6pm,
Parkview: Spiritual Assembly of the Baha'i Prayer group 7pm-10pm

Sept 2:

Gym North & South: PWA Wrestling 7pm-10pm,
Parkview: Private Event,
Aspenview: Gremtassa 3:30pm-6pm

Sept 3:

Gardenview: Varsity Hills Church 8am-2pm

Sept 4:

Gym South: Tai Chi Drop in 9am-10:15am,
Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Parkview: Men's Group 8pm-9pm

Sept 5:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm

Sept 6:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Gym South: PMA Karate 6pm-7pm

Sept 7:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Gym South: Pacesetters 10:30am-11:30am,
Gym North & South: Chinook Country Line Dancers 6pm-7pm,
Gym North: Chinook Country Line Dancers 7pm-8:30pm

Sept 8:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Parkview: Baha'i Prayer meeting 7pm-10pm

Sept 9:

Gym North & South: SWUS AGM 10am-1PM,
Gym North & South: Private Event 1:30pm-9:30pm

Sept 10:

Gardenview: Varsity Hills Church 8am-2pm,
Gym North & South: SWUS AGM 11am-3pm

Sept 11:

Gym South: Tai Chi Drop in 9am-10:15am,
Gym North: Pacesetters 10:30am-11:30am,
Gym North: RDS Gymnastics 5pm-8pm,
Gym South: PMA Karate 6pm-7pm,
Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,

Aspenview: APC Meeting 1PM-4PM,
Aspenview: Practical Aikido 6:30pm-9pm,
Parkview: Men's Group 8pm-9pm

Sept 12:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Aspenview: Bravo Circus 5:30pm-8pm

Sept 13:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm
Gym South: PWA Karate 6pm-7pm,
Aspen Gardenview: Girl Guides-Pathfinders 6:30pm-8:30pm,
Parkview: CCLA AGM 7pm-9pm

Sept 14:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Gym North: Pacesetters 10:30am-11:30am,
Gym North & South: Chinook Country Line Dancers 6pm-7pm,
Gym North: Chinook Country Line Dancers 7pm-8:30pm,
Gardenview: Bravo Circus 6:30pm-8pm,
Aspenview: Practical Aikido 6:30pm-9pm

Schedule of Events at the Cedarbrae Community Centre

Sept 15:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
AspenGardenview: Gremtassa 10:30am-6:30am

Sept 16:

Sept 17:

Gym North & South: SWUS AGM 11am-3:30pm,
Gardenview: Varsity Hills Church 8am-2pm

Sept 18:

Gym South: Tai Chi Drop in 9am-10:15am,
Gym North: Pacesetters 10:30am-11:30am,
Gym North: RDS Gymnastics 5pm-8pm,
Gym South: PMA Karate 6pm-7pm,
Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Aspenview: Practical Aikido 6:30pm-9pm,
Parkview: International Auction 9am-4pm,
Parkview: Men's Group 8pm-9pm

Sept 19:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Aspenview: Bravo Circus 5:30pm-8pm

Sept 20:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm
Gym South: PMA Karate 6pm-7pm,
Aspen Gardenview: Girl Guides-Pathfinders 6:30pm-8:30pm,
Parkview: CCLA AGM 7pm-9pm

Sept 21:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Gym North: Pacesetters 10:30am-11:30am,
Gym North & South: Chinook Country Line Dancers 6pm-7pm,
Gym North: Chinook Country Line Dancers 7pm-8:30pm
Gardenview: Bravo Circus 6:30pm-8pm,
Aspenview: Practical Aikido 6:30pm-9pm

Sept 22:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm

Sept 23:

Sept 24:
Gardenview: Varsity Hills Church 8am-2pm,
Gym North & South: Pickleball 9am-11am

Sept 25:

Gym South: Tai Chi Drop in 9am-10:15am,
Gym North: Pacesetters 10:30am-11:30am,
Gym North: RDS Gymnastics 5pm-8pm,
Gym South: PMA Karate 6pm-7pm,
Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Aspenview: Practical Aikido 6:30pm-9pm,
Parkview: International Auction 9am-4pm,
Parkview: Men's Group 8pm-9pm

Sept 26:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Aspenview: Bravo Circus 5:30pm-8pm

Sept 27:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Gym North & South: Pickleball 9am-11am,
Gym South: PWA Karate 6pm-7pm,
Aspen Gardenview: Girl Guides-Pathfinders 6:30pm-8:30pm,
Gym North & South: Pickleball 7pm-9pm

Sept 28:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Gym North: Pacesetters 10:30am-11:30am,
Gym North & South: Chinook Country Line Dancers 6pm-7pm,
Gym North: Chinook Country Line Dancers 7pm-8:30pm
Gardenview: Bravo Circus 6:30pm-8pm,
Aspenview: Practical Aikido 6:30pm-9pm

Sept 29:

Gardenview: Kids in Spanish classes 8:45am-11:45 am & 12 pm-3pm,
Gym North & South: Pickleball 9am-11am,
Gym North & South: Pickleball 7pm-9pm

Sept 30:

Gym North & South: Pickleball 1:30pm-4pm

HALLOWEENS – CALAWAY PARK SEPT. 9 – OCT. 9

Enjoy Calaway in full spooky splendour with the Boo Crew, and don't miss: face painting, Thriller dance lessons, scavenger hunts, special guests, family photos and more! There will even be a costume contest on Sept. 16. More info: calawaypark.com.



ZACHARY LUCKY – GALLERY HOUSE CONCERT SOCIETY, OCT. 2

Check out this unapologetically old-school country performer. Armed with his husky, baritone voice, he has received comparisons to Gordon Lightfoot and Kris Kristofferson. He sings of Canadian places and people, and puts on a sultry and intimate performance. More info: galleryhouseconcerts.com.



CANADA SOCCER'S TOYOTA NATIONAL CHAMPIONSHIP U-15 CUP - CALGARY SOCCER CENTRE, OCT. 5 – 9

These championships are the definite amateur soccer event of the year, crowning the country's best community soccer clubs. Over 3,000 participants and spectators from across Canada are estimated to be part of the 2017 U-15 Cup in Calgary this year. More info: canadasoccer.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Autumn Pumpkin Festival – Calgary Corn Maze & Fun Farm, Weekends in October

Celebrate Autumn each weekend in October at the corn maze, the fun farm and the petting zoo. Endless activities to keep the wee ones occupied and then pick a pumpkin to take home on your way home. Not all activities included in admission price. More info: calgarycornmaze.com.

The Great Grilled Cheese Cook-off – Jerome's Appliance Gallery, Oct. 1

Amateur and professional chefs will prepare their very own gourmet grilled cheese recipes in support of Brown Bagging for Calgary's Kids. Your mission is to taste 10 samples and then judge them along with a distinguished panel of judges, with a hand-crafted soda to wash it all down.

Piaf! The Show – Arts Commons, Oct. 4

A powerful and moving celebration of the life and music of the legendary French chanteuse, Edith Piaf. Starring Anne Carrere who has been hailed as "Edith Piaf's legitimate musical heiress," Piaf! The Show has received rave reviews around the globe. More info: artscommons.ca.

Wordfest – various venues, Oct. 10 – 15

Wordfest is a not-for-profit organization that hosts year-round literary events featuring the world's best writers at around 70 events in our city. More info: wordfest.com.

Reconciliation Journey: Walking a Path Together – Carriage House Inn, Oct. 12

This is the second conference planned this year by the Indigenous Advisory Committee through the Enough For All Catalyst Fund. Expect discussions of the organization's work on Reconciliation as they relate to the 94 Calls to Action, as well as special guests, keynote speakers and panel discussions about the exciting work happening across Calgary. More info: vibrantcalgary.com.

Ghoul's Night Out – Heritage Park, Oct. 26 – 27

Heritage Park will be transformed into a spooky extravaganza for families with children three to nine. Ghostly encounters, crafts, treats, festive festooning and so much more! Look for more info to come: heritagepark.ca.

TAKE ON WELLNESS



Back to School Health Checklist

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead—taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- **Immunization:** Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- **Vision screening:** Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.

- **Hearing/speech screening:** If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.
- **Dental checkup:** Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- **Emergency contacts:** Make sure the school has up-to-date emergency numbers for each of your children, including contact information for parents, physicians, etc.
- **Health conditions:** Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- **Backpack basics:** Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture. For more information visit: <https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=abk0958>
- **Nutrition plan:** Ensure your child has a healthy breakfast before heading to school in the mornings, and help him or her pack a nutritious lunch. Planning meals ahead of time and involving children in planning and preparation can make this task more manageable and fun. For more information visit: <http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>.

Shibui

is the Japanese aesthetic of simple, unassuming, and unobtrusive beauty. Interestingly enough, it also means "sour".





COMING SOON!

AT THE CEDARBRAE COMMUNITY CENTRE

A Class to teach young people the basics of sewing

The Cedarbrae Community Centre is proud to be able to provide low cost programming classes and events to our community. One such upcoming opportunity involves teaching youth the basics of sewing as a life skill. We have the volunteer instructors in place and some supplies to start with, but we're still looking for donations of sewing machines in good working order.

Do you have a working sewing machine you're not using? Consider donating it to the Community so that we can use it to teach others.



Please Donate!

We're looking for used sewing machines in good working order

Your donation will be used to teach others the basics of sewing

Pay it forward! Help a young person learn a valuable life skill

Thank-you!

CEDARBRAE COMMUNITY LEAGUE ASSOCIATION

11024 Oakfield Drive SW

info@mycedarbrae.ca

403-251-2101

www.mycedarbrae.ca



SATURDAY, SEPTEMBER 16, 2017 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. This event is free to residents of Cedarbrae and Calgary although donations are always welcome.

Watch this newsletter for more details as they become available.



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. Alberta Community Clothing Collection will be accepting clothing and fabrics.

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 16,
2017 9:00am-2:00pm

St. Gerard School

Welcome back! We hope everyone has had a relaxing and wonderful summer. The heat has been glorious, but with the crisper mornings and cooler evenings, comes back to school! This can be a time of great excitement for some children, and it can also be a time for anxious feelings. These emotions are normal, so please reassure your school-aged child that what they're feeling is common. Sometimes a visit to the school and a play on the playground before school start up can help a child feel more at ease in their environment.

The first day back at school is Tuesday, September 5th. After you drop off your child(ren), please meet us in the library for a coffee/tea to connect with our school community.

We are pleased to welcome St Cecelia for the 2017/18 school year. Welcome.

The St Gerard school community came together in June for a family barbecue. It was a complete success. We would like to thank: UFCW Local 401, Glenmore Landing Safeway, Southcentre Safeway, Southland Crossing Safeway, Southport Superstore, Old Dutch, Glenmore Bakery, Oakridge Co-op, Haysboro/Macleod Save-on foods, Old Dutch, and Lassonde for their contributions.

Parent Council hosted a book sale to run concurrently with the BBQ. From the proceeds, our school library will have over \$1500 worth of new reading material for our students! Thank you to all families who organized, volunteered and purchased!

Welcome back!



LEGACY
SEPTEMBER 2, 2017
CEDARBRAE COMMUNITY CENTRE
AT 11024 OAKFIELD DRIVE SW
CALGARY, AB

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

It's the start of a new season, and a perfect opportunity to try something new.

Did you know that residents living in South West Communities have free access to all our programs and services? This September we are introducing new programs and opportunities to make a difference in the lives of our families:

- Parenting Courses: "Positive Discipline" - an 8-week program for parents of children of all ages. Starts Tuesday September 19th.
- Speaker series: "Brain development of young children" - 5 sessions start September 13th
- Youth Tutoring: Wednesday evenings 6:00 pm for grades 7 - 12. Starts September 27th (Consider becoming one of our volunteer tutors/mentors for the year).
- Stress Management: an 8-week program with the Canadian Mental Health Association. Starts September 20th.
- Skill building workshops: finding employment, using a computer, money management and more! Dates to be confirmed.

If you are interested in any of these please give our office a call at 403 238-9222 for more information.

If you're not sure what you are looking for, come visit our Community Resource Workers. Marylou and Aynsley would be happy to talk about what you may need and help you access the right information and resources. Everyone is welcome in our Community Resource Centre.



Ripe cranberries will bounce like little rubber balls.



Dear Great News Publishing,
Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044
sales@great-news.ca

*Actual customer experience.

September brings new faces to our schools, eager to start the year. Our hallways are once again full of excitement with friends seeing each other after summer break. Our teachers are brimming with new ideas and fun opportunities for learning. The beginning of a school year brings endless opportunities for parents and students alike. While students are joining clubs, activities and sports, families also have the chance to connect with schools and their child's learning.

Whether this is your first September with the CBE, your child's last "Back-to-School" season, or you simply are reminded of your own experiences, September is an exciting time. As this Board completes our term and our city looks forward to a Municipal Election in October, it is a wonderful time to reflect on what we have achieved and plan for a fresh start.

It's also a natural time of year to think about the role we each play in public education. The CBE Board of Trustees, CBE administration, school staff, families, commu-

nity members and the Government share a common goal – creating a strong school system that supports student success.

Public education plays a critical role in our society. Our students are truly one of the best investments that tax payers make – as successful students become successful citizens who contribute their ideas, passion and economic energy to society in ways that benefit us all.

We believe that learning is a partnership and that the success of our students relies on the energy, thoughts and commitment of everyone in our community. When you share your perspectives and expectations, we are able to learn and improve.

As an elected Board of Trustees, we have had the privilege of meeting with many parents, families, community members and partners over the past four years. We value your voice, and we would like to thank each one of you who contribute to the success of our students and the CBE.

The CBE Board of Trustees



MLA Calgary-Glenmore
Anam Kazim

#A208, 1600 - 90th Avenue SW Calgary, AB Canada T2V 5A8

📞 403-216-5421 📠 403-216-5423 ✉️ calgary.glenmore@assembly.ab.ca

📱 Anam Kazim - MLA for Calgary Glenmore 🐦 @anamkazimMLA

Dear Constituents:

I hope all of you had a great summer with family and friends. As we enter the beginning of the fall season, I am happy to look back to share the most recent and upcoming initiatives of Alberta's government to make life of Albertans even better.

Economy and Job Creation:

Job creation and diversification is our government's top priority. In the last year, Alberta has created 48,000 full time jobs.

-The government's **Petrochemical Diversification Program (PDP)** will result in nearly \$6 billion in private investment in petrochemicals and plastics and over 4,000 related jobs - for a \$500 million investment (in foregone natural gas royalties)

-Besides two new petrochemical complexes with over 4,000 associated construction jobs, there are a number of projects advancing in Alberta that represent good jobs for Alberta tradespeople.

- Kinder MorganTMX – 15,000 jobs in BC and AB
- Enbridge Line 3 – 7,000 jobs
- Keystone XL – 5,000 jobs
- Oilsands projects and expansions including below – est. total 4,900 jobs
 - Cenovus Christina Lake Oil Sands Project Expansion
 - JACOS Hangingstone Expansion
 - Suncor Fort Hills
 - Harvest Black Gold Phase 1
 - AOSC Hangingstone Expansion
 - CNRL Horizon 3
 - CNRL Kirby North Oilsands expansion
 - Cenovus Foster Creek Oilsands
 - Cenovus Narrows Lake
 - Imperial Oil Aspen

Anti-Racism Initiatives:

- Our government is committed to making life better, promoting inclusion and mutual respect and it is clear that Albertans share our commitment.
- However, there is more work to be done to ensure that all Albertans are treated with respect and have opportunities to build successful lives for themselves and their families.
- We know that our strength is in our diversity, our sense of inclusion and our commitment to stepping up and helping one another.
- That is why we are reaching out to communities across Alberta to gather their input on racism in Alberta and on practical steps our government can take to fight racism, foster

acceptance and promote inclusion and diversity today, tomorrow, and for generations to come.

- Several meetings throughout the province will be hosted this fall with community organizations working to combat racism.
- The government wants to hear from Albertans who are experiencing racism and find out from them if it's getting worse and work together on ways to fight it.
- There has been an increase in hate crimes across Alberta whether that is because racism is on the rise or not, or whether there's more support for people reporting these disturbing incidents but that's what that needs to be found out.
- A government website will be launched where Albertans can share the perspectives on how the government can support efforts to combat racism, foster acceptance, and promote an inclusive society where all Albertans are treated with respect.
- Together, we will continue to build a successful province and make life better for Albertans regardless of their faith, skin colour, or immigration status.
- It is a small group of people who don't represent Albertans or their/our values.

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CIP 150 supports projects seeking to renovate, expand and improve existing community infrastructure. The Cedarbrae Community League Association Board & Staff are excited to announce that we have received CP 150 funding of \$19,105 towards the replacement of our entire Community Centre's old "legacy" lighting with more environmentally friendly and cost-efficient LED technology.



Calgary-Heritage
Bob Benzen, MP
1010 – 10201 Southport Rd SW
T2W 4X9
403-253-7990
bob.benzen@parl.gc.ca

Dear Constituents,

Since the by-election in April, it has been an eventful few months. From my swearing in ceremony in Ottawa, to moving the constituency office in Calgary, to celebrating Canada's Birthday and attending Stampede events, it has been a whirlwind of activity as I have worked hard to hit the ground running with my new job as your MP.

Following the by-election in the spring, we moved the constituency office to a convenient location on the corner of Macleod Trail and Southland Drive [1010 – 10201 Southport Rd SW]. Our office hours are from 9 AM to 4 PM, Monday to Friday. I am available to meet with constituents to help navigate government services, and to listen to your concerns regarding issues facing our community.

This summer was particularly memorable as we celebrated the sesquicentennial of Canada's Confederation. Canada's 150 Birthday offered us an opportunity to reflect on our history and shared values, and to look optimistically towards the future.

Over the summer, I was able to take in many events in our community. From Stampede BBQ's and pancake breakfasts, to fun charity activities; I had a wonderful time meeting and talking with constituents. I can't thank our community associations and their volunteers enough for putting on such terrific events – you really bring our communities together and it wouldn't be possible without your hard work.

As autumn approaches, I am preparing to head back to Ottawa. Parliament will soon be sitting again and I will be doing my best to represent our great riding. If you have any thoughts about what is being debated or voted on in Parliament, please send me a note [bob.benzen@parl.gc.ca] or call my office at 403-253-7990. I always appreciate hearing from you and it helps me represent you better in Ottawa.

I hope you have a safe, fun, and memorable autumn.

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Calgary, AB T2P 2M5
403-268-2430 www.ward11calgary.ca

Ward 11 Summer Newsletter 2017

Welcome to your Ward 11 Summer Newsletter. There are a number of important updates to projects underway or coming up in this newsletter.

Event:

61st Avenue Greenway Corridor Celebration & Thank You Event – July 29

After a long construction period, The City organized an event on Saturday, July 29 to celebrate the new features along 61st Avenue SW and thank the area businesses for their patience.

News:

ATCO Pipeline Natural Gas System Upgrade & Project Construction Notification from Acadia to 14 Street SW

Construction along 14 Street SW is on track to be complete by late August as per the original schedule. You can view the 14 Street SW projects on the ATCO website.

- The Project Notification is for the installation of a natural gas pipeline starting late July from Ancourt Road SE and 88 Avenue in Ward 9. Construction will continue westbound along 88 Avenue SE through Bonaventure Park. Construction will enter Ward 11 at MacLeod Trail between 86 Avenue SW and 90 Avenue SE, heading west along 89 Avenue and Hoover Place, finishing at 14 Street SW.

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Green Cart Program & Collection

The Green Cart Program for single-family homes (up to and including fourplexes) continues to roll out across the city. Collection started in the SW on July 17. Learn about the program, collection, what goes in your cart and composting:

- How the Green Cart Program works
- Collection schedule
- Using your Green Cart
- What goes in the Green Cart
- Compostable bags and alternatives
- Composting facility

Southwest Ring Road Project

The Southwest Ring Road Project is underway. The Government of Alberta is responsible for the design, construction, management and operation of Calgary's Ring Road. For more information on the construction of the SWRR, the contractor KGL's website contains information on construction, alignment maps and traffic detours.

- Pile Driving near 90th Avenue SW

KGL will be pile driving near 90 Avenue SW in the Transportation Utility Corridor for the future interchange of the SWRR and 90 Avenue SW. Residents in Oakridge and Lakeview may hear elevated construction noise until August 4th. KGL may be contacted directly at 403-242-0565 24 hours a day.

The City of Calgary is also beginning work to extend streets to connect Calgary's road network to the ring road, while improving some existing roads to make sure the SWRR fits with our city's road network.

- Anderson Road Widening

The City is widening Anderson Road SW from four to six lanes between the SWRR and Elbow Drive SW to improve the road network and east-west travel. Construction will begin in late July or early August. Construction of the noise barriers along Anderson Road will also start this year.

SW Transitway BRT Construction Update

Construction on the transit only lane in the road right of way at the southeast corner of the Crowchild Trail and Glenmore Trail SW interchange has started. This new lane will be used by BRT buses only during times of congestion on Crowchild Trail to the Glenmore Trail flyover. This construction is expected to be complete by October 2017.

We hope you're having a great summer!

Are your legal affairs in order?

Do you have a will?

If not, there will be no one named to take charge of your estate or of children who are minors in the event of your death, and your assets may not be distributed as you wish.

Do you have an Enduring Power of Attorney?

If not, there will be no one named to take charge of your financial affairs in the event that you become incapacitated, and a Court application appointing a Trustee may be required.

Do you have a Personal Directive?

If not, there will be no one named to make decisions regarding your care and other personal matters should you become incapacitated, and a Court application appointing a Guardian may be required.

We can help. Please call for a free consultation or drop by to pick up complimentary information.

Arlene C. Schultz
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5	9	7	4	1	3	6	8	2
2	1	3	6	8	5	4	9	7
4	8	9	1	3	2	7	5	6
3	5	2	7	9	6	8	4	1
7	6	1	8	5	4	9	2	3



Cedarbrae Real Estate Update

Last 12 Months Cedarbrae
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2017	\$457,395	\$444,750
June 2017	\$389,900	\$405,250
May 2017	\$375,000	\$363,000
April 2017	\$379,000	\$368,000
March 2017	\$439,950	\$430,000
February 2017	\$442,400	\$413,433
January 2017	\$449,900	\$426,000
December 2016	\$374,444	\$367,500
November 2016	\$425,000	\$417,500
October 2016	\$422,000	\$421,800
September 2016	\$339,950	\$332,000
August 2016	\$395,000	\$389,000

Last 12 Months Cedarbrae
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2017	9	4
June 2017	14	8
May 2017	5	9
April 2017	12	6
March 2017	11	6
February 2017	4	6
January 2017	2	1
December 2016	3	4
November 2016	5	9
October 2016	5	6
September 2016	11	6
August 2016	5	3

To view more detailed information that comprise the above
MLS averages please visit cedarbrae.great-news.ca



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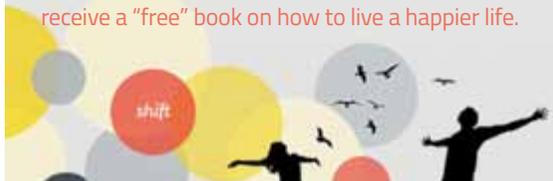
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