

MAY 2023

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www.oakridgecrossingdental.ca**

OFFICE HOURS

Monday 7:30 AM to 3:30 PM
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

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 Stowbridge	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.

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. 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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We have moved and changed our name! Our new address is Suite 245 – 125 Oakmoor Plaza SW which is in the new Co-op Professional Centre on the southwest side of the shopping centre. The location has two elevators and ample free parking close to the building for your convenience.

Along with the new location, we are now operating under the name of Oakridge Denture & Implant Centre, which reflects our many professional services.

Charles and the staff look forward to seeing you in our new clinic. Please give us a call to set up an appointment and ensure we are in our new location. Our phone number is still 403-251-1522.

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

KARATE

www.acku.org

Thursdays

Beginners

6:15 pm - 6:45 pm

Colour Belts (ages 7 and up)

7:00 pm - 8:00 pm

Train karate at any of our clubs

Braeside Community Center

11024 Braeside Drive SW



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ALL CANADIAN KARATE UNION

403-232-0228



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. Costs \$15)

Essentrics Dynamic Body Workout

6:30 to 7:30 pm

Upper Hall

Trial Class for \$10.

Tuesday

Seniors' Fitness

9:30 to 10:30 am

Upper Hall

\$4 drop-in for members (Senior Membership required. Costs \$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. Costs \$15)

ACKU Karate Beginners

6:15 to 6:45 pm

Upper Hall

ACKU Karate Colour Belts (Ages 7+)

7:00 to 8:00 pm

Upper Hall

ACKU Karate costs \$35 for a yearly membership, \$59 per month, or \$99 per family (2+)

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!



CASINO

*Volunteers
needed*

**Braeside Community Association
requires volunteers at our upcoming
casino fundraiser**

Casino funding is a major source of revenue for the community association. Please help us keep our funding by volunteering. Volunteers will receive a FREE Community Membership and a meal during their shift!

**June 4 & 5
Airport Casino**

40 Aero Cres NE

*Please register in advance
by emailing
operations@braesideyyc.ca*

Braeside Community Membership Application

Valid September 1, 2022 – August 31, 2023

Family Information:

Adults (First and Last Name): _____

Children (First and Last Name): _____

Address: _____, Calgary Postal Code: _____

Phone No: _____ Email: _____

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

<input type="checkbox"/> \$25.00 – Member	Up to 2 adults with or without children (Braeside residents have voting rights)
<input type="checkbox"/> \$15.00 – Senior	Up to 2 adults over 55 (Braeside residents have voting rights)
<input type="checkbox"/> \$25.00 – Business Member	

PAYMENT OPTIONS

1) Submit completed form with cash or cheque to 11024 Braeside Drive SW, Calgary, T2W 6G5

PLEASE NOTE: There is a \$15.00 charge for all NSF cheques

2) E-Transfer payments are accepted. Please direct payments to braecom@telusplanet.net

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

The Braeside Community Association holds many successful functions each year thanks to the tremendous help of our volunteers! If you would like to get involved, please tell us where you would be interested in volunteering:

- Board Member or Committee Member
- Children's Events Parade Stampede Breakfast
- Casino Recycling Event Rink Maintenance Trunk Sale

Important – Privacy Legislation Community Association Members/Residents:

The Personal Information Protection 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 also acknowledge that my personal information may be used/disclosed only in certain circumstances to establish, administer, and maintain membership lists, program/sports registrations, government reporting, emergency contacts, 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: _____

Rink Bulletin

That's a wrap folks, ice skating is finished for the season! The Braeside Community Association would like to send our sincerest thanks to all our rink volunteers. Community members were able to enjoy our amazingly maintained rink this year because of the efforts of these volunteers!

Did you know volunteers are the life blood of our Association? If you are interested in helping out with the rink next season, please email rink@braesideyyc.ca for more information.



Seniors Fitness Class

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

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<p>News, Events, & More</p>	<p>Crime Statistics</p>	<p>Real Estate Statistics</p>
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What is Depression in Children and Teens?

by Alberta Health Services

Depression is a serious mood disorder that can take the joy from a child's life. It is normal for a child to be moody or sad from time to time; you can expect these feelings after the death of a pet or a move to a new city. But if these feelings last for weeks or months, they may be a sign of depression.

Experts used to think that only adults could get depression. Now we know that even a young child can have depression that needs treatment to improve. As many as two out of 100 young children and eight out of 100 teens have serious depression.

A child who is depressed may also:

- Lose or gain weight.
- Sleep too much or too little.
- Feel hopeless, worthless, or guilty.
- Have trouble concentrating, thinking, or making decisions.
- Think about death or suicide a lot.

Both very young children and grade-school children may lack energy and become withdrawn. They may show little emotion, seem to feel hopeless, and have trouble sleeping. Often, they will lose interest in friends and activities they liked before. They may complain of headaches or stomach aches. A child may be more anxious or clingy with caregivers.



Still, many children don't get the treatment they need. This is partly because it can be hard to tell the difference between depression and normal moodiness. Also, depression may not look the same in a child as in an adult.

If you are worried about your child, learn more about the symptoms in children. Talk to your child to see how they are feeling. If you think your child is depressed, talk to your doctor or a counsellor. The sooner a child gets treatment, the sooner they will start to feel better.

What are the symptoms?

A child may be depressed if they:

- Are irritable, sad, withdrawn, or bored most of the time.
- Do not take pleasure in things they used to enjoy.

Depression can range from mild to severe. In its most severe form, depression can cause a child to lose hope and want to die.

Whether depression is mild or severe, there are treatments that can help.

How is depression diagnosed?

To diagnose depression, a doctor may do a physical examination and ask questions about your child's past health. You and your child may be asked to fill out a form about your child's symptoms. The doctor may ask your child questions to learn more about how he or she thinks, acts, and feels.

How is it treated?

Usually, one of the first steps in treating depression is

education for the child and their family. Teaching both the child and the family about depression can be a big help. It makes them less likely to blame themselves for the problem. Sometimes it can help other family members see that they are also depressed. Counselling may help the child feel better. The type of counselling will depend on the age of the child.

Medicine may be an option if the child is very depressed. Combining antidepressant medicine with counselling is also an option. A child with severe depression may need to be treated in the hospital.

There are some things you can do at home to help your child start to feel better:

- Encourage your child to get regular exercise, spend time with supportive friends, eat healthy foods, and get enough sleep.
- See that your child takes any medicine as prescribed and goes to all follow-up appointments.
- Make time to talk and listen to your child. Ask how they are feeling. Express your love and support.
- Remind your child that things will get better in time.

What should you know about antidepressant medicines?

Antidepressant medicines often work well for children who are depressed, but there are some important things you should know about these medicines.

- Children who take antidepressants should be watched closely. These medicines may increase the risk that a child will think about or try suicide, especially in the first few weeks of use. If your child takes an antidepressant, learn the warning signs of suicide, and get help right away if you see any of them. Common warning signs include talking, drawing, or writing about death; giving away belongings; withdrawing from family and friends; and/or having a plan, such as a gun or pills.
- Your child may start to feel better after one to three weeks of taking antidepressant medicine, but it can take as many as six to eight weeks to see more improvement. Make sure your child takes antidepressants as prescribed and keeps taking them so that they have time to work.
- A child may need to try several different antidepressants to find one that works. If you notice any warning signs or have concerns about the medicine, or if you do not notice any improvement by three weeks, talk to your child's doctor.
- Do not let a child suddenly stop taking antidepressants. This could be dangerous. Your doctor can help you taper off the dose slowly to prevent problems.

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This May marks 28 years since the release of the Mel Gibson directed film, *Braveheart*. The film, which portrays the Scottish revolt against the British in the 13th century, was nominated for ten Academy Awards, five of which it won. *Braveheart* was such a success that it increased tourism in Scotland!



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- 2 Take 2 clear photos of an insect and 1-2 photos of the plant/flower that it is visiting.
- 3 Upload your photos to iNaturalist and add your insect observations to the Calgary Pollinators Project.



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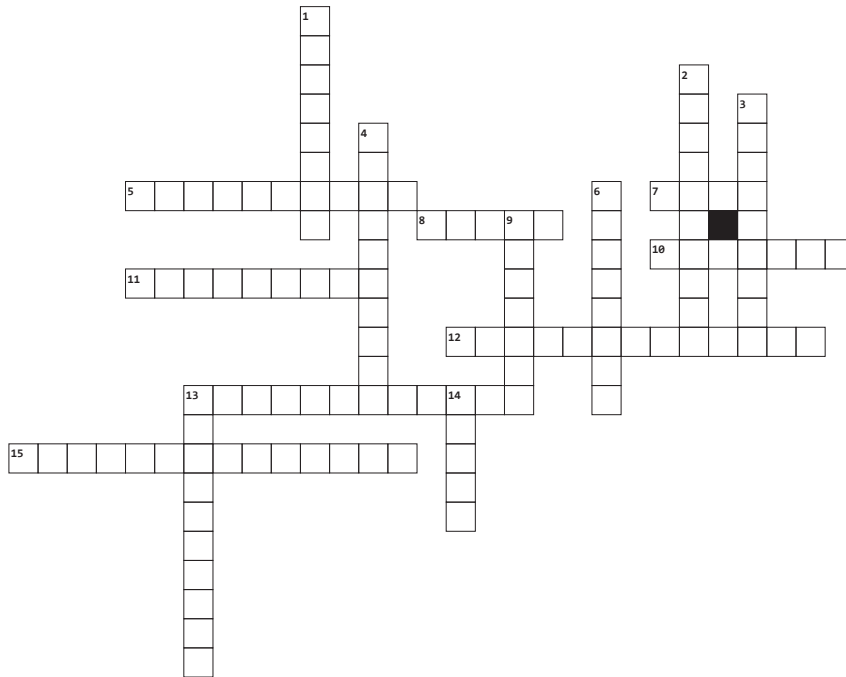
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May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

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THE ANSWER KEY**



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Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to BBB.org.

The Orient Express



In 1883, a luxurious passenger train called the Orient Express began serving the European continent and did so successfully for almost a century. Sadly, the emergence of air travel meant that it had to shorten its routes. On May 20, 1977, the Orient completed its last direct trip from Paris to Istanbul, the endpoints on their line.

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GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.

4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.

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FOR THE ANSWERS!



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	23	13	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
May	22	26	27	\$379,900	\$395,000
April	22	26	17	\$319,900	\$333,500

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



THE
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REAL ESTATE GROUP

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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:

0 active listings
10 sold listings since Jan 1, 2023 – average sale price \$590,460 with 25 DOM

Condo/Townhouses/Attached:

0 active listings
20 sold listings since Jan 1, 2023 – average sale price \$269,920 with 19 DOM

Apartments:

0 active listings
4 sales since Jan 1, 2023 – average sale price \$153,225 with 37 DOM



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

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**CONTACT THE HOME HUNTERS REAL ESTATE GROUP AT 403-460-2211
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