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## UPCOMING COMMUNITY PROGRAMS AND EVENTS

### Creating Connections

**Book Club – The First Tuesday of Every Month, from 1:00 to 2:00 pm**

Tuesday, April 2 - Open Discussion

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](mailto:info@mycedarbrae.ca).

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

Please note, this program is inclusive to all age groups!

### 55+ Programs

**Cards and 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 and 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

Follow us on Facebook, Instagram, or visit our website at [www.mycedarbrae.ca](http://www.mycedarbrae.ca) for updates on events, programs, and volunteer opportunities.



## Cedarbrae Community League Association Board of Directors

To contact our board of directors, please email [info@mycedarbrae.ca](mailto: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.

#### Board of Directors

President	Robert Miller
Vice President	Brent Johner
Treasurer	Jacey Maertens-Poole
Secretary	Lorraine Logan

*"Many hands make light work!"*

Did you know that each Director position is supported by two community members? If you are interested in giving back to your community, please consider volunteering with the CCLA! Contact the Community Centre Office to join our team.

Have a question for our Board of Directors? Follow the QR code below to submit your question:



#### Cedarbrae Community Centre Contacts

Executive Director	Kathy Zabaneh 403-251-2101 <a href="mailto:info@mycedarbrae.ca">info@mycedarbrae.ca</a>
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## 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.

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# 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](http://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.

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## GAMES & PUZZLES

### Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



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CODE FOR THE  
ANSWERS!

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## Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

**Servings:** 4

**Ingredients:**

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives



**Directions:**

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.

2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.

3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.

4. The next day preheat oven to 350 degrees Fahrenheit.

5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!





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## How to Heal from Intimate Betrayal

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

- 1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.
- 2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.
- 3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.
- 4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.
- 5. Join a Support Group** - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.
- 6. Journaling** - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.
- 7. Educate Yourself** - Learn about the impact of betrayal trauma and explore resources on healing and recovery.
- 8. Practice Mindfulness** - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.
- 9. Express Yourself Creatively** - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.
- 10. Challenge Negative Beliefs** - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

**11. Cultivate Forgiveness** - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

**12. Engage in Healthy Relationships** - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

**13. Set Realistic Expectations** - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

**14. Practice gratitude** - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

**15. Connect with your Spirituality** - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

**16. Engage in Activities You Enjoy** - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.

**17. Practice Relaxation Techniques** - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

**18. Seek Closure** - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

**19. Focus on Personal Growth** - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

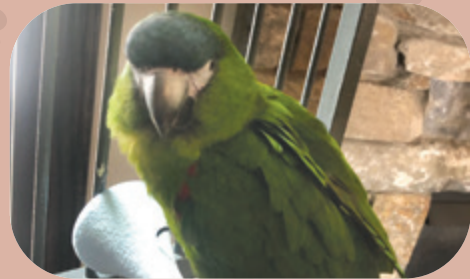
**20. Celebrate Milestones** - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.

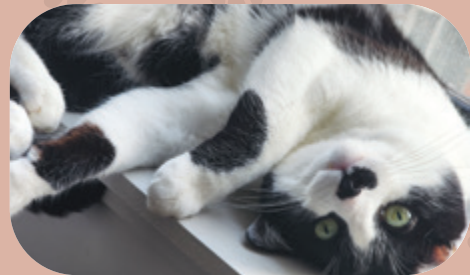
## Cats, Canines, & Critters of Calgary



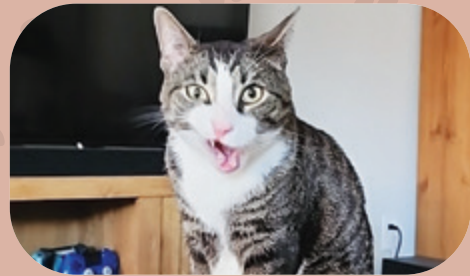
Crouton, Signal Hill



Echo, Nolan Hill



Robino, Mission



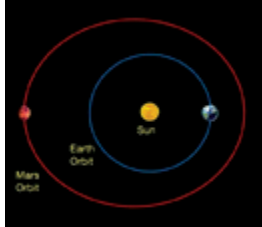
Ronaldo, Mission

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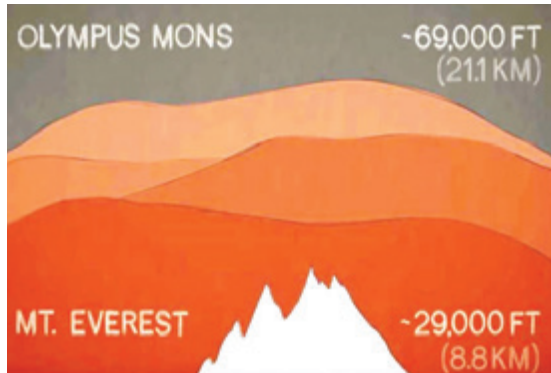
# Stargazing with Pat J: Mars - More Than a Bit Weird

by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

Mars hasn't always been a dry, dusty, desolate planet. It used to be a much nicer place with an atmosphere and oceans of water. The ravages of time, however, have not been kind to this little planet, leaving it with a host of bizarre features.



- Fourth planet from the sun.
- If our sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mars on the three.
- Half the size of Earth; its red colour is because iron in the rocks and soil has rusted.
- Rotation: 24.6 hours.
- Revolution: 687 days. It has an egg-shaped orbit due to Jupiter's powerful gravitational field tugging on it.
- Tilted 25 degrees gives Mars four distinct seasons.
- Mean temperature: -65 degrees Celsius.
- Two tiny moons: Phobos is 22 kms in diameter and Deimos is even smaller at 13 kms. Shaped like potatoes, they may actually be captured asteroids.
- A thin atmosphere of 95% carbon dioxide.
- Mars' small size meant it couldn't retain enough heat to drive plate tectonics. Without tectonics, it lost its protective magnetic field, and as a result, its atmosphere is gradually being stripped away by the sun's solar wind.



- Lack of plate tectonics is what allowed Olympus Mons to grow into the largest volcano in the solar system at three times the height of Mount Everest.
- Of the abundant water Mars once possessed, some is frozen in the polar ice caps, some is trapped inside minerals in the planet's crust, and the rest escaped into space.
- A massive crack called Valles Marineris spans nearly a quarter of its surface. At 4,800 km long, 320 km wide, and 7 km deep, it is ten times larger than Earth's Grand Canyon.



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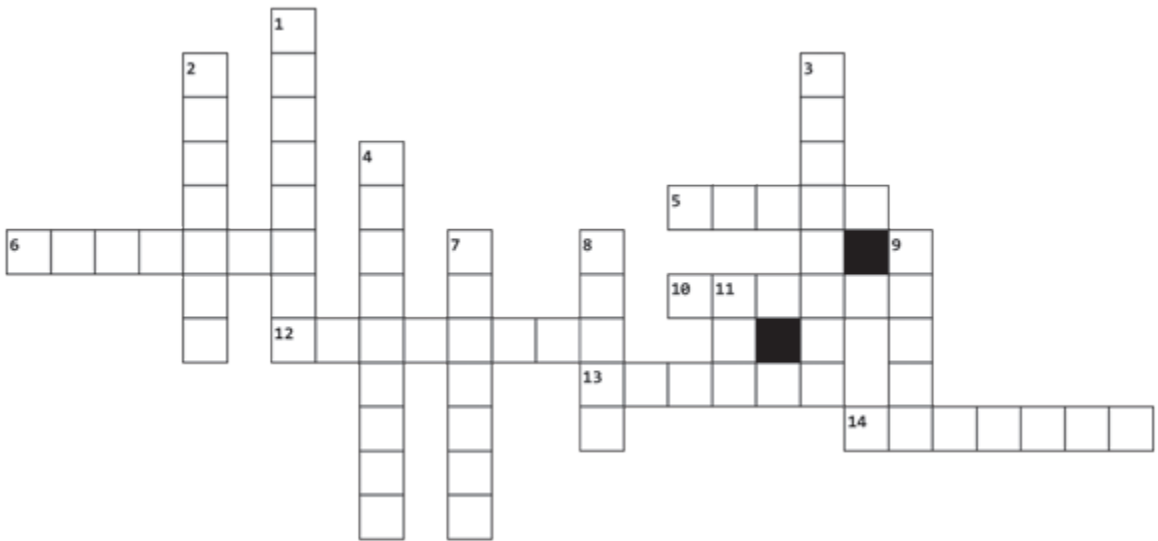
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# April Crossword

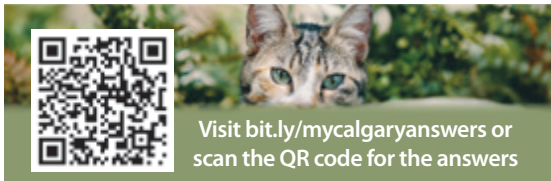


## Across

5. The \_\_\_\_\_ and the Sweet Pea are April's official birth flowers.
6. This famous Leonardo was born on April 15, 1452.
10. In April of 1970, \_\_\_\_\_ 13 launched and famously ran into difficulties 56 hours later.
12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin \_\_\_\_\_, was originally published on April 18, 2017, and written by David Grann.
13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
14. Noah \_\_\_\_\_ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

## Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
3. This year, the World Ski and Snowboard Festival will be held the second week of April in \_\_\_\_\_, BC.
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
7. Ford released the first version of this beloved muscle car on April 17, 1964.
8. "I Want to Break Free" by \_\_\_\_\_ was released in April of 1984, with a controversial yet playful music video.
9. Vancouver-born \_\_\_\_\_ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
11. On April 11, National \_\_\_\_\_ Day is celebrated and advocates against animal violence and cruelty.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

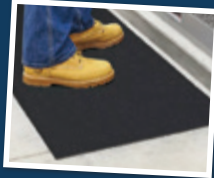
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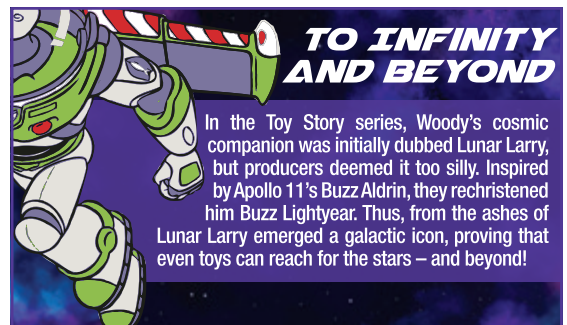
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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**PR HANDYMAN:** All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.



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### Real Estate Property Sales in Cedarbrae SW from March 2023 - March 2024

#### Detached Homes | Quick Statistics (Total 62 Listings)

	Min	Max	Average	Median
List Price	\$399,900	\$819,900	\$562,893	\$549,950
Sold Price	\$416,000	\$819,000	\$577,641	\$557,000

#### Attached Condos & Duplexes | Quick Statistics (Total 40 Listings)

	Min	Max	Average	Median
List Price	\$290,000	\$499,900	\$408,085	\$414,700
Sold Price	\$306,000	\$525,000	\$428,769	\$426,500

#### Apartment Style Condos | Quick Statistics (Total 62 Listings)

	Min	Max	Average	Median
List Price	\$225,000	\$315,000	\$264,956	\$259,900
Sold Price	\$230,000	\$350,000	\$274,656	\$255,000

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