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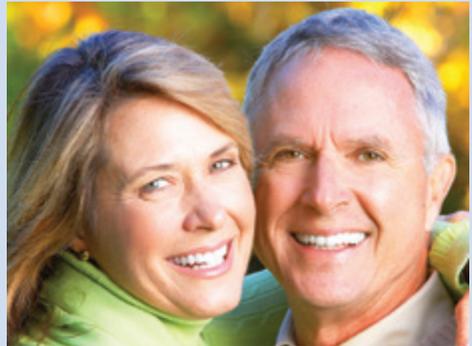
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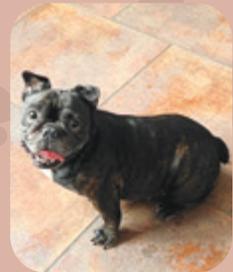
Cats, Canines, & Critters of Calgary



Lily and Fern, *Calgary*



Enzo, *Calgary*



Molly, *Elbow Scene*



Roscoe,
McKenzie Towne



Stella,
Elbow Scene



Tigger,
Elbow Scene



Willow,
McKenzie Towne

To have your pet featured, email news@mycalgary.com

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.

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	Joyce Wright
Member at Large	Cathie Heys
Member at Large	Cathy Roczkowsky
Member at Large	Vacant

Cedarbrae Community Centre Contacts

General Inquiries	info@mycedarbrae.ca
Office Hours	Monday to Wednesday 10:00 am to 3:00 pm Friday By appointment only Thursday and Sunday Closed



COMMUNITY COFFEE

MONDAYS 10AM-12PM
MEMBERSHIP NOT REQUIRED

Parkview Room

info@mycedarbrae.ca

CEDARBRAE COMMUNITY CENTRE

SENIORS CARDS
Make time for fun

MEMBERSHIP REQUIRED

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Parkview Room

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July 2025

Cedarbrae Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:00 to 8:00 pm Pickleball	2 10:00 am to 4:00 pm Pickleball 5:00 to 8:00 pm Pickleball	3 10:00 am to 12:00 pm Pickleball	4 10:00 am to 2:00 pm Pickleball	5
6	7 10:00 am to 4:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards	8 6:00 to 8:00 pm Pickleball	9 10:00 am to 4:00 pm Pickleball	10 10:00 am to 12:00 pm Pickleball	11 10:00 am to 4:00 pm Pickleball	12 10:00 am to 4:00 pm Pickleball
13 10:00 am to 4:00 pm Pickleball	14 10:00 am to 4:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards 5:00 to 7:00 pm Pickleball	15 6:00 to 8:00 pm Pickleball	16 10:00 am to 4:00 pm Pickleball	17 10:00 am to 12:00 pm Pickleball	18 10:00 am to 4:00 pm Pickleball	19 10:00 am to 4:00 pm Pickleball
20 10:00 am to 4:00 pm Pickleball	21 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards	22	23	24	25	26 10:00 am to 4:00 pm Pickleball
27 10:00 am to 4:00 pm Pickleball	28 10:00 am to 4:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards 5:00 to 7:00 pm Pickleball	29 6:00 to 8:00 pm Pickleball	30 10:00 am to 4:00 pm Pickleball	31 10:00 am to 12:00 pm Pickleball		

Volunteer Spotlight

There are hundreds of jobs big and small that need to be done to keep the Cedarbrae Community Centre running smoothly. When all of our folding event tables needed a good scrubbing our intrepid seniors' coffee group took on the job.

At first glance this may not sound like much fun. Our seniors' group however is full of giving, joyful volunteers who have created true bonds of friendship and community. No drudgery here, instead there was a steady stream of lively conversation and lots of laughter! As well, a delicious lunch served to top off the get together. A big thank-you goes out to these volunteers who continue to do such great work for our centre!

It's just that easy, finding someone to talk to, making new friends, creating a life of purpose all these can be found at the Cedarbrae Community Centre! You're always welcome to join us in any way you can contribute, check out the possibilities, complete this month's newsletter survey or stop by the Centre to say hello, we'd love to see you.



Cedarbrae Community League Association News

The Cedarbrae Community League Association (CCLA) is guided by a dedicated volunteer Board of Directors, elected by the members of our community. The Board meets at the Cedarbrae Community Centre on the second Tuesday of every month at 6:30 pm, with the exception of July and August.

Many thanks to all of the vendors and volunteers who made our Stampede BBQ lunch such a huge success! It's one of our biggest events of the year and we love to see the whole neighbourhood coming together in celebration!

All the events happening at the centre are only possible thanks to the hard work and dedication of our amazing volunteers. Want to make our community a better place? Be the change you want to see in the world and join us! We are seeking fresh ideas and talented individuals who are eager to share their time and expertise to help bring these initiatives to life.

This month's newsletter includes a survey so that we can gauge what the members of our neighbourhood are looking for from their Community Centre. Please take a few minutes to complete the survey which you can drop off in person, or complete online. Your voice matters, and we look forward to hearing from you!

To get involved or for more information, visit mycedarbrae.ca, email us at info@mycedarbrae.ca, or call 403-251-2101.

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PICKLEBALL OPEN HOUSE

Cedarbrae Community Centre
11024 Oakfield Dr. SW
5:00 to 8:00 pm
Wednesday, July 2, 2025



Try your hand at the game.
Learn about introductory lessons.
Learn about our recreational program with
different levels of play.
Learn about our summer indoor and
fall/winter schedules.

Men's 30+

\$10 Drop-in Ball Hockey



CEDARBRAE COMMUNITY CENTRE
THURSDAYS
8:30 - 10:30PM

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Let's Talk Cedarbrae!

The Cedarbrae Community League Association would like to hear from you, the members of our community. Please take a few moments to fill out this simple survey about what you would like to see happen at our Community Centre.



Please include any of your own ideas. Our community works best when more people get engaged and involved. You can scan the above QR code to complete the survey online or fill out this paper copy and come drop it off at the Community Centre, we'd love to see you!

What type of events do you think are best hosted at our Community Centre:

- Meet the neighbour night
- Guest speaker or educational lectures
- Wellness information or seminars
- Games events, cards, kids' games days
- Community cleanups

- Pub nights or evening socials
- Arts, crafts, or hobbies
- Day outings or trips for seniors
- Town hall events with local elected representatives
- Gardening how-to events
- Seniors meet-ups
- Kids meet-ups
- Other suggestions:

Are you interested in joining in or helping with community events:

- Yes, I'd like to volunteer
- I have specific skills I'd like to share
- I want to join in on events and meet my neighbours
- I have ideas I want to share:



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Cedarbrae Real Estate Update

Last 12 Months Cedarbrae
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2025	\$499,900	\$540,000
April 2025	\$569,900	\$560,000
March 2025	\$534,900	\$534,900
February 2025	\$529,900	\$533,000
January 2025	\$519,850	\$514,600
December 2024	\$614,900	\$609,950
November 2024	\$575,000	\$555,000
October 2024	\$589,500	\$593,450
September 2024	\$499,900	\$490,000
August 2024	\$550,000	\$545,000
July 2024	\$484,950	\$496,750
June 2024	\$549,700	\$570,000

Last 12 Months Cedarbrae
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2025	17	7
April 2025	8	7
March 2025	12	9
February 2025	6	7
January 2025	8	6
December 2024	2	4
November 2024	6	7
October 2024	7	6
September 2024	11	11
August 2024	10	9
July 2024	10	12
June 2024	15	14

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



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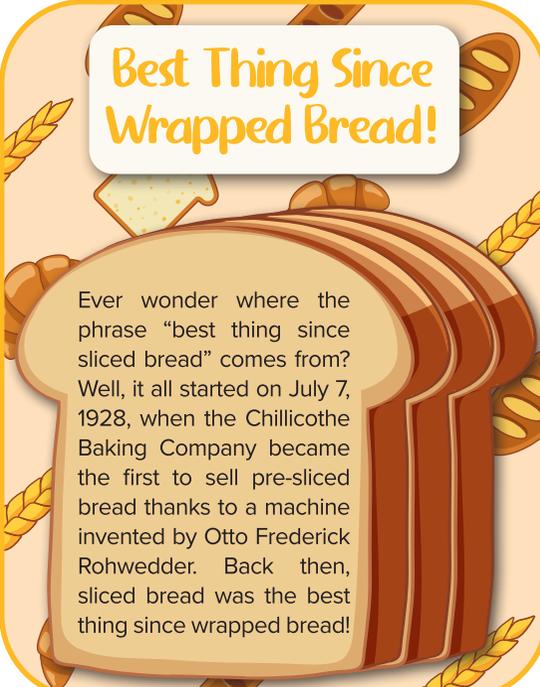



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Best Thing Since Wrapped Bread!



Ever wonder where the phrase “best thing since sliced bread” comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!

COMMUNITY CLEAN UP

SEPTEMBER 7, 2025
9:00 AM TO 2:00 PM

CEDARBRAE COMMUNITY CENTRE

11024 Oakfield Dr SW



What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

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SCAN ME

A Canada Day Message from Your Member of Parliament



Honouring our veterans at the Horton Road Royal Canadian Legion.

As summer and Canada Day celebrations kick off, we reflect on the promise of Canada.

A nation where citizen is master and government is servant. A nation defined by freedom, and the responsibilities of upholding those freedoms for all. Where it doesn't matter where you are from, but what you can do. Where you can think big and dream big and realize your full potential.

This legacy of freedom is more important than ever. When first elected two years ago, and again in April, I vowed to confront threats to our democracy—foreign and domestic. Across the world, authoritarian regimes are on the rise, and here at home, mobs are on the march. They seek to undermine everything that has made Canada the greatest country on earth.

Amid all this however, I am thankful for our heritage and our inheritance of freedom, the sacrifice our veterans have made to defend our freedoms, and to all who dedicate themselves to cherish and uphold those freedoms. Ours is a promise to keep. And with it, a decision to make.

At over 40 million people strong, let us choose to build the freest, most prosperous country in the world, not because we're perfect, but because we never relent in our pursuit of perfection.

Let us choose to overcome indifference and apathy, and decide instead to step up, serve our fellow citizens, lift up those who are hurting, and restore the promise of freedom for this great country.

I wish you and your families a wonderful Canada Day. May God keep our land glorious and free.

Shuvaloy Majumdar

MP Calgary Heritage

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We are accepting submissions for our monthly newsletter. Have a photo you want to share with the community? Send them to info@mycedarbrae.ca.
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Word of the Month

Lugubrious: Adjective
(loo-GOO-bree-us)



Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- 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
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE **\$12,679**

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- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
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- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE **\$14,639**

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