

DECEMBER 2023

DELIVERED MONTHLY TO 2,645 HOUSEHOLDS

myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER

**PARTICIPATE IN THE
HOLIDAY HOME DECOR
PHOTO COMPETITION
PAGE 4**



JOIN OUR
FACEBOOK
PAGE!

MINUTES AWAY!



BIG 4

Chrysler • Dodge • Jeep • RAM

**NOW OPEN!
ALL-NEW!
NEW LOCATION!**



SEE US TODAY!

11024 OAKFIELD DRIVE SW | INFORMATION 403-251-2101 | WWW.MYCEDARBRAE.CA

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca






New Location Now Open!

Dr. Adrian Harbison and Dr. Sean Carey, along with the rest of the West Peaks Dental Team look forward to meeting you!

Book Now



 Suite 205, 125 Oakmoor Pl SW
Calgary, AB T2V 4A3
 (403) 281-4264
 westpeaksdentalsuite.ca



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE

Calgary
Mat & Linen Services



MATS

Commercial mat rentals
and purchases



HOSPITALITY SERVICES

Linens for tables, chairs, and
napkins. Laundry and
pressing services



WORKWEAR

Workwear and cleaning of
uniforms and coveralls



CLEANING

One-stop service for cleaning
supplies and paper products

calgarymatandlinen.com

JAFFERY OPTICAL



50% OFF

**COMPLETE SET OF
EYE GLASSES**

Any Lens

Any Frame

MIDNAPORE

Unit 328-22
Midlake Blvd. SE,
Calgary AB T2X 2X7

PH: (403) 984-3275

BRAESIDE

Unit 25B-11440
Braeside Dr. SW, Calgary
AB T2W 3N4

PH: (403) 452-1273

USE IT OR LOSE IT

BEFORE YOUR INSURANCE EXPIRES ON
31ST OF DECEMBER 2023



@jafferyoptical

www.jafferyoptical.com

UPCOMING COMMUNITY PROGRAMS AND EVENTS

Creating Connections

Book Club – The first Tuesday of every month, from 1:00 to 2:00pm

Tuesday, November 6 – We will be discussing *Forgiveness: A Gift from My Grandparents* by Mark Sakamoto

Tuesday, December 4 – Open Discussion

Tuesday, January 2 – We will be discussing *Golden Spoon* by Jessa Maxwell

Tuesday, February 6 – Open Discussion

Tuesday, March 5 – We will be discussing *Suite française* by Irène Némirovsky

Book Club is open to all ages! Open discussion is meant to encourage connection between fellow book lovers. Have a great book you would like to recommend for Book Club? Email us at info@mycedarbrae.ca.

Coffee & Friends – Every Monday, from 10:00 am to 12:00 pm in the Parkview Room

Please note, this program is inclusive to all age groups and is not exclusive to seniors.

55+ Programs

Cards & Games – Every Monday from 1:00 to 4:00 pm in the Parkview Room.

Seniors Yoga – Every Thursday from 9:30 to 10:30 am in the Parkview Room.

Family Programs

Parent & Tot Group – Every Friday, from 9:30 to 11:30 am in the Parkview Room.

For Parents and Children six and under! There is a \$2 drop-in fee or is free with your Cedarbrae Community League Association Membership, coffee or Tea included. Please note, this is not a structured program, but rather a space for parents to gather for coffee and conversation while the kids play.

Upcoming Community Events

Community Coffee with Kourtney Penner

Friday, December 1 from 8:00 to 9:30 am in the Parkview Room

Calling all Cedarbrae residents! Join our ward 11 Councillor for a coffee and connect with fellow members.

**Cedarbrae Community Centre Charity Casino
Elbow River Inn Casino, December 7 and 8**

Volunteers wanted! Sign up as a casino volunteer to help support the Cedarbrae Community League Association! The annual Cedarbrae Community Centre Charity Casino keeps community centre costs affordable so that all members can stay active, meet new people, and play! Proceeds from your volunteerism will help pay for community activities such as Winterfest, seasonal markets, Stampede BBQs, seniors' groups, pickleball, sports equipment, and will keep the community ice rink free for all residents and provide a fun and safe hub for residents to gather.

****Volunteers must be 18 years or older.**

****Valid picture ID is required when volunteering.**

Follow us on Facebook, Instagram, or visit our website at www.mycedarbrae.ca for updates on events, programs, and volunteer opportunities.

Holiday Home Decor Photo Competition

Do you have a fabulously decorated home? Email us a picture of your festively decorated home! Pictures will be featured on our website throughout December, you can vote for your favourite decor by visiting our website, www.mycedarbrae.ca.

The house with the most votes will be featured on the cover of our 2024 newsletter! Please include your name for the feature.

****Note:** House numbers will be removed from the photo unless specified.



Cedarbrae Community League Association Board of Directors

To contact our board of directors, please email info@mycedarbrae.ca.

Cedarbrae Community League Association board meetings are held on the second Wednesday of every month, including summer, at 7:00 pm on the second floor of the Cedarbrae Community Centre (11024 Oakfield Drive SW). All current Cedarbrae Community League Association members are welcome to attend. If you are interested in attending a board meeting as an observational guest or to purchase your membership, please email us or stop by the centre today!

If you have community concerns you would like added to our agenda, please submit them via email and include your contact information for follow up or additional questions.

October of 2022 saw a new team of directors that have been elected to work on behalf of the residents and community of Cedarbrae. As a diverse and dedicated group that will work together to serve our centre, we know that Cedarbrae is a great place to live, play, and raise a family. We look forward to finding new ways of benefitting the centre and the community of Cedarbrae.

Board of Directors	
President	TBD
Vice President	TBD
Treasurer	TBD
Secretary	TBD
Director of Grant Writing	Vacant
Director of Events	Vacant
Director of Community Relations	Vacant
Director at Large	Vacant
Director of Communications	Vacant
Director of Memberships	Vacant
Director of Volunteers	Vacant
Cedarbrae Community Centre Contacts	
Executive Director	Kathy Zabaneh 403-251-2101 info@mycedarbrae.ca

Available at the Cedarbrae Community Centre

The Cedarbrae Community Centre is excited that we are now able to resume offering space for events, activities, classes, and more.



Our community centre has spaces of varying sizes to meet the needs of your upcoming event, whether it's a birthday party, sporting event, wedding, or business meeting.

We have various rental options including hourly, daily, or long-term contracts.



Rental spaces are available to both individuals and businesses.

If you are planning an upcoming event and would like to know more about our space or schedule a viewing, please call 403-251-2101.

Cedarbrae Community League Association

Community Association Membership

Join your neighbours in making Cedarbrae a better place to live, learn, work, and play. Become a member today!

Membership and Renewal

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; through maintaining the centre, low-cost programming, hosting events, and community outreach. Join us in ensuring our neighbourhood remains the beating heart of southwest Calgary.

Our Mission

The Cedarbrae Community League Association operates a volunteer-based, vibrant, inclusive hub that fosters engagement and provides a wide variety of activities and programs for the community.

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!

Your Cedarbrae Community League Association membership helps to maintain a viable community centre from which we can provide recreational and social opportunities for you and your family. Some programs and activities provided by the community centre will require you to hold either an individual or family membership to participate, or in some cases you will receive special pricing for being a member of the Cedarbrae Community League Association in good standing.

Annual memberships run from May 1 to their expiration on April 30 the following year.

Memberships Options:

- **Household Membership - \$30:** A maximum of two adults over the age of 18 and any children under the age of 18 living at the same residential address.
- **Individual Membership - \$15:** A maximum of one adult over the age of 18.
- **Seniors - \$15:** A maximum of two adults over the age of 55 living at the same address.

Please pay for your memberships online at www.mycedarbrae.ca, or you can stop by the community centre to fill out a membership form in person.

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.

SCAN HERE TO VIEW ADDITIONAL CEDARBRAE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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.

A Message to the Community

Dear Cedarbrae,

The CCLA Board of Directors would like to thank our members for another wonderful year! Our community came together throughout 2023 to accomplish many amazing feats.

Updated our Mission Statement to be more inclusive.

Hosted a monthly Book Club thanks to our amazing program volunteer.

Celebrated our first Christmas Market and Bake Sale.

Connected as a community over hot chocolate and ice skating at our annual Winter Festival.

Integrated an incredibly popular Garden Class program.

Hosted our first Community Carnival Event to celebrate Chloe and all her achievements.

Ran three successful Bottle Drives that helped us raise money for the centre.

Encouraged a healthy lifestyle by expanding a successful Pickleball Program.

Updated the Community Gardens with new garden beds and picnic tables.

Hosted another successful Community Clean Up led by Cedarbrae residents.

Updated the centre with the help of our amazing Executive Director and volunteers.

And added a Parent & Tot program for young families.

Although we faced some obstacles along the way, we were able to persevere as a community. We hope that the 2024 year is as fruitful with a newly appointed Board of Directors.

Sincerely,

The CCLA Board of Directors



SAFE & SOUND

Winter Car Seat Safety

by Alberta Health Services

Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter:

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three, or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.

CEDARBRAE CHARITY CASINO

Volunteers Needed

Volunteer today for the upcoming Cedarbrae Community Centre Charity Casino held at the

ELBOW RIVER INN CASINO ON
DECEMBER 7 & 8, 2023

Sign up for available casino shifts and help support the Cedarbrae Community League Association.

Sign up Link:

<https://www.signupgenius.com/go/60B0E4FACAC2CA0FF2-cedarbrae41#/>

CASINO FUNDS KEEP COSTS
AFFORDABLE SO ALL
COMMUNITY MEMBERS CAN
STAY ACTIVE, MEET NEW
PEOPLE, AND PLAY!



More information: ☎ 403-251-2101 ⓘ info@mycedarbrae.ca 🌐 www.mycedarbrae.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Cedarbrae. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

CEDARBRAE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

BARKER'S

• FINE DRY CLEANING •

PICK UP & DELIVERY SERVICES



403-282-2226

CLASSIFIEDS

For business classified ad rates contact
Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, T4 Filings, and . Phone Katie 403-870-0737.

PLUMBING PARAMEDICS: Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

CEDARBRAE PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Gavin for a free estimate at 825-431-7944. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

AFFORDABLE DENTAL CARE MINUTES FROM CEDARBRAE! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

BRYAN'S PLUMBING: Senior master plumber with over 35 years of residential service experience. No job too small. Free estimates and free advice. Call or text Bryan at 403-560-6547 or email brenmak@telus.net.



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.



TRAILERS

If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.



Oakridge Professional Centre
Suite 245, 125 Oakmoor Plaza SW
Beside the Oakridge Co-op Grocery Store

We are pleased to announce that **Ms. Gabriela Alvarado-Torres**
joined our team in October.

Gabriela is a Denturist who brings with her a diverse experience gained from practicing in several clinics in Alberta, where she provided a variety of treatment options to her patients. Her caring personality and attention to detail fits into our practice philosophy, and she can provide services in both English and Spanish! Call our office at 403-251-1522 to schedule an appointment with Gabriela or Chuck.

Personalized High-Quality Dentures from the Denturists Who Care!

- New Complete and Partial Dentures
- Implant Denture Services
- Relines, Repairs, and Adjustments
- Mouthguards
- Complimentary Consultations
- Direct Billing with Assignment Insurance Companies
- Referrals for Dental Implants
- Referrals to General Dentists
- Dental Implant Placement Referrals

OakridgeDentureCentre@gmail.com
www.OakridgeDenture.com

403-251-1522

Charles Gulley, DD, F.C.A.D.
Denturist, Denture Specialist

Gabriela Alvarado-Torres, BHSc, DD
Denturist, Denture Specialist

Cats, Canines, & Critters of Calgary



Chiche, Douglas Glen



Guapo, Douglas Glen



Jeni, Patterson



Molly, Renfrew

To have your pet featured, email news@mycalgary.com

PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

LITTLE TOES

Because humans typically have five fingers on each hand and five toes on each foot, it might lead one to believe that cats follow that same format. However, this is actually incorrect! Most cats only have 18 toes, rather than 20. A typical cat will have five toes on each of its front paws, but only four on its back ones!



8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping
Landscape Construction
Year-Round Maintenance
Spring and Fall Cleanup
Commercial and Condo
Property Management
Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca



**No matter how much
you sweat, we can get
the stink out!**

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT

403-726-9301

calgaryfreshjock.com