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Joke of the Month



Did you hear about the mathematician who's afraid of negative numbers?

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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 - Starting 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 Christmas Market

Vendors needed for Cedarbrae Christmas Market on November 3 from 9:00 am to 4:00 pm. Email jolynnm@mycedarbrae.ca or call 403-251-2101 for an application form.

YOUR CITY OF CALGARY

Let's Share the Road Safely and Look Out for Each Other

by the City of Calgary

October's traffic safety focus is Pedestrian Safety.

Most pedestrian collisions happen when we're rushing to get to work, school, an activity, or home.



Weather conditions and daylight changes in the fall make it harder for people to see.

When driving or cycling, be ready in case pedestrians make unexpected moves.

- Never pass a stopped vehicle at a crosswalk.
- Pay attention to pedestrians when turning.
- Watch for children. Drive cautiously through areas where children could be walking or playing.
- Be patient – especially with seniors or pedestrians with disabilities who need time to cross the road.

Pedestrians

- Don't assume drivers see you. When waiting to cross a road, make sure cars have come to a stop before proceeding. Make eye contact and wave.
- Don't walk distracted. Keep your head up.
- Walk on sidewalks. If there's no sidewalk, walk facing traffic.
- When walking to train stations, look both ways when crossing the tracks and obey traffic signals.
- Use point, pause, proceed to let drivers know you're entering a crosswalk.
- It's important to teach children how to safely cross the street. Practice safe crossing skills to help them learn how to navigate our streets safely.
- Remind kids not to run into the street or cross between parked cars
- Help kids to identify and understand car turn signals and back up lights and to be alert for cars turning or backing up.
- Teach kids to put phones, headphones, and devices down when crossing the street.

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 Johnner
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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VENDORS NEEDED

**Cedarbrae
Christmas Market
November 3, 2024**

jolynnm@mycedarbrae.ca
OR
**CALL (403) 251 2101 FOR
MORE INFORMATION**

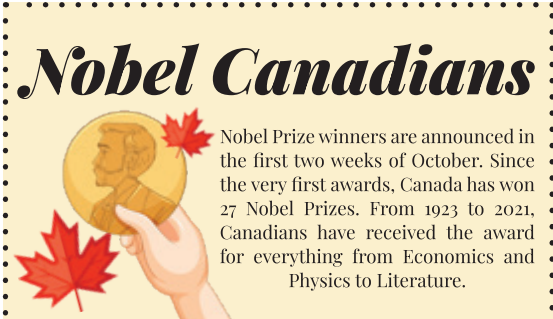


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Nobel Canadians

Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.

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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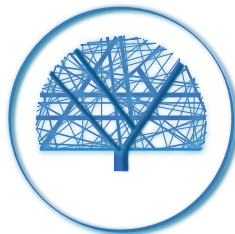
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12112	Fluoride Treatment	\$34.66	\$34.66

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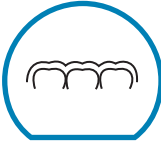
**CERAMIC
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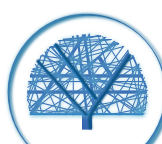
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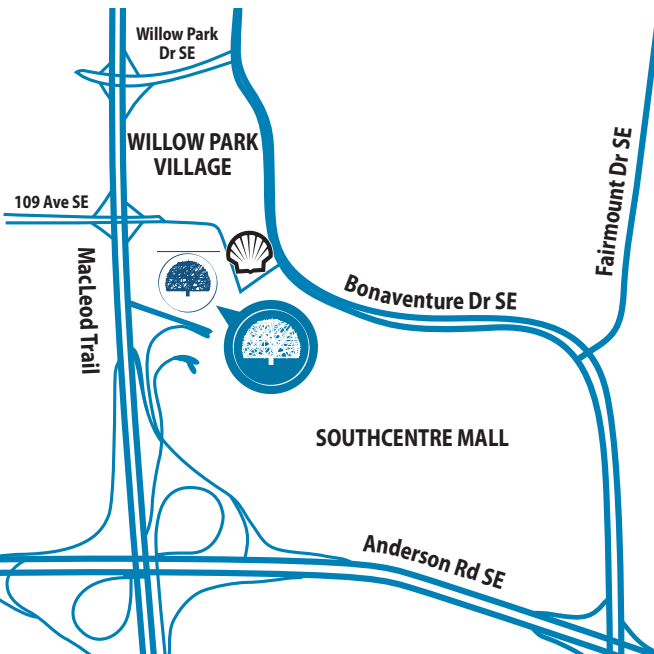


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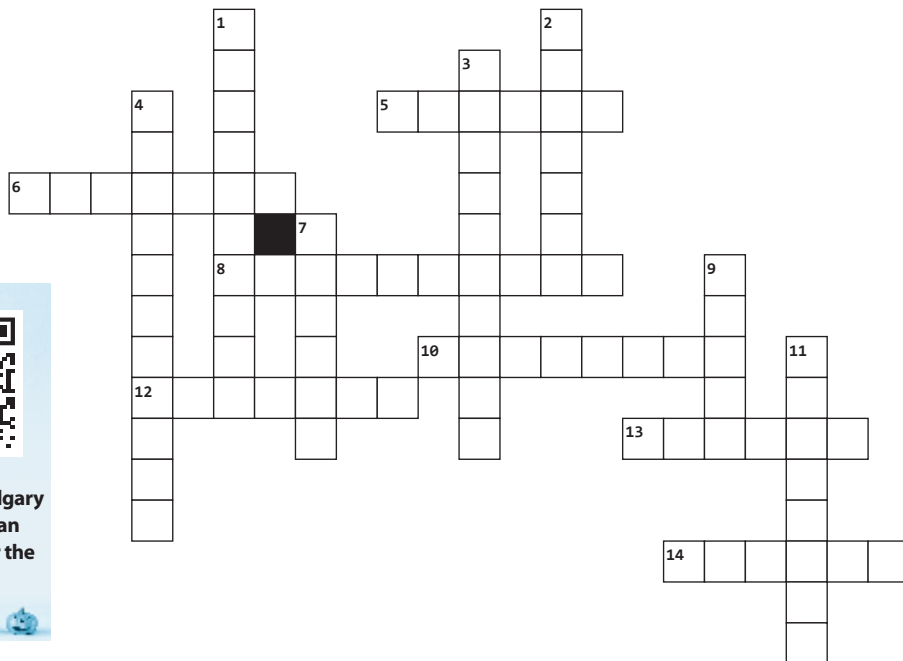
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October Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

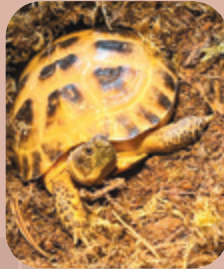
Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

Cats, Canines, & Critters of Calgary



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Dry Bones,
McKenzie Lake



Harper Lee, Beddington



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Word of the Month

Flibbertigibbet: noun (flib-er-tee-jib-it)

An excessively talkative, flighty, or light-headed person.

She was sitting next to a flibbertigibbet on the train ride to work.



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.



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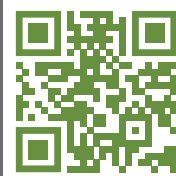
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- Supply & install new tile to ceiling
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