

APRIL 2023

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BRAESIDE COMMUNITY ASSOCIATION

To Contact Board of Directors:

Telephone: 403-253-4232 • Fax: 403-253-3528

Email: braecom@telusplanet.net

Mail: 11024 Braeside Drive SW, Calgary, Alberta, T2W 6G5

Board meetings are held on the third Tuesday of each month at 6:30 pm in the Lower Hall board room at the Braeside Community Centre. The meeting is open to all Braeside residents or interested parties. If you have issues or concerns and you would like to be placed on the agenda, kindly call the office at 403-253-4232.

BOARD POSITIONS:

Board President	Jenny Mae Smith
Vice President	Lindsey Higgins
Treasurer	Tammy Strowbridge
Secretary	Elsbeth MacPhee
Past President	Jennifer Burgess
Director at Large	Bill Dunning
Director at Large	Chris Mattock
Director at Large	Michele Maurette
Director at Large	Michelle Guillemette

COMMUNITY CONTACTS:

Operations Director	Sieuwke Stoppel	403-253-4232
Before and After School Care	Louise Whitbread	403-258-0699
Chinook Musical Society	For Tickets	403-271-3719
City Liaison	Jenna Findlater	403-476-7277
Girl Guides	Barb Augustyn	403-251-5169
Facility Maintenance Lead	James Richard	

AREA SCHOOLS:

Braeside Elementary	403-777-8470
John Ware Junior School	403-777-7930
St. Benedict Elementary	403-500-2053

GOVERNMENT REPRESENTATIVES:

Councillor, Ward 11	Kourtney Penner	403-268-3611
MLA, Calgary-Glenmore	Whitney Issik	403-216-5421
MP, Calgary Heritage	Bob Benzen	403-253-7990

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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The Braeside Bulletin

The Braeside Bulletin is published by the Braeside Community Association and delivered to all Braeside homes. Articles can be emailed to braecom@telusplanet.net. Submission deadline is the first of the month for inclusion in the following month's publication. Space limitation may prevent some material submitted from being published. Editing may be required.


While we make every effort to ensure that all information provided and published is correct, we are not responsible for any omissions or errors.

Opinions expressed within these articles, reports or submissions are the author's and should not be considered as reflecting those of the editor or Community Association.

To place a paid advertisement in the Braeside Bulletin, contact Great News Media, 403-263-3044, sales@great-news.ca.


"The Braeside Community Association is committed to representing the community with honesty and integrity, working towards common values and goals."

Check us out on the web at: www.calgaryarea.com (click on SW, Braeside). Email: braecom@telusplanet.net. Follow us on Facebook at Braeside Community Association.



ACKU BRAESIDE KARATE CLUB

- Braeside Community Centre – 11024 Braeside Drive SW second floor
- Classes every Thursday
- Orientation for Beginners 6:15 pm – 6:45 pm
- Colour Belts 7:00 pm – 8:00 pm
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Programs and Services at BCA

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Senior Fitness

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Thursday Evenings

Karate



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Safe Driving for Teens

from Alberta Health Services

Road crashes are the third-leading cause of death among young people in Canada. In 2020, transportation-related injuries were the third-leading cause for emergency departments and urgent care centre visits among Albertan youth aged 15 to 19.

The risk of accidents increases even after just one second of taking your eyes off the road.

Distracted driving can be:

- Visual distraction: When a driver's eyes leave the roadway.
- Manual distraction: When a driver's hands leave the steering wheel.
- Cognitive distraction: When a driver's mind is no longer on the task at hand.
- Actions – such as texting or calling while driving, talking to friends in the car, switching songs, or eating and drinking – that take a driver away from the task at hand and increase the risk of accidents and injuries on the road.



Avoid distracted driving by:

- Turning your phone off or using the "do not disturb" feature while driving.
- Giving your phone to a friend.
- Parking safely before checking your phone or making a call.

Parents can also set good examples for their children and teens by keeping their phones out of reach when driving.

Speeding, sleep deprivation, as well as drug and alcohol impairment and aggressive driving also increase the risk of crashes and injuries on the road.

Membership Information

Are you a BCA member? Your community contribution means a lot!

Just where does your contribution go and what are the benefits?

- Ice rink operation and maintenance
- Building maintenance
- BCA programs and services
- Community events such as the Stampede Breakfast, Trunk Sale, Halloween Howl, and the Winter Festival Bake and Book Sale
- Event attendance at no charge
- Hall and rink rental discounts
- Upcoming discounts with local businesses!

Cost:

- Family memberships are \$25
- Seniors memberships are \$15
- Business memberships are \$25

*BCA members can vote at our AGM.

Thank you for supporting the Braeside Community Association!



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		Listed	Sold	Listed	Sold
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December	22	7	6	\$509,500	\$520,750
November	22	4	4	\$224,950	\$236,500
October	22	6	9	\$479,900	\$470,000
September	22	9	15	\$549,900	\$531,000
August	22	10	8	\$292,400	\$284,500
July	22	13	11	\$335,000	\$335,000
June	22	11	7	\$349,900	\$349,900
May	22	26	27	\$379,900	\$395,000
April	22	26	17	\$319,900	\$333,500
March	22	18	20	\$319,700	\$335,000

To view more detailed information that comprise the above
MLS averages please visit brae.mycalgary.com

Braeside Community Membership Application

Valid September 1, 2022 – August 31, 2023

Family Information:

Adults (First and Last Name): _____

Children (First and Last Name): _____

Address: _____, Calgary Postal Code: _____

Phone No: _____ Email: _____

Membership Type Available: (Please indicate which membership type you are purchasing)

<input type="checkbox"/> \$25.00 – Member	Up to 2 adults with or without children (Braeside residents have voting rights)
<input type="checkbox"/> \$15.00 – Senior	Up to 2 adults over 55 (Braeside residents have voting rights)
<input type="checkbox"/> \$25.00 – Business Member	

PAYMENT OPTIONS

1) Submit completed form with cash or cheque to 11024 Braeside Drive SW, Calgary, T2W 6G5

PLEASE NOTE: There is a \$15.00 charge for all NSF cheques

2) E-Transfer payments are accepted. Please direct payments to braecom@telusplanet.net

Membership cards will be mailed to you! Please ensure mailing information is complete and accurate.

The Braeside Community Association holds many successful functions each year thanks to the tremendous help of our volunteers! If you would like to get involved, please tell us where you would be interested in volunteering:

- | | | |
|---|--|---|
| <input type="checkbox"/> Board Member or Committee Member | <input type="checkbox"/> Parade | <input type="checkbox"/> Stampede Breakfast |
| <input type="checkbox"/> Children's Events | <input type="checkbox"/> Recycling Event | <input type="checkbox"/> Rink Maintenance |
| <input type="checkbox"/> Casino | | <input type="checkbox"/> Trunk Sale |

Important – Privacy Legislation Community Association Members/Residents:

The Personal Information Protection Act became law in Alberta on January 1, 2004.

I understand that my personal information will be kept confidential by the Braeside Community Association. I also acknowledge that my personal information may be used/disclosed only in certain circumstances to establish, administer, and maintain membership lists, program/sports registrations, government reporting, emergency contacts, or legal and regulatory requirements. I hereby consent to such use and disclosure for these limited purposes until such time as I may revoke my consent in writing.

Signed: _____ Dated: _____

THANK YOU FOR YOUR SUPPORT!

Membership Number (Assigned by Community Office): _____ Date Card(s) Mailed: _____

27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.

- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

BRAESIDE COMMUNITY ASSOCIATION'S SENIORS FITNESS

TUESDAYS & THURSDAYS 9:30AM-10:30AM
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How to Meet Your Neighbours

A message from the Federation of Calgary Communities



Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from

or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.

2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!

3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

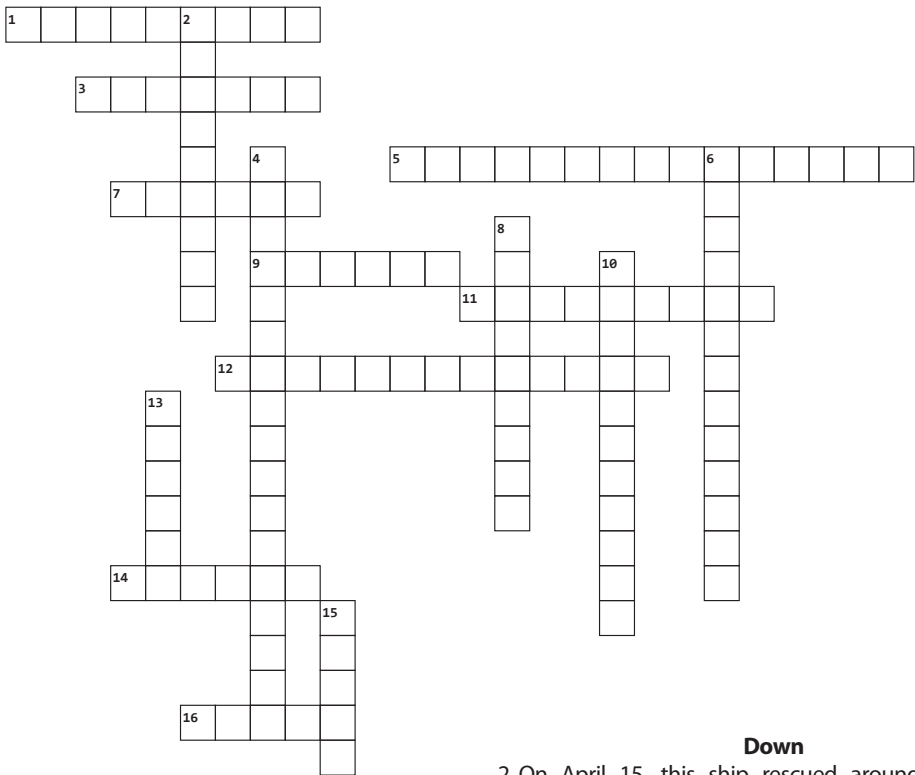
Community Association Welcoming Committees

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.



April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist's painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word 'April'.
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April's birth flowers that comes from the Old English phrase 'dæg-eage'.

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THE ANSWER KEY



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GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?

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9							1	8
6				8		3		
		3	1		6			
7			3		5			2

SCAN THE QR CODE FOR THE SOLUTION

Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and "Pina Des Indes" or "Pinecone of the Indies" were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsps. grainy Dijon mustard
- 2 tps. honey
- 1 ½ tps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!

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We have moved and changed our name! Our new address is Suite 245 – 125 Oakmoor Plaza SW which is in the new Co-op Professional Centre on the southwest side of the shopping centre. The location has two elevators and ample free parking close to the building for your convenience.

Along with the new location, we are now operating under the name of Oakridge Denture & Implant Centre, which reflects our many professional services.

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Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).



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BRAESIDE Y-T-D MARKET STATISTICS

Single Family Homes:

1 active listing – list price \$574,900 with 1 day on market
5 sold listings since Jan 1, 2023 – average sale price \$601,720 with 36 DOM

Condo/Townhouses/Attached:

2 active listings – average list price \$272,450 with 6 DOM
12 sold listings since Jan 1, 2023 – average sale price \$292,533 with 21 DOM

Apartments:

0 active listings
3 sales since Jan 1, 2023 – sale price \$156,000 with 46 DOM



(Statistics based on CREB MLS System listings on March 7, 2023)

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