

JANUARY 2024

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myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER



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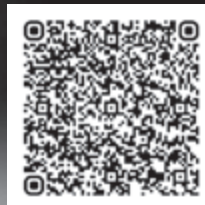
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We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, Queensland, and Walden.**

YOUR LOCAL SOCCER PROVIDER U4-ADULT

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- Canadian Soccer Association - Youth Club License holder.
- Only Calgary Club with 2 turf indoor training facilities. Full size 11v11 Turf Fieldhouse and Turf Training Skills Center.
- Professionally qualified Phase Area Managers at every age group (U4-Adult) (Canada and Europe Qualifications).
- In-house Sport Science program to develop athleticism and prevent injuries.
- Coaching Mentorship and Certification Programs for ALL U4-Adult Coaches.
- Verifiably Calgary's best soccer program with more resources and pathways to pro-am leagues for boys and girls.
- 8 Canadian National Youth Championships won.
- Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.
- One of two founding franchises for the Project 8 women's professional league launching in 2025.



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UPCOMING COMMUNITY PROGRAMS AND EVENTS

Creating Connections

Book Club – The first Tuesday of every month, from 1:00 to 2:00pm

Tuesday, January 2 – We will be discussing *Golden Spoon* by Jessa Maxwell

Tuesday, February 6 – Open Discussion

Tuesday, March 5 – We will be discussing *Suite française* by Irène Némirovsky

Book Club is open to all ages! Open discussion is meant to encourage connection between fellow book lovers. Have a great book you would like to recommend for Book Club? Email us at info@mycedarbrae.ca.

Coffee & Friends – Every Monday, from 10:00 am to 12:00 pm in the Parkview Room

Please note, this program is inclusive to all age groups and is not exclusive to seniors.

55+ Programs

Cards & Games – Every Monday from 1:00 to 4:00 pm in the Parkview Room.

Seniors Yoga – Every Thursday from 9:30 to 10:30 am in the Parkview Room.

Family Programs

Parent & Tot Group – Every Friday, from 9:30 to 11:30 am in the Parkview Room.

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

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 League Association Board of Directors

To contact our board of directors, please email info@mycedarbrae.ca.

Cedarbrae Community League Association board meetings are held on the second Wednesday of every month, including summer, at 7:00 pm on the second floor of the Cedarbrae Community Centre (11024 Oakfield Drive SW). All current Cedarbrae Community League Association members are welcome to attend. If you are interested in attending a board meeting as an observational guest or to purchase your membership, please email us or stop by the centre today!

If you have community concerns you would like added to our agenda, please submit them via email and include your contact information for follow up or additional questions.

Board of Directors

President	Robert Miller
Vice President	Brent Johner
Treasurer	Jacey Maertens-Poole
Secretary	Lorraine Logan

"Many hands make light work!"

Did you know that each Director position is supported by two community members? If you are interested in giving back to your community, please consider volunteering with the CCLA! Contact the Community Centre Office to join our team.

Have a question for our Board of Directors? Follow the QR code below to submit your question:



Cedarbrae Community Centre Contacts

Executive Director	Kathy Zabaneh 403-251-2101 info@mycedarbrae.ca
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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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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.

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.

SCAN HERE TO VIEW ADDITIONAL
CEDARBRAE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

A Message to the Community

Dear Cedarbrae,

Happy New Year!

As we step into 2024, we embrace new beginnings and the promise of a fresh start with our newest Board of Directors. We're excited to embark on this journey together, painting a new chapter on a clean slate.

First of all, we would like to thank the volunteers, bakers, and staff who made the Christmas Market and Bake Sale a huge success! And of course, thank you to all of our vendors for all of their work leading up to the event to create one-of-a-kind pieces for our attendees. We are happy to announce that we also collected a huge box of food and donations on behalf of the Veterans Association Foodbank, thank you to everyone for contributing during this season of giving. We are so grateful for you!

Our 2023 Community Casino was also a major success due to our volunteers' dedication to the Community Centre. Proceeds from your volunteerism will ensure that the Centre provides a fun and safe hub for residents to gather and keeps costs at the Centre affordable so all community members can stay active, meet new people, and play! We cannot express enough gratitude for your invaluable support.

We are blown away by the immense support of our caring community.

Sincerely,

The CCLA Board of Directors



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Cedarbrae Real Estate Update

Last 12 Months Cedarbrae
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$519,900.00	\$548,875.00
October 2023	\$529,900.00	\$543,000.00
September 2023	\$469,900.00	\$500,000.00
August 2023	\$499,774.50	\$494,824.50
July 2023	\$404,900.00	\$426,500.00
June 2023	\$474,900.00	\$501,000.00
May 2023	\$439,900.00	\$439,000.00
April 2023	\$459,900.00	\$515,000.00
March 2023	\$439,950.00	\$472,500.00
February 2023	\$299,900.00	\$315,000.00
January 2023	\$429,900.00	\$400,000.00
December 2022	\$496,950.00	\$489,000.00

Last 12 Months Cedarbrae
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	2	4
October 2023	10	10
September 2023	10	9
August 2023	12	14
July 2023	12	10
June 2023	8	11
May 2023	17	17
April 2023	8	5
March 2023	12	8
February 2023	4	5
January 2023	1	1
December 2022	2	6

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



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How to Deal with Those Long Sleepless Nights

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

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques



3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

Meet Your MLA

Nagwan Al-Guneid
MLA for Calgary-Glenmore

Diana Batten
MLA for Calgary-Acadia

Register now!
Wed Jan 31 6:30PM
(403-640-1363)

BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture. Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.



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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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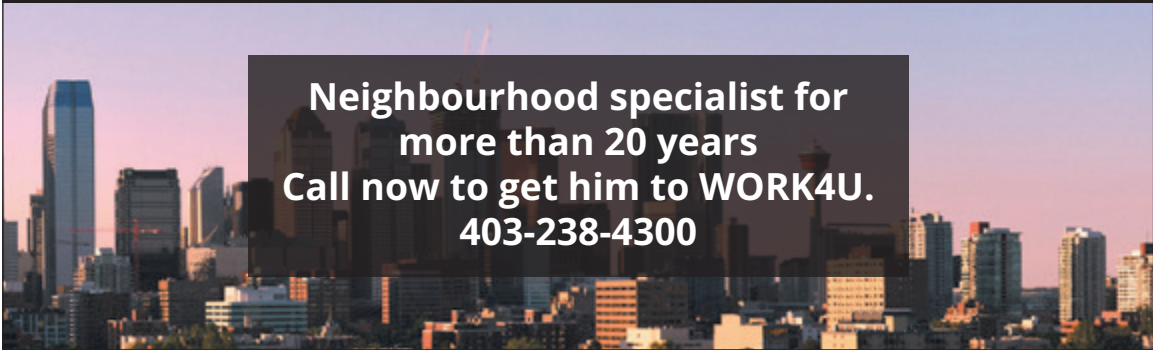
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joined our team in October.

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

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