

JULY 2023

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your BRAESIDE BULLETIN

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Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
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
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

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

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2023
Stampede Breakfast

JULY 13 | 9-11 AM

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FOR COWPOKES OF ALL AGES

14500 Bannister Road SE Calgary, AB

ST MARY'S UNIVERSITY
stmu.ca

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 Lead	James Richard	maintenance@braesideyyc.ca
Child Care	Louise Whitbread	childcare@braesideyyc.ca

Resource Team

Community Resource Officer	Trent Taylor	pol4739@calgarypolice.ca
NPC (Neighbourhood Partner Coordinator)	Jenna Findlater	jenna.findlater@calgary.ca
Ward 11 City Councillor	Kourtney Penner	ward11@calgary.ca

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 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.

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

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Braeside Community

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11024 Braeside DR SW

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Open
9:30am-11:30am
&
1-2pm
Mon-Thurs

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403-837-4023

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



Seniors Fitness Class

Mondays 11:00am-12:00pm
Tue & Thurs 9:30am-10:30am

Join Lana and Amy for a fun, lively, and invigorating class that will give you cardiovascular strength and balance benefits

\$4 drop in

Seniors Community Membership Required (\$15)

Parade of Garage Sales

The Braeside Community Association is switching things up a bit this year. Rather than packing up all your beloved items and selling them at our regularly planned trunk sale hosted in the Braeside CA parking lot, we are having a Parade of Garage Sales! This exciting event is being held on July 28, 29, and 30. Registered participants will receive community garage sale signage, an online map advertising the date and times chosen to participate, and a garage sale kit (balloons, price stickers, etc.). Garage sale signs will feature a QR code offering access to the garage sale, making it easy for people to find your sale. Registration is free for registered Braeside Community Association members and \$20 for those without a membership.

Did you know a Family Membership is only \$25 and a Senior Membership is \$15 (55+)? Why not sign up for a Braeside Community Association Membership today and attend all the free events and activities? The BCA would like to thank local CIR Realtor Liz Schrettlinger for supporting this event. To register, email operations@braesideyc.ca.

PARADE OF GARAGE SALES

July 28,29,30

FREE for Registered Members
\$20 for non members




Email:
operations@braesideyc.ca
to register

BRAIN GAMES

SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE FOR THE SOLUTION




Joke of the Month

What happened when the strawberry tried to cross the road?


A traffic jam!

SCAN HERE TO VIEW ADDITIONAL BRAESIDE CONTENT


News, Events, & More



Crime Statistics



Real Estate Statistics





BRAESIDE

COMMUNITY ASSOCIATION

Stampede BBQ

SATURDAY | JULY 8 | 12PM-3PM

11024 Braeside DR SW
Calgary AB



Save the
Date

Food, Entertainment
and Dancing

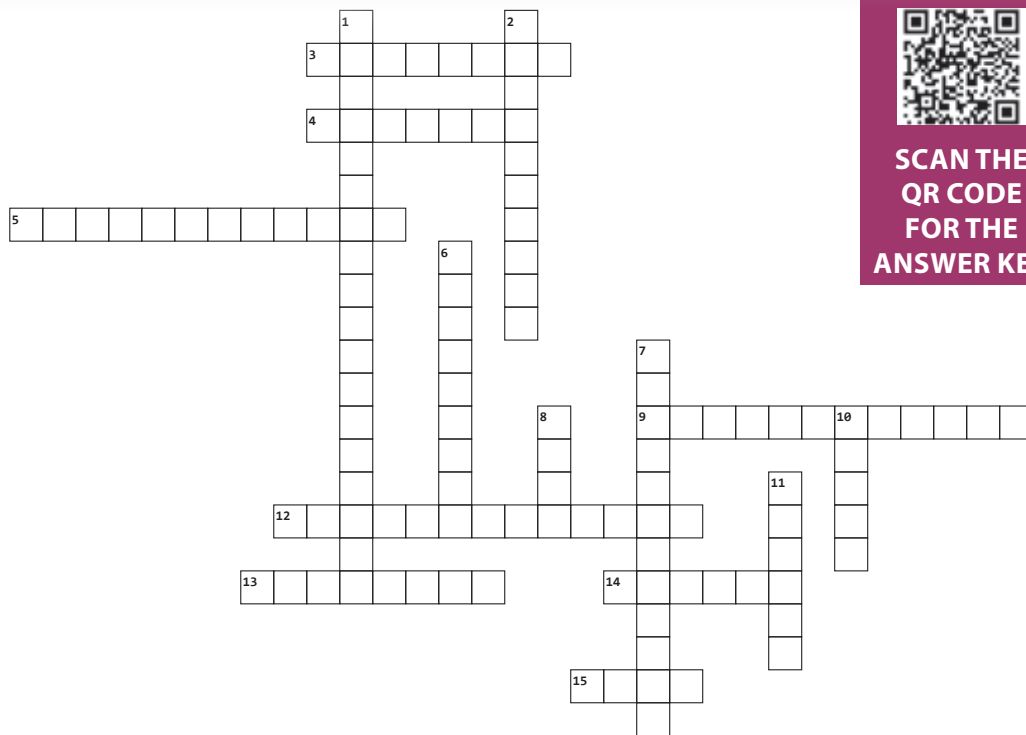
Stampede BBQ in Braeside

Please join us at the Braeside Community Association on July 8 for our Stampede BBQ. The meal features fried chicken, coleslaw, baked beans, corn on the cob, buns, juices, and a dessert. We have live music from the Jo Hikk band, a bounce castle, a face painter for the kids, and local brews for purchase for the adults. Everyone is sure to have a great time at this family-friendly event. This event gets even better as it is free for registered members or only \$5 per person if you are not a member.

Why not sign up for a Braeside Community Association Membership and attend all the fun-free events? Family Memberships are \$25, and Senior Memberships (55+) are \$15. Tickets are available in advance for those who do not have a membership and can also be purchased at the door or by emailing operations@braesideyyc.ca. Buying your tickets in advance is a great way to avoid the lineup. Ticket numbers are limited. Are you a registered member and want to avoid the lineup? Email operations@braesideyyc.ca to have your tickets at our will call table.

Great events like these only happen with an army of volunteers backing them. Are you able to volunteer? Volunteering opportunities include set up and take down, food service, check-in tables, event cleanup, and more. Please email operations@braesideyyc.ca if you can help.

July Crossword Puzzle



SCAN THE
QR CODE
FOR THE
ANSWER KEY

Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World _____ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

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

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: _____

TIME TO RENEW YOUR BRAESIDE COMMUNITY ASSOCIATION

MEMBERSHIPS
EXPIRE AUG 31/23



*Time to get
your 2023-2024
Membership*

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

Monday

Seniors' Fitness

11:00 am to 12:00 pm

Upper Hall

\$4 drop-in for members

(Senior membership required. Cost is \$15)

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

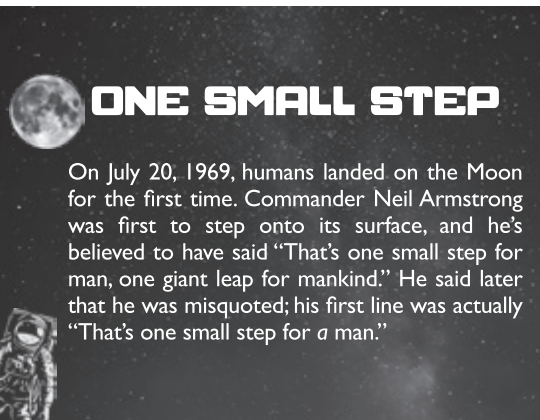
Upper Hall

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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Lunenburg

Old Town Lunenburg, Nova Scotia, is one of 20 Canadian UNESCO World Heritage Sites. Founded in 1753, this historic port holds the world's best preserved "model town" – a pre-designed British colonial settlement plan. If you look at Old Town Lunenburg from above, you'll see that all streets are straight with all corners square!

HULL SERVICES' STAMPEDE BREAKFAST

Hull Services
2266 Woodpark Ave SW
July 11, 2023 | 8 a.m. - 12 p.m.

Join us for the best Stampede Breakfast in town featuring:

Live Entertainment ★ Petting Zoo ★ Carriage Rides
Children's Activities ★ Agility Dogs ★ And much more!

An illustration of a park scene. At the top left, a bird is in flight. Below it, a person is riding a bicycle on a path. To the right, another person is jogging. In the background, there is a city skyline with buildings and a street lamp with two flower baskets. The foreground is filled with bushes and flowers.

BRAESIDE PARKS COMMITTEE

**MEETING JULY 27TH
6:30PM-8PM
OPEN TO THE
PUBLIC**

**HELP DEDICATED VOLUNTEERS PLAN AND REIMAGINE GREEN
SPACES AND PLAYGROUNDS IN THE BRAESIDE COMMUNITY**
Email: parks@braesideyyc.ca for more information
or to join the committee



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Braeside Community Association Casino Update

Thanks to everyone supporting the Braeside Community Association by volunteering at our yearly casinos. This year we faced some significant challenges in finding volunteers. Casinos are an essential contributor to funding at the CA. Did you know that our annual casino fundraiser raises much of our budget for the BCA operations? A big thank you to all of our incredible volunteers who have given their time recently and those who are working this year's casino to support the BCA! We are grateful.



Braeside Community Association Board

www.kilbco.com

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VOLUNTEERS NEEDED!

BRAESIDERS WE NEED YOUR HELP!

The Braeside Community Association is looking for dedicated individuals to join us in our mission to make a positive impact in the community.

We are looking for volunteers to assist with upcoming events

- Neighbour Day
- Stampede BBQ
- Book Sales
- Litter pick ups*
- Casinos
- Rink Committee



Can you help? Please email operations@braesideyycc.ca

Great communities have great volunteers



GAMES & PUZZLES



Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE
QR CODE
FOR THE
ANSWERS!



YOUR CITY OF CALGARY

Green Line Early Works Construction to Pause For Stampede

from the City of Calgary



Green Line's current Beltline and downtown early works projects will be paused prior to July 7, 2023, in time for the opening day of the Calgary Stampede.

To make way for the future Green Line stations and tunnel, construction is underway, moving the utilities in downtown and Beltline. The project will relocate underground, street-level, and overhead utilities, including City sanitary, water, stormwater, and more.

Green Line early works projects will be paused before the Calgary Stampede, to accommodate for the high event traffic. That means equipment and blockades will be moved, and traffic lanes will be restored to make it easier to get around during the Greatest Show on Earth.

This summer, Green Line will also begin construction in the community of Ogden with work present on 78 Ave SE, 69 Ave SE, and near 72 Ave SE. This work will continue through the Calgary Stampede as construction is not expected to impact downtown accessibility.

To learn more about Green Line construction, including work details, and impacts, visit calgary.ca/GreenLineConstruction.

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POWER OF ATTORNEY?
DO YOU HAVE A
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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, 403-269-2707.

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The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!

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Tuesday 7:30 AM to 7 PM
Wednesday 7:30 AM to 7 PM
Thursday 7:30 AM to 3:30 PM
Friday 7:30 AM to 3 PM
Saturday* 9 AM to 3 PM
Sunday CLOSED

*Open two Saturdays per month



THE
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📞 403-460-2211

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HOUSES WANTED IN BRAESIDE!

We are currently working with qualified buyers who are specifically looking to buy homes in Braeside. If you are considering selling your home in 2023, it could be beneficial for you to contact us. Free evaluation with no pressure to list your property, but it is an excellent time to sell. There is renewed activity in the community and 2023 promises to be a busy market for both listings and sales. We are only a phone call away!



BRAESIDE Y-T-D MARKET STATISTICS

Single Family Homes:

2 active listings – average list price \$554,950 with 7 days on market
18 sold listings since Jan 1, 2023 – average sale price \$605,339 with 18 DOM

Condo/Townhouses/Attached:

1 active listing – list price \$349,900 with 8 DOM
34 sold listings since Jan 1, 2023 – average sale price \$285,789 with 15 DOM

Apartments:

0 active listings
7 sales since Jan 1, 2023 – average sale price \$178,257 with 27 DOM



(Statistics based on CREB MLS System listings as of June 1, 2023)

ARE YOU THINKING OF SELLING YOUR HOME? BE PREPARED!

To realize a top dollar and ensure a smooth process, it is a good idea to obtain expert real estate advice. Here are a few suggestions to start preparing your home for market in advance:

1. **Create Space** – buyers are usually looking for more space. Consider removing unnecessary furniture and cleaning out your closets, storage rooms and garage.
2. **Freshen Up** – once you have cleared out any clutter, paint and touch-up with a neutral color such as an off-white. This will cover old wall marks and freshen up your home.
3. **Fix It Up** – buyers want to move into a house where all mechanical systems are fully functional. Have your furnace and air conditioning unit serviced and cleaned, plus fix any plumbing leaks.
4. **First Impressions** – be sure that your home looks appealing from the street. In winter, shovel and clean your walks. In summer, cut your law, trim shrubs and plant some flowers in the beds for colour. Curb appeal is important and you only have 1 chance to make a good first impression!

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