

THE MISSION

MAY 2016

# STATEMENT



[www.cliffbungalowmission.com](http://www.cliffbungalowmission.com)

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





Now that is  
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pride.

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It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

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And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
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**We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.**

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Cliff Bungalow - Mission  
Community Association

462, 1811 4 Street SW  
Calgary, Alberta T2S 1W2  
403 245 6001

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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 December 10, 2015

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 Director	Sander Jansen	cbmca.development@gmail.com
Environment	Lynn McCallum	cbmca.environment@gmail.com
Heritage	Marilyn Williams	cbmca.heritage@gmail.com
Social	Amanda Weightman	cbmca.social@gmail.com
Communications	Spencer Perry	cbmca.editor@gmail.com
Director-at-Large	Patrick Arnell Ken Hryciw Laura Johnson Kate Zago	

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



## PRESIDENT'S REPORT

### Board Games Increasing in Popularity in Calgary

There has been media coverage (e.g. Metro article January 7, 2016) about the increasing popularity of board games and the opening of board game cafes in Calgary. Once a month you have the opportunity to participate in our relatively new Board Game Night right in your own community. It is a very affordable evening of entertainment. There is no entry charge. Beverages are inexpensive. You just bring one or more of your favourite board games. Then the group decides on which one or ones we will try out. Someone helps the others understand the rules of the games. Even if you do not have a board game, others do. So join us for a fun inexpensive evening. Next Board Game Night is on Saturday, May 14.

### History Books are Great Gifts

Our history book is a great gift for family and friends. One of our new community members bought 30 books, 29 of which were surprise gifts to her neighbours. We thank her for doing this. It was not only very thoughtful but they all now have something to talk about when they get together besides the weather. So remember this option when you are trying to think of a unique gift. They are available at community events at the community centre or contact Judith at cbmca.history-book@gmail.com.

### Parking Pilot on 4th Street

There will be a parking pilot on 4th street during the afternoon rush period. Currently there is no parking allowed on 4th Street during rush periods. Starting in mid-June, parking will be allowed on the east side of 4th Street during the afternoon rush period. This will help the businesses as well as reduce parking pressures in the residential portion of the community. Pedestrians will be safer as parked vehicles are a buffer between moving vehicles and the sidewalks. The Cliff Bungalow - Mission Community Association has supported this concept for many, many years. We are happy this pilot is occurring.

### Update on Wards Boundaries Situation

On March 14th, City Council debated, somewhat acrimoniously, the new ward boundaries that will take effect at the next Civic Election on October 16, 2017. As reported in the last newsletter, we sent a letter to the Mayor and each Councillor stating our opposition to placing Cliff Bungalow - Mission into two different wards. For many decades, Cliff Bungalow - Mission has been part of Ward 8. However, while Cliff Bungalow will stay in Ward 8, Mission will be part of Ward 11. This is based on a proposal created by the City Returning Officer. Council minutes (available online) do not indicate there was any discussion about Cliff Bungalow - Mission e.g. there was no motion proposed to keep the community in the same ward. The following is the final motion approved:

ADOPT, AS AMENDED, Moved by Councillor Demong, Seconded by Councillor Magliocca, that the Returning Officer's Rec-



ommendations contained in Report C2016-0153 be adopted, **as amended**, as follows:

That Council:

1. Adopt the Returning Officer's ward boundary scenario presented in Attachment 2 to C2016-0153, to take effect on General Election day 2017, **after amendment to the ward boundary scenario, by moving the community of Royal Vista from Ward 2 to Ward 1, and by moving Residual Area 02A from Ward 2 to Ward 1.**
2. Direct the Returning Officer to return with a bylaw to amend Bylaw 19M91 Ward Boundary Bylaw no later than 2016 May 16; and
3. Direct the Returning Officer to amend Council Policy CC017, to reflect the change in the Council term of office to four years and a major review every two election cycles and obtain input from Members of Council on other potential changes.

The recorded vote was as follows:

For:

E. Woolley, W. Sutherland, D. Farrell, G-C. Carra, D. Colley-Urquhart, P. Demong, S. Chu, J. Magliocca, R. Pootmans, J. Stevenson, R. Jones, B. Pincott, S. Keating

Against:

A. Chabot, N. Nenshi

Needless to say we are disappointed in this result.



## COMMUNITY CALENDAR

# MAY

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

### Pathway and River Clean-Up

Sunday, May 1, 10 am to 1 pm. Meet at north entrance of Talisman Centre in Lindsay Park.

### Jazz Concerts

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

Wednesday, May 4, 8 pm – The Mark de Jong quartet  
 Wednesday, June 1, 8 pm – The Keith O'Rourke quartet  
 Doors open at 7:30 pm. Come early, get a good seat and enjoy a beverage.

### Elbow River Flood Readiness Information Session

Thursday, May 5 – doors open 5:30 pm, presentation 6 pm, open house 7:30 pm. Calgary First Church of the Nazarene, 65 Richard Way SW. The City of Calgary and Province of Alberta personnel in attendance.

### Potlucks

Bring something to share and meet your neighbours. Good food and great conversations.  
 Next potluck is Sunday, May 1, 6 pm. June potluck is Sunday, June 12, 6 pm.

### New Garden Events

The second Monday's to September will feature garden-oriented events. There will be a featured topic/speaker for each event. Next one is on Monday, May 9 at 7 pm.

### Movie Nights

Next film night is on Sunday, September 25 as it is too bright in the early evening during the spring and summer.

### Board Game Nights

Saturday, May 14, 7 pm. Bring your board games and join in for a night of fun and games. Cribbage welcome

also. Next date is Saturday, September 17, 7 pm. No entrance charge. Beverages will be available.

### Mission Possible

This year's Mission Possible is on Saturday, June 18 in the park on the north side of the community centre. This is called Neighbour Days in other communities. You may hear some media coverage for Neighbour Day in the city. More details in the next newsletter. To volunteer, please contact Amanda at [cbmca.social@gmail.com](mailto:cbmca.social@gmail.com).

### 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](http://www.cliffbungalowmission.com).**

### Deadline for Mission Statement submissions

First of each month prior to month of publication. The Mission Statement is published monthly. E-mail to [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com).



## Post it!

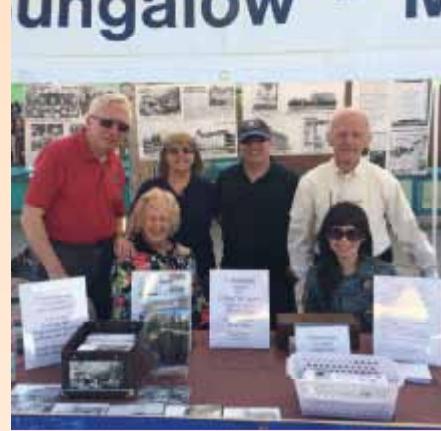
Let's tell the world about life in Cliff Bungalow-Mission

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



# Volunteers needed for our participation in the Lilac Festival Sunday, June 5, 2016

The Lilac Festival is on Sunday, June 5 this year. Cliff Bungalow – Mission Community Association needs volunteers to help in the following community activities:

### Activity One – Information Booth

- Set up our table and tent at 8 am (near Western Coffee Shop)
- To be at our table during the festival
- Minimum of two people per two hour shift. First shift needs to be there at least 15 minutes prior to 10 am. There is some overlap of shifts for transition.
- We will have information on the community association including activities, will sell memberships and will pre-sell the new history book.
- At 6 pm help take down our tent and table contents and transport to the community centre. This is very important. Many hands make this easy.
- Please contact Bob at [rvlang@aol.com](mailto:rvlang@aol.com)

### Activity Two – Decorated Bicycle Parade

- Participate in the decorated bicycle parade which will be our entry in this year's parade.
- Decorating will take place at the community centre at 9 am.
- Marshalling is on 25th Avenue and 4th Street at 9:30 am (side of 4th TBA)



- Parade starts at 10 am.
- Parade ends at 13th Avenue SW
- Children are encouraged to participate. Adult(s) must accompany the children.
- We will also be carrying a banner with the community's name in front of our group.
- Please contact Jan at [jan.pugh447@gmail.com](mailto:jan.pugh447@gmail.com)

Your help with these activities would be appreciated. Please contact the people noted above.



# PLANNING & DEVELOPMENT UPDATE

Every month the Planning and Development Committee receives a number of applications for new developments in our community. These applications are discussed among the Committee members and our comments are then shared with the respective file manager with the City of Calgary. Please find below a selection of applications that we received recently.

## Mixed-use development on 17th Ave SW (211 17 AVE SW)

We first brought this development to your attention in our November newsletter. Now we have received the Development Permit (DP), we can provide you with further details. **Where is the development?** This development is proposed on the site between the currently constructed Mill Street Brewery (previously Republik nightclub) and Rouleauville Square on 1 St SW, between 17 Ave SW and 18 Ave SW. It's a relatively large site, and sits right across St. Mary's Cathedral and the Cathedral District. **What is the Applicant proposing?** The Applicant is proposing a 149 unit development with retail / restaurant space on the ground floor. The development includes two connected towers of 13 and 11 stories each, that sit on a podium that offers retail / restaurant space. On the 18 Ave SW side there are a number of street oriented townhouses proposed that are integrated into the overall building design. The two

towers are slightly stepping back with the aim of preserving some sight lines to the Cathedral from 17 Ave. The first tower (on 17 Ave) has 13 stories and is slightly further away from Rouleauville Square. The second tower (on 18 Ave) has 11 stories and is closest to Rouleauville Square. All landscaping is facing Rouleauville Square, with a side alley (for parkade access) between the proposed site and Mill Street Brewery. All parking is underground. **What is the CBMCA's perspective on this development?** The CBMCA met with the Applicant a number of times to discuss the plans. Although we appreciate the Applicant's efforts to engage with us, and encourage densification/residential use along 17 Ave (specifically on the East side) our biggest concern is not reflected in the proposed building design: building height. How is height a problem? More than just a collection of significant buildings, there are a dozen sites on the City's Inventory of Historic Resources in close proximity to the proposed development. The most prominent is St. Mary's Cathedral. Although these buildings have produced a powerful cultural landscape, the scale and architecture of the period in which these buildings were constructed can easily be overwhelmed. With 38.5 meters, which marks the tallest building on 17 Ave (between Crowchild and McLeod Trail), this will likely happen. The relative height and massing of the proposed 13 story development will dominate the skyline and significantly diminish the prominence of the Cathedral. In our opinion, this doesn't do justice to the heritage character of the Cathedral District and has the potential to erode that very character. Furthermore, we encourage any developer to build in the spirit of our Area Redevelopment Plan (ARP), as an example of good practice development rooted in the local community. The proposed development shows various conflicts with the Mission ARP, most prominently where it states: "Development within 100 metres (328 feet) of the St. Mary's Cathedral should not exceed six stories in height, to maintain the prominence of the Cathedral and protect the sight lines". Finally, our community values our green space, particularly our mature urban canopy. In this context, we have requested the Applicant to preserve two mature Elms on the south east side of the development. We have expressed our concerns in our letter to the file manager, and are currently awaiting for a response.

## Senior living pre-application on 25th Ave SW (514 & 528 25 Ave SW)

The CBMCA Planning & Development Committee met with Campion Property Group and their Project Team on March 9. Campion is proposing a mixed-type supportive-living residence for seniors on 25 Ave SW, and reached out to the CBMCA as part of early engagement (pre-application) to present their ideas and hear our initial views. Although still premature, there are a few things that we can share on this development at this point in time. **Where is the development?**

# PLANNING & DEVELOPMENT UPDATE ... cont'd

The development is proposed on the land assembly on 514 & 528 25 Ave SW, which covers the entire space between Wurst and 5 St. Currently, this space contains a multi-residential apartment building, and 2 buildings that are listed on the City of Calgary Inventory of Heritage Resources (Gordon Suites and Himmelman Boathouse (see insert)). **What is the Applicant proposing?** The Applicant is proposing a mid to high-rise

senior's rental residence that will provide a continuum of care. The building typology includes a podium, housing the bulk of the common amenities and "back of house facilities" to deliver the supportive services, and two interconnected towers accommodating approximately 160 mixed-living units (transitional housing, independent supportive living, assisted living, memory care). Key components of the development include:

What is proposed?	How does this align with relevant policies and the existing context?
The initial massing suggests that the development includes 2 towers that are 12 and 8 stories in height. To accommodate the proposed height the Applicant is suggesting a Land Use Redesignation, by changing to a Direct Control (DC) District.	<p><b>Land use bylaw 1P2007</b> The current Land Use Designation (M-C2) allows for assisted living at a height of maximum 16 meters (or approximately 4 stories). The proposed height would suggest spot upzoning by doubling the existing allowable height for the 8 story tower and tripling it for the 12 story tower.</p> <p><b>The Municipal Development Act (MDP)</b> The MDP is the guiding document of planning for the City of Calgary. In section 2.3.2 it states as its objective: "Respect and enhance neighbourhood character and vitality. The "sense of place" inherent in Calgary's neighbourhoods is a function of their history, built form, landscape, visual qualities and people. Together, the interaction of these factors defines the distinctive identity and local character of a neighbourhood." Currently, the proposed development is surrounded by 2 to 3 story residences and businesses. The site also acts as a transition from the commercial area on 4th Street to the east and a gateway into the community from Elbow Drive and 4th Street to medium height residential use. There are strong indications that the scale of the suggested development is not compatible with the surrounding neighbourhood and the objective of the MDP.</p> <p><b>Community consultation</b> Main Streets consultation and CBMCA community consultation carried out in 2015, identified excessive height and loss of heritage as the biggest concerns and least desired outcomes of the development process.</p>
The initial plans suggest that the existing buildings on site will be removed. This includes 2 heritage buildings.	<p><b>The Cliff Bungalow Area Redevelopment Plan (ARP)</b> The ARP sets out the desired development principles for the community, as determined through extensive stakeholder consultation. One of the primary goals of the ARP is heritage conservation, as set out in section 3.5: "Objectives are to preserve historically significant resources, and to encourage the conservation of the community's heritage resources through sensitive renovation and adaptive re-use." Potential demolishing of 2 heritage buildings on the proposed site does not align with the objectives of the ARP.</p> <p><b>Existing context</b> There currently are 20 historic buildings in Cliff Bungalow that are listed on the Inventory of Evaluated Historic Resources. Two of those sites (Himmelman Boathouse and Gordon Suites) are at risk from being demolished due to the proposed development while a third (24 Avenue Cottage School) is being prepared for demolition upon approval of a Development Permit. These 3 sites are within 70 metres of each other, forming (along with the Lawrence Apartments) a concentrated heritage district comprising one fifth of all the listed heritage properties in the community, with 15% of that inventory of that to be demolished. This is on top of approximately 40 Century homes demolished in the recent past in Cliff Bungalow and Mission.</p>

**What are the next steps?** As it is still early in the process, the CBMCA is exploring opportunities to best engage the community and gather input. Due to the size (significantly over-height) and impact (covering 2 Heritage listed buildings / currently occupied apartment block) the CBMCA will take ad-

equate time to work with the Applicant and the community to prepare a meaningful response. In the interim, please follow the Newsletter as we are planning on organizing a community check-in to hear the community's views.

~continued next page~

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# PLANNING & DEVELOPMENT UPDATE

## Cliff Bungalow-Mission's Rare Industrial Heritage

Marilyn Williams

I must admit I have a special fondness for Arthur (A.B.) Himmelman, a boat and house builder from Lunenburg, Nova Scotia, since my parents and relatives hail from that province. Arriving in Calgary in the early 20<sup>th</sup> century to establish a successful construction business, Himmelman became a well-known historic figure in the neighbourhood. After 1926 he could be seen working at the boat-building workshop he constructed. Imagine a boat builder in the middle of the landlocked prairies! A rare activity to say the least, which has earned the building city-wide significance on Calgary's inventory of historic resources. The workshop also has heritage value for the community because Arthur Himmelman was one of the original founders of the Calgary Yacht Club (originally located at Chestermere Lake, east of Calgary) and was its first Commodore in 1933. His sons were avid sailors and also served as commodores. Naturally, he built boats for many of its members; pictured here is the 'Banshee' built for a client to sail on Sylvan Lake, where Arthur had a cabin named the 'Bluenose'. Today we are still familiar with the distinctive vernacular workshop with its 'HIMMELMAN CONSTRUCTION' painted signage which stands out as the *only* purpose-built industrial building in the neighbourhood.



A.B. Himmelman at his workshop: top, laying the ribs for 'The Banshee' in 1935; bottom, beside the completed sailboat in 1936 (credits Glenbow Archives NA-5264-2)

Equally intriguing is that his workshop stands right next door to two of his construction projects, the apartment buildings he named for his two sons, Gordon and Laurence, also on Calgary's inventory of historic properties. The ca 1929 Gordon Suites, in addition to having heritage value for their association with Arthur Himmelman, are also significant for their Spanish Colonial Revival style detailing, and their unique design of two mirror-image apartment buildings with shared entrances. Taken together with The Laurence apartments, we have a veritable 'Himmelman corner'. The 1960s corner condo's south of the Gordon Suites acknowledges this built heritage by referencing the vernacular wood cladding of the workshop and the distinctive overhanging, wood-shingled pent roofs of the Gordon. It is also built to an appropriate scale for our walkable community. So, coming after the recent demolition of the painted ladies and shortly after the news of the imminent demolition of the 24<sup>th</sup> Avenue Cottage School, it is of major concern to learn of the further loss of the sixties condo's, the Himmelman Workshop and the Gordon Suites. This type of whole-scale destruction of heritage and community character can happen in a city which does not yet support heritage conservation areas. Worse yet are the proposed twelve-storey (think Mission Medical Centre) and eight-storey buildings, in an area zoned for four storeys, which would dwarf and overshadow the remaining historic context of this part of the community. As our city grows and changes, it's more important than ever not to lose these rare places which give interest and character to our lives in our zeal to meet city-wide targets and quotas.



### Child care off 17 Ave (1716 Centre ST SE)

The CBMCA received an application for Change of Use for child care services off 17 Ave SE. **Where is the development?** The child care facility is proposed on 1716 Centre ST SE, which is the recently completed building on the corner of 17 Ave SE and Centre ST SE. **What is the Applicant proposing?** The Applicant is proposing a change of use, which allows for a child care facility accommodating up to 184 children. The child care facility will be stretching along the back of the building (away



## Another successful Spring Fling!

This year's spring fling was another great event. Thank you to everyone who volunteered! Included here are some photos for everyone to enjoy.

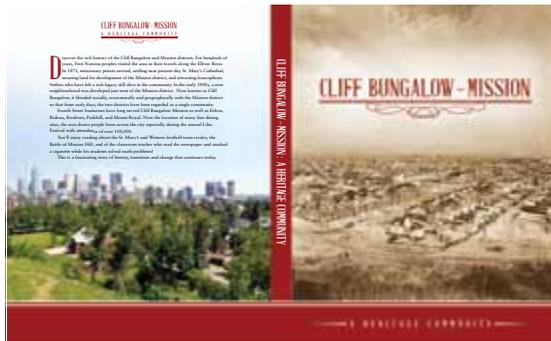
Proceeds from the evening went toward building the pocket park on 5A Street SW. Stay tuned for more information on the pocket park!



## PLANNING & DEVELOPMENT UPDATE ... cont'd

from 17 Ave SE), with an outdoor area for children to play. The entrance to the child care service is on the Centre ST SE side. It is anticipated that the child care facility will be using the playground across the street, on the north side of 17 Ave SE. **What is the CBMCA's perspective on this development?** We are pleased to see the introduction of child care services in this part of our community. We believe it's a service that our community needs, and possibly attracts a greater number of young

families to Mission, which will further add to the vibrancy and demographics of the neighbourhood. To raise the quality of the development the CBMCA provided the Applicant with a number of considerations (in relation to landscaping and green space; parking and the opportunity for parents to drop off kids safely; and safety when crossing 17 AVE to use the playground) and encouraged the Applicant to inform adjacent residents.



## Cliff Bungalow – Mission a Heritage Community

### Second Printing Now Available

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](mailto: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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403 209-0012 or [chrstrr@shaw.ca](mailto:chrstrr@shaw.ca) [www.christianscience.ab.ca](http://www.christianscience.ab.ca)



## 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 below offer discounts and special offers to CBMCA members. Just show your card!

- **European Bakery:** 515 – 17 Ave SW, 10% of all items
- **Expedia Cruise Ship Centres:** 615A – 17 Ave SW; \$50 discount toward a \$1500 travel package
- **Famoso Neapolitan Pizzeria:** 105, 2302 – 4 St SW, 15% discount on food (dine-in or take out)
- **4<sup>th</sup> Street Liquor and Wine:** 1809 – 4 St SW, 10% of all items
- **Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders
- **Peking Dragon:** 1904 4 St SW, 10% off on dine-in items (excluding combos), 15% off on pick-up items on orders over \$30
- **Rideau Pharmacy:** 1801 – 4 St SW, 15% of front store items (excludes prescriptions)
- **The Tea Factory:** 1820 – 4 St SW, 10% of all loose leaf teas and drinks
- **Ten Thousand Villages:** 323 – 17 Ave SW, 15% off
- **Techno Sport:** 211 -17 Ave SW, 20% off all waxes and tools or 20% off in store Tunes
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)

If you own or manage a business and would like to be a part of this program, contact us at [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com). Residents may purchase a membership via the online form on our website or filling out the form contained in this newsletter. To find the form online, go to [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com) and click “Get Involved.”

THE CLIFF BUNGALOW - MISSION JAZZ SERIES PRESENTS:

# The Mark De Jong quartet

## Wednesday May 4, 8 pm

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

Doors open at 7:30 pm ; Music starts at 8 pm  
No reservations taken; rush seating only  
We suggest you come early, get a good seat and enjoy a beverage.

Mark De Jong tenor sax  
Sean Craig tenor sax  
Steve Fletcher piano  
Jeff Sulima drums

Mark DeJong is active as a performer, educator, composer, and bandleader. A graduate of the University of Calgary, he holds a Masters in Jazz Studies from Rutgers University. He is a founding member of the New York-based group the Outer Bridge Ensemble with whom he made his debut at the Blue Note (New York) in 2014. Mark has opened for such luminaries as John Scofield, Christian McBride, Roy Hargrove, Medeski, Martin and Wood, and Kenny Werner. Marks' WCMA-nominated cd “The Unknown” garnered praise from around the globe, while his most recent recording “Where Everything is Music” features Juno-winning pianist David Braid and renowned bassist/cellist Simon Fisk.

On Wednesday May 4, Join Mark DeJong and his quartet featuring local heavyweights Steve Fletcher on keyboard and Jeff Sulima on drums, with special guest tenor saxophonist Sean Craig.

The last Jazz Night of the current season is on Wednesday, June 1 featuring The Keith O'Rourke quartet. There is a break during the summer. The next season starts on Wednesday, September 7.

# Elbow River Flood Readiness Information Session

The City of Calgary is hosting a flood readiness information session for Calgarians to find out what The City is doing to prepare for the upcoming flood high-risk time period.

There will be presentations and the opportunity to meet and ask questions directly to City and Province staff on flood recovery, preparedness and mitigation efforts.

Date: Thursday, May 5, 2016  
Time: **Doors open at 5:30 p.m.**  
**Presentations from 6 to 7:30 p.m.**  
**Open House from 7:30 to 8:30 p.m.**

Location: Calgary First Church of the Nazarene  
(65 Richard Way S.W.)

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# 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

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

# YOUR COMMUNITY business of the month

## Colors Hair Studio

Cliff Bungalow - Mission Community

Colors Hair Studio is an innovative salon located in Calgary's downtown Mission district. True to form with the community it serves, Colors Hair Studio is a hip, trendy salon always looking to push the boundaries of what can be done with hair. From color to cuts, the staff at Colors Hair Studio strive to give the best experience possible to all of our clients. Colors stays at the cutting edge of hair trends by attending education sessions all over the world (London, San Diego, Sydney, Tokyo, Singapore!), and applying that knowledge in the salon. Along with educating their staff, Colors Hair Studio takes the time to educate their clients as well; on everything from styling tips to maintenance of their beautiful new color.

Part of being a leader in your community involves leading through actions, and Colors is at the forefront of the 'Green' movement: the salon recycles everything from hair to old color, and they use environmentally conscious cleaning products as well. Colors Hair Studio is also a leader in their community through their charitable actions; they are proud participants in Lilac Festival, raising money through complimentary stylings for charitable donations, as well as a food drive during the December holiday season. With the addition of barbers, Colors Hair studio has introduced an innovative 'Hot Towel Shave' subscription service,

whereby people who require to be clean shaven for work (Firemen, Police Officers, Businessmen etc.) can come in at their leisure, once twice or three times a week at a discounted rate! Lastly, they offer standing discount for organizations that benefit our community such as employees of Alberta Health Services, Emergency Medical Services, Calgary Police Service, Calgary Fire Department, and several businesses that operate in the area (call in to find out if YOU apply!) So stop on by and support one of the great businesses in Mission district - your hair will thank you!



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# ENVIRONMENT UPDATE

By Lynn MacCallum

Photo Credit: Green Calgary

Did you know the average Calgarian uses 231 litres of water per day? It's the equivalent of two full bathtubs of water. Every. Day. This may not seem like a big deal until you compare it to the 7.5 litres per capita per day that the World Health Organization believes can meet the requirements of most people under most conditions (essentially, Calgarians use over 30 times the WHO's daily recommended water usage). Come summertime in our fair city, those numbers grow as we water our lawns and gardens. In fact, according to the City of Calgary we use up to 900 litres for an hour of lawn watering. Yikes! And when we take into consideration that Calgary is semi-arid, with a relatively small supply of water in the first place, it becomes ever more important that we learn to conserve this resource, both indoors and out. Don't worry, saving water is easier than you think.

Since garden and lawn care season will be upon us shortly (if not already), a good place to start with water conservation is outside. Here are some outdoor water saving tips that you might find helpful:

- Direct stormwater runoff into areas of your yard where it can be absorbed into the ground (lawn or gardens). This is particularly great for evergreen trees that are always thirsty!
- Water your lawn with only one inch of water per week (including rain and hand watering). Turn a frisbee upside down, and use a timer to see how long it takes to fill with the sprinkler - that's your 1 inch measure.
- Water your lawn and gardens early in the morning or later in the evening to avoid water evaporation and plant scalding.
- Leave grass 3" long to prevent scorching and water evaporation
- Grass-cycle (i.e. leave your grass clippings on the lawn, thus recycling the nutrients and moisture back into the soil).
- Use a rain barrel or multiple rain barrels. An average roof in Calgary comes in contact with approximately 54,000 litres of water annually – this could fill a rain

barrel 270 times in a growing season! Green Calgary is having their annual Rain Barrel and Composter Fundraisers all over the city from May 7 to June 25. To learn more about the upcoming rain barrel sales call Green Calgary's EcoStore at 403-230-1443 ext. 222 or visit them online at [shop.greencalgary.org](http://shop.greencalgary.org) for more info.

Since each of us depends on water for life, we must all make changes in our lifestyles to conserve this resource. Using it wisely and caring for it properly means we can help keep our water clean and safe for generations to come. To learn more about how to reduce your water usage both indoors and out, check out the City of Calgary website ([www.calgary.ca](http://www.calgary.ca)) for ideas, and the Green Calgary website ([www.greencalgary.org](http://www.greencalgary.org)) for great tips and tricks to cut your water use significantly.

Sources: [www.who.int](http://www.who.int), [www.calgary.ca](http://www.calgary.ca), [www.greencalgary.org](http://www.greencalgary.org)

### May 3-9th 2016 is International Compost Week!

Did you know that 57% of the garbage going to landfill (22% yard waste, 35% food waste) from Calgary homes could be composted? In fact, a typical household can reduce the amount of garbage they send to the landfill by one third to one half if they start composting!

The organic materials currently being thrown into the trash contribute to methane gas and leachate pollution in the landfill, and leachate is liquid that moves through or drains from a dump or organized trash collection site. This runoff often includes toxins and harmful chemicals and if not properly managed, can contaminate the groundwater near the site and potentially impact the ecosystems of rivers, streams, and other waterways. Waste diverted to composting or mulching saves the City of Calgary (and ultimately the taxpayer) the cost of collecting organic materials and disposing of them, helping conserve landfill space, and climate change inducing greenhouse gases are reduced.

There are many other benefits to composting such as improved soil texture and plant health, the prevention of erosion and holding moisture and nutrients in the soil, and if you make your own, it's free!

With it being International Compost Week May 3-9th you might want to give composting a try! Here are some basic steps which are important to ensure that your recipe of garden and kitchen wastes decomposes without offensive smells or attracting unwanted pests, and keeps those organics out of the landfill!



How to compost:

1. Layer Browns and Greens – an equal proportion of carbon rich (Browns) and nitrogen rich (Greens) materials provide the bin with a "balanced diet".

Greens (nitrogen-rich)	Browns (carbon-rich)
Fruit and veggie scraps	Coffee filters
Banana peels and apple cores	Dried leaves or grass
Corn cobs (chopped)	Dryer/vacuum lint
Coffee grounds	Cat and dog hair
Tea bags	Human hair
Plant debris	Wood chips/shavings
Weeds that have not gone to seed	Straw
Tree fruit and evergreen needles	Newspaper
Flowers	Wine corks (non-synthetic)

2. Add water – when your compost bin gets dry, add water (rain water if possible). The material should be as moist as a wrung out sponge.
3. Add oxygen – the micro-organisms and bacteria in the bin require oxygen so stir or aerate your bin 3-4 times per month (in spring, summer, and fall). Use a pitchfork, old hockey stick or a "wing-digger" aerating tool.

For compost tools, classes, bins, as well as indoor composting systems, check out the Green Calgary Ecostore for more info [www.greencalgary.org](http://www.greencalgary.org) or 403-230-1443.

Resources: Green Calgary Association, City of Calgary

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# A Greener Mother's Day - May 8

On Mother's Day we usually like to show our mom how much we love her. Whether it's a lovely bouquet of flowers, or brunch at her favourite restaurant, there are plenty of ways you can make her day unforgettable - while still being green. In fact, what better way to celebrate Mother's Day than by being good to Mother Nature too! Here are some tips on how you can go green this Mothers Day.

**Flowers.** Although lovely to receive, cut flowers don't last long and most come from exotic locations that require transportation, storage, and many other costs that increase their carbon footprint. Instead, why not get her a potted plant that will last a lot longer. If she's a gardener, a shrub or plant that she'd love to add to her garden would be a great gift.

**Homemade cards.** If you've taken the time to make a card with love, particularly with found materials in your home, it can mean a lot more than a store bought one.

**Food.** Your mom would likely love to share a meal with her family around her. And while a meal cooked and served without her having to lift a finger is good, it's even better when you know the food is locally sourced and produced by a sustainably minded restaurant! You'll find many green and sustainable Calgary restaurants through LEAF - Leaders in Environmentally Accountable Foodservice. Their website makes finding green restaurants much easier ([www.leafme.ca/green-restaurants/#Alberta](http://www.leafme.ca/green-restaurants/#Alberta)).

**Things that sparkle.** Does your mom like jewelry? While beautiful, this industry is pretty hard on the environment. It takes five tonnes of water and 20 tonnes

of mine waste to produce a simple gold ring! If you still want to go the sparkly route, think about finding a unique pre-loved piece of jewelry - estate auction houses, or socially responsible jewellers can help you find something lovely while not requiring additional resources from the planet.

**Giving to Others.** If your mom is one of those amazing people who always thinks of others first, she may appreciate a micro-loan to KIVA on her behalf. KIVA provides safe, affordable access to capital to those in need and helps people create better lives for themselves and their families. Learn more here [www.kiva.org](http://www.kiva.org)

Some other ways to show mom you care this mother's day are: legacy gifts such as planting a tree in your mom's honour and bringing her to the site to include her in the planting; donate a park bench for many others to enjoy; giving her tickets to an upcoming performance or a season subscription and book a date with your mom; purchasing fair trade or ethically manufactured goods instead of mass produced items; a day at the local spas that try to operate as sustainably as possible (you can find some of them on REAP's website [www.belocal.org](http://www.belocal.org)).

You know your mom best, but what she probably wants more than anything is the gift of your time. An afternoon of baking, planting in the garden, or perhaps enjoying a bike ride along the Bow, any of these would probably make her far happier than any gift you could buy. Whatever you decide to do on this special day, be kind to mother nature too.

Happy Mother's Day!

## 48th Annual Pathway & River Clean-Up

# Sunday, May 1, 2016



### Volunteering for the Pathway and River Cleanup 10:00am – 1:00pm

The Pathway and River Cleanup is a special event that happens annually. The goal is to remove all the litter that accumulates along our riverbanks and pathways over the winter months. In addition to being an eyesore, the garbage can be deadly to Calgary's wildlife.

You can help to make Calgary a cleaner city and promote environmental stewardship among Calgarians. Plus, we provide free coffee and muffins to get you started and a lunch to thank all registered volunteers. Registration begins at 9:30am and you are invited to help out for as long as you can.

**To be a volunteer at the Pathway and River Cleanup, you must be:**

- Age 12 years and older.
- Accompanied by a parent or guardian if you're between 12 and 16.
- Physically fit and willing to get dirty.

**Event Details**

- Location – Lindsay Park, patio outside the north entrance of Talisman Centre
- 9:30am – Registration; Receive route and supplies; coffee and muffins
- 10:00am – Pathway & River Clean-Up begins
- 11:00am to 1:00pm – Volunteer Lunch

### PARTNERING COMMUNITIES

**Erlton Community Association**

**Cliff Bungalow – Mission Community Association**

**Lindsay Park Community Association**

## Spring yard waste drop-off at City landfills

With the mild winter and above-average temperatures this spring, many Calgarians are ready to tidy up their yards and get their gardens ready for the new season. Spring cleaning means plenty of yard waste that can be given a second life as compost. Calgarians are encouraged to drop off their yard waste for free at City landfills so it can be composted instead of thrown away.

**From April 1 to May 29**, all three City of Calgary landfills will waive fees for residential loads of leaves, branches, plants and other garden material. The yard waste will be composted at the sites, turning it back into a useful resource.

“Yard waste makes up over a third of household garbage at this time of year,” says Sharon Howland, Leader of Program Management at Waste & Recycling Services. “Fallen leaves, branches and plants are all materials that can be composted instead of thrown away. By composting this material, it will help reduce greenhouse gases and turn it into a useful product that helps new plants grow.”

Here are four tips for Calgarians to know about the spring yard waste drop-off program before they come to the landfill:

- Make sure your load only contains yard waste like leaves, branches and plants (no sod – it can't be composted at City sites). Charges will apply if the load contains other items.
- Residents are encouraged to leave their yard waste loose or put it in paper yard waste bags, which can be composted as well. If yard waste is loose, residents should make sure to secure and cover loads before transporting them.
- City landfills are open seven days a week from 7:30 a.m. to 5:00 p.m.:
  - Spyhill Landfill – 69th St. and 112th Ave. N.W.
  - East Calgary Landfill – 17th Ave. and 68th St. S.E.
  - Shepard Landfill – 114th Ave. and 86th St. S.E.
- For faster service, visit the landfill on a weekday or before 9 a.m. on Saturday or Sunday when wait times are shorter.

## Beavers in Calgary

Beavers play an important ecological role in our city. They can create ponds and wetlands that provide habitat for other wildlife, and can help reduce the effects of minor floods and droughts.

With no natural predators in the city, beaver populations can quickly grow to be unsustainable. They also present some challenges in an urban environment, including damage to trees, infrastructure and property.

The City tries to strike a balance between health of the surrounding areas and the wellbeing of the beavers. In riverside parks we take steps to reduce beaver damage, including wiring trees, planting species that beavers don't like to eat, and placing under-dam drains to control water levels. Trapping of beavers is only conducted after all other options have been considered.

### What you can do

Own or manage property along a river? Interested in learning how to wire your trees? Visit [Calgary.ca/parks](http://Calgary.ca/parks) to watch a how-to video showing what you will need and how to make your trees beaver-proof.

The City will also be holding a volunteer tree wiring event in Roxboro Park on Saturday, June 11. This is a chance for you to help protect trees in the park. For more details and to register, please visit [Calgary.ca/parks](http://Calgary.ca/parks) or contact 311.



## 17 Avenue S. reconstruction Project Update, Spring 2016

After 30 years, we're rebuilding 17 Avenue S. so it can continue to serve businesses and citizens for decades to come. Construction will occur between Macleod Trail S.E. and 14 Street S.W. The work includes sidewalk area repairs and improvements, a new road design, and upgrades to underground utilities. It's an investment in the long-term success of 17 Avenue S. - one of Calgary's most popular destinations to shop, visit and do business.

### Next steps

Through 2015 and 2016, The City met with representatives from the business community and heard from a number of individuals. Two important items came up during these conversations: the construction on 17 Avenue S. needs to be predictable and it requires a lead time that gives businesses a chance to prepare for potential impacts. With that in mind, the project team is pushing the road and deep utility (water and sanitary lines) construction to 2017 and 2018. This year – 2016 – work on 17 Avenue S. focuses on shallow utilities-power, gas and telecommunications.

By just focusing on shallow utilities this year, we expect less construction impacts for people travelling through the area in 2016. It also allows more time to develop the 2017 and 2018 construction schedule.

### Learn more

The City will be hosting project information sessions through late spring 2016, where you can learn more details about the construction schedule and 17 Avenue S.'s future design. In the meantime, check out the project web page at [www.calgary.ca/17avenue](http://www.calgary.ca/17avenue) for the latest information and sign up to receive the project newsletter.



211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at: <http://www.ab.211.ca>



## Cliff Bungalow - Mission Real Estate Update

Last 12 Months Cliff Bungalow  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$1,799,900.00	\$1,700,000.00
February 2016	\$979,000.00	\$940,000.00
January 2016	\$0.00	\$0.00
December 2015	\$0.00	\$0.00
November 2015	\$649,900.00	\$650,000.00
October 2015	\$0.00	\$0.00
September 2015	\$0.00	\$0.00
August 2015	\$0.00	\$0.00
July 2015	\$0.00	\$0.00
June 2015	\$649,900.00	\$650,000.00
May 2015	\$0.00	\$0.00
April 2015	\$0.00	\$0.00

## Last 12 Months Mission Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
August 2015	\$344,850.00	\$336,000.00
July 2015	\$416,500.00	\$396,250.00
June 2015	\$399,949.50	\$389,250.00
May 2015	\$379,450.00	\$371,750.00
April 2015	\$372,900.00	\$366,000.00

To view the specific SOLD Listings that comprise the above MLS averages please visit [cliff\\_bungalow.great-news.ca](http://cliff_bungalow.great-news.ca) or [mission.great-news.ca](http://mission.great-news.ca)

# IN & AROUND CALGARY

## Get Out and Walk!

A message from the Federation of Calgary Communities

May is a great time for getting out into your community! Walking has many benefits – getting to know your neighbours, know what is happening around you, fresh air and exercise.

Here are some safety tips for walking in and around your community:

1. Tell someone where you are going, which route you are taking, and when you will be back.
2. Be aware of your surroundings.
3. Listen to your instincts. Something that doesn't look or seem right probably isn't.
4. Walk facing the traffic.
5. Stay away from shrubbery, darkened doorways, and alleys.
6. Avoid using headphones so you are aware of the sounds around you.
7. Wear colours that are bright and reflect light.
8. Walk in well-lit areas.
9. Bring a friend or your dog with you for company.
10. Have fun!

For more information on walking alone or starting a community walking group, please check out our walking guide resource called Around The Block: Let's Walk! You can find the walking guide on the Federation of Calgary Communities website [www.calgarycommunities.com](http://www.calgarycommunities.com).

## Citizens' View

Calgary's online panel – 2,000 members and growing

The City is looking for more Calgarians to join citizensview.ca.

You're invited to join more than 2,000 people that have already 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. Right now, The City needs more people of all demographics and communities. Can you help?

"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](http://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 on-line discussions, and receive information on City events and service improvements.

Calgarians 18 years and older can sign-up for the Citizens' View at [www.citizensview.ca](http://www.citizensview.ca).

# IN & AROUND SCHOOLS

## Montessori School of Calgary

May, flowers, celebrations of learning... It seems so long ago that May seemed so far away.

Montessori School of Calgary was so pleased to welcome back Phyllis Pottish-Lewis. Phyllis visited us in January to update our AMI, Association Montessori Internationale, accreditation, but was unable to present our Parent Education program due to bad weather in the San Francisco area that delayed her plane by a whole day! She returned on April 27 and spoke to a full house about the Great Work of the Montessori Child. She also spent a day working with our staff to best support their Montessori teaching and learning. Thank you Phyllis!

Thank you seems like a very small word when it is used to thank parents. On April 14, Montessori School of Calgary celebrated National Volunteer Week by celebrating our parents. Every parent in our community supports Montessori School of Calgary. Walking for Terry Fox, Jumping Rope for Heart, buying cookies for education in Kenya for the children's WE Day project, coming to a PAC meeting, attending Fall Fair and Winter Carnivale, getting children to and from our school on time ... everyone brings something to the fabric of our community! The theme for Volunteer Week was Volunteers are the Roots of Strong Communities. We honoured our parents who are the roots of our strong Montessori community with an afternoon treat of lemonade and treats and a flowering plant. We are fortunate and thankful to have your support. Thank you!

Our elementary students enjoyed a busy April. They welcomed Matt Masters into the classroom for a music presentation. He then worked with the children on song writing. They also celebrated Earth Day by doing some clean up in our community and getting some spring planting started. Our children closed April with a day trip to Elbow Falls to do some nature observing, sketching and hiking. The children took bear awareness training before this adventure. Thanks to Mlle. Cote for organizing this program.

Lindy Arndt, Head of School, Montessori School of Calgary

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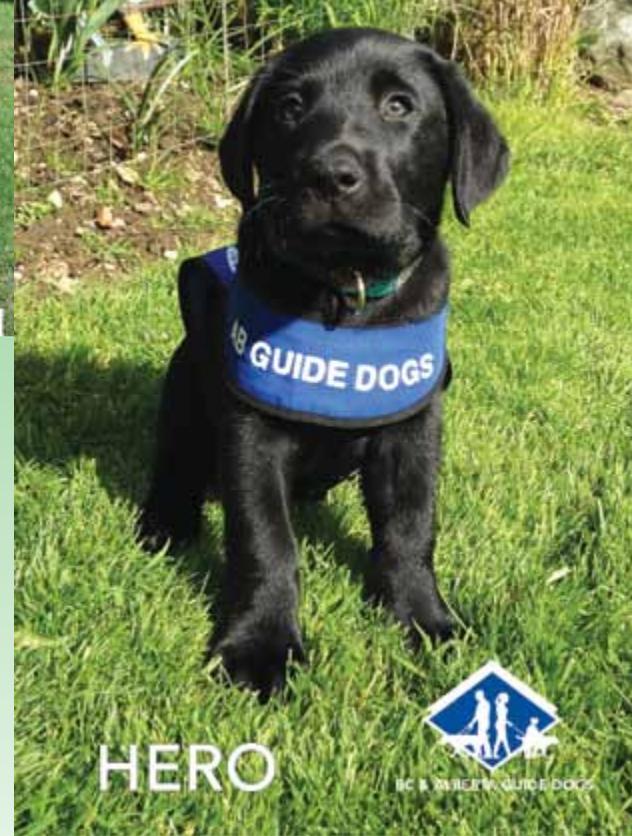
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## Managing Urban Stormwater in Established Areas”



So, what can be done in established areas where stormwater treatment and retrofits are difficult to achieve due to a lack of space and high land costs and increasing impervious surfaces due to densification?

**The Answer – capture all that precious rainfall and keep it on your lot!**

**Rain barrels** are an obvious choice to capture rainwater from roofs. Green Calgary sells them every Saturday at various Calgary locations beginning the end of April and ending in June. See [www.shop.greencalgary.org](http://www.shop.greencalgary.org)

Incorporate a **rain garden** in your yard. A rain garden is a feature designed to capture rainwater from a roof via a downspout, or from pavement or a lawn. To see a rain garden installation by Alberta Low Impact Development Partnership volunteers go to: [www.alidp.org/uploads/files/s2s\\_rain\\_garden\\_bltitz\\_story\\_annotated.pdf](http://www.alidp.org/uploads/files/s2s_rain_garden_bltitz_story_annotated.pdf)

If you are considering a makeover of your yard considering adding good quality loamy **topsoil to a depth of 300mm**. Soil acts like a sponge and will soak up a lot of water. Currently, house builders are only obliged to add 120mm of topsoil despite the known benefits of deeper topsoil.

If you are in love with turf avoid Kentucky Bluegrass (short roots and drought susceptible) and artificial turf (lacks absorption and filtration characteristics). Instead consider **sheep fescue sod or overseeding with sheep fescue**. Sheep fescue has a dense and long root system and is cold, drought and shade tolerant.

**Limit the amount of impervious surfaces** on your landscape. There are many materials and techniques that allow water to infiltrate soils rather than ending up on the street.

Incorporating some or all of these landscape ideas on a lot and neighbourhood scale will reduce the amount of contaminated stormwater from entering the Lower Elbow River. These actions will make the water cleaner for you, recreational users, people living downstream and aquatic life.

For more information go to: [www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale](http://www.alidp.org/knowledgebase/article/innovative-stormwater-management-at-the-neighbourhood-scale)

*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](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)*



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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

## Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email [sandra.cramer@albertaguidedog.com](mailto:sandra.cramer@albertaguidedog.com).

Photo Credit: Alberta Guide Dogs

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## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 31

**Spring is in the air! It's time to register for fall 2015!**  
**For registration information go to [www.girlguides.ca](http://www.girlguides.ca).**

The Sparks units attended Sparklefest at Camp Jubilee, had an evening of Zumba, are working on WAGGGS challenges, potting flowers for Mother's Day, and having a sleep-over at Telus SPARK science centre. They will have some girls "advance" to the next level of Guiding which means they will be joining their Guiding sisters in Brownies in the fall for new challenges.

The Brownie units celebrated Earth Day by having a Pitch-In Canada community clean-up, sold cookies with the Star Wars characters, prepped for camp and are planning year end bar-b-ques. They will be enjoying the changing season by observing the spring activity in Fish Creek Park or outside in their neighborhoods. The Brownies will have some girls advance to new adventures with the Guides in the fall.

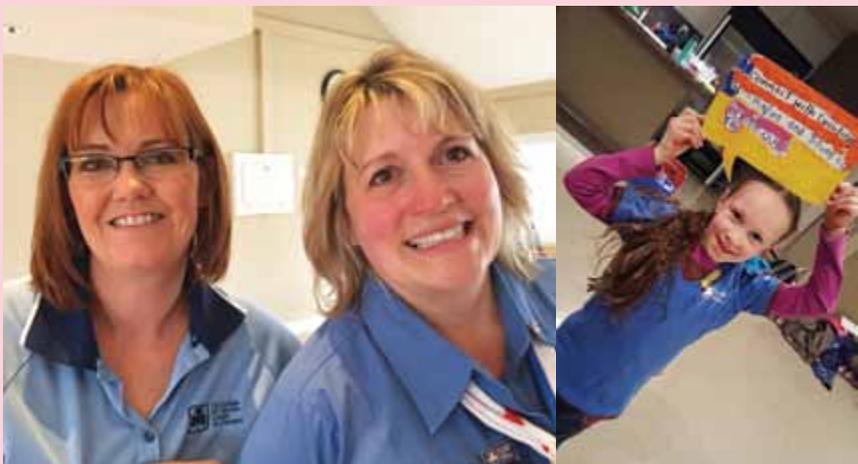
The Guide units went curling, are prepping for tent camping and a sleep-over at the zoo. Many units helped green our world by holding litter clean-ups for Earth Day. Third year Guides continue work on their Lady Baden Powel Award and some will be advancing to Pathfinders.

The Pathfinder, Ranger & Trex units went to 4 Cats Art Studio, attended the Junos, went to the Opera attended Alberta Girls Parliament in Edmonton, tried their hand at archery and will be tent camping and backpacking. Some units are travelling this summer and others are attending the GGC national camp Guiding Mosaic being held right here in Alberta.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try!

Check out our website at [www.calgarygirlguides.com](http://www.calgarygirlguides.com) or go to [www.girlguides.ca](http://www.girlguides.ca) to register for fall 2015!

Girl Greatness Starts Here



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. [www.ginapalooza.com](http://www.ginapalooza.com)
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. [www.rainbowsociety.ab.ca](http://www.rainbowsociety.ab.ca)
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. [www.revv52.com](http://www.revv52.com)
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. [www.calgaryphil.com](http://www.calgaryphil.com)
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. [www.bigrockbeer.com](http://www.bigrockbeer.com)
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. [www.calgaryukrainianfestival.ca](http://www.calgaryukrainianfestival.ca)
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. [www.heritagepark.ca](http://www.heritagepark.ca)
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. [www.vintagewithflair.blogspot.ca](http://www.vintagewithflair.blogspot.ca)
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. [www.sledisland.com](http://www.sledisland.com)

### JUNE 1 AND 2 POPS IN THE PARK

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. [www.calgaryphil.com](http://www.calgaryphil.com)



### JUNE 5 LILAC FESTIVAL

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. [www.lilacfestival.net](http://www.lilacfestival.net)



### JUNE 24 TEDXYC

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. [www.tedxyc.ca](http://www.tedxyc.ca)



Article by J. Turner  
Photo by Andrea S. H. Hunt

## Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What’s unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren’t they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

calgary reads

### Your child’s summer reading plan

It’s never too early to think about what your child might read during the summer break. Reading over the summer not only improves children’s literacy and language skills but also prevents what is known as the ‘summer slide’—a regression in reading ability that can occur when children have an extended break from school.

#### How to help your child:

- Children need access to books and other print materials to help them become consistent readers. Make books and magazines available throughout your home (or in the car on road trips) and utilize your public library!
- Even reading just six books over the summer holidays can help your child maintain or improve their reading level.
- Children need books that are “just right”—not too easy and not too hard. Let your child choose what they want to read. As they fall in love with books, then you can help them discover more books!

#### Ways to make reading fun this summer:

- Get involved with your child’s reading. Consider a family book club or read your child’s book along with them and have conversations about the characters and plot. Read aloud a book above their reading level too—to build vocabulary and critical thinking.
- If you are taking a vacation or visiting family, involve your child in your on-line research and vacation planning; give them an attractive journal so they can write or draw about each day’s fun and experiences.
- Does your child have a hobby, sport or interest they will be involved in during the summer? If so, build reading opportunities around this as they research to start a collection, read to build skills or navigate instructions.

The **CBC Calgary Reads Big Book Sale** runs from May 13 to 15, 2016. This is Calgary Reads’ signature fundraising event. With children’s books starting at just \$1, the Book Sale is a great time to stock up on summer reading for the entire family, keep books in circulation locally and to support our work to help children read with confidence and joy! Find full event details on our website [www.calgaryreads.com](http://www.calgaryreads.com).



## Mom in the Fast Lane

Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, “Hey, let’s have a race and see who can run the fastest” and we both started to run. After a few seconds, he stopped dead in his tracks and said “Mom, why are we racing?”

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded “Good question, we’re not going to race anymore.” Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn’t serving me well.

How often did this happen, before it occurred to me? I’d hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won’t miss anything. Trust me, I know from experience.



# Four Tooth Brushing Myths

Stephanie McIntyre

You know you're supposed to brush your teeth, but how and how often? Make sure you don't fall into these common tooth-brushing myths.

## Myth 1: Brushing Bleeding Gums is Bad

Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a

sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

## Myth 2: The dentist won't notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment, when suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

## Myth 3: More brushing is always better

Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don't eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

## Myth 4: You should brush right after eating

While it's true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.

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4	5	2	9	7	3	6	8	1
7	8	1	6	4	5	3	9	2
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*Art of the world*  
**The Starry Night** is an oil on canvas by the Dutch post-impressionist painter Vincent van Gogh. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.



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On March 22nd, our government unveiled our first budget. This budget takes essential steps to grow the middle class and revitalize the Canadian economy. It reflects a new approach that puts people first and delivers the help that Canadians and Albertans need now.

For 30 years, we have seen the gap between rich and poor widen and the middle class shrink. To address this, we have introduced a middle-class tax cut, and raised taxes on the wealthiest one percent. The new Canada Child Benefit - which will put \$930M into the pockets of Albertan families - will lift hundreds of thousands of children out of poverty. When Canadians have more money to save, invest and grow the economy, everyone benefits.

It's been tough for Alberta over the last few years, and our government recognizes that. Alberta is facing unemployment levels we haven't seen in decades. The EI changes introduced last month will make a big difference for many families and individuals struggling with unemployment, many for the first time in their lives. EI benefits for Albertans will be extended in some instances to up to 70 weeks and wait times reduced. We have also increased federal transfers to the province by \$320M per year in addition to the \$251.4M provided by the fiscal stabilization payment.

The current economic trend is not Alberta's challenge, it is Canada's challenge, and we will meet it together.

With the introduction of this budget, we are beginning to address those challenges and will work with Provincial and Municipal leaders to identify priorities now, and opportunities in the months and years ahead. In our cities, we will invest in transit infrastructure, and Alberta municipalities will receive over \$300 million towards those investments over the next two years. We are also going to accelerate our investments in federal infrastructure projects, to create jobs, and to continue providing the services Albertans rely on from the federal government. This investment in Alberta will be over \$110 million over the next five years.

Finally, we know that global oil prices will stabilize and rebound, and we need to be ready when it does. That's why we are investing \$50 million over two years in research to develop Canada's hydrocarbon resources in cleaner, more sustainable ways. This will both reduce greenhouse gas emissions that contribute to climate change and make Canadian oil more attractive in the global marketplace.

Our new approach puts people first, and it invests in growing the middle class. It also reflects a belief that is the spirit of Alberta's rich history of innovation and collaboration. By investing today in our future we know Alberta and Canada's best days are ahead.



## COUNCILLOR, WARD 8 EVAN WOOLLEY

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

### Keeping the water flowing in Ward 8

The neighbourhoods that make up Ward 8 are some of the oldest and most historic communities in Calgary. The countless number of Century Homes, Beltline's Central Memorial Park, Wildwood's Sandstone Quarry Mines, Mission's Rouleau House, the list goes on. This history lends so much character, charm and warmth of each neighbourhood. That said, with inner city neighbourhoods comes aging infrastructure and water mains. There's currently a total of 208km of water mains in Ward 8, with the oldest pipe being cast iron and dating back to the 1910 era and the newest pipe being PVC and installed in 1992.

Interestingly, water main breaks in Calgary spiked in the 1970's with our city experiencing a peak in 1982 with 1,813 breaks per year. In response to these rising rates, The City allocated a budget of \$35M per year (2015 dollars) and implemented innovative asset management programs like enhanced data collection, inspection technologies, and risk analysis techniques. This strategy cut main breaks in half to approximately 900 per year by the early 1990's. Now, in 2016, the City's efforts have resulted in a drastic 85% reduction in breaks and a savings of \$150M over the last 31 years.

I was surprised and happy to see that in Ward 8 specifically, we've seen a significant drop in breaks over the last five years, from 45 breaks in 2010 to only 23 in 2015. This is thanks to the aggressive installation of corrosion protection on our water mains. While our city's population steadily rises and our water network continues to grow, the proactive approach The City has taken will allow us to continue to reduce the numbers of main breaks and most importantly, reduce capital spending.

One of my biggest goals when I chose to run for City Council was to make sure that more of Ward 8 residents' taxes flowed back into their neighbourhoods. Seeing the increased service life and reliability of the water mains in our communities is a great example of how we're working to make our neighbourhoods better.

## IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	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
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Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
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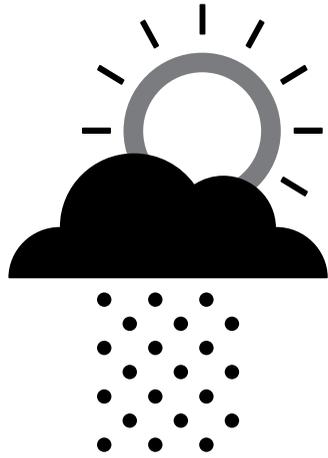


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<p><b>NW - Evidence Sport and Spinal Therapy</b> Cambrian Wellness Centre 201, 2000 Veteran's Place NW P. 403-210-9969 Physiotherapy &amp; Physiatry services only *Not redeemable at this location</p>	<p><b>SE - Momentum Health Ogden</b> Lynnwood Shopping Centre 1C, 7005 18 Street SE P. 403-236-0106</p>	<p><b>SW - Momentum Health West Springs</b> West 85th 2200 8561 8A Avenue SW P. 403-453-3373</p>

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info@calgaryhometeam.com  
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**10AM - 6PM RAIN OR SHINE**

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FROM 13TH AVE - ELBOW DRIVE

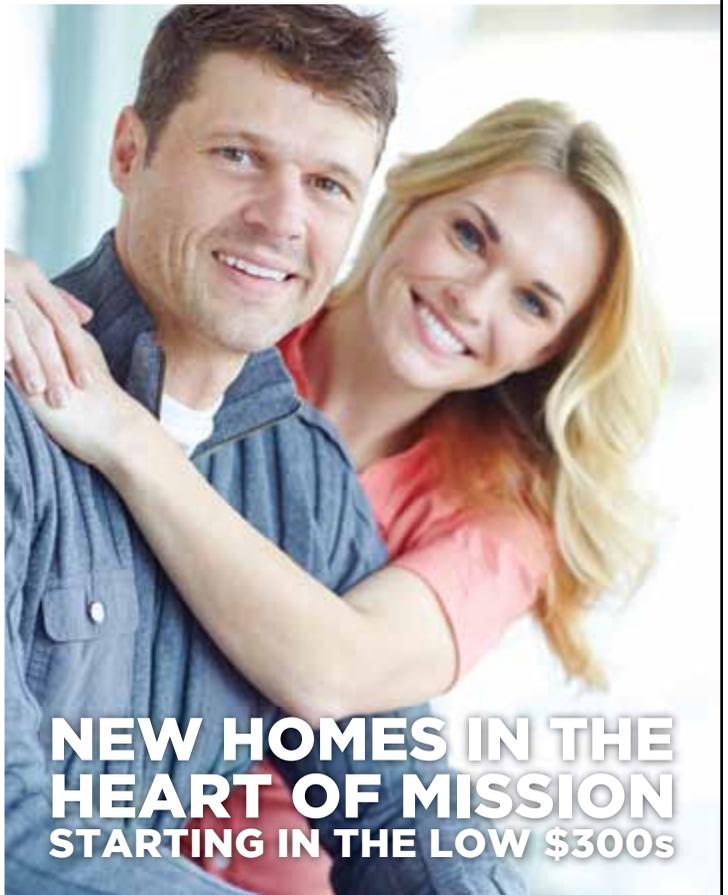
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