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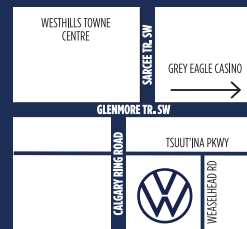
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# Cedarbrae Community League Association Board of Directors

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	<a href="mailto:info@mycedarbrae.ca">info@mycedarbrae.ca</a> 403-251-2101
Office Hours	<b>Monday to Friday</b> 10:00 am to 3:00 pm  <b>Weekends</b> By appointment only



SCAN HERE TO VIEW ADDITIONAL CEDARBRAE CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics

# COMMUNITY COFFEE

MONDAYS 10AM-12PM  
MEMBERSHIP NOT REQUIRED

Parkview Room

[info@mycedarbrae.ca](mailto:info@mycedarbrae.ca)

CEDARBRAE COMMUNITY CENTRE

MEMBERSHIP REQUIRED

# SENIORS CARDS

Make time for fun

Mondays: 1pm-4pm  
Parkview Room

Games to Play  
BRIDGE, CRIB, CANASTA

More information: 403-251-2101 or [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca)

## 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.

We'd like to thank all the vendors, volunteers, and city workers who helped to make our annual community cleanup such a huge success. To everyone who took part, congratulations on making your home, yard, and the whole community that much better!

Many other recent events at the Centre have been successful and well attended. A big thank-you goes out to our favourite local Mexican spot Sabores for hosting our Learn to Make Pico de Gallo and Guacamole night, yum! The Trunk Sale, Mom and Tot Market, Garden Classes, Business Expo, and so much more. Our Community Centre is a buzz with activity. Check out upcoming events in this newsletter, find something that interests you and come join us, we'd love to see you!

All the events happening at the Centre are only possible thanks to the hard work and dedication of our amazing volunteers. Are you looking to improve your skills? Want to add some volunteering to your resume or school applications? We welcome you to come find an opportunity to share your expertise and passion with your community! We are currently looking for grant writers for a variety of potential projects to upgrade our Community Centre and make it accessible to everyone in our neighbourhood. Get in touch if you'd like to take on this or another exciting new challenge!

To get involved or for more information, visit [mycedarbrae.ca](http://mycedarbrae.ca), email us at [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca), or call 403-251-2101.



# Yoga With Val

Join our wonderful instructor Val for a relaxing and rejuvenating class. Participants of all ages and levels welcome

9:30am - 10:30am  
Tuesdays and Thursdays  
Cedarbrae Community Centre  
11024 Oakfield Dr SW

Tuesdays: Floor Yoga  
Thursdays: Chair Yoga

\$15 Drop-in

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# October 2025

## Cedarbrae Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot time	2 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Chair Yoga 8:30 to 10:30 pm Ball Hockey 7:00 to 8:00 pm Community Engagement Evening Hangouts	3 9:00 am to 5:00 pm Pickleball	4 9:00 am to 3:00 pm Pickleball 5:00 pm to 12:00 am Octoberfest
5 9:00 am to 3:00 pm Pickleball	6 9:00 am to 5:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards	7 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Yoga 7:00 to 8:00 pm Community Engagement Evening Hangouts	8 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot time 8:00 am to 11:30 pm Casino Event-Elbow River	9 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Chair Yoga 8:30 to 10:30 pm Ball Hockey 7:00 to 8:00 pm Community Engagement Evening Hangouts 8:00 am to 11:30 pm Casino Event-Elbow River	10 9:00 am to 5:00 pm Pickleball	11 9:00 am to 3:00 pm Pickleball
12 9:00 am to 3:00 pm Pickleball	13 9:00 am to 5:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards	14 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Yoga 7:00 to 8:00 pm Community Engagement-Evening Hangouts	15 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot time	16 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Chair Yoga 8:30 to 10:30 pm Ball Hockey 7:00 to 8:00 pm Community Engagement Evening Hangouts	17 9:00 am to 5:00 pm Pickleball	18 9:00 am to 3:00 pm Pickleball
19 9:00 am to 3:00 pm Pickleball	20 9:00 am to 5:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards	21 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Yoga 7:00 to 8:00 pm Community Engagement Evening Hangouts	22 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot time	23 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Chair Yoga 8:30 to 10:30 pm Ball Hockey 7:00 to 8:00 pm Community Engagement Evening Hangouts	24 9:00 am to 5:00 pm Pickleball	25 9:00 am to 3:00 pm Pickleball
26 9:00 am to 3:00 pm Pickleball	27 9:00 am to 5:00 pm Pickleball 10:00 am to 12:00 pm Community Coffee 1:00 to 4:00 pm Seniors Cards	28 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Yoga 7:00 to 8:00 pm Community Engagement Evening Hangouts	29 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot time	30 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Chair Yoga 8:30 to 10:30 pm Ball Hockey 7:00 to 8:00 pm Community Engagement Evening Hangouts	31 9:00 am to 5:00 pm Pickleball	

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: \$17,679*

SALE **\$13,879**  
*Limited Supplies*

### SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- 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**

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## Volunteer Spotlight: Some Friendships Are Forever

When Margaret (Marg) Pocock and Ayesha Shaikh met as co-workers teaching high school together years ago, they quickly recognised each other as kindred spirits. Both of them held a passion for their work, similar interests and a love of lifelong learning, family and adventures. They sang in choir together, took joint family camping trips, attended book and coffee clubs together, as well as becoming enthusiastic early converts to the local pickleball movement. Two women who saw the world in a very similar way, best friends, ride or die.

When Marg did die, from cancer, early in 2024 Ayesha knew she'd need to honour and keep alive the memory of someone who meant so much to her and so many others. Ayesha remembered all the new pickleball players Marg had mentored and encouraged and chose to recognise Marg by way of the sport. Both had played at the Cedarbrae Community Centre where lots of other players wanted to pay tribute to Marg as well.

The Margaret Pocock Memorial Pickleball Tournament was started just a few short months after Marg's passing. Raising funds for The Canadian Cancer Society the tournament has been held successfully two years running with the hope that it will continue for many years to come. Our CCLA secretary Belinda Halischuk jumped in to help Ayesha organise the event and the pickleball players based out of our Community Centre have opened their hearts and wallets to ensure its success.

Canada has the example of Terry Fox to show us that grassroots fundraisers just like Marg's Tournament can and do make a difference. Calgary through our university and the J.E Child Cancer Centre (formerly Tom Baker) has become a hub for cancer care and research. In Cedarbrae we all have been touched by cancer, through our own battles, or those of our loved ones. Events like Marg's Tournament are how we honour those we've lost, and fight cancer directly in our community.

As Ayesha reminds us: your community is more than the house you live in, and its only as strong as the energy you put into it. This is how it's done, one person starting something, drawing more in, and making the world a better place. Thank-you Ayesha and thank you Marg!



*The photo is of Marg and her husband Rod, one of her favourites.*

**CEDARBRAE COMMUNITY CENTRE**

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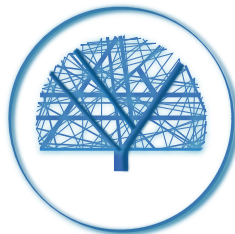
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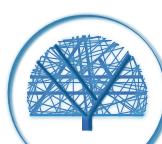
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# Cedarbrae Centre Rental Rates 2025

## Rooms:

Room	Regular rate per hour	8+ Hours	16+ Hours	Damage deposit
<b>Half-Gym</b>	\$51	\$45.88	\$43.38	\$1,000
<b>Full Gym</b>	\$85	\$76.50	\$72.25	\$1,000
Only for sports not for events				
<b>Parkview</b>	\$45	\$40.50	\$38.25	\$400
Dining: 20 Seating: 35				
<b>Gardenview</b>	\$46	\$39.15	\$37.75	\$400
Dining: 30 Seating: 30				
<b>Aspenview</b>	\$42	\$35.75	\$34.45	\$400
Dining: 28 Seating: 30				
<b>Aspen/ Gardenview Rooms</b>	\$80	\$72	\$68	\$400
Dining: 58 Seating: 60				

## Add ons:

Add On	Rate per Hour
Audio/Visual	\$20
Kitchen	\$5



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# Upcoming Events

**OCT 4**  
5PM - MIDNIGHT  
 Octoberfest

**OCT 8 & 9**  
ELBOW RIVER CASINO

**OCT 25**  
11 AM - 1 PM  
 Italian Cooking Class

**NOV TBA**  
Annual AGM

**NOV 22**  
TBA  
 Cooking Class

**NOV 29 & 30**  
11 AM - 4 PM  
 Christmas Market & Bake Sale

**DEC TBA**  
Children's Cookie Decorating Class

**DEC 7**  
TBA  
 Volunteer Appreciation

**JAN 1**  
Happily New Year

*Cedarbrae Community Centre*  
[www.mycedarbrae.ca](http://www.mycedarbrae.ca)

*The Cedarbrae Community Centre Presents*

# Evening Hangouts

**Tuesdays & Thursdays from 7PM to 8PM**

STARTING ON SEPTEMBER 9.

MEET YOUR NEIGHBORS, TAKE PART IN PLANNING OUR FUTURE PROGRAMMING, AND GET IN THE KNOW ABOUT UPCOMING VOLUNTEER OPPORTUNITIES.

NO FEE OR MEMBERSHIP REQUIRED. ALL WELCOME. CAMPFIRE AND S'MORES WHILE SUPPLIES LAST, WEATHER PERMITTING. WILL BE HELD INDOORS DURING INCLEMENT WEATHER.

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# Recreational Pickleball

**At the Cedarbrae Community Centre**

Self-Rated, Casual Pickleball  
New hours starting in September  
2-hour sessions from 9AM  
Until 5PM on weekdays and 3PM on weekends  
Membership and registration required

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# Men's 30+

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403-669-6739 OR SUART@SHAW.CA

# All Hands On Deck the Community Cleanup

Way to go, Cedarbrae!

Our 2025 Community Cleanup was again a huge success. In five hours, we processed 330+ vehicles, managed to collect five full garbage trucks of waste, two 40 cubic yards metal bins, seven bins of electronics, and two trailer loads of tires.

We would not have had the success we did without the many volunteers we had that helped unload and support each other. Special shout out to the Torpedo Water Polo Club for sending volunteers to help with the event.

A huge thank you to volunteers that combed our back alleys and helped people who could not get out to the event. This includes Dan and family from Be Green Lawn Care, who supplied a truck and trailer and the labour, DJ, who used his own pick-up truck to pick up several loads, and a few others that helped with the back alleys.

This event would not be successful without the great many volunteers who helped out.

Special thanks to our partners who donated food this event, including:

- Sammy's Pizza
- CPU Pizza
- Tim Hortons Braeside

The suppliers helped fuel the volunteers all day long.

Thanks to all the partners that showed up to haul the stuff away, including:

- The City of Calgary
- Evraz Metals
- Techno Trash Electronics
- Braeside Automotive

It was a great event, thanks again to everyone. Hope to do it again next year!

Always looking for new volunteers!



## Let's Talk About It Cedarbrae: Strengthening Community Ties

### CCLA Donates 100 Chairs to Sunalta Community Association

The Cedarbrae Community League Association (CCLA) has generously donated 100 chairs to the Sunalta Community Association, demonstrating a strong commitment to supporting local communities. This is a photo capturing the moment when Kaylee Bossert, Director of Operations at Sunalta Community Association, a representative of the Sunalta Community Association, received the donation on their behalf. Kaylee has given her consent for the image to be shared across our media platforms, allowing us to highlight this meaningful contribution and promote the spirit of collaboration and community support.





## 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 memberships to participate, or in some cases you will receive special pricing for being a member of the Cedarbrae Community League Association in good standing.

Following the approval of the recent Cedarbrae Community League Association bylaw, we would like to inform you of an important update to the Cedarbrae Community League Association membership structure. Memberships are now issued per individual over the age of 18. This means that each adult in your household who wishes to be a member will need to hold their own membership.

Visit our website at <https://www.mycedarbrae.ca/> and buy your memberships today!

- Resident membership - \$12
- Non-resident membership - \$12

**Important notice:** memberships are renewed annually from the date of membership purchased.

## GAMES & PUZZLES

### Guess the Squash!

1. This winter squash is popular in making Jack-o'-lanterns.
2. The British refer to this summer squash as a courgette.
3. This elongated squash grows on a vine and has a bulbous bottom that stores its seeds.
4. This squash resembles the shape of a flying saucer!
5. This squash shares its name with an elongated yellow fruit.
6. Like the fruit of an oak tree, this squash shares the same name and shape.



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ANSWERS!







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CEDARBRAE COMMUNITY LEAGUE ASSOCIATION

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## **NEWSLETTER**

### **PHOTO**

### **SUBMISSIONS**

We are accepting submissions for our monthly newsletter. Have a photo you want to share with the community? Send them to [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca). Thanks!

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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# Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

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SCAN ME



# ALEX WILLIAMS FOR WARD 11



## Calgary's Future Announces Official Endorsement for Ward 11: Alex Williams

### Alex Williams is ready to listen

Calgary City Council candidate Alex Williams is a born and raised south Calgarian. Alex co-founded Calgary Transit Riders to improve public transit safety and reliability. He advocates for housing affordability to ensure all Calgarians have a place they can call home. His work in transit and housing advocacy reflects his commitment to building a better Calgary for everyone.

As a professional podcast editor, Alex has developed excellent listening skills and can understand diverse perspectives. Alex not only has years of experience driving meaningful change, he has lived experience of his community's challenges and is committed to being available to residents to hear their concerns.

### Here's why Alex Williams is the right choice

Alex is dedicated to making Ward 11 a safer, more connected, and affordable place to live. Because Alex prioritizes listening and transparency, he'll keep residents' needs at the heart of decision-making. His experience advocating for practical, people-focused solutions to local issues will make him a highly effective councillor.

## Here's why we're endorsing Alex Williams

- **Good listener:** Experienced podcast editor
- **Transit advocate:** Co-founded Calgary Transit Riders
- **Grassroots builder:** Takes action for housing to keep Calgary affordable

*"The city I want to build while on Council is the city I want to live in when I'm 60, a city built for people in all phases of life, a city I know the next generation will be proud to call home."*

**— Alex Williams, Calgary City Council Candidate for Ward 11**



If you want to hear more about where Alex Williams stands on the critical issues facing Calgarians, check out his answers to our Candidate Questionnaire