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- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
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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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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, except July and August, 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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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.

Landlord-Tenant Brief

by Charmaine Coutinho



For more than ten years, I have been a volunteer lawyer with Calgary Legal Guidance (CLG), offering legal advice to those who would otherwise be unable to access paid legal services. Volunteer lawyers offer summary advice to empower clients to take the next steps in their legal matters. Some of the most common issues I advise on are in the realm of landlord and tenant disputes.

Our provincial government has clear and well-written landlord and tenant rules. Better yet, they have published guidance that makes the law easy to access and understand. The aim of this article is to help our community become more familiar with a few key topics in these rules, at a time when both landlords and tenants are under stress and perhaps looking for ways to improve their circumstances.

What is Covered Under the Residential Tenancies Act (RTA)?

The law is clear and comprehensive, but not all-encompassing. Among the most common exceptions, it does not cover most student housing (where the school is the landlord), continuing care homes, supportive living accommodation, or rooms in the residence of the landlord. If your living situation is not covered by the RTA, you do not get the protections or predictability offered by the RTA; in this case, your lease is the whole contract so try to make it comprehensive.

What Does Coverage Under the RTA Mean?

The RTA creates a set of rights and obligations for landlords and tenants. Importantly, the RTA offers the tenant protections that no lease can override. No matter what the signed lease says, a tenant cannot lose the

protections offered to tenants by the RTA. If the lease contradicts the RTA in any way disadvantageous to the tenant, the tenant can ignore that provision!

What Does an RTA Lease Look Like?

The RTA does not specify the form of lease required. This means that your lease agreement can be written or verbal. If written, it can be typed, scribbled on a napkin, or negotiated over texts. It can be in any language. Or it can be just an agreement in practice - not verbal or written, just a norm that has developed and been accepted by both sides repeatedly. However, unwritten agreements are harder to prove in the event of a dispute.

Regardless of form, make sure your lease covers the essentials: Who are the tenants? How much is rent? Does rent include utilities or internet? What space is the tenant entitled to? Exclusive possession or shared?

What If the Unit Isn't Move-In Ready?

There is little that can practically be done to force a landlord to fix any problems. A tenant can refuse the tenancy, ask a court to order a landlord to get the unit ready, or ask for a rent abatement while remedial work continues. However, for the latter two options, a tenant should acknowledge the significant possibility that the corrections may never be fully completed and be prepared to live in the unit as is.

Unless a tenant has an order from the RTDRS to allow it, a tenant is not permitted to withhold rent to incentivize the landlord nor to cover the costs of doing the repairs themselves.

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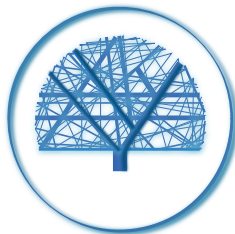
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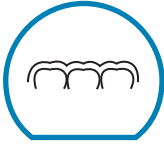
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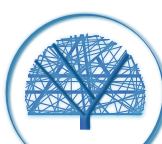
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Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility
- Keeping floors clutter free
- Wearing supportive, well-fitting footwear, both inside and outside of your home
- Reviewing medications with your family doctor or a pharmacist to understand side effects



Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit albertapcns.ca to learn more.

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.



Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.



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Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



Peach and Prosciutto Flatbread

Prep Time: 10 minutes

Cook Time: 7 to 8 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



Roasted Red Pepper and Olive Flatbread

Prep Time: 10 minutes

Cook Time: 10 to 12 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!

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