

DECEMBER 2023

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|-----------|----|------------|------|--------------|-----------|
|           |    | Listed     | Sold | Listed       | Sold      |
| October   | 23 | 10         | 13   | \$419,900    | \$422,000 |
| September | 23 | 14         | 14   | \$337,450    | \$334,500 |
| August    | 23 | 15         | 15   | \$499,900    | \$479,250 |
| July      | 23 | 14         | 18   | \$342,450    | \$357,550 |
| June      | 23 | 27         | 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 | 7          | 6    | \$509,500    | \$520,750 |
| November  | 22 | 4          | 4    | \$224,950    | \$236,500 |

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# BRAESIDE COMMUNITY ASSOCIATION

## Contacting The Braeside Community Association

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

Email: [operations@braesideyyc.ca](mailto: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   | <a href="mailto:president@braesideyyc.ca">president@braesideyyc.ca</a>         |
| Vice President                          | Lindsey Higgins   | <a href="mailto:vicepresident@braesideyyc.ca">vicepresident@braesideyyc.ca</a> |
| Treasurer                               | Tammy Strowbridge | <a href="mailto:treasurer@braesideyyc.ca">treasurer@braesideyyc.ca</a>         |
| Secretary                               | Elsbeth MacPhee   | <a href="mailto:secretary@braesideyyc.ca">secretary@braesideyyc.ca</a>         |
| Directors at Large                      |                   |  |
|   | Bill Dunning      | <a href="mailto:bill@braesideyyc.ca">bill@braesideyyc.ca</a>                   |
|   | Michele Maurette  | <a href="mailto:michele@braesideyyc.ca">michele@braesideyyc.ca</a>             |
|   | Jennifer Burgess  | <a href="mailto:jennifer@braesideyyc.ca">jennifer@braesideyyc.ca</a>           |
| Staff                                   |                   |  |
| Operations Manager                      | Kimberley Jordan  | <a href="mailto:operations@braesideyyc.ca">operations@braesideyyc.ca</a>       |
| Facility Maintenance Lead               | Vacant            | <a href="mailto:maintenance@braesideyyc.ca">maintenance@braesideyyc.ca</a>     |
| Child Care                              | Louise Whitbread  | <a href="mailto:childcare@braesideyyc.ca">childcare@braesideyyc.ca</a>         |
| Resource Team                           |                   |  |
| Community Resource Officer              | Trent Taylor      | <a href="mailto:pol4739@calgarypolice.ca">pol4739@calgarypolice.ca</a>         |
| NPC (Neighbourhood Partner Coordinator) | Jenna Findlater   | <a href="mailto:jenna.findlater@calgary.ca">jenna.findlater@calgary.ca</a>     |
| Ward 11 City Councillor                 | Kourtney Penner   | <a href="mailto:ward11@calgary.ca">ward11@calgary.ca</a>                       |

**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 Bulletin 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](mailto: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](mailto: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.

NEW OFFICE HOURS!  
*We Are*  
**OPEN**  
 Mon-Thurs 9:30am-3:30pm  
 Friday, Sat & Sun by Appointment  
**Braeside Community Association**  
 11024 Braeside DR SW  
 Calgary AB T2W 6G5  
 403.253.4232

**Braeside YOU BELONG**

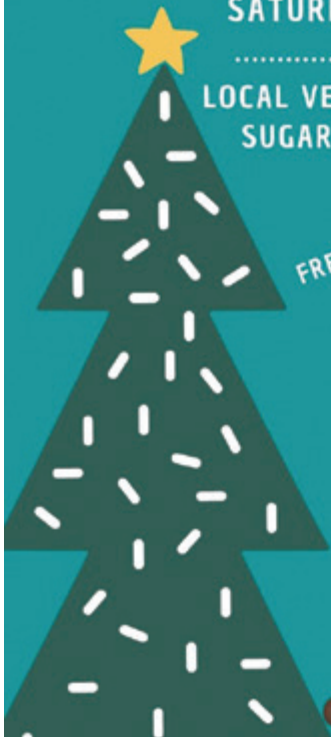


# Christmas Market

SATURDAY | DECEMBER 2ND | 3-7PM

LOCAL VENDORS, PHOTOS AND SKATING WITH SANTA,  
SUGAR COOKIE DECORATING WITH MRS. CLAUS,  
REINDEER GAMES

FREE SANTA PHOTOS FOR REGISTERED MEMBERS



**Braeside  
Community  
Association**



# ANNUAL GENERAL MEETING

● **Jan 23 2024**  
6:30pm

## **Topics of Discussion**

- Electing a new board
- Financial recap
- Board Summary

**OPEN TO THE PUBLIC**  
**11024 BRAESIDE DR SW**

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ENTERTAINMENT TO  
FOLLOW\*\*\*\***

For more information: 403-253-4232 or  
[operations@braesideyy.ca](mailto:operations@braesideyy.ca)

To express interest in joining the board please  
email [president@braesideyy.ca](mailto:president@braesideyy.ca)



## Good Food Box

Order by **Jan 15th**    Pick up **Jan 24th**

- (20-25lbs) Small - \$30
- (25-30lbs) Medium - \$35
- (35-40lbs) Large - \$40

Email: [gfb@braesideyyc.ca](mailto:gfb@braesideyyc.ca)

Affordable fresh produce for all! Are you looking for a way to get fresh produce at an affordable price? Look no further than the Good Food Box program! Managed by the Community Kitchen Calgary, Good Food Boxes are available in three different sizes:

Small (20 to 25lbs) for \$30

Medium (25 to 30lbs) for \$35

Large (35 to 40lbs) for \$40

Not only are these boxes affordable, but they are also designed to be as inclusive as possible. Good Food Boxes are available to anyone, regardless of income or living situation. Whether you are a student on a tight budget or a family looking to save money on groceries, you can benefit from this program. Additionally, Good Food Boxes are filled with a variety of fruits and vegetables, ensuring that you are getting a balanced and nutritious diet. If you are interested in purchasing a Good Food Box, please email us at [gfb@braesideyyc.ca](mailto:gfb@braesideyyc.ca) and let us know what size you are interested in purchasing.

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**Braeside Box of Books Sale**

**\$10 Bookmas**

50¢ softcovers  
\$1 hardcovers

**PURCHASE A BOX FOR \$10 AND FILL IT WITH AS MANY BOOKS AS YOU CAN!**

— DEC 2ND 3-7PM —

**BRAESIDE COMMUNITY ASSOCIATION**  
11024 BRAESIDE DR SW

## JOIN THE COMMUNITY ASSOCIATION TODAY!

FAMILY \$25  
SENIOR \$15



2023-2024  
*Memberships Available*

## PRESIDENT'S MESSAGE

Dear Braeside,

I am so excited to finally be sending a President's message to you all! This year has been a wild ride and I'm so grateful for those of you that I've had the privilege to meet this year and to everyone in that community that I'll be meeting soon.

This year the BCA has been blessed with such amazing staff and a super committed Executive and Board of Directors. We have held several incredibly successful events, oversaw the creation of three new grassroots committees (Parks, Eco-Garden Sanctuary and Events), were awarded additional funding and support from several outside organizations (including the City of Calgary), and are already in motion for several growth-oriented plans for 2024. We are also delighted to be welcoming brand-new ice clearing equipment this year.

Braeside, we simply cannot do it without you! We will be adding a number of board positions in 2024 and I would be delighted to talk to you about getting involved. Board positions will be based on passions and interests so if you are a communications or media guru, passionate about planning and development or interested in expanding our programs (sports and other activities), let's chat! Email me at [president@braesideyyc.ca](mailto:president@braesideyyc.ca).

With love,

*Jenny Mae*

President, Braeside Community Association



**YOU LOVE THE GAME,  
LOVE IT BACK!**

**Volunteers needed  
now for 2023/2024  
Rink Committee**

**BRAESIDE  
COMMUNITY  
ASSOCIATION  
RINK**

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thing

11024 BRAESIDE DR SW

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TO LEARN MORE  
OR GET INVOLVED

**BRAESIDE  
SNOW  
Angels**

- Snow Angels are neighbours helping neighbours.
- Snow angels help build strong communities
- Check in with neighbours and help clear sidewalks and walkways
- Spread the word on your street to help out one another

### CHECKLIST

## 9 PM ROUTINE



- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light





# HAPPY HOLIDAYS!

FROM THE BRAESIDE COMMUNITY ASSOCIATION



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[www.appledentalgroup.ca](http://www.appledentalgroup.ca)

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

# Braeside Community Membership Application

Valid September 1, 2023 – August 31, 2024

Family Information: \_\_\_\_\_

Children (First & Last Name) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

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

|  |   |
|--|---|
| <input type="checkbox"/> \$25.00 – Family Membership | Up to 2 adults with or without children |
| <input type="checkbox"/> \$15.00 – Senior Membership | Up to 2 adults over 55                  |
| <input type="checkbox"/> \$25.00 – Business Member   |   |

## Payment Options

- 1) **Submit completed form with cash or cheque to :11024 Braeside Dr SW, Calgary, T2W 6G5 PLEASE NOTE:**  
There is a \$15.00 charge for all NSF cheques
- 2) **Online banking** (e-transfer payment) is accepted at (email): [braecom@telusplanet.net](mailto:braecom@telusplanet.net)

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

The Braeside Community Association holds Community Events and Activities each year with the help of many volunteers. We need your help. **PLEASE SELECT ONE**

|  |   |   |                                 |
|--|---|---|---------------------------------|
| <input type="checkbox"/> Board or Committee Member | <input type="checkbox"/> Parade of garage sales | <input type="checkbox"/> Stampede Breakfast | <input type="checkbox"/> Garden |
| <input type="checkbox"/> Events                    | <input type="checkbox"/> Community Clean Up     | <input type="checkbox"/> Rink Maintenance   | <input type="checkbox"/> Casino |

### Important – Privacy Legislation Community Association Members/ Residents:

The Personal Information 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 acknowledge that my person information may be used/ disclosed **ONLY** in certain circumstances to establish, administer and maintain BCA membership lists, programs/sports registrations, government reporting, emergency contracts, 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: \_\_\_\_\_

## 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

### Mondays

#### Essentrics Fitness

6:30 to 7:30 pm

### 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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Happy Holidays! 

**Hull SERVICES** 

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 westpeaksdentalsuite.ca



# 8 Tips for Beating Holiday Stress

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

# Rosemary and Oregano – A Good Combo for the Festive Season

by Kosha Vaidya, MBBS, CH



Rosemary and oregano herbs are helpful in winter months. Rosemary and oregano are becoming my favourite by the day. Rosemary helps in increasing alertness which I guess we need to get ready for Christmas. This herb is rich in antioxidants.

Herbalists use this herb for various conditions such as people having circulatory weakness, digestive disorders, and depression just to name a few. In one study rosmarinic acid which is found in rosemary helped people to get better from the common cold 33% faster.

Let's look at oregano. To begin with it has a great taste and can be added in almost any meal for personal consumption such as meals prepared for social gatherings. Oregano has antiviral and antibacterial properties. Basically, it improves immunity which is also important during holiday seasons when we have many social gatherings. One to two spoons of oregano mixed with 250 ml of water which is then steeped for 15 minutes is a healthy mouth gargle to help fight throat infection and cold symptoms.

Both the rosemary and oregano herbs have many health benefits. They help me prepare delicious meals for the holiday season and especially help sharpen my memory so that I don't have to struggle remembering the to-do list for the festive season.



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**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](http://www.communitymediation.ca), 403-269-2707.



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## A CAST OF CHARACTERS



In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!





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.

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FROM THE HOME HUNTERS FAMILY TO YOURS

Wishing you peace, prosperity and joy this Holiday Season!  
Our best wishes for a very

*Merry Christmas*  
**AND A HAPPY 2024!**

**BRAESIDE 2023 Y-T-D MARKET STATISTICS**

**Single Family Homes:**

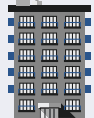
1 active listing - list price \$599,900 with 53 days on market  
54 sold listings since Jan 1, 2023 - average sale price \$594,393 with 16 DOM

**Condo/Townhouses/Attached:**

69 sold listings since Jan 1, 2023 - average sale price \$312,168 with 14 DOM

**Apartments:**

17 sales since Jan 1, 2023 - sale price \$200,910 with 27 DOM



(Statistics based on CREB MLS System listings at Nov 1, 2023)

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