

FEBRUARY 2026

DELIVERED MONTHLY TO 3,100 HOUSEHOLDS

myCedarbrae

THE OFFICIAL CEDARBRAE COMMUNITY NEWSLETTER



JOIN OUR
FACEBOOK
PAGE!



Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and
peace of mind.



403-771-8771

anita@anitamortgage.ca

ANITA RUSSELL

Licensed by Avenue Financial

11024 OAKFIELD DRIVE SW | INFORMATION 403-251-2101 | WWW.MYCEDARBRAE.CA

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



**Jackson
& Jackson
Landscaping**

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE
INCLUDING SMALLER IN-HOME PROJECTS**



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now
(403) 256-9282

Email us
info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca



ANITA MORTGAGE

AVENUE Financial
Real Estate Services



**ANITA
RUSSELL**

403-771-8771

anita@anitamortgage.ca

Licensed by Avenue Financial



OFFICIAL



PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Personalized High-Quality Dentures from the Denturist Who Cares!

- New Complete and Partial Dentures
- Implant Denture Services
- Relines, Repairs and Adjustments
- Mouthguards
- Complimentary Consultations
- Direct Billing with Assignment Insurance Companies
- Referrals for Dental Implants
- Referrals to General Dentists

OakridgeDentureCentre@gmail.com

www.OakridgeDenture.com

403-251-1522

Charles Gulley, DD, F.C.A.D.
Denturist, Denture Specialist





Sammy's
World's Greatest Pizza
Pasta • Pizza
Donairs

**"THE DIFFERENCE IS QUALITY."
FAMILY OWNED AND OPERATED.**

**FOR OVER
30
YEARS**

ORDER ONLINE
11440 Braeside Dr SW

OPEN OUR MENU

403-251-9800
sammysworldsgreatestpizza.com

PIZZA **PASTA** **WINGS** **DONAIRS** **SALADS**



Cedarbrae Community League Association Board of Directors

Board of Directors

President	John Seagrave
Vice President	Deborah Collis
Treasurer	Joyce Wright
Secretary	Cathy Roczkowsky
Member at Large	Deborah VanDeventer
Member at Large	Mae Pears
Member at Large	Vacant
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

WANTED 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. Thanks!

CEDARBRAE COMMUNITY CENTRE



**SENIORS
CARDS**
Make time for fun

MEMBERSHIP REQUIRED

Mondays: 1pm-4pm
Parkview Room

Games to Play
BRIDGE, CRIB, CANASTA

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

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

Some restrictions may apply. **Reg: \$20,679**

SALE \$15,679

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

February 2026

Cedarbrae Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:00 am to 5:00 pm Pickleball	2 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	3 9:00 am to 5:00 pm Pickleball	4 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot Time	5 9:00 am to 5:00 pm Pickleball 1:00 to 2:00 pm Digital Instructor Chair Exercise for Seniors 8:30 to 10:30 pm Ball Hockey	6 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Mahjong	7 9:00 am to 5:00 pm Pickleball 1:00 to 4:00 pm Card Making Workshop
	8 9:00 am to 5:00 pm Pickleball	9 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	10 11:00 am to 7:00 pm Host Blood Clinic No Pickleball!	11 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot Time	12 9:00 am to 5:00 pm Pickleball 1:00 to 2:00 pm Digital Instructor Chair Exercise for Seniors 8:30 to 10:30 pm Ball Hockey	13 9:00 am to 5:00 pm Pickleball	14 9:00 am to 5:00 pm Pickleball
	15 9:00 am to 5:00 pm Pickleball	16 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	17 9:00 am to 5:00 pm Pickleball	18 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot Time	19 9:00 am to 5:00 pm Pickleball 1:00 to 2:00 pm Digital Instructor Chair Exercise for Seniors 8:30 to 10:30 pm Ball Hockey	20 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Majong	21 9:00 am to 5:00 pm Pickleball
	22 9:00 am to 5:00 pm Pickleball	23 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	24 9:00 am to 5:00 pm Pickleball	25 9:00 am to 5:00 pm Pickleball 9:30 to 11:00 am Tot Time	26 9:00 am to 5:00 pm Pickleball 1:00 to 2:00 pm Digital Instructor Chair Exercise for Seniors 8:30 to 10:30 pm Ball Hockey	27 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Majong	28 9:00 am to 5:00 pm Pickleball 10:00 to 11:30 am Garden Class Begins 11:00 am to 1:00 pm Soup Making Class

Cedarbrae Celebrations

Our Cedarbrae senior's coffee group has done it again with another great meal and celebration at the Community Centre. This time to welcome in the new year. Held on the afternoon of January 9 with a full complement of 30 attendees it was another huge success! There was a catered meal of ham, chicken, scalloped potatoes, veggies, and lots of sweets for dessert. After dinner everyone joined in some games and as ever, lively conversation and renewed friendships. These seniors' group meals at the Centre will continue and fill the Centre with laughter and fun!



Cedarbrae Community League Association News

All of us are wishing all of you a very Happy Valentine's Day! Hope you all get to break up the winter weather with some romance, self-care, celebrations, or maybe just a little chocolate treat! It may not feel like it, but the bulk of winter is behind us now, time to think about the forthcoming spring season. Check out our upcoming gardening classes, soup making class, and of course the Spring Market. You can always find details and registration information on our website, come join the fun!

A dedicated group of volunteers has taken on the maintenance for our outdoor rink, making our winter season brighter. The rink can only function with the hard work and commitment of these volunteers and we are so thankful to all of them! We love to see so many people in the neighbourhood coming out to get their skates on! Come join us, get some exercise, meet some new friends and check out your Community Centre, everyone is welcome!

Pickleball classes have continued with a series of novice level sessions held last month. These classes are very popular, so if you're interested, please keep an eye on the upcoming events and Pickleball pages on our website. It's a great time to join our Pickleball program, you can learn quickly, and with the right commitment may be a competent player by summer! Get in touch with the Centre, we'd love to help you get started!

All the events happening at the Centre are only possible thanks to the hard work and dedication of our amazing volunteers. Volunteering is a great way to make your mark and create the kind of community you want to live in. 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! Every new volunteer makes Cedarbrae a better place to live work and play!

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 Sunday of every month at 11:00 am, with the exception of July and August.

If you've marked your mailbox to exclude junk mail you may not receive this newsletter, please find extra copies at the Community Centre.

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



A promotional poster for a 'Community Coffee' event. The poster has a brown background with white and green decorative elements. At the top, there are coffee beans and leaf illustrations. The text 'COMMUNITY COFFEE' is written in large, bold, green letters. Below the text is a white coffee cup with a heart-shaped latte art, surrounded by small speech bubbles containing hearts. The bottom of the poster features a green wavy bar with the text 'MONDAYS 10AM-12PM' and 'MEMBERSHIP NOT REQUIRED'. At the very bottom, it says 'Parkview Room' and 'info@mycedarbrae.ca'.



A real estate advertisement for Neil Krebs, REALTOR®. It features a photo of Neil Krebs, his signature 'Neil Krebs REALTOR®' logo with a maple leaf, and the text 'REAL ESTATE PROFESSIONALS' and 'WITH THE FINE'. Below this, it says 'For all your family real estate needs: transfers, retire, upgrades, and estates'. At the bottom, it provides the phone number '403-238-4300 | mobile/text 403-818-7474' and the email 'krebsne@gmail.com'. The background shows a silhouette of the Calgary city skyline.

All Hands On Deck



The Community Centre ice rink has been well used this winter, becoming a meeting space for young and old alike. It's a lot of work, taking care of the ice through all manner of weather that Calgary can throw at us. This winter, the City threw us an extra challenge with the harsh restrictions after the major water main break. Our small group of hard-working volunteers had to rethink and retool to keep the ice in usable condition without additional flooding. Beyond our dedicated group of rink volunteers, we saw some of you pitching in, shovelling and scraping to keep the ice as smooth and clear as possible, thank you!

This is how Cedarbrae works, we see what needs to be done, and we pitch in even in the most challenging times and circumstances. Every time we show up and do our part, we make our community a better place to be and we provide an example to our neighbours and our children. The volunteer group that keeps the rink open and running for the whole neighbourhood are a great example of the spirit that makes Cedarbrae work. Please consider joining our volunteer movement, everyone has a skill or experience they can share, and some time, even if it's just an hour. We are making Cedarbrae better and we need your help to keep it going, come join us!

Cedarbrae Centre Rental Rates 2026

Rooms:

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

Add ons:

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





willowparkDENTAL



403.768.3227 | info@willowparkdental.com

We've partnered with **quip** to provide you with a

FREE **quip** Adult Electric Toothbrush, Toothpaste and Refillable Floss String

with your next Complete Exam, Cleaning & X-Rays!

(Valued up to \$70.00)



We Follow the ADA&C Fee Guide!

Code	Treatment Description	ADA&C Fee Guide Pricing	SAME FEE Willow Park Dental's Pricing
01103	New Patient Exam	\$143.85	\$143.85
02144	4 Bitewing X-Rays	\$110.10	\$110.10
02113	3 PA X-Rays	\$85.00	\$85.00
02601	Panoramic X-Ray	\$111.40	\$111.40
11113	3 Units Scaling	\$261.75	\$261.75
11101	Polishing	\$77.75	\$77.75
12112	Fluoride Treatment	\$37.65	\$37.65

Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?



Get the smile you've always wanted with the clear alternative to braces for as little as \$70/week. Book a FREE consultation today and find out if you're a candidate.



We are a digital impression practice.

Visualize a better smile.

Do you have a strong gag reflex? Hate the mess of gooey impression materials? The iTero 3D Oral Scanner comfortably captures the intricate contours of your teeth with high levels of precision for crowns, bridges, Invisalign, and much more without the goop or gag.

**Flexible In-Office
Financing options
available at 0%!**

BOTOX[®]
COSMETIC
Dysport[™]

STARTING AT
\$8 PER
UNIT

Want to look like you've turned back the hands of time? Need relief from TMJ or tension headaches? Book a FREE consultation and see how Botox can help!





services



TEETH
WHITENING



DENTAL
IMPLANTS



CERAMIC
RESTORATION



BOTOX
TREATMENTS



PORCELAIN
VENEERS



INVISALIGN



SMILE
MAKEOVER



TEETH
CLEANING



CROWNS



SNORE
GUARDS



ORTHODONTICS



BRIDGES



TMD THERAPY



TOOTH COLOURED
FILLINGS

**DIRECT BILLING
TO INSURANCE**

**OPEN EVENINGS
AND WEEKENDS**

**NOW ACCEPTING
NEW PATIENTS**



willowparkDENTAL

LOCATION

Ground Floor of Southcentre
Executive Tower
#106, 11012 MacLeod Trail SE

CONTACT US

P 403.768.3227

E info@willowparkdental.com

W www.willowparkdental.com



All services performed
by a general dentist

CEDARBRAE COMMUNITY CENTRE

TOT TIME

WEDNESDAYS FROM 9:30 TO 11AM

TOYS AND ACTIVITIES PROVIDED FOR CHILDREN AGES 15 MONTHS TO 5 YEARS

MEET OTHER PARENTS, HAVE COFFEE AND MINGLE

NO FEE OR MEMBERSHIP REQUIRED. ALL WELCOME.

FREE REFRESHMENTS WHILE SUPPLIES LAST.

NO CHILDCARE PROVIDED. CHILDREN MUST BE SUPERVISED AT ALL TIMES.

11024 OAKFIELD DRIVE SW, 403-251-2101, INFO@MYCEDARBRAE.CA

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

Find more information at MyCedarbrae.ca or scan this QR code:

Men's 30+

\$10 Drop-in Ball Hockey

CEDARBRAE COMMUNITY CENTRE

THURSDAYS 8:30 - 10:30PM

ALWAYS LOOKING FOR NEW PLAYERS! EASY-GOING AND WELCOMING GROUP JUST PLAYING FOR FUN, NO ONE'S WINNING THE STANLEY CUP HERE!

CALL OR EMAIL GLENN:
403-669-6739 OR SUART@SHAW.CA

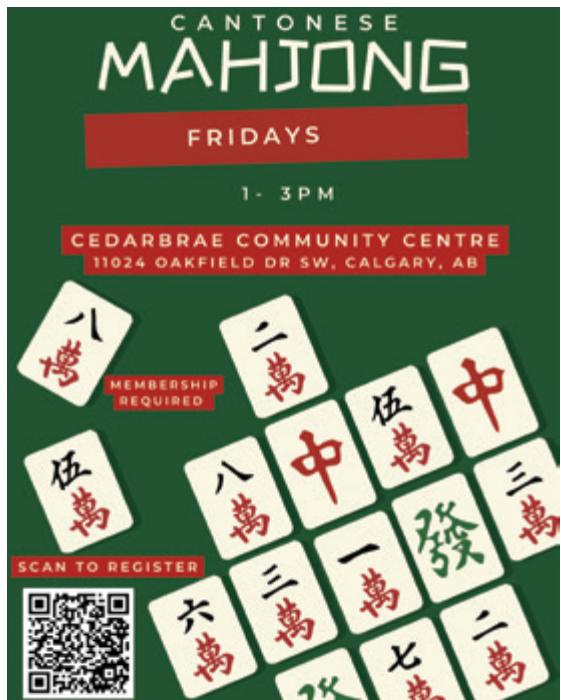
Volunteers Need to

- Flood the Surface
- Maintain the Ice
- Learn & Assist with maintenance of the Skating Rink

NO Volunteers = NO ICE

Please Consider Helping Out!!!

Contact the Centre at
403-251-2101



Volunteer Spotlight: Cathy Roczkowsky



Bringing All the Right Vibes

This month's volunteer spotlight, Cathy Roczkowsky is one of those people who brings a great feeling with them whenever they enter a room. In Cathy's case it's a feeling of comfort, relief, and competence. It feels like releasing tension, a respite, like "Cathy's here, everything will be all right". Such an enviable ability to bring such good vibes in Cathy's case must come, in part from most of a lifetime spent volunteering, helping others, and giving back.

Cathy is not only Cedarbrae's current Board of Director's Secretary, she's one of our event coordinators, a previous member at large, and our go-to for graphic design for all things Cedarbrae. You'll find her at many of our community events providing that solid, calm support we all rely on. Besides her work here at Cedarbrae she's been volunteering for many years for many different organizations, most notable recently, is Cathy's work on BBQ on the Bow.

For those who don't know, Calgary's BBQ on the Bow has become a very big deal! A Kansas City BBQ Society sanctioned competition and festival, it's been around for decades and continues to grow. The competition promotes local pork, beef, and chicken producers, as well as the specific love of southern style BBQ. Cathy is deeply involved, previously holding several coordinator positions and currently serving as a member of their Board Executive. Cathy has hidden depths and talents indeed!

We all have different reasons for volunteering and getting involved. Cathy's choices to give of herself seem intuitive, purposeful, and natural. She sees the good that can be done and the potential in the Community Centre and in Cedarbrae, her home for many years. She has become a consistent leader in our neighbourhood, our calm in the storm, and an example to all those surrounding her. Cathy provides as a model for a truly dedicated volunteer, a life lived fully. You can tell she's making our world better by the warm feeling she naturally gives off! Thank you Cathy for all you do, and for making the experience better for all of us!



Cedarbrae
Community Centre

ST. PATRICK'S

BREW HA HA

Join us for live music, beer and
cocktail sampling, appetizers,
munchies and a whole lot of fun

Door Open 6pm Last call 11pm
18 years + only event

**SATURDAY
MARCH
14TH**

**ADVANCED
TICKETS \$10
AT THE DOOR \$15**

**SAMPLING TICKETS
4 FOR \$10**

Tickets go on sale Feb 1st
go to

▪ www.mycedarbrae.ca/events
for more information



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.



9-1-1

EMERGENCIES

Call 9-1-1 in an emergency when there is an immediate threat to your health and/or safety. For example, if you see a fire or see or smell smoke, or if there is a medical emergency, a crime in progress, an accident that has caused injury, or a life-threatening situation.

211

DISTRESS CENTRE

Call 2-1-1 or text INFO to 211 for non-emergency situations that involve mental health and addiction, connection to food and basic needs, or community and social resources.

311

BYLAW, CITY OF CALGARY INFORMATION

Call 3-1-1 or download The City of Calgary app for city information, such as bylaw-related issues, potholes, street cleaning, burnt-out streetlights, encampments and garbage collection.

403-266-1234

POLICE NON-EMERGENCY

This number should be called for non-emergency situations that require a police response, such as non-injury accidents, missing persons, stolen vehicles or licence plates, or break and enters after they have happened.

403-262-1000

TRANSIT WATCH

Call this number, text 74100 or use the help phone or button on C-Train and platforms to report immediate safety and security issues on Transit, such as disorder, areas needing attention or cleaning, infrastructure issues, broken glass or harassment.

403-998-7388

HELP TEAM (FORMERLY DOAP)

Call this number if you see unsheltered individuals who are in a vulnerable state and in need of transportation, such as those having a poor mental health moment, intoxicated individuals, those using drugs in a public space or who are stumbling down the street or stepping into traffic, or people sleeping in an area they shouldn't be, such as the doorway of a business.

RIGHT CALL. RIGHT RESPONSE.

CALGARYPOLICE.CA REPORT A CRIME ONLINE

Did you know you can report certain types of crime to the Calgary Police Service online?

When you use the CPS Online Police Report System, you can submit a report about crime immediately and print a copy of the police report for free.



FOLLOW CPS ON SOCIAL MEDIA

Please note these accounts are not monitored 24/7



calgary.ca/rightcall-rightresponse

**CALGARY
POLICE
SERVICE**

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Cedarbrae. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

CEDARBRAE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

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.

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 PAINTER: Experienced Calgary Painter

- Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

BLUE ROCK PSYCHOLOGY: Located at 8500 Macleod Trail SE (Heritage Square). We offer evidence-based therapy for adults, couples, and teens in a supportive, caring environment. Take the first step toward meaningful change. Learn more by visiting <https://bluerockpsychology.ca> or call (587) 436-4797 to get started!

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



PLUMBER

PLUMBOB Father and Son



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



**RINGETTE PROVIDES
AN OPPORTUNITY TO...**

REGISTER HERE



COMETRYRINGETTE.CA



- ✓ **DISCOVER NEW SKILLS**
- ✓ **BE PART OF A TEAM**
- ✓ **MAKE FRIENDS**
- ✓ **GET ACTIVE**
- ✓ **HAVE FUN**



April is Come Try Ringette month, and there will be many sessions in Calgary.

Scan the QR code to register or visit: cometryringette.ca



TRUE **SPORT** | **SPORT** **PUR**