

OCTOBER 2023

DELIVERED MONTHLY TO 2,455 HOUSEHOLDS

your **BRAESIDE BULLETIN**

THE OFFICIAL BRAESIDE COMMUNITY NEWSLETTER



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visitus@stmu.ca

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OAKRIDGE
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CENTRE



Oakridge Professional Centre
Suite 245, 125 Oakmoor Plaza SW
Beside the Oakridge Co-op Grocery Store

We are pleased to announce that **Ms. Gabriela Alvarado-Torres**
will be joining 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

403-251-1522

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

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

UNTIL SEPTEMBER 30

\$100,000
OR A 2023 CORVETTE



GRAND PRIZE DRAW:
OCTOBER 6, 2023 AT 8PM

HOW TO ENTER:
FILL OUT OUR SURVEY AT GUEST SERVICES FOR A CHANCE
TO WIN \$100,000 CASH OR THE 2023 CORVETTE.

MONTHLY QUALIFIER DRAWINGS:
THURSDAY, AUGUST 31, 2023 - 7PM
SATURDAY, SEPTEMBER 30, 2023 - 7PM



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DO YOU HAVE A
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FAMILIES

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

BRAESIDE COMMUNITY ASSOCIATION



BOO'S & BREWS

Family Fun Halloween Party
Costume Contest, Haunted House,
Games, Treats and more!

Free Entry for registered Members
\$5 for non members

Oct 28th 2023
6-9pm

Signs You May Have Depression

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

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.



BRAESIDE COMMUNITY ASSOCIATION
VETERANS FOOD DRIVE
 HELP FEED CALGARY'S VETERANS



Donations collected at:
 11024 Braeside DR SW

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




BRAESIDE COMMUNITY ASSOCIATION

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Good Food Box

Order by	Pick up	<ul style="list-style-type: none"> • (20-25lbs) Small - \$30 • (25-30lbs) Medium - \$35 • (40-45lbs) Large - \$40
Oct 10th	Oct 18th	

Email: gfb@braesideyyc.ca



Christmas Market

SATURDAY DECEMBER 2ND 3-7PM

LOCAL VENDORS, PHOTOS AND SKATING WITH SANTA,
SUGAR COOKIE DECORATING WITH MRS. CLAUS,
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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	15	15	\$499,900	\$479,250
July	23	15	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
September	22	9	15	\$549,900	\$531,000

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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when you come in
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#20 9620 Elbow Dr. SW, Calgary, Alberta, T2V 1M2



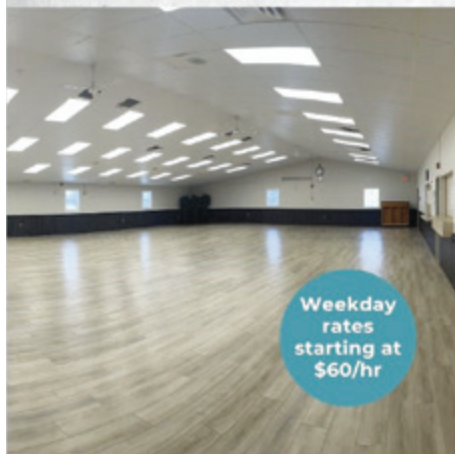
MURAL COMPLETED!

Thanks to The City of Calgary Arts & Microculture grant The BCA was able to have this gorgeous mural inspired by community members favourite flowers painted on our East garden wall. If you have not frequented the area recently, pop by, we highly encourage you to come and see our new art piece designed and painted by Rachel Lyon Design! The garden area is really shaping up thanks to our many volunteers!!



HALL RENTALS

BRAESIDE COMMUNITY ASSOCIATION



Weekday rates starting at \$60/hr

Contact us
403-253-4232
operations@braesideyyc.ca

Upper hall accommodates up to 240 people

Lower hall accommodates 100 classroom style

Board room seating up to 12

11024 Braeside DR SW

- Birthdays
- Retirements
- Celebrations of Life
- AGMS
- Family Reunions
- and more

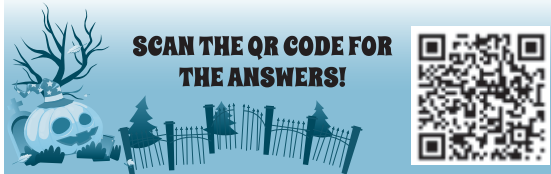


Weekday rates starting at \$45/hr



Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.



SCAN HERE TO VIEW ADDITIONAL BRAESIDE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



The Medicinal Condiment

Ketchup is one of the most popular condiments in Canada, with 87% of us having a bottle in our fridge! But did you know that ketchup was once thought to have healing properties? In the 1830s, Dr. John Cook Bennett claimed that it could cure indigestion and jaundice and sold his recipe in pill form. It wasn't until the 50s that such claims turned out to be false.



Braeside Sustainability Journey

I (Jim Jenkins) recently submitted a proposal to the Braeside Community Association to create an ecosystem sanctuary for the public. I thought the Association Board would bounce me out the door, but they loved it. We just planted the first three fruit trees, donated by the City of Calgary. It's all very uplifting to see even some of the smaller pieces coming together. There is so much more in the community garden space at the Braeside Community Association that we want to accomplish! The Eco-Sanctuary Committee is actively working to turn what you see in the picture into a combination mini urban forest and biodiversity ecosystem. If you live in Braeside and are interested in being a part of this project, please contact us at garden@braesideyyc.ca.



UPDATE: COMMUNITY PLAYGROUNDS

As many of you have already noticed, the new playground on Braeside Dr. is now open! It looks as though many families are already enjoying the new structures. Removal work has started on the playgrounds on Brackenridge Rd and Bradbury DR earlier than expected, and we are unsure as to the anticipated completion date of the Bracebridge Crescent playground but it looks pretty close to being done (see photos)!!

If you have any questions, comments/suggestions, please contact the Braeside Parks Committee at Parks@braesideyyc.ca

Thank you!

BCA
Playground
Committee



Braeside DR



Bracebridge
CRES



CRIME STATISTICS

Braeside Crime Activity was Up in July 2023



The Braeside community experienced 6 crimes in July 2023, in comparison to 5 crimes the previous month, and 1 crime in July one year ago. Braeside experiences an average of 5.4 crimes per month. On an annual basis, Braeside experienced a total of 65 crimes as of July 2023, which is down 32% in comparison to 95 crimes as of July 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.

A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



Braeside Real Estate Update

Last 12 Months Braeside MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$499,900	\$479,250
July 2023	\$342,450	\$357,550
June 2023	\$414,950	\$454,000
May 2023	\$275,000	\$330,000
April 2023	\$424,000	\$460,000
March 2023	\$294,900	\$300,750
February 2023	\$349,900	\$332,000
January 2023	\$218,800	\$232,500
December 2022	\$509,500	\$520,750
November 2022	\$224,950	\$236,500
October 2022	\$479,900	\$470,000
September 2022	\$549,900	\$531,000

Last 12 Months Braeside MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	15	15
July 2023	15	18
June 2023	27	22
May 2023	18	17
April 2023	11	7
March 2023	14	18
February 2023	10	7
January 2023	7	9
December 2022	7	6
November 2022	4	4
October 2022	6	9
September 2022	9	15

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

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CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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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.

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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.

CROWN RENOVATIONS: Beautiful kitchens, bathrooms, and basements at affordable prices. Over 30 years' experience in quality renovations. Full service custom cabinetry. Local, licensed, bonded, and insured. Free in-house estimates. Visits to former clients can be arranged. Full house renovations. Check out our latest before and after renovation at www.crownrenovations.com. Call Bill at 403-819-8588 or email crownreno@shaw.ca.

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HOME DECOR CONSIGNMENT STORE: Looking for consigners! If you are moving or downsizing and want to make some extra cash, become a consignor with a locally owned business, over 15 years of experience, we specialize in reselling home décor/kitchenware. Call 403-398-7544, text 403-966-0467, or email zoesstoreyyc@gmail.com. Zoe's Store: Located at 1403 14th Street SW. <https://zoesstore.com/>.

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



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



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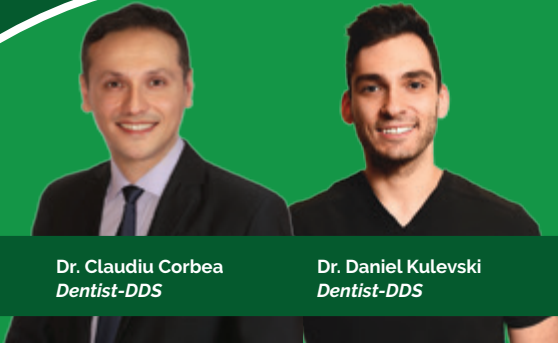
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📞 403-460-2211

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BRAESIDE MARKET STATISTICS 2023 Y-T-D

Single Family Homes:

5 active listings – average list price \$690,938 with 36 DOM

25 sold listings since June 1, 2023 – average sale price \$579,100 with 16 DOM

Condos/Townhouses/Attached:

2 active listings – list price \$267,500 with 14 DOM

25 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 September 5, 2023)



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

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