

THE MISSION

OCTOBER 2016

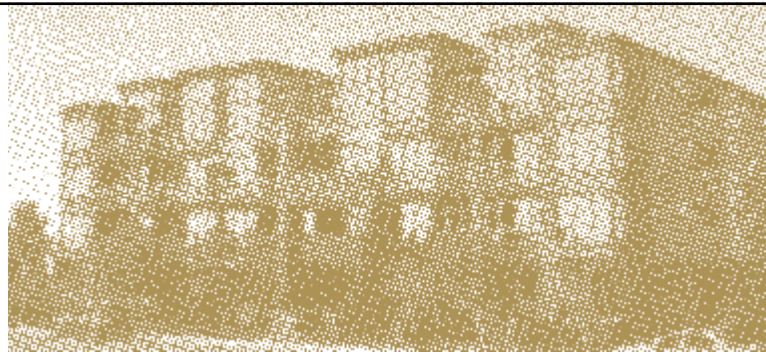
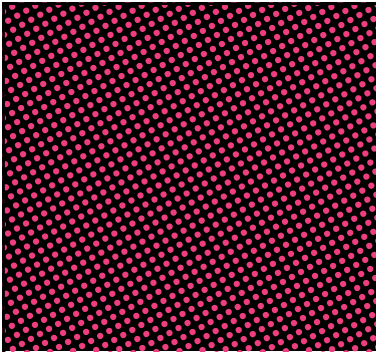
STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





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CONTENTS

President's Report	5
CBMCA AGM	5
Judith Theroux	9
Jazz Under the Cliff	15
Swimming in the Lower Elbow River? Think Twice!	18

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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.



Cliff Bungalow - Mission Community Association Board List 2015 - 2016 As of May 31, 2016

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
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Heritage	Marilyn Williams	cbmca.heritage@gmail.com
Social	Amanda Weightman	cbmca.social@gmail.com
Communications	Spencer Perry	cbmca.editor@gmail.com
Directors-at-Large	Ken Hryciw Kate Zago	

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



PRESIDENT'S REPORT

Casino Net Proceeds Received

We have received the net proceeds from our June 15 and 16 casino. The amount received was \$67,612.62. This is down from the \$74,190.24 received from our August 2014 casino. There has been downward trend this year which appears to be the result of the economic downturn.

The proceeds from all casinos held during a quarter are pooled and each group having a casino during that quarter receive an equal share. There are two parts to this pooling. One part is the proceeds from the tables at all casinos in Calgary which is the part our volunteers help manage during our two-day event. The second part is the proceeds from all casino lottery terminals in Alberta.

We thank everyone who volunteered for our casino. This is the biggest fundraiser available to us. Our next casino will be during the first quarter of 2018.

CBMCA Board Update

Spencer Perry, our Communications Director, will be stepping down at our Annual General Meeting being held on November 23rd. He is moving to Vancouver to a new job. We want to thank Spencer for his contributions to this community and wish him all the best in his new job.

So this means we need to recruit a replacement for Spencer. The key components of this position are:

1. Manage the content and publication of our monthly newsletter
2. Manage social media communications with the community
3. Manage the website

This is a key position on our Board. This person does not do all the work. For example, most of the community content in this newsletter is provided by others. This person liaises with those contributors, edits the content and liaises with the publishing company Great News who do the layout, printing and distribution.

If you are interested in exploring taking on this important role, please contact me at cbmca.president@gmail.com. Spencer is willing to help you get started.

New Membership Affinity Supporter

We are very pleased to welcome Momentum Health Mission (formerly known as Mission Sport Physiotherapy & Rehabilitation) as a new supporter of our membership affinity program.

See the whole list elsewhere in this issue of the businesses who are supporting our membership affinity program. That list also provides the details of what these businesses are offering to our community members.

History Book is on Calgary's Best Seller List

On page F11 of the September 3rd issue of the Calgary Herald, Cliff Bungalow - Mission, a Heritage Community was listed as number 10 on the non-fiction list of Calgary-authored best seller books. This is indeed wonderful recognition of this great book and our community. If you do not have a copy, you can purchase books at any community event or contact Judith at cbmca.historybook@gmail.com. They also make great gifts.

Judith Theroux

In the last issue we reported that Judith Theroux accepted the Lion Award for our history book on Jul 28 and landed in the hospital on July 29 as a result of a heart attack. We are pleased to report that she has made significant progress, is back driving and is enrolled in cardiac therapy. She attended Jazz on September 7 and looked great. See the article elsewhere in this issue on some recent recognition Judith received.



Just a reminder, the Cliff Bungalow - Mission Community Association annual general meeting will be November 23 at 2201 Cliff St. SW. More details will be shared in the next newsletter, but this is just a notice to make sure those who want to come can get it in their calendars.

If you have any questions, contact cbmca.president@gmail.com or cbmca.editor@gmail.com



OCTOBER COMMUNITY CALENDAR

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

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

Wednesday, October 5, 8 pm – Rick Climas Quartet

Wednesday, November 2, 8 pm – Vocal Jazz with Glennis Houston and Andrea Petritty

Doors open at 7:30 pm. We suggest you come early, get a good seat and enjoy a beverage.

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

October potluck is Sunday, October 2, 6 pm (this is earlier in the month as the following weekend is Thanksgiving long weekend). Next potluck is Sunday, November 13, 6 pm.

Embrace Gardening Event.
Wednesday, October 12 at Sunalta Community Centre featuring Janet Melrose, Calgary's Cottage Gardener. 6:30 to 9 pm. Theme is fall garden related activities and getting prepared for winter.

Board Game Nights
October Board Game night is Saturday, October 15, 7 pm. Next one is on Saturday, November 19. Bring a Board game and some snacks. Cash bar. No entry charge.

Movie Nights
September movie night is on Sunday, October 23, 7pm featuring "We Were Children". Next movie night is on Sunday, November 27. Free popcorn. No entry charge.

Ray Charles Tribute
Special music evening on Saturday, November 26 with Jim Gray. Keep the date open. More details in next newsletter.

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

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

www.cliffbungalowmission.ca

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.



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:

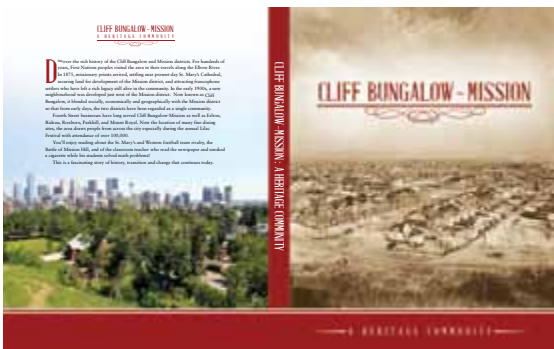
- a selfie of you and friends at a 4th Street eatery? **Post it!**
- a cute dog? **Post it!**
- birds at your backyard feeder? **Post it!**

#cbmca



CBMCA at the Calgary Pride Parade

Check out these photos from our participation in the Calgary Pride Parade on September 4! Thank you to Corinne Ofstie for providing this images. It was a great day for all!



Cliff Bungalow – Mission a Heritage Community

2016 Lion Award Winner!
The second printing of "Cliff Bungalow – Mission, a Heritage Community" is now available. It is a beautiful book, easy to read with lots of interesting photographs and maps. Cost is \$30. It makes a great keepsake and wonderful gift. Contact Judith at cbmca.historybook@gmail.com.

The book is available at all community events at the community centre (cash or cheque only). Books also are available at Shelf Life Books (1302 – 4 Street SW), the shop at Glenbow Museum, Owl's Nest Books (815 – 49 Avenue SW) and Masters Gallery (4th Street and 22nd Avenue SW). Their price will include their mark-up.



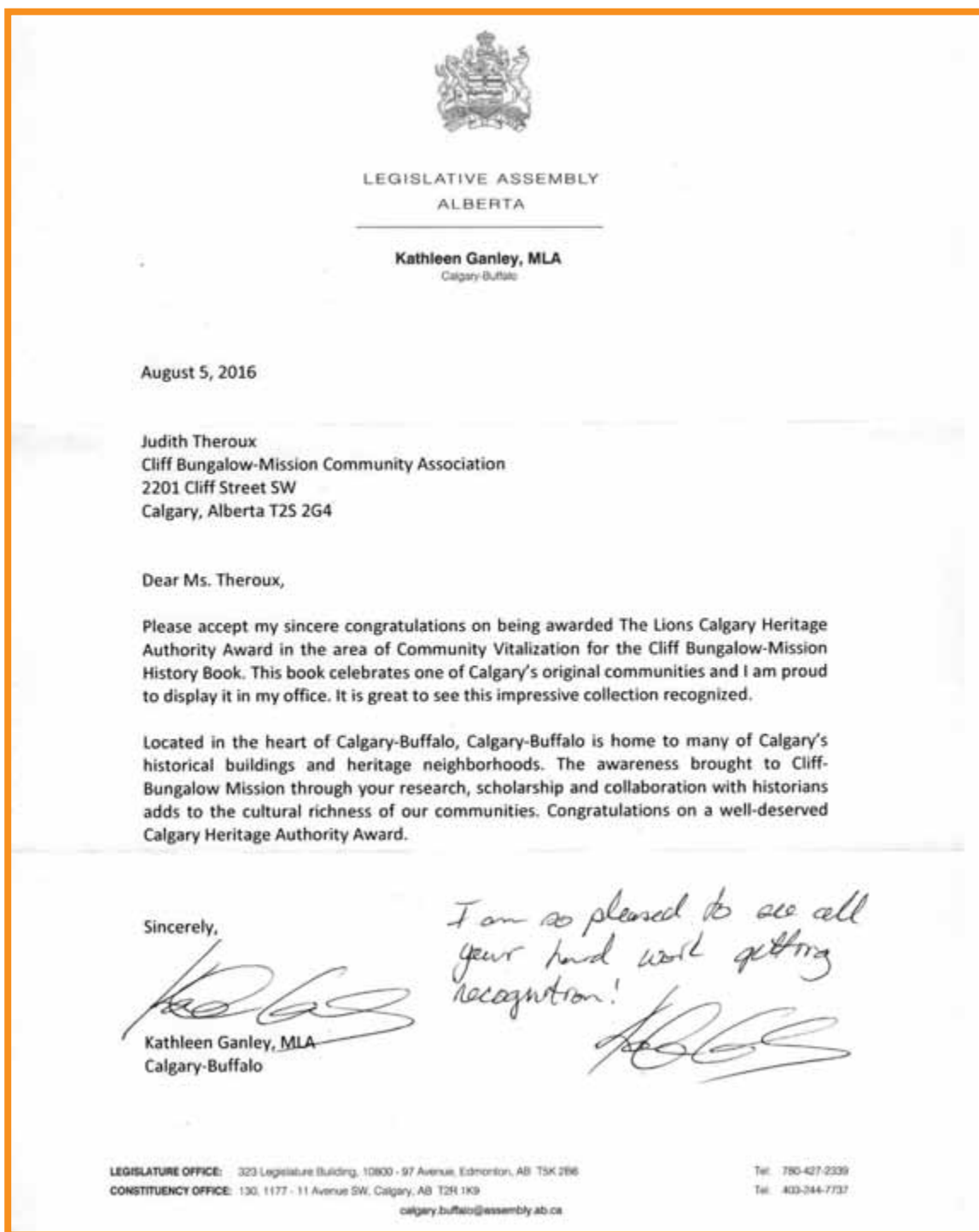
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general dentist

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Judith Theroux Received a Letter of Recognition

Judith Theroux piloted the work getting our history book published. She recently received a letter of recognition from Kathleen Ganley, Calgary Buffalo MLA and Alberta Justice Minister and Solicitor General. We are pleased to publish this letter with her permission as Judith deserves a ton of recognition in getting the book published. She also was the top salesperson being instrumental in selling many, many copies of the book.

As noted in the Lion Award presentation, our history book "sets the bar for future publications from Community Associations". On top of that, the book is now on Calgary's Best Sellers List. So thank you Judith.

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Cliff Bungalow - Mission Community Association

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Membership Form

(Please Print Clearly)

Name (1) _____

Name (2) _____

Name (3) _____

Street Address _____

Suite/Unit # _____ Postal Code _____

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

Email (1)* _____

Email (2)* _____

Email (3)* _____

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

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

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

MEMBERSHIP AFFINITY PROGRAM

Use your membership card to save!

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

European Bakery: 515 – 17 Ave SW, 10% off all items

Expedia Cruise Ship Centres: 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package

Famoso Neapolitan Pizzeria: 105, 2303 – 4 St SW, 10% off food and beverages

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

Momentum Health Mission: 909, 2303 – 4 St SW, 25% off initial assessment (includes message), 15% off all products they sell, free gait assessment. (new membership affinity supporter)

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

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

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

Ten Thousand Villages: 323 – 17 Avenue SW, 15% off

The Tech Shop: 2424 – 4 St SW, 10% off regular priced footwear / accessories, 15% off regular priced apparel

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".

Do TAXES have you PUZZLED?



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SATURDAY, OCT 22, 2016

Cliff Bungalow-Mission Community Association
2201 Cliff Street SW, T2S 1W2. 9:30 am - 11:00 am

Register at CalgaryInfills.ca

OR BY CALLING 403.240.2020



Open House & Information Meeting
November 16, 2016 from 7 – 8 PM

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📞 403.229.1011 Calgary AB T2S 2G4

www.montessorischoolofcalgary.com

Cliff Bungalow - Mission Community Association Presents...

Board Game Night

Bring your favourite board game and a snack to share!
Beverages available.

Saturday, October 15 at 7pm
Community Hall: 2201 Cliff Street SW



ENVIRONMENT UPDATE

Tips for a Green Thanksgiving

By Lynn MacCallum

Thanksgiving is a great opportunity to have family and friends over for a meal to celebrate all the reasons we have to be grateful. Our beautiful planet gives us most of the essentials we need like water, food and materials for the things we use. Here are 6 ways you can show gratitude to our planet this Thanksgiving!

Avoid disposable plates & cutlery: even if it's a big crowd, use reusable cutlery, plates and serving dishes that you can wash and reuse again. Disposable plastic cutlery and paper plates take energy to produce & ship and end up in our landfills after just one use. If you have guests contributing to dinner with a dish of food, there's no trouble to having them bring a plate and utensils if you're running short. And asks guests to bring to-go containers for all the leftovers and send them home with the extras!



Get creative with the decor: Thanksgiving is the perfect holiday to go outside and gather up natural decorations. If you have children in your dinner party encourage them to make some decorative crafts with leaves, sticks and dried flowers from outside. Use candles made from soy or vegetable wax. Soy wax is clean-burning, without soot or harmful emissions, and has a low melting point so it burns at a cooler temperature.

Buy local food & drink: Buying local means that there's less energy in transporting your food to your market. It's harvest time, and there's plenty of farmer's markets and local produce available in your favourite grocery store.

Shop Organic: There's no doubt that organic agriculture is better for the landscape — fewer pesticides and other toxic chemicals seeping into soil and running off into rivers and lakes. Try to go organic from start to finish — and don't forget to include organic wines and other beverages on your menu!

Enjoy the trip: Ask your guests to walk, bike or use transit to get to your meal. Provide a space for bikes (covered or secure storage like your garage) or provide links for the quickest transit lines that go by your house. If driving is the only option, see if you can arrange for some of your guests to carpool, and be sure to check your air filter and make sure your tires are fully inflated; you'll reduce your carbon emissions and get better gas mileage. If you have family coming from out of town ask them to consider offsetting the carbon emissions of their holiday travel. The David Suzuki Foundation and the Pembina Institute have prepared a Purchasing Carbon Offsets guide to help you assess the quality of carbon offsets and the vendors that sell them.

Compost your organics: When you're all done eating, you don't have to throw out everything you couldn't get down. Compost your vegetables and fruit into your composter. Your garden will thank you!

Happy Thanksgiving!

Source: www.greenalgary.org, www.davidsuzuki.org, www.nature.org

STEP INTO FALL

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

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

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca

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



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Alberta Health Services: EMS

Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

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.

Costumes

- 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.
- 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.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- 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.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

October Fire Prevention Week. October 9-15th

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit Calgary.ca/CSPS/Fire

Please watch and share our new fire safety video with your family:



Fire Safety Tips with Flint
<https://youtu.be/QbE3tCBzeY0>



DID YOU KNOW: that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

Calgary Fire Department. Yours for life.

The Cliff Bungalow - Mission
Jazz Series presents:

Jazz under the Cliff

with the Rick Climans quartet

Wednesday October 5, 8 pm

Cliff Bungalow - Mission Community Centre
Cover: \$15 cash (\$10 for seniors, students, and CBMCA members)

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

No reservations taken; rush seating only

We recommend coming early, enjoying a beverage and getting a good seat

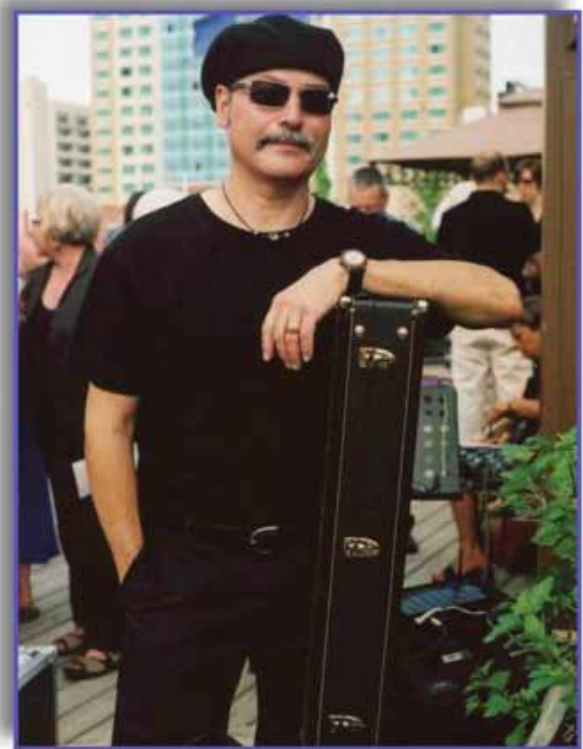
Rick Climans - saxophones
Morgan McKee - keyboards
Brendan Rothwell - bass
Robin Tufts - drums

The band has been actively performing their brand of 'cool jazz with an edge' across Alberta over the past 14 years at a multitude of jazz clubs, festivals, galleries, hotels and corporate events!

The group has performed at such diverse locations and events as the Banff World Media Festival, Calgary International Film Festival, Beat Niq Jazz & Social Club, Calgary Jazz Carnivale, Marda Gras Festival, for the Canadian Winter Olympic Team send-off to the Sochi 2014 Olympics, Sylvan Lake Jazz Festival, Fairmont Banff Springs, the Lilac Festival, River Cafe, several events with the Top Chefs Canada, and a host of other venues and occasions, including the Cliff Bungalow - Mission Jazz series!

The group takes jazz standards and performs them in their own unique and intriguing way, along with some of their own originals. Their sound has a definite blues and Latin flavour with some R&B and funk thrown in for good measure!

Next Jazz night is on November 2 - Vocal jazz night with the Glennis Houston & Andrea Pétirity.



RICK CLIMANS QUARTET

Wednesday, October 5

The Cliff Bungalow-Mission Jazz Concert Series
2201 Cliff Street Southwest Calgary, AB, T2S 2G4

Rick Climans: Saxes | Morgan McKee: Piano
Brendan Rothwell: Bass | Robin Tufts: Drums



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GREEN YOUR HALLOWEEN



By Lynn MacCallum

Halloween is a fun holiday for both parents and children – what's not to love about candy, costumes, and scary pumpkins? It's also a great opportunity for parents to teach their kids about the importance of making healthy, eco-friendly choices. Below are just a few small changes you can make that will help you and your family have a green, healthy, and happy Halloween.

Decorations: Avoid plastic decorations from the store. Look for recyclable and biodegradable products or show your kids how to make decorations using leaves, acorns, branches, and pumpkins or hanging string, sheets or cloths. Put strange things into jars, making crafts with scrap paper, and bringing out that house-plant you forgot to water. If you're lighting your scary ghost or front porch scarecrow, use fluorescent or LED light bulbs instead of incandescent. Google homemade Halloween decorations and costumes to find lots of inspirational ideas!

Use all of the pumpkin: Purchase one that's local, preferably from a nearby farmers' market rather than the grocery store. Their seeds are a great source of magnesium, iron, and protein; to prepare them, just rinse and flavour with your choice of spices, then bake in a 250 degree oven for an hour. The pulp can be steamed for half an hour, then served similarly to squash or used as a base for soups and pies.

Green your party: If you're having a party use re-usable cutlery, compost your food scraps and provide transit directions or carpooling suggestions to your guests.

Burn natural candles (if at all). Candles can give off toxic compounds. Choose fragrance-free candles made

from bees wax or soy to light up pumpkins or your party table.

Reuse or Borrow your Costume: Skip buying your costume this year by getting some friends together to do a costume swap. You could also check out a re-use store like Value Village, a consignment shop, or Kijiji. You'll probably find something even scarier (and cheaper!) than at the costume store.

Seek Out Non-Toxic Make-Up: Here's something spooky, in 2009 the Campaign for Safe Cosmetics tested 10 face paints for heavy metals and found that they all contained low levels of lead, and six had allergens like nickel, chromium, or cobalt. Scary, and not something you want to expose your children to. , never mind covering their faces in these chemicals. If you're not sure what to look for when trying to identify colour additives or harmful chemicals in make-up kits go to this link <http://www.safecosmetics.org> for more info and to help you make an informed choice. The Environmental Working Group has done some of the research for you and has an extensive list of product suggestions on their website here: <http://www.ewg.org/skindeep/browse/body+art/>

Stock up on green candy: No need to give up sweets just to lessen your environmental footprint. Look for organic, local and/or fair trade products, which consider environmental impact, as well as economic and social criteria. You *could* ditch the candy altogether and consider giving out treasures or small gifts instead: kid themed band-aids, hair barrettes and elastics, painted acorns, second hand toy cars, felted decorations or other small (non-plastic) gifts are a nice change to candy (and parents will thank you!).

Get there Green: Walk, bike, take transit or carpool to your fave trick-or-treating spot! You may also wish to see if your local community association is putting on a Halloween celebration that you can just walk to!

Halloween is meant to be exciting and scary, but it doesn't have to be scary for the environment too.

Happy Halloween!

Sources: www.greenocalgary.org, www.ewg.org, www.greenhome.com



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CALGARY PUBLIC LIBRARY

Bill's Book Café

It's the creation of a literary landmark. Join us for the launch of Bill's Book Café with Bill Ptacek, CEO, Calgary Public Library, and a local luminary. Participants are encouraged to read the featured book and come prepared for a rich and lively conversation. Watch for Bill's Book Café at your community library, but feel free to come to them all!

The first event features South East Calgary Communities Local Luminary Tom Huffaker, VP Public & Government Affairs, Imperial Oil and President, Imperial Oil Foundation, who selected the first featured book: *A River Runs Through It, and Other Stories* by Norman Maclean.

Quarry Park Library

Friday, October 28 | 7:00 pm

Author In Residence

Get inspired with the Library's Micheline Maylor!

Life Is Strange & Other Brave Leaps In Poetic Impressionism

Poetry is non-linear in nature; its insights come in flashes. Learn methods for building meaning in poetry using leaps and pattern rather than linearity. Implicit examples from poets John Wall Barger, Selima Hill, and Don Coles.

Central | Wednesday, October 5 | 6:30 pm

Improve Your Style & Find Your Voice

Improve your writing at the sentence and line level by learning the eight parts of speech and how best to craft them, as well as self-editing techniques. Every kind of writing will benefit.

Louise Riley | Tuesday, October 25 | 6:30 pm

Understanding Teens & Understanding Aging

Understanding Teens and Understanding Aging are two important series presented by the Library in partnership with Alberta Health Services. For full details, check the September-October Library Connect, available in libraries and at calgarylibrary.ca.



IN & AROUND CALGARY

Fraud Awareness

A message from the Federation of Calgary Communities

Join us and Cst. Andrew Critchley from the Crime Prevention Unit at the Calgary Police service for a presentation that will focus on fraud awareness, common scams and best practices to avoid being a victim. Learn what resources are available to communities and how the Calgary Police Service responds to these issues.

Date: Wednesday, October 19, 2016

Location: Capitol Hill Community Association (1531 - 21 Avenue NW)

Time: 7:00pm – 9:00pm

For more information and to register for this FREE event, visit calgarycommunities.com/workshops-events/

IN & AROUND SCHOOLS

St. Michael School Christmas Craft Parade

St. Michael School

4511 8 Ave. SW

(2 blocks South of Bow Trail – off 45 St. SW)

Saturday, November 26, 2016

10:00 am to 3:00 pm

- FREE Admission
- Huge Raffle!
- Fabulous Food!
- 40+ Amazing Vendors!
- Jewellery – Art – Wood Crafts
- Knitting – Crochet – Candles
- Pottery – Homemade Baked Goods & much more!



Swimming in the Lower Elbow River? Think Twice!

Wondering why Alberta Health Services issued a public health advisory this summer against swimming at Sandy Beach or Stanley Park?

A river running through the middle of a large city, its flows controlled by the Glenmore Dam, a receiving vessel of untreated stormwater from 85 storm sewers along its length, a home to wildlife, a million humans, and recreation for thousands of dogs and people; is there any wonder why the river might be unhealthy?

S2G+ welcomes the attention the AHS advisories have brought to the state of water quality in the Lower Elbow River. Fecal coliform bacteria, an indication of the presence of feces from warm-blooded animals including humans, are the most common microbiological contaminants found in untreated surface waters such as rivers, creeks and lakes. E. Coli is used as an indicator of contamination and dangerously high levels were measured in our river.

Elevated levels of E. Coli have been a recurring issue in the Lower Elbow River. In 2007, due to public health concerns, S2G+ and River Valleys Committee convinced the City of Calgary to add warning signs at Stanley Park and Sandy Beach because the City's "no wading and swimming" bylaw was not being enforced. The intent was to inform the public of water hazards including bacterial contamination, changing water levels and broken glass so that they could make an "informed" decision upon entering the water. Unfortunately, the signs were placed at the side of Sandy Beach and Stanley Park, out of easy sight of the recreating public

A number of new AHS/City advisory signs have now been erected at prominent spots along the length of the Lower Elbow River, warning waders and swimmers entering the water do so at their own risk. It is hoped, that resources will be employed to determine the source(s) of high level fecal contamination and to rectify the situation so that Calgarians might enjoy the Lower Elbow River without the worry of succumbing to serious "water recreational illnesses".

In the meantime, if you go swimming or wading in the Lower Elbow River, don't be fooled by what may look like clean, clear water:

1. Keep your head above water;
2. Don't drink the river water;
3. Don't let your children put fingers in their mouths while in or out of the water;
4. Sanitize your hands before eating food if you have been in the water; and
5. Have a hot soapy shower when you return home from recreating in the river.

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



Cliff Bungalow - Mission Real Estate Update

Last 12 Months Cliff Bungalow

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$369,750.00	\$360,000.00
July 2016	\$512,000.00	\$490,250.00
June 2016	\$399,900.00	\$380,000.00
May 2016	\$409,900.00	\$396,088.00
April 2016	\$260,900.00	\$257,000.00
March 2016	\$344,950.00	\$338,000.00
February 2016	\$384,900.00	\$373,750.00
January 2016	\$333,950.00	\$323,000.00
December 2015	\$274,940.00	\$262,500.00
November 2015	\$309,900.00	\$295,000.00
October 2015	\$339,900.00	\$332,500.00
September 2015	\$359,900.00	\$350,000.00

Last 12 Months Mission

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

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COUNCILLOR, WARD 8 EVAN WOOLLEY

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Listening is My Job

As Councillor for Ward 8, my first job is to listen. All of the other work I do; be it reading a report, sitting in a committee meeting, advocating in the media or speaking out for my ward in Council, is totally dependent on hearing your voices. The ways in which I stay connected are about as diverse as Ward 8 itself: Emails, phone calls, letters, newsletters, Facebook, Twitter, Instagram, and community associations are just a few. Of course, nothing beats meeting someone in person, looking them in the eye, and hearing what they have to say.

It's important that I continue this dialogue with you throughout my term in office. I want to hear your thoughts about our Ward 8 neighbourhoods and our growing city. Here are a few subjects to start off our conversation:

Green Cart Composting

Sustainable and thoughtful development is critical for our city's future. By this time next year, all single family homes in Calgary will be provided a Green Cart for composting. While composting might be new to some, the impact it can and will have on our landfills is really significant. Organic waste from Calgarians can be turned into compost can help our city in so many ways. It can go towards bettering our parks, helping small urban farming initiatives like The Alex's Community Food Centre or even offering options for renewable energy.

Affordable Housing

Not only must we accommodate the enormous pressures of growth that Calgary faces, but I believe that our greater community is only as good as it gives to those less fortunate. Therefore, affordable housing is a critical part of my work as Councillor. I'm proud that Council recently approved the Rosedale affordable housing project but that's a small step along a very long path. Some of the most important work we can do as citizens is increasing our capacity for empathy and understanding. Calgary currently has 56,000 people who are one paycheck or one rent increase away from housing instability. So, when you picture someone who is at risk of being homeless, the reality is that it could be someone much closer to you than you think.

Safety in the Inner City

Most of the communities in Ward 8 are within Calgary's inner city. So many of these neighbourhoods are growing and our services have kept up very well with the changes. Our infrastructure needs to adapt as well, and this is why I am pushing hard, for example, to upgrade the underpasses across the CP Rail tracks to make them safer, more convenient and more pedestrian-friendly. We've had some great successes as the 1st Street SW underpass is nearly complete and we've secured funding to start the renovation of the 4th Street SW underpass. We'll continue to work to make walking in the inner city safer and more enjoyable for all Calgarians.

I want to envision and build the future of our city together, and to do that I need to hear your voice. You can get in touch with my office by email (ward08@calgary.ca), Twitter (@EWoolleyWard8) Facebook ([Facebook.com/EWoolley.Ward8](https://www.facebook.com/EWoolley.Ward8)) phone (403-268-2430) or letter (Historic City Hall, PO Box 2100, Stn. M, #8001B, Calgary, T2P 2M5). And, if you catch me walking on the other side of the street, I hope you'll cross over and say hi. That's what I'm here for.



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Calling All PARENTS

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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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



Halloween trivia

Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!

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One Year In

Time sure flies. It has been one year since I was elected to be Calgary Centre's representative in our nation's capital. I had the pleasure of running on an aggressive platform for the middle class and we are well on the way to implementing the changes that we were elected to do. Let me give you an update on some of the projects that we've been working on as a government.

In Budget 2016 our government brought into force the newer, fairer, and tax-free Canada Child Benefit which will put approximately \$930 million into the pockets of Albertan families, and give Calgarians more money to save, invest, and grow the economy. Nine out of ten families will see more money and on the whole this policy change will raise some 300,000 children out of poverty.

As for our commitments to seniors – we moved the chains of justice forward by restoring the eligibility age for Old Age Security (OAS) and Guaranteed Income Supplement (GIS) to 65; and introduced a Seniors Price index to keep OAS and GIS at pace with the rising costs faced by seniors each year. Further to this we increased the Guaranteed Income Supplement for single, low income seniors by 10%, improving the financial security of about 900,000 single seniors across Canada.

Budget 2016 invests \$2.3 billion over two years to give Canadians greater access to more affordable housing. Our Government has already started to engage provinces and territories, Indigenous and other communities, and key stakeholders to develop a National Housing Strategy. This marks a return for the Government of Canada back to the table to play a leadership role in supporting affordable housing.

With regards to my portfolio of Veterans Affairs – my ministry is reopening the nine Veterans Affairs offices closed by the previous Conservative government, along with opening an extra one to continue our commitment to doing more for our veterans. This is in addition to in-

creasing disability benefits, hiring hundreds more front line staff, and delivering on the care, compassion, and respect veterans and their families deserve.

Finally, the energy file this past year has been a focus of this new government with a combined effort by my cabinet colleagues. It is in this whole-of-government approach that we are reforming our regulatory framework, growing Canadians' trust in building energy projects, and working to getting our product to tidewater. By investing in indigenous communities, putting billions into the environment work we do at home and abroad, and improving the process, progress is being made.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter.

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Celebrating their first anniversary.

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