BRAESIDE BULLETIN

THE OFFICIAL BRAESIDE COMMUNITY NEWSLETTER

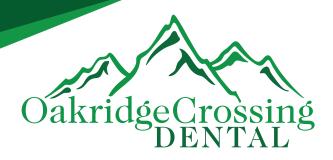




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SCAN TO BOOK
AN APPOINTMENT

OFFICE HOURS .

Tuesday

Friday

Saturday*

Sunday

Monday 7:30 AM to 3:30 PM

Wednesday 7:30 AM to 7 PM Thursday 7:30 AM to 3:30 PM

*Open two Saturdays per month

7:30 AM to 7 PM

7:30 AM to 3 PM

9 AM to 3 PM

CLOSED











BRAESIDE COMMUNITY ASSOCIATION

Contacting The Braeside Community Association

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

Email: operations@braesideyyc.ca

Mailing address: 11024 Braeside Dr SW, Calgary AB, T2W 6G5

We now have new office hours: Monday to Thursday from 9:30 am to 3:30 pm and Fridays by appointment. Board meetings are held every third Tuesday of the month in the Lower Hall Board Room. Meetings are open to all Braeside community members. If you have issues or concerns you would like to raise at a board meeting, please call our office or email us to be added to the agenda.

_			
EXECUTIVE			
Board President	Jenny Mae Smith	president@braesideyyc.ca	
Vice President	Lindsey Higgins	vicepresident@braesideyyc.ca	
Treasurer	Tammy Strowbridge	treasurer@braesideyyc.ca	
Secretary	Elsbeth MacPhee	secretary@braesideyyc.ca	
Directors at Large			
	Bill Dunning	bill@braesideyyc.ca	
	Michele Maurette	michele@braesideyyc.ca	
	Jennifer Burgess	jennifer@braesideyyc.ca	
	Chris Mattock	chris@braesideyyc.ca	
Staff			
Operations Manager	Kimberley Jordan	operations@braesideyyc.ca	
Facility Maintenance	James Richard	maintenance@braesideyyc.ca	
Lead			
Child Care	Louise Whitbread	childcare@braesideyyc.ca	
Resource Team			
Community	Trent Taylor	pol4739@calgarypolice.ca	
Resource			
Officer			
NPC (Neighbourhood	Jenna Findlater	jenna.findlater@calgary.ca	
Partner Coordinator)			
Ward 11 City	Kourtney Penner	ward11@calgary.ca	
Councillor			

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.

Great News Media and the Community and/or Residents' Association 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.

The Braeside Bulletin

The Braeside Bulleting is published by Great News Media in partnership with the Braeside Community Association and delivered to all homes in Braeside. Articles can be submitted to operations@braesideyyc.ca. Submission deadlines are the first of every month for inclusion in the following months publication. Space limitations may prevent some material from being published. Editing may be required.

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

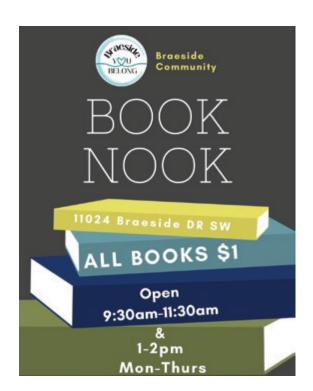
Opinions expressed within these articles, reports, or submissions are the author's and should not be considered as reflecting those of the editor or Community Association.

To place advertising in the Braeside Bulletin, contact Great News Media at 403-720-0762 or sales@ greatnewsmedia.ca.

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

We are currently working on a new website! Watch next month's Bulletin for more information. Follow us on Facebook at Braeside Community Association.











We have moved to the new Professional Center next to the Co-op grocery store! Suite #245 – 125 Oakmoor Plaza SW For more information, call us at 403-251-1522

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Volunteerism

Have you considered volunteering for the Braeside Community Association (BCA)? I can speak from my own experience volunteering with my Community Association (CA) that I have been able to give back to my community while forming new friendships, learning about new cultures, having some great laughs, and meeting people with similar interests. I can attest that I was not involved in my CA for many years and had no idea what events and activities were available for the community until I bought a membership when some folks came to my door asking if our family would like to join.

Since then, I have found myself more engaged and connected with my community. I have a deepened sense of pride in the community that I live in and feel an overwhelming sense of belonging. Not only have my kids become super involved, but I am happy to see them giving back and engaging with other teens and seniors that they may not have met previously. Leading by example through volunteerism has become a great bonding experience for my family and we have all become closer because of it.

Volunteering within the community can look like as little or as much time as you are able to share. At the BCA, we have volunteers that come in and keep our Book Nook looking amazing by sorting through donations, hosting book sales, and cycling through our books to keep fresh titles at the forefront of our shelves. Thank you, Janice and Marilyn!

We also have volunteers who maintain and flood our ice rinks. Right now, this is one of the larger volunteer roles at Braeside and we could really use more hands! You know the old adage, "many hands make light work." Planning for the 2023/2024 skating season starts now. The rink is one of the volunteer positions where having many people can yield nominal time commitments. Can you help out with the rink this year? Email rink@braesideyyc.ca and learn more!

If I haven't convinced you yet, I encourage you to come attend a community event, stop by the Community office and introduce yourself, or purchase a membership. Lots of great events and activities are being planned and we would love your input and ideas. Committees are another great way to volunteer your time doing something you enjoy. Don't see a committee yet that interests you, share your ideas with us! Email operations@braesideyyc.ca.



The Spotted Lake

Located near Osovoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!





Staying Healthy When You Travel

from Alberta Health Services

The best way to stay healthy on your trip is to plan ahead. Talk with your doctor several months before you travel to another country. It's also important to allow enough time to get the vaccine doses that you need. For example, if you need the hepatitis A vaccine, you'll need two doses spaced at least six months apart. Also ask your doctor if there are medicines or extra safety steps that you should take. Check with your local health unit or travel health clinic for other travel tips.

Get Necessary Vaccines

Make sure that you are up to date with your routine shots. They can protect you from diseases such as polio, diphtheria, and measles. These diseases are still a problem in some developing countries.

Get other vaccines that you may need. Your doctor or a health clinic can tell you which ones you need for your travels. Here are some examples:

- Hepatitis A vaccine if you are traveling to developing countries.
- Yellow fever vaccine if you are visiting places in South America and Africa where the disease is active.
- Typhoid fever vaccine if you are traveling to Central and South America, Africa, or some areas of Asia.

Bring Medicine with You

If you take medicine, bring a supply that will last the length of your trip. Get a letter from your doctor that lists your medical conditions and the medicine that you take. Bring prescriptions for refills if you will be gone for a long time. Also bring any medical supplies that you may need, such as blood sugar testing supplies or insulin needles.

If you are going to an area where malaria is a risk, ask your doctor or health clinic for a prescription to help prevent infection. This medicine works best if you take it before, during, and after your trip.

You may want to bring medicine for traveller's diarrhea. Over-the-counter medicines include:

- Bismuth subsalicylate (Pepto-Bismol)
- Loperamide (Imodium)



Your doctor may also prescribe an antibiotic to take with you. If so, take it as directed. This can treat diarrhea if you're going to an area where modern medical care isn't readily available.

Make Safer Choices as You Travel

Practice safer sex. Using condoms can prevent sexually transmitted infections.

In areas where mosquito-borne illnesses are found, use DEET insect repellent. Wear long pants and long-sleeved shirts. Use mosquito netting to protect yourself from bites while you sleep.

Many developing countries don't have safe tap water. Only have drinks made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks, such as soda, beer, wine, or water, are usually safe. Don't use ice if you don't know what kind of water was used to make it. Don't use tap water to brush your teeth.

Be aware that you could be injured in cars, boats, or public transportation. Driving can be dangerous due to bad roads, poor driver training, and crowded roadways. Always wear your seat belt if available. If you hire a driver or taxi, ask the driver to slow down or drive more carefully if you feel unsafe.

Air pollution in some large cities can be a problem if you have asthma or other breathing problems. Avoid such cities when air quality is poor or stay indoors as much as possible.

Be careful around dogs and other animals. Dogs in developing countries are often not tame and may bite. Rabies is more common in tropical and subtropical regions.

If you're going to a place that's much higher above sea level than you're used to, ask your doctor how to avoid altitude sickness. Your doctor may also prescribe medicine to help treat it.





DID YOU KNOW?

We are the official youth soccer provider for: Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.

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- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 **UWS Western Conference Champions.**
- One of two founding franchises for the Project 8 women's professional league launching in 2025.

INDOOR 2023/2024 REGISTRATION: Program details and online registration available AUGUST 15TH TO SEPTEMBER 30TH at www.gofoothills.ca

Braeside Community Membership Application Valid September 1, 2023 – August 31, 2024

Family Information:				
Children (First & Last Name)				
<u> </u>				
Address:	Postal Co	de:		
Phone #:	Email:	-		
Membership Type Available: (Please	indicate which membership	type you are purchasing)		
□\$25.00 – Family Membership	Up to 2 a	Up to 2 adults with or without children		
☐\$15.00 – Senior Membership	Up to 2 ac	dults over 55		
□\$25.00 – Business Member				
Payment Options				
-ayment Options				
1) Submit completed form with ca	ash or cheque to :11024 Bra	eside Dr SW, Calgary, T2W	6G5 PLEASE NOTE:	
There is a \$15.00 charge for all	NSF cheques			
Online banking (e-transfer pays	ment) is accepted at (email):	braecom@telusplanet.net		
Membership cards will be mailed to	n vou. Please ensure mailin	g information is complete	and accurate	
	, , , , , , , , , , , , , , , , , , , ,	5		
The Braeside Community Association ho	·	ctivities each year with the	help of many	
volunteers. We need your help. PLEASE	SELECT ONE			
☐ Board or Committee Member	☐ Parade of garage sales	☐Stampede Breakfast	□Garden	
□Events	☐Community Clean Up	☐Rink Maintenance	□Casino	
	· · · · · · · · · · · · · · · · · · ·		1	
Important – Privacy Legislation Comm	•	-		
The Personal Information Act became	aw in Alberta on January 1,	2004.		
I understand that my personal information	will be kept CONFIDENTIAL by t	he Braeside Community Assoc	ciation. I	
acknowledge that my person information n		•		
maintain BCA membership lists, programs/	sports registrations, governmen	t reporting, emergency contro	icts, or legal and	
regulatory requirements. I herby consent to	o such use and disclosure for the	ese limited purposes until such	time as I may	
revoke my consent in writing.				
Signed:	Dated:			
TU	ANK YOU FOR YOUR SL	IDDODTI		
Membership Number (assigned by Commur	nity Office:	Date Card(s) Mailed:		

TIME TO RENEW YOUR BRAESIDE COMMUNITY ASSOCIATION MEMBERSHIPS EXPIRE AUG 31/23

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!

Programs and Services at the BCA

Tuesday

Seniors' Fitness

9:30 to 10:30 am

Upper Hall

\$4 drop-in for members

(Senior membership required. Cost is \$15)

Wednesday

Fung Lok Kok Taoist Tai Chi

10:00 to 11:00 am

Upper Hall

Thursday

Seniors' Fitness

9:30 to 10:30 am

Upper Hall

\$4 drop-in for members

(Senior membership required. Cost is \$15)

ACKU Karate Beginners

6:15 to 6:45 pm

Upper Hall

ACKU Karate Colour Belts

7:00 to 8:00 pm

Upper Hall (Ages 7+)

ACKU Karate offers \$35 yearly membership, \$59 per month, or \$99 per family (2+).





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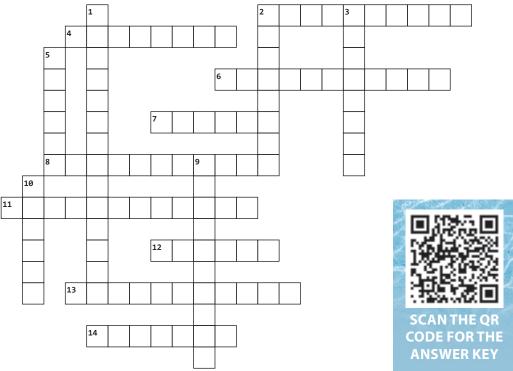
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#20 9630 Elbow Dr. SW, Colgary, Alberta, T2V 1992



August Crossword



Across

- 2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
- 4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
- 6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
- Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
- 8. Born on August 28, she is Canada's "queen of country pop."
- 11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
- Day celebrates the accidental invention 12. National of this helical children's toy.
- 13. This holiday is observed on the first Monday in August in
- 14. This lime green stone is August's primary birthstone.

Down

- 1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
- 2. In August, the moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
- 3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
- 5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
- 9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
- 10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

11024 Oakfield Dr. SW 403.251.2101 mycedarbrae.ca

FREE

FREE CEDARBRAE COMMUNITY CLEANUP SEPT 10 9 AM - 2 PM

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NO COMMERCIAL MATERIALS

Volunteers needed! Please contact Shelley 403.650.6100

VEHICLES MUST ENTER USING WESTBOUND OAKFIELD DR. ONLY!



Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes Cook Time: 5 minutes

Servings: 4



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- · 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- · Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!



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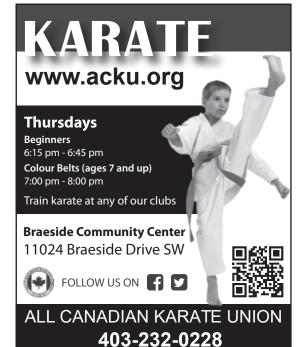
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*A New Patient is defined as anyone who is coming to this clinic for the first time. A New Patient Exam is a Comprehensiv Dental Examination by a General Dentist which does not include X-Rays or Dental Examination by a







BRAESIDE COMMUNITY REAL ESTATE ACTIVITY

Properties Median Price Listed Sold Listed Sold June 23 25 22 \$414.950 \$454,000 May 23 18 17 \$275,000 \$330,000 April 23 11 7 \$424.000 \$460,000 March 23 14 18 \$294,900 \$300,750 **February** 23 10 7 \$349,900 \$332,000 January 23 7 9 \$218.800 \$232,500 December 22 \$509,500 \$520,750 November 22 4 \$224,950 \$236,500 October 22 \$479,900 \$470,000 September 22 15 \$549.900 \$531,000 August 22 10 \$292,400 \$284,500 July 22 \$335,000 13 11 \$335,000

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

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BRAESIDE MARKET STATISTICS 2023 Y-T-D

Single Family Homes:

3 active listings – average list price \$647,300 with 10 days on market 29 sold listings – average sale price \$589,222 with

29 sold listings – average sale price \$589,222 with 15 DOM

Condos/Townhouses/Attached:

4 active listings – average list price \$318,725 with 4 DOM

44 sold listings – average sale price \$293,835 with 14 DOM

Apartments:

1 active listing – list price \$199,888 with 6 DOM 8 sales – average sale price \$183,761 with 29 DOM







(Statistics based on CREB MLS System listings on July 4, 2023)

CONSIDERING LISTING YOUR HOME FOR SALE IN THE NEXT 6-8 MONTHS?

Get those exterior photos done now! Blue skies and green grass always make a home look more appealing. Most buyers look online first, so great photos will make your home stand out, especially if you want to list and sell later in the fall or winter months. Call us today to book your FREE, custom exterior photoshoot before the weather turns, the leaves fall, and the snow flies. Appeal is important and you only have one chance to make a good first impression!







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RANDY

GRANT

STEVE

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