

THE MISSION

SEPTEMBER 2016

# STATEMENT



[www.cliffbungalowmission.com](http://www.cliffbungalowmission.com)

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION







Over **200,000**  
patients cared  
for since 2006.

*Think of us as part of  
your neighbourhood.*

[www.cwcpcn.com](http://www.cwcpcn.com)



**Apply now for September 2016**

Limited Preschool placements still  
available for 3 year old children!

**Contact Us**

✉ [admissions@msofc.ca](mailto:admissions@msofc.ca)

📍 2201 Cliff Street SW  
Calgary AB T2S 2G4

📞 403.229.1011

🌐 [montessorischoolofcalgary.ca](http://montessorischoolofcalgary.ca)

📌 Montessori School of Calgary



AMI Montessori Learning Age 3 to Grade 6  
Active Academic Engagement

*A great place to Learn and Grow*

## PARKLUXE 2016

*presented by*  
BANKERSHALL

See this season's luxury  
**Canadian fashion:**

PAUL HARDY  
LAUREN BAGLIORE  
MALORIE URBANOVITCH  
OKAKIE  
YEAR OF THE RAM

Saturday October 1, 2016  
Studio Bell, home of the  
National Music Centre

*Tickets at [www.ourparkonline.com](http://www.ourparkonline.com)*

**DISCOUNT CODE:** *Mission2016*



## Cliff Bungalow - Mission Community Association

462, 1811 4 Street SW

Calgary, Alberta T2S 1W2

403 245 6001

[www.cliffbungalowmission.com](http://www.cliffbungalowmission.com)

# CONTENTS

President's Report 5

Community Clean Up 10

Embrace Gardening 13

Environment Update 16-17

The Course of the Elbow River 22

## NEWSLETTER AD SALES

**GREATNEWS**  
PUBLISHING 27 YEARS

Great News Publishing Ltd.

403.720.0762 | 403.263.3044

[sales@great-news.ca](mailto:sales@great-news.ca) | [www.great-news.ca](http://www.great-news.ca)

GREAT NEWS PUBLISHING HAS BEEN  
PROUDLY SERVING CLIFF BUNGALOW-MISSION  
FOR 3 YEARS!



# 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](mailto: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	<a href="mailto:cbmca.president@gmail.com">cbmca.president@gmail.com</a> 403-229-2762
Vice President	Jan Pugh	<a href="mailto:cbmca.facility@gmail.com">cbmca.facility@gmail.com</a>
Secretary	Rick Williams	<a href="mailto:cbmca.secretary@gmail.com">cbmca.secretary@gmail.com</a>
Treasurer	Amanda West	<a href="mailto:cbmca.treasurer@gmail.com">cbmca.treasurer@gmail.com</a>
Planning and Development	Sander Jansen	<a href="mailto:cbmca.development@gmail.com">cbmca.development@gmail.com</a>
Environment	Lynn MacCallum	<a href="mailto:cbmca.environment@gmail.com">cbmca.environment@gmail.com</a>
Heritage	Marilyn Williams	<a href="mailto:cbmca.heritage@gmail.com">cbmca.heritage@gmail.com</a>
Social	Amanda Weightman	<a href="mailto:cbmca.social@gmail.com">cbmca.social@gmail.com</a>
Communications	Spencer Perry	<a href="mailto:cbmca.editor@gmail.com">cbmca.editor@gmail.com</a>
Directors-at-Large	Ken Hryciw Kate Zago	



## PRESIDENT'S REPORT



Judith Theroux is front and centre of this group photo adjacent to Lieutenant Governor Lois Mitchell

### New season of events and activities

September is the start of a new season of events and activities held at our community centre. Jazz is on Wednesday, September 7 with the Jazz Guitar Duo of Keith Smith and Ralph Buschmeyer. Community Clean Up is on Saturday, September 10. The monthly potluck is on Sunday, September 11. The Embrace Gardening series is on Monday, September 12. Board Game night is on Saturday, September 17. The movie night is on Sunday, September 25. More details are elsewhere in this newsletter and more information will be posted on our website [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com) closer to the event. Join your neighbours and help make this another successful season.

### Pride Parade

The community association has registered to march in this year's Pride Parade on Sunday, September 4<sup>th</sup>. This is a first time for our community. Why not join in as we let it be known we are a welcoming community.

### Annual Community Clean Up

Our annual Community Clean Up will be held on Saturday, September 10 from 9 am to 2 pm. The hours are set by when the garbage trucks will be on site. This is your opportunity to get rid of things that you normally would take to the dump. **Please do not be late** as many people in the past have come after the trucks have left. In addition, you can recycle electronics like outdated

computers and related equipment. Plus you can bring still useful items for exchange or get something you would like. However, anything not claimed by 2 pm will either go to the dump or be donated if suitable. For the latter, **we need the help of trucks, SUV's and such** to take those still useful items to charities. If you are able to help with this, please e-mail [cbmca.environment@gmail.com](mailto:cbmca.environment@gmail.com) and turn up before 2 pm so we can start loading items.

### History Book wins Lion Award

On Thursday, July 28, CBMCA received a Lion Award in the Community Vitalization category for our history book *Cliff Bungalow - Mission, a heritage community*. These awards are under the auspices of the Calgary Heritage Authority. They indicated that our history book "sets the bar for future publications from Community Associations". Receiving the award on behalf of the community was Judith Theroux who was the coordinator of this project and David Mittelstadt who was the author.

### Judith Theroux

Judith Theroux was at the Lion Awards ceremony on July 28 and in the hospital on July 29. She looked great in the pictures at the ceremony but suffered a heart attack the day after. She is out of the hospital at the time of writing and recuperating. We wish her a speedy recovery. She was instrumental in getting our history book published.



# SEPTEMBER COMMUNITY CALENDAR

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

**Join our community marching in the Pride Parade**  
Sunday, September 4, noon, near City Hall on 9<sup>th</sup> Avenue.  
More details elsewhere in this newsletter.

## Jazz Concerts

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

- Wednesday, September 7, 8 pm – Jazz guitar Duo – Keith Smith and Ralph Buschmeyer
- Wednesday, October 5, 8 pm – Rick Climas Quartet

Doors open at 7:30 pm. Why not come early, get a good seat and enjoy a beverage.

## Community Clean Up

Saturday, September 10, 9 am to 2 pm (don't be late!) – 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.

## Potlucks

Bring something to share and meet your neighbours. Good food and great conversations.

September potluck is Sunday, September 11, 6 pm. Next potluck is Sunday, October 2, 6 pm (this is earlier in the month as the following weekend is Thanksgiving long weekend).

## Embrace Gardening Event

Monday, September 12 at the community centre featuring Janet Melrose, Calgary's Cottage Gardener. 6:30 to 9 pm. Theme is Harvest Time.

## Board Game Nights

September Board Game night is Saturday, September 17, 7 pm. Next one is on Saturday, October 17. Bring a Board game and some snacks. Cash bar. No entry charge.

## Movie Nights

September movie night is on Sunday, September 25, 7pm featuring Queens & Cowboys, a documentary. Next movie night is on Sunday, October 23. Free popcorn. No entry charge.

## History Book Sales

Copies of our award winning community history book "Cliff Bungalow – Mission, a Heritage Community" can be obtained at all community events at the community centre. \$30 per copy, cash or cheque.

## Ray Charles Tribute

Special music evening on Saturday, November 26 with Jim Gray. Keep the date open. More details in future newsletters.

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

[www.cliffbungalowmission.com](http://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](mailto:cbmca.editor@gmail.com).



# Post it!

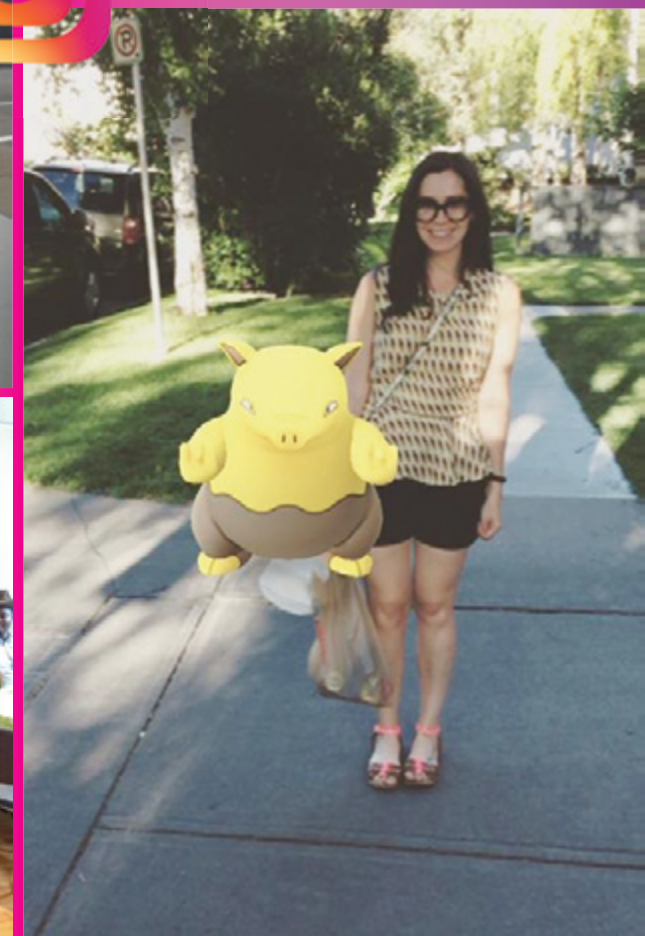
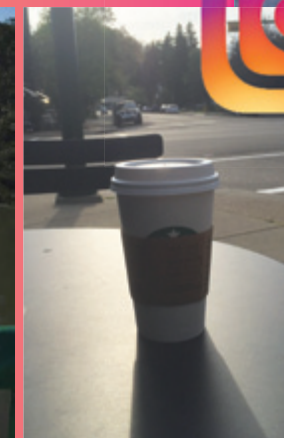
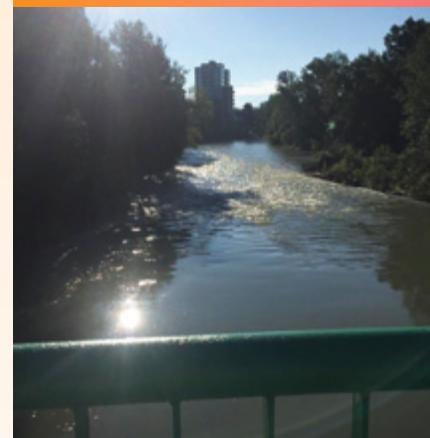
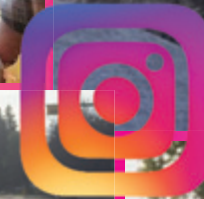
**Let's tell the world about life in Cliff Bungalow-Mission**

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





# 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
- **4<sup>th</sup> 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](mailto: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](http://www.cliffbungalowmission.com), click on "Get Involved".



**the Gutter Doctor**  
Home Exteriors  
Install/Repair/Clean  
EAVESTROUGHS | DOWNSPOUTS  
FASCIA | SOFFIT | ROOFING | SIDING  
15,000 happy customers since 2003!  
**403-714-0711** [gutterdoctor.ca](http://gutterdoctor.ca)

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM  
"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."  
Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
**403.668.6402**

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.

## STEP INTO FALL

### Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

### To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

### By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

### To participate contact:

Research Coordinator  
403.210.7044 or [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



**Pride Parade**  
**CALGARY**  
September 4, 2016

## You are invited to march with us at The Calgary Pride Parade!

Please join the Cliff Bungalow Mission Community Association at this year's Calgary Pride Parade on September 4th, 2016! Calgary's 26th annual Pride Parade will run from 12PM-1:30PM. The meeting location will be near City Hall on 9th Avenue Southeast. Bring your most colourful outfit and be prepared to have a blast! If you are interested in walking with us, please contact Amanda West at (403) 968-4216 or [cbmca.treasurer@gmail.com](mailto:cbmca.treasurer@gmail.com), so that we can keep you up to date with any news!



# 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/](http://www.greencalgary.org/recycler-directory/) or visit the City of Calgary "What Goes Where" guide [www.calgary.ca](http://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](http://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](mailto:cbmca.environment@gmail.com).

Sources: [www.calgary.ca](http://www.calgary.ca), [www.greencalgary.org](http://www.greencalgary.org).

# CBMCA History Book Wins A Calgary Heritage Authority Lion Award

Near the centre of downtown, Knox United Church was the focus of attention and attraction for award recipients on Thursday, July 28th. The Knox venue is valued for its geography, architecture, acoustics and the enjoyment of an old world space, not to be confused with the hardness of pews.

A soft ambience for the event was provided by the summer evening sun filtering through the stained glass, which gilded and dignified the interior and all those in it. The MC for the program warmed the crowd with his humour. The honoured guests, the Honourable Lieutenant Governor, the Alberta Minister of Culture and Mayor Nenshi spoke cordially of the achievements and the awards.

The Cliff Bungalow - Mission history book was a true community affair initiated in 2011, a project of the Heritage committee of the CA. The objective was to provide a comprehensive history of the district going back to Calgary's earliest settlement on the shores of the Elbow River, ca. 1875.

The project was led by Judith Theroux, Project Coordinator and member of the Steering committee, along with Bob Lang and Marilyn Williams. The quality and presentation of the book is due in large part to author David Mittelstadt, editor Robin Thompson and designer Dean Pickup.

Most of the Heritage Committee was involved at some point, as well as many volunteers from the community association, in particular Jim Bowman, Sonia Ross, Gudrun Dahle and Dany Cote contributed countless hours.

The book amalgamated the extensive but disparate historical research and sources that already existed. There were many generous donors, the Social Committee held a valuable fundraiser and the efforts culminated in the 2015 publication of *Cliff Bungalow - Mission History Book*.

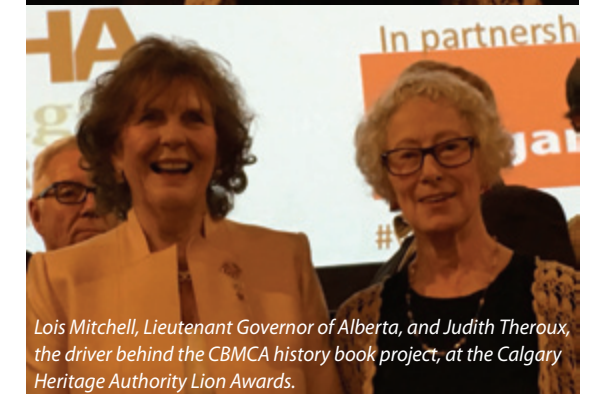
The Lion Award went to the History Book project of the CBMCA in the Community Vitalisation category. The award was accepted by Judith and the author, David Mittelstadt, on behalf of the Community Association, but the award really belongs to all the participants in the project.

It is difficult to imagine higher praise by the Heritage Authority than their noted view that the book "sets the bar for future publications from Community Associations."

We barely need add: "well done Judith!"



Judith Theroux  
accepting the  
Lion Award



Lois Mitchell, Lieutenant Governor of Alberta, and Judith Theroux,  
the driver behind the CBMCA history book project, at the Calgary  
Heritage Authority Lion Awards.



# FRANGLOFUN Stampede BBQ 2016

The Stampede barbeque held on July 9 was a great success. We partnered with the Bureau de Visibilite de Calgary led by Suzanne De Courville Nicol. The event celebrated our French roots. This year we recognized the 60<sup>th</sup> Anniversary of the twinning of Calgary and Quebec City.

We had many special guests including Kathleen Ganley, our MLA and Minister of Justice and Solicitor General, Ricardo Miranda Minister of Culture and Tourism and Francophone Secretariat, Calgary Mayor Nenshi and Deputy Mayor of Quebec City Michelle Morin-Doyle. MP Kent Hehr was not able to attend as he did not have his ramp to be able to get into our community centre. He, however, did drive to the front door and greeted people who were able to go out (in the downpour we had at that time).

There was entertainment all evening of various types. Marc Lalonde was the MC. Some of those attending got a lesson in line dancing. There was a great photo booth where people could dress up in the western/voyager style and get their keepsake photos taken.

We provided the space, the food and the bar service. The food was absolutely superb thanks to Jan Pugh and her crew that included her mother Jenett Gerenir.

Shaw TV did interviews and filming during the night which will be part of various Hello – Bonjour Alberta segments.

Thanks to all who made this event possible and to all who attended. Everyone had fun.



Monday  
September **12**

## Embrace Gardening

With Janet Melrose,  
Calgary's Cottage Gardener  
Monday, September 12<sup>th</sup> 6:30 – 9:00 p.m.

### Harvest Time

Join us to learn about protection against frosts and prolonging the harvest, including cold frames; harvesting techniques and storage of root crops; the composting system and other topics suggested by gardeners.

**When:** Monday September 12, 6:30 p.m. munch 'n mingle

7:00 p.m. – 9:00 p.m. presentation and Q & A

**Where:** CBMCA Community Hall, 2201 Cliff St. SW (1 block west of 5<sup>th</sup> St. at 22 Ave. SW)

**Cost:** The event is FREE to everyone! Donations gratefully accepted.

**For info:** [cbmcamissiongarden@gmail.com](mailto:cbmcamissiongarden@gmail.com)



## IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

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

### PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT TAX-SMART INVESTMENT AND ESTATE STRATEGIES

#### GUEST SPEAKERS:



**PETER BOWEN**, B.A.(Econ), CA  
Vice-President, Tax Research and Solutions



**M.C. (MIKE) MACOUN**, CLU, CHS, TEP  
Vice-President, Estate Planning Specialist



RBC Wealth Management  
Dominion Securities

**DATE:** Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided  
Complimentary parking on site  
Includes access to interactive sports,  
Hall of Fame Gallery & Museum Tour

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. ®Registered trademarks of Royal Bank of Canada. Used under licence. © 2015 RBC Dominion Securities Inc. All rights reserved.

## 5<sup>th</sup> Anniversary of the unveiling of the

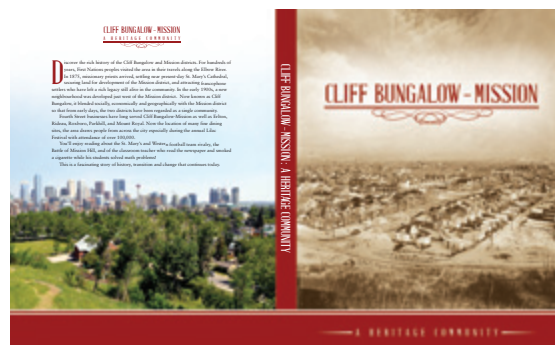


### 'Nuns and Nightingales' Commemorative

**Sunday September 25, 2016,  
1 p.m. to 3 p.m.**  
1929 Wing of the Holy Cross  
Centre on 2<sup>nd</sup> Street SW

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

Holy Cross Hospital School of Nursing Alumni.



## Cliff Bungalow – Mission a Heritage Community

### 2016 Lion Award Winner!

The second printing of "Cliff Bungalow – Mission, a Heritage Community" is now available. It is a beautiful book, easy to 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 (4<sup>th</sup> Street and 22<sup>nd</sup> Avenue SW). Their price will include their mark-up.



## Protecting Your Edibles with Floating Row Cover *A Calgary Gardener's Best Friend*

By Janet Melrose

Growing edibles in Calgary with our variable and increasingly extreme weather, not to mention short growing season and potential for some common pests to take advantage of tender crops is not for the faint of heart.

Luckily there is a product that is an edible gardener's best friend!

Floating row cover is spun polyester that can be used to cover crops from the moment they are sown right through until harvest. Semi-transparent and sturdy, it allows light, air and moisture through and provides near perfect growing conditions. Plus it protects crops against weather and the pests that love to bug us.

Early in the season, placed over a bed that has been just been sown or planted row cover will moderate both soil and air temperatures, allowing for quick and even germination of seeds. Newly planted seedlings are able to settle into their new digs without enduring the transplant shock caused by loss of soil moisture and exposure to Calgary' winds and intense sunlight. Both seeds and seedlings will grow much better than if left exposed, and often will provide those first early crops well before other beds that are not protected.

Common Calgary insect pests such as carrot rust fly, cabbage moth, flea beetle and aphids can be deterred or even prevented from laying their eggs on their preferred species so long as the row cover evenly covers the bed and is well anchored down so that there are

no spaces for dedicated and desperate insects to enter and do damage.

Row cover will also protect vulnerable crops from late spring, mid summer and early fall frosts, with even the thinnest weight providing 2 degrees of frost protection, and it is easy to double and triple degrees of protection by adding extra layers. Not only is frost prevented from landing on leaves, but it is easy to remove with a flick of the hands the frost flies off and the row cover is perfectly dry. Not like heavy, soaking wet and clammy cold old sheets!

Perhaps just as importantly, row cover protects against our all too frequent storms, with heavy downpours that flatten crops, hail that shreds or even snow come late August or early September. I visited the Windsor Heights Community Garden after Snow-tember 2014 and those beds covered with row cover were happy as can be under their covers and were harvested just as if the snowstorm never happened. Similarly I visited the Cliff Bungalow Community Garden just after the hail storm August 2015 and beds covered with floating row cover were just fine. The hail punctured the fabric in places to be sure but the crops underneath were still standing and intact. Those beds right next to the covered beds were flattened and just heartbreaking to see.

So make row cover your gardens best friend and celebrate the great crops you grow this year!



# ENVIRONMENT UPDATE

**What's new with the Cliff Bungalow Community Garden**  
*By Lynn MacCallum*

Community gardens are wonderful places. They bring people of different ages, ethnicities, social classes, genders and physical abilities together to create something beautiful. Every year, more than 80+ of your fellow community members and their families rent a garden bed and try their hand at growing their own food. But did you know that by having these garden spaces in your neighbourhood they play a role in raising property value and reducing neighbourhood crime? There are numerous studies that suggest community gardens prevent unlawful behaviour, and many police departments recognize community garden projects as an effective strategy to prevent local crime. Gardens foster a sense of mutual respect among community members, leading to the formation of social networks and increasing the number of eyes on the street. Who knew growing zucchini made our neighbourhood safer!



*Hail and other weather can be especially damaging to gardens in Calgary, as seen in the photo above and others on this page.*



The benefits of community gardens don't just stop at crime prevention. In fact, there are many ways the garden contributes to our community, such as:

- **Food security:** by growing some of their own food, individuals and families have access to fresh, nutritious food and the mixed meals that support nutritional health.
- **Exercise:** because it involves physical activity, community gardening promotes physical fitness and health.
- **Learning:** learning to grow plants is mentally stimulating and adds to an individual's knowledge and expertise. **Check out the September 12th Embrace Gardening presentation with Calgary's Cottage Gardener Janet Melrose at the CBMCA Hall** and learn more about gardening in our city. See the add in this newsletter for details.
- **Social benefits:** gardens are places where people come together with a common purpose, where people get to meet others and build a sense of community and belonging.

These are just a few of the wonderful things a community garden provides!

If you've been to the Cliff Bungalow community garden lately, you'll have noticed that the gardeners have been spending time cleaning up the derelict hedges, shrubs and overgrown grasses and weeds when you enter the park. In future, we hope to work with the city parks department and the CBMCA to make this space even more inviting with bulletin boards letting you know about community events, a heritage garden honouring the local indigenous peoples, and more!

In addition to the clean up in park, the Cliff Bungalow Community Gardeners have been hard at work in their own garden beds too, and as I write this, everything is in full bloom. Much of the success of the garden can be attributed to the white row cover you'll have noticed on some of the beds. If you have tried growing a vegetable garden in Calgary, you know how frustrating this endeavour can be. We have a short growing season, clay soils, erratic weather (HAIL!!!! see pictures included), birds, rabbits and insects, all of which can discourage the most dedicated of gardeners. Unfortunately, this garden also experiences dogs using the beds as fire hydrants and theft of the fresh produce. This is where row cover comes in. Row covers are white sheets made of an

extremely light-weight woven synthetic material that allows light and water to penetrate and literally floats on top of the plants as they grow. This cover provides the gardens with some protection from the elements, as well as deter produce poachers and pooping pooches! **To learn more about row cover and it's benefits, I encourage you to take a look for guest contributor Calgary Cottage Gardener's Janet Melrose and her article on the benefits of row cover for your own garden in this newsletter.**

Your community members are volunteering their time and working hard to make the garden a clean, tidy, safe and beautiful space for everyone to enjoy. We look forward to seeing you in the park, and showing you around the garden if you want to learn more. If you are interested in having a garden bed next year, please email [cbca.environment@gmail.com](mailto:cbca.environment@gmail.com)

- Sources:
- <https://www.popularresistance.org/hidden-benefits-of-community-gardens/>
  - <http://communitygarden.org.au/2007/10/11/benefits/>
  - [http://seedsforchangegardens.org/images/uploads/JUST\\_THE\\_FACTS\\_Benefits\\_of\\_Community\\_Gardens.pdf](http://seedsforchangegardens.org/images/uploads/JUST_THE_FACTS_Benefits_of_Community_Gardens.pdf)
  - Pictures: courtesy of CB gardeners

**www.kilbco.com**

**READY TO INCREASE YOUR CURB APPEAL?**

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

*Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.*

It will not rust, rot or shift, and there are no seams for weeds to grow through.

**KILBCO**  
CONCRETE CURBING

Locally Owned & Operated

**Free Estimates 403-875-8463**



# Volunteers Needed For Tree Inventory

With the renewed focus that the tree inventory activity is bringing to our communities' urban forest, I thought it timely to revisit previous Mission Statement articles on the importance of preserving and enhancing the urban canopy, beginning with this one on the benefits of trees written by the City of Calgary, originally published in the July-August 2006 issue. We are still looking for tree steward volunteers. If you are interested, contact Marilyn Williams at [cbmca.heritage@gmail.com](mailto:cbmca.heritage@gmail.com).

## Benefits of Trees

### City of Calgary

Without trees, cities would be very uncomfortable and difficult places to live. In cities, summer temperatures and noise levels are higher than in the countryside. Air pollution problems are more concentrated. Trees help improve these conditions.

- Trees fight the greenhouse effect: they act as carbon sinks by removing the carbon from carbon dioxide and storing it, while releasing oxygen back into the air. A healthy tree can store about 13 pounds of carbon annually – or 2.6 tons per acre each year.
- Trees lower air temperature through shade and evapotranspiration (a large tree with a good supply of soil moisture can evaporate about 100 gallons of water a day, equal to the cooling provided by five air conditioners running for 20 hours). Trees increase humidity in dry climates, reduce glare on sunny days, and reduce wind speed.
- Trees release oxygen for us to breathe. An acre of trees can produce enough oxygen for 18 people every day. For those of us with allergies, trees help to settle out,

trap and hold dust, ash, pollen and smoke particles.

- Trees conserve water and reduce soil erosion: without trees, cities would need to increase sewage and storm water drainage channels and waste-treatment capacities to handle increased water runoff because of the increase in paved surfaces



What would Tomkins Park be without trees?

- which prevent water from entering the ground.
- Trees provide habitats and food for birds and animals.
- Trees add beauty and improve health by

making communities livable for people. Without trees, the city would be a sterile landscape of concrete, brick, steel and asphalt. Trees impact our moods and emotions, and are an essential element in physical and mental health. A community's urban forest is an extension of its pride and community spirit.

- Trees save energy costs: shade trees planted on the south and west sides of our homes can reduce air conditioning costs by up to 30 percent by providing shade and blocking heat during hotter months.
- Trees increase property values: trees provide us with beauty and give a sense of permanence and age to a home. Healthy trees can add up to 15 percent to residential property value.
- Trees attract businesses and tourists. People linger longer along tree-lined streets. Apartments and offices in treed areas rent quickly, have

higher occupancy rates and tenants stay longer. Businesses leasing office space in treed developments find their workers are more productive and absenteeism is reduced.



## IN & AROUND CALGARY

### Volunteers needed for Variety Alberta event

Variety - Alberta is currently seeking casino volunteers for Wednesday September 7, 2016 and Thursday September 8, 2016.

Variety Alberta is part of the Variety International family: Working with other provinces and throughout the world, Variety Alberta is situated in Calgary, but supports children living with disabilities throughout the province. The Alberta Chapter of Variety was formed in Calgary in 1987 by Colleen Klein and former broadcasting legend, Ed Whalen. For the past 34 years, Variety Alberta has raised millions of dollars to provide funding and specialized services to support children and local grass-roots organizations that deliver care and services to children with specialized needs throughout the province.

Volunteers can contact Rosemarie B. Barker at 403 245 0583 or/and Viola Ceklic-Teuling 403 651 2916 or [viola@freemasons.ab.ca](mailto:viola@freemasons.ab.ca) Thank you.

### Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit [calgary.ca/fairentry](http://calgary.ca/fairentry).



### Graffiti Vandalism

A message from the Federation of Calgary Communities Building Safe Communities Program

Graffiti vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property. It can be done by a variety of methods including spray paint, markers, etching and pens to name a few. Graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences. Most graffiti vandalism IS not gang related, but if graffiti vandalism is left unchecked, other criminal activities may begin to start in the area as the perception of the community is that no one cares or is taking care of the area. **Graffiti vandalism needs to be reported to 311.** If graffiti vandalism is not removed quickly, this inaction may be interpreted as a sign of low neighbourhood pride, and graffiti vandalism will spread to other buildings, streets and properties.

What to do:

1. Record the graffiti vandalism by taking a photograph (if possible) of the damage
2. Note the location
3. Report the graffiti by calling 311
4. Remove the graffiti if it is on your property or with permission of the property owner. The longer it is left for viewing the more likely other graffiti will appear in the area.

Please visit [www.graffitifreecalgary.ca](http://www.graffitifreecalgary.ca) for more information on graffiti vandalism and how you can make a difference in your community to address graffiti vandalism. Special thanks to the Calgary Police Service Graffiti Coordinator Constable Dave Ladic for input in this article.

 <b>ExoSide Construction Inc.</b> "Finding quality solutions to all of your exterior needs"	
<b>FREE QUOTES</b>	Eavestrough and all soft Metals James Hardie material (Cement Board) Vinyl siding   Custom Cladding WE ARE VERY EXPERIENCED WITH HAIL RELATED REPAIRS!
	<a href="http://www.ExoSideConstruction.com">www.ExoSideConstruction.com</a>   403.990.1346





# The Course of the Elbow River

Ever wonder where the water in our Elbow River comes from and where it goes? A new map developed by Canadian Geographic Education and the Lake Winnipeg Foundation under the OPEN Water Program answers that question.

The meandering Elbow River is just 120 km long but is part of the vast, million square kilometer, Lake Winnipeg watershed that spans 4 provinces and 4 states. The river and its valley was formed toward the end of the last ice age, some 12,000 years ago.

The source of the Elbow River is the Rae Glacier, so named for Dr. John Rae, a Scottish explorer hired by the Hudson Bay Company to survey 2500 km of arctic coast. In 1847 Rae discovered the fate of the Franklin Expedition, and it was Rae, not Franklin, that found the final link to the North West passage. In 1864 Rae's last main survey was for a route for a telegraph line through the Rockies.

About 600 meters downslope from the glacier, sits the pristine Elbow Lake in the upper Elbow Valley below Elpoca Mountain. Here the Elbow River watershed is 40 km wide, narrowing to 5 km past the Glenmore Dam and just 1 km where it empties into the Bow. The glacier is retreating at a rate of 6 meters per year, but the river is fed by snow melt and storm water; sometimes extreme, like we saw in 2013.

The Elbow's water joins with the Bow River at Fort Calgary, then the Bow joins the Oldman River from the south, just west of Medicine Hat, forming the South Saskatchewan River. The South and North Saskatchewan Rivers merge near St. Albert, Saskatchewan, ultimately flowing into the north eastern region of Lake Winnipeg.

So untreated water moving over inner-city Calgary roads and properties, can reach Lake Winnipeg, more than 1,800 kilometres away, in as little as two to three weeks. After that it moves north, ultimately mixing with the salt water of Hudson Bay.

Lake Winnipeg is the 10th largest freshwater lake in the world. Threatened by the waste of millions of people, agriculture and industry in the watershed, symptoms of the lake's ill health are toxic algae blooms, invasive species, impacts on the fishery, beach closures, drinking water advisories and so on. Hands-on citizen science and education initiatives like this new map, supplement research and efforts to clean up the lake.

Sources: lakewinnipegfoundation.org, cangeoeducation.ca, and "Mountains to Metropolis" by Diane Coleman (2014).

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

TRIVIA

**An active social life helps you live longer**

Maintaining a strong social network may foster good health in part because support from sympathetic friends and family helps cushion the impact of life's blows. When you lead a less anxious life, you're less prone to certain chronic conditions, such as cardiovascular disease.

-Discover magazine

Guides Canada

BLACKFOOT DISTRICT

## SEPTEMBER-Get into the Guiding Action!

We are looking for new and returning girls and women to join us for "fun and adventure". Guiding provides all girls with an opportunity to learn new skills, try new activities, to develop self esteem and leadership skills. Some Blackfoot units will be camping in September, planting trees for TD Tree Day, having outdoor campfires in Fish Creek Park, learning new songs, crafts and games. Blackfoot District will host a swim night for all units in October. Join a unit in your community to be a part of all the action!

Guiding is also a great place for women to connect with other women and to share their talents and knowledge with the youth of our community. We are looking for women aged 18yrs and older who would like to experience mentorship and friendship by volunteering a small amount of their time to becoming leaders. No previous experienced required!

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

Sparks	ECS & Grade 1	or (5&6 year olds)
Brownies	Grades 2 & 3	or (7&8 year olds)
Guides	Grades 4, 5 & 6	or (9 to 12 year olds)
Pathfinders	Grades 7, 8 & 9	or (12 to 15 year olds)
Rangers	Grades 10, 11 & 12	or (15 to 17 year olds)
Leaders		(18 years and over)

- The communities within Blackfoot District are:
- |                |              |                 |
|----------------|--------------|-----------------|
| Acadia         | Elboya       | Meadowlark Park |
| Britannia      | Erlton       | Misson          |
| Bel-Aire       | Fairview     | Parkhill        |
| Beltline       | Haysboro     | Ramsay          |
| Canyon Meadows | Highfield    | Rideau          |
| Chinook Park   | Inglewood    | Roxboro         |
| Connaught      | Kelvin Grove | Southwood       |
| Downtown       | Kingsland    | Stanley Park    |
| East 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!

Registration for the 2016/2017 season can be done online by going to [www.girlguides.ca](http://www.girlguides.ca)

**Units are accepting girls and leaders!**  
Guiding is a great place for girls of all ages to build new friendships and experience new challenges.

**Girl Greatness Starts Here!**





# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403-263-3044 or sales@great-news.ca

**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.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**YARDBUSTERSLANDSCAPING.COM:** Snow removal \$129.95. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**MONEY - TRAVEL - FUN - ADVENTURE:** Opportunity for sales oriented individuals who would enjoy planning travel dreams. Training and ongoing support provided - Flexible work hours from home or office. Enjoy a rewarding career in travel sales with the #1 brand in travel, Expedia CruiseShipCenters. For further information call Orlando at 403 245 5010 (Mount Royal Office).

See something cool in the neighbourhood?  
Instagram it!  
**#cbmca**



Trivia

### EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine



### COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430

#### In 6 Minutes Or Less

I can barely count the times when I'm walking downtown or on 17<sup>th</sup> Ave and I hear the unmistakable sirens of The Calgary Fire Department (CFD). Those sirens which are so familiar to just about any inner city resident are a constant reminder of how hard our Fire Department work. However, the CFD doesn't just deal with fires; they have made incredible strides towards making Ward 8 communities safer. There are a few major incident types that they deal with, including general public service assistance calls, hazardous conditions caused by weather, rescues, medical assists, and of course fires.

The most prominent non-fire calls that the CFD receive are medical assists, which have been of increasing importance for the CFD as they help our local EMS with calls. Surprisingly, the incident rate has gone up 27% in Ward 8 since 2011. As a result, the CFD has been piloting dedicated Medical Response Units (MRUs) throughout the city, which have made responses to medical assist calls much more effective.

One thing you may not know about the CFD is that there are important policy decisions that provide them with goals. Calgary's Action Plan 2015-2018 establishes Service Levels and Response Times Targets (SLRTT) for different types of emergencies and incidents. There are two main categories for emergencies, Effective Response Force (ERF) emergencies, and non-ERF emergencies. The difference between the two is that ERF emergencies involve structural or building fires and require a minimum of 12 firefighters and other priority resources.

For non-ERF emergencies, the goal as per the SLRTT is 90% of first responders arriving in less than 7 minutes, which the CFD easily surpassed in Ward 8. In 2015, 90% of responses happened in 6:32 or less. That's a full 28 seconds before the benchmark, and is pretty impressive considering Ward 8's density and traffic. For ERF emergencies, the goal is for a full ERF to arrive in less than 11 minutes 90% of the time. Unsurprisingly, the CFD succeeded and had 90% of responses in 10:10 or less during 2015.

The CFD is an example of when policy and implementation align to create positive outcomes for Calgarians. It's obvious that this department shows incredible dedication and creates tangible results, something that they can and should be recognized for. So, the next time that you're downtown and hear the familiar blare of a siren, know that while it might annoy you for a few seconds, our heroic firefighters are using those seconds to make a difference in every Calgarians life.



### MLA CALGARY-BUFFALO HON. KATHLEEN GANLEY

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

This month starts off with excitement and festivity as we celebrate the Calgary Pride Festival during the week of August 26 – September 5. Pride week is an important opportunity to champion diversity, and reflect on our pathways towards greater equality. In November of 2015 (29<sup>th</sup> Legislature, 1<sup>st</sup> Session), I was proud to introduce Bill 7: Alberta Human Rights Amendment Act that added the prohibition of gender identity and gender expression as grounds of discrimination to the Alberta Human Rights Act. This amendment addressed discrimination that members of the LGBTQ+ community face on a daily basis and remains a small piece of the bigger picture. Throughout the past year, I have met with many LGBTQ+ folks from Calgary-Buffalo, and have learned a great deal about the wide range of their experiences. I look forward to bringing these stories to the Legislature this year, where the government is committed to ensuring all people have equal rights and opportunities regardless of gender and sexual identity.

Earlier this summer the government introduced the Seniors Home Adaption and Repair Program (SHARP) which allows Alberta seniors to enter into low-interest home equity loan with government. SHARP helps seniors finance repairs or adaption to their homes, allowing seniors to age in the community where they want to be. Loans can be used for projects such as widening hallways for better accessibility, or installing a walk-in tub. Up to 145,000 senior households may be eligible to access funds in Alberta. If you or a loved one would like to find out more, please do not hesitate to contact my office directly or contact: www.seniors-housing.alberta.ca

On Monday, September 19 the Calgary-Buffalo constituency office will be hosting our annual Open House at the historic Lougheed House (707 13 Ave SW). All community members are welcome to join from 4:30 – 7:30 p.m. A national and provincial historic site, Lougheed House has been located in the heart of Beltline since 1891. Over the years, the house has served as the family home of Senator James Alexander Lougheed, during World War II as barracks for the women's army corps, and today as a cultural hub and gateway to our history. I invite all Buffalo residents to step back in time and reflect on the innovative people and families who founded our city, and discuss our pathway forward together.





## MP CALGARY CENTRE HON. KENT HEHR

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

### Changes to Employment Insurance (EI)

Employment Insurance provides economic security for Canadians when they need it most. For Canadians who have lost their jobs, or who must take time away from work to care for a new baby, an ill or injured loved one, assist aging parents, or get skills training – they should have the support they need and have earned – to make ends meet.

Our Government is committed to helping the middle class and those working hard to join it. During the 2015 election my colleagues and I committed to reforming Employment Insurance and to addressing gaps in the program that were leaving many Canadians without needed assistance during difficult times. The Government of Canada has kept its promise by improving the EI system across the country. Here's how:

We have extended regular benefits in 15 priority regions that have experienced the sharpest and most severe increases in unemployment due to downturn in commodities.

We are repealing the unfair rules enacted in 2012 which forced unemployed workers to commute further and take lower-paying jobs.

We're ending the 910-hour eligibility penalty for workers entering or re-entering the workforce, thereby stopping the discrimination that makes it harder for our most precarious workers – such as parents returning to the workforce, younger workers, people who have left the workforce due to illness, and new Canadians – from accessing the benefits that help them get back to work;

These changes were made so that the people of Calgary Centre, Alberta – and Canadians right across this country have access to help when they need it most. During challenging economic times, Employment Insurance must be available to help people in our communities get back on their feet. This program is an anchor of economic security for Canadian workers and we are working hard to ensure a system that is

reliable, will help grow Canada's economy, and makes a real difference in the lives of people in Calgary and across the country.

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](http://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!

## IN & AROUND CALGARY

### Citizen Dashboard gives Calgarians insight into City performance and Calgary's quality of life

The City of Calgary's Citizen Dashboard is an online tool that provides Calgarians with access to information about The City's performance and how City services contribute to Calgary's quality of life. Available at [calgary.ca/citizendashboard](http://calgary.ca/citizendashboard), the tool displays performance measures and data using interactive graphs, charts and maps.

"It's a great example of our efforts to be more open and accountable to Calgarians for the programs we offer at The City," said Jeff Fielding, City Manager.

Powered by The City's Open Data Catalogue, the Citizen Dashboard pilot currently displays performance measures for:

- 311
- Calgary Fire Department
- Civic Census
- Water Sustainability
- Transit Safety & Security
- Calgary Transit Access
- Building Regulations
- Waste Management
- Roads Maintenance

Additional services and performance measures continue to be added on a regular basis.

Check out the Citizen Dashboard at [calgary.ca/citizendashboard](http://calgary.ca/citizendashboard).

## 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

## DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Cliff Bungalow-Mission Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for  
the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**YYC'S LARGEST USED KIDS' CLOTHING, TOYS AND GEAR SALE** is moving to the Genesis Centre, Field House 1, on September 17th. Open to the Public from 9:00 a.m. to 1:00 p.m. Free parking. Cash Sales only. Bring your own bags.

**CALGARY PUBLIC LIBRARY:** Need legal help? Free legal clinic. Wednesday October 19, 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 587-774-5458 between 8 am and 5 pm, Oct 3 to Oct 13. Space is limited.

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see [www.vocalatitudes.org](http://www.vocalatitudes.org).

**Published by:**

**GREAT NEWS**  
PUBLISHING



*Proudly serving Cliff Bungalow – Mission for 3 years!*

**ADVERTISE YOUR BUSINESS NOW!**  
REACHING OVER 415,000 HOUSEHOLDS  
ACROSS 141 CALGARY COMMUNITIES

**DELIVERED BY  
Canada Post**

**Phone: 403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)**





# WELCOME TO THE MIDDLE OF SOMEWHERE.



**BRILLIANT LIVING  
IN THE HEART OF  
MISSION**

**Visit our Sales and  
Information Centre**  
104, 320 23 Ave SW  
Calgary, Alberta  
403 452 TELA (8352)

**Hours**  
Tuesday – Thursday 1 – 6pm  
Saturday & Sunday Noon – 4pm

**tela**  
**TELACONDOS.CA**

**Calling All  
BABYSITTERS**

Enroll free at [mybabysitter.ca](http://mybabysitter.ca)  
and choose the Calgary  
communities you would  
like to babysit in.

**Calling All  
PARENTS**

Visit [mybabysitter.ca](http://mybabysitter.ca) and  
find available babysitters in  
and around your  
community.

Call Now for your **FREE ESTIMATE**  
For Landscape Construction  
**403.301.3300** **ASSINIBOINE**  
[www.assiniboine.com](http://www.assiniboine.com) **LIGHTS & LANDSCAPES**

**LANDSCAPE CONSTRUCTION**  
Stone Patios • Retaining Walls • Sod • Trees  
Flowerbeds • Fencing • Decks & much more  
**WEEKLY, BI WEEKLY & VACATION CUTS**  
**FALL CLEAN UPS**  
Mowing • Trimming • Pruning and Beds

2yr Quality Guarantee • WCB • Insured • Licensed • Bonded • References Available

**ESKER FOUNDATION**  
**CONTEMPORARY ART GALLERY**

**EXHIBITIONS**  
**PUBLIC PROGRAMS | HANDS-ON WORKSHOPS**  
**FREE ADMISSION | FREE PARKING**

**IN INGLEWOOD**  
**ESKERFOUNDATION.COM**

**Momentum Health**

**Work, sport, life;**  
we are dedicated to  
keeping you in the game

**CLINIC LOCATIONS**

<b>SE - Momentum Health Ogden</b> Lynnwood Shopping Centre #1C 7005 18th Street SE P. 403-236-0106	<b>SW - Momentum Health Westbrook</b> Corus Centre #312 3320 17th Avenue SW P. 403-454-1600	<b>NW - Momentum Health Creekside</b> Creekside Medical Clinic #4 12192 Symons Valley Road NW P. 403-239-6773
<b>SE - Momentum Health Seton</b> Seton Professional Centre #129 3815 Front Street SE P. 403-455-6865	<b>SW - Momentum Health West Springs</b> West 85th #2200 8561 8A Avenue SW P. 403-453-3373	<b>NW - Evidence Sport and Spinal Therapy</b> Cambrian Wellness Centre #201 2000 Veteran's Place NW P. 403-210-9969 Physiotherapy & Physiatry services only *Not redeemable at this location
<b>SE - Momentum Health Mahogany</b> Mahogany Gate Shopping Centre #7 110 Mahogany Plaza SE P. 403-454-8460	<b>DT - Momentum Health Mission</b> Mission Centre #909 2303 4th Street SW P. 403-228-7968	

**OUR SERVICES:**

- Physiotherapy
- Chiropractic
- Massage Therapy
- Physiatry & Sports Medicine
- Psychology
- Naturopathic Medicine
- Therapeutic Yoga
- Manipulative Therapy
- Acupuncture
- Intramuscular Stimulation (IMS)
- Muscle Release Techniques
- Exercise Therapy
- Prolotherapy & PRP
- Shockwave Therapy
- Custom Braces, Splinting & Orthotics
- WCB • Motor Vehicle • Insurance • Private
- Women's Health
- Vestibular Rehabilitation

**PUSH YOURSELF  
TO THE LIMIT AND THEN  
JUST A LITTLE BIT HARDER**

[www.momentumhealth.ca](http://www.momentumhealth.ca) [info@momentumhealth.ca](mailto:info@momentumhealth.ca)



# WIC

WEST ISLAND COLLEGE

Grades 7 to 12

**Classes resume  
Sept. 7**

**Be Bold.  
Be Brave.  
Be Ready.**



West Island College Calgary



@WICYC



West Island College Calgary

[westislandcollege.ab.ca](http://westislandcollege.ab.ca)

403.255.5300

7410 Blackfoot Trail S.E.

[admissions@mywic.ca](mailto:admissions@mywic.ca)

