# myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER





Full Service Dental Office Under One Roof

**BOOK YOUR APPOINTMENT TODAY** 



**(403)** 453-7747 **♀** 11201 30th Street SW **⊕ WWW.CEDARBRAEFAMILYDENTAL.CA** 

11024 OAKFIELD DRIVE SW | INFORMATION 403-251-2101 | WWW.MYCEDARBRAE.CA







CUSTOMER SATISFACTION GUARANTEED

### WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS



### **Services**

**Residential Landscaping** 

**Landscape Construction** 

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo Property Management

Snow and Ice Removal

### **Contact Us**

### **Address**

20 Sunvale Place SE Calgary, AB T2X 2R8

Call us now (403) 256-9282

### Email us

info@jacksonjackson.ca contact@jacksonjackson.ca

www.jacksonjackson.ca

# The Simpsons



The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart. Lisa, and Maggie have been making us laugh for 35 years — and counting!

	BR GA	MES		S	SU	D	<u> </u>	<u>(U</u>
1				4	3		6	5
9		6	1		2			
		3			6	1		
5								
6				8	1		5	
	8		6				7	1
3	2						1	
	6			1	7			
				6			9	
SCAN THE QR CODE PROPERTY SOLUTION								

OAKRIDGE DENTURE & IMPLANT CENTRE Oakridge Professional Centre Suite 245, 125 Oakmoor Plaza SW Beside the Oakridge Co-op Grocery Store

### Personalized High-Quality Dentures from the Denturist Who Cares!

- New Complete and Partial Dentures
- Implant Denture Services
- Relines, Repairs and Adjustments
- Mouthguards
- Complimentary Consultations
- Direct Billing with Assignment Insurance Companies
- Referrals for Dental Implants
- · Referrals to General Dentists

OakridgeDentureCentre@gmail.com www.OakridgeDenture.com

403-251-1522

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



# Cedarbrae Community League Association Community Association Membership

Join your neighbours in making Cedarbrae a better place to live, learn, work, and play. Become a member today!

### **Membership and Renewal**

The Cedarbrae Community League Association is a volunteer non-profit organization run by and for the residents of Cedarbrae. Funds are raised through rentals at our community centre, fundraising events, and our yearly membership. All those funds are put right back into our community; through maintaining the centre, low-cost programming, hosting events, and community outreach. Join us in ensuring our neighbourhood remains the beating heart of southwest Calgary.

### **Our Mission**

The Cedarbrae Community League Association operates a volunteer-based, vibrant, inclusive hub that fosters engagement and provides a wide variety of activities and programs for the community.

Want to make the world a better place? Why not start in your own backyard? Become a member, get active, and join in, attend an event, or volunteer. Your neighbours are amazing, come meet them!

Your Cedarbrae Community League Association membership helps to maintain a viable community centre from which we can provide recreational and social opportunities for you and your family. Some programs and activities provided by the community centre will require you to hold either an individual or family membership to participate, or in some cases you will receive special pricing for being a member of the Cedarbrae Community League Association in good standing.

Annual memberships run from May 1 to their expiration on April 30 the following year.

### **Memberships Options:**

- Household Membership \$30: A maximum of two adults over the age of 18 and any children under the age of 18 living at the same residential address.
- Individual Membership \$15: A maximum of one adult over the age of 18.
- Seniors \$15: A maximum of two adults over the age of 55 living at the same address.

Please pay for your memberships online at www. mycedarbrae.ca, or you can stop by the community centre to fill out a membership form in person.

Our members have found the heart and soul of Cedarbrae. Meeting new friends, learning new skills, getting involved in community decision making, and having a real impact on the lives of others.

### 

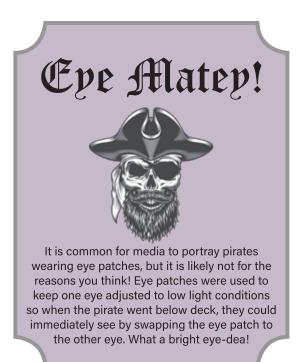
**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate 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.

# **Cedarbrae Community League Association Board of Directors**

Board of Directors					
President	John Seagrave				
Vice President	Anna Aubrecht				
Treasurer	Darrell Ogden				
Secretary	Belinda Halischuk				
Member at Large	Frank Forte				
Member at Large	Cathie Heys				
Member at Large	Cathy Roczkowsky				
Member at Large	Joyce Wright				

Cedarbrae Community Centre Contacts					
Executive Director	Ariel McDuff 403-251-2101 info@mycedarbrae.ca				



# **Newly Elected CCLA Board of Directors**

On November 13, the members of CCLA elected a new board of directors for the 2024/2025 term. Eight people have stepped forward to steer the community centre along with a new General Manager, Ariel McDuff. A new Program Director, Paige Scalet, along with our new Recreational Assistant, Ethan Minde have joined the team. Please make them all feel welcome.

The board and our new staff will be working together to move the centre forward with regular programs. We will spend the next year enhancing the Recreational Pickleball program. Special events already in the works are Winterfest, Stampede Luncheon, Community Cleanup, and starting some teen programs. Yes, even bringing back the meet the neighbour family nights and the ever-popular Jellybean dances. We all have the best interests of Cedarbrae and its members, and community spirit in mind.

If you have any suggestions for a special event or program you would like to see at the centre, reach out either in person or via email at info@mycedarbrae.ca. If you would like to volunteer to organize an activity, let us know!

# [Alfred] Nobel Prize

The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."



### **PLUMBER**



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

Permanent Hair Removal Microneedling Chemical Peels Facials And More!





403-988-9727 4 Woodford Cres SW, Calgary, AB T2W4C4

Get 50% Off Your First Treatment!

### **BMAX BROKERS**

**MERGERS & ACQUISITIONS** 

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

### **Services**

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

☑ info@bmaxbrokers.com | 📞 403-249-2269



### Dr. Crystal Cobb is Joining the West Peaks Dental Team!

Dr. Cobb starts in January, call or scan the QR code to book an appointment with her today!

Book Now



Suite 205, 125 Oakmoor PI SW Calgary, AB T2V 4A3

(403) 281-4264

👚 westpeaksdentalsuite.ca



# Available at the Cedarbrae Community Centre

The Cedarbrae Community Centre is excited that we are now able to resume offering space for events, activities. classes, and more.



Our community centre has spaces of varying sizes to meet the needs of your upcoming event, whether it's a birthday party, sporting event, wedding, or business meeting.

We have various rental options including hourly, daily, or long-term contracts.



Rental spaces are available to both individuals and businesses.

If you are planning an upcoming event and would like to know more about our space or schedule a viewing, please call 403-251-2101.

### **UPCOMING COMMUNITY PROGRAMS**

### **AND EVENTS**

Volunteers needed to host the following program: Parent and Tots. If you are interested in hosting this program, please email info@mycedarbrae.ca or call 403-251-2101 to let us know.

### Parent and Tots - Started in October

Every Wednesday, from 10:00 am to 12:00 pm.

For parents and children, six and under! There is a \$2 drop-in fee or is free with your Cedarbrae Community League Association Membership. Please note, this is not a structured play time but rather a space for parents to gather while kids play.

### **Community Coffee**

Community members of all ages are invited for coffee and conversation every Monday from 10:00 am to 12:00 pm in the Parkview Room.

### Seniors' Cards and Games

CCLA seniors are invited to play games from 1:00 to 4:00 pm in the Parkview Room. Currently offering Canasta. Looking for Crib players to join the group. Let us know if there is a game you would like to play?

### **Chair Yoga**

9:30 am in the Parkview Room

Improve your strength, balance, flexibility, overall physical and mental health with yoga. There is a \$10 drop-in fee.

### Mat Yoga

9:30 am in the Parkview Room

These sessions will suit the athlete who wishes to enhance balance, strength, and flexibility. There is a \$10 drop-in fee.

### **Upcoming Community Events**

Follow us on Facebook, Instagram, or visit our website at www.mycedarbrae.ca for updates on events, programs, and volunteer opportunities.



CEDARBRAE COMMUNITY CENTRE PRESENTS

# Ugly Sweater \* Holiday Spirit Jelly Bean Dance

DEC 14TH 5 - 8 pm

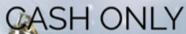


## DJ - FACEPAINTING - CONCESSION

AGES 2 - TEEN \$5 per child (under 2 free) Under age 7 requires parent supervision

Cash Tickets available @ door or sold at Cedarbrae Community Centre

Get yours before we sell out!



11024 Oakfield Dr 4032512101

### YOUR SMILE IS OUR PRIORITY





Full Service Dental Office Under One Roof

### **BOOK YOUR APPOINTMENT TODAY**



## **END OF YEAR PROMOTION**

**GET 8 VENEERS** FOR THE COST OF 6!

**FREE CONSULT** 



Professional Teeth Whitening

ZOOM WHITENING



# FREE ELECTRIC TOOTHBRUSH

with an adult exam and cleaning

WWW.CEDARBRAEFAMILYDENTAL.CA







**FOR ONLY** 

\$50<sub>/WEEK\*</sub>

\*Conditions apply

### FREE CONSULTATION FOR IMPLANTS & INVISALIGN

### LOW MONTHLY PAYMENT OPTIONS FOR ANY DENTAL WORK!

- Invisalign®
- Fillings and Sealants
- Bridges and Crowns
- Veneers
- Teeth Whitening

- Dental Implants
- Root Canals
- Gum Therapy
- Sleep Apnea
   Treatments

**BOOK YOUR APPOINTMENT TODAY!** 





### Family Dental Clinic in SW Calgary

At our dental clinic, we're dedicated to restoring your smile with quality dental care. Beyond dental treatments, we prioritize the overall health and happiness of you and your family. Our skilled dentist in SW Calgary, compassionate hygienists, and welcoming administrative team collaborate to ensure your comfort and satisfaction during every visit. We work hard to make sure our clinic is a calm and relaxed place for everyone. Trust our dentists to address all your dental concerns with precision and compassion.

### **Get in Touch**

**(**403) 453-7747

**♀** 11201 30th Street SW

☑ info@cedarbraefamilydental.ca

### **Follow Us**

**f** Cedarbrae Family Dental

@cedarbraefamilydenal

### **Hours of Operation**

Monday: 12:00pm - 8:00pm
Tuesday: 8:00am - 4:00pm
Wednesday: 12:00pm - 8:00pm
Thursday: 11:00am - 7:00pm
Friday: 9:00am - 5:00pm

Saturday: 9:00am - 4:00pm

Sunday: Closed

Cedarbrae Communicy Centre FEB 17th 11-3pm

# intel

# **ICE SKATING**

GAMES/CRAFTS MUSIC CONCESSION FIREPIT s now shoes sleds available)

11024 Oakfield Dr SW 403 251 2101 info@mycedarbrae.ca FREE FAMILY FUN EVENT

### HI, I AM VALARIE

I've been teaching yoga full time for 15 years now. It kept my dance career alive while I was performing and it helped me through an injury, teaching me the therapeutic importance of developing a dedicated practice to heal from and to prevent injury.

Yoga really is the pursuit of the Self, the higher self. I love to share this practice with people of all levels and abilities. You will increase strength and mobility one class at a time and see improvements in your state of mind. If a slower paced class peaks your interest then we can get started in exploring restorative, therapeutic practices which can include chair yoga, slower vinyasa, longer hold asana using props, breath work and meditation.

Looking forward to sharing this practice with you..
Namaste... Valarie...

Funded in part by the Government of Canada's New Horizons for Seniors Program

Canadä





For more information about joining our Senior Yoga session on Thursday mornings 9:30 - 10:30 please visit our website to sign up www.mycedarbrae.ca







## CEDARBRAE SENIORS COMMUNITY COFFEE

Monday from 10:00 AM to 12:00 PM Located in the Parkview Room on the Main Floor

CCLA MEMBERSHIP NOT REQUIRED
COMMUNITY CENTRE DONATIONS ACCEPTED



11024 Oakfield Drive SW info@mycedarbrae.ca 403-251-2101

# CEDARBRAE SENIOR MEMBER GUEST SPEAKERS. ENGAGING AGING ACTIVE LEARNING. ACTIVE LEARNING. AND ENGAGING ACTIVITIES!







Coming Soon...



11024 Oakfield Drive SW info@mycedarbrae.ca 403-251-2101

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Oualified journeymen plumbers/gasfitters, very experienced in Cedarbrae. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

CEDARBRAE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW **CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99: interior/exterior/screens, Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed, Insured, WCB. 403-265-4769 | YardBustersLandscaping.com.

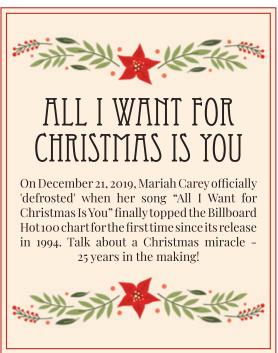
**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**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.

**CEDARBRAE PAINTER:** Experienced Calgary Painter Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

AFFORDABLE DENTAL CARE MINUTES FROM **CEDARBRAE!** Dental care that's affordable, accessible, and essential. Minutes from Cedarbrae. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit www.calgarydentalcenters.com.



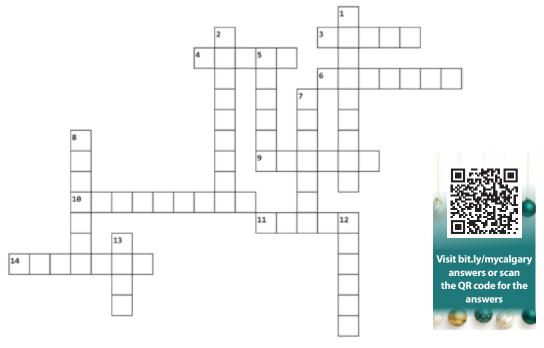












### Across

- 3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's* \_\_\_\_\_\_, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
- 4. *Driving Miss* \_\_\_\_\_\_, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
- 6. Canadian singer, Nelly \_\_\_\_\_, was born on December 2, 1978, in Victoria, British Columbia.
- 9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
- 10. December's official birthstone has the same name as the colour that it is.
- 11. Dr. Martin Luther King Jr. was awarded the Nobel \_\_\_\_\_\_ Prize on December 10, 1964.
- 14. James Cameron's \_\_\_\_\_\_ was first released on December 19, 1997, and is one of the highest-grossing films ever.

#### Down

- 1. International \_\_\_\_\_\_ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
- 2. December's birth flowers are the \_\_\_\_\_ (also known as paperwhites) and the holly.
- 5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "\_\_\_\_\_\_Night".
- 7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
- 8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player \_\_\_\_\_\_\_ Navratilova Best Athletes of the Decade.
- 12. Canadian actor and comedian, \_\_\_\_\_ Levy, was born on December 17, 1946, in Hamilton, Ontario.
- 13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the* \_\_\_\_\_\_, premiered in New Zealand.



### **Magic Carpet Ride**

Family Literacy Program



### A family that reads together, grows together.

The Magic Carpet Ride program is for 3-5 year olds and their parents or caregivers. We help families learn to use everyday activities to build a love of literacy and learning. Held at convenient locations across Calgary.



Reading



**At-Home Activities** 



**Singing** 

### **FREE!** Contact us to learn more:

famlit@canlearnsociety.ca (403) 686-9300 ext. 128



# **GET NOTICED**

### **ACQUIRE AND RETAIN NEW CUSTOMERS.**

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 sales@greatnewsmedia.ca



**SCAN ME** 

**GREAT NEWS MEDIA** 

LEADERS IN COMMUNITY FOCUSED MARKETING