

JULY 2026

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# myCedarbrae

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# 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<br>403-251-2101                                                          |
| Office Hours                        | <b>Monday to Friday</b><br>10:00 am to 3:00 pm<br><br><b>Weekends</b><br>By appointment only |



SCAN HERE TO VIEW ADDITIONAL CEDARBRAE CONTENT

News, Events, & More

Crime Statistics

Real Estate Statistics

# 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:

## Upcoming Events

|                                                                          |                                                                        |                                                    |
|--------------------------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------|
| <p>JULY 1</p> <p>Canada Day<br/>Office Closed</p>                        | <p>JULY 3</p> <p>Calgary Stampede<br/>Parade</p>                       | <p>JULY 3-12</p> <p>Calgary Stampede</p>           |
| <p>JULY 15</p> <p>Reuniting Christmas Market Vendors<br/>Payment Due</p> | <p>AUG 1</p> <p>New Vendor Registration Opens for Christmas Market</p> | <p>AUG 3</p> <p>Heritage Day<br/>Office Closed</p> |
| <p>SEPT 7</p> <p>Labour Day<br/>Office Closed</p>                        | <p>SEPT 13</p> <p>Community Clean up 9-2pm</p>                         | <p>NOV 21/22</p> <p>Christmas Market 10am-4pm</p>  |

Cedarbrae Community Centre  
www.mycedarbare.ca

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OUR ENDLESS  
GRATITUDE!

## READY TO HELP?

TALK TO A COORDINATOR  
OR SIGN UP TODAY.

*Thank you!*



# July 2026

## Cedarbrae Community Centre

| Sunday                                 | Monday                                                                                                                            | Tuesday                                                                                                                            | Wednesday                              | Thursday                                                                                                                                                       | Friday                                 | Saturday                               |
|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------|
|                                        |                                                                                                                                   |                                                                                                                                    | 1<br>9:00 am to 1:00 pm<br>Pickleball  | 2<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 2:00 pm<br>Digital Instructor Chair<br>Exercise for Seniors<br><br>8:30 am to 10:30 pm<br>Ball Hockey  | 3<br>9:00 am to 1:00 pm<br>Pickleball  | 4<br>9:00 am to 1:00 pm<br>Pickleball  |
| 5<br>9:00 am to 1:00 pm<br>Pickleball  | 6<br>9:00 am to 1:00 pm<br>Pickleball<br><br>10:00 am to 12:00 pm<br>Community Coffee<br><br>1:00 pm to 4:00 pm<br>Seniors Cards  | 7<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 3:30 pm<br>Weekly Mahjong<br><br>5:30 pm to 7:30 pm<br>Evening Pickleball  | 8<br>9:00 am to 1:00 pm<br>Pickleball  | 9<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 2:00 pm<br>Digital Instructor Chair<br>Exercise for Seniors<br><br>8:30 am to 10:30 pm<br>Ball Hockey  | 10<br>9:00 am to 1:00 pm<br>Pickleball | 11<br>9:00 am to 1:00 pm<br>Pickleball |
| 12<br>9:00 am to 1:00 pm<br>Pickleball | 13<br>9:00 am to 1:00 pm<br>Pickleball<br><br>10:00 am to 12:00 pm<br>Community Coffee<br><br>1:00 pm to 4:00 pm<br>Seniors Cards | 14<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 3:30 pm<br>Weekly Mahjong<br><br>5:30 pm to 7:30 pm<br>Evening Pickleball | 15<br>9:00 am to 1:00 pm<br>Pickleball | 16<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 2:00 pm<br>Digital Instructor Chair<br>Exercise for Seniors<br><br>8:30 am to 10:30 pm<br>Ball Hockey | 17<br>9:00 am to 1:00 pm<br>Pickleball | 18<br>9:00 am to 1:00 pm<br>Pickleball |
| 19<br>9:00 am to 1:00 pm<br>Pickleball | 20<br>9:00 am to 1:00 pm<br>Pickleball<br><br>10:00 am to 12:00 pm<br>Community Coffee<br><br>1:00 pm to 4:00 pm<br>Seniors Cards | 21<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 3:30 pm<br>Weekly Mahjong<br><br>5:30 pm to 7:30 pm<br>Evening Pickleball | 22<br>9:00 am to 1:00 pm<br>Pickleball | 23<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 2:00 pm<br>Digital Instructor Chair<br>Exercise for Seniors<br><br>8:30 am to 10:30 pm<br>Ball Hockey | 24<br>9:00 am to 1:00 pm<br>Pickleball | 25<br>9:00 am to 1:00 pm<br>Pickleball |
| 26<br>9:00 am to 1:00 pm<br>Pickleball | 27<br>9:00 am to 1:00 pm<br>Pickleball<br><br>10:00 am to 12:00 pm<br>Community Coffee<br><br>1:00 pm to 4:00 pm<br>Seniors Cards | 28<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 3:30 pm<br>Weekly Mahjong<br><br>5:30 pm to 7:30 pm<br>Evening Pickleball | 29<br>9:00 am to 1:00 pm<br>Pickleball | 30<br>9:00 am to 1:00 pm<br>Pickleball<br><br>1:00 pm to 2:00 pm<br>Digital Instructor Chair<br>Exercise for Seniors<br><br>8:30 am to 10:30 pm<br>Ball Hockey | 31<br>9:00 am to 1:00 pm<br>Pickleball |                                        |

## Cedarbrae Community League Association News

Summer is here Cedarbrae! The Centre is busy this time of year with lots of private rentals. Most of those summertime rentals are celebrations, showers, weddings, and birthdays. The Centre is full of joy and laughter all through the season! For anyone looking for space for their own celebrations we encourage you to check out our website or call our office for rental details or a tour of the spaces on offer.

During the summer months we'll be gearing up for our annual Community Cleanup. This year's event will be held Sunday, September 13. Now is the time to get organized, make a plan for cleaning up your home and yard so that you can take advantage of the opportunity to drop off big items right in the neighbourhood. Save yourself the time and expense of a trip to the dump and make our community more beautiful at the same time! We unfortunately won't be able to take tires this year, but there'll be lots of other recycling opportunities available. This event runs with help from the City, but most of all through the hard work of local volunteers, please consider joining us on the day, many hands make light work!

There are always new volunteer opportunities in Cedarbrae, and not just physical ones like the cleanup. Your Community Centre stays open because of the hard work of so many local volunteers with a wide range of interests and skill sets. We'd like to thank all the new volunteers who have joined us this season for projects big and small. Please consider joining us to make our neighbourhood a little better all the

time; be the change you'd like to see in the world! 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.

We are looking to next year after the success of so many events so far in 2026. Most especially our inaugural Mother's Day High Tea, an event we hope to replicate year after year. We need to send a big shout out and thank-you to Baker and Spice Patisserie, a local business that came through for us in a big way to make the High Tea happen. They are one of several unique businesses right here in Cedarbrae that add to our neighbourhood's charm and appeal. Shop local Cedarbrae, there are some truly great businesses you may discover!

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](http://mycedarbrae.ca), email us at [info@mycedarbrae.ca](mailto:info@mycedarbrae.ca), or call 403-251-2101.



## Mariana Trench

Did you know the Mariana Trench reaches a depth of over 35,000 ft? That's the height of 63 CN Towers!



# FRIENDS *of* Fish Creek

## What's blooming in FCPP this July and August

Who's up for going out into the park this summer to take in some blooming native plants? One thing a few of us who are at the beginning of our native plant species journey have noticed is that once you start to learn a few native plants, you see them everywhere. So, we thought we would share with you, Fish Creek Community, a condensed list of some of the plants you can expect to see blooming in July and August in Fish Creek Provincial Park.

### July



Northern sweetvetch  
*Hedysarum boreale*



Stiff sunflower  
*Helianthus pauciflorus*



Nodding onion  
*Allium cernuum*



Purple prairie clover  
*Dalea purpurea*



Silky lupine  
*Lupinus sericeus*

We can't guarantee all of these will be blooming in the exact month they're listed in, so don't fret if you see blooms a little earlier or later than expected.

Love native plants and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from volunteering with grasslands restoration and engaging with the public, to our new kids' summer day camp, and beyond. Visit our website at [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org) or follow us on Instagram or Facebook @fishcreekpp to learn more about summer day camp and all our exciting programs.

### August



Tufted fleabane  
*Erigeron caespitosus*



Missouri goldenrod  
*Solidago missouriensis*



Dotted blazing star  
*Liatris punctata*



Blue grama grass  
*Bouteloua gracilis*



Tufted white prairie aster  
*Symphotrichum ericoides*

## Get Growing Cedarbrae



As we move into mid-summer, we can celebrate having succeeded at watching small seedlings popping their heads through the warm soil. Other plants we added from early starts either on our windowsill or our local nursery are in bloom and gracing our gardens and pots with colour and fluffy foliage. All the tilling, hoeing, weed control, planter building, lawn edging,

and frost protection is behind us. We did it! Everything is alive and thriving!

This is what I consider the gentler phase in the garden. Strolling through the garden with a hot or iced tea is my favourite part of my day. I love to reacquaint myself each morning when the air is fresh, birds are chatting up the day, and the sweet smells of summer are lingering in the air. It is the time to quietly begin inspecting some plants for pest and disease invasion. Checking under the leaves and inspecting stems and flower buds are the most prevalent places for sucking insects to land. I may notice some leaves recently chewed, offering evidence of hungry worms lurking nearby. I may notice a faint white film starting to settle on the leaves of my cucumber and squash plants, or on fresh rosebuds and adjacent foliage. Perhaps those near ripe raspberries were just nibbled off by the resident robin, or pea pods open with sweet tender peas missing from where they were yesterday.

If some plants are showing signs of critter sampling, it's time to act. The key to managing such issues is with early detection and treatment. Homemade formulations found on the internet made from common kitchen ingredients are usually effective if made in advance. Products listed for pest and disease control are safe to use in a pet and family-friendly garden if the logo OMRI is included on the label, indicating safe for organic gardening. If several plants are effected, you may need to treat every other day for a week, although early detection will minimize your applications. You may want to cover the most vulnerable areas with row cover to provide a barrier from egg laying insects and hungry birds. Keep in mind that it will also close access for pollinators. Any applications should be done in early morning or close to sunset when pollinator insects aren't active and in the line of fire of your sprays.

It may be that instead of pest control, plants may be getting a bit lanky, needing a gentle trimming to encourage new branching and blossoms. Something may need to be staked for support as fruits grow heavier, or vines needing to be tamed on trellises. There may be young weeds hoping to remain undetected hiding among the foliage, or a small plant getting swallowed up by large ones, struggling to find its share of the sunlight. And with everything in full production mode, a regular feeding of liquid fertilizer will show immediate results in their performance. They work hard to meet your expectations and need regular feeding for best show.

One very important thing to include in your gardening tasks is appropriate protection from injury. Hats, long sleeves and pants, gloves, and eye protection can save you a trip to the doctor for infection, cuts, scrapes, punctures, insect bites, and sun damage. Taking care now is always wiser than short cuts.

When the day cools off as the sun draws closer to the horizon, the garden thanks us for the attention it has received. A fresh bouquet of flowers on a side table or a small bowl of sweet shiny tomatoes makes that morning walkabout well worth it.

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# COMMUNITY CLEAN UP

A Community Project  
Promoting environmental awareness by  
encouraging people to clean up your own and public  
spaces together.

**SUNDAY SEPT 13<sup>TH</sup> 9AM - 2PM**  
**LAST CAR IN LINE AT 1:30PM**



COMMUNITY CLEANUP EVENTS PROVIDE AN OPPORTUNITY FOR  
PEOPLE TO DISPOSE OF ITEMS THAT DO NOT FIT IN THEIR WASTE  
AND RECYCLING CARTS, AND TO SUPPORT THOSE WHO DO NOT  
HAVE ACCESS TO CART SERVICE.  
EVENTS ARE MANAGED AND RUN BY COMMUNITY VOLUNTEERS  
WITH THE SUPPORT OF THE CITY OF CALGARY.  
PLEASE NOTE: "WE WILL NOT BE ACCEPTING CEMENT USED  
ITEMS. PLEASE DONATE THEM TO THE CHARITY OF YOUR CHOICE  
THANKS!"

Calgary  Cedarbrae  
Community Centre



## SENIORS CARDS

**MAKE TIME TO PLAY**

**MONDAY AND WEDNESDAY 1-3PM**

**MEMBERSHIP REQUIRED**

FOR FURTHER DETAILS, PLEASE CONTACT US AT  
403-251-2101 OR VIA EMAIL AT  
INFO@MYCEDARBRAE.CA

 Cedarbrae  
Community Centre

CEDARBRAE COMMUNITY CENTRE

# TOT TIME

**WEDNESDAYS FROM 9:30 TO 11AM**



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

YOUNGER SIBLINGS ARE ALSO WELCOME

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



# SENIORS

**10AM-12PM**  
**EVERY MONDAY**



# COFFEE

Everyone is welcome to  
join us every Monday in  
the Parkview Room for  
coffee, conversation and  
connection to your  
Cedarbrae Community

No Membership needed.  
11024 Oakfield Drive SW  
1-403-251-2101

 Cedarbrae  
Community Centre

# Cedarbrae Centre Rental Rates 2026

| Room                                                               | Regular rate<br>per hour         | 8+ Hours             | 16+ Hours | Damage<br>deposit |
|--------------------------------------------------------------------|----------------------------------|----------------------|-----------|-------------------|
| <b>Half-Gym</b>                                                    | \$51                             | \$45.88              | \$43.38   | \$1,000           |
| <b>Full Gym</b>                                                    | \$85                             | \$76.50              | \$72.25   | \$1,000           |
| <b>Parkview</b><br><br>Dining: 20<br>Seating: 35                   | \$45                             | \$40.50              | \$38.25   | \$400             |
| <b>Gardenview</b><br><br>Dining: 30<br>Seating: 30                 | \$46                             | \$39.15              | \$37.75   | \$400             |
| <b>Aspenview</b><br><br>Dining: 26<br>Seating: 26                  | \$42                             | \$35.75              | \$34.45   | \$400             |
| <b>Aspen/Gardenview<br/>Rooms</b><br><br>Dining: 76<br>Seating: 76 | \$80                             | \$72                 | \$68      | \$400             |
| <b>Office Space</b><br><br>With Patio and Storage                  | \$1500/ Month (Long term rental) |                      |           |                   |
| <b>Add On</b>                                                      |                                  | <b>Rate per Hour</b> |           |                   |
| Audio/Visual                                                       |                                  | \$20                 |           |                   |
| Kitchen                                                            |                                  | \$5                  |           |                   |





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## Let’s Talk Cedarbrae. Traffic Safety

It’s that time of year when kids are out of school and we all look forward to being outside and enjoying the warmer weather. The potential for pedestrian and vehicle accidents is a real concern that many Cedarbrae residents have voiced with us at the Centre. Long term locals will remember that there have been terrible road accidents in our neighbourhood, tragedies we never want to see repeated. Let’s all work together to ensure our streets and sidewalks are safe this summer!

Road safety is a shared responsibility. For drivers it means that the residential maximum speed limit is 40 km/h unless otherwise posted and playground zones are at a strictly enforced 30 km/h. There are several playground zones in and around Cedarbrae where our neighbourhood’s children play all year long. Never pass another car at a crosswalk or in a playground zone. Stop for pedestrians looking to cross at intersections and crosswalks either marked or unmarked. The other big reminder for drivers is to get rid of the distractions, phones, noise, and inattention among them. The prevention of potential harm must outweigh any diversions that keep your attention off the road.

Pedestrians of all ages must take on the charge of road safety as well. Just like with drivers, distractions are a safety concern for those on foot too. Turn down or take off your headphones, watch and listen to what’s happening around you, and when possible, make eye contact with drivers while crossing the road. Pedestrians are best seen in bright or reflective colours and should make their intention to cross the road clear to oncoming drivers. For children these are lessons that must be ingrained at home with repetition and consistency.

It’s our neighbourhood, and safety is a concern we must all take seriously. Please lead by example, be the better driver, keep your focus on what’s happening around you, and watch out for all your neighbours as they explore Cedarbrae this summer.



## 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.



LEARN TO PLAY  
CANTONESE  
**MAHJONG**

Starting June 1<sup>st</sup>, 2026

Tuesdays 1-3pm

**CEDARBRAE COMMUNITY CENTRE**  
11024 OAKFIELD DR SW, CALGARY, AB

MEMBERSHIP  
REQUIRED

SCAN TO REGISTER



A poster for learning to play Cantonese Mahjong. It features a green background with white and red Mahjong tiles scattered across it. The text is in white and red, providing details about the program starting in June 2026 at the Cedarbrae Community Centre. A QR code is included for registration, and a note states that membership is required.



Starting **June 1, 2026**, Cedarbrae  
Community Center  
will introduce a **\$20 annual  
participation fee** for all programs  
**excluding pickleball**

This includes Mahjong,  
Seniors Cards, Senior's Chair  
Exercise and other future  
programming

Membership  
required

Thank you for your continued  
support and participation!



A poster with a light blue background. At the top left, there is a small illustration of a person in a red hat and blue coat sitting in a black chair. The main text is in black and red, announcing a \$20 annual participation fee for all programs except pickleball starting June 1, 2026. It lists included activities like Mahjong and Seniors Cards. A speech bubble says 'Membership required'. At the bottom left, there are small illustrations of Mahjong tiles and a fan of playing cards at the bottom right.

## Heat-Related Illness

by Alberta Health Services



ALTA Paramedic Health would like to remind everyone to stay safe in the heat and sun this season. While children, older adults, and individuals with underlying health conditions may be more susceptible to the effects of heat and sun, everyone should take basic preventive measures to avoid heat-related illness during periods of hot, humid weather. Text HEAT to 88111 to receive tips on heat safety.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Symptoms may include headache, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The person is often cool and damp to the touch, and the skin may appear pale or dusky grey.

### Heat Stroke

- Heat stroke is a medical emergency and, without prompt treatment, can be fatal.
- It occurs when the body is unable to regulate its temperature (e.g., through sweating), causing body

temperature to rise to dangerous levels.

- Due to severe dehydration and failure of the cooling system, the skin may appear hot, dry, and flushed.

### First Aid

- First aid for all heat-related illness begins with removing or sheltering the person from the hot environment.
- Remove excess or tight-fitting clothing and allow the person to rest in a cool environment.
- If the person is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well hydrated by drinking water regularly.
- Be aware that excessive alcohol and caffeine consumption may contribute to dehydration.
- Wear a broad-brimmed hat to protect your face and neck from the sun.
- Apply (and reapply) water-resistant sunscreen with a minimum SPF of 30+, especially for children.
- The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



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Denturist, Denture Specialist



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