

THE MISSION

OCTOBER 2017

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



RE-ELECT **EVAN WOOLLEY**



MY PRIORITIES:

STRENGTHEN
OUR ECONOMY

CONNECT OUR
NEIGHBOURHOODS

REINVEST IN OUR
NEIGHBOURHOODS

SUPPORT THOUGHTFUL
DEVELOPMENT

ON MONDAY, OCTOBER 16, VOTE EVAN WOOLLEY

evan-woolley.ca

DIVA SALONspa

\$20 OFF ANY HAIR SERVICE

West Mount Royal | 403.289.2626
divasalonspa.com

One voucher per visit. Only valid at our West Mount Royal locations. Not valid with any other promotion. No cash value. Present this ad at time of purchase. Expires November 30, 2017

\$10 OFF ANY SPA SERVICE

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One voucher per visit. Not valid on Express Services. Only valid at our West Mount Royal location. Not valid with any other promotion. No cash value. Present this ad at time of purchase. Expires November 30, 2017

AVEDA | **DIVA** SALONspa

Bag to Earth® Food Waste Bags

BAG TO EARTH
SAC AU SOL

Approved for use in the City of Calgary Green Bin Collection Program. Our Bags are a Proven Alternative to Keep Your Kitchen & Curb-side Food Scraps Collection Bins Clean & Odour-free.

- Our Paper Bag is made entirely of renewable and sustainable resources
- Features Unique Leak-Resistant Cellulose Lining... it's "clear paper" - not plastic
- Tough... **No need to double-bag as with other bag products**
- Environmentally Friendly... **and completely compostable**
- Certified Compostable... **Meets BPI/ASTM industry standards**
- Used in Households Across Canada
- Available in 2 Convenient Sizes ... **Small 10-pack & Large 5-pack**

Available at major Grocery, Club, Mass Merchandiser, Pharmacy and Home Improvement stores in the Calgary Area. **Made in Canada** 🇨🇦

Visit www.bagtoearth.com for more product information & how to purchase

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on 4th st

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Dr. Paul Chapman
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www.rideaudentalonfourth.ca

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Same permit program, only better.

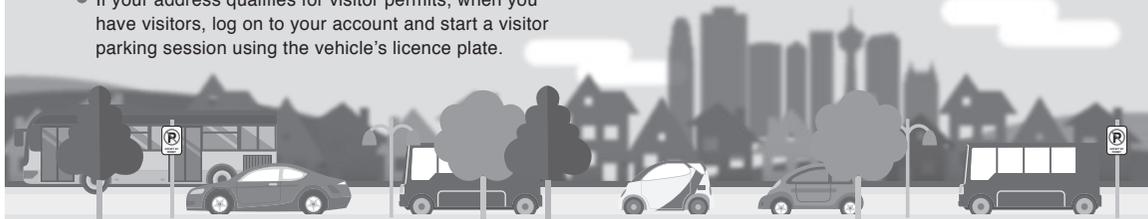


Residential Parking Permit Holders

- Before your permit expires, register for an online account and apply for your parking permits. No Internet? Come to our office to register or send your documents via fax or mail and then give us a call.
- There will be no physical passes or visitor hang tags; the new system is all digital.
- If your address qualifies for visitor permits, when you have visitors, log on to your account and start a visitor parking session using the vehicle's licence plate.

Benefits of the new system:

- Quick and easy application
- A two-year renewal period
- No more lost or stolen passes
- More effective and efficient enforcement of permit zones



For more information, visit: permits.calgaryparking.com

ELECT

YOUR CONSERVATIVE CHOICE

JEROMY FARKAS

WWW.JEROMY.CA

- ✓ Restore accountability and transparency.
- ✓ Reduce spending and control property taxes.
- ✓ Cut red tape to help small business owners.

ON OCTOBER 16TH, VOTE FOR FRESH BLOOD AT CITY HALL!

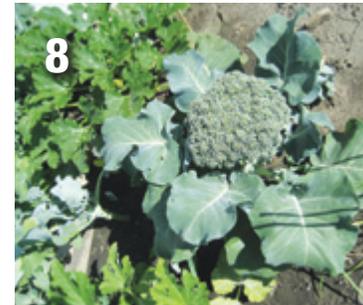
October **2017**



On the cover: Mission Community Garden's bumper crop of carrots for the food bank

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CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION

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

For hall rental information, please contact Zahra Minoosepehr at 403-975-0023 or zahra_minoosepehr@hotmail.com

Delivered monthly to 5,300 households and businesses for 4 years!

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 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

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Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Cliff Bungalow - Mission Community Association and Great News Publishing.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911	
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654

PRESIDENT'S REPORT

Lots Going on – Come Join Us

We have a lot of events and activities going on during fall, winter and spring. The potluck is a week earlier in October due to Thanksgiving occurring the following weekend. Jazz nights always feature talented Calgary artists and our venue is perfect for these events. We are working on a new approach to movie nights. Look elsewhere in this newsletter on what is happening. We post more details closer to the event on our website www.cliffbungalowmission.com. So, check there on a regular basis.

Prospect Trail

Prospect Trail is a historic walking trail that is located behind the community centre and links the communities of Cliff Bungalow – Mission, Mount Royal and Elbow Park. It is clearly visible on historic aerial photos but it has fallen into disrepair in recent years. On June 26, we held an open house to get input on redeveloping this trail from the community. We are planning another open house to communicate what we heard from our own community, as well as Mount Royal and Elbow Park. Tentative date is Monday October 30. We will confirm the date, time and place as soon as it is finalized.

Community Garden Article

For those receiving the Calgary Herald, periodically they also include CREB Now—news published by the Calgary Real Estate Board. In the September 1 to 7 issue there was an article on community gardens on page A5. Cliff Bungalow Community Garden that is located adjacent to the community centre was one of the gardens featured complete with picture. Lynn MacCallum was interviewed for this article. The theme of the article was community gardens bring neighbourhood residents together. Congratulations to all community gardens including our other community garden located in Mission.

Community Garden Vandalism

Unfortunately, we had several instances of vandalism in the Cliff Bungalow Community Garden in September. We request that as you are walking by or coming to the park that you note what is going on at the garden. I know that this newsletter is being distributed to folks on Hope Street, which overlooks the garden. We request that they also take note of what is happening at the garden. If something bad is in progress, please call 911. It is very disheartening for the gardeners to see their hard work disappear overnight. While we are taking steps to reduce the problem, many eyes on the garden will certainly be a deterrent.

New Exterior Lights

In July, we installed four new LED light fixtures on the exterior of our community building. They replaced outdated sodium light fixtures, two of which were not working. The old fixtures were 250 watts each while the new fixtures are 40 watts each. So we are saving 840 watts every hour they are on (dusk to dawn).

Land Use Redesignation Application - 300 block of 25th Avenue SW

I got a phone call on August 30, inquiring about the application to change the allowed height from a maximum of 15 metres to 24 metres in the 300 block of 25th Avenue SW. The caller wondered if he should be writing letters on this application. I told him that while there was an open house on this proposal on June 28, City staff are currently in the process of evaluating the proposal and that nothing more would be made public until after the civic election. The process is that City staff review the application and prepare a recommendation for Calgary Planning Commission to consider. Calgary Planning Commission in turn makes a recommendation to Council to consider at a public hearing which could be late this year or sometime in 2018. At that time we will be letting everyone know about that public hearing and encouraging people to write letters to City Council and potentially make a verbal presentation at the public hearing.

Civic Election All Candidate Forums

We will host our all-candidate forum for Ward 8 (the area west of 4th Street) on Monday, October 2. (We hosted the Ward 11 forum—the area to the east of 4th Street—on Monday, September 25). More details are elsewhere in this newsletter. Contact for these forums is cbmca.treasurer@gmail.com.

As of early September there are two candidates in Ward 8 and five candidates in Ward 11 (which has no incumbent running). In June, we started to contact the declared candidates. All five Ward 11 candidates confirmed attendance for the September 25 forum. However, at the time of writing, only one Ward 8 candidate has confirmed participation on October 2. One of the two candidates has declined to participate in our forum, claiming to be unavailable. We contacted that person on June 26 so there was lots of time to arrange to attend this forum. Incidentally, the candidate who declined to participate has been providing legal advice and representation for the landowner of the proposed spot upzoning in the 300 block of 25th Avenue SW. We encourage you find out the position of every candidate in Ward 8 and 11 on this proposal, and on other matters that affect you and the community, before the October 16 civic election.



EMBRACE GARDENING SERIES: "Fall & Early Winter"

with Janet Melrose - Calgary's Cottage Gardener

Wednesday, October 4, munch & mingle from 6:30 – 7, presentation and discussion from 7 – 9 pm

Sunalta Community Centre
1627 10th Ave. S.W.
Calgary, Alberta T3C 0J8

All are welcome and this event is FREE to everyone!
Donations gratefully accepted.

Civic Election 2017 All- Candidate Forum, Ward 8

Calgary's Civic Election will be on Monday, October 16. Our community is being split into two wards. Cliff Bungalow (west of 4th Street) will remain part of Ward 8, while Mission (east of 4th Street) will be part of Ward 11 as of election day. The community association has invited all candidates in both wards to attend all-candidate forums to assist voters in making an informed decision. The Ward 11 all-candidate forum took place in September, and the Ward 8 all-candidate forum will take place on:

Monday, October 2
Doors open at 7 pm
Forum starts at 7:30 pm

Cliff Bungalow – Mission Community Centre
2201 Cliff Street SW

Seating is limited, so come early.
We urge the election teams of the candidates to allow local residents to get seats.
There will also be limited standing room.

YOUR CITY OF CALGARY

The Responsible Pet Ownership Bylaw

The Responsible Pet Ownership Bylaw 23M2006 enables Animal & Bylaw Services to work with Calgarians to ensure that cats, dogs, their owners and neighbours live together in safety and harmony.

Under the bylaw, both cat and dog owners are responsible for licensing their pets at three months of age and for ensuring the pets remain on the owner's property. Cats are not allowed to roam and must be restricted to their owner's property. When off their owner's property, dogs must be under their owner's control. All areas in Calgary are on-leash except for off-leash areas that are designated by signs.

What is a Responsible Pet Owner?

Animal & Bylaw Services does not advocate limiting the number of pets or breed specific legislation. This is because we believe that poor animal behaviour results from a failed relationship between pet and owner. Therefore, Animal & Bylaw Services advocates responsible pet ownership based on the following five principles:

- License and provide permanent identification for pets.
- Spay or neuter pets.
- Provide training, physical care, socialization and medical attention for companion pets.
- Do not allow pets to become a threat or nuisance in the community.
- Procure your pet ethically and from a credible source.



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

Potlucks

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

Next potluck is Sunday, October 1, 6 pm. This is one week earlier due to Thanksgiving weekend the following week. November potluck will be Sunday, November 5, 6 pm.

Jazz Concerts

Featuring talented local artists playing in our historic venue.

- October 4 - Vocal jazz night with Johanna Sillanpaa
- November 1 - Saxophonist Rick Climans and his quartet

Doors open by 7:30 pm, music starts at 8 pm. We recommend you arrive early, enjoy a beverage and get a good seat.

Embrace Gardening Event

Wednesday, October 4 at Sunalta Community Centre, 1627 10th Ave. SW. Munch and mingle at 6:30, Janet Melrose's talk from 7 – 9 pm. All are welcome to this free talk, and donations are welcome.

Board Game Nights

Bring a Board game and some snacks. Cash bar. No entry charge.

Next Board Game night is Saturday, October 14, 7 pm. November Board Game Night is Saturday, November 18.

Prospect Trail Open House

Monday, October 30 – place and time to be confirmed... watch our website and social media. We will report on what we heard at the spring open houses.

Movie Nights

We are working on a new approach to these events. Stay tuned!

Civic Election All Candidates Forums

Cliff Bungalow – Mission Community Association will

host an all-candidate forum for Ward 8 (west of 4th Street) on Monday, October 2, doors open 7 pm, forum starts 7:30 pm.

Annual General Meeting

Wednesday, November 22 – note the date in your schedule. This is a fun event in which we celebrate our community.

History Book Sales

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

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

www.cliffbungalowmission.com

Deadline for Mission Statement submissions

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

BRAIN GAMES SUDOKU

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		5		9	1	7	3	
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	6	1	5	3		9		
		2	9					

FIND SOLUTION ON PAGE 25

The Mission Statement

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

Contact us

Cliff Bungalow - Mission Community Association
462, 1811 4 Street SW, Calgary Alberta T2S 1W2
403 245 6001

www.cliffbungalowmission.com

Look for us on Facebook, not to mention Twitter and Instagram (CBM_CA)!

We value your contributions

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

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

Missed the Eclipse?

If you missed the solar eclipse in August, not to worry! The next full solar eclipse is scheduled to cross North America on April 8th, 2024, and will cross from near Mazatlan, Mexico to Niagara Falls. This eclipse will also be partially visible from Calgary.



Cliff Bungalow - Mission Community Association Board List 2016 - 2017

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Jan Pugh	cbmca.facility@gmail.com
Secretary	Rick Williams	cbmca.secretary@gmail.com
Treasurer	Amanda West	cbmca.treasurer@gmail.com
Planning and Development	Sander Jansen	cbmca.development@gmail.com
Environment	April Vande Beek	cbmca.environment@gmail.com
Heritage	Marilyn Williams	cbmca.heritage@gmail.com
Social	Amanda Weightman & Kaeleigh Doherty	cbmca.socialevents@gmail.com
Communications	Jane Kubke	cbmca.editor@gmail.com
Directors-at-Large	Ken Hryciw Kate Zago	

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



THE CLIFF BUNGALOW - MISSION JAZZ SERIES PRESENTS



The Cliff Bungalow Mission Jazz Series October 4 2017

Tickets \$15 cash available at the door
(Seniors, Students and CBMCA members \$10)



8pm
doors at 7:30PM
2201 Cliff St. SW
cliffbungalowmission.com

Johanna Sillanpaa

Jazz under the Cliff with

The Johanna Sillanpaa Quartet Wednesday October 4, 8 pm Cliff Bungalow - Mission Community Centre

Cover: \$15 (Seniors, Students and CBMCA members \$10)

Doors open at 7:30 pm; Music starts at 8 pm

No reservations taken; rush seating only

We recommend that you come early, have a beverage and get a good seat

Johanna Sillanpaa - vocals
Sheldon Zandboer - piano
Kodi Hutchinson - bass
Tyler Hornby - drums

Jazz vocalist Johanna Sillanpaa returns to Cliff Bungalow - Mission on October 4. Her music is smart, soulful, and it's jazz! From modern jazz arrangements to catchy originals her latest musical statement 'From This Side' reached #1 on the Canadian National Jazz chart and is sure to captivate audiences everywhere. For more information on Johanna, please visit www.johannamusic.com.

Performance Schedule: 2017/ 2018

- October 4 - Vocal jazz night with the Johanna Sillanpaa quartet
- November 1 - Saxophonist Rick Climans and his quartet
- December 6 - Percussionist Robin Tufts and guests
- January 3 - Pianist Michelle Grégoire and her group
- February 7 - Guitarist John McRory and his group
- March 7 - Saxophonist Oliver Miguel and guests
- April 4 - Vocal jazz night with Deanne Matley
- May 2 - Bassist Rubim de Toledo and guests
- June 6 - Season conclusion with the Jazz Winds Composers Collective

SNEEZE AND BE MERRY!



In a number of cultures around the world, the response to a sneeze is typically to wish God would bless the sneezer, or to wish the sneezer health and long life. And the usual responses are to say thank-you or to excuse oneself for the sneeze.

CLIFF BUNGALOW - MISSION



JOIN US

COMMUNITY POTLUCK DINNER

SUNDAY, OCTOBER 1, 6 PM

COMMUNITY HALL

2201 CLIFF ST. SW

Come with friends & family and bring a dish to share with your neighbours.

For more info: cbmca.social@gmail.com



Post it!

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

See something interesting in the 'hood?

Take a photo and post it to **Instagram** (with the hashtag **#cbmca**) or to our **Facebook** page. It can be anything:

- a selfie of you and friends at a 4th Street eatery? **Post it!**
- a cute dog? **Post it!**
- birds at your backyard feeder? **Post it!**

#cbmca



MEMBERSHIP AFFINITY PROGRAM

Use your membership card to save!

Did you know that you can save money by showing your Cliff Bungalow – Mission Community Association membership card at local businesses? The shops and restaurants listed below offer discounts and special offers to CBMCA members. Just show your up to date membership card!

- **Clear Float Spa:** 105, 1800 – 4 St SW, 10% discount (except for the Theta Membership)
- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **Expedia Cruise Ship Centres:** 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package
- **Famoso Neapolitan Pizzeria:** 105, 2303 – 4 St SW, 10% off food and beverages
- **4th Street Liquor & Wine:** 1809 – 4 St SW, 10% off all items
- **Landmark Centre Second Cup:** 506 – 17 Avenue SW, free upsize on beverages, every Sunday CBMCA member seniors get a free small coffee or tea with purchase of a baked item, 10% discount on catering order, free delivery with purchase over \$50.
- **Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders
- **Mission Insurance:** 305, 2204 – 2 St SW, 587-317-2040, \$25 to \$50 Visa/MC Gift Card with purchase of life, health, disability or travel insurance. (new membership affinity supporter)
- **Momentum Health, Mission:** 909, 2303 – 4 St SW, 25% off initial assessment (includes message), 15% off all products they sell, free gait assessment.
- **Peking Dragon:** #105, 601 – 17 Ave SW, 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
- **The Tech Shop:** 2424 – 4 St SW, 10% off regular priced footwear / accessories, 15% off regular priced apparel
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)
- **Yann Haute Patisserie:** 329 – 23 Avenue SW, 10% off their patisseries.

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."



Food and Yard Waste Collection Services for Apartments and Condos coming

Starting Nov. 1, 2017 multi-family buildings like apartments and condos must separate food and yard waste from regular garbage for composting or diversion. This is also the case for businesses and organizations, including the Cliff Bungalow – Mission Community Association.

Similar to multi-family recycling requirements, building owners or managers will be responsible for setting up a food and yard waste diversion program, which does the following:

- Provides on-site storage of food and yard waste.
- Makes sure there are enough containers to hold food and yard waste between collection days.
- Accepts all food (raw and cooked):
 - Plate scrapings
 - Eggshells and dairy products
 - Meat, fish, shellfish and bones
 - Jams, sauces, salad dressing and cooking oil
 - Fruits and vegetables
 - Pastries, cookies, cakes and muffins
 - Bread, noodles, rice, bean and grains
 - Nuts, seeds, chips, popcorn and candy
 - Coffee filters and tea bags
- Accepts yard waste:
 - Leaves
 - Branches and prunings
 - Plants and weeds
 - Grass clippings
- Arranges for food and yard waste to be collected for composting or another means of diversion.

More details can be found on the City's website calgary.ca or by calling 311.

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BEFORE & AFTER RENOVATION PROJECT



BEFORE



AFTER



BEFORE



AFTER



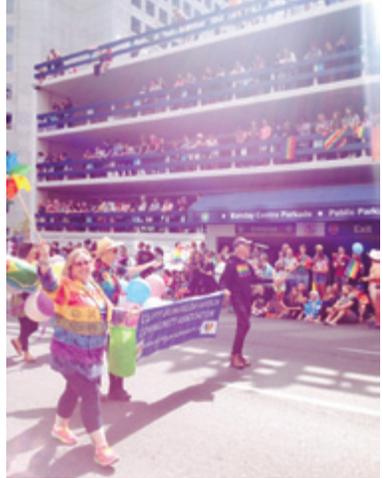
BEFORE



AFTER

Free Estimates 403.256.9282

www.jacksonandjacksonlandscaping.ca



Pride Parade 2017

We took to the streets with the community banner for the Pride Parade on September 3. We were one of over 150 entries, but as far as we know, we were only one of two community associations entered. There were thousands and thousands of jubilant spectators, and a fantastic atmosphere prevailed. We couldn't be prouder of our welcoming and diverse community. Thanks to Amanda and Bob for all the organizational work.

Linda Johnson
FOR CALGARY WARD 11



As your councillor I will:

- ✓ Hear you through honest, meaningful conversations.
- ✓ Live within our economic means without raising taxes or fees.
- ✓ Maintain our thriving neighbourhoods and ensure city services are there for all Ward 11 neighbours.

lindajohnson.ca @lindajohnsonyc

Cliff Bungalow - Mission Community Association

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



Membership Form

(Please Print Clearly)

Name (1) _____

Name (2) _____

Name (3) _____

Street Address _____

Suite/Unit # _____ Postal Code _____

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

Email (1)* _____

Email (2)* _____

Email (3)* _____

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

New ____ or Renewal ____ If Renewal, provide your Card# _____ Purchase Date _____

*Your e-mail addresses will be used by CBMCA to inform you of community events and important community matters

TIME TO RENEW YOUR MEMBERSHIP

Our membership year is AGM to AGM. The AGM was on Wednesday, November 23, 2016, so if you have not renewed your membership, now is the time to do so.

You do not get a new card every year. The plastic membership card is permanent. You get a new date sticker when you renew your membership.

Having a CBMCA membership has become more popular partly because of the Membership Affinity Program. All you have to do is show your up-to-date membership card to obtain discounts. See details of this program elsewhere in this newsletter.

To purchase or renew your membership, just fill in the membership form elsewhere in this newsletter and send it in with your cheque to the address on the form.



Dear Great News Publishing,
Please **DO NOT** run my ad next month. My ad has been **WAY TOO EFFECTIVE**. My phone won't stop ringing with people saying they saw my ad in the newsletter. Now I need to hire more people to keep up with all my new customers! I'm amazed at how well this worked!

Thanks for all your help,
Sincerely,
Laura

Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

403-263-3044

sales@great-news.ca

*Actual customer experience.



Make an Informed Choice

On October 16, Calgarians will cast votes to elect their mayor, city councillors, and school board trustees. To help you get to know the candidates better, Calgary Public Library has invited all candidates to respond to a few questions about the Library, books, and reading. Visit calgarylibrary.ca/election to read candidates' answers. Arm yourself with the information you need to make an informed choice that will help create a strong, vibrant Calgary.

Forest Lawn Library Nature Playground

Calgary Public Library's first outdoor Early Learning Centre is now open at Forest Lawn Library! The nature playground is designed to help Calgary's kids learn and develop foundational skills through play. It's a fully accessible space with special features and movable elements to encourage creative play and exploration.

Early Learning Centres at Calgary Public Library are vibrant and interactive spaces for children ages zero to five to engage in play-based learning. Check out the new Early Learning Centre inside Saddle Towne Library, and visit Early Learning Centres at Central, Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries.

Free Access to Newspapers and Magazines

Did you know your Calgary Public Library card gives you free access to thousands of newspapers and magazines? Read more than 7,000 publications from 120 countries in their image-rich original layout at calgarylibrary.ca/resource/www-pressreader/ or by using the **PressReader** app when visiting any of our Library locations.

VOLUNTEERING....
Good for the Soul

Guides Canada **BLACKFOOT DISTRICT**



Cookies, cookies, cookies!!!! We love cookies!

- If it's October then it must be yummy chocolaty Girl Guide mint cookie time! Please support our girls by buying a box when they come to your door or if you see them at a retail location. Your generous support makes our activities possible.
- Looking to join in on all the fun, games, friendships and new experiences that Girl Guides has to offer!
- **REGISTRATION FOR YOUTH & ADULTS IS ON GOING - Don't wait, go to www.girlguides.ca and join today!**
- The Sparks are spending time getting to know each other. They are enjoying the changing seasons with neighbourhood walks, going to District Swim and busy with crafts, songs and activities to match the fall colours.
- The Brownies are dancing around the toadstool! October will be busy with outdoor explorations, cookie selling, working on badges and Halloween activities.

- The Guides are set for action! Badge work, cookie selling, active living, service projects and camping are on the agenda.
- Pathfinders, Rangers and Trex units started off September with camping and campfires. In October, they will be attending Nite Trek camp, working on service projects and selling cookies.
- Guiding is a great place for women to connect with other women and to share their talents and knowledge with the youth of our community. We are looking for women aged 18yrs and older who would like to experience mentorship and friendship by volunteering a small amount of their time to becoming leaders. No previous experience required!
- Guiding is a great place to grow lasting friendships and experience new opportunities no matter what your age. Why not give us a try!

Girl Greatness Starts Here

Never Alone: How Spiritual Ideas Work In Us

An Inspirational Public Event

Lecture presented by Melanie Wahlberg, CS from California

Friday October 27, 2017-7:30 PM

Jesus Loves You Society, 240-15 Ave SW, Calgary

For info: 403-209-0012 christianscience.ab.ca

Admission is Free - All Welcome



MISSION COMMUNITY GARDEN UPDATE



by Georgina Jameson, Mission Community Garden Coordinator

The Mission Community Garden has two designated garden spaces where we grow produce for charity. Gardeners assist in digging, planting, weeding, watering and harvesting. We planted garlic and carrots this season.

We planted the garlic last fall. The garlic leaves had already started to dry off in mid August indicating they were ready to harvest, so the call for volunteers went out. The volunteer crew pictured dug the garlic and dried it off before taking it to the Food Bank.

Our carrots were planted this spring in the second garden. We harvested them a bit early this year to avoid the voles and squirrels sampling them. Our carrots were taken to the Food Bank as well. We will also be harvesting potatoes and beets, which we will donate as well.

It's very rewarding to take our fresh vegetables to people in need. Thanks to garlic harvest volunteers: Tammy, Nic, Kristy, Jane, and Kate, and carrot harvest volunteers: Sheila, Whitney, Sandra, David, Diana, Fadia, and Hassan.

Editor's note: A giant thank you to Georgina Jameson—pictured on this month's cover—for her expert and tireless coordination of the Mission Community Garden. As one harvest volunteer put it: "What Georgina doesn't know about gardening is not worth knowing!"

The Mission Community Garden has 52 members and a few garden plots turn over and become available every year to interested gardeners on a first-come-first-served basis. For more information about the Mission Community Garden, please contact Georgina at cbmcomissiongarden@gmail.com. For information about the Cliff Bungalow Community Garden, please contact Lynn at cliffbungalowgarden@gmail.com.

Photo credits: Sandra Walker and Tammy Taylor





Who Is My Keeper?

By Robin McLeod

If you have been away over the summer months no doubt you may be surprised at the extent of construction occurring west of Calgary on both the Elbow River and Fish Creek. Construction close to town is not all that is happening, however. A trip down the Elbow River is revealing.

You may not agree with my thoughts or my analogy; that's OK. My intent is to provoke thought about the trickle running through the backyards of our City to the meandering blue ribbon travelling 120 km from its source in the mountains, through the foothills, across the prairies, under a dam, past homes, pathways and parks and on to Fort Calgary and the Bow River.

We begin in the headwaters where forest management agreements cover 29% of the Elbow source watershed. Oil and gas operations can be found while off-road vehicles take advantage of bush roads and seismic lines to penetrate deeper into the backcountry. These activities lead to linear fragmentation of the landscape contributing to erosion, increased rates of surface water runoff, sedimentation of rivers and creeks and easier prey access.

Moving further downstream farmland is interspersed with communities relying on groundwater-fed wells and septic fields to deal with the dirty stuff. The proliferation of ranchettes, the 2-to-5-acre homesteads, who bring their urban aesthetic to the country (manicured, herbicided, cut, irrigated green grass) plus a proposed shopping mall create a band around the western edge of Calgary – urban sprawl at its worst.

Overtop of this fragmented landscape are 2 major construction projects; the southwest ring road now underway and the likely-to-be approved Springbank Dry Dam. Both projects include filling in wetlands, channelizing and straightening the Elbow River and adding more riprap.

Once in the City, the flow of the river is managed and is but a trickle currently. Into this shallow, slow moving river 85 storm sewers unload untreated surface water runoff containing all sorts of nasty stuff into the Elbow River. Since August 2016 the Elbow River from below the Glenmore Dam to the confluence with the Bow River has been under an Alberta Health Services

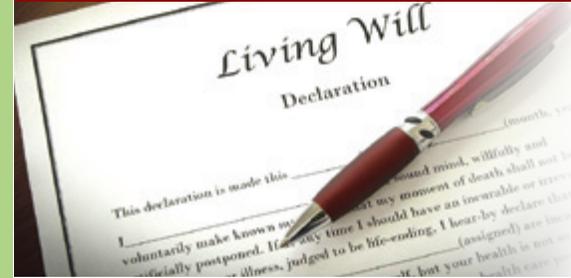
advisory due to bacterial contamination i.e. excessive E. Coli counts. Within the City riverbanks are replaced by riprap, stonewalls and a myriad of bioengineering projects (a mixture of hard and soft river bank protection) while more and more larger developments proceed along the River's edge.

What is the impact of all these incursions on the Elbow River? I would like to imagine the same thing happening to my body. I go to the barber and without my permission and over time up to 29% of my hair is shaved off with a few deep nicks, here and there. The sunburnt, flaking skin, bug bites and winter cold are intolerable. Blood and raindrops dribble off my shiny pate, down my neck, into my eyes and off my nose. The intravenous I receive is contaminated which is particularly serious as my kidneys, the cleaners of my blood, are compromised. I am down to one. Thank goodness for dialysis. My broken bones are slightly offset but the offsets are so minimal that I have been assured that my athletic performance will not be affected. Oh, but my arteries are clogged. A stent and quadruple bypass appear to have solved the problem in the near term, at least. My stomach feels off and my skin so patchy I look like a Mesopotamian mosaic art piece, although not nearly as beautiful. My prognosis is not promising for a long and healthy life.

If we consider all of which is occurring in the Elbow River watershed would the prognosis be similar to the bleak outlook above? Of course, zero development, like youth-for-ever, is not realistic. But if we look at the cumulative impacts of all the completed, yet-to-be completed and proposed projects on the overall health of the Elbow watershed and its river ecosystem would our actions be different? Would our focus be broader and more long-term? Would we have more respect? I would like to think so. We should be honouring the watershed and the river that provides almost half of Calgary with its drinking water. After all, without water we all perish.

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at S2Gplusinfo@gmail.com. Follow us on facebook.com/S2Gplus.

DOLLARS & SENSE



Become Familiar with Wealth Transfer Strategies

by Toddy Kam, CFP®, CFA

To retire comfortably, you need to save and invest regularly using an effective savings and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer strategies.

An effective wealth transfer strategy can help you accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes. You can explore a variety of wealth transfer tools, including the following:

- **Gifting** — Gifting your assets to your adult children can help minimize the size of your estate, reducing the tax burden at death. This could also potentially lower probate, executor and legal fees. Be careful when gifting property (including cash and securities) to a spouse or minor child, as income attribution rules may apply, causing income earned on the gifted property to be taxed in your hands.
- If you donate securities with a capital gain to a registered Canadian charity then there is no tax payable on the capital gain, and you get full credit for the donation, up to the standard charitable deduction limit.
- **Will** — A will is simply a plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets should be distributed — and there's no guarantee that the end result would be what you would have chosen.
- **Beneficiary designations** — Many of your financial assets — including life insurance policies, RRSPs and TFSAs — allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding the sometimes time-consuming, expensive (and public) process of probate. It is essential that you periodically review these designations to make sure they reflect your current wishes and that they do not conflict with the terms of your will.

- **Trusts** — Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. For example, an inter vivos trust can help you leave assets to your heirs without going through probate. You can also structure the trust to stagger payments over a number of years, rather than all at once, or include other restrictions or incentives. A testamentary trust, created in your will, can allow your heirs to effectively income split with the trust, potentially decreasing overall taxation.
- As you can see, trusts are versatile instruments — but they are also complex. Consequently, you'll need to consult with your tax and legal advisors regarding your particular situation.
- **Permanent Life Insurance** — When building an estate for your heirs, you have typically considered both registered and unregistered investment accounts as your principal sources of accumulating wealth. Permanent life insurance can be used to effectively accumulate wealth and pass it along to children or grandchildren, typically in a very tax-efficient manner.
- All the wealth transfer techniques we've looked at will require some careful thought and preparation on your part — so don't wait too long before getting started. Time has a way of sneaking up on all of us — but it's especially sneaky when we're unprepared.

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

HIGHER STATES: GLENBOW MUSEUM, OCT. 7, 2017 – JAN. 7, 2018

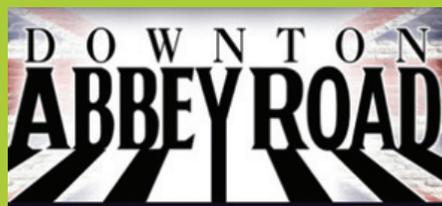
Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info glenbow.org.



DOWNTON ABBEY ROAD – JUBILATIONS DINNER THEATRE,

NOV. 3, 2017 – FEB. 4, 2018

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—The Beatles. More info jubilations.ca.



VINTAGE REDEFINED MARKET

– 1390 17 AVE S.E.,
NOV. 3 & 4

Vendors from Calgary to various parts of Western Canada bring you everything the vintage and antique market has to offer! Over 25,000 sq ft of vendor space featuring: true vintage, collectibles, re-purposed, reclaimed, oil & gas, jewelry, antiques and more! More info eventbrite.ca.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Peace by Piece Christmas Marketplace – Cormack Hall, 903 75 Ave S.W., Nov. 4

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info facebook.com/peacebypiecemarketplace.

A Night of Chicago Jazz featuring Ramsey Lewis – Jack Singer Concert Hall, Nov. 17

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. More info artscommons.ca.

Moscow Ballet's Great Russian Nutcracker – Jack Singer Concert Hall, Nov. 18

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More info artscommons.ca.

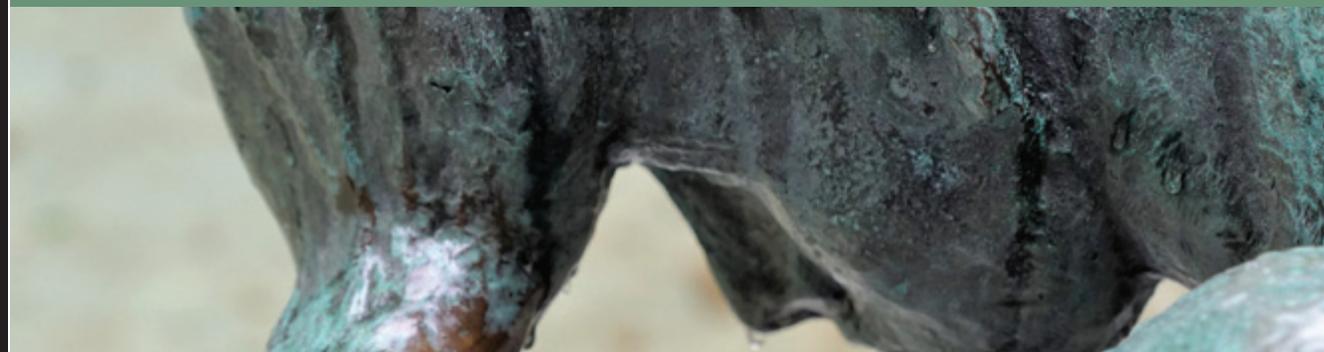
Murder Mystery Dinner Theatre: Clue: Murder is NOT a Game! – Fort Calgary, Nov. 17

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info fortcalgary.com.

Professional Bull Riders at the Agrium Western Event Centre, Stampede Park – Nov. 24 & 25

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info pbrcanada.com.

TAKE ON WELLNESS



5 Simple Ways to Ease Migraine Pain

by Dr. Alma Nenshi, Family Chiropractor

Most people associate migraine headaches with intense throbbing head pain lasting several hours to days, and sometimes accompanied by nausea, vomiting, visual disturbances, vertigo and sensitivity to lights, scents and sounds. Migraines are actually the result of increased electrical activity in the brain. Neurologically, they uniquely affect sensory perception and motor control of the body and can include a variety of symptoms that may or may not even include a headache.

So, what are some common stresses that trigger migraine headaches?

- Neurological stresses like excessive sensory stimulation from glare from the sun, loud noises, certain scents (whether pleasant or unpleasant), neck or head traumas, infections, intense physical exertion and chronic poor posture. Calgarians in particular are prone to headaches when their body can't adapt to the pressure changes from the Chinook winds.
- Chemical stresses include food triggers like red wine, caffeine, aged cheeses, chocolate, monosodium glutamate (MSG), dyes, pickled or fermented foods and nitrates found in deli meats. Skipping meals, fasting and hormone fluctuations may also cause migraines, as do certain medications such as acetaminophen, aspirin, non-steroidal anti-inflammatory drugs (NSAIDs), codeine, hydrocodone and birth control medications, just to name a few.
- Emotional Stress - Did you know over 90 percent of all chronic health challenges including cardiovascular disease, strokes, cancer, hormone imbalances, weight problems, accelerated aging, diabetes and neuro-degenerative diseases, are all related to the inability to deal with stress? Both getting too much or too little sleep can also trigger migraines.

Migraines need to be properly diagnosed by a health care professional. If you ever feel like you are experiencing the worst

headache of your life, it may be a medical emergency. Don't take any chances, contact 9-1-1 immediately.

Here are 5 easy ways to help you manage migraine symptoms at home:

1. Turn off your electronics! Constant, chronic low levels of electromagnetic stress impact brain and nervous system function. Migraine patients will find much relief from completely powering down their electronic devices (cell phones, computers, lights) and relaxing in a dark and cool room.
2. Drink some water! Staying hydrated has many health benefits, and for migraine sufferers, it can mean the difference between a manageable headache and a debilitating episode. Drink half your weight in ounces of water and non-caffeinated beverages everyday and don't forget to add an extra 2 cups of water for every cup of coffee you drink (yes this goes for decaf too!)
3. Smell some peppermint. Whether it's candy, essential oil or a peppermint teabag, a little at the start of your migraine will go a long way in helping to ease your symptoms.
4. Ice versus heat. Use heat to relax tense muscles in the early stages of your migraine before the throbbing starts. For a full-blown migraine, choose icing the affected areas for no more than 10 minutes at a time. Anything longer may trigger a reflex reaction that may increase the throbbing pain.
5. And now the best kept secret of all, when you have a full-blown migraine, soak your hands in hot water! This simple action will trigger your nervous system to direct blood away from your core, thereby easing the pressure and throbbing symptoms in your head and buy you time to get to your chiropractor for a proper assessment and treatment to ease your pain.

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thehomeofom.ca 403.910.1809
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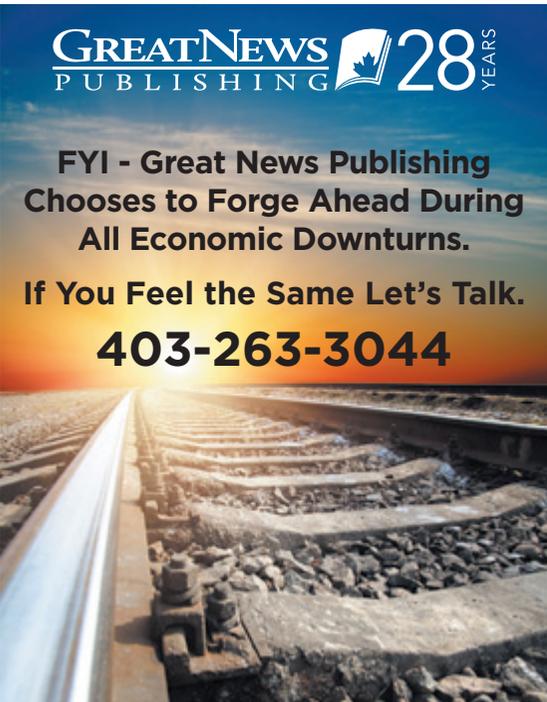


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FYI - Great News Publishing Chooses to Forge Ahead During All Economic Downturns.

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Halloween Hazards! Keeping Your Pet Safe



Calgary Humane Society
Connecting Lives

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy some sweet treats!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

- 1. Keep candy out of reach of pets!** Chocolate, artificial sweeteners and certain types of nuts are toxic to animals.
- 2. Set up a safe space!** Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
- 3. Leave Fido at home.** Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
- 4. Put a sign on the door asking trick or treaters to knock.** Many pets may react to the doorbell more than knocking.
- 5. Be cautious with your costume, especially if your pet is easily frightened.** Consider setting your pet up in a safe space before getting changed into your festive duds.
- 6. Be careful with Fido's costume.** Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
- 7. Do not allow your cats to roam.** A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
- 8. Looking for more tools to help a stressed out pet at Halloween?** Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Did you know that one of the primary roles of a school board trustee is to act as an advocate for students? An advocate is defined as someone who publicly supports or recommends a particular cause or policy. School board trustees act as advocates for students and education in some of the following ways.

Advocating for important education issues. There are core provincial educational standards and funding formulas common to all school boards, but our local school board decides how to best meet local education needs. It's also our board's responsibility to lobby the province and others who need to know about our community's educational interests and concerns. We don't have the power to tax local communities, but we do decide within certain parameters how the money gets spent. We also make decisions on the direction and quality of local education, independent of the provincial government.

Advocating for schools where students live. We also advocate for supports and funding to meet the needs of the students we serve. Capital funds are for building schools, modernizing schools and adding or relocating portable classrooms. School boards submit three-year capital plans. To qualify for capital funding, we must meet eligibility criteria.

Advocating for open communication with the public. Trustees are responsible to voters in the communities they serve. This accountability includes ensuring that the public is aware of what the board does, the jurisdiction's accomplishments in education, and that good public education is crucial to the economic and social health of a community.

Advocating for students, in partnership with parents. It is essential that school boards partner with parents to ensure children are provided with the best possible educational opportunities. We believe in the importance of the parental voice and we involve our parents and school communities by informing them and working with them on important areas of advocacy, such as we did with the Municipal Government Act. We also encourage all parents/legal guardians to play an active role with their child's School Council.

BRAIN GAMES SUDOKU

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

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Ask Charles

My townhouse is listed for sale. There was a showing earlier today, and I found out those “buyers” just viewed my home to see it as a comparable for their own listing. Is that allowed?

The short answer is, no, it shouldn't be.

When you list your property for sale, you expect that showings of your property are to potential buyers. Unless a buyer or the buyer's representative discloses it to you beforehand, any other reason for a showing is dishonest through omission.

Real estate professionals have a requirement to be honest with their clients and with third-parties. That means that a buyer's real estate professional has to be honest with you and your real estate professional.

It is reasonable for you to expect that buyers booking a viewing of your property are doing so with the potential for purchasing the property. If their reason is different, then it is reasonable for you to expect them, and their agent, to be up front about it.

No one wants to have to keep their house in show-home-ready condition, and vacate the premises for a showing unless there is real potential the buyers are interested in buying. This may be particularly true if you have a young family and leaving at the spur of the moment for last-minute showings or showings at bedtime are particularly inconvenient.

There are also things you can do – and discuss with your agent – to lower the likelihood of showings for ulterior purposes. You can ask your agent to not allow viewings from people who don't appear to be serious buyers. For example, this may mean your agent asks buyer's agents to only bring buyers who are pre-approved for a mortgage.

As the seller, you control the process buyers must go through to view your property. If you want to set specific times during which viewings are allowed, you can. If you want to only admit buyers who are pre-approved, you can. Ensure your agent writes those instructions in the listing.

Remember, though, sometimes buyers come when you're least expecting it – and any attempt to reduce showings or limit availability for showings may be detrimental to your listing.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



King of Hobbies & the Hobby of Kings



Stamp collecting started with a Young Queen Victoria of England of the British Empire, later the British Commonwealth.

A member of the British Parliament was at a post office, where mail was sent and received with the receiver paying the rate charged to deliver a letter. A woman came in to see if there was any mail for her. The postman found a letter and asked for the money to pay for delivery. She examined the envelope and returned it. The Member of Parliament, Roland Hill, stepped forward and offered to pay the rate, but the woman thanked him, but refused to allow payment.

As she left the Post office, Mr. Hill followed her and asked why she refused his offer. The lady was embarrassed and told him that the letter was a sign that her brother was alive and fine, thus she did not need to pay. Roland Hill then considered that many people probably had some way to not pay for delivery. He then proposed that there should be a better and more efficient system. He researched the system and came up with a plan to have the mail paid by the sender.

He convinced the government and after much discussion it was discussed to use a universal rate inside England for all mail. He devised an adhesive stamp bearing the picture of Queen Victoria to be placed on an envelope for a letter. It was decided that the mail rate would be determined by weight with 1 English penny (about 2 cents) per ounce. The stamps were printed on sheets of 100 which were separated by cutting with scissors. Therefore, the first postage stamps were without perforation. Perforation machines were then developed. The sheets were then changed to be a red color for the penny rate and after that other stamps in different denominations were used to handle larger and heavier mail.

Other countries followed this featuring their monarch/leader's pictures. Gradually all countries joined a Universal Postal Union to regulate rates between countries. Countries found the opportunity to tell stories on the stamps of their homeland and promote their parks, animals, historic figures and more.

Canada has told the story of our history on stamps. This year we celebrate 150 years as a self-governing country. Our first Prime Minister, John A. MacDonald was first along the Fathers of Confederation.

The Calgary Philatelic Society, and the British North America Society-Calgary are clubs for those who are interested in the wonderful hobby of philately.

Adopting a cat or dog

Adopting a cat or dog from Animal Services helps reduce the number of homeless pets in Calgary and provides a loving animal with a forever home. When you adopt a cat or dog you are giving that animal a new start.

Why should I adopt from Animal Services? There are many reasons, including:

- Adoption provides a healthy, loving cat or dog with a home.
- You are reducing the number of homeless cats and dogs in Calgary.
- You get a lot of value for your money (see above).
- All animals are checked by a veterinarian for health and behavioural problems.
- Qualified Animal Health Technologists advise you throughout the adoption process.
- Volunteers work with the animals to keep them happy and socialized during their stay at the Animal Services Centre.

The Animal Services Centre is located at: 2201 Portland Street S.E. To contact us for general information, questions or to report a bylaw infraction by phone, please call 311.

From <http://www.calgary.ca/CSPS/ABS/Pages/Animal-Services/Animal-Services-Centre.aspx>



What to Do About Unwelcome Junk Mail



While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in. Updated at the end of 2016, the bylaw promotes good neighbour relationships and addresses community concerns by regulating noise, fire pit use, untidy properties, weeds and grass, graffiti—and nuisances such as flyers.

One of the areas updated in the 2016 review refers to flyers, including non-commercial flyers. If you have a 'no flyer' sign visibly posted at your home, it's a violation of the bylaw to deliver flyers to your door. With the municipal election just around the corner, you should be aware that election advertising is exempt from this bylaw along with newspaper subscriptions, community newsletters and information provided by government and elected officials.

For more information, visit calgary.ca and enter Community Standards Bylaw in the search bar. If you do continue to receive flyers despite having a 'no flyer' sign at your home, you can call 311 or submit a service request using our 311 app or on The City's web site.

Follow these three steps for collecting and setting out yard waste for pick-up



1. Fill your green cart with leaves and other yard waste like old annuals, vegetable plants, pine cones, etc.



2. If your green cart is full, use paper yard waste bags. Be sure the bags are rolled up and can be easily lifted.



3. Set extra yard waste bags at least 30 cm (1 ft.) to the side of your cart.



Cliff Bungalow - Mission Real Estate Update

Last 12 Months Cliff Bungalow MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$977,000	\$944,500
July 2017	\$1,095,000	\$1,065,000
June 2017	\$999,500	\$960,000
May 2017	\$1,607,450	\$1,550,000
April 2017	\$0	\$0
March 2017	\$1,174,950	\$1,101,000
February 2017	\$1,700,000	\$1,600,000
January 2017	\$0	\$0
December 2016	\$0	\$0
November 2016	\$0	\$0
October 2016	\$0	\$0
September 2016	\$862,495	\$822,625

Last 12 Months Mission MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$324,900	\$316,500
July 2017	\$329,900	\$312,500
June 2017	\$452,000	\$425,250
May 2017	\$382,450	\$379,250
April 2017	\$296,900	\$289,900
March 2017	\$359,900	\$345,000
February 2017	\$335,000	\$332,000
January 2017	\$319,900	\$306,250
December 2016	\$389,450	\$375,250
November 2016	\$342,450	\$319,000
October 2016	\$0	\$0
September 2016	\$339,987	\$300,000

To view more detailed information that comprise the above MLS averages please visit cliff_bungalow.great-news.ca or mission.great-news.ca

Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.



Impacts of Blue Light and Screen Time

What is blue light?

Blue light is also known as high energy visible (HEV) light. Aside from sunlight, the most common sources of blue light today come from digital devices such as smart phones, tablets, computers and TVs. Other sources include fluorescent lamps, and LED lights. Blue light's high energy penetrates into deeper layers of the eye compared to other colours of lower energy.

How does blue light impact you?

1. Digital eye strain may develop gradually. Increased problems with blurred vision, dryness, slow focusing between near and far objects, headache, neck and shoulder pain are symptoms of computer vision syndrome. Research indicates that eye coordination disorders and increase in myopia (nearsightedness) are linked with prolonged digital eyestrain.

2. Studies suggest long term exposure to blue light and UV light from a young age may increase risk of cataracts and age related macular degeneration later in life.

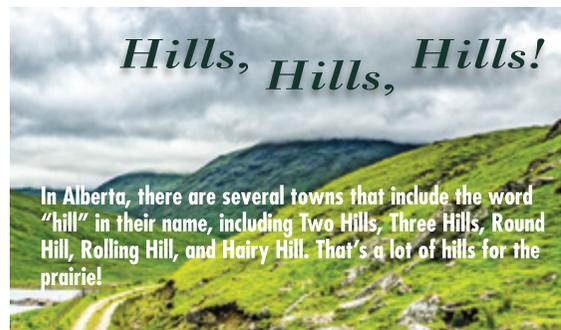
3. The natural release of melatonin is suppressed by blue light, thus increasing alertness to the brain and disrupting sleep patterns. Limiting screen time before bed may help those who have problems sleeping.

Device advice

Since digital screens are unavoidable for many in the schools and workplace, eye doctors and Canadian pediatricians provide guidelines to parents and children:

- Limit screen time for children to 2 hours per day and follow the 20/20/20 rule.
- Infants and toddlers under 2 years of age should have zero screen time.
- Avoid "text neck." Children unknowingly bring the screen too close when concentrating.
- No digital devices in the bedrooms, to avoid affecting sleep patterns.
- Visit your optometrist to determine if glasses with blue blocker filters are needed to ease digital eyestrain.
- Develop ground rules with your family to keep digital device use at safe levels.

*Dr. Dianna Leong, Optometrist
www.healthychildren.org/mediauseplan*



In Alberta, there are several towns that include the word "hill" in their name, including Two Hills, Three Hills, Round Hill, Rolling Hill, and Hairy Hill. That's a lot of hills for the prairie!



American Kestrel: Small Acrobatic Gliders

Article by Katie Fisher

Photo by Andrea Hunt

Gliding to the left and right, the American Kestrel keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs.

Fun Facts:

- These raptors rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment to make their home.
- Your backyard could become a suitable home for the Kestrel but it won't be in a regular birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise could provide a suitable home for a feathered family.
- They may repay you by keeping pesky rodents out of your yard!
- Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders as well as small vertebrate prey such as mice, voles,

shrews, songbirds and occasionally, frogs, snakes and small lizards.

- Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels.
- One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.
- This raptor can also be the hunted: as the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

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For more information, visit calgary.ca/afterschool.

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You're invited to join more than 2,000 people that have signed up for Citizens' View, Calgary's online panel. Citizensview.ca makes it easier for Calgarians to share their input anytime, anywhere through online surveys and discussions.

As Citizens' View continues to grow, The City is working to make sure that they hear from people of all ages and areas of Calgary.

"Creating an even better Calgary takes all of us—not just government," said Mayor Nenshi. "Citizens are the key to improving our communities and creating the best programs and services for our city. Calgarians are the experts in their lives and I encourage them to share their thoughts about life in Calgary by signing-up at citizensview.ca."

The City hopes to attract more than 4,000 people that reflect Calgary's diverse population. Members can expect to receive surveys once or twice a month, join online discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizen's View at citizensviewcalgary.ca.



MP Calgary Centre
Hon. Kent Hehr
950 6 Ave SW Calgary, Alberta T2P 1E4
✉ kent.hehr@parl.gc.ca
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With the ground breaking of Line 3 pipeline in Hardisty in August of this year, and the approval of Kinder Morgan's TMX expansion last year, we are moving forward in building this country for generations to come.

For too long now, Canadian middle-class families have found it hard to get ahead. That's why our government has a plan to grow the economy and strengthen the middle class. Canadians know that the environment and the economy go hand-in-hand. Our government has made a commitment to restore the confidence of Canadians in our natural resources development.

Our government is moving ahead with making smart, necessary investments. We've lowered taxes for 9 million Canadians, and introduced the Canada Child Benefit which will help 9 in 10 families to be better off. We've increased the Guaranteed Income Supplement for almost 1 million single seniors, and reached an historic agreement to strengthen the Canada Pension Plan to help provide Canadians with the strong, secure and stable retirement they deserve.

Moreover, our government is doing the hard work in partnership with provinces — through pricing carbon pollution, through the climate change plan, and through making the most significant investment ever to protect our oceans and coastlines — creating the conditions that will allow us to get our resources to market safely and sustainably.

If you'd like to read more, please visit my website at the below address.
www.KentHehrMP.ca/Pipelines

I am proud to be able to be an ally to the community and work with Canadians as your Member of Parliament in supporting good public policy. As always, my door is open to you. You can subscribe to e-updates online through my website at www.KentHehrMP.ca/ email-updates, come by my office at 950-6 Ave SW, call at 403.244.1880, or send me an email at kent.hehr@parl.gc.ca.



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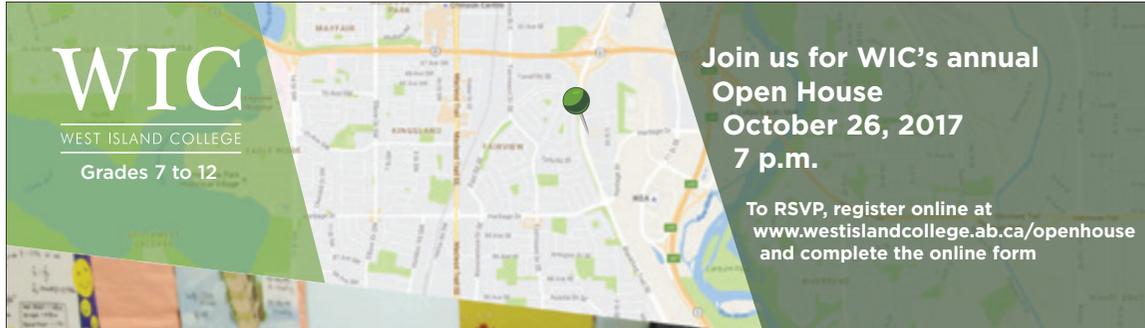
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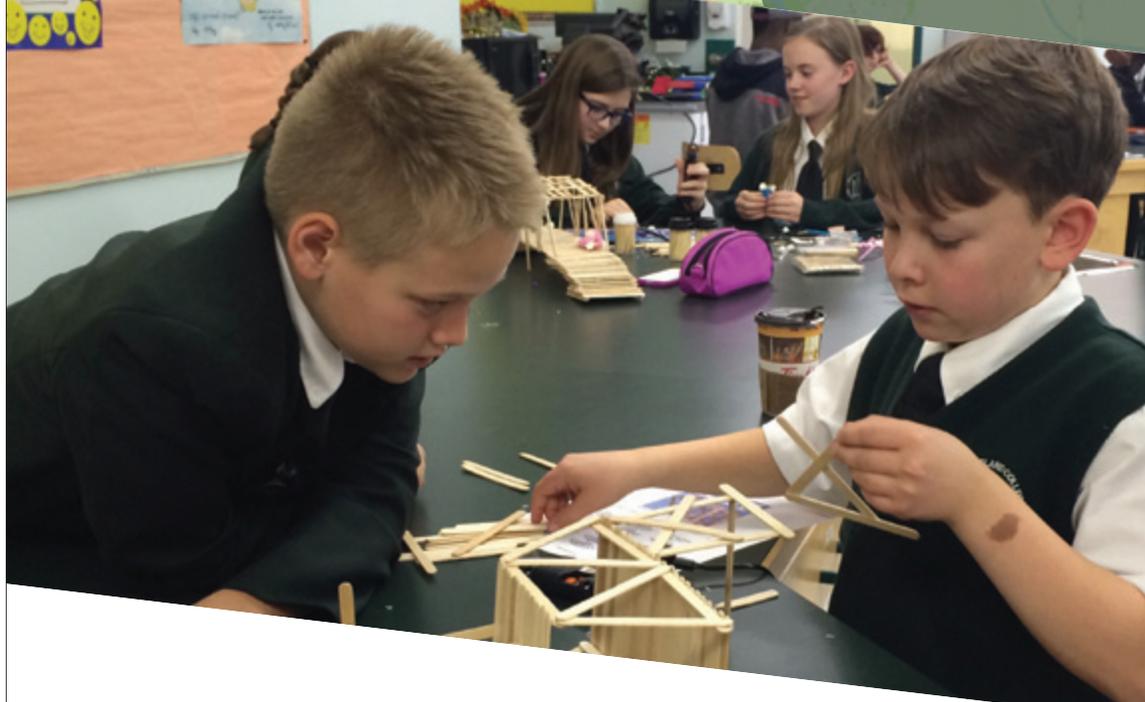
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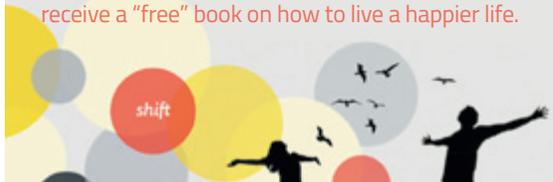
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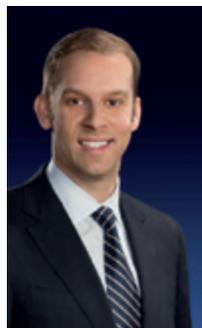


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