

THE MISSION

MARCH 2014

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





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About the Cover Photo

Sisters in the Snow

The "Nuns and Nightingales" bronze sculpture at the Holy Cross Centre commemorates the contribution of the Sister of Charity (Grey Nuns) and graduates of the Holy Cross Hospital School of Nursing to the history of Calgary. The Sisters of Charity established the Holy Cross Hospital in 1892. Over 2,400 nurses graduated from the School of Nursing established in 1907.

The sculpture depicts a Sister of Charity in traditional habit and a nurse in graduation uniform circa 1950. It stands in front of the 1929 wing of the Holy Cross Centre at 2210 – 2nd Street SW in the Mission District. This building has been designated a Municipal Historic Resource and will be preserved in its entirety.

Bill Longstaff



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CONTENTS



**PRESIDENT'S
REPORT 5**

**COMMUNITY
CALENDAR 8**

**MEMBERSHIP AFFINITY
PROGRAM 9**

**OUR CBMCA COMMUNITY
POTLUCKS 14**

The Mission Statement

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

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

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www.cliffbungalowmission.com

Twitter: @CBM_CA

Like our Facebook page for all the latest updates and information on our events

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We Value Your Contributions

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

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



PRESIDENT'S REPORT

Community Businesses join Membership Affinity Program

During the last year, we have been planning and working on a new membership card and a program whereby community businesses become supporters of a membership affinity program. At our Annual General Meeting on November 28th, we unveiled our new plastic membership cards. Since then Auvo Wahlberg has been working on the membership affinity program whereby community businesses offer special deals for community association members who patronize their businesses. We are now able to unveil that program. As of the time of writing we have 11 businesses in the membership affinity program. The definition of affinity is "a natural liking for or attraction a person thing idea, etc." We feel this program will benefit community residents, community businesses as well as the Cliff Bungalow – Mission Community Association. We are currently working on a new membership affinity logo that businesses can display. The current list of businesses is elsewhere in this newsletter. We thank the businesses who have signed up so far and we hope our members will patronize them. This program is right in line with the concept of shopping local. You don't have to use your cars and it will help keep our community businesses continue to be a vibrant and vital part of our community.

Recipes from our Community Potlucks

I really enjoy our monthly potlucks. I get to taste some great food and to talk to the people who attend. It also gives me a chance to try my hand at cooking. With this issue of the newsletter, we are now publishing recipes for dishes that community residents have brought to our potlucks. They are all member taste tested and all are good. Why not come out to our next potluck on Sunday, March 9 and taste the great food that is there and meet your neighbours. The food changes every potluck.

January Jazz Night was a Sell Out

Our monthly jazz nights have become more popular over time as more people know about them. These events all feature great local talent who frequently play their own jazz compositions. The January 8th event featured the Mount Royal University Jazz Faculty. It was

standing room only, including some in the hallway. This was the last time they will play as the MRU Jazz Faculty. It was great to have them play in our community centre and everyone who attended had a great time.

The March event will take place on Wednesday, March 5 and will feature the Jazz Winds Composers Collective that includes Jan Mulder who arranges the great talent for our events. He is also a composer and this event will feature at least one of his compositions.

On Saturday, March 15, there will be a special jazz evening featuring Rob Young and The Big Beat Band. They played in October 2012 and it was a complete sell out even before the start of the music. This year we are going to try an online reservation system with cash payment at the door. The reservations will be good to 7:45 pm, 15 minutes before the music starts. We will send out an e-mail to our members and will post it on our website. There still will be some tickets available at the door but it is best for you to come early.

Spring Fling

During the last few years we have held a Winter Formal. This year, we are changing it to a Spring Fling to allow more time to get things organized. The current date is Saturday April 5. This might change depending on the availability of our entertainment. This is a fund raiser for our new community garden next to the community centre. More details will follow.

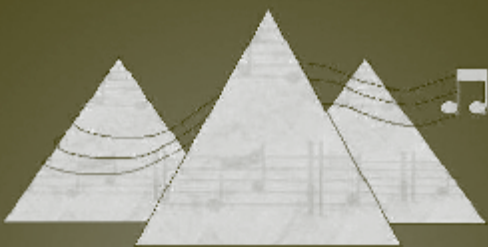
Building Safe Communities

The Building Safe Communities project continues during March. We hope you will come and work with your neighbours on how we can make our community safer. The March meetings are Thursdays, March 6 and 20. They both start at 7 pm at the community centre.

Check Out Our Website

Our website is updated frequently and sometimes includes items that are not in our newsletter due to timing. So check it out on a regular basis and see what it new. www.cliffbungalowmission.com.

JAZZ WINDS COMPOSERS COLLECTIVE



Jan Mulder	soprano & tenor saxophone	
Frank Rackow	alto saxophone & bass clarinet	
Trish Edwards	piano	Cliff Bungalow-Mission Community Centre
Aaron Scholpp	bass	2201 Cliff Street S.W.
Robln Tufts	drums	Wednesday March 5, 8pm
Cover: \$15		

EDITORIAL

Hello, Cliff Bungalow-Mission. It's hard to believe March is here. And according to Balzac Billy, if you believe in groundhog folklore, then spring should be arriving with this edition of The Mission Statement – fingers crossed.

I'm happy to see more businesses are opening their doors for the first time since the flood. Additionally I've noticed new businesses sprouting up, bringing even more diversity to the community. This is a great segue into the Membership Affinity Program the Cliff Bungalow – Mission Community Association launched this month. This program invites local businesses to partner up with our community association by offering members discounts at their stores, provided you show proof of membership. A list of those businesses and the discounts they offer can be found in this month's issue. If you aren't a community association member and would like to become one, please check out our website at <http://cliffbungalowmission.com> for more information. The association is 100 percent operated by volunteers, and becoming a member is valuable contribution to the community. Thanks to Auvo Wahlberg for his hard work in setting this program up.

Enjoy!

Jenn Vanderlaan



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www.twistedgifter.com



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Monthly Photo Contest

Are you new to photography? An experienced enthusiast? Now is your chance to showcase your skills. CBMCA is launching a monthly photo contest in which the winning photo, determined by the board, will be featured on the cover of that month's newsletter, The Mission Statement.

Four themes: people, places, nature and events

Within the boundaries of: Cliff Bungalow - Mission community (North, 17 Ave SW; East, First St SE - Elbow River; South, Elbow River - Fifth St - Elbow Drive; West, College Lane - Cliff Street Escarpment - Hillcrest)

Size and file: 300 dpi or higher .jpeg file. No smartphone photos.

How to enter: submissions can be emailed to cbmca.editor@gmail.com with "Monthly Photo Contest" in the subject line

Deadline: 20th of each month

Be sure to include the full name of the photographer, where the photo was taken and an optional caption.

We look forward to seeing what the members of our community come up with.

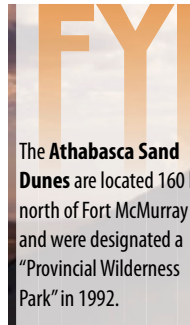
CLIFF BUNGALOW-MISSION



Join us on April 5th at the Community Hall for our 2014 Spring Fling. The event will welcome the turning of the seasons and the turning of fresh soil as we raise funds for our new community garden.



The event costs \$10 (including one beverage ticket) and will feature hors d'oeuvres, door prizes, a raffle, a cash bar, and some live music to help us dance in warm weather. Join us in the celebrations!



The **Athabasca Sand Dunes** are located 160 km north of Fort McMurray and were designated a "Provincial Wilderness Park" in 1992.



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COMMUNITY CALENDAR

MARCH

All events are at the Cliff Bungalow – Mission Community Centre (2201 Cliff St SW) unless otherwise noted. Also check out our website at www.cliffbungalowmission.com for more information and updates.

Jazz Concerts

Wednesday, March 5 at 8 p.m. - The Jazz Winds composers collective project

Wednesday, April 2 at 8 p.m. – An evening with vocalist Deanne Matley

Special Saturday event on March 15 - Sinatra style jazz (dance) night with Rob Young and the Big Beat Band. This was sold out very early last time Rob Young was here so come extra early and enjoy a beverage.

We are working on an online reservation set up. Check the website where details will be posted. We will also send an e-mail out to our members.

Potlucks

Sunday, March 9th at 6 p.m. (Daylight Savings Time).

Next potluck date is Sunday, April 13 at 6 p.m.

Movie Nights

Sunday, March 30th at 7 p.m.

Next movie night is Sunday, April 27th 7 p.m.

Building Safe Communities – meeting dates

Both meetings will be on Thursday

and start at 7 p.m. (March 6 and March 20). Please help us build safer communities.

Maple Festival

Saturday and Sunday, April 26 and 27, in the park adjacent to the community centre. More details next newsletter.

Check out our website regularly for new events

www.cliffbungalowmission.com

Deadline for Mission Statement submissions

Submissions are due the first of each month prior to month of publication. The Mission Statement is published monthly. E-mail to cbmca.editor@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Jazz Concert	6 Building Safe Communities	7	8
9 Potluck	10	11	12	13	14	15 Jazz Concert
16	17	18	19	20 Building Safe Communities	21	22
23	24	25	26	27	28	29
30 Movie Night	31	1	2 Jazz Concert			

Membership Affinity Program

We are pleased to announce that many of our community businesses have signed on to our new Membership Affinity Program through which, as a Cliff Bungalow – Mission community member, you will receive discounts and special offers if patronizing one of the businesses below. Please be sure to show your membership card.

- Burger Inn: 10% off all items
- Expedia Cruise Ship Centres: \$50 discount towards a \$1500 Travel Package
- European Bakery: 10% off all items
- 4th Street Liquor & Wine: 10% off all items
- Lorenzo's Pizza: 10% off on pick up orders and 5% off on delivery orders
- Peking Dragon: 10% on dine in items (excluding dinner combos), 15% on pick up items on orders over \$30.00
- Rideau Pharmacy: 15% off front store items (excludes prescriptions)
- Tea Factory: 10% off all loose leaf teas and drinks
- The Great Canadian Bagel: 10% off all items
- Techno Sport: 20% off all waxes and tools OR 20% off in store tunes
- UPS Store: 5% off all products and services (excludes Canada Post products)

For any businesses that want to be part of this program, please contact Auvo Wahlberg at auvo@telus.net.

Elbow River Pedestrian Bridges Replacement Project Update

Work is proceeding on the Elbow River pedestrian bridges replacement project. The City of Calgary hired an international engineering firm with a Calgary office, Delcan, to create a design to replace the bridges damaged in the June 2013 flood.

The design concepts created by the consultant will be evaluated by the project team. As per the process outlined at the start of this project, the project team will select one concept, based on the criteria established for the bridge design. They will also take into account feedback received via an online survey in September 2013.

The public will be able to view the design concept in early 2014 (more information will be provided as soon as it is available). A construction contractor will be hired in early 2014 with the intention to start construction in the spring of 2014.

For more information on the project, and to see the survey results and ongoing project updates, please visit www.calgary.ca/elbowbridges. Please call 311 for more information.



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Consider Our Inner City Wildlife

This winter has been especially hard on native wildlife. Yesterday I saw a white rabbit struggling to find some grass as everything is covered in snow. The snow has melted and re-froze more than a couple times thereby leaving a 30 cm coat of "hard as rock" ice. How great it would be if we could leave a path of cleared grass for wildlife?

Also, leave some food out for birds such as seeds, nuts, fats and corn. This food needs to be suspended and out of the reach of rodents. Open water attracts birds to your garden but it needs to be kept open at all times.

David Lee



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While most gardeners anxiously await spring, plant enthusiast Elisha isn't bothered by all the snow. She's too busy growing fruits, vegetables and herbs, and figuring out just where she'll plant her lemon tree. Elisha now gardens year

round, thanks to her glass pyramid greenhouse, and prides herself on the many tropical and exotic plants she grows. Her next project is to try growing a vanilla bean tree and cinnamon plant.

Elisha's greenhouse, her pride and joy, came as a result of a much darker time in her life. In 2005, Elisha was diagnosed with autoimmune hepatitis (AIH). This caused end stage liver failure that ultimately required a life-saving liver transplant in 2010. It was during her recovery that she visited a botanical garden, and was awed by the beauty of all the plants. It was also at that same time that Elisha was referred to the Children's Wish Foundation, and she knew immediately that what she wanted more than anything in the world was her very own greenhouse. "Watching the seeds sprout and grow gives me hope for new life" shares Elisha.

It is this sense of hope and optimism that Elisha tries to bring to all aspects of her life. Although gardening remains a hobby for now, Elisha is considering ways to incorporate her passion for plants into a career in the future. Regardless, for Elisha, there is no doubt that gardening has become a life long love.

Cliff Bungalow – Mission Community Association

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



Membership Form

(Please Print Clearly)

Name (1) _____

Name (2) _____

Name (3) _____

Street Address _____

Suite/Unit # _____ Postal Code _____

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

Email (1) _____

Email (2) _____

Email (3) _____

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



Disc Jockey Wanted

The Cliff Bungalow-Mission Community Association seeks an upbeat, experienced D.J. with own equipment.

We are looking to present a series of musical events throughout the year, on Friday or Saturday evenings, at the community centre.

Themes: Glen Miller, 50's rock, 60's and 70's disco, 80's, 90's and others.

For further details please contact David at geographic1@yahoo.com

in & around your community

Imagine this, Calgary!

Imagine your community being a leader in urban sustainability! Great outdoor spaces. Neighbours who are friends and look out for one another. Walkable communities with all the amenities you need nearby. What else can you imagine for your community?

That's what imagineCALGARY is all about. You may have heard of it. Back in 2006, 18,000 Calgarians filled out surveys, questionnaires, and had conversations about what they envisioned for the future of Calgary. All of that information was pulled together and released as the long term Urban Sustainability Plan for Calgary – better known as imagineCALGARY. With 28 goals and 114 targets ranging from increasing our city's graduation rates, reducing our energy consumption, supporting local independent businesses, and building a strong sense of community in our city, these targets serve as

an invitation for all Calgarians to strive towards and contribute to.

Today, imagineCALGARY is a living, breathing network of people, community groups, non-profit organizations, public institutions, and businesses who want to make Calgary a better city for today and tomorrow. A Stewardship Group of community members from agencies such as the United Way of Calgary and Area, The City of Calgary, Calgary Board of Education, and DIRT (Doing it Right This Time) provide leadership to the initiative. The City of Calgary provides administrative support.

What are you doing to make Calgary a better city? Community-level action is a great starting point for making Calgary better. Talk to your neighbours and your community association about how imagineCALGARY can serve as a lens for action in your community.

For more about iC - its history, our partners and the specifics of the plan - visit our website contact us at www.imaginecalgary.ca

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cont'd ■ ■ ■

March is Community Association Membership Awareness Month!

Did you know there are more than 20,000 volunteers in the community association movement in Calgary? It's the LARGEST collective volunteer movement in the city! There are also more than 156,000 Calgarians who are members of their community association. Be part of it!

The Federation of Calgary Communities is proud to once again announce that March is Community Association Membership Awareness Month, proclaimed by Mayor Naheed Nenshi. We encourage you to take a few minutes this month to find out what your community association can do for you! It's easy and you'd be surprised at the many benefits and options available to you as a resident.

Community associations are neighbourhood-based volunteer organizations providing a voice for community life, an overall sense of belonging, and social, educational and recreational opportunities for their residents of all ages. For example, this newsletter was created and produced by hard-working volunteers from your community association - put together each month to let you know what great things your community has to offer. Community associations work with a variety of stakeholders such as City Council on planning and development issues in Calgary, local businesses to create discounts for community association members, and much more.

Do you want to take part in what goes on in your neighbourhood? Have a say and get involved! Each community association is different so find out what yours can do for you.

Engage. Belong. Inspire. Be part of it!

Throughout this month-long event The Federation of Calgary Communities will be working closely with the 150 community associations in the city to promote the many benefits of belonging.

For questions or more information on March Community Association Membership Awareness Month please contact Rebecca Dakin with The Federation of Calgary Communities at 403-244-4111 ext. 204 or communityrelations@calgarycommunities.com

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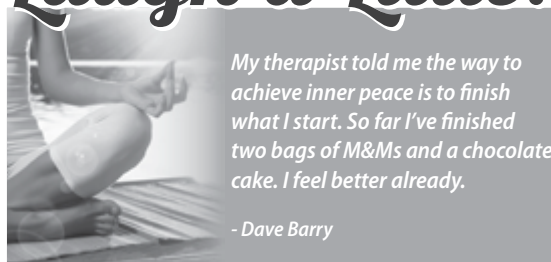
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Action Plan 2015 - 2018

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- Contact 311

Take Action, it's Your Plan.

THE CITY OF CALGARY

2014-0424

Our CBMCA Community Potlucks



Your neighbours have been gathering to share good food and conversation at our community potlucks for the past couple of years and we hope to see you soon! Tables in our community hall are set with candlelight, often some flowers, and a little music contributes to the ambience. The dishes that find their way to the table are as varied as the people who come --- from Thai shrimp, to potato soup, to Greek salad, to homemade bread, to lentil stew, to chicken & vegetable curry, to pizza, to spinach & potato & cheese casserole, to Mexican chili and more. And, then, the desserts! --- eggnog cheese cake, pumpkin pie, cranberry cornmeal bread, nanaimo bars and more.

Is your appetite stirring? Why not join us at our next potluck on Sunday, March 9 at 6 pm?

Have You Renewed Your Parking Permit?

Most of Cliff bungalow – Mission is part of Parking Zone J whereby qualifying dwellings can obtain parking permits that allow you to park on residential streets with 2 hour or permit only parking restrictions. These permits expired at the end of February. You may obtain parking permits at the Calgary Parking Authority office at 620 – 9 Ave SW, Calgary T2P 1L5 in person, by mail, by fax 403-537-7001 or by e-mail cparpp@calgaryparking.com. You need your vehicle registration (address in the parking zone) and another proof of address such as a telephone or utility bill. If there are more than two vehicles registered at an address, there is a \$50 + GST charge for each additional vehicle. Two visitor permits are available per qualifying address.

Here is a recipe from Lorna who prepared this dish for one of our last potlucks:

Schwarties Hash Brown Potatoes

(from the Best of Bridge)

Lorna Dysart

2 lbs. frozen hash browns – not shredded (one package)

1, 500 ml container sour cream

2 tins of mushroom soup (or cream of celery soup) not diluted

Grated onion to taste - I use 2 heaping tablespoons dry onion soup mix

1/2 cup melted butter

2 cups grated cheddar cheese (I use a bit more)

Salt & pepper

Parmesan cheese

Thaw potatoes slightly for easier mixing. Put in a large bowl. Mix all ingredients except Parmesan cheese. Spray a 9 X 13" pan with Pam. Scoop potato mixture into the pan and pat down, but not too compact. Sprinkle generously with Parmesan cheese.

Bake at 350 degrees for 1 to 1 1/2 hours. We like the potatoes to be well cooked and a bit crunchy along the edges.

Goes well with meals such as ham or meals where you don't have gravy. Delicious warmed up too.

Enjoy!

in & around your community

cont'd ■■■

Be a Partner in Crime Prevention!

The Federation of Calgary Communities, in partnership with the Crime Prevention Unit at the Calgary Police Service, are working together to offer tips and tools on crime prevention and safety issues in Calgary! The *NEW Partners in Crime Prevention* Workshop series is geared towards helping community association volunteers and the public learn valuable information about crime prevention and safety issues in their neighbourhoods from our trusted partners, The Calgary Police Service.

The second workshop of 2014, Cyber Crime, is Wednesday March 5th, 2014 at 7:00pm. Join Constable Carter Duchesney as he offers information for how to stay safe from cybercrime. Key topics of this

workshop include social media safety and cyber bullying. Cybercrime is defined as crimes that are committed with a computer and the internet. The Calgary Police Service uses the term "cybercrime" to refer to internet crime with reference to social media scams, malware, hacking, identity theft, spam mail, auction fraud, phishing and assorted activity of this nature.

Date:

Wednesday, March 5, 2014 7 p.m. to 9 p.m.

Location:

Glamorgan Community Association 4207 - 41 Avenue SW

Presenter:

Constable Carter Duchesney

The Partner in Crime Prevention Workshops are FREE to the public. To register, visit www.calgarycommunities.com/events/month/

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David Thompson, the man who mapped the vast geography of our country, has been called "the greatest geographer who ever lived". He mapped over 3.9 million square kilometres of wilderness in much of Western Canada and North America, enduring hardship, injury and bitter cold to plot this country's rivers, prairies, and mountains over 200 years ago.

Thompson arrived in Churchill, Manitoba in 1784 at the age of 14 to enter a seven-year apprenticeship with the Hudson's Bay Company. In 1792 he completed his first major survey, mapping a route to Lake Athabasca, and in 1794 was promoted to surveyor.

In 1797, he entered the employ of the North West Company, as a fur trader and surveyor, and later went on to become a partner in the company.

Thompson surveyed part of the Canada-U.S. boundary along the water routes from Lake Superior to Lake of the Woods, Grand Portage, through Lake Winnipeg, to the headwaters of the Assiniboine and Mississippi Rivers, as well as two sides of Lake Superior.

In 1798, he established a trading post at Red Deer Lake (Alberta), and led several expeditions into the Rocky Mountains.

Thompson was given the task of finding a route to the Pacific in 1806 to open up the trading territories of the Pacific Northwest, and in 1811, discovered a route through Athabasca Pass to the Pacific coast.

One of the most spectacular gateways to the Rockies is the David Thompson Highway (Hwy. 11), which begins in Stettler, and ends on the Icefields Parkway, linking two of Canada's most scenic national parks – Banff and Jasper.

Friends of Fish Creek

Spring Birding Course 2014

12-week Spring Birding Course starts Monday, March 31

This spring, increase your knowledge of fascinating bird species as they return from their faraway wintering grounds. Whether you are a beginner, intermediate or expert, this course will enable you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors (2.5 – 3 hours) within Fish Creek Provincial Park, where you will see birds in varied habitats, from the boreal spruce forest of Shannon Terrace in the west to the open waters of the Bow River in the east – as well as other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, these courses will once again be conducted by volunteer instructor and lifelong naturalist Gus Yaki – and other knowledgeable and experienced volunteer instructors.

Friends of Fish Creek Speaker Series: Alberta's Carnivores Caught on Film

Thursday, March 27

7:00pm – 8:00pm

Fish Creek Environmental Learning Centre – Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW – Access via 130 Ave. SW and 37 St. SW)

Presented by Mike Jokinen, Biologist with the Alberta Conservation Association

Wildlife species that are rarely seen are now being detected around the world using trail camera technology. Not only have researchers been able to detect species of interest like bobcat, wolverine, cougar and grizzly, but these cameras have even revealed species inhabiting areas where they were thought to be extinct. The Alberta Conservation Association has been using this amazing technology for over 5 years in remote areas of Southern Alberta for a variety of projects, and the information these cameras can provide to each project is both astonishing and invaluable. Join Mike Jokinen, ACA Biologist, for this once in a lifetime glimpse into the secret world of our local carnivores.

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BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 18

COMMUNITY ANNOUNCEMENTS

**Deadline – 1st of each month for
the next month's publication**

Contact news@great-news.ca

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

BRAIN GAMES

SUDOKU

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

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Alberta Health Care	403.310.0000
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ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS/URGENT CARE

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Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Care	403.955.6200
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior's Resource	
(SeniorConnect)	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
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Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
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Weather Information	403.299.7878
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- > Thursday, April 24 @ 7:00 pm



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