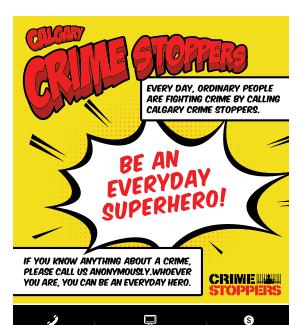


THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION Welcome to CLIFF BUNGALOW-MISSION Heritage District





Amazing Power of Probiotics!

Renew Life **Ultimate Flora**

TALK

Researchers are learning more about how probiotics affect the immune system, urinary tract, eczema, allergies, asthma, stomach & bowel upsets, respiratory infections, sleeping problems, joint stiffness, mental health, traveler's sicknesses, autoimmune disease and more!



CASH

Available at your local Amaranth store.



Probiotics and Fermented Foods

Fermented foods are also a great source of probiotics. Kombucha, locally made yogurt, miso and a variety of sauerkrauts are delicious customer favourites!

> 1407 4 St SW, Calgary, AB amaranthfoods.ca



Cliff Bungalow - Mission Community Association

462, 1811 4 Street SW Calgary, Alberta T2S 1W2 403 245 6001 www.cliffbungalowmission.com

CONTENTS

President's Report 5 Stampede BBQ 6 September Calendar 8 Community Potlucks 10 Summer in the Garden 18 Community Clean Up 19

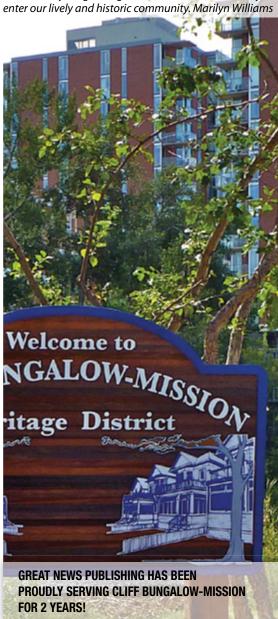
NEWSLETTER AD SALES



Great News Publishing Ltd. 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca



About the cover: Check out our new community entry sign just East of the Scollen Bridge on 25th Avenue, freshly installed July 20, greeting visitors and residents as they



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 (please leave a message) www.cliffbungalowmission.com Look for us on Facebook, not to mention Twitter and Instagram (CBM_CA)!

We value your contributions

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

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

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

Cliff Bungalow -Mission Community Association Board

President	Bob Lang	rvlang@aol.com	
Vice President	Jan Pugh	cbmca.facility@gmail.com	
Secretary	Philip Lozano	cbmca.secretary@gmail.com	
Treasurer	Edwin Mattheis	edrum13@shaw.ca	
Planning & Development Director	Sander Jansen	cbmca.development@ gmail.com	
Environment Director	Brendan Baines	cbmca.environment@ gmail.com	
Heritage Director	Marilyn Williams	cbmca.heritage@gmail.com	
Social Director	Corinne Ofstie	cbmca.social@gmail.com	
Communications Director	Jennifer Vandelaan	cbmca.editor@gmail.com	
Directors-at-Large	Patrick Arnell Amanda West Spencer Perry	Kate Zago Rick Williams	



PRESIDENT'S **REPORT**

by Bob Lang

September is the start of our new season of events and activities

A new season of events and activities at the community centre start in September. It starts with Jazz on Wednesday, September 2 at 8 pm with the Continuum Jazz Quintet. Sunday September 13 has two events, the Community Clean Up from 9 am to 2 pm followed by our monthly Potluck at 6 pm. The Movie Night is on Sunday, September 27 at 7 pm. We hope you will join your neighbours and help make this another successful season.

History Book Launch

At the time of writing, our history book entitled "Cliff Bungalow - Mission, A Heritage Community" has gone to printing. The special launch event is scheduled for Saturday, September 19 from 3 pm to 6 pm. This will be celebration, not only of the book but also of the people who helped make it happen, particularly Judith Theroux who grew up in the community and took on this huge project five years ago. She has been an inspiration as she navigated what was from our perspective uncharted waters. The result is a wonderful book that tells the story of our community from earliest times to today. The book is beautiful, one that you will be proud to display and give to others. We hope you will join us for this special event.

We are still taking orders and donations to help with the cost of publishing. A mail-in form is on our website (www.cliffbungalowmission.com) under "Get Involved" and a link to that form is in the "History Book" section. There is a link to PayPal which allows you to pay online. The cost per copy is \$25. A donation link to PayPal is also available on the same page. There is also an order form elsewhere in this newsletter.

Annual Community Clean Up

Our annual Community Clean Up will be held on Sunday, September 13 form 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. For example I got some good old vinyl records and a nest of end tables. 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.evnvironment@gmail.com and turn up before 2 pm so we can start loading items.

More Comments from our Members

YH sent an e-mail after our Picnic Potluck held on July 19: "Thanks so much for the hospitality yesterday! The conversations were great – so many wonderful people! And the food was wonderful ... I am sure glad I attended!"

Thank you so much for coming YH. The reason an event is successful is that people like you come out and participate. The food at our potlucks is great but it is really the conversations that make them special.

Board Updates

We welcome Spencer Perry to the Board as a Director at Large. He will be working on the newsletter and other communication vehicles and will be taking over from Jennifer Vanderlaan.

We still have some volunteer opportunities upcoming on our Board.

The Treasurer works closely with the President and other members of the Board on our financial affairs. This person does not need to do the formal bookkeeping as we have a contract bookkeeper.

The Secretary holds a special role on the Board and is one of the signing authorities of the organization. This person takes meeting notes.

The Social Director coordinates all the regular and special events we undertake. It does not mean you would have to do everything, just make sure someone is taking responsibility for these events. For example there currently are people responsible for the jazz nights and potlucks. This is the fun side of the Board. Anyone ready to help us have fun events?

If you have any interest in any of these positions or have any questions, please contact me at cbmca.president@ gmail.com. I would be pleased to sit down with you to discuss these opportunities further.







STAMPEDE

The Stampede barbeque held on July 11 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. We started our relationship with the Calgary Francophone community in 2012 when the Stampede was celebrating its 100th anniversary and they had a float in the parade.

Suzanne is such an enthusiastic organizer, going all out to arrange entertainment, inviting special guests and getting stampede themed decorations. There was Stampede line dancing, French Canadian style dancing and a wonderful fiddler. 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: Jenett Gerenir (mother), Melissa Sokol (friend), Stacey Perzylo (sister in law) and Rhonda del Fillipo (community member). Her brother Michael Gerencir is a food critic and he said the food was great. Jan says if he says it is good, it is a real compliment.

We had at least two MLA's in attendance including our MLA Kathleen Ganley. Shaw TV did interviews which were broadcast later that night. The link to this is: http://youtu.be/8yENnxVH2Rw

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











Mission Dental Centre

Comprehensive and Preventative Dental Examinations

Dr. Reynold Gilles D.M.D. Dr. John Canniff D.D.S.

403-571-0035

☑ afirstimpression@shaw.ca

Suite 306 - 1711 4th St. S.W

www.missiondentalcentre.ca

In the Heart of the **Calgary Mission Area**



Community **Clean Up**

CBMCA will be hosting its annual Community Clean up on Sunday, September 13 from 9am-1pm at 2201 Cliff St SW.



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

Jazz Concerts

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

Wednesday, September 2, 8 pm -Trumpet / Vocal Night with Johnny Summers.

Wednesday, October 7, 8 pm – Lorna MacLachlin Ouartet

Wednesday, November 4, 8 pm -Vocal Jazz Night with Cheryl Fisher and Eric Alison

Potlucks

Bring something to share and meet your neighbours.

Next potluck is Sunday, September 13, 6 pm followed by Sunday, October 4, 6 pm.

Movie Nights

Next movie night is Sunday, September 27, 7 pm followed by Sunday, October 25, 7 pm.

Community Clean Up

Sunday, September 13, 9 am to 2 pm - this is your chance to drop off unwanted things that would normally go to the dump but the dump trucks come to our community to receive such items. There is also recycling of electronics. Plus there is an exchange of still useful items you no longer want. This will take place on Cliff Street in front of the Community Centre

History Book Launch

Saturday, September 19, 3 to 6 pm. Celebration of our new history book. Book signing. Pre-order pick up and sales of additional books. Great for gifts. Reception - no-host

bar and finger food. Come help us celebrate this wonderful milestone.

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

www.cliffbungalowmission.com

Deadline for Mission Statement submissions

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



Christian Science Reading Room & Book Store

Join us each Wednesday at 1:00 pm at 315-17th Ave SW for a Healing Testimony Meeting - All are welcome

Contact us at: 403 209-0012 or christrr@shaw.ca www.christianscience.ab.ca



<u>MEMBERSHIP</u> **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, 15% discount on food (either dine-in or take out)

4th Street Liquor & Wine, 1809 - 4 St SW, 10% off all items

Lorenzo's Pizza: 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders

Peking Dragon: 1904 – 4 St SW, 10% on Dine In items (excluding Dinner Combos), 15% on Pick Up items on orders over \$30.00

Rideau Pharmacy: 1801 – 4 St SW, 15% off Front Store items (excludes prescriptions)

Tea Factory: 1820 - 4 St SW, 10% off all Loose Leaf Teas and drinks

Techno Sport: 211 -17 Ave SW, 20% off all waxes and tools or 20% off in store tune-ups

UPS Store: 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)

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





Cliff Bungalow – Mission History Book Order/Donation Form

Our history book is scheduled to be ready for **pick up** on Saturday, July 25. Presales and donations will help us meet that goal. Use this form and mail it with your cheque to Cliff Bungalow – Mission Community Association,

1811 – 4 Street SW, Suite 462, Calgary, AB, 125 TW2.							
Name							
Address							
City/Town		,Prov	, Postal Code				
Tel		, E-mail					
Number of Books	at \$25 = \$	Donation \$	Total \$				

You also can order and pay online: www.cliffbungalowmission.com, click on "Get Involved". If you have questions or need the book to be mailed, contact cbmca.historybook@gmail.com.

Board Members in the Stampede Parade

Since 2011, the Federation of Calgary Communities has arranged for Calgary community association people to be pacers in the Stampede parade. A pacer makes sure the pace of a parade entry to which they are assigned keeps up to Bungalow – Mission sash and Corinne the general pace of the parade so there are few gaps or bunching of entries. The fact that the LRT operates and has precedence during the parade makes this a bit difficult. In addition to the pacer duties, each pacer wears a sash with the name of a community association. This helps raise the profile of community associations in Calgary of which there are now 150.

I was a pacer in the 2011 parade along

with Eilish Hiebert. And we have had people from our community in each parade since then. This year we had Amanda West and Corinne Ofstie in the parade as pacers. Amanda wore the Cliff wore the Montgomery sash. Some communities do not have someone to wear their sash so other community people like Corinne wear those sashes. When Corinne was going to university, she lived in Montgomery.

Both Amanda and Corinne said they enjoyed the experience. Thank you to both for doing this. Now they can say they were in the Stampede parade.



CLIFF BUNGALOW MISSION



JOIN US COMMUNITY POTLUCK DINNER

Sunday, September 13, 6 PM

COMMUNITY HALL 2201 CLIFF ST. SW

please bring something to share and friends & family For more info: cbmca.social@gmail.com

Our CBMCA Community Potlucks When was the last time you went to a potluck dinner on a Sunday

evening?

Many in our community have been doing just that for a few years --- enjoying a relaxing occasion to share good food and conversation. Tables in our community hall are set with candlelight, often some flowers, and a little music makes it kind of special. And then, there's the food! People bring everything from soup to salad, from stew to curry, from chili to pizza, from homemade bread to casseroles and more. And desserts, of course --- fruit, cake, pie, ice cream and more.

It's a good opportunity to get together with friends and neighbours and meet some of the newcomers in our area. So, why not join us at the next potluck on Sunday, Sept. 13, 6 pm at the Community Hall, 2201 Cliff St. SW (1 block west of 5 St. SW at 22nd Ave. SW).

See you then!

For more info: cbmca.social@gmail.com

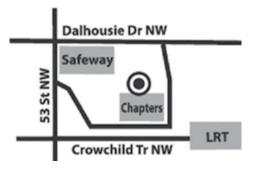
HUMANA MEDICAL CLINIC

the family clinic with the human touch

WHERE NEW PATIENTS AND WALK-INS ARE WELCOME

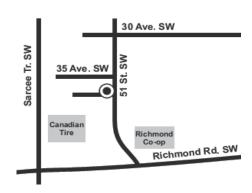
HOURS OF OPERATION

8:00 am to 8:00 pm Open 7 Days a Week Humana's clinics are CLOSED on Statutory & Civic Holidays



WOMEN'S IUD CLINIC NOW OPEN EVERY SATURDAY

SHORT WAITING IMMEDIATE APPOINTMENT CALL 403-202-8888



DALHOUSIE STATION

PH: (403) 202-8888 #183, 5005 Dalhousie Drive NW Calgary, Alberta T3A 5R8

> Female Family Physician Dr Rosario Guevara MD

GLENBROOK PLAZA

PH: (403) 686-6967 #136, 3715 - 51 Street SW Calgary, Alberta T3E 6V2

ANOUNCING

A female family physician with lots of training and experience in O & G starting her practice from September 1, 2015 at the Glenbrook plaza location.

Dr. Charmaine Gill. MD

Clinic open Monday to Sunday (all weekends) Accepting all referrals including IUD insertions

These Family Physicians ARE ACCEPTING NEW PATIENTS

Dr. A.A. (Tayo) Alawiye Dr. Victor Fadayomi







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

Omegas for the whole family!

Ascenta Fish Oils For Adults and Kids

From exceeding industry standards for quality and sustainability to providing potent and effective oils for you and your family's health, Ascenta is a leader in honesty, transparency, integrity and respect. Made in Canada.



Available at your local Amaranth store.



On Customer Appreciation Day, the first Wednesday of every month, customers receive 20% off regularly priced vitamins, supplements and body care.

> 1407 4 St SW, Calgary, AB amaranthfoods.ca





50% **SOLD OUT**

- Soaring 10 & 12 foot ceilings
- Large upgraded kitchens, ample cabinets, full-sized appliances
- In-floor heating
- Brilliant windows for abundant natural light
- 3 luxurious finishing packages
- Secure underground parking



Visit us at our Sales & Information Centre • 104, 320-23rd Ave. SW

telacondos.ca



CALGARY COIN SHOW

September 12 and 13, 2015 10 am to 5 pm each day

> Clarion Hotel 2120 16th Ave. NE

- √ Buy, sell or trade coins, paper money or medals
- ✓ Dealers from across Canada
- √ Hourly Door Prize Draws
- √ Free Parking

ADMISSION \$5.

bring this ad and get \$2 off. Children under 16 free www.calgarynumismaticsociety.org

Indoor Soccer for Ages U8- U18 - Boys and Girls - All Levels - Taught by Professional Fun Coaches ROYAL WEST

> Indoor 2015 Registration Open WWW.ROYALWESTFC.COM

around community

Reconstructing 17 Ave South

After 30 years of serving Calgary's uptown area, The City of Calgary is reconstructing 17 Avenue S. between Macleod Trail S.E. and 14 Street S.W. It's an investment in the longterm success of the street, which is one of Calgary's most popular destinations to meet friends, shop, visit, and do business.

With the street reaching the end of its life-cycle in this area, 17 Avenue South needs to be reconstructed from "dirt to pavement". The reconstruction involves underground utility work, building a new foundation for 17 Avenue South, and then paving and marking the surface. The project also includes a road safety review on the current traffic lanes, intersections, collision rates, and how people currently use the street. Recommendations from the safety review are expected to be part of the final design. Finally, The City will also look to improve the sidewalks and pedestrian areas on 17 Avenue South between Macleod Trail S.E. and 4 Street S.W.

Design work on the project is underway until the end of 2015. Construction is expected to begin in spring 2016 and be completed in fall 2017. For the most up-to-date information, such as project details, schedule, progress, and upcoming events, check out calgary.ca/17avenue. By reconstructing this piece of 17 Avenue South now, the street will continue to serve citizens and business for decades to come.

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

GRACE HARVEST MARKET: October 3, 2015 10:00AM - 2:00PM. A Thanksgiving celebration, a focus on community giving. Tasty treats and treasures for your Thanksgiving table and home. Tea room, bake fest, Christmas cakes, quilting, collectibles, and more. Supporting the Interfaith Food Bank. Grace Presbyterian Church 1009 15 Avenue SW.



Dr. Dieter Einsporn

general dentist

Prevention and Preservation is our Focus

Serving our communities for over 25 years

Mission Centre Suite 604, 2303 - 4th Street S.W.

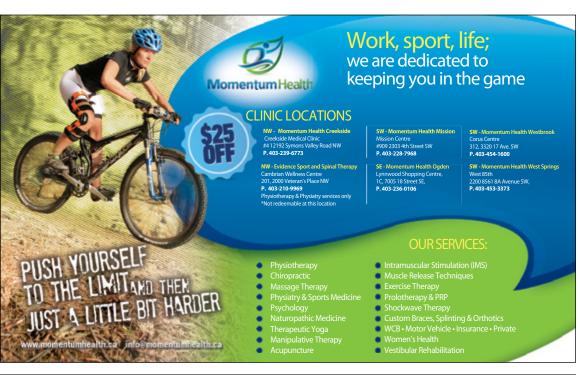
For Consults and Appointments (403) 245-1143



COMMUNITY

Sunday, September 13, 6 PM **COMMUNITY HALL** 2201 CLIFF ST. SW

please bring something to share and friends & family For more info: cbmca.social@gmail.com





Elbow Park History

A hundred years ago streetcars rumbled down 4th Street, then known as Broadway, past the Blue Rock and Albion hotels to the Elbow River. Here, citizens of Calgary enjoyed picnics, carnivals and horse races in

RBC Dominion Securities Inc

PROTECT YOUR GREATEST ACCOMPLISHMENT – YOUR BUSINESS

At your complimentary business ownership consultation, we'll:

- Identify strategies to minimize tax
- Highlight key planning opportunities
- Explore business transition

Contact Michael today to arrange a consultation.



MICHAEL MARTIN Investment Advisor 403-266-9655 michael.t.martin@rbc.com



RBC Wealth Management **Dominion Securities**

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. @Registered trademarks of Royal Bank of Canada. Used under

RENOVATIONS, DECKS ETC.

Home reno, new construction, CABINETRY, decks, FENCES...

All the things you NEED done but can't or don't want to do yourself.

A timely, PROFESSIONAL, high quality service on every job! Call today to set up a free quote. *Local



BUILDING ART

Tom Fairbrother at 403.614.2682 Licensed, bonded and insured!



what is now the community of Elbow Park. The river was much wider before the Glenmore Dam was built in 1932 so that in winter you could skate all the way to Bragg Creek and in summer up to a thousand local residents would swim at Woods Park near the bathhouse that was built in 1923. Adults and children alike passed many sunny days at this river beach, one of the bestloved swimming holes on the Lower Elbow River. The grassy meadows of Woods Park offered space for picnics and games as well as an over-sized checker board with two-foot high game pieces.

Just a short walk from the beach along the riverside in what is now East Elbow Park, an ex-Mountie named James Owen built a racetrack that included bleachers for spectators of horse races, bicycle and foot races, and even an early car race. Riverside Race Track and the Calgary Golf and Country Club were both built in 1906. just prior to the 1907 Calgary Herald announcement of building permits for a newly annexed neighbourhood, Elbow Park. In the following years, as this residential community developed, the country club lost its squatted land (though the old clubhouse remains next to Flock Park) and the racetrack and farmland disappeared into backyards and parklands, but local residents today continue to enjoy the parklands that are found along Elbow Drive and in East Elbow Park and work together to maintain the beauty of this beloved river.

Susan Bennett on behalf of S2G+

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 or for information contact: Robin McLeod, ramcleod@telusplanet.net or Karen Paul, karenpa@telusplanet.net.

Cliff Bungalow - Mission Community Association

462, 1811 4 Street SW Calgary, AB T2S 1W2





Membership Form (Please Print Clearly)

Namo (1)		3.33		
Name (1)				
Name (2)				
Name (3)				
Street Address				
Suite/Unit #				
Phones (1)	(2)	(:	3)	
Email (1)*				
Email (2)*				
Email (3)*				
Membership Cost: Single \$1	0 Family \$20	Payment type: Ca	ash Cheque	
New or Renewal	lf Renewal, provide yo	our Card#	Purchase Date	
*Your e-mail addresses will be	used by CBMCA to info	rm vou of community 6	events and important	community matters

Crowchild Trail Study: Get Involved

The City of Calgary is conducting a transportation study to identify short-, medium- and long-term upgrades for Crowchild Trail between 24 Ave. N.W. and 17 Ave. S.W.

Your input is important!

Crowchild Trail is an important roadway within Calgary's overall transportation network. Its function is critical to both the land use and transportation needs of Calgary as it continues to grow and redevelop over the next decades. Your feedback will help us make better decisions for the future of Crowchild Trail.

Get involved from September to November Sept. 2015

Attend one of two drop-in sessions or visit calgary.ca/crowchild to review and finalize project goals.

Oct/Nov. 2015

Attend a workshop to share ideas about possible changes and different ways to achieve the project goals or visit calgary.ca/ crowchild to provide your input.

For specific event dates, times and locations, or to learn more about the study, visit calgary.ca/crowchild or call 311.



Summer in the Garden

I have enjoyed the long sunny days and warm nights of summer. At times it seemed a little too warm but our gardens loved it. Although there has been little rain, the gardens have done quite well thanks to regular watering. Now many of us are looking forward to sunny days and cooler nights of September.

If you want to save plants like geraniums over the winter, it is time to get those tender plants moved indoors. The plants become stressed when the nights become too cool and will not do well outside. Take them indoors at night and put them outdoors during the day for about a week before leaving them indoors. Check your plants carefully for slugs, sow bugs, and other pests that met be lingering under the leaves. If the pot has a rim, be sure to check under the rim too. Isolate your plants from other indoor plants for the first while so you can observe them for pests that could spread to your other plants.

Now is a good time to take cuttings of tender plants that you want to save for next year. Plant them into a soil mixture of half perlite and half peat moss mix. Set the whole pot in a plastic bag containing small holes to let air into the bag and allow excess moisture to escape. Place the pot out of direct sunlight and check it regularly. When new growth has appeared the plastic bag can be removed.





Harvest vegetables as they are ready to eat, which means checking the plants every other day. With the shorter days and cooler nights vegetables are maturing quickly. Garlic is ready to harvest when the foliage has turned yellow and brown, usually in August through September. After digging and cleaning the garlic bulbs, spread the bulbs outside to dry, out of direct sunlight. Bulbs should be kept dry. When bulbs are thoroughly dry the stems can be braided and hung in a dry place or tops can be removed and bulbs stored in a mesh bag in a cool dark place. Garlic can be planted in late September or early October by breaking the cloves apart and plant each clove 2 inches deep and 4 inches apart, smooth the soil over them and water well. To avoid a fungal disease plant garlic in a new location each year.

You should plant those hardy spring flowering bulbs now. Choose bulbs that are hardy for zone 3. The bulbs should be clean of moulds and hard to the touch. Blooming periods vary so when buying bulbs, select early, mid or late spring blooming. Plant as directed on the package.

Some vegetable seeds can be sown the end of September to early October, lettuce, radishes and spinach for an early spring harvest. Autumn is a perfect time to collect seeds of your favourite annuals and perennials. Perennial seeds can be sown in the fall and left outside to germinate in the spring. If starting seeds in pots, heel the pot into your garden up to the rim to help retain the moisture in the soil.



The Cliff Bungalow - Mission Jazz Series presents:

Continuum Jazz Quintet

Wednesday September 2, 8 pm **Cliff Bungalow - Mission Community Centre** 2201 Cliff Street SW Cover: \$15 (\$10 for seniors, students, and CBMCA members) Doors: 7:30 pm; music: 8 pm No reservations taken; rush seating only

Shane Statz - saxophones Johnny Summers - trumpet & vocals Egor Ukoloff - piano Kodi Hutchinson - bass Jon May - drums

Welcome to another season of the CBM jazz series. For our first performance this season we are featuring the Continuum Jazz guintet. This guintet is an exciting new Jazz quintet led by Canadian Saxophonist, Shane Statz, featuring original music composed through the lineage of jazz. Their love of a variety of jazz has inspired their range of composition style with inspiration from Louis Armstrong to Chris Potter. Check out the website www.continuumjazz.ca to listen and for more information. As a special



musical treat, Johnny Summers will also be performing a few select titles with Egor Ukoloff from his recent duo album, Piano Sessions Volume 2.



Community Clean Up

Is your old couch in need of a life coach?

CBMCA will be hosting its annual Community Clean up on Sunday, September 13 from 9am-1pm at 2201 Cliff St SW.

The clean up is a chance for you to participate in the effortless reusing, recycling, or disposing of your no longer wanted wares. Furniture, clothing, electronics, and equipment are all welcome - we are here to help your stuff find its next step in

Come by the hall to drop off your goods, or arrive empty handed to pick up a few items in need of a new home.

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Oualified journeymen plumbers/gasfitters, very experienced in Cliff Bungalow and Mission. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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.

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: Weekly lawn mowing \$38.50, power-rake \$120, aeration \$65. Some conditions. Landscape construction: patio stone and pavers, stone walks and rock walls, raised beds, fire pits, landscape lighting, water features, sod and decks and fences. Ask for your complimentary 2015 Outdoor Idea Book. Licensed. Insured, Seniors discount, Phone: 403-265-4769. YardBustersLandscaping.com.

LET MARY KAY COSMETICS HELP YOU LOOK **YOUR BEST:** Get a fabulous new look the easy way, with Colour 101! It gives you coordinating eye,lip & cheek colours, plus easy to follow applications tips. Just call me or visit my website today www.marykay.ca/dmaier 403-830-7485.

ARE YOU INTERESTED IN SINGING? Contact George Hahle Acadamy of Music, 207 1008 17th Ave. SW. 403-245-9545, or www.georgehahleacademy.ca to register for lessons Sept. June. All ages, beginner to advanced. www. facebook.com/pages/George-Hahle-Academyof-Music/965976746768193.

HARDINGS SERVICES: Now offers house and window cleaning, ceiling texturing and renovation services, providing the same Peace of Mind as our painting has for over 19 years. Visit hardingspainting.com or call 403-254-4726.

K2 BOOKEEPING: 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.

TOP TO BOTTOM HOME CLEANING: For total house cleaning, top to bottom exceptional service, working in the house cleaning business for over 20 years. Has a great eye for detail, meticulous, reliable and very hard working. Call Alannah at 587-717-0454.



in & around your community schools

Montessori School of Calgary

The Montessori School of Calgary is off to an exciting start this school year.

We know that all of our children and their families have had an exciting summer traveling, visiting relatives, hiking, swimming and staying active and healthy ... in a very fun way! They are excited to get back to our school and enjoy learning ... as well as our awesome playground and fun outdoor activities.

We welcome back our staff who have been busy the past two weeks creating AWESOME! classroom environments for all of our children. We welcome three new staff, including our new after school care leader, our Physical Outdoor Wellness (POW) education leader and a new classroom assistant who is fully bilingual, as all of our classroom assistants speak French with our children. It will be an energetic and exciting year at the Montessori School of Calgary.

Our 60 primary children, aged three, four and five, are starting their learning journey in 'waves' beginning in early September to insure that everyone gets a chance to acclimatize to their Montessori environment. Our kindergarten children, who attend all day in our Extended Day program, enjoy their roles as peer mentors in this environment. It is amazing to see how these youngsters support each other in their learning.

Our 30 elementary aged children are excited to be back and tackling the Alberta curriculum through the Montessori Method of independent, yet collaborative, learning with their multi aged peers. The Montessori School of Calgary offers the perfect environment to support the development of Engaged thinkers with Entrepreneurial spirits who are Ethical citizens as set out by Alberta Education for the 21st century learner.

The elementary children are excited for their three day trip to a ranch outside Calgary. They will be immersed in the culture of ranch life and participate in many aspects of the everyday work of the ranch. This exciting 'going out' is one of the highlights of the elementary children's learning year. They will be excited to tell you how their trip went in next month's issue.

We are excited to bring highlights of our children's learning journey to you each month. Should you wish to learn more about the Montessori School of Calgary, please contact us at 403-229-1011 to set up a visit at 2201 Cliff Street SW. You may also visit our web site www.montessorischoolofcalgary.com.

Eniov September ...

Lindy Arndt, Head of School, Montessori School of Calgary



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

Last September we experienced the tremendous snowstorm that blanketed Calgary with a foot of snow, damaging a huge proportion of City trees. Each of Ward 8's communities were impacted, some more heavily than others, but the damage was felt everywhere. As we reach the anniversary of "Snowtember", it's important to look at how the City of Calgary has reacted and recovered.

This campaign that the City launched is called ReTree YYC, and it has held a series of fairs throughout the spring and summer. Back in February, when I discussed the outcomes of the snowstorm, this program hadn't started, but since then it has accomplished a great deal. We've seen trees replanted, awareness raised, and our neighbourhoods come together yet again. The last ReTree YYC fair for 2015 will happen on Saturday, September 19 at Confederation Park. Here's what you can expect at the fair:

- Experts from both The City of Calgary and related in-
- Free trees and mulch so that we can personally help with the replanting effort
- Activities, entertainment, and food for all ages

It's important to recognize Calgary's trees as a critical part of our neighbourhoods, and I hope that you can join us in helping restore our greenery. It won't be an immediate process, since trees can take decades to grow, but the sooner that we plant trees, the better. You can find out more information on the *ReTree YYC* program at calgary. ca/trees. And, as always, you can get in touch with me by phone (403-268-2430), e-mail (ward08@calgary.ca), or online (calgary.ca/ward8).

See something cool in the neighbourhood? #cbmca

ECOMMUNITY business of the month

The Yann Haute Pattisserie

Mission Community

e are a pastry shop focusing on French pastries like croissants, cakes and, of course, macarons! These colourful and delicious gluten free treats are mostly what we are famous for, although our regular customers also know about our one delicious bread.

For a birthday, a client, a self-bought treat or a wedding, we are here to create mindful and mouthful indulgences! The Yann Haute Patisserie team believes in quality ingredients, presentation, and delivery with personalized customer service. We love the idea of creating childhood memories with our community's children and bringing "full-mouthed-smiles" in adults!

Yann Haute Patisserie opened December 24th, 2009. Thanks to the wonderful neighbours, community members and Calgarians, we only grew every year to now provide employment to 15 people.

Our team is made of individuals with great energies and from amazing diverse backgrounds. All have wonderful team spirit and have helped make Yann Haute Patisserie a place where it feels like working with family.

Professional Pastry Chef and owner, Yann, was literally a "little bun in the oven" and grew up in his parent's bakery/pastry shop until he left to study his passion in Paris.

After 15 years of international experience working in shops, clubs, and hotels, Yann Blanchard now has his very own patisserie.

We are open Tuesday to Saturday from 9am to 7pm and on Sundays from 9am to 7pm all year. We only close on Mondays.

The pastry shop keeps evolving from offering a few different products to having a separate counter with up to 24 macaron flavours every day!

Community Of Mission

We are located in a house which was originally built in or around 1912. It was a family house before being sep-

arated into smaller units. A few different professionals even occupied some of the suites over the years. Yann and Jeraldine first met with the owners of the house in 2006. They had recently purchased the building and loved the idea of a little pastry shop. They were incredibly patient and generous during the long months it took to obtain all the permits and renovations! Three long years after, Yann Haute Patisserie was finally able to open its doors in a now yellow house!

The area of Mission was originally chosen for its vibrant population and well-travelled customers from surrounding communities. It has a "small village" feel where most services are at walking distance and it allows us to create unique and lasting relationships with our customers. There is a wonderful community of business owners and it is a pleasure to cross promote and continue to make Mission a welcoming and dynamic part of Calgary.

We are looking forward to meeting you and share with you what this yellow house is all about!

We also invite you to follow us on Facebook, Twitter (@ yannboutique) and Instagram (@yannhautepatisserie) for pictures of products and news on new creations.







Together, families, communities and Calgary's city employees worked tirelessly to clean up and

worked tirelessly to clean up and save what could be saved.

And we're still on the job, with a massive replanting program that will take years to complete.

Working for a greener future

We'll continue to do the work you rely on us to do — and to stand up for the services that make Calgary such a great place to live.

You can help, too, with complete maintenance into October, including watering your trees regularly to protect them from dry-out and damage.

Thank you from your city workers.

Action by city workers during and after the snowstorm was one of the reasons you rated our services so highly. And for that we thank you.

- City parks services 95%^{*}
- Disaster planning and response......95%
- 311 information service . . . 94%

* Very or somewhat satisfied 2014 Citizen Satisfaction Survey



Making your city work for you