# my Cedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER





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Rusty, Glenbrook

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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 info@mycedarbrae.ca

403-251-2101

Office Hours Monday to Friday

10:00 am to 3:00 pm

Weekends

By appointment only



### SCAN HERE TO VIEW ADDITIONAL CEDARBRAE CONTENT

News, Events, & More



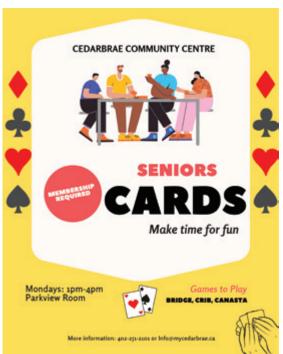
Crime Statistics



Real Estate Statistics







### **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 remind everyone that it's back to school time yet again. We live in a community with lots of school age children, schools, and daycares and day-homes. Please keep an eye out to all the kids who will be out and about and remember to reduce your speed in playground zones and residential areas. Cedarbrae is a safe place to grow up, let's do our best to keep it that way!

Once every two years our Community Centre has a huge opportunity to raise money through The Alberta Gaming, Liquor and Cannabis charitable fundraising program. This year our event is at The Elbow River Casino on October 8 and 9. If you can, please consider volunteering so that we can make the most of this event. Please email the centre at the address below if you can help out.

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? The Centre is 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 exciting new challenge!

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





**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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### September 2025 Cedarbrae Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 am to 5:00 pm Pickleball	9:00 am to 5:00 pm Pickleball	9:00 am to 5:00 pm Pickleball	9:00 am to 5:00 pm Pickleball	5 9:00 am to 5:00 pm Pickleball	9:00 am to 3:00 pm Pickleball
	10:00 am to 12:00 pm Community Coffee	9:30 to 10:30 am Yoga	5:00 to 7:00 pm Open Pickleball	9:30 to 10:30 am Chair Yoga	5:00 to 7:00 pm Open Pickleball	3:00 to 5:00 pm Open Pickleball
	1:00 to 4:00 pm Seniors Cards	5:00 to 7:00 pm Open Pickleball		8:30 to 10:30 pm Ball Hockey		
	5:00 to 7:00 pm Open Pickleball					
9:00 am to 3:00 pm Pickleball	9:00 am to 5:00 pm Pickleball	9 9:00 am to 5:00 pm Pickleball	9:00 am to 5:00 pm Pickleball	9:00 am to 5:00 pm Pickleball	12 9:00 am to 5:00 pm Pickleball	13 9:00 am to 3:00 pm Pickleball
3:00 to 5:00 pm Open Pickleball	10:00 am to 12:00 pm Community Coffee	9:30 to 10:30 am Yoga	5:00 to 7:00 pm Open Pickleball	9:30 to 10:30 am Chair Yoga	9:30 to 10:30 am Chair Yoga	11:00 am to 1:00 pm Put Your Garden to Bed
9:00 am to 1:30 pm Community Cleanup	1:00 to 4:00 pm Seniors Cards	5:00 to 7:00 pm Open Pickleball	9:30 to 11:00 am Tots Time	8:30 to 10:30 pm Ball Hockey	5:00 to 7:00 pm Open Pickleball	3:00 to 5:00 pm Open Pickleball
	5:00 to 7:00 pm Open Pickleball	7:00 to 8:00 pm Community Engagement Evening Hangouts		7:00 to 8:00 pm Community Engagement Evening Hangouts		
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3:00 to 5:00 pm Open Pickleball	10:00 am to 12:00 pm Community Coffee	9:30 to 10:30 am Yoga	4:00 to 7:00 pm Jelly Beans Dance	9:30 to 10:30 am Chair Yoga	9:30 to 10:30 am Chair Yoga	3:00 to 5:00 pm Open Pickleball
	1:00 to 4:00 pm Seniors Cards	5:00 to 7:00 pm Open Pickleball	9:30 to 11:00 am Tots Time	8:30 to 10:30 pm Ball Hockey	5:00 to 7:00 pm Open Pickleball	
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3:00 to 5:00 pm Open Pickleball	10:00 am to 12:00 pm Community Coffee	9:30 to 10:30 am Yoga	5:00 to 7:00 pm Open Pickleball	9:30 to 10:30 am Chair Yoga	9:30 to 10:30 am Chair Yoga	3:00 to 5:00 pm Open Pickleball
	1:00 to 4:00 pm Seniors Cards	5:00 to 7:00 pm Open Pickleball	9:30 to 11:00 am Tots Time	8:30 to 10:30 pm Ball Hockey	5:00 to 7:00 pm Open Pickleball	
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9:00 am to 3:00 pm Pickleball	9:00 am to 5:00 pm Pickleball	30 9:00 am to 5:00 pm Pickleball				
11:00 am to 3:00 pm Small Business Expo	10:00 am to 12:00 pm Community Coffee	9:30 to 10:30 am Yoga				
1:00 pm to 3:00 pm Learn to Make Curry and	1:00 to 4:00 pm Seniors Cards	5:00 to 7:00 pm Open Pickleball				
3:00 to 5:00 pm Open Pickleball	5:00 to 7:00 pm Open Pickleball	7:00 to 8:00 pm Community Engagement Evening Hangouts				

## **Let's Talk About It Cedarbrae: Fundraising**

Our Community Centre must raise money to keep the doors open and programs running. The Centre's funds come through rentals, grant money, and direct fundraising. The biggest opportunity to directly raise funds is through the Alberta Gaming Liquor and Cannabis (AGLC) charitable fundraising program. Alberta is the only province that provides this unique style of direct money raising and such occasions are only available to local communities once every two years. These events bring in a large portion of the funds the Centre needs to keep running. This year we are hoping to have funds for HVAC repairs, accounting fees, community events, and workshops.

The event consists of a group of local volunteers providing staff to a casino. This year the Cedarbrae crew will be working at The Elbow River Casino on October 8 and 9. More volunteers are needed, and we'd like to encourage more people in the community to get involved. There is full training provided on the day of, and a delicious meal supplied as well. All you need to join in is a clean criminal record, a willingness to learn, and a water bottle to stay hydrated! Please contact the Centre office via email at info@mycedarbrae.ca if you can join in for this most important event. Let's keep the doors open, the lights on, and the new ideas and programs coming into our community!



### Stampede 2025: An Amazing Event!

A big thank you to all the volunteers, participants, performers, and guests who joined us for this year's Stampede lunch. It was special year for Cedarbrae as we celebrated our 50<sup>th</sup> year as a community with a lovely certificate presented by Mayor Gondek. Well done, Cedarbrae, and here's to the next 50 years!









Call Bob: 403-461-3490



## Volunteer Spotlight: Debbie VanDeventer, Growing Joy



This September 13 the Centre's resident garden guru Debbie VanDeventer will be hosting yet another of her very popular gardening classes. This month's class focuses on the end of the season, putting your garden to bed to ensure a healthy start next spring. Debbie's classes are

always buzz with great energy, laughter, learning, and the joy she has found and passed on to others.

Debbie, like many of us, had to switch gears part way through life. She gave up a career she'd found happiness and success with and started all over again. Debbie already had an interest in gardening, so chose to spend years back in school getting certified as a horticulturalist. A brave move that paid off as Debbie found not only that she could succeed in growing almost anything, but that she had a talent for teaching others as well. Now retired, Debbie is still incredibly busy with all her work to improve the community gardens and volunteering to educate growers in our neighbourhood and beyond.

Calling what she does garden coaching; Debbie takes local gardeners and students who consider themselves 'black thumbs' and shows them there is no such thing. She turns those hesitant to try or hesitant to fail into enthusiastic, empowered gardeners ready to grow. Her infectious passion for all the possibilities in a yard, garden bed, or even a little pot on a balcony have made her the person to reach out to for all things growing. She has passed on that huge sense of accomplishment that comes from nurturing something on your own and seeing it flourish. Making all those she coaches happier, healthier, and wiser while making our little corner of Calgary, greener, lusher, and more beautiful.

Debbie has a long-term vision for what our community gardens can be, as well as possibilities for our yards, balconies, and green spaces. Her willingness to jump in and try new ways of doing things has shown proven results and inspired many who've seen her garden plots to try and match what she's done. More than anything though Debbie's example is one we can all look to because the joy she's found gardening and volunteering in our community is evident, unmistakable, and contagious!

Thank you Debbie!

### **All Hands On Deck!**

Another round of all those big and little jobs around the Centre with volunteers jumping into the breach to get it done! This summer the Centre's parking lot got new signage, freshly painted lines, and a brand new loading zone. A great big thank you to Andrew, Ariel, Lisa, John, and Shelley for all their hard work in the summer sun, the Centre parking lot looks great!

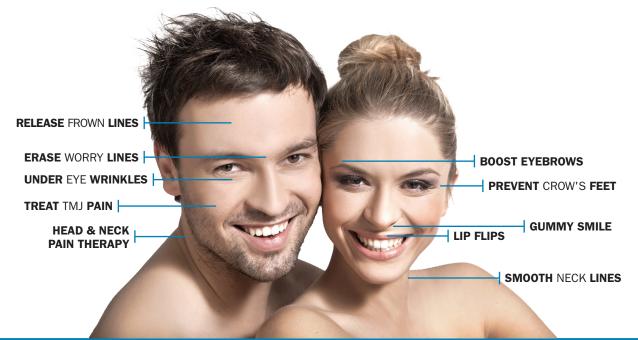








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12112	Fluoride Treatment	\$36.05	\$36.05

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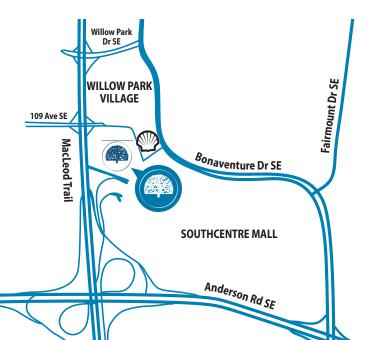


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## Upcoming Events



13 11 AM - 1 PM Put your Garden to Bed

Class

28 11 AM - 3 PM

Small Business Expo and Market 28 1pm -3pm

Learn to Make Curry and Butter Chicken

OCT

SPM -MIDNIGHT

Octoberfest

8 & 9
ELBOW RIVER CASINO
Small Business Expo

and Market

25 11 AM - 1 PM

Italian Cooking Class

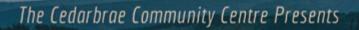
22

Cooking Class

29 & 30

Christmas Market & Bake Sale DEC 7 TBA

Cedarbrae Community Centre
www.mycedarbare.ca



## Evening Hangouts

Tuesdays & Thursdays from 7PM to 8PM

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### SAFE AND SOUND

### **Back to School Safety**

by Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play - road safety is a shared responsibility.

#### Motorists

- · Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- · Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- · Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

#### **Around School Buses**

- · Flashing amber lights mean a bus is slowing down to stop - motorists should do likewise.
- · No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.

· Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

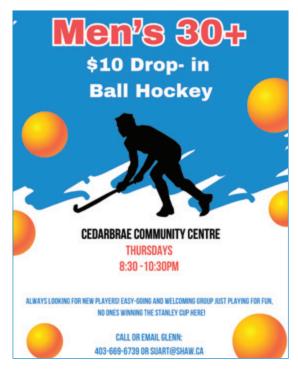
#### **Pedestrians**

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- · Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- · When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- · Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- · If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



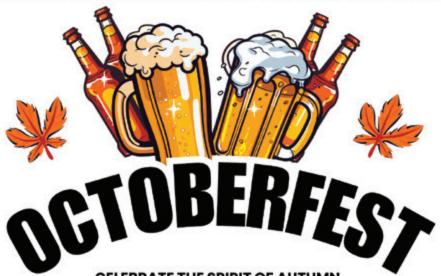








### CEDARBRAE COMMUNITY CENTRE PRESENTS



CELEBRATE THE SPIRIT OF AUTUMN WITH OCTOBERFEST AND UNFORGETTABLE MOMENTS!









## GAMES & PUZZLES Guess the School Tool!

- 1. In the early 1960s, the first one of these was created to assist with number manipulation.
- Before rubber, tablets of wax and crustless bread were both used at one point to do the job of this school tool.
- 3. A semi-circular measurement tool that deals with angles.
- 4. An organizer typically characterized by its circular or D-shaped retainers.
- 5. The first of these vibrant, attention-drawing school tools was invented by Dr. Frank Hon in 1963.
- Alphabetical reference books that are always being updated, named after the Latin word for "the act of speaking".



SCAN THE QR CODE FOR TH

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