

MARCH 2024

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my Cedarbrae

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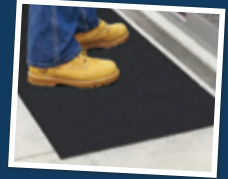
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- Quick turnaround times

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Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US





CEDARBRAE COMMUNITY COFFEE
EVERY MONDAY STARTING ON
JANUARY 8, 2024 10:00AM - 12:00PM
MAIN FLOOR - EVERYONE WELCOME

Drop in and join us for a complimentary hot beverage and warm conversation. This is great way to keep up with friends or meet others in your community in an informal and casual setting.

CCLA MEMBERSHIP NOT REQUIRED - COMMUNITY CENTRE DONATIONS ACCEPTED



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

UPCOMING COMMUNITY PROGRAMS AND EVENTS

Creating Connections

Book Club – The First Tuesday of Every Month, from 1:00 to 2:00 pm

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

Tuesday, April 2 - Open Discussion

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.

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

Please note, this program is inclusive to all age groups!

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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A Message to the Community

In the chill of winter's embrace, we gathered near,
With laughter and joy, spreading cheer.
Skating and tobogganing, under the sky so clear,
At Winterfest, our spirits soared with loved ones near.

To all who came, with smiles bright,
Thank you for making our event a delight.
With every glide and every toboggan ride,
You warmed our hearts community wide.

Through the frosty air, we heard your laughter ring,
As you spun and twirled, making memories spring.
With each sip of hot chocolate, each bite of popcorn salty
and sweet,
You made Winterfest complete.

So, here's a heartfelt thank you, from us to you,
For joining in the fun, for making dreams come true.
Until we meet again, under the winter's glow,
Thank you for being part of our Winterfest show!

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.

Epilepsy Awareness Month
Shine a Light on Epilepsy




Share your purple moments using
#postyourpurple

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Purple Day



epilepsy
association
OF CALGARY

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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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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.



March 2024 Silverbirch District Girl Guides Bottle Collection Event!



- NEED TO GET RID OF THOSE RECYCLABLE BOTTLES THAT ARE PILING UP?
- HATE GOING TO THE BOTTLE DEPOT?
- LOVE HELPING GIRL GUIDES SUPPORT YOUNG WOMEN AND THEIR LEADERS?

WE CAN HELP WITH ALL THAT!

1. You can drop off your bottles and cans at our Bottle Drive:

WHEN? SATURDAY – March 16, 2024 FROM 10 AM TO 2 PM

WHERE? – Braeside Community Association @ 11024 Braeside Dr. SW

(Look for the Bottle Drive Signs and the Bottle Depot Trailer in the parking lot by the outdoor hockey rink.)

IT'S SUPER EASY – JUST DRIVE IN AND WE'LL UNLOAD

OR

2. Prior to the Bottle Drive, Text Dee Pauletig at 403-389-5089 with your Name and Address to ARRANGE A PICK-UP! We'll send someone over to collect your recyclables!

OR

3. NEED COOKIES? \$6.00 per Box. Cookie Sales Support Guiding Activities and Services.

4. We GRATEFULLY accept donations – Cash or Cheques payable to Girl Guides of Canada Silverbirch District.



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Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



BE A COMMUNITY

Snow Angel

Help a neighbour!

To be a Snow Angel, all you have to do is select a sidewalk and keep it clear when it snows. Watch for people in your neighbourhood who could use help removing snow and lend them a hand.

 Cedarbrae
Community Centre

To recognize a Snow Angel in our community, visit www.calgary.ca/volunteer/snow-angels



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Calling All PARENTS
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Good Times MultiSport

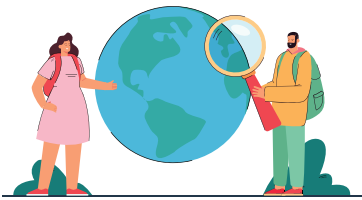
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Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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

NEPTUNE PLUMBING & HEATING LTD: Qualified 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."

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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.

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.

An advertisement for Barker's Fine Dry Cleaning. The top part features the logo "BARKER'S" in large, bold, blue letters, with "FINE DRY CLEANING" in smaller letters below it. Below the logo, the text "PICK UP & DELIVERY SERVICES" is written in large, bold, blue letters. The background of the advertisement shows a rack of light blue shirts hanging on hangers. At the bottom, the phone number "403-282-2226" is displayed in large, white, bold letters on a dark blue background.

BUSINESS CLASSIFIEDS

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and 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, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

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SPRING IN THE SAVINGS! When you purchase a lawn and snow contract you get great reliable service and affordable rates. We will clean your windows at 50% off. Book your lawn aeration today and receive 10% off. When March is gone, so is this offer. Call 587-503-2026. You are just one click away from great service www.begreenlawncare.ca.

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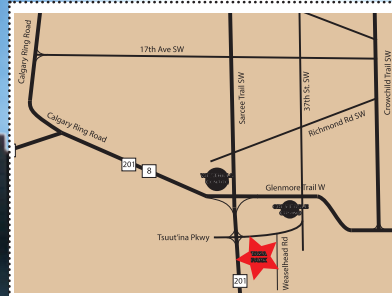
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