

THE MISSION

FEBRUARY 2015

STATEMENT



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THE OFFICIAL NEWS

BUNGALOW - MISSION COMMUNITY ASSOCIATION



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The Mission Statement

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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 The name of the photographer and credit for the image is also required otherwise it will not be published.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

by Bob Lang

Lots going on at the community centre

There are a lot of community events at the community centre from now to summer. Each first Wednesday evening until June is our popular jazz series. These events feature very talented local artists who frequently showcase some of their own compositions in addition to old favourites. You cannot beat the artistry and value, plus you can walk to the community centre. There will also be a special Jazz Dance night on Saturday, April 18. The second Sunday of the month is our potluck night (except nights like Mother's Day, when we hold it the week earlier). You do not have to bring a lot of food or worry your dish does not measure up. The point is to get together, meet others in the community and have interesting conversations.

The last Sundays of each month until April are our movie nights, featuring interesting and thought provoking documentaries. There is no cost and free popcorn is included.

We have special social event on Saturday, April 11 called the **Spring Fling**. There is live music, a silent auction and much more. This year's event will raise funds to help publish the upcoming history book that we hope to launch in late July at another special event.

So keep posted by checking out the website www.cliffbungalowmission.com.

Update on the parkland sale and a proposed land-use redesignation on 25 Avenue SW

On December 8, Calgary city council made the decision to rule out the possible sale or lease of parkland at the southwest corner of our community. This matter has been under consideration for several years. We were opposed from the beginning and noted many city policy documents, including the Cliff Bungalow Area Redevelopment Plan, to support our opposition. The land is part of a land grant from the Canadian Pacific Railway (CPR) to the city for use as a park. You may not know that Cliff Bungalow and Mount Royal were developed by the CPR—the site of our community

centre is also a separate land grant from the CPR. The CPR received this land from the federal government to build the railway to the west coast.

Over many years the landowners of the property adjacent to the southwest portion of the parkland had encroached upon that parkland, using it as though they owned the land. The encroachment was formally identified during the time of the planning of the support walls adjacent to that property and several other adjacent properties. The current property owner asked to purchase the encroached land in question. We eventually found out about this proposed purchase and have been working on the matter ever since.

The Cliff Bungalow - Mission Community Association took a very disciplined, policy-driven approach to this matter and were successful. We want to thank city council for not supporting the proposed sale, specifically councillors Woolley, Sutherland, Farrell, Carra, Chu, Magliocca, Pootmans, Keating and Pincott, and Mayor Nenshi. I want to recognize and thank Rick Williams who worked on this file from the beginning. And, of course, thank you to everyone in the community who supported our position from the beginning. We also thank the Mount Royal Community Association for their opposition to the sale and for working with us during this process.

The second important planning matter was the proposed land-use redesignation in the 300 block of 25 Avenue SW. This matter has been deferred for more work on the density bonusing issue and will come back to council in March. However, do not be surprised if this matter takes even more time as we are creating an important precedent on future possible similar matters. We'll have more information on the definitions and backgrounds of issues like density bonusing in the next issue of the Mission Statement.

Secondary suites

Ever since Mayor Nenshi was elected the issue of secondary suites has been a hot topic, with council split on the matter. Secondary suites are not an issue for Cliff Bungalow - Mission where, except in the area southwest of 25 Avenue and 5 Street, they are allowed.

Did you know that William Aberhart lived in a house our neighbourhood before he became premier of Alberta? Aberhart had a tenant living in the basement: Ernest Manning, who followed him as premier. So secondary suites have always been a part of our history.

~continued next page~



CBMCA Community Potluck Dinners

Join us for candlelight dinners and meet your neighbours

Neighbours in Cliff Bungalow - Mission have been gathering to share good food and conversation at our community potlucks for the past couple of years. We set tables in the community hall with candlelight, often some flowers, and a little music for a cozy ambience that makes for a fabulous way to get to know other interesting people in the neighbourhood. The dishes that find their way to the table are as varied as the people who come. Don't be afraid that your dish will not measure up with others. The point is community and people getting together, with food as the catalyst for stimulating conversation.

Sunday, February 8, 6 pm

Sunday, March 8, 6 pm

At the community hall, 2100 Cliff Street SW

We hope you will join us!

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



PRESIDENT'S REPORT cont'd

The issue is: for many land-use districts in the city (aka zoning), the land owner must go through a very expensive and arduous process that includes a public hearing of city council to get approval to change their land-use district to allow the building of a secondary suite. Council must spend many hours on each and every application.

What was proposed at the December 15 meeting of city council was to add secondary suites as a discretionary use in most residential land-use districts. This would have changed the process to the same as any ordinary residential application, where city administration would review and circulate the application for comments after a posted notice (similar to what you already see) allowing neighbours and the community association to voice support or opposition. They could also appeal an approval, sending the matter to the Subdivision and Development Appeal Board. This hearing process is similar to council hearings but only a few actually go to appeal, making the process for an applicant much less onerous and time consuming.

Bed and breakfasts are already a discretionary use in most residential land-use districts. This use is potentially a much more intensive use than a secondary suite. We have three B and Bs in our community, including two in the southwest area mentioned above.

Council rejected the proposal 8-7. Instead, it awaits a report next spring looking at four possible ways forward: rules to allow suites in only four central wards, rules to allow suites near major transit stations, a business licensing system for suite owners and plebiscite to permit suites citywide.

So hopefully now you can see how silly the situation on secondary suites has become. The CBMCA board was asked to consider taking a public stand at our meeting in December. It is a no-brainer for our community and we are now on public record as supporting a citywide approval process for secondary suites. We sent a letter to city council stating our position and listing six reasons. One reason is that the current built form can be preserved which, for historic communities like our own, is important and I suspect, when you get right down to it, is important for most communities in Calgary.

COMMUNITY CALENDAR FEBRUARY

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

JAZZ CONCERTS

Some unique jazz nights to start the new year! Doors open at 7:30, music begins at 8! \$15 cover charge.

Wednesday, February 4, B3 organ night with the **Gareth Bane Quartet**

March 4, vocal jazz with **Johanna Sillanpaa**

April 1, jazz guitar with **Ralph Buschmeyer** and **Jon McCaslin**

April 18, dance night with the **Sheldon Zandboer Quartet**

POTLUCKS

Sunday, February 8, 6 pm

Bring something to share and taste an eclectic spread of great food with your neighbours.

MOVIE NIGHTS

Sunday, February 22, 7 pm.

Documentaries with all the popcorn you can eat!

DEADLINE FOR MISSION STATEMENT SUBMISSIONS is the first of each month prior to month of publication. The Mission Statement is published monthly. Email cbmca.editor@gmail.com.



Time to **RENEW** your membership

Have you renewed your membership? You can do so with the handy form on page 9. You can also renew at any community event. Your card can also be used for special discounts at local merchants (page 8) and a reduced cover charge for most jazz events.

**Membership in the
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Wednesday, February 4 @ 8 pm
B3 organ night
with the Gareth Bane Quartet

Wednesday, March 4 @ 8 pm
Vocal jazz night
with Johanna Sillanpaa

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- European Bakery:** 10% off all items
- Expedia Cruise Ship Centres:** \$50 discount toward a \$1500 travel package
- 4th Street Liquor & Wine:** 10% off all items
- The Great Canadian Bagel:** 10% off all items
- Lorenzo's Pizza:** 10% off pick-up orders, 5% off delivery orders
- Peking Dragon:** 10% on dine-in items (excluding dinner combos), 15% off pick-up orders over \$30
- Rideau Pharmacy:** 15% off all items, excluding prescriptions
- Tea Factory:** 10% off all loose leaf teas and drinks
- Techno Sport:** 20% off all waxes and tools or 20% off in store tune-ups
- UPS Store:** 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 Jennifer Vanderlaan at jsky37@gmail.com. Residents may purchase a membership by using the membership form in this newsletter or online at our web site www.cliffbungalowmission.com.

See something cool in the neighbourhood?
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Cliff Bungalow - Mission Community Association

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Membership Form
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A cairn for Mok'nstsis

by Bill Longstaff

This January a cairn and plaque were erected in the little park at the east end of 26 Avenue to commemorate the park's name — Mok'nstsis (pronounced moh ghins'stiss), a Blackfoot word meaning elbow — and what it symbolizes. River stone was selected for the cairn as the material most suitable to its environment.



Photos by Bill Longstaff

The park is correctly referred to as Mok'nstsis, not Mok'nstsis Park. Blackfoot elder Leonard Bastien informed us that Mok'nstsis not only names the place but *is* the place. Furthermore, as a result of the variety of spellings of Blackfoot words in English, the plaque contains two names. Mok'nstsis, the name approved by city council, was obtained from a Glenbow source, but we were recently informed by Lorna Crowshoe, Aboriginal Affairs Strategist with the City of Calgary, that the city now officially uses the spelling Moh'kinsstis. Thus both appear on the plaque.

The process to place the cairn began a few years ago, when the community association petitioned the city to name the park Mok'nstsis. The name seemed doubly appropriate as the park is situated just below a sharp bend in the Elbow River. Most importantly, it allowed us to recognize the Blackfoot people as the area's first inhabitants.

A ceremony to guide the park naming with an offering and blessing was held October 5, 2012, led by Bastien and his assistant Grant Little Mustache. They shared with us their belief that nature is sacred and that water creates life. Long before our time, the Elbow River gave life to woodlands and fauna and attracted the bison on their migrations. The bison in turn sustained the Blackfoot people with food, shelter and clothing so their culture could flourish.

The Blackfoot Nation initially comprised the Siksika (Blackfoot), Kainai (Blood) and the Piikani (Peigan) peoples whose traditional territory extended from the North Saskatchewan River to the Yellowstone River, and from the Rocky Mountains to the Sand Hills. The Blackfoot People hunted bison and gathered for annual ceremonies and activities in this area, which is situated along one of two parallel trading routes that ran north-south through their territory. Later the Nakoda (Stoney), the Plains Cree and the Tsuu T'ina (Sarcee) peoples migrated to the area.

Today the Elbow River continues to shape life in our city and community. And this tranquil spot nestled in a natural bend in the river invites us to contemplate the abundant wilderness and the Blackfoot culture which preceded us.

We're proud...

That you're proud.
And happy.
And satisfied!



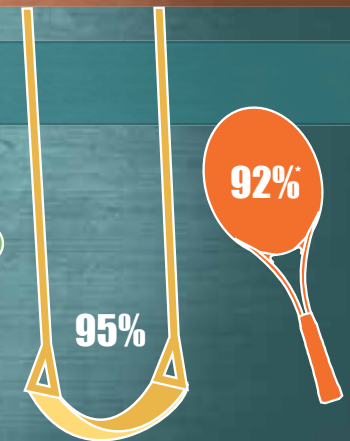
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*All stats from the 2014 Citizen Satisfaction Survey, prepared for the City of Calgary.

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February 14 each year is **International Book Giving Day**. The aim is to get books into the hands of as many children as possible.

Book Giving Day is a global volunteer initiative and encourages people worldwide to give a book to a child. If you'd like to be part of this meaningful movement on February 14th, you might:

Give a book to a friend or relative

Celebrate International Book Giving Day by giving a child a new, used or borrowed book.

Leave a book in a waiting room or lobby

Choose a waiting room where children are stuck waiting and there are few or no good books available. Purchase a good book (or bring one of your own) and leave it, covertly or overtly, in the waiting room of choice. The goal here is to spread the love of reading to kids, so choose a fun book, nothing controversial.

Donate a book

Wrap up a box of books that your children have outgrown and get them in the hands of

children who could really use a book or two. Donate your books to a local organization serving children in need, a library, children's hospital or shelter.

There are non-profits locally and internationally that work year round to give books to children. Calgary Reads brings books to children through several programs, including their Reading Rally special events held in area schools. Local businesses purchase books and their employees join in the fun by reading aloud to small groups of children. It's all part of the commitment to increase literacy skills and build children's reading confidence and joy!

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LIVING WITH HISTORY



The Yale Apartments, 2121 5 Street SW



The Gerald, 2123 5 Street SW



The Laurence, 2402 5 Street SW



The Gordon Suites, 514 25 Avenue SW

the suite life

by Robin Thompson

One of the reasons Cliff Bungalow-Mission is one of Calgary's great neighbourhoods is its wealth of heritage and character homes. That is hardly surprising since our 'hood's history goes back 140 years.

Attention is often paid to century homes, particularly when they are threatened with demolition, but what about century apartments? In just one four-block section, Cliff Bungalow boasts four architecturally unique, historic apartment buildings: the Yale Apartments, the Gerald, the Laurence Apartments and the Gordon Suites.

Talk to owners and tenants of these iconic buildings and you'll find it takes a certain kind of person to love a house of a certain age.

Let's take a walk ...

It's a little cold outside, but let's go for a walk, starting at the Yale Apartments (2121 5 Street SW). This handsome, three-storey, red building with wide verandas and crisp white trim was built in 1910 as a single-family dwelling. The Yale is one of many American four-square-style houses built in the 1906 to 1914 boom, known as Calgary's Age of Optimism. We don't know who built it or when the home was converted to eight suites.

David Leslie has owned the Yale since the '70s. He purchased the seven-suite building on the Yale's south side in 2013. The Gerald (named by Leslie after a longtime tenant but called the Yale Annex by the city) was also built in 1910 and is a prime example of an Edwardian gable-front with classical influences.

You'll notice a lot going on at the Gerald: sometimes lumber is stacked in front and you can hear the whine of a table saw. We'll come back to that.

Let's continue down 5 Street to 24 Avenue. On the southeast corner is one of Cliff Bungalow-Mission's most sought-after apartment buildings: the Laurence Apartments. Built in 1929 by Arthur Himmelman, the Laurence is one of Calgary's few examples of California garden apartment-inspired design. Each of the 12 suites in this two-storey, wood frame and stucco building has its own front and back entrance. The Craftsman-style interiors feature hardwood floors and solid fir mantles and plate rails.

Around the corner, behind Safeway on 25 Avenue, is the Gordon Suites, also built by Himmelman in 1929. Comprising just four

LIVING WITH HISTORY cont'd

units, the Gordon is actually two separate, mirror-image duplexes in the Spanish Colonial Revival style.



Rob Jobst on the steps in front of his apartment.

Why is this interesting? Because that year—the year of the stock market crash and beginning of the Great Depression—Himmelman, a boat builder from Nova Scotia, built two buildings that were not only completely different from each other but completely different from anything else built at the time in Calgary.

Himmelman named the Laurence and Gordon after his sons, who would live in one or the other at various times in their lives. Oh, and that barn-like structure in the alley behind the Gordon and Wurst? It was Himmelman's office and shop—where he built *boats*. This was one interesting guy.

Katie Grinham is Himmelman's granddaughter, Laurence's daughter. She and her sisters retain both buildings.

"These buildings are a part of my family's heritage and the community's heritage."

Can you make an income from a century building?

As a young man, Leslie purchased the Yale for its rental income. Now retired from the oil and gas sector, he bought the Gerald to keep it out of the hands of developers.

"These are great houses and they deserve to be preserved."

However, after purchasing the Gerald from the previous owner's estate, Leslie found a building in very poor repair. "It had been neglected for years."

Simply put, he says, maintaining a 110-year-old building is expensive.

Leslie has spent many dollars and hours upgrading his buildings. Last summer the Yale got a new roof. The Gerald's exterior was painted, sinking foundations were leveled, front porches rebuilt. He even got Telus and Shaw to remove 80 years of unsightly cables and wires running riot over the exterior—not to mention nine defunct satellite dishes. Inside, Leslie is upgrading suite by suite, renovating between tenants to minimize lost income.

"These are not buildings I will ever make a profit on," Leslie says. "It's a labour of love."

For the Himmelman sisters, any income remaining after paying the mortgage is often eaten up by maintenance and capital projects.

Grinham is visibly distressed when she views the flaking stucco on the Laurence and the Gordon's deteriorating shingles. A decade of legal wrangling arising from her grandfather's will left the sisters with "crippling debt," making the large projects very difficult financially.

Grinham feels a responsibility not only to her tenants but to the community her grandfather helped build. "It's sad for me, emotional," she says. "These buildings deserve better, but you can only raise rents so high."

So, what is the appeal of these old buildings?

In a word: age. Something that can result in both a charming ambiance and, too often, decrepitude.

Rob Jobst lives in the Laurence and has managed it and the Gordon since 2004. What draws people to a heritage building? "Detailing, warmth, character," he says. "These kinds of living spaces may be commonplace in cities like New York or Montreal, but they are extremely rare in Calgary."

"When I was first shown my apartment, I could hardly believe my luck."

LIVING WITH HISTORY cont'd

Janel Nickel echoes Jobst's sentiments when she remembers how she felt upon finding a suite in the Yale when she moved here from Drumheller four years ago: "I couldn't believe it." Nickel now manages the Yale while living next door in the Gerald. She doesn't plan to move anytime soon.

A tenant must be prepared to put some love into a character apartment, says Jobst. Many heritage buildings retain the bones of their original charm but, while some have been lovingly maintained by long-term tenants, others are a crazy hodge-podge of 1920s stylings, 1950s linoleum, 1980s cabinetry and 21st century plumbing fixtures.

When Jobst found his apartment in the Laurence, "it had been a bit mistreated over the years, but I could see the potential—the bones—and, after a couple of weeks of renovations, it was my dream home."

Joanne Snyder lived in the Laurence in the '80s and returned in 1997. She can't imagine living anywhere else and, in fact, never plans to leave. "I'll be here until they put me in a nursing home," she says. "The Laurence is a joyous place to live."

"It has a wonderful spirit."

Do heritage buildings attract a certain type of tenant?

"People will overlook a lot of the rough edges to live in a character space," says Jobst.

"I always make a point of explaining to prospective tenants that these buildings were built in 1929 and that they cannot expect the conveniences of a modern building . . . there aren't enough electric outlets and a toaster oven will overload the ancient wiring. Pretty much everything is worn, beat-up or varnished with the patina of 85 years of continuous habitation."

"It's a sacrifice," agrees Nickel. "The water pressure, for instance, is not always the greatest." And of course closets were in short supply in 1910.

"For a certain type of person those things are inconsequential," says Jobst. "Charm" is always the word that comes up when describing these apartments."

After all, says Snyder, when the Laurence and Gordon were built, "they were *the* place to live."

In the end, says Nickel, you have to take the good with the, well, not so good.

"She's old," says Nickel of the Gerald, with an "it is what it is" shrug.



Diana Bloom, Warren Leslie, Patrick Leslie, Rocky the dog and David Leslie in front of the Yale.

Echoing the Himmelmans, Patrick lives in the Yale while Warren lives in and manages the Gerald.

Long live the historic apartment building!

Sadly, Calgary does not have the best track record of treasuring its historic landmarks. These four buildings, though, look like they may be around for a while.

While the Yale and Laurence are not designated provincial historic sites, they are two of eight potential heritage sites of municipal interest in Cliff Bungalow.

As time goes by, Leslie will continue to renovate the Yale and the Gerald as each suite comes open.

"I wouldn't say it's my retirement, but it's certainly more than a hobby."

Grinham thinks, sometimes, of selling out and escaping the angst her aging buildings cause her. They are fleeting thoughts, though. "We couldn't do that to [our tenants]," she says. "That's their home."

"I know how much people love these buildings—they're important to the community."

photos by Rick Williams and Chris Edwards

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March 8
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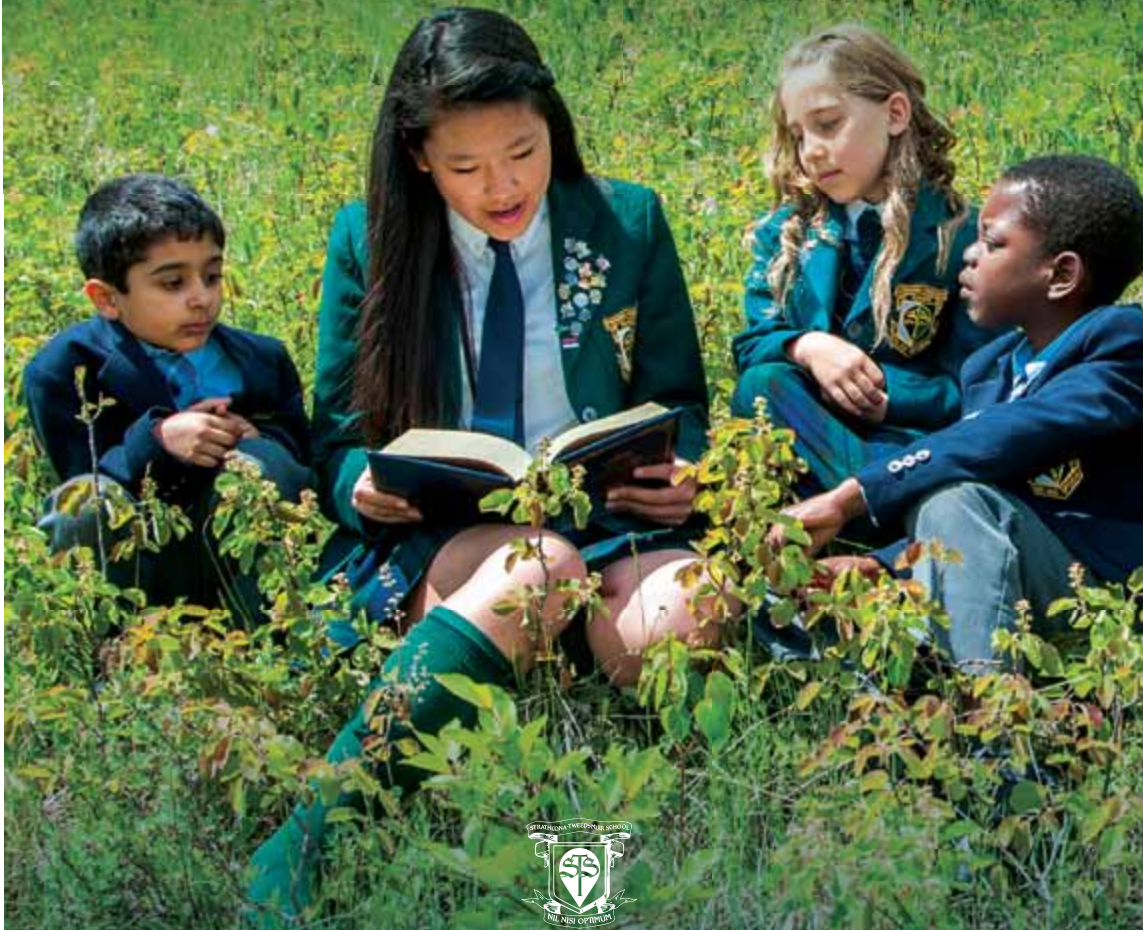

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Cliff Bungalow - Mission Real Estate Update

Last 12 months Cliff Bungalow
MLS real estate sale price update

	Average Asking Price	Average Sold Price
December 2014	\$0	\$0
November 2014	\$0	\$0
October 2014	\$0	\$0
September 2014	\$779,900	\$740,000
August 2014	\$1,279,750	\$1,220,500
July 2014	\$1,075,000	\$1,030,000
June 2014	\$1,262,000	\$1,195,750
May 2014	\$849,000	\$825,000
April 2014	\$1,274,000	\$1,220,000
March 2014	\$839,850	\$830,000
February 2014	\$0	\$0
January 2014	\$0	\$0

Last 12 Months Mission
MLS real estate sale price update

	Average Asking Price	Average Sold Price
December 2014	\$406,881	\$398,259
November 2014	\$402,470	\$395,095
October 2014	\$422,399	\$415,035
September 2014	\$396,868	\$389,111
August 2014	\$439,440	\$430,150
July 2014	\$616,364	\$601,583
June 2014	\$863,342	\$858,178
May 2014	\$331,683	\$328,283
April 2014	\$492,325	\$485,514
March 2014	\$426,314	\$428,714
February 2014	\$662,315	\$647,909
January 2014	\$317,920	\$310,040

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

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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!**

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THEIR RELIGION.

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in & around your community

Calgary bylaw and transit crime prevention

A message from the Federation of Calgary Communities

Building Safe Communities Program

Did you know that the community standards bylaw is the most widely used bylaw in dealing with private properties? Or, that overall person crimes such as all levels of assault, robbery and homicide, reported on Calgary Transit properties have been dropping consistently since 2011? Come learn how you and your community can increase safety in your neighbourhood and on public transit!

Partners in Crime Prevention Workshop

Join us, Bylaw Peace Officer Ron Basso and, Calgary Transit Officer Brent Gillen, for an informative workshop on crime prevention and safety with Calgary Animal and Bylaw Services and Calgary Transit.

February 10, 2015
Acadia Community Association, 240 90 Ave SE
7 pm to 9 pm
FREE for all Calgarians
Register at
calgarycommunities.com/workshops-events/

in & around your community YOUR CITY SECTION

Check out these important updates from The City of Calgary

Recycling for apartments, townhouses, condos and other multi-family complexes is coming to Calgary! For more information, or to learn how you can get involved, visit our website.

calgary.ca/multifamilyrecycling

Business Continuity Month is coming up... is your small business prepared? Learn how to make your business stronger and better positioned to withstand adversity.

calgary.ca/cema

Calling for Calgary Award nominations: Do you know a Calgarian who has made a difference? Nominate them for a Calgary Award! The deadline is February 27.

calgary.ca/calgaryawards

Be a Snow Angel! As you shovel your walk this winter, clear a neighbour's too. You'll help them, and everyone else who travels your sidewalk!

calgary.ca/snowangels

What do main streets mean to you? Become a subscriber and get involved in the discussion about the future success and growth of Calgary's main street neighbourhoods.

calgary.ca/mainstreets

Spring and Summer Recreation Program Guides hit stands February 18. From day camps to sailing and rock climbing, don't miss picking up your guide to fitness and adventure!

calgary.ca/recreation

Try Zumba or yoga for a toonie! Bring a friend or significant other for hot and sizzling Zumba or calming, connecting yoga. Village Square Leisure Centre, February 12.

calgary.ca/recreation

The City of Calgary and Canadian Red Cross are still taking applications for the Flood Permit Grant Program to help flood-impacted Calgarians rebuild. Call the Red Cross at 1-866-696-6484.

calgary.ca/floodrecovery

Now Available: A New Four-Year Plan For Calgary. Everything The City does over the next four years is included in Action Plan 2015-2018. View the full plan online.

calgary.ca/actionplan

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- > Thursday, February 19, 2015, 7pm
- > Thursday, April 23, 2015, 7pm



WEBBER ACADEMY

For more details visit: webberacademy.ca

in & around your community

February is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(any or all of these signs and symptoms may occur)

- chest pain described as crushing, squeezing, pressure or chest heaviness;
- pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- shortness of breath, sweating or nausea and vomiting.

What to do when seconds count

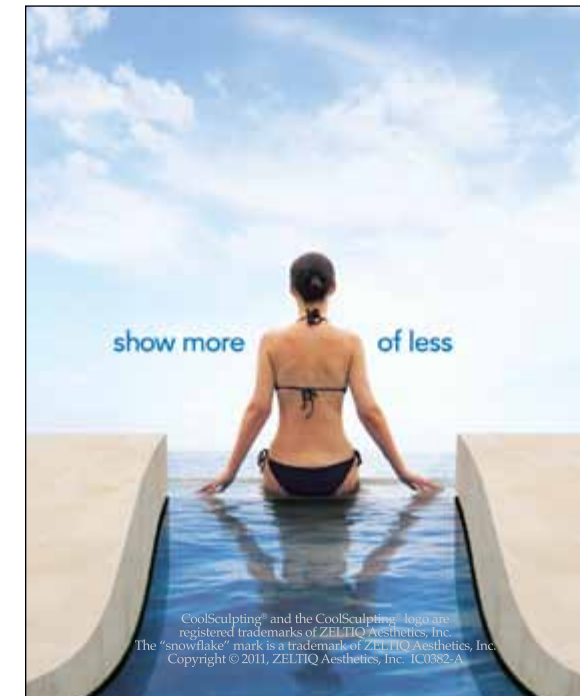
- call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- during transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Reduce your risk

heart attack risk factors include:

- obesity
- sedentary lifestyle
- smoking
- high cholesterol
- age / Gender
- family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.



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in & around your

community

cont'd ■ ■ ■

Feline Winter Woes

As the weather turns colder, we are less likely to want to be outside for extended periods of time. The same can be said for our pets. It seems unfair however, that cats are often treated differently than our canine companions. Dogs are brought in the house or put in a heated garage and provided with beds and blankets to keep them warm. But cats are often thought to be fine when left outside in the frigid weather. Simply put, they aren't.

Although some may believe that cats are meant to wander and hunt, this is not the case. They are domesticated animals who need our care. Their built-in coats are not enough when the temperature goes below freezing.

Visit any animal shelter during the winter and you will invariably see cats who are suffering from frostbite, especially in their extremities. Cats left outside often lose the tops of their ears because they've been frozen so badly. If their ears, noses and toes are being frozen, you know they are feeling the cold everywhere else.

Responsible cat owners and guardians understand the value of their pets to their families, their well-being and to society and treat them accordingly.

But we all know that even when we are diligent about protecting our pets and keeping them inside, cats escape and get out of doors or windows every day in our city. They are curious creatures after all. Unfortunately, they may not always find their way back home.

We can all help to protect our own feline family members by providing licenses and permanent identification. This helps to ensure that if they do get out, they can be returned safe and sound. Identification shows others that your cat indeed has an owner and makes it easy to identify and contact you.

This winter, we can all help to change the plight of our city's cats. If you see a cat wandering in your neighbourhood, you can check to see if he has identification. If you have the cat in your possession and he is wearing a license, call 3-1-1 to have an officer come to pick up the cat. In absence of a license, you can take the cat to the Calgary Humane Society or a vet clinic. You can also bring the cat to the Animal Services Centre if it is during regular business hours.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- November 14 to February 15 – Pirates of the North Saskatchewan III:** From the creators of our pirate adventures one and two, Jubilations is proud to present the final swashbuckling tale! 403.249.7799 / www.calgary.jubilations.ca
- January 31 to February 22 – Loose Moose Theatre for Kids: Treasure Island.** 403.265.5682 / www.loosemoose.com
- February 2 – Calgary Flames vs Winnipeg Jets at the Saddledome.** 7:00 pm. www.calgaryflames.com
- February 6 to 21 – The Hobbit:** This adaptation of Tolkien's classic is a fast paced retelling of the tale of Bilbo Baggins. Ages 8+. 403.216.0808 / www.storybooktheatre.org
- February 10 to 15, 17 to 22 – Disney's Beauty and the Beast:** Experience the romance and enchantment of Disney's Beauty and the Beast! 403.297.8000 / www.jubileeauditorium.com
- February 13 – Calgary Hitmen vs Saskatoon Blades** at 7:00 pm at the Saddledome. www.hitmenhockey.com
- February 14 – Cannibal Corpse and Behemoth with special guests.** 7:00 pm at the MacEwan Ballroom. www.cannibalcorpse.net
- February 18 – Calgary Flames & Minnesota Wild** face off at 7:30 pm at the Saddledome. www.calgaryflames.com
- February 20 – Black Veil Brides:** The Black Mass tour with Memphis May Fire and GHOST TOWN. 6:30 pm at the MacEwan Ballroom. www.blackveilbrides.net
- February 26 – VIET CONG** with FIST CITY and BURNT SHRINES. 9:00 pm at the Commonwealth Bar & Stage

e. & o. e.

FEBRUARY 5 TO APRIL 12 ... AND THEN, THE LIGHTS WENT OUT:

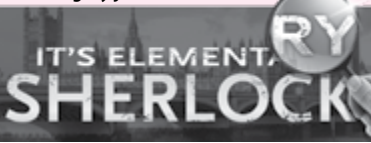
A chilling saga of dames, deceit and writer's block written by an Alberta-born and educated playwright and set in Edmonton during a heat wave. 403.243.6642 www.stagewestcalgary.com



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Cliff Bungalow - Mission mybabysitterlist

Name	Age	Contact	Course
Kiera	12	403-922-6067	Yes
Caitie	13	403-701-3879	Yes
Chris	13	403-701-3879	Yes
Dana	13	403-243-3836	Yes
Mackenzie	14	403-805-6223	Yes
Henry	14	403-719-8282	Yes
Sam	14	403-287-3740	Yes
Emma	14	403-220-1537	Yes
Kaitlynn	14	403-874-4034	Yes
Nia	16	403-991-8045	Yes
Abigail	17	705-706-4338	No
Amy	22	403-971-4374	Yes
Christoph	23	587-998-6172	Yes
Jordan	24	403-969-0165	No
Amanda	28	403-472-1989	Yes
Claire	33	587-894-8849	Yes
Salma	37	403-252-5052	Yes
Jane	49	403-467-3607	Yes
Jonahley	50	403-837-6348	Yes
Lorraine	57	587-352-5337	Yes
Lynn	63	403-242-0003	Yes
Jonahley	50	403-837-6348	Yes
Lynn	63	403-242-0003	Yes

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Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

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

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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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.

CRUNCH ACCOUNTING: It's tax time. Do you need help with your personal, small business and corporate tax needs? Let our professionals take care of that for you. We offer exceptional service and competitive rates. Call Michael Reid, MBA, CMA at 403-629-7677, or email michaelreid@crunchaccounting.ca for more information. Please visit our website at crunchaccounting.ca. We look forward to hearing from you.

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FYI

BANFF AND LAKE LOUISE, ALBERTA

Set inside the borders of the vast Banff National Park, the area that surrounds these two towns is a Rocky Mountain wonder, a place of electric blue glacial lakes, waterfalls, abundant wildlife (from elk to bighorn sheep to grizzly bears) and breathtaking grandeur. Stay either in Banff, the busy hub of the area and home to classic hotels like the Fairmont Banff Springs, or pursue some solitude up at Lake Louise, where hiking trails up into the mountains –and beautiful silence – are just steps away.

CALGARY BOARD OF EDUCATION BOARD OF TRUSTEES

www.cbe.ab.ca • Email: boardoftrustees@cbe.ab.ca

What does a trustee do?

As a Board of Trustees, we are elected to govern the Calgary Board of Education (CBE) in accordance with the School Act of Alberta. Our job is to represent, lead and serve parents, students and all Calgarians in matters of public education.

Our focus is on students and student achievement. On behalf of the community, trustees provide leadership for the CBE by defining its mission, the results we want to achieve for students and expectations we have for how the CBE will operate. We then monitor actual performance against these expectations. This monitoring takes place at public board meetings.

Trustees also engage our parents and communities. We want to ensure we are delivering and maintaining a school system that reflects local priorities, values and expectations. Trustees are expected to communicate the views and decisions of the board back to their constituents.

Finally, trustees are advocates for the CBE and its students. Education is regulated and funded by the Government of Alberta. Our advocacy work includes talking to the Minister of Education, MLAs and other government officials about the needs of our students and our school system.

Overall, the job of the Board of Trustees is to listen to our communities; guide the work of the school district; and approve plans, policies and the annual budget. Trustees are expected to make decisions that consider the needs of the entire school system, rather than only representing the interests of our ward constituents.

We want to hear from you on matters concerning student learning and public education in Calgary. Your input on topics and issues related to kindergarten to Grade 12 education is important to us.

We welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu.



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403-268-2430

Join upcoming Main Streets workshops

Main streets are active areas that attract Calgarians to socialize, work, shop, dine and celebrate local events. They are also often important transportation routes. The city's Main Streets initiative is planning the future of Calgary's thriving main streets, and we want to hear from you!

The first phase is all about learning and understanding. We need to hear the local perspective of residents, business owners, industry representatives and experts to learn about the history and character of all of Calgary's main streets.

There will be more events coming in February, as well as online input opportunities.

At Main Streets workshops you can share your ideas with city planners and participate in a mapping exercise to identify the issues, opportunities and outcomes for your main street neighbourhood. The input shared will be used to understand local perspectives on the future success of Calgary's main streets.

Become an email subscriber to receive event info and updates right to your inbox!

calgary.ca/mainstreets.

Please share your ideas on how main streets you use can be even better. You can reach me at 403-268-2430, or by email at Ward08@calgary.ca.

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www.twistedstifter.com

www.si.edu

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

DESPERATELY SEEKING METAL GARBAGE CAN: Squirrels ate the Rubbermaid container I keep bird food in! If you have an old metal trash can with a lid, the sparrows and chickadees in my yard will thank you. Contact Robin at carpedog@live.com.

Want to volunteer in Cliff Bungalow-Mission?

Community history book. We need a volunteer to cross-reference historic photos to match the book's chapters. Contact Judith at cbmca.historybook@gmail.com.

Newsletter archives. A volunteer is needed to sort/file hard copies, scan/organize electronic copies, and archive them on the website and hard drive. Can work from home, we'll provide guidance and equipment. Contact Marilyn at cbmca.heritage@gmail.com.

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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	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	1.800.332.1414
Poison Centre – Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS / URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health 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	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654
Need-a-doctor	www.needadoctorcalgaryandarea.ca

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