THE MISSION _____UNE 2013 JUNE 2013 👡

www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





CONTENTS

EDITORIAL 5

PRESIDENT'S REPORT 6

COMMUNITY GARDEN 9

GRAND OPENING OF THE NEW PLAYGROUND 11

FARMERS' MARKET 12



The Mission Statement

Published monthly by Great News Publishing for the Cliff Bungalow-Mission Community Association.

The views expressed by contributors to The Mission Statement are not necessarily those of the CBMCA Board or its associates.

Copyright retained by the respective authors.

CONTACT US

Cliff Bungalow-Mission Community Association
Mailing Address: 462 1811 4 ST SW Calgary Alberta T2S 1W2

Phone: 403-245-6001 (please leave a message) www.cliffbungalowmission.com

Twitter: @CBM CA

Join our Facebook group for all the latest updates on our events.

BOARD OF DIRECTORS				
President	Bob Lang	rvlang@aol.com		
Vice President	Jan Pugh	cbmca.facility@gmail.com		
Secretary & Membership	Philip Lozano	Cbmca.secretary@gmail.com		
Treasurer	Trafford Crump	Cbmca.treasurer@gmail.com		
Development Director	Rick Williams	Cbmca.development@ gmail.com		
Heritage Director	Marilyn Williams	Cbmca.heritage@gmail.com		
Environment Director	Patrick Arnell	Cbmca.environment@ gmail.com		
Social Director	Corinne Ofstie	Cbmca.social@gmail.com		
Crime & Safety Director	Michael Foster	Cbmca.crime@gmail.com		
Communications Director Newsletter Editor	Sarah Hbeichi	Cbmca.editor@gmail.com		
Directors At Large	Auvo Wahlberg, Brendan Baines, David Delawski, Howard Zarvie, Jeff Pugh, Ron Singer			
Community Garden Coordinator	Georgina Jamieson	cbmcagarden@yahoo.ca		
Hall Rentals	Zahra Minoosepehr	Zahra_minoosepehr@ hotmail.com		

We Value Your Contributions

The Mission Statement exists to facilitate communication among residents of the Cliff Bungalow-Mission community. We welcome your articles, stories, letters, announcements, and photos. Your submission in typewritten, handwritten, or photographic print format can be mailed or dropped off at the Community Association mailbox at The UPS Store, 1811 4 Street SW, Suite 462, Calgary T2S 1W2, in an envelope labeled "The Mission Statement". Electronic submissions should preferably be in Word 97-2003 format or as high-resolution jpeg or tiff files, and can be sent to cbmca.editor@gmail.com.

The Newsletter Editor reserves the right to edit all submissions for accurate content, consistency, and length. If headlines to articles are not provided, one will be provided for your submission. All photographs require captions or one will be provided. All photographs must display names of the individuals in the photographs. Permission to publish the photograph or image is required. The name of the photographer and credit for the image is also required otherwise it will not be published. The Committee cannot guarantee the publication of all submissions.



EDITORIAL

Greetings Readers,

The Cliff Bungalow-Mission Community Association social events take a little break during the summer months and return in September. However, it will not be without a shortage of exciting things to do in Calgary because we Calgarians know how to make every summer day count.

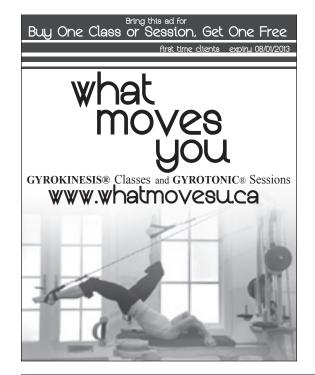
In the meantime please continue to enjoy the newsletter and submit your articles, stories and photos to us at cbmca.editor@gmail.com or via mail. For example, did you attend Rouleauville: Pour tout le monde Jane's Walk on May 4th lead by Alderman Brian Pincott? If so please share your experience and/or submit your photos to us. We would love to hear all about it!

Inside this issue:

- Open House for a new Community Garden
- Playground Grand Opening
- · History Book Update and more!

Enjoy!

Sarah Hbeichi, Editor





Onward/ By 2036, 95 per cent of Calgarians will enjoy positive and supportive living conditions.

PRESIDENT'S REPORT

New Community Website

During the last year or so, the Board has discussed the community association website and the need to change it in such a fashion we could keep it more up to date than we could at that time. It was a lot of work and time to update it and only our webmaster could do the updating. Thus it tended to be out of date, particularly in regards to community activities.

Sarah Hbeichi, our Communications Director, contacted several website design companies requesting they provided us with what they could do for us and at what price. Last summer we contracted one of those companies and got started building the new website. The early version was shown at the Annual General Meeting. By early new year, the new site was fully operational and we had a tutorial on how to update it thanks to Brendan Baines. The new website design allows us to add new information easily and keep it up to date in regards to community activities. So check out the new website and keep up to date on what is happening. Thanks to Sarah and everyone who worked on this project.

Recycle your Electronics

NOW Two drive-thru locations to serve you

Drop off: TV's, Computers, Monitors, Printers and ANY other Electronics for Recycling at NO charge

SW- Relocated in Currie Barracks

Deerfoot directions:

Crowchild entrance:

Crowchild to Flanders Ave, thru main gate of the Barracks, go straight through first stop sign on Caen Ave, turn left at Falaise Ave. Location is directly on the right.

Richardson Way entrance: Turn into Barracks on Caen Ave and immediately turn right on Location is on your left just Falaise Ave. Location is on right.

South on Deerfoot to exit 241 (24th St E), follow 24 St past Douglasglen to Ecco Waste on your right.

SE-Ecco Waste

Glenmore directions:

South on Shepard Rd, turn right at 84th Ave, left on 24th St. before Quarry Park Blvd.



Open 7 days a week 10 am-5 pm



" Drive-Through" Service" Pls bring a non-perishable food item for: Calgary Food Bank

Visit www.recycle-logic.com for more information

Board Update

Evan Woolley, our Environment Director, has stepped down from the Board to pursue a new goal. You will be hearing more about what he plans to do in the coming months. Thanks to Evan for his help in various roles over the years.

Patrick Arnell has taken over the role of Environment Director. He is leading a group of community residents exploring a possible new community garden. Our current community garden in Aberhart Park has a lot of people on the waiting list and many are getting frustrated by this. A community consultation Open House is being held on Saturday, June 8th on this.

Redevelopment Activities Abound

It is hard not to notice that there is a lot of redevelopment going on in our community. Our community seems to reflect the health of the economy in Alberta. Redevelopment activity in our community over the years has gone up and down depending on the economy in the province.

This activity has both pluses and minuses, depending on your perspective. At the moment it puts a lot of pressure on our Planning and Development Director and Committee. Rick Williams and the Committee are having a hard time keeping up. I want to thank them all for their hard work.

In addition, because of this activity, we are loosing a lot of our historic homes, one of the reasons many people moved here. One building of historic significance is the McHugh house located across from St Mary's High School. It is unique in both age and design and deserves to be saved from the wrecking ball. It is owned by the Roman Catholic Diocese of Calgary. The heritage people of the Province of Alberta and the City of Calgary are both concerned about the fate of this historic home. The Cliff Bungalow – Mission Community Association wrote to Heather Klimchuk, Minister of Culture, expressing our concerns about this historic building and its significance not only to our community but to the City of Calgary and the Province of Alberta. She responded indicating she shares our concerns and that they are working with the City, the Diocese and our Community Association. We sincerely hope that a means can be found to save this historic gem in our community.

Cliff Bungalow – Mission Community Association

Mailing Address 1811 – 4 Street SW Suite 462, Calgary, AB T2S 1W2





Membership Form

(Please Print Clearly)

Name (1)

Name (2)

Name (3)

Street Address

Suite/Unit # _____ Postal Code _____

Phones (1) _____ (2) _____ (3) ____

Email (1) _____

Email (2) ______

Membership Cost: Single \$5 ____ Family \$10 ____ Mail cheque to address above.



Dr. Jacqueline Chudiak

~ Gentle Caring Dentistry ~

Tel: (403) 245-2677 1000 Mission Professional Centre 2303 - 4th Street S.W. Calgary, Alberta T2S 2S7

- ~ New Patients Welcome ~
- ~ Open Late Tuesdays ~
- ~ Complimentary Parking ~

COMMUNITYCALENDAR

June

The events listed below will be held at the Cliff Bungalow–Mission Community Centre located at 2201 Cliff Street S.W. unless otherwise noted Also check out our website at www.cliffbungalowmission.com for more information and updates.

Book Club

June 2, 6:00 p.m. in Chinatown Book Club returns in September

Potlucks

Second Sunday of each month at 6:00 pm June 9, 6:00 p.m.

Potlucks return September 8

Film Nights

Film nights return September 29

Jazz Concerts

First Wednesday of the month; Doors open at 7:30 p.m.; performance starts at 8:00 pm

June 5: Saxophonist Rick Climans and his Ouartet

Jazz returns September 4

Community Garden Open House

Saturday June 8, 10:00 a.m.

Stampede Parade Francophone Event

Friday, July 5

Deadline for Mission Statement Submissions

First of each month, next deadline is: May 1

The Mission Statement is now published monthly. E-mail to: cbmca.editor@gmail.com

For advertising contact Great News Publications at P: 403-263-3044 or e-mail: sales@great-news.ca

JUNE

						Newsletter Deadline
Book Club	Heritage Committee meeting	4	5 Jazz Concert	6	7	8 Community Garden Open House
9 Potluck	10	11	Development Committee Meeting	13	14	15
16	17	18	19	20	21	22
23 / 30	24	25	26 Board Meeting	27	28	29

Book Report

The Cliff Bungalow-Mission "history book" project is well underway. We previously informed our readers that the community association had received a grant from the Alberta Historical Resources Foundation to cover most of the costs of Part 1 of the project: research and documentation of our community history. Since that time, much research has been done, many relevant photographs identified, and in mid-April, our book author, David Mittelstadt, started work on the project. We currently plan to finish Part 1 by the end of 2013. Project Part 2 includes book design and layout, selection of photographs and graphics, and the actual publication. We hope to have the book ready for sale at our 2014 Lilac Festival.

Many thanks to the volunteers who have spent so much time researching

book topics and gathering appropriate supporting documentation and archival references. You, our community residents and former residents, can help us by

- sending us photos (originals or copies) of the first Scottish Nursing Home, class photos from the area schools, and any other photos of interest;
- telling us about a family history of living in our community – were any of your forebears early residents of Cliff Bungalow-Mission? Let us know.
- making any suggestions about book content.

Contact: Judith Theroux Phone: 403-455-4285

Email: judith.theroux@shaw.ca

GARDEN

In the dirt... You are invited!!!

Did you know that there is a 2 to 3 year waiting list for a garden plot in the one community garden in our neighbourhood? Or that community gardens have a benefit of creating a community hub that welcomes people of all ages and life experiences? These are just 2 of the reasons a group of your Cliff Bungalow/Mission neighbours are gathering to talk about the possibilities for a second community garden.

To do that, we want to welcome you to an Open House at the Cliff Bungalow School site Saturday June 8, 2013 from 10am to 2 pm. Along with a few of your interested neighbours, a member of the Calgary Horticultural Society, as well as a City of Calgary Parks Liaison will be there to share a short presentation from 11-12, answer questions about what a community garden is, what the possibilities are for our community, and what opportunities there are to get involved further.

All are welcome as we come together to discuss how we can connect our children to nature and add beauty and serenity to the wonderful Cliff Bungalow/Mission community.

FOUNTAINS OF MISSION retirement residence

Stay in your community and enjoy our services Mission Possible!

222 - 25th Ave. SW, Calgary

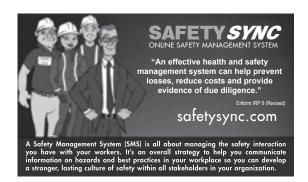
403.244.0322

Now part of the Chartwell family!



Making People's Lives Better

www.chartwell.com



IjustgotmarriedandIhaveabunchofwornout **furniture**frommyoldapartmentthatmywife ismakingmegetridofandIneedtogotothelandfill tomakeherhappy.ca



calgary.ca/311 🎉 🔟 [imit landfill locations and hours anytime, anywhere, any device.

THE CITY OF CALGARY







by Martin Bober

Taken from an issue of The Mission Statement in 2002

Our smoke and alcohol free Community Association space is available to suitable groups for meetings, seminars and celebrations at modest rentals, evenings and weekends.

The space features two bright and airy interconnected rooms of 750 sq. ft. each. One has carpet, a small kitchen and serving bar, and a brick feature wall. The other has a hardwood floor. Both have large walls of windows and high ceilings. The facility comes complete with tables and chairs.

We are situated in a park-like setting convenient to public transportation, restaurants, and amenities. Funds generated from rentals are used to support the work of the Community Association.

To view and for rental details, contact zahra_minoosepehr@hotmail.com or call 403-245-6001.





BRING A PICNIC LUNCH * ENJOY THE PARK





Market

Residents and visitors alike know that Cliff Bungalow and Mission are great neighbourhoods in which to live, work, learn and play, but what community institution is missing from our fine corner of Calgary?

That's right, a farmers market!

We are a small group of residents, from within the community association and without, who are interested in volunteering our time and effort to bring a farmer's market to our community.

We believe a farmer's market will provide great benefits to our community by providing sough after public amenities, building community spirit, and stimulating the local economy. And we know that Cliff Bungalow-Mission is the perfect community for a farmer's market to grow and thrive.

There is a lot of work in bringing a farmer's market to our community but with enough interest and volunteers we believe that we could have our first market this summer.

We want to hear from you! Do you like this idea? Do you have some concerns or suggestions? Are you interested in volunteering your time and effort to make a farmer's market in our community a reality?

Please contact David Marmor at davidpmarmor@gmail. com with your feedback or if you are interested in helping out!

Stay tuned to the community newsletter, the community association website (http://cliffbungalowmission.com/) and the facebook group for more information.





COOK UP THE PERFECT MEAL EVERYTIME!

Saber BBQ's combine performance, innovation and affordability. Our patented cooking system delivers 100% pure infrared heat for juicy, tender and delicious results while using 30% less gas every time you cook on a Saber BBQ. Timberwolf also offers a wide selection of outdoor fireplaces and a large fire pit. Renovation time?

1310 Meridian Road NE Calgary, Ab

Ph: 403-287-3958

Hours: Mon-Fri 8am -5pm Sat 10am-5pm



BE SURE TO VISIT TIMBERWOLF

• Hearth Products • SHOWROOM OR www.timberhearth.com



Youth Days

A FREE skill development program from the City of Calgary for youth (ages 12 – 17 years) providing an opportunity to learn a new skill while having fun! Activities are based around a weekly theme and will vary based on instructor availability and weather.

**participants are asked to register for a maximum of 3 sessions

Call 3-1-1 to register.

Week 1 - Art

July 8 -11 at the Sunalta Community Association Hall (5330 19 St. SW) 11am – 4pm.

Week 2 - Dance

July 15 – 18 at the Killarney Community Association Hall (2828 28th St SW – Bus #6) 11am – 4pm.

Santé Spa. For Serious Spa Therapy

Week 3 - Cooking

Group 1 – 10am-1pm / Group 2 – 1:30pm-4:30pm July 22 – 25 at West Springs Co-op (917 85th St SW – Buses 98, 452)

Week 4 - Photography

July 29 – Aug 1 at Lakeview Community Field House (6110 34th St SW – Buses 18, 47, 63) 11am – 4pm.

Week 5 - Fitness

August 6 – 9 at Westside Recreation Centre (2000 69th St SW – C-train access) 2pm – 6pm.

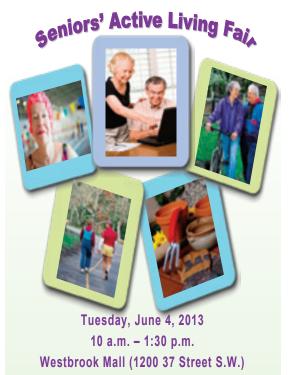
Week 6 – Discover Calgary

August 12 – 15 at the Rosscarrock Community Association Hall (4411 10th Ave SW – Buses 72, 93, 412) 11am – 4pm.

Week 7 – Sports

August 19 – 22 at Glenmore Athletic Park (5330 19th St SW – Buses 7, 13) 11am – 4pm.

Cellulite Meets Its Match A New Way to Banish Cellulite At Santé Spa we tested the best treatments from around the world to address your top concerns and provide effective and proven results. Introducing LPG Lipomassage It targets deep-seated fat that is resistant to diet and exercise. This innovative treatment increases circulation and stimulates lipolysis, resulting in smoother, firmer skin and a visible reduction in the appearance of cellulite. Call 403.228.2772 to learn more! 403.228.2772 antespa.200 403.228.2772 santespa.200 230.508.24th Avenue SW



Come join us at the Seniors' Active Living Fair. This event features a variety of social and recreational programs available in South West Calgary. Enjoy activities, entertainment and much more. Learn more about living a healthy and active life!

Brought to you by Westside Interagency Seniors Subcommittee & Westbrook Mall



Special thanks to Westbrook Mall for the generous support of this event. Many thanks to all of the merchants and staff at Westbrook Mal



Health Upwardly Mobile (HUM) Inc.

Addiction, Mental Health, and Chronic Pain Clinic

Located in the Alberta Professional Centre in Mission!

We are an integrated team of healthcare providers, including Physicians, Nurses, and Registered Psychologists, providing personal and corporate services specific to addiction, mental health, and chronic pain. We also have a naturopath, massage therapist, and Reiki master on site.

All new clients go through our **3 part comprehensive assessment** process so we can best determine your
personal treatment needs.

Please visit our website: <u>www.healthupwardlymobile.net</u> or phone us at 403-536-2480 for more information about our services

Coming in September 2013: Intensive Outpatient Treatment Program for individuals and families struggling with addiction.



I FAD

A FREE program for youth (ages 12-17)

Come hang with friends and learn new skills in various topics based around leadership and how you can make a difference.

Practice these skills, opening doors for your future.

Earn a LEAD Certificate in a fun environment while earning recognition, credibility and opportunities at school, in work and the community.

Participants will complete a 20 hour practicum in week two of the session. This is a requirement in order to receive certification.

Session 1 - LEAD 10am-4pm

July 8-12 & July 15-19 at Glenmore Resource Unit (#40 3805 47 St. SW - Bus #: 13, 93, 94, 112) Course Code: 323153

Session 2 - LEAD 10am-4pm

August 12-16 & August 19-23 at TBA Course Code: 323154

To register call 403-268-3800 and quote the course code.



ALDERMAN, WARD 8

Phone: 403-268-2430 • Fax 403-268-3823 www.calgary.ca/ward8

Construction underway on Calgary's first downtown cycle track

Crews started construction in April on Calgary's first downtown cycle track.

This two-way bike lane along the east side of 7 St SW between the Bow River pathway and 8 Ave will provide a designated space with a one metre wide concrete barrier the height of a sidewalk curb that will improve travel on 7 St SW. It is the first cycle track to be constructed as part of The City's east-west, north-south downtown cycle track network and is scheduled to open in July.

"This project is one that is responding to the rising number of people who choose to ride bicycles into the downtown," explains City of Calgary Bicycle Coordinator Tom Thivener. "We've seen cycling trips in the downtown rise 20% over the past year and 35% over the past five years. The new roadway will provide the predictable space for people who ride bicycles and those who walk and drive."

The protected bike lane will also provide a heightened sense of safety for Calgarians who may want to ride their bicycles into the centre city but are turned off by the high traffic volumes.

"The City needs to provide transportation choices for Calgarians and this project, these cycle tracks, will offer a comfortable space making cycling a real choice for even more citizens," says Transportation General Manager Mac Logan.

The 7 St SW cycle track is a convenient and direct connection to the west end of the downtown core. It will extend the highly used Bow River pathway system into the downtown and will connect directly to the Peace Bridge, which has the highest use of bicycle riders across the Bow River in the downtown area. On the south end, the cycle track connects to the existing 8 Ave SW bikeway as well as the LRT system on 7 Ave. It also supports recent and future building developments in the core that have included secure bike parking and locker rooms, recognizing that the cycling commuter market is growing.

As part of making Calgary a bicycle friendly city, the Council-approved Cycling Strategy directs Administration to

plan, design and build more bikeways and establish an east-west/north-south cycle track network in the downtown core. Through 2013, The City will be working with citizens on the Centre City Bicycle Project Committee and a third-party consultant to establish the remaining east-west/north-south cycle track network with connections to the 7 Street S.W. cycle track.

More information on the 7 Street S.W. cycle track project and the centre city cycle track network is available at calgary.ca.

Dog owners reminded that with ownership comes responsibility

With warmer weather approaching and people and their pets spending more time outdoors in public gathering places, Animal & Bylaw Services would like to remind all dog owners of the Responsible Pet Ownership Bylaw. The Bylaw, implemented in 2006, places the onus of animal behaviour on the owner.

"Aggressive animal behaviour will not be tolerated," says Tracy Bertsch, Director of Animal & Bylaw Services. "All dogs can and may bite. A dog's behaviour is determined by the training and leadership provided by the owner and the owner will be held responsible."

The last four years have seen an increase in the number of reported dog bites. The increase is attributed to improved reporting by citizens as a result of enhanced public education efforts since 2009 and working more closely with partners such as the Calgary Police Service and Alberta Health Services EMS, which has raised awareness of dog bite incidents.

"Calgarians clearly care about their communities and their pets," says Bertsch. "We commend and encourage people to report all incidents of animal aggression. Everyone has the right to feel safe in public spaces where both people and pets are welcome. Animal & Bylaw Services will continue to be vigilant and immediately respond to all aggressive animal behaviour calls received."

Citizens who witness an animal acting aggressively or running at large are encouraged to call 3-1-1. If there is imminent public risk or injuries are involved, call 9-1-1. Owners of aggressive dogs are strongly encouraged to contact the Calgary Humane Society or a certified dog trainer to help resolve aggression issues. For more information on reporting dog bites and dog safety, visit Calgary.ca.

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Cliff Bungalow and Mission. 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."

YARD BUSTERS LANDSCAPING: Weekly cut and trim \$35, Power-rake \$105, Aeration \$55. Some conditions apply. Landscape Construction: patio stone and pavers / flag stone / rock walls / raised beds / sod / landscape lighting / water features / decks and fences. Licensed. Insured. Seniors discount. Phone: 403-265-4769. Yardbusterslandscaping.com.

HARDING'S PAINTING: interior/exterior painting, drywall/ceiling repairs. Free estimates and competitive pricing. No upfront fees, members of BBB, liability insurance, WCB. Call Mike at 403-401-5545 or Phil at 403-667-3316.



Media Strategy | Website | Branding & Identity

Providing you with the tools to build your audience, attract more customers and maximize your potential!

www.tin-lion.com | tinlion.marketing.design@gmail.com | 403.862.4365

MEMORIAL PARK EALGAIN 10 BLIG L BRARY

1221 2nd St. SW • calgarypubliclibrary.com General Inquiries: 403-260-2600 •Program Registration: 403-260-2620

Monday, Friday & Saturday 10 AM – 5 PM Tuesday, Wednesday & Thursday Noon – 8 PM Sundays (mid-Sept to mid-May) Noon – 5 PM

Register for programs by phone at 403-260-2620, online at www.calgarypubliclibrary.com, or in person at any Library branch. A valid Calgary Public Library card in your name is required to attend all programs.

2013 TD Summer Reading Club for Kids

Join us as we kick off Go! the 2013 TD Summer Reading Club. Drop in for a scavenger hunt and other fun activities. Collect your passport from your local Library branch and read all summer to win great prizes!

Saturday, June 15

10:00 a.m. - 4:00 p.m.

Golf With Us!

On Friday, August 16th, The Federation of Calgary Communities and Community Mediation Calgary Society (CMSC) will be hosting the first annual "Chip In Fore Communities" golf tournament at The Canal at Delacour golf course in support of the community association network here in Calgary. This network of volunteer run organizations makes up the largest collective volunteer movement in the city, with more than 20,000 strong! It is only \$149 to golf as an individual or a discounted rate of \$575 for a team of four.

"Chip in" to help support your local community association and register yourself or a team of four today!

For more information on the tournament, or to register, please visit www.calgarycommunities.com/2013/04/17/chip-in-fore-communities-golf-tournament/.

COMMUNITY CLASSIFIED ANNOUNCEMENTS

Deadline – 1st of each month Contact news@great-news.ca

◆ Free announcements: lost/found, for sale, wanted, garage sale, etc ◆ Forty word limit

B G	RAI AM	N S		SL	JE)K	
	5	6			1	9		3
						1	5	
					3			8
	1			4	2			5
		7				3		
4			3	7			1	
7			5					
	2	5						
8			4	9		5	7	
FI	FIND YOUR SOLUTIONS ONLINE AT WWW.GREAT-NEWS.CA						A	

Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 290,000 HOUSEHOLDS
ACROSS 105 CAI GARY COMMUNITIES

DELIVERED BYCanada Post

Phone: 403-263-3044 | sales@great-news.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
Ambulance (AHS) – Non Emergency	403.261.4000
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Care	403.955.6200
South Calgary Urgent Care	403.943.9300
OTHER	
Calgary Humane Society	
(Injured & Stray Pets)	403.250.7722
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior's Resource	
(SeniorConnect)	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878

Need-a-Doctor www.needadoctorcalgaryandarea.ca

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 the Cliff Bungalow - Mission Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Cliff Bungalow - Mission Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

Why Pilates?

Whole body conditioning
Improve athletic performance
Safe injury rehabilitation



Come try us out!

Book a private session—show us this ad and receive a free mat class!* (\$20 value)

Pilates, TRX, Group and Private Instruction

Suite 200, 2424 – 4[™] Street SW (ABOVE THE TECH SHOP)

403 • 245 • 5885 | CalgaryPilates.com









2405 Erlton St. S. W. Townhome - \$1,295,000

Luxury townhome backing onto Elbow River! Offers 3 bedrooms and 3 full bathrooms. Gorgeous spacious interior with 2400 sq. ft., a private west deck, and a 3 car heated garage.

Mary Lou McCormick | 403.225.5000 | mlmccormick@gmail.com

www.mccormickhomes.ca

Exceptional Properties. Exceptional Associates.

Helping you is what we do





FREE in-office laser whitening with an exam & cleaning.

We provide services such as

- C3 Dental Hygiene Cleanings & Exams
- ♥ Fluoride & Sealants

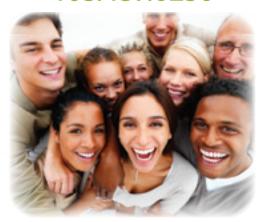
 Company

 Company

 ■
- C3 Advanced In-office Whitenings
- CS Referrals
- C3 Digital X-rays & Cancer Screenings
- Sport Guards



Call us today to book your appointment! 403.457.0250



We accept most major insurance plans, provide direct billing and will work with you to ensure proper coverage and payment options.

200 320-23rd Avenue SW | 403.457.0250 | www.endearingsmiles.com



McCall & Associates Barristers & Solicitors

340, 1032 - 17th Ave. SW Calgary, AB T2T 0A5

403.569.7412

Expertise in: Real Estate, Wills, Immigration, Personal Injury, Criminal Law, Family Law, Commercial Real Estate & Litigation.

Mention this ad and receive a savings on your legal services. Please call us for details.

Free 1HR Consultations / Conveniently located on 17th Ave. SW