

THE MISSION

NOVEMBER 2013

# STATEMENT



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

THE OFFICIAL PUBLISHER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



**ANNUAL  
GENERAL  
MEETING**

**NOVEMBER 28**

**COME AND  
CELEBRATE  
OUR 35<sup>TH</sup>  
ANNIVERSARY**

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# The Mission Statement

Published monthly by Great News Publishing for the Cliff Bungalow-Mission Community Association.

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

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

Twitter: @CBM\_CA

Like our Facebook page for all the latest updates and information on our events

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## We Value Your Contributions

The Mission Statement exists to facilitate communication among residents of the Cliff Bungalow-Mission community. We welcome your articles, stories, letters, announcements, and photos. Your submission in typewritten, handwritten, or photographic print format can be mailed or dropped off at the Community Association mailbox at The UPS Store, 1811 4 Street SW, Suite 462, Calgary T2S 1W2, in an envelope labeled "The Mission Statement". Electronic submissions should preferably be in Word 97-2003 format or as high-resolution jpeg or tiff files, and can be sent to [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com).

The Newsletter Editor reserves the right to edit all submissions for accurate content, consistency, and length. If headlines to articles are not provided, one will be provided for your submission. All photographs require captions or one will be provided. All photographs must display names of the individuals in the photographs. Permission to publish the photograph or image is required. The name of the photographer and credit for the image is also required otherwise it will not be published. The Committee cannot guarantee the publication of all submissions.

[Cbmca.editor@gmail.com](mailto:Cbmca.editor@gmail.com)

**Editorial  
Content  
DEADLINE**  
**1<sup>st</sup>**  
of each month  
for the next  
month's  
issue

# PRESIDENT'S REPORT

## Annual General Meeting – Milestone Year

Our Annual General Meeting will be held on Thursday, November 28, 2013. On November 29, 1978, 35 years ago, the Cliff Bungalow Community Association was incorporated under the Societies Act of Alberta. On October 15, 1990, the community association area was enlarged to include Mission and the name was changed to Cliff Bungalow – Mission Community Association. On September 1, 1988, 25 years ago and the year of the Winter Olympic Games in Calgary, we took over part of the Cliff Bungalow School as our Community Centre. We will celebrate these milestones at our AGM. We also have many other things to celebrate such things that have happened as a result of our community association. In addition we will recognize the contributions of some of the people who have helped make a difference in our community, particularly some who made a difference during the devastating flood this year.

The AGM is when you can buy or renew your memberships. There will be committee displays where you can talk with people connected with those committees. There will be some food and refreshments. It is a great time to meet some of your fellow community residents. While there is the usual AGM kind of business, the focal point of the evening is celebrating our great community. I hope you will join us on November 28<sup>th</sup>.

## New Membership Card this year

Effective the AGM, we will be issuing a new type of membership card. They will be plastic and will continue from year to year. We will just issue updated dates each year. The cost will be increasing but will be comparable to other inner city community associations. The cost for a single person will be \$10 per year and for families will be \$20. We take a small "I" liberal interpretation of what constitutes a family and have for many years. If you live at the same address and consider yourselves a family that is good enough for us. We will be approaching businesses in the community to honour these new cards for discounts. Any business who wishes to participate, just contact us. We will list those businesses and the discounts they are offering in our newsletter on a monthly basis.

## Treasurer Position

Trafford Crump, our Treasurer, will be stepping down from that role at the AGM. This is an important position and we would like to identify a replacement before the AGM. So please consider joining the Board in this role. For more information, please contact me prior to the AGM at rvlang@aol.com or 403-229-2762. We will sit down with you and make sure there is a fit for this important position. If we do not have a candidate by the AGM, the Board will appoint when one is identified.

## Did you know?

Do you know the origins of our community? There were two land grants that encompass our community. The area east of 4<sup>th</sup> Street SW was part of a land grant to Father Lacombe in 1883. It was incorporated as Rouleauville on November 2, 1899 after two prominent citizens, Charles Rouleau, a member of the Supreme Court of the Northwest Territories and Dr Edouard Rouleau who helped establish the Holy Cross Hospital. In 1907, Rouleauville was annexed to Calgary and became known as Mission. Most streets were named after clerics and saints of the Catholic Church.

The area west of 4<sup>th</sup> Street SW was part of a land grant to the Canadian Pacific railway. This area was annexed into Calgary in 1906, 1910 and 1911 and became known as Cliff Bungalow. Many of the streets were named after governor-generals.

While the land origins are different, the history of the two areas is intertwined and the area of the Cliff Bungalow – Mission Community Association reflects that intertwining.

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## EXCELLENT MEETING SPACE AVAILABLE

by Martin Bober

Taken from an issue of *The Mission Statement* in 2002

Our smoke and alcohol free Community Association space is available to suitable groups for meetings, seminars and celebrations at modest rentals, evenings and weekends.

The space features two bright and airy interconnected rooms of 750 sq. ft. each. One has carpet, a small kitchen and serving bar, and a brick feature wall. The other has a hardwood floor. Both have large walls of windows and high ceilings. The facility comes complete with tables and chairs.

We are situated in a park-like setting convenient to public transportation, restaurants, and amenities. Funds generated from rentals are used to support the work of the Community Association.

To view and for rental details, contact zahra\_minoosepehr@hotmail.com or call 403-245-6001.



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## EDITORIAL

Well Cliff Bungalow-Mission, it seems that fall has officially begun. Each morning is a little bit cooler and a little bit crisper than the last and there is that distinct fall-roma lingering in the air. Our days are slowly getting shorter and have become constant reminders that we live in a city where weather is not something we can rely on. The streets of our community are lined with bright yellow, orange and red and every step is followed by the familiar sound of fall, the crunch of the leaves.

Not only is the month of November one of change, it's a month of celebration for the Cliff Bungalow-Mission community. This year we recognize and celebrate two anniversaries; the 35<sup>th</sup> anniversary of the Cliff Bungalow Community Association (12 years later the Association had grown to include Mission) and the 25<sup>th</sup> anniversary of the take over of the Cliff Bungalow Community Centre. In 1988, the Cliff Bungalow School was set to close. Prior to that, the community association did not have a home base to hold their meetings. The association requested CBE lease part of the building to them for use as a community centre. In June of 1988, a special school closure event was held "A Fond Farewell, A New Beginning", where teachers were recognized and the Association spoke about their vision of the building becoming a hub of community activities. This vision has clearly been fulfilled.

On November 28 Cliff Bungalow-Mission Community Association will host their annual AGM. Please join us and help celebrate not only this milestone month, this milestone year.

By Jennifer Vanderlaan



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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.

## Yielding to Emergency Vehicles

Time is the enemy in any emergency. You can help police, fire, and EMS get to the scene quickly and safely by following the rules of the road. It is important for motorists to understand how to safely yield right of way to emergency vehicles with lights and siren activated so that everyone stays safe.

### What to do when an emergency vehicle approaches with lights and siren activated

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left hand turning lanes to pass other traffic.

### While driving on the road

- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to where an emergency vehicle is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for the emergency vehicle to pass before merging safely back in to the flow of traffic.
- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.



Cliff Bungalow – Mission Community Association

## Annual General Meeting

Thurs, November 28, 2013

Community Centre

2201 Cliff St SW (1 block 5th St at 22nd Ave SW)

Doors open at 6 pm

Snacks & Refreshments

Committee Displays

Meeting begins at 7 pm

Meet you neighbours

Learn about the community

Renew your membership

Elect the Board

Get involved

Let's Celebrate

Our Community Association's

35th Anniversary

and our Community Centre's 25th Anniversary

## NOVEMBER MOON CALENDAR



New Moon  
Nov. 3



First Quarter  
Nov. 9



Full Moon  
Nov. 17



Last Quarter  
Nov. 25

# COMMUNITY CALENDAR

# NOVEMBER

All Events are at the Cliff Bungalow – Mission Community Centre (2201 Cliff St SW) unless otherwise noted. Also check out our website at [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com) for more information and updates.

### Jazz Concerts

Wednesday, November 6 features Hutchison/Andrews Trio with guest Curtis MacDonald. December 4 is a Trombone night with Bone Matrix.

### Potlucks

Sunday, November 10, 6 pm. Next potluck date is Sunday, December 8.

### Movie Nights

Sunday, November 24, 7 pm featuring .... No cost for entry. No movie night in December. Next movie night is January 26.

### Annual General Meeting

Thursday, November 28. Doors open at 6 pm. Buy/renew your member-

ship and see the committee displays. Meeting starts at 7 pm. Food and refreshments. Come celebrate our great community.

### Deadline for Mission Statement submissions

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 Hutchison/ Andrews Trio	7	8	9
10 Potluck Book Club	11	12	13	14	15	16
17	18	19	21	21	22	23
24 Movie Night 7 pm	25	26	27	28 Annual General Meeting	29	30



# CBMCA Social Scene

## Community Potluck

Cliff Bungalow-Mission Community Association hosts a monthly community potluck on the second Sunday of month at 6:00 p.m. down at the Community Hall. Bring a dish to share, your own plate, cutlery and mug and join in on a meal with your neighbors and friends.

CLIFF BUNGALOW MISSION



JOIN US

SUNDAY, NOVEMBER 10, 6 PM

COMMUNITY HALL

2201 CLIFF ST. SW

Please bring a plate, mug and cutlery  
For more info: [cbmca.social@gmail.com](mailto:cbmca.social@gmail.com)

## November Potluck

Sunday November 10, 2013  
6:00 p.m.  
2201 Cliff Street SW

## Book Club

For monthly book club details, reading list and discussion questions check out the Cliff Bungalow-Mission Book Club blog, *Readers on the Run*: <http://readers-on-the-run.blog.ca/>

## Jazz Concert Series

In partnership with Jan Mulder and other amazing musicians from the Mount Royal University Jazz Faculty, the Cliff Bungalow-Mission Community Association hosts a monthly Jazz night at the Community Hall normally on the first Wednesday of every month from September to June. This is a very popular event showcasing the premier Jazz talent in Calgary. Doors open 7:30 pm, Jazz 8 pm. Tickets may be purchased at the door: \$10 for CBMCA members, \$15 non-members. This event also features \$1 coffee, tea, pop and water as well as a cash bar.

November 6, 2013  
7:30 p.m.  
2201 Cliff Street SW

## Film Night

Cliff Bungalow-Mission Community Association hosts a film night on the Last Sunday of each month at 7:00 p.m at the Community Hall. This is a free community event open to everyone. Each month we feature a documentary and post film discussion. CBMCA works hard to enrich our community discussions by inviting key note speakers, discussion moderators and other guests to out film nights to contribute to our post film discussion

## November 2013 film

*Craiglist Joe*

In a time when America's economy was crumbling and sense of community was in question, one guy left everything behind to see if he could survive solely on the support and goodwill of the 21st century's new town square: Craigslist. Director: Jane Turville



## November 24 at 7:00pm

Stay up to date with CBMCA at <http://cliffbungalowmission.com/>, on Facebook and Twitter. Stay tuned!



# Cliff Bungalow – Mission Community Association

Mailing Address 1811 – 4 Street SW  
Suite 462, 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 \$5 \_\_\_\_\_ Family \$10 \_\_\_\_\_ Mail cheque to address above.



## Treasurer Needed

The Cliff Bungalow – Mission Community Association requires a volunteer to take over the important role of Treasurer as of the Annual General Meeting that will be held on November 28. Bookkeeping is provided by an outside service but knowledge of managing the financial matters of a not for profit organization would be an asset. Training in regards to this role also is available. For more information, please contact Bob Lang at [rvlang@aol.com](mailto:rvlang@aol.com) or 403-229-2762.



# Nutrition Research For Stress Recovery

[www.Facebook.com/FLOODSTUDY](http://www.Facebook.com/FLOODSTUDY) • [fldstudy@ucalgary.ca](mailto:fldstudy@ucalgary.ca)

Research has shown that various vitamins and minerals can help people cope with stress and anxiety following natural disasters. What we don't know yet is whether it is better to use just a few nutrients or many. *We are evaluating this question in the context of the southern Alberta floods of June 2013.*

We are looking for volunteers who have suffered from the flood and are struggling with depression, anxiety or stress. We want everyone who volunteers for this study to have the potential to benefit. For that reason, there will be no placebo group. Also, we know that people are very busy with flood recovery efforts, so we will not burden our volunteers with blood tests or multiple appointments. People will be screened for the study via the internet, and all ongoing information will be collected via the internet. There will be just one appointment at the beginning, located near the flood sites.

People who volunteer for the study will be randomly assigned to 1 of 3 nutrient formulas, and will be asked to take the pills for 6 weeks. At the end of those 6 weeks, they can either stop, or they can continue with the formula they were taking, or they can even try one of the other formulas we are studying.

Our goal is to provide help for people to maintain their good health and wellbeing while struggling with post-flood depression, anxiety, and stress ..... while simultaneously finding out if some types of formulas are better than others.

To find out if you are eligible for the study, please go to [www.bit.ly/floodstudy](http://www.bit.ly/floodstudy)

You can click to read the ingredient list, a fact sheet, and a large 'button' to click to access the screening questions to find out if you are eligible. (This is a collaborative study with the Univ of Canterbury in New Zealand, which is why their logo is on that page.)estions to find out if you are eligible.

This is a collaborative study with the Univ of Canterbury in New Zealand, so that's why their logo is on top. estions to find out if you are eligible.

This is a collaborative study with the Univ of Canterbury in New Zealand, so that's why their logo is on top.

THANKS and feel free to pass this on!

Please 'like' us on Facebook so that you'll know when the screening website is open: [www.Facebook.com/floodstudy](http://www.Facebook.com/floodstudy)



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## Lest We Forget

November is a time when we reflect on the sacrifices our men and women in service made and continue to make fighting for the rights and freedoms of all people. We must never forget.

We would like to thank everyone who supported Guiding by buying a box of our yummy mint chocolate cookies. Cookies help support our many activities throughout the year.

All the units in Blackfoot District came together for a super swim night at Acadia Pool. It was a wild and wet evening of fun thanks to a grant from ParticipACTION Canada. ParticipACTION Canada promotes physical activity as an important part of a healthy lifestyle – lets "Bring Back Play".

Spark units have been enjoying the good weather by going on nature walks and learning about animals. They have held enrolments, visited the library, had a visit from the music trainer and held "spooktacular" Halloween parties.

Brownie units are working on their program, making crafts and doing outside activities. Some held bridging Halloween parties, went to camp and made poppies for Remembrance Day.

Guide units are working on badges, some are collecting school supplies for a service project, getting active with the "Go-Girl" program and some will be writing letters to our soldiers overseas as part of their Remembrance Day activities.

Pathfinder, Ranger and Trex units went backpacking and tent camping, sold cookies, attended a Stampeders football game and will be having a fabulous bridging Laser Quest outing. They will be working on service projects like gift wrapping for the Cerebral Palsy Association, stuffing hampers at the food bank, going to Calgary Area Ranger Camp and volunteering at the Remembrance Day ceremonies at the Jubilee Auditorium.

Acadia/Fairview Guiding units will be holding a Christmas Tea & Bazaar on Saturday November 30<sup>th</sup> at St. Cecilia Church on 90<sup>th</sup> Ave. SE. Plan to stop by, sip a cup of tea and pick up some unique handcrafted Christmas ornaments and crafts. Thank you for supporting Guiding in our community.

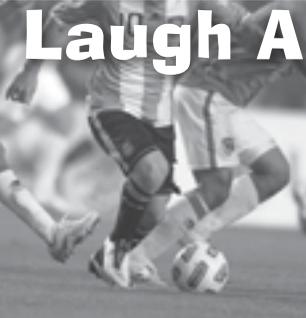
Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please call 403-283-8348

## Girl Greatness Starts Here!



**Laugh A Little!**



When someone tells you nothing is impossible, ask them to dribble a football.



## Licensing your cat or dog

The first step towards responsible pet ownership is to license your cat or dog. Here are five things every Calgarian should know about pet licensing:

- 1. Your cat or dog's license is his ticket home!** Licensing your pet provides Animal & Bylaw Services with the information needed to reunite you with your pet should he ever become lost. A license tag also tells people who may find your cat or dog that the animal is owned and that they should turn him in to Animal & Bylaw Services.
- 2. Licensing your cat or dog is the law!** Under the Responsible Pet Ownership Bylaw 23M2006, by three months of age, all cats and dogs residing in Calgary must be licensed with The City of Calgary Animal & Bylaw Services. The penalty for an unlicensed cat or dog is \$250.
- 3. Cat and dog licenses must be renewed annually!** A one-year license costs:
  - \$15 for altered cats and kittens (up to six months old)
  - \$30 for unaltered cats
  - \$36 for altered dogs and puppies (up to six months old)
  - \$58 for unaltered dogs

**4. Your license fees, not tax dollars, fund our Animal Services operations! Your fees allow us to:**

- Return lost cats and dogs to their owners and enforce the Responsible Pet Ownership Bylaw.
- Deliver school programs and educate animal owners about responsible pet ownership.
- Feed and shelter lost cats and dogs at the Animal Services Centre.
- Operate a state-of-the-art veterinary clinic to provide care for adoptable cats and dogs.
- Operate our animal adoption and volunteer animal socialization programs.
- Provide emergency medical care for lost cats and dogs that are injured.
- Help neighbours resolve animal-related conflicts.
- Provide free spay or neuter surgeries for the cats and dogs of low-income Calgarians.

**5. Purchasing and renewing a cat or dog license is easy!**

You can purchase or renew a license online ([calgary.ca/petlicences](http://calgary.ca/petlicences)), by phone (3-1-1), or in person at the Animal Services Centre (2201 Portland Street S.E.).

Thank you to all Calgarians who license their cats and dogs every year! Your commitment to responsible pet ownership helps us to create healthy, safe and vibrant communities for people and their pets.

For more information about pet licensing and the Responsible Pet Ownership Bylaw, visit [calgary.ca/animalservices](http://calgary.ca/animalservices).

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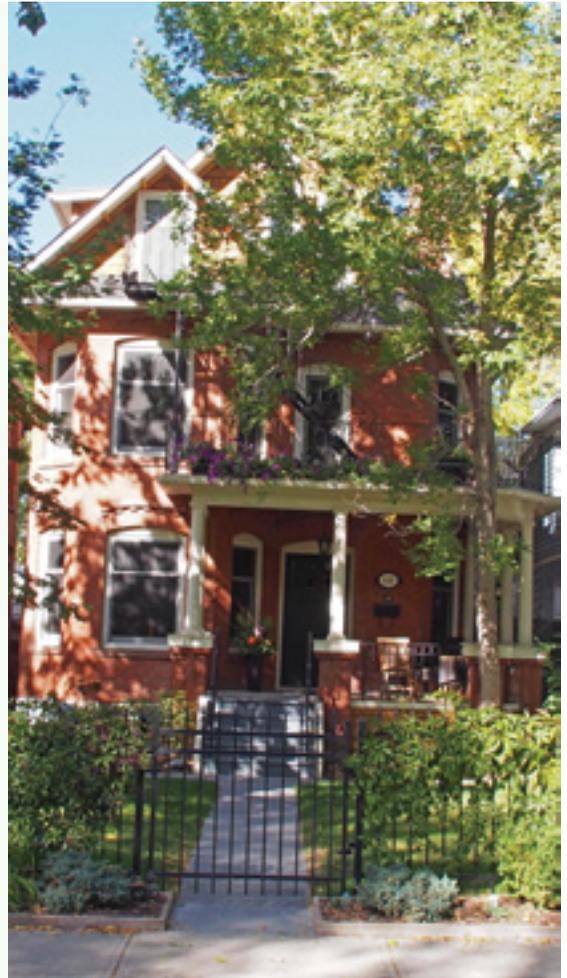


230, 508 24th Ave. S.W. | Calgary, AB T2S 0K4 | 403.228.2772

# HERITAGE COMMITTEE



The Cliff Bungalow – Mission Community Association Heritage Committee recently selected the Chittick House as the recipient of a community heritage plaque. Located in Cliff Bungalow at 618 23 Avenue SW, the circa 1912 home is formally named after its first occupant, Wm. H. Chittick, who operated a cigar store across the street from the CPR's Palliser Hotel. Informally, the current owners have nicknamed their home Highnote as a musical nod to a more well-known occupant – Jann Arden. Shortly before signing her first record contract, Jann Arden rented the basement suite of the house. Her landlady, whose name was June, lived on the main floor and was the inspiration for the hit song "Living Under June."



**Caption:** Cliff Bungalow-Mission is a very special place. Since 2006 the heritage committee have provided residents an opportunity to show their appreciation of its charm, its character and its history with a community Heritage Recognition plaque. This September we recognized three special places with a plaque, left to right: the Chittick Residence (aka the Jan Arden residence) at 618 23rd Ave. S.W., the Roughton Residence at 2126 Cliff Street and the FCJ Centre (Sacred Heart Convent) at 219 19 Ave. S.W. Residents are invited to nominate their own home, or any other site they consider to be of historical value for our community. For more information go to <http://cliffbungalowmission.com/the-association/heritage/cbmca-heritage-projects/cbmca-heritage-plaque-recognition-program/>.

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Visit our website: [catapultdesigns.ca](http://catapultdesigns.ca)

# DEVELOPMENT & PLANNING COMMITTEE

**Development Issues that are under consideration by the CBMCA Development and Planning Committee include the following:**

The Province has drafted legislation to prevent municipalities from allowing new development in floodways but development and renovation policy in flood fringe areas, including legal, non-conforming sites, is still unclear. This will impact properties in Mission and Cliff Bungalow under present official mapping criteria. Flood review discussions for the Holy Cross, status of damaged apartments and condos restoration schedules, guidelines for review of Development Permits for new buildings in the flood fringe and future aspects of flood mitigation are just some of the items being reviewed.

Work is underway (again) on slope stabilization project on Cliff Street and has seen the planting of a small number of trees and shrubs, mulch with seed sprouting in time for winter, and sodding of the lower play area. The smaller secondary slope stabilization area to the north

has been tiered and sprayed with a seed/mulch mix. A new DP has been received for more work behind the large fence in the resident right of way.

We should expect to see approved Development Permits for the 48 unit apartment project at the Synagogue site at 17th Avenue and Centre Street, the 5 unit town home project at the Painted Ladies site at 23 Avenue and 5th Street, and a 4 unit town home project in the 1900 block on 5A Street. DP2013-0450 is in the final stages; it is the 50 unit condo project called Tela on 22nd Avenue between 2nd and 4th. The 58 unit District condominium project at 1801 2<sup>nd</sup> Street SW will begin construction soon.

Work is nearing completion on both the Strategic building (the former pit on 4<sup>th</sup>) and the Maxwell Bates building and we should have our streets and sidewalks back in place very soon, adding to the vitality of a section of 4<sup>th</sup> that is still feeling the effects of June 20. Many businesses like the Joyce, Earls and Wurst are still undergoing repair and the long term fate of others is still unknown.

*Rick Williams, Director Development and Planning  
Cliff Bungalow-Mission Community Association*

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# BOTTLE DRIVE

The Girl Guides of Canada-24<sup>th</sup> Pathfinders will be holding a bottle drive on

**Saturday, November 30<sup>th</sup>**  
**9am-2pm**

Please leave your bottles on your front step by 9am. If we miss you bottles can be dropped off at the Willowridge community hall (680 Acadia Dr. SE) until 1:30pm.

*Thank you for supporting Girl Guides*

## BRAIN GAMES

# SUDOKU

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

FIND SOLUTION ON PAGE 17

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## Is there a volunteer in your community who deserves to be recognized?

We at The Federation of Calgary Communities are excited to announce that we are now accepting nominations for the 2013 Community Volunteer Awards! There are 20,000 volunteers in the community association movement here in Calgary; help us recognize one from your community!

**This is an extra special opportunity to recognize those community volunteers who really stepped up following the June flooding here in Calgary. Whether they spent days cleaning out neighbour's houses, travelling to other communities to offer assistance, collecting donations, or rallying support, this is your opportunity to formally thank them for all of their hard work.**

Additionally, you know that volunteer who year-round always steps up to help out without being asked, stays late after an event, or gets up early to flood the ice rink. Or the group of volunteers who come together to complete a big project or event for the community that creates a strong sense of belonging. And for many communities, there is that one volunteer who has been a part of improving neighbourhood life through a lifetime of dedication and service to their community.

No matter the kind of volunteer, there is an award to recognize their time and achievements. Nominate your most deserving community volunteer today and help celebrate Calgary's 20,000 community association volunteers! There are four different awards to choose from when nominating someone:

- The Step Up Award
- The Spark Award
- The Be Part of It Group Award
- The Community Builder Award

Please visit [www.calgarycommunities.com](http://www.calgarycommunities.com) for detailed descriptions of the four awards and the nomination form. **The NEW deadline to nominate someone for a 2013 Community Volunteer Award is November 15, 2013.**

The winners will be presented with their award at our volunteer recognition celebration. If you have any questions, please contact Rebecca Dakin with The Federation at (403)244-4111 ext. 204 or [communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com).

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## BRAIN GAMES SUDOKU SOLUTION

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

## Recycle your Electronics

**NOW Two drive-thru locations to serve you**  
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SW- Relocated in Currie Barracks	SE-Ecco Waste
<p><b>Crowchild entrance:</b> Crowchild to Flanders Ave, thru main gate of the Barracks, go straight through first stop sign on Caen Ave, turn left at Falaise Ave. Location is directly on the right.</p> <p><b>Richardson Way entrance:</b> Turn into Barracks on Caen Ave and immediately turn right on Falaise Ave. Location is on right.</p>	<p><b>Deerfoot directions:</b> South on Deerfoot to exit 241 (24<sup>th</sup> St E), follow 24 St past Douglasglen to Ecco Waste on your right.</p> <p><b>Glenmore directions:</b> South on Shepard Rd, turn right at 84<sup>th</sup> Ave, left on 24<sup>th</sup> St. Location is on your left just before Quarry Park Blvd.</p>



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## Riding Bicycles through the Cold Season

Leaves have turned; days are getting shorter, mornings chillier. It might start snowing any day now. It is the time of year when many people put their bicycles away until spring. You need not, though: with a little bit of preparation you can continue to ride your bike at least off and on through the cold season.

As long as roads are not snowy or icy and temperatures don't fall far below zero, cycling isn't much different than walking: you need a jacket and gloves. The days when it's -30C are memorable, but there are not very many of them! Thanks to Chinooks, Calgary regularly experiences above-zero temperatures with dry roads and pathways even in the deep of winter.

Join thousands of Calgarians who ride their bicycles year-round. You don't have to do it every day, but whenever you'd be comfortable walking, you can also be comfortable riding. Continue to enjoy the health benefits of cycling by riding to work, school, or for fun through the cold season.

Winter weather doesn't keep Calgarians off the ski slopes and cross-country trails, and it need not keep them off the bike paths either. Even snow and subzero temperatures can be overcome. Proper clothing is important, and, depending on your level of comfort and commitment, you might consider adapting your bike for riding on snowy and icy roads and paths. To learn more about winter cycling in Calgary, visit [bikecalgary.org/winterriding](http://bikecalgary.org/winterriding).



**MLA CALGARY – GLENMORE**

**LINDA JOHNSON**

A208, 1600 – 90 Avenue SW (Glenmore Landing)

(403) 216-5421

Calgary.glenmore@assembly.ab.ca

FB: LindaJohnsonMLA

Twitter: @LindaJohnsonMLA

Web: [ljohnson.mypcmia.ca](http://ljohnson.mypcmia.ca)

As I write this, the leaves are falling, and I'm pretty sure that by the time this article is published we will have had some snow. At this point, we also don't know the outcome of the Tsuu T'ina Nation's vote regarding the Southwest portion of the Ring Road. Whatever the result, we will continue to have traffic issues in Calgary-Glenmore and I will continue to advocate for sensible solutions.

I would also like to thank everyone who attended the open house in Kingsland on October 19<sup>th</sup>. It is very important for me to hear from you personally about your priorities as I return to the Legislature in Edmonton. We will have another busy session this fall with new legislation being tabled to address future development on flood plains.

Although the Legislature has not been in session for a few months, committee work continues. We have made some good progress with the Education Regulatory Review, Resource Stewardship and the review of the Conflict of Interest legislation.

This month we will commemorate Remembrance Day, please join me either at Chinook Mall on Saturday, Oct 26<sup>th</sup> for the poppy parade or November 11 at 10:30 am at Legion 285 (9202 Horton Road SW).

Looking forward to December, I would like to invite you to the constituency office on December 12<sup>th</sup> to visit with fellow Calgary-Glenmore residents. The office will be open from 5pm to 8pm. I will be collecting donations for the Southwest Community Resource Centre.



## FYI

The federal department of Veterans Affairs Canada states that November 11 is a day of "remembrance for the men and women who have served, and continue to serve our country during times of war, conflict and peace"; specifically, the First and Second World Wars, the Korean War, and all conflicts since then in which members of the Canadian Forces have participated. The department runs a program called Canada Remembers with the mission of helping young and new Canadians, most of whom have never known war, "come to understand and appreciate what those who have served Canada in times of war, armed conflict and peace stand for and what they have sacrificed for their country."



by Cindy DeJager

# THE INDOOR GARDENER

## Plants for the Office

If you have a window with moderate light you can have a nice variety of plants to choose from. However, don't let the absence of a window deter you from adding some green to your office or desk top.



One of the easiest plants to care for is the **Heart Leaf Philodendron**. It is a hardy climber that does really well under fluorescent lighting.

**Pothos** looks similar to the Philodendron with yellow marbled heart-shaped leaves. It tolerates low light and low humidity.

**African violets** require a bit of indirect sun – perfect if your office has an east-facing window. There are so many varieties and you can pick them up in all garden centres. The flowers will definitely brighten up your desk this winter.



**Cactus** is really easy to care for and if you don't have a green thumb this might just be the plant for your office or desk top. You just need to provide bright light or better yet, a few hours of sunlight a day, and water only every couple of weeks or once a month depending on the size of your plant.

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## Calgarians can help keep natural areas natural

There are many different types of parks in Calgary, which are broadly divided into two categories; manicured and natural area parks. Manicured parks have mowed grass, landscaped trees, non-native plants and open spaces. Natural area parks are designed to increase the diversity of native plants and animals by protecting natural habitats and allowing natural processes to occur.

Natural areas provide important habitat, food, and movement corridors for many species of birds, animals and native vegetation. They act as protective buffers between urban areas and sensitive ecosystems such as rivers and wetlands, and also provide a place to exercise, relax, and enjoy nature. Some specialized techniques for improving natural area parks include erosion control, weed control, and planting native vegetation.

Keeping natural areas healthy is everyone's responsibility. Please refrain from engaging in mowing, irrigation, planting, placing garden furniture, composters, and bird feeders, dumping of garden waste, and building bike jumps. These activities have a negative impact on nature's careful balance and can introduce harmful weeds and reduce the diversity of native species and habitat. They are also prohibited under the Parks and Pathways Bylaw (bylaw number 20M2003) and carry a fine that ranges from \$25 to \$1000 for violators.

As neighbours to the natural area you can play a part in keeping Calgary natural and beautiful:

- stay on the designated trails and pathways;
- do not dig holes, plant vegetation, dump garden waste, mow, or place garden furniture/composters in the natural area;
- do not feed or disturb the wildlife; and
- groom pets to remove plant parts to stop the spread of weeds.

Volunteer opportunities are available for Calgarians who would like to volunteer for restoration activities in a natural area park. Please visit [calgary.ca](http://calgary.ca) for more information.

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
Ambulance (AHS) – Non Emergency	403.261.4000
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women’s Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children’s Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Care	403.955.6200
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111
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Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior’s Resource	
(SeniorConnect)	403.266.6200
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Elder Abuse Resource Line (65+)	403.705.3250
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## WINTER EMERGENCY HEAT PROGRAM

### FOR THOSE AFFECTED BY 2013 FLOODING

The Canadian Red Cross and The Province of Alberta are partnering to provide furnaces, hot water tanks and other essential heating items to eligible homeowner in flood-affected areas of Southern Alberta so as they are able to stay warm in their homes as winter approaches.

#### To qualify for this program, residents:

- Must be registered with the Provincial Disaster Recovery Program (DRP) and be able to provide a DRP number
  - For information about Alberta's DRP: [alberta.ca/2013DisasterRecoveryPrograms.cfm](http://alberta.ca/2013DisasterRecoveryPrograms.cfm)
- Must be the primary homeowner on the home mortgage/title of ownership

#### How do residents access the program?

Residents who meet the above criteria can contact the Canadian Red Cross at 1-866-696-6484 or visit [redcross.ca](http://redcross.ca) for more details.

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