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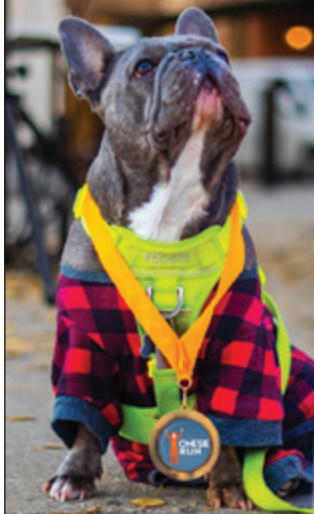
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President	John Seagrave
Vice President	Deborah Collis
Treasurer	Joyce Wright
Secretary	Cathy Roczkowsky
Member at Large	Deborah VanDeventer
Member at Large	Robert Miller
Member at Large	Vacant

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

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:

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

4

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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

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Cedarbrae Community League Association

September is the beginning of another busy fall at the Centre, with long term renters returning and new ones coming on. For parents in the neighbourhood that means your kids have choices for evening sports and activities close to home, contact us or stop by the Centre for more information. Pickleball will get back into full swing as well, ramping up to multiple sessions every day once fall brings cooler weather. Pickleball is a cultural phenomenon, great exercise, fun, and a chance to make new friends. If you've ever considered joining the sport, fall is the perfect time. Come see why it's still considered the fastest growing sport in the world!

Our biggest September event is always our Community Cleanup; this year it is on September 13. Don't miss the chance to get rid of the household or yard waste items that are cluttering your space. The event starts at 9:00 am with the last car in line by 1:30 pm. If you'd like to help on the day please get in touch with the Centre, the more hands we have, the lighter the work of that day will be! A big thank you goes out to The Torpedoes Water Polo team who are such a big help making this event run smoothly, you guys are the best! Chemicals, paints, and other potentially hazardous household materials can be dropped off anytime at our local fire station located at 2607 106 Avenue SW.

This summer we've done lots of work on the Community Garden beds located at the rear of the Centre. That work will make for better growing conditions next year and for years to come. Big appreciation goes out to all the volunteers who made it happen. In particular, our gratitude goes out to our garden guru Deb VanDeventer and to the hardworking crew from Fresh Start Recovery. That great group of dedicated volunteers laboured through some of the hottest days of the summer, earning our deepest appreciation.

New art pieces have been added to the Community Centre's lobby, if you haven't yet, please stop by to check it out. We will continue to encourage and celebrate local artists and would love to include new pieces. If you'd like to participate, please contact the Centre office.

Our always popular Christmas Market is planned for November 21 and 22. Mark your calendars and make a plan to shop for unique artisanal gifts sold by local

vendors and artists. There will be activities available for children and, if everyone is good, we may even have a visit from a jolly old elf! If you're a vendor looking to participate, please get in touch soon as there are limited spaces remaining.

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. Our neighbourhood is made better by each volunteer who joins us at the Centre, please consider sharing your talents, skills and enthusiasm by joining us. Let's make Cedarbrae an even better place to live!

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.



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!



September 2026

Cedarbrae Community Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Mahjong	2 9:00 am to 5:00 pm Pickleball	3 8:30 to 10:30 am Ball Hockey 9:00 am to 5:00 pm Pickleball	4 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Mahjong	5 9:00 am to 1:00 pm Pickleball
6	7 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	8 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Mahjong	9 9:00 am to 5:00 pm Pickleball	10 8:30 to 10:30 am Ball Hockey 9:00 am to 5:00 pm Pickleball	11 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Mahjong	12 9:00 am to 1:00 pm Pickleball
13 9:00 am to 2:00 pm Community Clean-up	14 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	15 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Yoga 5:00 to 7:00 pm Open Pickleball 7:00 to 8:00 pm Community Engagement Evening Hangouts	16 9:00 am to 5:00 pm Pickleball	17 8:30 to 10:30 am Ball Hockey 9:00 am to 5:00 pm Pickleball	18 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Mahjong	19 9:00 am to 1:00 pm Pickleball
20	21 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	22 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Yoga 5:00 to 7:00 pm Open Pickleball 7:00 to 8:00 pm Community Engagement Evening Hangouts	23 9:00 am to 5:00 pm Pickleball	24 8:30 to 10:30 am Ball Hockey 9:00 am to 5:00 pm Pickleball	25 9:00 am to 5:00 pm Pickleball 1:00 to 3:00 pm Weekly Mahjong	26 9:00 am to 1:00 pm Pickleball
27	28 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 4:30 to 5:30 pm Youth Financial Literacy Series	29 9:00 am to 5:00 pm Pickleball 9:30 to 10:30 am Yoga 5:00 to 7:00 pm Open Pickleball 7:00 to 8:00 pm Community Engagement Evening Hangouts	30 9:00 am to 5:00 pm Pickleball			

Learn more at
mycedarbrae.ca

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A Community Project

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SUNDAY SEPT 13TH 9AM - 2PM
LAST CAR IN LINE AT 1:30PM



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Cedarbrae
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11113	3 Units Scaling	\$261.75	\$261.75
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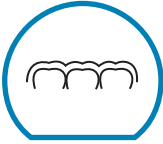
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Membership and Renewal

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 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.

Cedarbrae Centre Rental Rates 2026

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
Parkview Dining: 20 Seating: 35	\$45	\$40.50	\$38.25	\$400
Gardenview Dining: 30 Seating: 30	\$46	\$39.15	\$37.75	\$400
Aspenview Dining: 26 Seating: 26	\$42	\$35.75	\$34.45	\$400
Aspen/ Gardenview Rooms Dining: 76 Seating: 76	\$80	\$72	\$68	\$400
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Starting June 1st, 2026

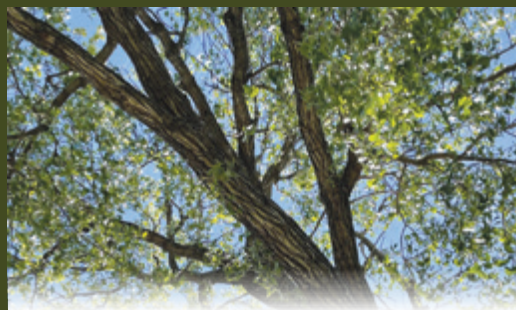
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CEDARBRAE COMMUNITY CENTRE
11024 OAKFIELD DR SW, CALGARY, AB

MEMBERSHIP
REQUIRED

SCAN TO REGISTER





The Calgary Cottonwoods

by Garth Paul Ukrainetz

At great bar of Bow River
Drink the Calgary Cottonwoods
Thirsty trees of the prairies
Swill their fill on high plains

Lined along their trough flowing
Massive tree trunks for bar stools
Guzzling grog of the glaciers
Mixed with snowmelts and rains

Another round for the woodlands
Another round for Bow Valley
West Alberta's fine water
To the mountains they toast

Mammoth roots, gentle giants
Anchored tightly to city
Drink the Calgary Cottonwoods
With their Bow River host

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Get Growing Cedarbrae



Many of the longer season plants we have nurtured all summer are only now beginning to offer their bounty. Indeterminate tomatoes, cucumbers, melons, potatoes, peppers, ground cherries, and corn are finally rewarding us with colorful sweet crops. Late blooming perennials are filling our beds with bright colors and fragrances. This is clearly a time to embrace this season and expand its potential.

Our earlier crops of leafy greens, peas, and beans have completed their growth cycles, and are ready to be removed, opening spaces for new late season plantings of lettuce, spinach, and kale. A few handfuls of fresh compost of earthworm castings will rejuvenate the soil for another round. FYI, if your family members aren't big kale fans, fall kale produces more sugars in their leaves to tolerate the cooler nights, heat reduces sweetness, cold increases it.

Now is the best time to split and move clumps of daylilies, irises, hostas, daisies, bleeding hearts, and spreading groundcovers. Large clumps begin to die out in the center, so dividing them invigorates them for next year. Plant and water but don't fertilize. Trimming

back the stems to between 15 and 20 cm will help with root development. Plants with tap roots should not be moved, so if unsure of your specific plant's root structure, research before digging. Poppies and lupines are good examples.

This is also the best time to plant young trees and shrubs. Our soil is warm, helping the tree roots settle in before winter. Make sure the root balls are watered regularly all the way into dormancy. Ensure mature conifers are watered as the dripline, not the trunk.

I want to make note about rose care during this article as well. At this time of year, many hybrid roses are producing a final flush of blooms before the season ends. Those of us who cut stems for indoor displays are tempted to pull out our clippers for one final indulgence. Hold off on that at all costs! Our precious roses need to wind down their season and ease into winter dormancy by being allowed to produce hips. By allowing that process, they will be able to focus on building food stores in their roots for winter survival. Otherwise, they will continue to expend energy attempting to produce more flowers and thus rose hips in an unending cycle of exhaustion. Save those last blossoms for outside enjoyment.

For those with a lifelong love affair with the turf in their landscapes, the cooler days show a resurgence in green growth. Bare spots from animal or heat damage have a chance to recover. Application of a fall turf fertilizer can prepare the grass for winter protection. Look for a formulation that offers high potassium levels and fungicidal protection if available. Nutrient levels would show the last ingredient as the highest; ie 0-0-15. Fungicidal additives can help protect from mold infection over the winter. Avoid high nitrogen formulations such as 20-5-5 for example. That first number promotes fresh abundant green growth, whereas the last number encourages robust root development. If you can apply just before a good rain it will start working right away.

Our cooler evenings this time of year offer the sweet smells of September unique to our prairie climate. Now is the time to celebrate our season's rewards. Evening outdoor hushed conversations and cozy blanket wraps extend the days into twilight and clear the mind for restful nights. Such are the blessings of an Alberta garden in September.

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Volunteer Spotlight: Ariel McDuff

Spreading the Joy

If you've lived in Cedarbrae for any length of time, chances are you've already run into Ariel McDuff. Ariel is that person who needs to double her time in places like our local Co-op, because there will always be neighbours who know her and want to stop and talk. You've seen her through the years, working and volunteering throughout our community, stepping up whenever she's asked. She is Cedarbrae's *Town Cryer* on social media, and the friend that always makes us smile; she's the energetic whirlwind spreading joy and laughter wherever she goes.

Ariel's been volunteering at the Cedarbrae Community Centre on and off since she was a child. She planted some of our now mature trees. Years later, her family is spread in and around Cedarbrae and Ariel has children of her own that she's raising in our neighbourhood. She's had a special focus on low or no-cost children's events like the Jelly Beans Dances and Winterfest. Ariel provides a great example to her kids, showing how being a reliable volunteer can shape us into better people.

Ariel is also a great inspiration for those thinking about joining in and volunteering. She's the example of how you can make a multitude of friends and be an important, well-known person in our community by reliably showing up when your time and skills are needed. Even during difficult times for our Community Centre, Ariel has stepped up and done what she can, never holding grudges or hard feelings, but instead always reaching for our best outcomes. She's the person who can talk to anyone, finds joy in the work, and sees the best in her neighbours.

Think about it, think about taking part in our community like Ariel has. There's sure to be contacts and friendships gained, experiences that can positively carry through to the rest of your life. Ariel is the positive one, the hugger looking to make everyone smile. If you join in and volunteer, there will be a niche for you too. The work may develop and highlight the best parts of you like it has for Ariel. Who will you be when you stretch your potential and join in making our neighbourhood a better place?



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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.

BUSINESS CLASSIFIEDS

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.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

SNOW REMOVAL: 10 years of reliable residential snow removal service. We clear snow once a day, as many days as necessary, each month from October through April for a flat monthly rate. Prices start at \$120 per month. Call or text John today for a free quote at 403-667-7929, or by email at Lawnjohnsyc@gmail.com. Licensed and insured.

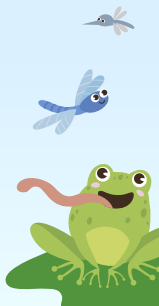
PR HANDYMAN: All exterior repairs and renovations: fences, decks, railings, stairs, sheds, garages. Prep/place/repair all styles of concrete/parging. All interior repairs/renovations: drywall, paint, plumbing. Kitchen and bathroom renovations, basement renovations. No job too small! Seniors' discount. Fully-insured. Sheldon, 403-975-5562.

TYLER RENOVATIONS INC: 40+ years renovating homes and subcontracting to restoration companies in Calgary and area. Expert-level finishing carpentry, expert painting and drywall repair, vinyl siding, doors, and more! Many excellent references to share. Liability and WCB-insured with several trade contacts to complete your projects. Call your local professional Shawn at 250-882-9588.

FENCING, DECKING, BASEMENT RENOVATIONS, DRYWALL & FRAMING: We take all the stress out of your fencing, decking, basement renovations, drywall, and framing needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly and on time service. Call 403-200-6192 or email info@robertsonwatt.ca.

A Word with Two Worlds

The word **amphibious** comes from the Greek words **amphi** ("both") and **bios** ("life"). Together, they mean "double life"—a fitting name for animals like **frogs** and **salamanders** that spend part of their lives in the water and part on land.



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit gofund.me/31fdeef6f



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