

THE MISSION

AUGUST 2016

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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CONTENTS

President's Report	5
Community Calendar	6
Planning & Development Update	11
Mission Possible	18-19
Real Estate Update	22

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The Mission Statement

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

Contact us

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462, 1811 4 Street SW, Calgary Alberta T2S 1W2
403 245 6001
www.cliffbungalowmission.com
Look for us on Facebook, not to mention Twitter and Instagram (CBM_CA)!

We value your contributions

The *Mission Statement* exists to facilitate communication among residents of Cliff Bungalow-Mission. We welcome your story ideas, articles, letters, announcements and photos. Submissions may be emailed to cbmca.editor@gmail.com in .doc, .pdf or .jpg formats. You may also mail (or drop off) your submission to us at the UPS Store: 482, 1811 4 Street SW, Calgary T2S 1W2. Please put *Mission Statement* on the envelope and be sure to include your name, address and telephone number.

The CBMCA reserves the right to edit submissions for accurate content, consistency and length. All photographs require the name of the photographer and credit for the image, along with the names of the individuals within. Permission to publish the photograph or image is required. We do not guarantee the publication of all submissions.



Cliff Bungalow - Mission Community Association Board List 2015 - 2016 As of May 31, 2016

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Jan Pugh	cbmca.facility@gmail.com
Secretary	Rick Williams	cbmca.secretary@gmail.com
Treasurer	Amanda West	cbmca.treasurer@gmail.com
Planning and Development	Sander Jansen	cbmca.development@gmail.com
Environment	Lynn MacCallum	cbmca.environment@gmail.com
Heritage	Marilyn Williams	cbmca.heritage@gmail.com
Social	Amanda Weightman	cbmca.social@gmail.com
Communications	Spencer Perry	cbmca.editor@gmail.com
Directors-at-Large	Ken Hryciw Laura Johnson Kate Zago	

Look for us on Facebook, Twitter and Instagram (#cbmca)



PRESIDENT'S REPORT

Summer Activity Slowdown

As you will note when you check out our Community Calendar this month that there are fewer activities during the summer and particularly during August. This allows our volunteers to recharge their batteries and enjoy their summer. However, you will also note that there will be a lot of activities in September. We hope you enjoy your summer as we enjoy ours.

We Get E-mails - Community Check-In

I received another e-mail connected to the Community Check-In held on June 13th. There are a few things I need to clarify in case you misunderstood what is happening or potentially could happen. The purpose of this special community meeting was to inform you what has been happening and what might be on the horizon. It also allowed us to get feedback on these matters so we can accurately reflect your points of view. We achieved that objective and we thank you for your participation.

One point of clarification is that everyone who made a presentation at this meeting are community residents, CBMCA Board members and volunteers. They are all part of our very active Planning and Development Committee. Beside myself there was Sander Jansen, our current Planning and Development Director, Rick Williams, a former Planning and Development Director and currently working on City planning policy matters from our community perspective and Marilyn Williams, current Heritage Director. None of us get paid. We do this on our own time. These people spend a lot of time on our planning and development matters and provide us with very valuable input from a community perspective. And there are others on the P&D Committee who also provide very valuable input. We are very lucky to have them all.

The second thing that needs to be clarified is that any land owner can apply to the City for a new Land Use Designation. That is their right. Our right is to comment on those applications from our community perspective. Thus this special meeting provided us with valuable information that we can use in our comments.

The third thing that needs to be clarified is if a land owner does apply for a new Land Use Designation, it eventually goes to City Council in a public hearing. During this hearing, people (including yourselves) can

comment in support or against the proposal and why. Council can approve the application, turn down the application or refer the matter back to City Administration for further study and/or community consultations.

This process can take many months and even years. In regards to the specific potential Land Use Designation change request that was discussed at our meeting, that application has not been submitted as far as we know. When and if there is an application, then the City process formally starts and will include a circulation to the community association. I hope this clarifies what will take place if a formal application is made.

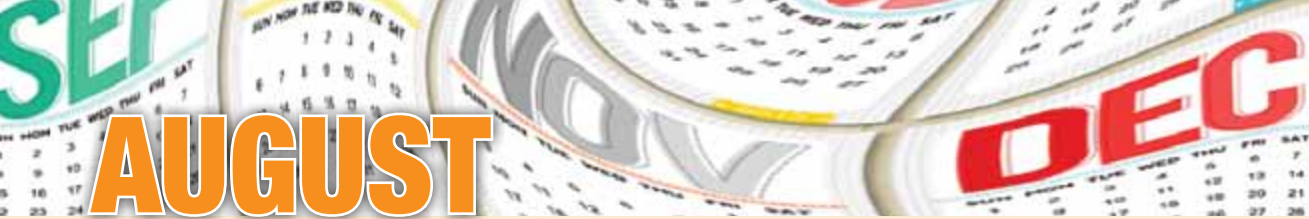
CBMCA Board Updates

Some changes have taken place on our Board. Patrick Arnell has stepped down from the Board due to work pressures and moving out of the community. He was a former Planning and Development Director and led the Community Check-In held in February 2015. He was also a key community leader during the immediate aftermath of Flood 2013. We thank Patrick for everything he has done for this community and wish him well.

Laura Johnson has stepped down from our Board also due to work pressures. She was working on our accessibility project in our community centre building. As you know, in 1920, public buildings were rarely wheelchair accessible. We thank Laura for her help during her time on the Board and wish her well. If anyone is interested in taking on the accessibility project, please contact me cbmca.president@gmail.com.

Our Social Director, Amanda Weightman, got married to Richard De Los Reyes on Saturday, June 18. The event was held at the Rouge Restaurant and the Inglewood Bowling Club. Congratulations to Amanda and Richard. We wish you all the best in the coming years.





AUGUST

COMMUNITY CALENDAR

All events are at the Cliff Bungalow – Mission Community Centre (2201 Cliff St SW) unless otherwise noted.

Jazz Concerts

Featuring talented local artists playing in our historic venue. Discount for CBMCA members.

No concerts during July and August. Next Jazz night is Wednesday, September 7, 8 pm

Potlucks

Bring something to share and meet your neighbours. Good food and great conversations. Next potluck is Sunday, September 11, 6 pm.

New Garden Events

Once a month to during the summer there will be garden-oriented events. There will be a featured topic/speaker for each event. The August event is on Wednesday,

day, August 10, 6:30 to 9 pm at Bankview Community Centre. See the poster elsewhere in this newsletter.

Movie Nights

Next film night is on Sunday, September 25 as it is too bright in the early evening during the spring and summer.

Board Game Nights

Next Board Game night is Saturday, September 17, 7 pm

Community Clean Up

Saturday, September 10, 9 am to 2 pm – this is your chance to drop off unwanted things that would normally go to the dump but the dump trucks come to our community to receive such items. There is also recycling of electronics. Plus there is an exchange of still useful items you no longer want.

History Book Sales

Copies of our community history book “Cliff Bungalow – Mission, a Heritage Community” can be obtained at all community events at the community centre. \$30 per copy.

Check out our website regularly for new events and other information not available at time of newsletter publishing.

www.cliffbungalowmission.com

Deadline for Mission Statement submissions

First of each month prior to month of publication. The Mission Statement is published monthly. E-mail to cbmca.editor@gmail.com.



Post it!

Let's tell the world about life in Cliff Bungalow-Mission

See something interesting in the 'hood?

Take a photo and post it to **Instagram** (with the hashtag **#cbmca**) or to our **Facebook** page. It can be anything:

- a selfie of you and friends at a 4th Street eatery? **Post it!**
- a cute dog? **Post it!**
- birds at your backyard feeder? **Post it!**

#cbmca



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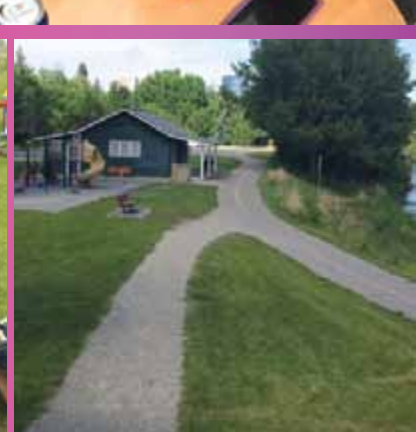
“An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence.”

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



Cliff Bungalow - Mission Community Association

462, 1811 4 Street SW
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)* _____

Email (3)* _____

Membership Cost: Single \$10 _____ Family \$20 _____ Payment type: Cash _____ Cheque _____

New _____ or Renewal _____ If Renewal, provide your Card# _____ Purchase Date _____

*Your e-mail addresses will be used by CBMCA to inform you of community events and important community matters

MEMBERSHIP AFFINITY PROGRAM

Use your membership card to save!

Did you know that you can save money by showing your Cliff Bungalow – Mission Community Association membership card at local businesses? The shops and restaurants listed below offer discounts and special offers to CBMCA members. Just show your card!

- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **Expedia Cruise Ship Centres:** 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package
- **Famoso Neapolitan Pizzeria:** 105, 2303 – 4 St SW, 10% off food and beverages
- **4th Street Liquor & Wine:** 1809 – 4 St SW, 10% off all items
- **Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders
- **Peking Dragon:** 1904 – 4 St SW, 10% on Dine In items (excluding Dinner Combos), 15% on Pick Up items on orders over \$30.00
- **Rideau Pharmacy:** 1801 – 4 St SW, 15% off Front Store items (excludes prescriptions)
- **Tea Factory:** 1820 – 4 St SW, 10% off all Loose Leaf Teas and drinks
- **Ten Thousand Villages:** 323 – 17 Avenue SW, 15% off
- **The Tech Shop:** 2424 – 4 St SW, 10% off regular priced footwear / accessories, 15% off regular priced apparel **(new membership affinity supporter)**
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)

Do you own or manage a business and would like to be part of this program? Please contact cbmca.editor@gmail.com. Residents may purchase a membership by using the membership form in this newsletter or online at our website www.cliffbungalowmission.com, click on "Get Involved".



Thank You Casino Volunteers

We want to thank the people who helped at our casino on June 15 and 16. We needed to fill 38 shifts over the two day event and our community came through complete with a few back-up people. It is always challenging to get enough volunteers and I would like to personally thank everyone who volunteered.

We will get the net proceeds from this casino by mid-August. The net proceeds are from two sources: (1) from the gaming tables and (2) from the casino lottery terminals (not the VLT's that are in bars). The funds we will receive are from the two poolings of the casinos held in the second quarter of 2016. The gaming tables net proceeds are from a pool of all Calgary casinos and the casino lottery terminals from a province-wide pooling. The groups who had casinos in first quarter of 2016 received just over \$70,000. This is down from our November 2014 net proceeds of \$74,190. The economic downturn would appear to be the reason for this decrease.

These are the people who helped during our casino in June:

Sherry Assel, Tiro Clarke, Thomas Fielding, David Frishman, Cynthia Graham, Eilish Hiebert, Murray Hiebert, Georgia Hoffman, Ken Hryciw, Jane Kubke, Matt Lannon, Donn Lovett, Lynn MacCallum, Allan MacInnes, Jack MacLagan, Collette Mansfield, Angela McKinnon, Evelyn Middleton, Jan Mulder, Joyce Peregoddoff, Len Podgurny, Oresta Podgurny, Linda Roder, Linda Shorting, Bob van Wegen, Colleen van Wyk, Amanda West, Shelley Wheaton and Rick Williams.

Thank you again to all our volunteers. You are what make our community special.

Our next casino is in the first quarter of 2018.

Bob Lang

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Cliff Bungalow-Mission Community Clean Up

Mark your calendars - the annual Cliff Bungalow-Mission Community Clean Up event is happening on Saturday September 10th, 2016!

The City of Calgary Waste & Recycling Services and Animal & Bylaw Services are generously supplying three packer trucks with crews - two for waste and one for organic materials. This event saves local residents a trip to the landfill for items that do not fit in their waste and recycling carts or for those who do not have cart service, and is free of charge to all Calgarians. These events are a great way to get the community working together to clean-up yards, alleys and local green spaces, while removing unwanted items from your home and donating them to a local charity, or off to the dump if they are beyond repair.

The following items cannot be accepted or disposed of at the cleanup event*

- | | |
|-----------------------|--------------------|
| • tires | • propane tanks |
| • household chemicals | • microwaves |
| • car batteries | • home electronics |
| • metals | • liquids |
| • home appliances | • glass |
| • paint | • railroad ties |
| • wood/lumber | |

*For a list of companies that take these banned materials/items please visit the Green Calgary Recycler Directory found here www.greencalgary.org/recycler-directory/ or visit the City of Calgary "What Goes Where" guide www.calgary.ca for drop off locations.

CLEAN UP LOCATION & DATE

- Saturday September 10th, 2016
- 2101 Cliff St Arts building, back parking lot
- 9am to 2pm. NO items will be accepted after 2pm

DONATIONS TABLE

As we do every year, there will be an area on site to collect gently used items that are still in good shape and could be used by someone else. Anything left over at the end of the event will be donated to WINS - the Women in Need Society www.womeninneed.net.

VOLUNTEERS NEEDED

We are looking for volunteers at the cleanup site to help with the following:

- guiding vehicles (if required) and directing pedestrian traffic
- answering questions and monitoring the site
- ensuring unacceptable items aren't disposed of or left at the cleanup site
- Got a truck? You can help us by driving through the back alleys of the community to remove large items and bring them back to the Clean Up site where they can be disposed of properly.
- Safety vests, gloves, tarps and ropes, snacks & beverages will be provided the day of the event for volunteers.

If you have any questions, want to volunteer, or have any suggestions on how we can improve this event, please email cbmca.environment@gmail.com.

Sources: www.calgary.ca, www.greencalgary.org.

PLANNING & DEVELOPMENT UPDATE

Planning Community Check-In

By: Sander Jansen, Planning & Development Director

On June 13, 2016 the Cliff Bungalow-Mission Community Association (CBMCA) organized a Planning Community Check-In. The Community Check-In was an opportunity for the CBMCA to inform you about planning developments in our community and to hear from residents what matters most. With over 80 people in attendance and a series of presentations and an engaged audience we can look back at a successful event. In this article we want to share with you the results of this event.

Why did we have a community check-in?

Our community is continuously changing. Part of the shifting dynamics in our community are due to pressures that go beyond the borders of Cliff Bungalow-Mission. Calgary is growing, and it has traditionally been growing outward. Statistics show that up to 90% of traditional population growth in Calgary has happened in the suburbs, however urban sprawl comes at a cost; higher taxes to support infrastructure and services, extended travel times for new and existing communities, and compromised vibrancy of communities. Looking ahead, Calgary will have to accommodate many more people. Estimates show that the population will double in the next 60 or so years. The pressing question is: should Calgary continue to build out? Here, the sensible answer is probably not, and that's why the City has recently put the Municipal Development Plan (MDP) in place. The MDP suggest balanced growth: growing "in" – through densification, and growing "out" – through developing greenfield areas.

As an inner-city community Cliff Bungalow-Mission is feeling the pressures of densification too, and probably rightly so; we are all in this together. All communities should take their fair share in accommodating population growth. The good thing here is Cliff Bungalow-Mission is part of the solution, and has been for some time. Firstly, population growth has *already* happened right here. In the last 5 years our community has enjoyed 5% growth. Secondly, our community is amongst the densest in the city. We rank third behind the Downtown-West-End and Lower Mount Royal. Lastly, our community exceeds the MDP densification targets. The amount of people living and working in the community

today is 50% beyond what the City asks us to accommodate. If we would fully build out to currently existing zoning our density would be 3 times as high as the current target.

The promising thing is that we've been able to achieve this while (in many parts) keeping our unique character. I'm referring to our medium height building form (with few high rises), our park-like streets with plenty of trees, our heritage buildings going back to the late 1800's, and our diverse demographics with people from across many different age groups and backgrounds. Our community is in many ways a great example of good urban densification; an example of a community showing growth while maintaining its uniqueness.

Having delivered on our targets doesn't mean that development has stopped; quite the opposite is true. We see plenty of proposed developments. While we do receive many applications that align with our Area Redevelopment Plans (ARPs) and don't interfere with our community character, we've seen an increase in applications that don't fit as well with our goals or show conflicts with the ARPs. It is not uncommon to receive development permit (DP) applications seeking relaxations (i.e. deviations from the current bylaws or our ARPs). In many instances these are harmless requests amounting to minor concessions to allow for sensible development. The difference in recent years is that we've seen more frequent and more extreme relaxations requested. These requests tend to focus on excessive height, potential heritage loss, and loss of trees. In this context we felt it was appropriate to highlight 3 proposed developments at our 2016 Community Check-In. These developments were identified as having the potential of eroding our character and jeopardizing some of our community strengths. We selected them because they either indicate a trend, demonstrate a typical request, or are impactful in their own right. In all honesty, in many instances the engagement process between the developer and the community has been good. Unfortunately, the *outcome* of the engagement process to date hasn't always been what we hoped for. In that light we decided to present a few key development proposals to gauge the community's perspective to help guide our recommendations.

~cont'd next page~

What are these developments?
514-528 25 AVE SW: This development is on the Himmelman Boathouse and Gordon Suites site, and is still in the pre-application phase.

What is the developer proposing? The developer is proposing 2 towers for senior living. One tower 12 stories tall, the other 8 stories tall. To put this into perspective the current zoning allows for 4 stories; this is consistent with most buildings on the Cliff-Bungalow side. The site is currently occupied by 2 buildings that are on the heritage inventory list: The Himmelman Boathouse and the Gordon Suites. It is not entirely clear what would happen with these buildings, but the initial renderings suggest that these heritage buildings are at risk of being removed or demolished.

211 17 AVE SW: This development is proposed on 17 AVE across from St Mary's Cathedral.

What is the developer proposing? The developer is proposing a 149 unit residential development with commercial use on the ground floor. There certainly are some merits to this development; increased density and vibrancy along 17 AVE is positive, so are more eyes on and potential increased use of Rouleauville Park. This comes at a cost, as the developer is proposing two towers: 13 and 11 stories each. The relative height and massing of the proposed 13 story building would dominate the skyline and significantly diminish the prominence of the Cathedral and other iconic buildings in the Heritage District. This prompted a special section of the questionnaire: should development of this area ignore the heritage character that defines our community? We don't think it has to be, which is why our ARP talks about 6 story developments on the proposed site. This still would allow for considerable densification while recognizing the existing context.

522 24 AVE SW: The proposed development is located on the corner of 5 ST and 24 AVE SW.

What is the developer proposing? This development includes a 16-unit multi-residential building. The concern isn't about the proposed building, but what has to be removed to accommodate it. In order to build the 16-unit apartment building the existing Heritage building (the Cottage School) will have to be demolished. Taken together with the Himmelman Boathouse and the Gor-

den Suites we would lose 3 of our 20 heritage buildings (or 15%) in Cliff Bungalow alone, and this is on top of the many heritage buildings we already lost in previous years.

We are not against change. Quite the opposite: We embrace change that recognizes the context and elevates community strengths. The goal of the Community Check-In was to inform you about the above developments and have a conversation with residents about what sensible change could look like.

What did we hear?
We gathered people's input through 2 different means: a Q&A on the evening of the Community Check-In itself, and through a survey. The event was attended by over 80 people, and the survey has been completed by 61 individuals. Judging by the audience we believe the results represent a cross-section of our community: people from Mission and Cliff Bungalow, renters and buyers, new residents and long standing residents, and different age groups. What did we hear?

The majority of respondents (84%) agree that densification (i.e. taller buildings) should happen within existing allowed zoning, as opposed to spot upzoning (i.e. overheight in random places). Of the people that agreed, 72% strongly agree, while 16% didn't express real concerns with spot upzoning. This shows to us that height remains a concern, and that height relaxations should be taken seriously when being proposed.

The majority of respondents (85%) agree that our Area Redevelopment Plans (ARPs) should be respected by the City and developers at all times. Of the people that agreed, 64% strongly agree, while 10% of the respondents don't believe that our ARPs need to be taken into consideration at all times. Taken together, these results show us that both the Cliff Bungalow and the Mission ARPs are still considered valid documents in guiding future developments and conversations with developers. This is important feedback as the validity of ARPs is increasingly being marginalized by developers and the City where conflicts are present. This result is also consistent with the expressed need for community specific planning. **93% of the respondents agreed that planning should recognize our local community character and built form, as opposed to taking**

a blanket, city-wide approach. We will take this feedback into account when responding to City initiatives like MainStreets and the Developed Area Guidebook (DAG).

The majority of respondents (75%) agree that the removal of heritage buildings in new development applications should be prohibited. Despite the majority vote, we noticed a greater spread in people's answers. 7% of respondents were indifferent ("neutral"), while 18% didn't express real concerns with heritage removal. There was an overall consensus that heritage is being valued and helps define the character of our community, but residents expressed the need for better care and maintenance of such buildings. This provides a signal that better tooling and supporting systems should be explored to ensure that the quality of heritage buildings is maintained. On the question if the **retention of heritage character should be of primary importance in considering development and zoning applications**, 85% of the people agreed, while only 10% disagreed. Taken together, these results show that heritage, recognizing the state and intrinsic value of these buildings, remains a priority area and should be taken seriously in future applications.

The majority of respondents (88%) agree that developments in the immediate proximity of the cathedral district require special planning considerations, in terms of building height, building design and sight lines. This is consistent with the Mission ARP, calling for sensible height (up to 6 stories) within 100 meters of St. Mary Cathedral, and sends a signal that development applications can't be looked at in isolation and should recognize the context that they are built in.

The majority of respondents (87%) agree that the removal of healthy mature public trees in new development applications should be prohibited. Of the people that agreed, 64% strongly agree while 12% didn't express real concerns with the removal of public trees. The overwhelming response doesn't surprise us. We've noticed considerable community traction in relation to our urban canopy in the recent years, with grass root initiatives popping up aimed at protecting trees where they are at risk from being removed due to construction. For those people less concerned, mostly

practical reasons (i.e. allowing developers to maximize their footprint) were being presented.

Taken together, we sense an optimistic yet partially concerned community. Optimistic about what the community already has to offer: its strengths, its uniqueness, and developments that build on those premises. In part concerned because of the potential of these strengths being compromised. The survey results have demonstrated that the community is not against change, but is sensitive for how this change plays out in terms of its impact on the built form, our heritage character, and urban canopy.

How will we use the results?
We truly appreciate everyone's feedback, and have recorded everyone's views. As a community association we mean to continue to represent our residents, and we believe that this event has helped us in achieving this goal. Going forward, we will use the input from the survey and the narratives provided during the community check-in to have balanced conversations with the City and developers on an application-by-application basis. The survey results provide us invaluable data to inform our discussions in relation to development and zoning applications. Also, we will prepare a report for Councilors outside the DP sphere. We believe that demonstrating our priority areas and concerns more pro-actively and more strategically is a powerful tool in further realizing sensible change that fits the needs of the community.

Finally, I want to say thank you to all of you that attended the Community Check-In and for sharing your viewpoints and expressing your honesty.

SUMMER IS HERE
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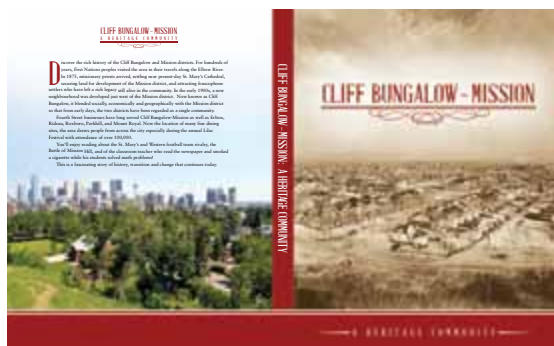


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Cliff Bungalow – Mission

a Heritage Community

read with lots of interesting photographs and maps. Cost is \$30. It makes a great keepsake and wonderful gift. Contact Judith at cbmca.historybook@gmail.com.

The book is available at all community events at the community centre (cash or cheque only). Books also are available at Shelf Life Books (1302 – 4 Street SW), the shop at Glenbow Museum, Owl's Nest Books (815 – 49 Avenue SW) and Masters Gallery (4th Street and 22nd Avenue SW). Their price will include their mark-up.

5th Anniversary of the unveiling of the



'Nuns and Nightingales' Commemorative

Sunday September 25, 2016,
1 p.m. to 3 p.m.

1929 Wing of the Holy Cross
Centre on 2nd Street SW

Join us for an informal gathering to celebrate, reminisce and admire our accomplishment.

Holy Cross Hospital School of Nursing Alumni.

VOLUNTEERING....
Good for the Soul

10
August



Embrace Gardening

With Janet Melrose – Calgary's Cottage Gardener

Late summer in the garden is a unique time. As the growing season rolls on, the garden still needs your attention. Join us to learn about late summer and the urban garden.

Learn about: Water and soil conservation - cover crops and dynamic accumulators, Urban critter control - including human activities, Preventing food crop waste - sharing the bounty, Planning a celebration of the garden and community

WHEN: Wednesday, August 10, 2016 6:30pm Munch-n-Mingle, 7-9 Presentation

WHERE: Bankview Community Hall, 2418 -17 Street SW

COST: This event is FREE to everyone! Donations gratefully accepted. For more information email bcagarden@gmail.com

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P. 403-454-8460

SW - Momentum Health Westbrook
Corus Centre
#312 3320 17th Avenue SW
P. 403-454-1600

SW - Momentum Health West Springs
West 85th
#2200 8561 8A Avenue SW
P. 403-453-3373

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Mission Centre
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P. 403-228-7968

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Creekside Medical Clinic
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Liberty Club starting in Mission

Are you thankful for your liberty and concerned about government, culture, and the future?

Taking personal responsibility is required to maintain freedom.

Liberty Club will be conversation and debate. The focus is; politics here and in the world, leadership, the media, culture (for example, civilization, education, thinking).

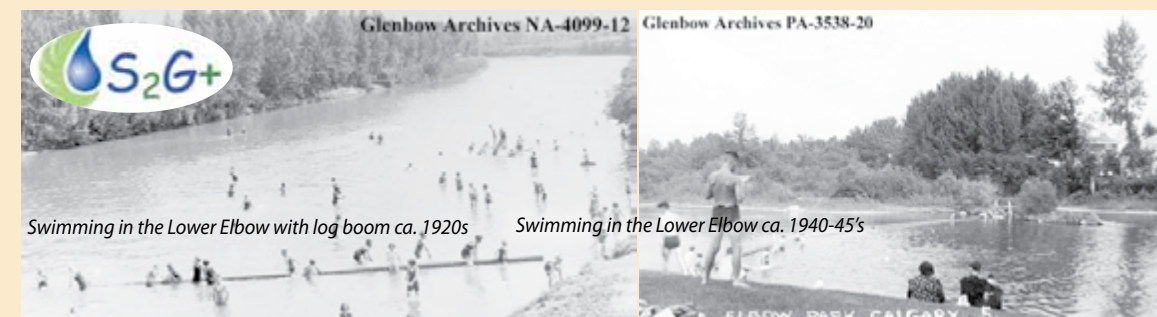
The first meeting will be in June at my home in Mission. If interested, please email me magnacarta.proctor@gmail.com.

Stampede!

Corinne Ofstie represented the Cliff Bungalow-Mission Community Association in the annual Stampede parade on July 8. A few pictures from the parade are included here.

We hope everyone had a safe and enjoyable Stampede!



Take A Dip Into The Lower Elbow River's Past

Calgary's First Public Swimming Facility

As those lazy-hazy-crazy days of summer start to wind down, we are reminded of the role that our lower Elbow River has played in providing the first safe and clean recreational swimming facility to Calgarians.

Before the Glenmore Dam was constructed in the 1930s, the flows on the lower Elbow provided enough water for swimming in summer and skating in winter. Today, flows are restricted by the dam, and gravel bars from flooding impede the experience. Storm water emptying into the Elbow River, downstream of the Glenmore Dam is untreated, carrying with it sediments, contaminants, and bacteria from roads, yards, and pets, making it less attractive for taking a dip, unlike earlier days when the crystal clear waters from the Rae Glacier and clean over-land runoff reached all the way to the heart of Calgary.

William Reader, Calgary's visionary Parks Superintendent (1913-42), was an advocate of public recreation, an avid swimmer, and member of the Calgary Swimming Club. Reader directed the development of the City's first riverside swimming facility near Elbow Drive and 30th Ave SW in 1914; first with safety ropes then the construction of the dressing rooms building in 1922. The building doubled as a skate change shack in winter. "The addition of booms in the river, play equipment (including an outdoor checker board), washrooms at-

tached to the building, a fountain, pathways and ornamental plantings further enhanced the attractiveness of the Grounds. Until interest shifted to constructed swimming pools in the 1940s, the Elbow Park Swimming Pool was the most popular swimming place in the inner city and second only to the lagoon at Bowness Park in numbers of users. Attendance records for 1933 include the observation: 'the number at the Elbow Swimming [Pool] was so great that no record could be kept.'" Reader aligned the use of the pool with the swimming programs of institutions like the YMCA and YWCA.

No longer in use, the historic one-storey, wood-frame, gable-roofed dressing room building and veranda, painted forest green with white trim, remains a familiar landmark along Elbow Drive. The Elbow Park Swimming Pool and Grounds was designated a Municipal Historic Resource in 2014.

*Source: City of Calgary Inventory of Evaluated Historic Resources
Photo credit: Glenbow Archives*

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus



Mission Possible 2016

Mission Possible 2016 on June 18 celebrated Neighbour Day, the resilience of the people of our community and gave back to Fort Mac. This was the fourth Mission Possible, the first one being organized in a matter of days in 2013 as a result of the flood.

We had great burgers fresh off the grill along with delicious salads. A big thank you to Original Joe's and their chefs Jordan Fuchs, Darlan Gustafson and Jaice Llewellyn. They were part of Mission Possible last year and it was great having them back. In our discussions after the event, they indicated that Original Joe's will participate next year.

This kind of event would not happen without the help of many people and organizations. We want to acknowledge those who helped this year. Some worked on the organizing committee, some worked in the background making arrangements, making posters and getting supplies together and some worked on the day of the event. Some worked in all phases. They all helped create this special event for a special community. We also thank everyone who attended the event. While not as many attended this year, everyone who did enjoyed themselves. We also got great coverage in the Calgary Sun.

The people who helped: Paul Chirka, Dave Frishman, Michael

Gerencir, Georgia Hoffman, Ken Hryciw, Bob Lang, Corinne Ofstie, Dylan Ofstie, Robyn Paul, Jan Pugh, Jeff Pugh, Robin Thompson, Frank Warby, Amanda Weightman, Amanda West, Rick Williams and Kate Zago.

The organizations that helped: Original Joe's, The City of Calgary (games and volunteer face painters), ATCO Gas (grill), Green Event Services (helping to reduce the environmental impact), Midtown Calgary Coop (donation), Landlocked Management (organized the music and sound people) (Colleen Krueger) and Jumpy-house (great for the kids who attended) (Jennifer Vanderlaan).

We apologize if we have missed anyone. Please let us know.

Those who attended gave back to "Fort Mac". \$200 will be donated to the Red Cross for Fort McMurray. This money came from the t-shirt sale/donations and other cash donations. Cliff Bungalow – Mission Community Association matched this amount by donating \$200 to Wood Buffalo Food Bank who are struggling to keep up with the demands on their resources as people return to Fort McMurray.

We have already started planning the 2017 Mission Possible event which will be on Saturday, June 17. By getting on top of the planning now, it should be easier for the volunteers next year.



IN & AROUND CALGARY

YYC Main Streets Update: 4th Street SW

The City has been studying key streets throughout Calgary, including 4th Street SW.

After studying 4th Street SW, the City released its findings in July for residents to view. You can see what they discovered by Googling “YYC Main Streets” and navigating to the 4th Street SW section. You can also search for this page right through the Calgary.ca website.

Some key findings include:

- The street has a walkscore of 93, which is high and shows great walkability
- Traffic volume decreased from an average of almost 25,000 vehicles per day in 1980 to less than 15,000 in 2013
- People who use the street often said enhancing the unique character and vibrancy of 4th Street SW were important outcomes of this initiative
- Forty-two per cent of street users are between the ages of 25 and 34, the highest of any cohort; people between the ages of 35 and 44 were the second-highest user cohort, making up about 19 per cent of total 4th Street SW users

There are also a number of zoning and development possibilities included in the report that are contained in the official City document.

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Tour of Alberta Ride the Road Tour

On August 28, the Calgary Tour de Nuit Society will be hosting its seventh annual Tour of Alberta Ride the Road Tour. Hundreds of Canadians have cycled this public and family-friendly bike ride.

The Tour of Alberta Ride the Road Tour is a public bike ride in Calgary that kicks off the Tour of Alberta. This year's ride, as in previous years, affords an opportunity to enjoy cycling in a group under traffic-free conditions. Participants will be able to discover cycling and feeling completely safe on Calgary's roads. Cyclists of all skill levels are encouraged to participate in one of the four rides, all of which can be found on the Tour de Nuit website.

Our first ride is the North Spoke ride, assisted by temporary police rolling closures. The second ride is the unescorted South Spoke ride meant for advanced cyclists. Both rides will meet at Stanley Park where the main ride and the children's ride take place. The main ride of the Ride the Road tour departs Stanley Park, loops through Downtown and then returns to the park. The last ride is a Children's Tour, in Stanley Park. Stanley Park is the hub of all activity where there is free entertainment, children's activities and food trucks.

This event is a perfect family activity as there are many rides to choose from. Riders of all skill levels can find a ride suitable to their abilities. Participants get the chance to experience riding on the road and explore alternative methods of getting around the city.

The North Spoke Ride will start at Tuxedo Source for Sports and opens at 9:30 am and proceed south down Centre St N. The participants are headed to Stanley Park. The North Spoke Ride will be conducted with a rolling closure so cyclists will have a ride down Centre Street N through downtown, via 5th St SW and Elbow Drive SW.

More information can be found at: www.morepeople-cycling.ca.

IN & AROUND CALGARY



Chip in “Fore” Communities on August 12!

Support Calgary's community associations by joining the Federation of Calgary Communities on Friday, August 12 at the Canal at Delacour Golf Club for their 4th Annual Chip in Fore Communities Golf Tournament, presented by Save-on-Foods!

One of the most affordable golf tournaments in the city, at only \$160 for an individual or \$600 for a four-some, Chip in Fore Communities includes lunch, a round of golf with a power cart, a delicious dinner, amazing prizes, and most importantly, a day of fun!

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

Visit calgarycommunities.com for more information or to register today!

Call for Community Volunteer Award Nominations

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award

This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award

This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award

This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award

This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

Visit calgarycommunities.com/community-volunteer-awards for more information or to nominate someone today!



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Cliff Bungalow - Mission Real Estate Update

Last 12 Months Cliff Bungalow

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$0.00	\$0.00
May 2016	\$799,949.50	\$788,500.00
April 2016	\$995,000.00	\$975,000.00
March 2016	\$1,799,900.00	\$1,700,000.00
February 2016	\$979,000.00	\$940,000.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$649,900.00	\$650,000.00
October 2015	\$0.00	\$0.00
September 2015	\$0.00	\$0.00
August 2015	\$0.00	\$0.00
July 2015	\$0.00	\$0.00

Last 12 Months Mission

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	\$399,900.00	\$380,000.00
May 2016	\$409,900.00	\$396,088.00
April 2016	\$260,900.00	\$257,000.00
March 2016	\$344,950.00	\$338,000.00
February 2016	\$384,900.00	\$373,750.00
January 2016	\$333,950.00	\$323,000.00
December 2015	\$274,940.00	\$262,500.00
November 2015	\$309,900.00	\$295,000.00
October 2015	\$339,900.00	\$332,500.00
September 2015	\$359,900.00	\$350,000.00
August 2015	\$344,850.00	\$336,000.00
July 2015	\$416,500.00	\$396,250.00

To view the specific SOLD Listings that comprise the above MLS averages please visit cliff_bungalow.great-news.ca or mission.great-news.ca

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

SEPTEMBER 3 CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org



SEPTEMBER 16 TO 18 CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com



SEPTEMBER 21 TO 25 HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com



EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Ensure visitors to your home keep their personal belongings out of children’s reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child’s reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Flood Resiliency

The City is committed to making Calgary a safe, flood resilient community. The 2013 flood caused significant social and economic disruption and unprecedented damages. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones.

We’ve Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We’re Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

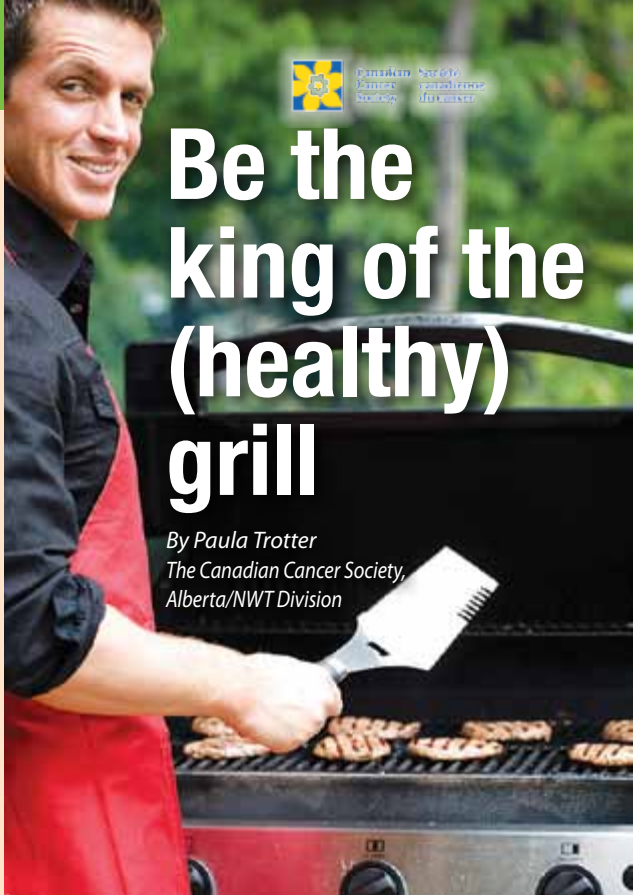
- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary’s water supply.

We’re Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.



Canadians love to grill.

And rightfully so – there’s nothing quite like a summer barbecue with family and friends.

So I know being told to limit barbecuing meat can be tough to hear. But studies have shown that eating a lot of well-done and charred meat cooked at high temperatures may increase your risk of developing certain cancers, such as colorectal cancer.

That’s because cooking meat, poultry and fish at high temperatures – including barbecuing, broiling and frying – creates chemicals that are associated with an increased risk of developing cancer.

I’m not telling you to stop grilling outright – instead, cut back on how much barbecued meat you eat.

And when you do fire up the barbecue, follow these Canadian Cancer Society tips to safely prepare your grilled food:

- Marinate meat, poultry and fish in vinegar or lemon juice and your favourite herbs before cooking. This will reduce the formation of the chemicals that increase the risk of cancer.
- Choose lean cuts of meat, poultry and seafood over higher-fat meat, and trim off any visible fat (including the skin from poultry). This will reduce the amount of harmful chemicals from the smoke created by burning fats.
- Barbecue slowly and prevent charring by keeping the food away from the hot coals so that flames are less likely to engulf the food.
- Skewer a kebab. Smaller cuts of meat cook faster, which means there is less time for chemicals to form.
- Partially cook your meat before throwing it on the grill. The less time your meat is on the grill, the less it will be exposed to chemicals.

Bonus tip: Learn to enjoy slow cooking. Choose to cook your meats at lower temperatures by braising, stewing, steaming or roasting more often. Then serve with a side of barbecued vegetables – most experts agree plant-based foods do not form cancer-causing chemicals when cooked at high temperatures. Grilled fruit is also delicious for dessert.

BRAIN GAMES SUDOKU

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1			5	9			7	

FIND SOLUTION ON PAGE 31



Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!

IN & AROUND CALGARY

Looking for free entertainment this summer?

The City's summer concert series, Music in the Park, is back! Enjoy free live music with family and friends in beautiful parks around the city throughout July and August. Events will feature different artists from a variety of musical genres that are sure to get you movin' and groovin' this summer.

Check out calgary.ca/parks for an event near you, then pack a picnic lunch, grab a blanket and settle in for some great entertainment.

Get Moving This Summer!

Did you know that The City of Calgary has a variety of free and affordable community programs and events for families, youth and seniors this summer?

Don't sit at home. Get out and get moving! Take advantage of hundreds of community programs and events organized by The City.

Visit Calgary.ca/GetMoving to find an activity that's right for you!

Community Standards Bylaw Review

The Community Standards Bylaw promotes clean, safe, healthy communities by regulating neighbourhood nuisances like yard maintenance, noise, and fire pit use. The bylaw allows Calgary Community Standards to partner with Calgarians to build better communities and better communities build happiness.

The City is reviewing the Community Standards Bylaw to ensure that it still meets the needs of citizens. We want your feedback, please send your ideas to improve the Community Standards Bylaw to CSBreview@calgary.ca. Let's continue making communities across the city the best they can be.

In case of an emergency, know your location

Each year, Calgary's 9-1-1 centre receives over one million emergency and non-emergency calls. It takes a team of over 300 employees, working in a 24-7 environment to answer those calls and get citizens the help they need.

The most important piece of information a 9-1-1 emergency communications officer needs is your location. If you don't know where you are, there may be a delay in getting you the help you need. Many citizens assume that emergency responders can find them based on cell phone GPS. This is not true. While the 9-1-1 officer may receive your approximate location, it's not always accurate. That's why it is so important to always pay attention to your surroundings and know your location.

It's easy if you're at home where you can provide your home address to the 9-1-1 officer. But what if you were outside, enjoying your day in one of Calgary's parks, when you suddenly need to call 9-1-1? If you're in Fish Creek Park, Glenmore Reservoir or on the Bow River pathway, you can look for our emergency locator signs. These signs are an initiative between Calgary Parks and Calgary 9-1-1. Taking note of them will help crews locate you in an emergency.

Whether you're at home or out enjoying the summer in our city, Calgary 9-1-1 is there to help you stay safe.

For more information on Calgary 9-1-1, visit calgary.ca/911



Check out these important updates from The City of Calgary

The City's free summer concert series, Music in the Park, is back! Come enjoy live music with family and friends in beautiful parks around the city.	calgary.ca/parks
You have opinions. We want to hear them! The City is looking for more Calgarians to join Calgary's online panel at citizensview.ca.	citizensview.ca
Explore swimming and flying creatures this summer at The City's free children's nature drop-in programs.	calgary.ca/parksguide
New bus routes are coming to northwest and inner city communities starting September 5, 2016.	calgarytransit.com/2016ServiceReview
This summer, The City is providing a variety of free and affordable community programs and events for families, youth and seniors. Join the movement!	calgary.ca/getmoving

Stay connected to the City of Calgary

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The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt
Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition to their largely insectivore diet in South America.
- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wild-life Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).



Children and Dog Safety

How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.

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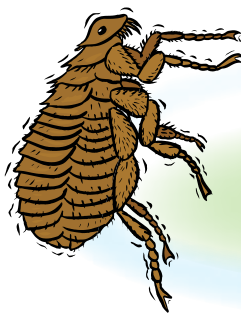
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Insects & Technology

Fleas Knees

Scientists have been studying a resilient protein that makes up the joints of many insects, including fleas. This protein allows fleas to leap 100 times their body length in a single bound (that would be 600 feet high for a human). A manufacturer has produced a near-perfect rubber with 98 percent resiliency which could improve the responsiveness from heart valves to the bounciness of running shoes.

Discovery Magazine



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Growing the Middle Class in Canada

In 2015 our government was elected to enact a variety of reforms to support the middle class and those seeking to join it. We committed to cutting taxes for the middle class, a newer, fairer, and tax-free Canada Child Benefit (CCB) and a reformed Canadian Pension Plan that will do more to secure retirement for Canadians.

Budget 2016 cut taxes for the middle class and eliminated tax breaks for the wealthy. Combined with the new tax cut for the middle class and a new tax bracket for those earning more than \$200,000 a year, Budget 2016 will give Canada's middle class the help it needs to grow and prosper.

As of last month Canadians from coast-to-coast-to-coast will benefit from the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of regular Albertan families, and give Canadians more money to save, invest, and grow the economy. Nine out of ten families will see more money and this will bring an estimated 300,000 children out of poverty.

The CCB is tax-free: meaning that Canadian families will not have to pay back anything on their taxes like previous child tax benefits. Families will not need to apply – it will be automatically recalculated based on their previous year's tax return (2015).

Back in June, our government reached an historic agreement to make meaningful changes to the Canada Pension Plan that will allow Canadians to retire with more money in their pockets. The deal will boost how much each Canadian will get from their pension – from one quarter of their earnings currently, to a full one third. To make sure these changes are affordable we have chosen to phase them in slowly over seven years – starting in 2019 – so that the impact is manageable and gradual.

We also moved forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65, putting an estimated \$13,000 more into the pockets of our lowest income seniors each year. To

keep OAS and GIS at pace with the rising costs faced by seniors each year, we introduced a Seniors Price index.

Additionally, we increased the Guaranteed Income Supplement for single, low income seniors by 10%; giving one million of our most vulnerable seniors almost \$1,000 more each year.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. We look forward to hearing from you and wish you a restful and fun filled summer!



BRAIN GAMES SUDOKU

6	7	1	9	3	8	2	4	5
4	2	3	1	5	6	7	8	9
5	8	9	2	4	7	1	3	6
2	5	7	6	8	9	3	1	4
9	1	4	3	7	5	6	2	8
3	6	8	4	1	2	5	9	7
8	9	2	7	6	1	4	5	3
7	3	5	8	2	4	9	6	1
1	4	6	5	9	3	8	7	2

IN & AROUND CALGARY



Going on a Holiday? A message from the Federation of Calgary Communities

Building Safe Communities Program

Summer is a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock.

Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the lawn is cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more helpful safety resources, check out the Federation of Calgary Communities website at calgarycommunities.com, under the Building Safe Communities tab.



MLA CALGARY-BUFFALO HON. KATHLEEN GANLEY

130, 1177 11 Ave SW T2R 1K9
Office: 403-244-7737

I hope everybody has been enjoying this fantastic summer! It's been a pleasure to connect with the communities in Calgary-Buffalo at barbeques, yard sales, outdoor concerts and markets while enjoying this great weather. Now that the dust has settled on another successful Calgary Stampede, I know a lot of people are looking to escape the hustle-and-bustle of the inner-city and appreciate the beauty of Alberta's foothills and mountains. The tranquility of Alberta's Rocky Mountains is one of our provinces greatest assets, and I hope that many of you are able to experience some time away over in the coming months to appreciate Alberta's awesome natural beauty.

The Government of Alberta has taken steps to make travelling and touring Alberta easier, a useful starting point is the Official Alberta Travel Planner found online at www.travelalberta.com/ca/plan-your-trip/vacation-guides/. You can also speak to a travel specialist by calling 1-800-ALBERTA (2523782). Whether it's a day-hike, taking in a delicious meal in Banff, or driving north to camp in the lush Boreal forest, there are exhilarating outdoor opportunities available for people from all walks of life. If you and your family or friends plan to go camping this summer, the Government of Alberta processes provincial park campsite reservations online at: <http://reserve.albertaparks.ca>. Travel Alberta works to make your planning experience as stress-free as possible so that you can relax and enjoy your summer time off!

The Ministry of Culture and Tourism supports the development and sustainability of Alberta's cultural industries, tourism, the arts, recreation and sport, heritage and non-profit/voluntary sector. In 2013 Alberta received 34.3 million tourism visits, with the tourism industry sustaining more than 127,000 jobs in our province. The Calgary and area region accounts for the highest share of overall area of visitor spending at 30% of an \$8.2 billion industry. The tourism industry accounts for about 3% of Alberta's Gross Domestic Product, with about 19,000 tourism-related businesses in the province.

Alberta Culture and Tourism offers an easy-to-use Experience Alberta's History pass that gives you unlimited admission to a network of provincial historic sites and museums for a full year. With this pass you can take in 125 years of wedding fashion at the historic Lougheed House at 707 13th Avenue in Beltline, excavate dinosaur fossils at the Royal Tyrrell Museum of Palaeontology in Drumheller, and explore the Brooks Aqueduct. Passes and more information is available by calling 310-0000.

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
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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 Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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IN & AROUND CALGARY

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On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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Phone: 403-268-2430

Making Calgary a Flood Resilient City

The 2013 flood caused significant social and economic disruption and unprecedented damages in Calgary, but especially in many of the neighbourhoods of Ward 8. However, The City is committed to making Calgary a safe, flood resilient community. The road from recovery to resiliency is a complex, long term process over many years with short, medium and long term milestones, but I'm happy with the work we've done and the work we're committed to in the future.

We've Recovered

We are building back stronger from the 2013 flood. 75% of the 217 flood recovery projects have been completed and many of them have flood resiliency improvements.

For example, our riverbanks are stabilized and stronger. With all critical and high-priority sites completed and all moderate priority sites to be completed by 2017, Calgary is at less risk of riverbank erosion, has greater flood level protection and is able to reduce damages from smaller, more frequent flood events.

We're Prepared

To make Calgary more resilient to future events, The City is implementing the 27 recommendations from the Expert Management Panel on River Flood Mitigation.

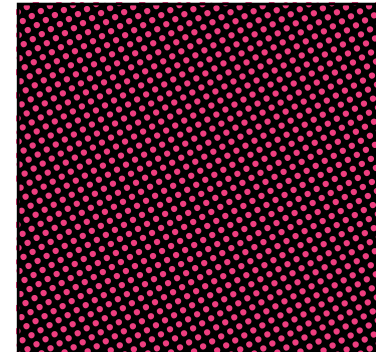
- 8 recommendations completed
- 17 recommendations in progress
- 2 recommendations to be started next year

For example, The City is making infrastructure improvements to the Glenmore Dam, including increasing the height of its gates. In 2019, Calgary will have new steel gates and an elevated hoist system on the Glenmore Dam. This will allow The City greater flexibility to mitigate flood events and reduce damages downstream of the dam including the downtown core, while increasing Calgary's water supply.

We're Moving Forward

We recognize the significant scale of impact and the considerable investments needed for further flood mitigation. To ensure we have the best suite of mitigation measures and adequate funding The City is working with Calgarians, stakeholders and other orders of government on additional flood mitigation solutions.

For additional details on how we have recovered, are prepared and moving forward, please visit calgary.ca/floodinfo.



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