

THE MISSION

JULY 2016

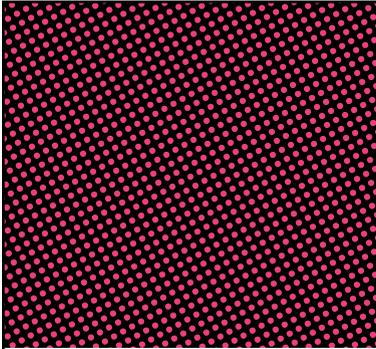
STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





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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

Cliff Bungalow - Mission Community Association
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
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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

Weather Cooperated for Lilac Festival

The weather was excellent this year for Lilac Festival. However, with it being week later this year and with our early spring, not many lilacs were still in bloom. This year's event attracted many, many people. There seemed to be a little more room for people to get around and see everything. Whether that means there were less people I do not know. Maybe they did not all come at once.

Thanks to everyone who helped with our booth and who participated in the parade. We list them elsewhere in this issue. We could not have had a presence if they had not volunteered.

New Membership Affinity Business

We are very pleased to welcome The Tech Shop as a new supporter of our membership affinity program. They have been on 4th Street for decades and obviously have had many patrons over the years. The well-known Mother's Day race started at this store.

See the whole list elsewhere in this issue of the businesses who are supporting our membership affinity program. That list also provides the details of what these businesses are offering to our community members.

4th Street businesses are part of the reason so many people do live in our community or wish they could live in our community. Supporting them keeps them be part of our continuing community vitality.

We Get E-mails (1) – looking to relocate to our community

I get e-mails from many people who live in the community but I recently got one from a couple who want to live in the community. They are both architects. They would like to rent a house or a townhouse in our community but are finding it hard to find one that is available. They "value the walkability and community feel of your neighbourhood, it's a rare combination!" If you know of something that is available, let me know at cbmca.president@gamil.com.

We Get E-mails (2) – Community Check-In

I got another e-mail that is quite representative of what people have told me over the years. It is in response to the notice of our Community Check-In held on June 13th. So here it is. I will let it speak for itself:

Hello Bob,

I am unable to attend this meeting but feel very strongly about the issues.

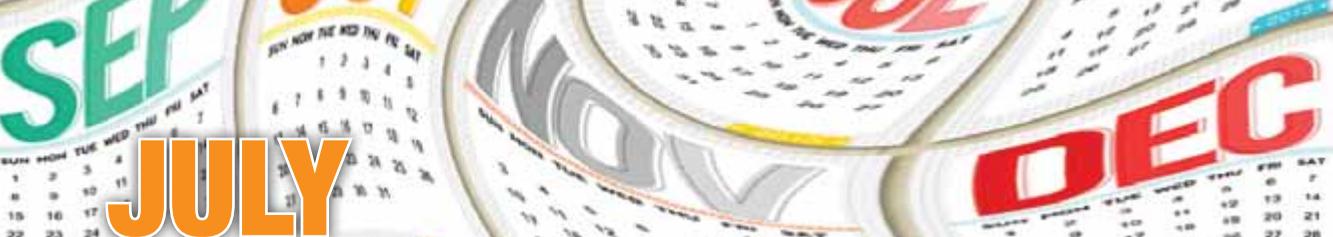
I have lived in Mission for almost two years, and what I love about living here is the friendly 'small town feel' in the inner city. I value the walkability, the green spaces, the proximity to the river (in spite of the flood!), the heritage buildings and ethos, and above all, the height limitations to new buildings.

The community association is more active and involved than any I have previously been involved with, and for that I wish to thank you. I feel you have a pulse on what makes this area so desirable, and your voice with City Hall is invaluable. I love reading about the history of the area in the monthly newsletters, and being kept abreast of development concerns. I really appreciate the regular email updates, and the advertising for community events on the signs along 4th Street, and on the promenade along 26th Avenue.

So to answer your questions:

1. Please keep development to the height restrictions we have now. And if possible, please keep 'big box' stores out of our area, focusing instead on small, independent businesses.
2. I would like to see more of our heritage houses and apartment buildings preserved. Let's keep Cliff Bungalow-Mission uniquely eclectic in inner city living.
3. I have no pressing questions at this time. Please keep up the great lobbying with City Hall!





COMMUNITY CALENDAR

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

Special Stampede Event joint with Bureau de Visibilite de Calgary

Saturday, July 9, 5 pm to 10 pm. Great food, cash bar, entertainment. See poster elsewhere in this issue. For food planning purposes, please register at <http://www.eventbrite.com/e/franglofun-calgary-stampede-bbq-tickets-25806928217>

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.

Special picnic potluck on Sunday, July 17, 5 pm. Weather permitting, this will be in the park on the north side of the community centre. Note early start.

Next potluck is Sunday, September 11, 6 pm.

New Garden Events

Once a month to September there will be garden-oriented events. There will be a featured topic/speaker for each event. Details will be e-mailed and will be posted on our website and Facebook closer to the event.

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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general dentist

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Volunteer



STAMPEDE EVENT

on Saturday, July 9

Stampede starts one week later than normal because July 1st (Canada Day) is on the first Friday of July this year. Thus our annual Stampede event is on July 9th this year. This is the fourth Stampede we have teamed up with Bureau de Visibilite de Calgary, our francophone friends, to put on this event. It is a fun event. Everyone who has attended in the past enjoyed it. While it is a bi-lingual event, do not be afraid you might not understand what is being said in French as everything is repeated in English. Newcomers to our community may not realize that we were a predominantly French speaking community in the late 1800's. What is now Mission community district was the Village of Rouleauville. You can read the details in our community history book.

Event: FrangloFun Calgary Stampede BBQ
Date: Saturday, July 9
Time: 5 pm to 10 pm
Place: Cliff Bungalow – Mission Community Hall
Address: 2201 Cliff Street SW

There will be great food prepared by our own Jan Pugh and her mother. There will be lots of entertainment and even the opportunity to dance if you want. There is no door charge but there will be a cash bar.

We request you register online so we have enough food and because of limited space:

<http://www.eventbrite.com/e/franglofun-calgary-stampede-bbq-tickets-25806928217>



Invitation

4th Annual /4e édition

Joint Community Mission/Rouleauville
FRANGLOFUN CALGARY STAMPEDE BBQ
& Celebration

60th anniversary /60e anniversaire
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Remerciements/Thanks - Calgary Stampede Archives



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Emcees Ann Boiteau and Marc Lalonde
HELLO-BONJOUR ALBERTA
Invités Surprise Guests

- Date:** Samedi /Saturday July 9 juillet 2016
 17h à 22h / 5 p.m. to 10 p.m.
- Où /Where :** Cliff Bungalow-Mission Community Hall
 2201 Cliff Street S.W., Calgary, Alberta T2S 2G4
 (1 block west of 5th St at 22 nd Ave S.W.)
- 17h/5 p.m.:** Meet & greet & Stomp your feet!
 Wild Wild West Event Centre complementary souvenir photo booth
- 18h/6 p.m.:** Scrumptious hot & cold buffet /Jan's signature lip-smackin' BBQ pulled-pork-on-a-bun, vegetarian chilli, Mom's Best-in-the-West coleslaw, salads & Stampede Sweets
 Cash bar payant
- 19h/7 p.m.:** Entertainment featuring / En vedette:
 * Paddy Byrne - The Flyin' Fiddler
 * Métis Elder Doreen Bergum & Friends
 Métis Nation Sash Dancing /Danse Nation Métis
 * Diane Séguin & Line-Dance Stampede Co.
 *Rob Lennard - The History Wrangler
 "Rouleauville theme song/Chanson-thème Rouleauville"

N.B.: By invitation only, par invitation seulement

Information: Suzanne: T: 403.293.9117



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".



Event recap: The changing face of Cliff-Bungalow Mission

Thank you to all who came out for our community check-in on June 13. We had 76 attendees in total, a great turnout.

The event included presentations from board members Sander Jansen, planning and development director; Marilyn Williams, heritage director; and Rick Williams, secretary. Each presenter shared information on upcoming developments in our community.

The purpose of the event was to gauge interest in upcoming planning and development decisions affecting Cliff Bungalow-Mission and share data on our growing population relative to the rest of Calgary. Potential projects and changes discussed involved the Himmelman workshop and Gordon Suites on 25th Ave SW, the Cottage School on 24th Ave SW, the Cathedral District near Lindsay Park and 18th Ave SW, and our community's heritage trees.

Attendees were given a survey to fill out to get feedback on the kinds of planning and development issues the community association should choose to focus on in the near term. The surveys were well received, with 59 forms turned in at the end of the night.

We'll have the results of the survey and additional information about the event in the August 2016 newsletter, so stay tuned!

Thank you to everyone who attended and helped to put on this community check-in. Please email cbmca.editor@gmail.com or cbmca.development@gmail.com if you would like more information on the event or would like to share your thoughts.



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More Info. at: **www.LenyxCorp.ca**

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

*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.

ENVIRONMENT UPDATE

By Lynn MacCallum

Photo courtesy of: www.greencalgary.org

Quick tips for event greening for businesses

If you are a business planning an event this summer, then check out these tips to make your event a green one. If you are an individual planning on attending any of these events throughout the month, see if your favourite local business is being as green as they can be. If they're not doing their part, tell them that it's important to you - they'll listen!

- 1. Monitored recycling stations:** If you want to offer recycling and composting at your event, consider hiring a company or charity that has consistent monitoring of the waste stations. Without it, there will most likely be a considerable amount of contamination of the various streams which could lead to all streams being landfilled.
- 2. Partner with a local charity:** If you are collecting recyclable beverage containers at your event, consider donating the proceeds to a local group.
- 3. Well marked bins:** Ensure recycling bins are well marked to make it easy for people to understand what goes where. Pictures often help as no one wants to take the time to read.
- 4. For larger events with food vendors:** Make reusable, recyclable, or compostable cups, plates, bowls, and cutlery mandatory. Include this in the permitting process for all vendors serving food or drink.
- 5. Reusables:** Encourage festival and event attendees to bring reusable coffee mugs/water bottles or even their own food ware. Many pancake breakfasts in the city encourage this and provide draws for prizes for those who bring their own foodware.
- 6. Avoid disposable plastic water bottles:** Although plastic water bottles are recyclable, the bottling, packaging and shipping of billions of litres of bottled water leaves a large environmental burden worldwide. Calgary has some of the best tap water in the world, so why not opt to provide water in jugs or try using a water cooler. Encourage attendees to bring a refillable bottle to further cut down on waste.



- 7. Make attempts to reduce paper use:** Try to limit the printing of brochures, pamphlets, schedules, program highlights, posters or tickets for your event - there are many electronic options out there for you. If some printing is necessary, try to use 100% post-consumer recycled paper.
- 8. Express gratitude:** Be sure to thank your staff, volunteers AND customers for their contribution to the greening effort and recognize those efforts in post-event communications such as news releases and reports.
- 9. Show off your green!** Tell your customers about your event's green aspects and highlight successes and lessons learned, this is often just the encouragement other businesses need to follow your lead.

Successfully greening your event and taking steps to limit waste in the first place will go a long way towards reducing litter, cost, and the eco footprint of your festival or event. Your customers and the planet will thank you for it!

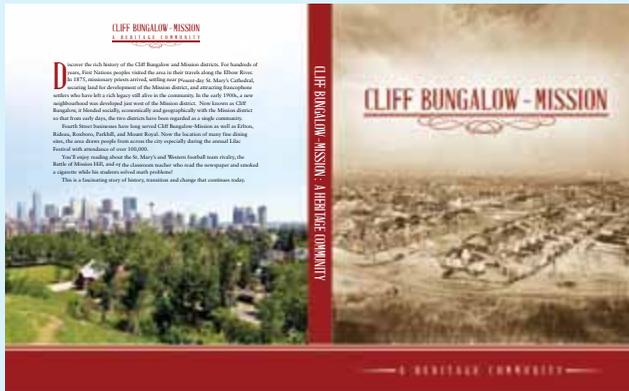
Sources: www.greencalgary.org; www.glastonburyfestivals.co.uk;

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Second Printing Now Available

The second printing of "Cliff Bungalow – Mission, a Heritage Community" is now available. It is a beautiful book, easy to

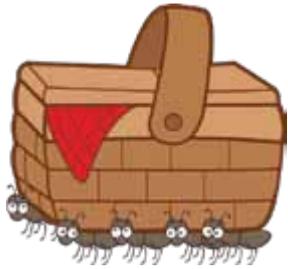
Cliff Bungalow – Mission

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.

CLIFF BUNGALOW-MISSION COMMUNITY



SUNDAY JULY 17 POTLUCK PICNIC GARDEN PARTY

Everyone is welcome to join us on July 17 at 5pm in the park on Cliff St SW at 22 Ave SW

Please bring a dish to share with your friends and neighbours, your own utensils, an instrument if you would like to jam, or some games to play in the park!

In the event of rain, we will set up in the Community Hall (2201 Cliff St. SW at 22 Ave SW)

- Bring a dish to share
- Pack your own utensils
- Bring an instrument for a jam
- Pack a game to enjoy in the park
- Carry a blanket or chair to relax on

COMMUNITY GARDEN POTLUCK PICNIC
 Sunday July 17 @ 5PM
 Cliff St SW @ 22 Ave SW

IN & AROUND CALGARY

Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit Calgary.ca and search taxi stands.



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Calling All PARENTS
 Visit mybabysitter.ca and find available babysitters in and around your community.

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.

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ENVIRONMENT UPDATE

By Lynn MacCallum

Photo courtesy of: www.greencalgary.org

July is such an exciting time for our city. The month starts off with some outstanding Canada Day celebrations, followed by the Stampede and dozens of pancake breakfasts all over town, and finishes with the Calgary Folk Music Festival to name just a few. These events, although fun, can generate considerable amounts of waste and can negatively impact our environment.

QUICK TIPS FOR FESTIVAL GOERS

- 1. Bring your own food-ware:** Bringing plates, cutlery, cups etc. keeps garbage out of the landfill. Many events being held this summer donate proceeds to charities but the cost for disposing of waste takes money away from the charity you are there to support.
- 2. Bring your own picnic:** Preferably with food purchased from a local farmers' market. Bringing even one meal yourself saves loads of money and supports local farmers and food producers.
- 3. What are you eating?:** Is the coffee/tea fair trade? Are the eggs free range, cruelty free, or organic? Is the seafood sustainably harvested? Is the milk organic? Seek out food vendors at these events that share your values and support them by buying their meals. Your dollar is your vote.
- 4. Alternative transportation:** Ride your bike, walk, take transit, or hitch a ride with a friend to the event - you'll save on parking fees (and the aggravation of trying to find a parking space too). You have the added bonus getting a little exercise and some fresh air as well.
- 5. Bring your own water bottle:** Most events have free water fill-up stations, and if not, there's usually a sink to be found somewhere on the site for refills. Remember, Calgary has some of the best and cleanest tap water in the world. Fill'er up for free!
- 6. Have a "leave no trace" policy:** Don't be the person who leaves garbage on the field after an event because they can't be bothered to find a garbage



can. Every festival in the city will have recycling and waste disposal bins for you to use.

- 7. Pay attention to the recycling bins provided:** If you put the wrong item into the wrong bin the whole bag is contaminated and needs to be sorted by hand (usually by volunteers - yuck!) or ends up in the landfill - the place you didn't really want your garbage to go to in the first place.
- 8. Avoid paper tickets or brochures:** If possible, keep your ticket for your event on your phone and avoid printing a paper ticket, and use mobile apps and websites for information instead of printed brochures.
- 9. Don't pee in or near the river:** The Bow and Elbow rivers run through most of Calgary's festival sites and these waterways are home to many fish and wildlife. Peeing beside the river or in the hedges runs into the river and depletes it of oxygen killing the fish and wildlife. Use the port-a-potties provided. Seriously.
- 10. Provide feedback:** We all know that positive reinforcement works, so whenever you're given the chance to give feedback to event organizers, please do so. Share your thoughts on how important greening efforts are to your support of the event. And take some time to visit any environmental educational booths located at the festival.

See you on the tarps! (my fellow folkies will understand this reference)

Sources: www.greencalgary.org; www.glastonburyfestivals.co.uk;

IN & AROUND SCHOOLS

Montessori School of Calgary

July ... YAHOO! ... fun in the sun with family and friends ...

Thank you to our Parent Advisory Committee for supporting the painting of our tarmac. The pirate, bullseye, hop scotch and four square games are a huge hit with our children, and children in our community. Thanks to Mr. Watson and Mrs. van Bruggen for doing the painting. Feel free to drop by our playground and tarmac with your children to enjoy the fun.



Three of our elementary boys in grade three and grade four started their soccer field revitalization project earlier this year. They were proud to see the fruits of their labor, a fully lined soccer field in the south field of our school. The boys worked with the City of Calgary Parks and Recreation department to make sure they were following community protocols. Our children, and children in our community, have an AWESOME! soccer field to enjoy.



Montessori School of Calgary Spring Forward Yearend Gala Social and Fundraiser was an AWESOME! event. Thanks to River Cafe, to our parent committee and to our strong community of parents. The children's art work that was auctioned off was very popular. Thank you for supporting the growth of our school.

To our families: Enjoy an AWESOME! summer of traveling, relaxing, exploring and adventuring! Be safe, have fun and we will see you in September!!

Lindy Arndt, Head of School, Montessori School of Calgary

IN & AROUND CALGARY



Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: www.chinookcountry.org for the program list.

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Another Successful Lilac Festival

The sun shone and the people came to the 27th Lilac Festival held on Sunday, June 5. The date of this year's Lilac Festival was a week later than in recent years and the weather was better than it was on its traditional date of the last Sunday in May. Because of the change in date and the early spring there were not a many lilacs still in bloom this year. The first several Lilac Festivals were actually the first Sunday in June. Then they were changed to the last Sunday in May to avoid the overlap with the Children's Festival. The problem with the last few years has been the overlap with the Calgary Marathon. Last year the timing of the parade was later to minimize the problem but there were so many people already on the street, it was difficult to get the parade through. Thus the date change this year.

Each year at 8 am, there is a scramble to get to our table with our display materials and get set up before the 10 am start. There is a traffic jam on my street with the vendor's vehicles lining up to get to their table. It is a bit chaotic getting to your table and unloading.

This year we had some wonderful volunteers who helped set up our booth, be at the booth from 10 am to 6 pm and then get our stuff back to the community centre. I pick up our tent and display material on Saturday afternoon, so it takes over 24 hours to complete the cycle.

Thanks to the following volunteers who helped with our booth: David Frishman, Sue Gryzenhout, Sarah Hbeichi, Eilish Hiebert, Murray Hiebert, Georgia Hoffman, Ken Hryciw, Sander Jansen, Lynn MacCallum, Allan MacInnes, Corinne Ofstie, Spencer Perry, Martha Stewart, Jo Stratton, Judith Theroux, Robin Thompson, Marilyn Williams, Rick Williams and Angie Yap.



We also participated in the parade at 10 am. Our entry is kids of all ages riding their decorated bikes. Special thanks to Jason Switzer for stepping in to organize the decorating of the bikes. Jan Pugh was unable to do it this year as she is in the process of getting recertified as a nurse. We had a great group of kids along with their parents. Lindy Arndt and I carried the community banner along the parade route. Lindy is Head of School of the Montessori School, our co-tenant.



So all in all it was another successful Lilac Festival. Thank you to everyone who helped and participated.

Bob Lang



Even in the Summer!

July and August are a great time to practice your Guiding skills with your family and friends. Try a new physical activity, do some gardening, go tenting, start a campfire or help out around the neighborhood. Some Blackfoot units are travelling this summer and others are attending the national camp - Guiding Mosaic. Guiding is a year round experience! Why not give it a try!

The communities within Blackfoot District are:

Acadia	Elboya	Meadowlark Park
Britannia	Erlton	Mission
Bel-Aire	Fairview	Parkhill
Beltline	Haysboro	Ramsay
Canyon Meadows	Highfield	Rideau
Chinook Park	Inglewood	Roxboro
Connaught	Kelvin Grove	Southwood
Downtown East	Kingsland	Stanley Park
Village		
Downtown West	Manchester	Victoria Park
Eagle Ridge	Mapleridge	Willowpark
Elbow Park	Mayfair	Windsor Park

If you live in one of these communities we can find a unit near you!

On-line registration for the 2016-2017 season has started and is on-going. We are actively looking for not only youth members but adults as well! For more information go to www.girlguides.ca

**Girl Greatness Starts Here
Have a Great Summer!**



IN & AROUND CALGARY

Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

All food, yard and pet waste is accepted in the program.

Unlimited quantity. Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

Green and blue carts will be collected on the **same day every week.**

Black carts will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit calgary.ca/greencart.

Submitted by The City of Calgary Waste & Recycling Services.





Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4th Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the chance to win one of many exciting prizes.

Visit calgarycommunities.com/events to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

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.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at communityrelations@calgarycommunities.com or (403) 244-4111 ext. 204.

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com
- **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. www.afrikadey.com
- **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. www.mardagrass.ca
- **August 18 to 20 - ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. www.reggaefest.ca
- **August 18 to 27 - GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. www.globalfest.ca
- **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. www.antiquesbydesignshows.com
- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. www.calgarypride.ca

AUGUST 5 TO 7 EXPO LATINO

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. www.expolatino.com



AUGUST 13 CALGARY JAPANESE FESTIVAL OMATSURI

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. www.calgaryjapanesefestival.com

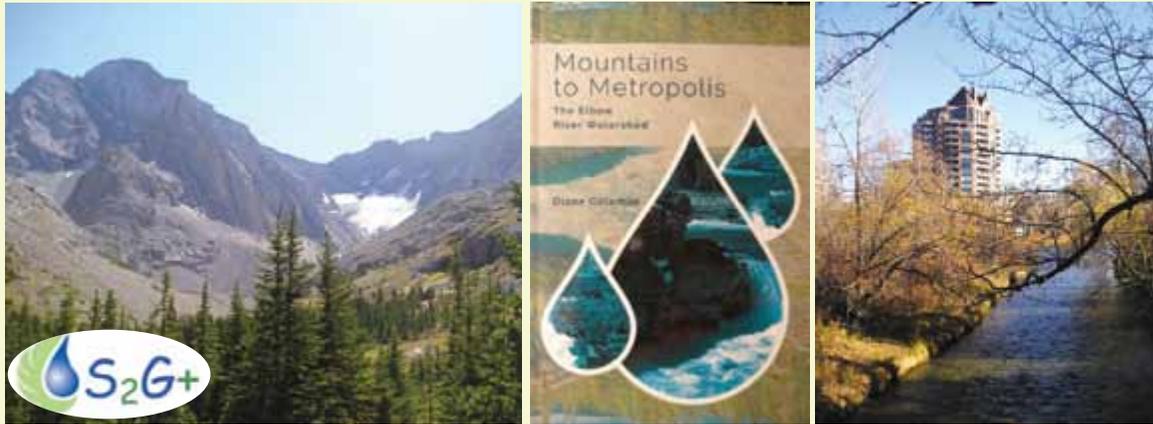


AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. www.chinatowncalgary.com/dragonboat



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New Book Mountains to Metropolis: The Elbow River Watershed

S2G+ was excited to find out that a new book had been written about the Elbow River. We asked the author, Diane Coleman, if she would be willing to write an article about what prompted her to write about the Elbow Watershed. And, here is her response!

Water in the landscape has always attracted me. Perhaps that is why I have lived near the Elbow River for four decades. When I lived near downtown Calgary, potable water magically came out of the tap and wastewater disappeared with a flush. No big deal. But then on our acreage outside the city in the middle watershed, water issues quickly became apparent. Here, our household water comes from a local water co-operative and we have a septic system to maintain. Here, one thoughtless person overwatering his large lawn has brought the water system to its knees on occasion. Then, as a geographer, I have also had a fascination for the landscape itself. Landscape plus water equals watershed, and in my case, that of the Elbow River.

Big questions arose: where does our water come from, how is it best used and where does it go when we have finished with it? What is a watershed really? What are its parts, how does it function, is it so important to keep it

healthy, and how do we do that? And why should we care? Why? — because we all live in a watershed.

I began to research everything I could find out about the Elbow watershed — its geography, its wildlife, its human history, its management and its present-day situation — all coloured by my own experience living, hiking and camping here. And all that turned into this book!

My conclusion about all of this? — the Elbow River watershed is beautiful and important and it is under significant pressure for industrial, urban and recreational development. Since the sound functioning of any watershed depends on the well-being of *all* of its parts, I hope this book will help ensure the Elbow's continued health through knowledge and understanding, and from that, good management.

Diane Coleman is the author of *Mountains to Metropolis: The Elbow River Watershed* (Friesen Press, 2015).

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](https://www.facebook.com/S2Gplus)

IN & AROUND CALGARY

Where there's water, there IS a risk

Calgary's rivers, lakes and waterways can be a fun and refreshing way to spend a hot summer day. **Your Calgary Fire Department** wants to remind you about Water Safety.

Life jacket safety

- Always wear a properly fitting life jacket or personal flotation device (PFD) when boating or rafting anywhere.
- Check the PDF or jackets size and weight restrictions.
 - Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
 - Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

Swimming is a lifesaving skill

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifeguard certification classes.

Remember, always keep toddlers or young children within arm's reach while in or around all bodies of water.

Before you raft or boat

Always **SCOUT**, **ASSESS** and **DECIDE** from shore before going on rivers, lakes and waterways.

Scout the river for potential hazards and check the weather and water conditions.

Assess the level of danger. Check for river advisories and assess the swimming and paddling skills of your crew.

Decide if it is safe to raft or boat.

Ensure you have emergency supplies on board with you.

For further information visit calgary.ca/CSPS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx

Did you know: The Calgary Fire Department has Firefighters trained in water rescue that work out of 6 station (downtown) 21 station (Silver springs) and 39 station (Douglasglen)



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3 year old children!

Contact Us

Head of School: Lindy Arndt

✉ lindy.arndt@msofc.ca
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📘 Montessori School of Calgary

📷 [montessorischoolofcalgary](https://www.montessorischoolofcalgary.com)

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How to enjoy the summer sun safely

By Paula Trotter

Do you know what causes more cases of cancer than tobacco? Ultraviolet (UV) rays emitted by the sun, which cause skin cancer.

Despite being largely preventable, skin cancer is the most commonly diagnosed cancer in Canada. Most skin cancers are easy to treat, but they do put you at a higher risk of developing cancer later in life and treatment can include disfiguring surgery.

And rates of melanoma – the most dangerous type of skin cancer – continue to rise in Canada.

As summer is now upon us, we want to remind you that being safe in the sun is the best way to reduce your risk of developing skin cancer.

Sun safety isn't about avoiding the sun. It's about protecting your skin and eyes while you're enjoying the outdoors.

And sun safety includes more than just applying sunscreen. In fact, sunscreen should not be your only defence against the sun. Use sunscreen along with shade, clothing, and hats – not instead of them.

Follow these Canadian Cancer Society prevention tips to safely enjoy the sun this summer:

- **Check the UV index daily.** Use extra precautions to protect your skin if the UV index reaches 3 (moderate) or more.
- **Cover up when the sun is at its strongest.** You need to be extra careful to protect your skin between 11 a.m. and 3 p.m. when the sun is at its strongest (UV index of 3 or more).
- **Cover up.** Wear a wide-brimmed hat and cover up as much of your skin as possible. Clothes generally provide better protection than sunscreen.
- **Use sunscreen properly.** Use a broad-spectrum and water-resistant sunscreen with a minimum SPF of 30. Apply generously – most adults need about two to three tablespoons of sunscreen to cover their body and a teaspoon to cover their face and neck.
- **Seek shade.** Sit under a tree at the park or an awning on a restaurant patio. Bring an umbrella so you can have shade whenever you need it.
- **Wear sunglasses.** Sunglasses (labeled UV 400 or 100% UV protection) can help prevent damage to your eyes by blocking a large percentage of UV rays.



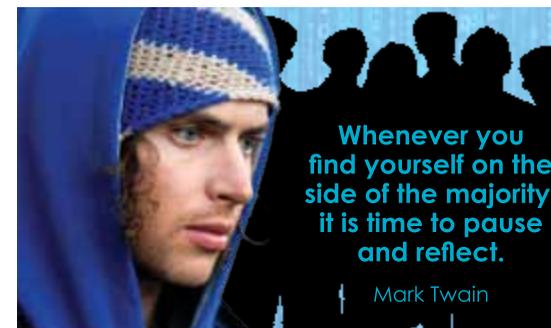
CALGARY PUBLIC LIBRARY

The New Adventures of Engine 23

Central Library is home to a full-sized, real fire truck—and yes, it's *inside* the library! Engine 23 has retired from fighting fires and has begun a whole new life helping children learn. Calgary's youngest citizens can not only read about fire trucks, but also suit up, jump in the truck, and rush to the scene of imaginary accidents and infernos to bring aid and assistance. Because the fire truck isn't just a 22-tonne vehicle in a building: it's a suite of experiences. It's authentic. Kids can play on it and interact with it in a very real way.

When the Calgary Fire Department offered to loan us a decommissioned fire truck, Calgary Public Library seized upon the opportunity to create an innovative early learning experience. After much planning and design, we've installed Engine 23 in Central Library, where it will remain until New Central Library opens in 2018.

Visit Engine 23 any time Central Library is open, or drop in for special Engine 23 storytimes. Toddlers and Preschoolers (ages 2-5) can drop in to enjoy fire-themed storytimes while seated atop Engine 23! Families (all ages) are welcome to drop in and join a Calgary Fire Department firefighter for a special family storytime and the opportunity to start their very own new adventures with Engine 23. See the July-August *Library Connect* for exact dates and details. A reimagined staircase will connect the installation to the children's area on the second floor, so be sure to visit the Children's Library on the 2nd Floor!



Cliff Bungalow - Mission Real Estate Update

Last 12 Months Cliff Bungalow
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2015	\$649,900.00	\$650,000.00

Last 12 Months Mission MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$0.00	\$0.00
April 2016	\$229,900.00	\$222,500.00
March 2016	\$425,000.00	\$400,000.00
February 2016	\$384,900.00	\$373,750.00
January 2016	\$329,900.00	\$318,000.00
December 2015	\$274,940.00	\$262,500.00
November 2015	\$349,900.00	\$337,450.00
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
June 2015	\$399,949.50	\$389,250.00

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

Save with budget-friendly summer family fun



(NC) Who says an amazing, memorable summer with the family needs to cost a bundle? This year, plan to save with these budget-friendly tips and tricks everyone in your gang is sure to love.

- 1. Stay cool.** Does anything say summer more than sun and swim? Playing in the water is a free way to make the most out of those long sunny days you're sure to miss in the fall. Visit the splash pad in your local park, go for a swim in your community pool, or if you live close to a beach or lake, make a day of it and bring a picnic.
- 2. Do it yourself, literally.** Embrace the DIY trend and spend an afternoon making that antique-look shelf you've always admired on Pinterest. Or grab the little ones and find a kid friendly-friendly project online, like a fairy door they can help decorate or funky animals made out of paper plates.
- 3. Take advantage of summer promos.** Many companies offer great deals so you can enjoy their products and services throughout the season. Get a season pass at your city's amusement park or zoo, or join a hotel rewards program where you can earn points on every last-minute trip and use them for free stays later. For example, the Marriot Rewards program is

offering members a summer bonus that lets you earn additional bonus points on hotel stays this summer and enters you into their sweepstakes for a chance to win even more points for future stays. Also good to know: You get the best rates when you book directly on the hotel's website.

- 4. Check out local events and festivals.** Towns and cities love to celebrate with special events, many of which are free or pay-what-you-can. Catch a Shakespeare-in-the-park production, bring your furry best friend to a dog festival, or try your new favourite food at a multicultural celebration.
- 5. Plan an upcycle swapping party.** Invite your friends with kids of any age over for some fun and trading. Trade gently-used toys that have gone out of favour and clothes that don't fit anymore for an affordable way to freshen up their treasure chests and wardrobes. Older kids can swap video games and costume jewellery.

Find more ways to save and earn hotel rewards points this summer at www.marriott.com/rewards/promotion.mi?promotion=SB16.

www.newscanada.com



Blue-winged Teal a Little Dabbling

By J.G. Turner

Photo credit: Alan & Elaine Wilson of Nature's Pics Online

The Blue-winged Teal's formal name (*Anis discors*) comes from the Latin words for "a duck" (*Anis*) and *discors* or "disc about the mouth" which may refer to the face pattern of the male. The adult male has a rounded slate blue head with a crescent shaped band of feathers behind its black bill and in front of its black eyes. The male has a light brown body with a white patch near the rear and a black tail, and shows a blue patch with a white border on its fore wings, especially when in flight. The adult female is a mottled or scalloped grey-brown with a whitish patch at the base of the tail and bill, and a dark line through its black eye. The bill is quite large. Blue-winged and Cinnamon Teal females and immatures are very hard to distinguish from one another.

This is a small (especially compared to the large Mallards common to Alberta waterways) dabbling duck (meaning that it feeds on the surface on vegetation or water insects just ducking its head under water, or by tipping right up, pointing its tail end upwards while feeding on submerged vegetation). It is only about 16 inches (40 cm) long, with a wingspan of 23 inches (58 cm) and weighing in at only 13 ounces (370 g).

This is the most common teal in Alberta's grassland and parkland areas. The best area for it to live in is likely to have grassy spaces mixed with wetlands. It is most likely found in the calmer waters of marshes, sloughs, ponds and the weedy edges of small lakes. Nests are built in concealing grasses or vegetation on dry land, but near to water. You might see a Blue-winged Teal cruising near the shoreline (rather than out in open water) or resting on logs or rocks sticking above the water, on top of muskrat houses, on bare shoreline or mud flats. In the late summer they undergo a moult (during which they shed their old feathers and grow new ones), which prevents them from flying so they will spend this time

in prairie sloughs or large marshes with good food supplies. Although it is found in the right habitat throughout the province, the Blue-winged Teal is most common in central and southern Alberta.

This little duck hangs out in pairs or small groups spending most of their time foraging in shallow waters. They are described as being "abundant" in North America, with numbers varying in response to water conditions, with drought causing populations to fall. They are the first ducks to go south in the fall and the last ones to arrive north for the breeding season in the spring. It is likely that they leave early and arrive back late because they are long distance migrators, some going as far as South America (a Blue-winged Teal banded in Alberta was found in Venezuela a month later). The oldest recorded Blue-winged Teal was a 23-year-old male, banded in Alberta and found in Cuba. Overwintering in Alberta is not common, but has been recorded in Calgary and at Wabamun Lake.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

How I do I know if I have hail damage to my roof?

Can I tell from the ground?

If you've had hail in your area, to determine if the shingles have been damaged a close inspection of the shingles has to be made from the roof. Usually you cannot tell from the ground.

If I think I have hail damage what should I do?

Call your insurance company and ask for an adjuster to come inspect your roof for hail damage. Call a reputable roofing company and ask for the same inspection. If there are any discrepancies between the adjuster's findings and the roofer's findings you may call for a "RE-INSPECTION" where your adjuster meets with the roofer to go over the roof together. Re-inspections are very common.

The insurance company must determine two things when assessing the amount of your loss:

- Was there sufficient damage to the roof to declare it a total loss? (Usually determined by 10 verified hail hits per 100 square feet.)
- What is the size of the roof and how many shingles will be needed to replace the roof

What does hail do to a roof?

Shingles are designed so that the granules block the UV of the sun and protect the asphalt underlayment. As the shingles age the granules fall off over time. As the asphalt is exposed the UV, it dries out and the shingle gets a "potato chip" appearance as the corners start to curl up. A shingle at the extreme end of its life is bubbled in appearance and is brittle to the touch. A 20-year shingle is warranted by the manufacturer to have a useful life, under optimal ventilation conditions, of 20 years.

Hail does several things:

- Accelerates granule loss
- Accelerates shingle aging.
- Voids manufacturer's warranties
- Leads to other associated problems

Do I need to get my roof replaced right away?

The insidious nature of hail damage is that it may pose no immediate threat to the structural integrity of the roof. However, many insurance companies have a "statute of limitations" of how long a hail claim is viable. If you have experienced a loss such as hail damage it is prudent to take care of the problem in a timely manner before it leads to other associated problems.

What does hail hit look like?

A hail hit on a shingle looks like a "bruise" or a dark spot where the granules on the shingle have been knocked off and the asphalt underlayment and sometimes the fiberglass mat is exposed. New hail hits will have a shiny appearance because the asphalt has been freshly exposed and has not had time to weather to a dull color.

Why would my insurance company replace my roof?

The purpose of homeowner's insurance is to protect homeowners against losses in their property's value due to damage that is beyond their control. If you have hail damage, you have experienced a financial loss in that your original investment of a 20-year roof (for example) has now been reduced to a 5-10 year useful life span. Your insurance company will compensate you for your loss and replace your roof.

Why does the estimate read that there are more shingles to replace than there are to remove?

The amount of shingles to remove from your roof is the

~continued on page 34~

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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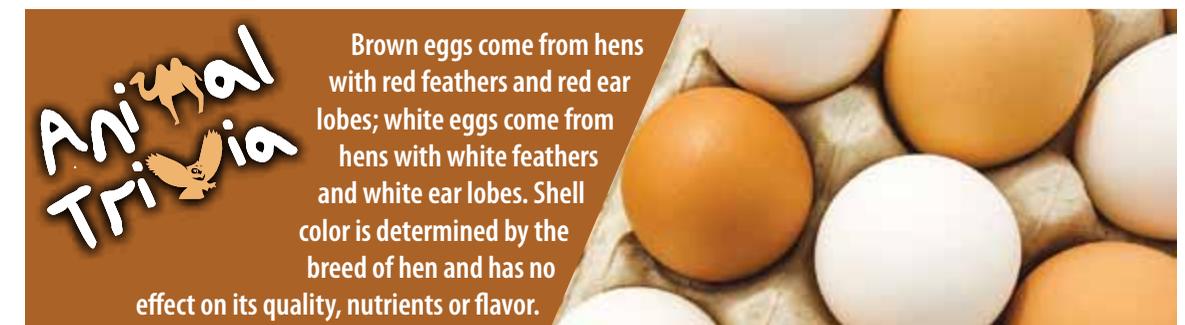
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See something cool in the neighbourhood?

Instagram it!

#cbmca



Animal Trivia

Brown eggs come from hens with red feathers and red ear lobes; white eggs come from hens with white feathers and white ear lobes. Shell color is determined by the breed of hen and has no effect on its quality, nutrients or flavor.

10 Common Questions About Hail Damage...cont'd

actual amount of square feet that it takes to shingle your roof. However, when putting on shingles, some shingles have to be cut to fit dimensions, ridges, hips and valleys. The insurance company adds 10% to regular ridge roofs and 15% to hip and ridge roofs to account for the loss of shingles.

My gutters and siding were damaged and the insurance company paid me for how many linear feet had to be replaced. When I called a contractor they had a minimum fee that was far in excess of the small amount the insurance company paid me. What can I do?

Your insurance company understands minimum charges such as these and has set prices they are prepared to pay as minimum charges for all trades. They do not give you the minimum charge up front because such a large percentage of their customers never call a contractor and just pocket the money. If you call your adjuster and ask for the minimum charge for the work, they will pay it without any hesitation.

In my adjustment, my insurance company deducted some money for depreciation, what is that all about?

Different insurance companies call the amount that they hold back different things. Some call it depreciation; other companies figure it in as a dump and removal fee. What it represents is the amount of money the company will hold back until they receive a signed contract from you and a contractor for the work. When they receive a signed contract, you will receive another check for the amount they have held back.

My insurance adjuster said there was no hail damage on his first inspection, I asked The Roofing Company, Inc.'s estimator to call him and request to walk through a re-inspection with him. On the re-inspection the adjuster concluded that there was hail damage and "totalled" the roof. Why such a dramatic turn around?

There are many different reasons that this happens so often. Sometimes adjusters get to a roof too soon after the actual damage and the hits haven't had a chance to weather yet. Sometimes the adjusters are inexperienced. Sometimes they were tired after looking at so many roofs that day. Sometimes they just make mistakes. The best results for the benefit of homeowner seem to be obtained when an experienced roofer walks through the inspection with the insurance adjuster and calls to the adjuster's attention any damage that he sees.



**MLA CALGARY-BUFFALO
HON. KATHLEEN GANLEY**

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

Howdy! Once again it's time to dust off our western wear and celebrate a timeless city tradition: the Calgary Stampede. With the Stampede Grounds, parade route, and many breakfasts and BBQs located in Calgary-Buffalo, I look forward to immersing myself in activities alongside my colleagues, constituents, and neighbors. Starting with the parade on July 8th, I will be attending Stampede activities throughout the days of July 8th-17th. If you are hosting an event for Stampede week, I would love to stop by to chat – please contact myself or my staff at 403-244-7737 or calgary-buffalo@assembly.ab.ca to keep us up to date with happenings in the community.

I invite all Calgary-Buffalo residents to join my caucus colleagues and Premier Rachel Notley at the Premier's Annual Stampede Breakfast from 7:00 – 9:00 a.m. on Monday, July 11th at McDougall Centre (455 6th Street SW). The free event will feature live music, dancing, Stampede Royalty, Chuckwagon Drivers and plenty of pancakes to go around.

On July 15th I will be handing out coffee at the annual Kerby Centre Stampede Breakfast from 8:00 – 11:00 a.m. at 1133 7th Ave SW. Kerby Centre's vision of a happy and healthy senior population is supported by the Alberta Government's mission to promote the well-being and quality of life of Alberta seniors. The breakfast is open to people of all-ages, and I encourage you to stop by to connect with the volunteers, residents, and members who make up and support this thriving hub for older adults.

As we come together to celebrate our western heritage and share in the sights of the Stampede, we must not forget our duty to our fellow Albertans. As I write this in late-May, the wildfires in Fort McMurray and the Regional Municipality of Wood Buffalo remain extreme. With residents of Fort McMurray beginning to return home on June 1st, we know that the hard work of rebuilding is still ahead of us. I want to thank the many constituents who have reached out to our office to find out how they can help their neighbors in Northern Alberta. All of Alberta stands with Fort McMurray.

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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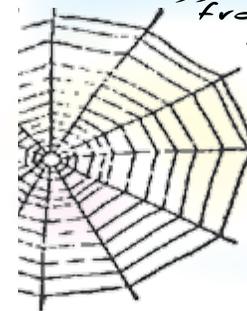
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Insects and Technology

The spider's web is the inspiration for a new technology that prevents birds from flying into tall building's windows. Embedded in the glass sheet is a pattern of chaotic UV-reflecting strands that birds can see.



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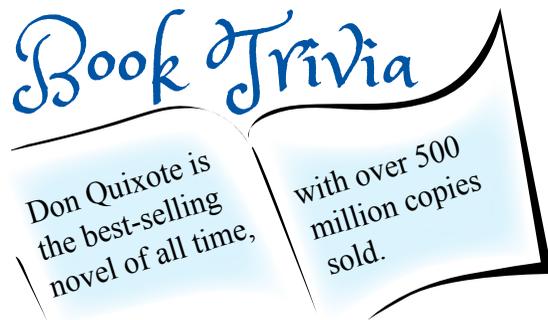
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Summer is here! I love Calgary at this time of year. It's a great chance to get outside and connect with old friends, enjoy new restaurants and patios, float down the river or just enjoy all our great city has to offer in the warmer months.

If you're looking for things to do with the family or with friends visiting from out of town, The City of Calgary offers numerous fun, free and community-based programs and services for children, youth and families all over Calgary each summer. Some of these programs include Ralph Klein Park's free nature programs, Park n' Play, Stay n' Play, Kids at Play Summer Club, Community Camps, Youth Days, and Lawn Chair Theatre. You can visit calgary.ca/cns to check out what's happening in your area.

If you're planning on taking advantage of the great weather to do yard improvements make sure that before you buy materials and start getting your hands dirty, you save yourself a headache and visit Calgary.ca/homeimprovement or get in touch with the City (403-268-5311) to check what work requires a permit.

I plan to be out in the neighbourhoods this summer, stopping in at Stampede breakfasts and barbecues, and a number of other community events. I look forward to seeing you all there. In the meantime, take some time off, connect with your friends and family, try something new, and enjoy the summer!



MP CALGARY CENTRE HON. KENT HEHR

950 6 Ave SW
kent.hehr@parl.gc.ca
403-244-1880
www.KentHehrMP.ca

Fort McMurray

Last month, the nation looked on as wildfires raged throughout northern Alberta. As events continued to unfold, we watched the city of Fort McMurray declared a state of emergency and evacuate all residents. Our hearts went out to the community as they left entire lives behind at a moment's notice, and touching stories of loss and heroism trickled in through media reports.

Our government was quick to respond to the crisis. We assured Albertans in the very early days that we would stand with them during this difficult time, and would support their efforts to rebuild. I was in the airport heading back to Alberta when I received the call from the Prime Minister asking me to chair the federal government's Ad Hoc Committee on Northern Alberta Wildfires. My cabinet colleagues and I will coordinate across departments and take a whole of government approach to recovery and rebuilding efforts in the weeks and months ahead.

Since convening this committee, we have met to discuss strategy, resources and the coordination at all levels of government to assist our friends, families, and neighbours to the north. We committed air support, military, and have matched the generous donations of Canadians to the Red Cross.

For years Alberta has carried the Canadian economy. Now it's time for us to give back: we will assist during this acutely difficult period, and we understand that rebuilding Fort McMurray and northern Alberta will take years. The federal government will continue to play a role.

Already through federal leadership and the cooperation of other jurisdictions, we have brought in relief for Alberta's incredible first responders. Further to this, four water bombers from Quebec, three Ontario firefighting teams, 3,000 cots, blankets, generators, and living supplies were also brought in through federal agencies. Additionally, we deployed federal resources to restore communication networks, and the Canadian Space Agency to track the wildfires.

This is in addition to the hundreds of millions that will be sent to the province through the Disaster Financial Assistance Arrangements program.

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.



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