

NOVEMBER 2023

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your **BRAESIDE BULLETIN**

THE OFFICIAL BRAESIDE COMMUNITY NEWSLETTER



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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.

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www.OakridgeDenture.com

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

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



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Dr. Troy Davies
CEO Catholic
Social Services



The Filthy Feet of Sacred Service

What Happens When Prayer Gets Off Its Knees



Thurs Nov 23, 2023
6:00 pm - 8:00 pm



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www.jafferoptical.com

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.

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



CARD MAKING

NOVEMBER 8TH, 1PM-3PM

11024 Braeside DR SW

Make 9 beautiful handmade Christmas cards in this 2 hour class.

\$30 non members

\$25 Registered Members

Email: operations@braesideyyc.ca
to register



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

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

**BRAESIDE
COMMUNITY
ASSOCIATION
RINK**

*We are beside
YOU
THINK*

11024 BRAESIDE DR SW

EMAIL:
RINK@BRAESIDEYYC.CA

TO LEARN MORE
OR GET INVOLVED

Good Food Boxes

Our first order of Good Food Boxes went in for September and we had 21 orders! Well done, Braeside. We received many questions from folks asking what is the Good Food Box?

The Good Food Box program is run by the Community Kitchen program of Calgary. Good Food Boxes offer affordable, fresh produce for everyone. Boxes are a mix of fresh fruits and vegetables and each month the contents change. Boxes are ordered individually and there is no commitment or contract to join. Just let us know what size you would like to order and pay for your box, it's that simple!

Boxes are sold per poundage and are as follows:

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

September's Medium Good Food Box contained 19 different fruits and vegetables. Each month Good Food Boxes will be offered to the community for purchase through the Braeside Community Association. Pick up is at the Braeside Community Association (11024 Braeside Dr SW), on the specified date between 5:00 and 7:00 pm. All boxes must be ordered in advance. Don't miss out on the next order. Email us at gfb@braesideyyc.ca to order or for more information.



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

FOLLOW US ON

ALL CANADIAN KARATE UNION
403-232-0228

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

CALGARY POLICE SERVICE

BRAESIDE COMMUNITY ASSOCIATION

VETERANS FOOD DRIVE

HELP FEED CALGARY'S VETERANS



WHAT WE NEED?

UNEXPIRED & NON PERISHABLE FOOD ITEMS

Collecting for the entirety of Oct & Nov

Did you know???

We accept food donations all year round in the lobby of the Braeside Community Association

you



can be the reason young people and families experience the magic of opening a present on Christmas morning!

We have two ways for people to give this holiday season: Gifts for Kids & Youth, and Adopt-A-Family or Young Adult.

Donate to our Happy Huldights campaign today!

Happy Huldights!






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.



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Learn about the benefits of staying at home

Understand the effects of aging

Learn about resources available for you

November 16th 11am-12pm
Braeside Community Association
11025 Braeside DR SW

Presented by:
Always Best Care
senior services

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

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

CRIME STATISTICS

Braeside Crime Activity was Up in August 2023

The Braeside community experienced 7 crimes in August 2023, in comparison to 6 crimes the previous month, and 2 crimes in August one year ago. Braeside experiences an average of 5.8 crimes per month. On an annual basis, Braeside experienced a total of 69 crimes as of August 2023, which is down 17% in comparison to 83 crimes as of August 2022. To review the full Braeside Crime report visit brae.mycalgary.com.

How To Report Crime In Braeside: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



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	Properties		Median Price	
	Listed	Sold	Listed	Sold
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
October 22	6	9	\$479,900	\$470,000

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

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

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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Before and After School Care Fundraiser

Braeside Before and After School Care has been an integral part of the Braeside community for many decades! It is home to 70+ children each year, providing before and after school care and week-long camps during the summer. It's been many years since the space has seen improvements or upgrades and the staff and the space deserve it!

Planned upgrades include:

- Upgraded flooring, walls, bathrooms, and ceiling (these will take priority)
- New furniture, shelving, and storage
- Exterior updates, including a new colourful design that shows the space is home to an incredible and lively service in the community!

To do this, we need your help! Your contribution to this fundraiser will help revitalize this beloved childcare space and bring a brighter and lighter environment for the amazing staff and children that spend their days there!

When you donate, you will be provided with updates on the work and also invited to a celebration when the work is completed so you can see the impact your donation made.

BRAESIDE COMMUNITY ASSOCIATION

FUNDRAISER SUPPORTING BRAESIDE BEFORE & AFTER SCHOOL CARE

DONATE TODAY TO HELP REVITALIZE OUR BEFORE & AFTER SCHOOL CHILDCARE FACILITIES. HELPING SHAPE THE MINDS AND HEARTS OF FUTURE BRAESIDERS FOR OVER 30 YEARS

<https://shorturl.at/bMOX1>



November 11, Remembrance Day

A message from the Federation of Calgary Communities



As November unfolds, we come together to honour and remember the sacrifices of those who served and continue to serve our nation. On November 11, Remembrance Day, we pause to reflect on the bravery and resilience of our heroes who fought for peace and freedom.

Remembering Our Heroes

Remembrance Day holds a profound significance, reminding us of the countless lives lost and affected by war and conflict. It's a day to pay tribute to the courage and dedication of the men and women who have given their all, ensuring our safety and defending the values we hold dear.

As we commemorate this day, let us take a moment of silence to remember the sacrifices made by our armed forces, acknowledging the debt of gratitude we owe to them and their families. Their sacrifice is a beacon of courage and a reminder of the importance of unity, peace, and harmony in our world.

Poppies: A Symbol of Remembrance

The poppy, a symbol deeply ingrained in Remembrance Day, serves as a poignant reminder of the bloodshed and sacrifice endured by our military personnel. The red poppy, inspired by the poem *In Flanders Fields*, has become an enduring emblem of hope and remembrance. We encourage you to wear a poppy and share its symbolism, fostering awareness and respect for our veterans.

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Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.

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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.



*Fall is here,
and the end
of the year is
right around
the corner!*

It's the perfect time to schedule your routine dental checkup and take care of any outstanding treatments before the end of the year.



USE IT OR LOSE IT!
Book now to use your remaining 2023 Benefits.

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Phone: (403) 640-4000 | info@appledentalgroup.ca
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.

BUSINESS CLASSIFIEDS

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BRAESIDE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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DO YOU HAVE AN ENDURING
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✓ House calls ✓ Reasonable fees
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The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

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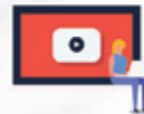
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Joke of the Month

What did the yoga instructor say when his landlord tried to evict him?

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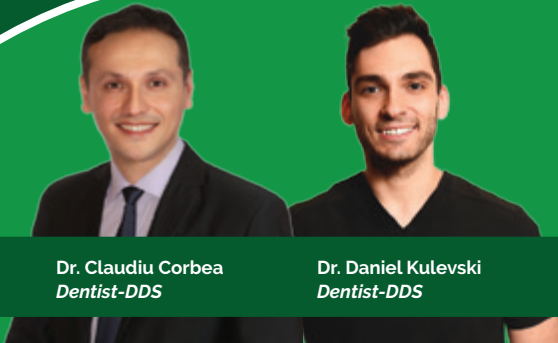
CALL TODAY ☎ 403-475-9800

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**SCAN TO BOOK
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Dr. Claudiu Corbea
Dentist-DDS

Dr. Daniel Kulevski
Dentist-DDS

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



THE
HOME HUNTERS
REAL ESTATE GROUP

📞 403-460-2211

✉️ INFO@THEHOMEHUNTERS.COM

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SIX WAYS TO PLAN AHEAD TO BUY A HOME:

If you are planning to buy a home within the next few weeks or months, preparing now can help you save time and money. Consider these tips prior to beginning your search:

- Avoid making any major purchases prior to buying a home, e.g. a new car, boat or RV.
- Calculate the maximum monthly mortgage payment you can afford. Then, anticipate higher interest rates; recalculate your mortgage payment – can you really afford it?
- Determine your cash flow at the time of purchase, taking into account fees involved in closing a purchase, e.g. appraisal fees, insurance, utilities, taxes, legal, etc.
- Check your credit and get your financing paperwork in order. Lenders will often need to see tax documents, pay stubs/employment letters, current loans to secure a rate for a mortgage.
- Get pre-approved by approaching a lender or mortgage broker to see if you can be approved for a mortgage and how much you can really spend on a home.
- If you currently own a home, confirm your estimated equity by having a market evaluation done by us.

Contact us for more helpful tips.

BRAESIDE MARKET STATISTICS

Single Family Homes:

3 active listings – average list price \$642,933 with 32 days on market
34 sold listings since June 1, 2023 – average sale price \$584,694 with 18 DOM

Condos/Townhouses/Attached:

0 active listings
32 sold listings since June 1, 2023 – average sale price \$340,428 with 13 DOM

Apartments:

2 active listings – list price \$274,450 with 23 DOM
5 sales since June 1, 2023 – average sale price \$210,435 with 28 DOM



(Statistics based on CREB MLS System listings on October 5, 2023)

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 the future, it would 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 always interest in our community and this year has been a busy market for both listings and sales. We are only a phone call away!



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