



have a lot riding on **us** getting it right.

Calgary's city employees Making your city work for you



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\* According to the 2016 RBC Canadian Water Attitudes Survey



Life's best moments aren't the big ones. They're the billions of little ones. The simple ones we miss the most after they're taken from us. And then it's too late. That's why we love life. And that's why we're doing everything possible to make sure you don't miss it.

See how at heartandstroke.ca



## CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION

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

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

#### **Editorial Submissions**

cbmca.editor@gmail.com All editorial content must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

#### Advertising Opportunities

403-263-3044 | sales@great-news.ca All advertisements must be submitted by the 1st of the month for the following month's publication.

#### Published by Great News Publishing

Serving Calgary communities for 28 years 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

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



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Cliff Bungalow - Mission Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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

## **IMPORTANT NUMBERS**

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary Weather Information	511
Camplers Anonymous	402 227 0654

403-237-0654

Gamblers Anonymous

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4 FEBRUARY 2017 | Call 403-263-3044 for advertising opportunities

## **PRESIDENT'S REPORT**

#### **Canada Celebrates 150 years**

During 2017, Canada will be celebrating its 150th anniversary. I came to Calgary to live, work and play in 1967, the centennial year of Canada. It was a wonderful upbeat year of celebration that included Expo 67 in Montreal which I was fortunate to go to. I was also able to go to Ottawa and see the houses of Parliament. In those days, there was much less security. People could come with you to the departure location in the airport. We walked out onto the tarmac without going through metal detectors and showing ID and walked up the mobile stairs into the plane. The same open access existed on Parliament Hill. There were no extra charges for luggage or anything else during the trip. Things have sure changed in that regard.

Living in Cliff Bungalow – Mission for the last 39 years has made me very aware of the history of our community and its close relationship to the history of Canada. During my time on the CBMCA Board, we have done a lot of research and publication of that research on our community's history. That led to the publishing of our award-winning history book in 2015. We have installed special street signs and community entrance signs. I believe we have done more in regards to recognizing and celebrating our history than any other community in Calgary. Many people have helped make this happen and we thank them for their help.

As we begin the year of 150<sup>th</sup> celebrations, let us also recognize the contribution that this community and its residents and businesses have made, not only to this community, but to the country as a whole.

#### Second Printing of the History Book over half sold

We have sold over half of the 300 copies of the second printing of our award-winning history book "Cliff Bungalow – Mission, A Heritage Community". This is in addition to selling all 300 copies of the first printing within two months. This is a tremendous achievement and testament to the work of many talented people.

The cost for this high quality book is just \$30. You can learn more about the history of the community by reading this book and there are lots of references if you want to learn more. It is a beautiful book with lots of historic pictures, maps, etc. You will be proud to display it in your home and will be able to tell visitors about the history of

the community. They make great gifts and will be available at all community events at the community centre.

We are also looking for help to better raise awareness of this book, particularly beyond the immediate community. Contact Judith at cbmca.historybook@gmail.com if you are interested in this activity.

#### **Spencer Perry**

As most of you know, Spencer Perry was our Communications Director during the last year. He has moved to Vancouver for a new job. In a recent e-mail Spencer said: "It was fantastic to serve on this board and live in Cliff Bungalow-Mission. Vancouver's great but it's just not the same!" Thank you Spencer and best of luck in your new job.

#### **New Membership Affinity Business**

We welcome 'clear float spa' to our membership affinity program. See the full list of businesses and what they offer CBMCA members elsewhere in this issue.

# **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.



**If music be** the food of love, play on.

## **Cliff Bungalow - Mission Community Association** Board List 2016 - 2017 As of November 23, 2016

President	Bob Lang	cbmca.president@gmail.com 403-229-2762	
Vice President	Jan Pugh	cbmca.facility@gmail.com	
Secretary	Rick Williams	cbmca.secretary@gmail.com	
Treasurer	Amanda West	cbmca.treasurer@gmail.com	
Planning and Development	Sander Jansen	cbmca.development@gmail.com	
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Social	Amanda Weightman & Kaeleigh Doherty	cbmca.social@gmail.com	
Communications	Jane Kubke	cbmca.editor@gmail.com	
Directors-at- Large	Ken Hryciw Andrea Vig Kate Zago		

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





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

#### **Jazz Concerts**

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

Wednesday, February 1, 8 pm - Vocal jazz night with Valdine Schroeder

Wednesday, March 1, 8 pm - The Jim Brenan project

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

#### Potlucks

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

February potluck is Sunday, February 12, 6 pm

March potluck is Sunday, March 12, 6 pm.

#### **Board Game Nights**

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

February Board Game Night is Saturday, February 25, 7 pm. March Board Game night is Saturday, March 25, 7 pm.

#### **Movie Nights**

February movie night is on Sunday, February 19, 7 pm featuring ...

"The Carbon Rush" (2012 Documentary)

THE CARBON RUSH takes us around the world to meet the people most impacted. They are the least heard in the cacophony surrounding in this emerging "green-gold" multi-billion dollar carbon industry.

From indigenous rain forest dwellers having their way of life completely threatened, to dozens of Campesinos assassinated, to the livelihood of waste pickers at landfills taken away, THE CARBON RUSH travels across four continents and brings us up close to projects working through the United Nations, Kyoto Protocol designed Clean Development Mechanism. This groundbreaking documentary feature asks the fundamental questions: "What happens when we manipulate markets to solve the climate crisis? Who stands to gain and who stands to suffer?"

March movie night is on Sunday, March 26, 7 pm. Free popcorn. No entry charge.

#### **History Book Sales**

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

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

#### www.cliffbungalowmission.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.

## MOVIE NIGHT



ADMISSION



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

See something interesting in the 'hood?

Take a photo and post it to Instagram (with the hashtag #cbmca) or to our Facebook page. It can be anything: a selfie of you and friends at a 4th Street eatery? Post it! • a cute dog? Post it!

• birds at your backyard feeder? Post it!

## #cbmca

## MEMBERSHIP **AFFINITY PROGRAM**

#### Use your membership card to save!

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

clear float spa: 105, 1800 - 4 St SW, 10% discount (except for the Theta Membership)

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

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

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

4<sup>th</sup> Street Liguor & Wine, 1809 – 4 St SW, 10% off all items

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

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

Peking Dragon: 1904 – 4 St SW, 15% on Pick Up items on orders over \$30.00

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

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

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

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

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

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

## PLANNING & DEVELOPMENT UPDATE

#### Planning & Development Update

Every month the Planning and Development Committee receives a number of applications for new developments or land use amendments 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. Below please find a selection of applications that we received recently:

For those who attended the community check-in on June 9 of this year, you would be aware of the plans for a multi-residential development on 17 Avenue SW, immediately to the west of Rouleauville Square. Since the initial plans were presented to us, some changes have been proposed. Instead of two towers, the Applicant is proposing one 13-storey tower, with 156 units (studio suites and 2-bedroom units), as well as commercial use on the main floor. The Applicant has tried to reflect some of our concerns, particularly in relation to massing and the interaction of the building with St. Mary Cathedral and Rouleauville Square, by turning the tower slightly away from the Cathedral to maximize sightlines (coming down 1 Street SW), allowing for generous landscaping between the building and Rouleauville Square (beyond required setbacks), and proposing some verticality in the building design consistent with the Cathedral. In terms of materiality, the Applicant is proposing a brick podium, and white-coated aluminum panels for the tower. Since the changes were presented to us, the CBMCA has had the chance to provide comments on the updated plans. We appreciate the Applicant's efforts to address some of our concerns, but believe the development could be further enhanced by:

Use of "terracing" (i.e. a series of steps away from the Cathedral) as opposed to the rectangular block style, as an opportunity to respect the significance of the Cathedral;

Use of cladding that harmonizes better with the heritage character of buildings in the immediate proximity (e.g. buff colour as opposed to white panels), as an opportunity to clearly mark its location as the gateway to the Cathedral District; and Greater transparency towards the park, by incorporating windows in the podium facing the park (as opposed to a brick wall).

It is understood that the City's Planning Authority is supportive of the latter two concerns, and has included conditions as such.

Much is happening on the sites around Rouleauville Square. A land use amendment has been put forward for the site directly on the east side of Rouleauville Square (currently La Chaumiere). The land use amendment has been proposed to accommodate an approximately 10-storey, 122 unit (senior) assisted living development. The land use amendment includes a change in FAR (from 3 to 5.5), a change in zoning (from C-COR2 to M-H3) and a reduction in height (from 46 meters to 38 meters). To help demystify some of this jargon, the change in FAR (Floor Area Ratio) effectively means that the Applicant can build more gross floor area (i.e. greater density) on the same parcel of land. The change in zoning means that the land will be re-designated from commercial use to a residential use, which means that the Applicant is not tied to the requirement to allow for at least 20% commercial use of the gross floor area. Following our initial conversations with the Applicant and the City's Planning Authority, we have provided a number of observations (consistent with the development on the west side of Rouleauville Square). We do note that some of these observations do not directly relate to a land use amendment, but we encouraged the City Planning Authority to take these aspects into consideration on a going forward basis:

Use of "terracing" (i.e. a series of steps away from the Cathedral) as opposed to the rectangular block style, as an opportunity to respect the significance of the Cathedral;

Use of cladding that harmonizes with the heritage character of buildings in the immediate proximity (e.g. use of brick / stone, use of colours consistent with the Cathedral District, window detailing), as an opportunity to clearly mark its location as the gateway to the Cathedral District;

## PLANNING & DEVELOPMENT UPDATE

Use of articulation in the tower design (e.g. through use of different materials, a series of subtle step backs, balconies, transparency, landscaping), to soften the building's appearance on the Rouleauville park side and enhance the park experience; and

Adequate "activation" of this building (e.g. through commercial uses, active uses on the main floor, substantial transparency towards the street / park, public amenities on the main floor) would represent an opportunity to extend vibrancy and gear pedestrian traffic to 17 Avenue east of the site.

We are currently awaiting a response from the Applicant and the Planning Authority. We will keep the community updated as the application progresses.

A new **freestanding sign (C-Class)** is proposed on the **Holy Cross Centre site**, to replace the current sign at

the main entrance (2 Street SW). The proposed sign is 25.4 feet high and 9 feet wide, has multi-coloured panels and is back-lit illuminated. Unfortunately, the plans were not circulated to the CBMCA by virtue of the type of permit. Therefore, our only opportunity to comment was through an appeal. Despite our sympathy for the HCC tenants that are looking for better means of identifying their businesses, the CBMCA felt an appeal was necessary, due to the sign dimensions (in our opinion, the sign size does not fit the residential context), the design (multi-coloured panels present the risk that the sign has a highly commercial appearance) and illumination (possible light pollution for neighbouring properties). Following our appeal, the SDAB has included one condition in the approval, which relates to illumination. The sign may only be illuminated between 7am and 8pm. No further conditions were included, by virtue of the proposed sign being compliant with the District Control and the Land Use Bylaw.

## **Do You Know How Designation as an Historic Resource Could Affect Your Property Values?**

By Frits Pannekoek

Several academic studies report on the impact of historic designation on property values in Canada and in the United States. Their conclusions may surprise you!

Single designated houses, or those which have gifted their heritage value or development rights to a Trust or the government, have seen their property values decline by 30%. That tells us that the development rights of a property are worth, on average, one third of the appraised value of the property. While in the US you would get a tax receipt for the gift for the value of the property, in Canada you get nothing!

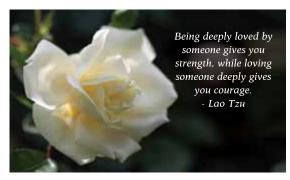
In five years of designation, heritage properties increase more rapidly in value than non-heritage real estate. Over time, these properties can regain their value, particularly if there are other designated properties in the neighbourhood.

In the United States, heritage properties within a heritage conservation area are generally listed at 26% higher than similar properties outside the heritage area. In the US, vacant land within a heritage area generally sells at a 131% premium.

The conclusion: For the highest increase in value on your heritage property, fight to have a historic district with a certain density of heritage housing. Which neighbourhoods in Calgary do you think would secure the greatest increase as a result of the preservation of heritage housing? Many of the successful US conservation districts, while supported by generous renovation tax credits, are run by community trusts. Cliff Bungalow - Mission has a high density of incred-ible heritage homes. Perhaps it's time to explore options.

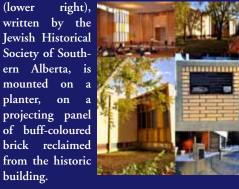
Editor's note – Frits Pannekoek is well known in heritage circles in the Province of Alberta. He is also a resident of our community. This is the third of a series of short articles to help you understand the challenges as well as the opportunities in recognizing and preserving our rich heritage.



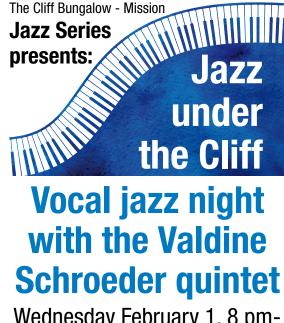


## AMEMORIALPLAQUE

A memorial plaque was erected by Strategic Group in December 2016 to commemorate the former site of the 1959 mid-century modern Shaarey Tzedec synagogue at 17th Avenue and Centre Street (2012 photographs top and left), now Mission 17. The plaque







Wednesday February 1, 8 pm-Cliff Bungalow - Mission Community Centre-

Cover: \$15 cash

(\$10 for seniors, students, and CBMCA members) Doors open at 7:30 pm ; music starts at 8 pm No reservations taken; rush seating only

## We suggest you come early, enjoy a beverage and get a good seat.

Valdine Schroeder vocals John McRory guitar Cathy Ashcroft piano Stefano Valdo bass Brian Niblock drums

The theme for this evening will be "Secrets of Life, Love, and Heartache" expressed through the music of Stephen Sondheim, Richard Rogers, James Taylor, Mel Torme, Peggy Lee, and others.

> The next jazz night is on Wednesday, March 1 featuring The Jim Brenan project.

## SECRETS OF LIFE, LOVE AND HEARTACHE WITH THE VALDINE SCHROEDER QUINTET UNIVERSITY OF ANTIONAL Steine Valds - Bass Brann Wibles - Drawn FEBRUARY I

CLIFF BUNGALOW-MISSION JAZZ SERIES PRESENTS

(\$10 SENIORS, STUDENTS, CBM MEMBERS)

DODRS OPEN 8 7:00PM | MUSIC 8 8:00PM \ RUSH SEATING ONLY CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION 2201 CLIFF STREET SW, CALGARY AB





statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.





JOINUS

### COMMUNITY POTLUCK DINNER

SUNDAY, FEBRUARY 12, 6 PM

COMMUNITY HALL, 2201 CLIFF ST. SW

Please bring something to share & invite your friends and neighbours.

For more info: cbmca.social@gmail.com

At the end of the Beatles' song "A Day in the Life", an ultrasonic whistle, audible only to dogs, was recorded by Paul McCartney for his Shetland sheepdog.



Trivia

## You are invited to come to Cliff Bungalow - Mission Community Potluck Dinners

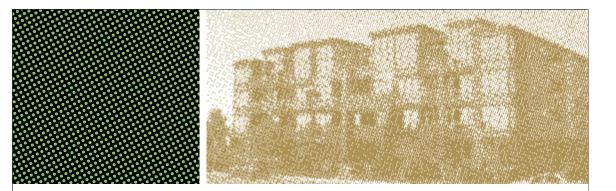
Our community potluck dinner is a great opportunity to start off the New Year sharing good food and conversation around a table with family, friends and neighbours. Many people have been gathering for several years and have come to know those who live in the neighbourhood. Actually, some have moved from the 'hood but still come to dinner and we continue our relationships. It may have something to do with the candles, a little music and the warm, relaxing, welcoming ambience on a Sunday evening. Of course, the food is always interesting - we never know who will bring what. The serving table is laden with a variety of dishes from potato chowder, to Thai chicken, homemade bread, curried vegetables, gourmet cheeses, couscous, rice pilaf, lentil stew, pizza, fresh salads, lasagna and more. And, then, there are the desserts from cheesecake to fresh fruit to chocolate brownies...... The menu is as varied as the people who make their way to the community hall with a dish to share with others.

Now that some very young folk are coming to dinner with their parents, we realize it would be good to have a high chair to bring the little ones to the table. So, if anyone has a high chair to offer, it would be most appreciated. Please contact Bob Lang at cbmca.president@gmail.com.

Potlucks run monthly from September to July at our CBMCA Community Hall, 2201 Cliff St. SW. (one block west of 5 St. SW at 22 Ave. SW).

Come with friends, family including children of all ages and a dish to share at the upcoming dinner on Sunday, February 12, 6pm.





## WAKE UP Downtown.



## BRILLIANT LIVING IN THE HEART OF MISSION

Visit our Sales and Information Centre 104, 320 23 Ave SW Calgary, Alberta 403 452 TELA (8352)

Hours Tuesday – Thursday 1 – 6pm Saturday & Sunday Noon – 4pm



## **Cliff Bungalow - Mission Community Association**

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

-><-



Membership Form (Please Print Clearly)

	Name (1)
	Name (2)
j	Name (3)
	Street Address
Ì	Suite/Unit # Postal Code
	Phones (1) (2) (3)
	Email (1)*
	Email (2)*
	Email (3)*
	Membership Cost: Single \$10 Family \$20 Payment type: Cash Cheque
	New or Renewal If Renewal, provide your Card# Purchase Date
	*Your e-mail addresses will be used by CBMCA to inform you of community events and important community matters

## TIME TO RENEW YOUR MEMBERSHIP

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

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

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

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



#### CBE Legacy Award | Manmeet Singh Bhullar

The Calgary Board of Education Board of Trustees presented the CBE Legacy Award posthumously to Manmeet Singh Bhullar on Nov. 29, 2017. The CBE Legacy Award celebrates public education in Calgary and the individuals who have contributed to our communities. In every corner of the city, across the country and beyond, our alumni have made a lasting impact.

Manmeet Bhullar attended Chief Justice Milvain School and Annie Gale School and graduated from Lester B. Pearson High School. During his time as a student, Manmeet was an active member of his school communities and an enthusiastic student athlete.

Elected MLA for the northeast constituency of Calgary-Montrose in 2008, he was the youngest member to be elected to Alberta's 27th legislature.

Between 2008 and 2015, Manmeet served in a number of different roles, including parliamentary assistant to the Minister of Advanced Education and Technology, parliamentary assistant to Municipal Affairs, Minister of Service Alberta, Minister of Human Services and Minister of Infrastructure.

He was a passionate advocate for youth, justice and education. In a speech given in 2008, Bhullar said, "I want to inspire young people in my constituency. I want to inspire a generation of young people, and if I can inspire just one of them to get a postsecondary education, I will have done my job."

Earlier this year, the CBE announced that the new school under construction in Martindale would be named in Bhullar's honor.

Manmeet Bhullar served our communities with his energy, his passion and his whole heart. He modeled for our students one of the four CBE Results – Citizenship. Our students are able to see how their hard work and commitment can make true changes to our society. It is no doubt that he continues to be an inspiration for politicians and citizens alike. Manmeet Bhullar left a true Legacy, and he is truly missed.

For more information about the Legacy Award or to nominate someone, please visit the CBE website at cbe.ab.ca.

You can contact the Board of Trustees at boardoftrustees@ cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu



#### February 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

February 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

#### February 18 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

#### February 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.





# **Plantar Fasciitis**

## **Causes and Treatment Options**

By Dr. Alma Nenshi, Family Chiropractor

Chronic foot pain is no fun, and can spoil your enjoyment of life. One of the most common causes of pain in the feet, affecting nearly two million people yearly, is plantar fasciitis, an inflammation of the plantar fascia ligament that connects the heel bone (calcaneous) and the toes. This ligament is composed of fibrous bands of tissue, and runs along the entire bottom of the foot supporting 26 bones, 33 joints, 107 ligaments and 19 tendons and muscles during standing and movement. Plantar fascia may become inflamed when tiny tears occur in these delicate tissues.

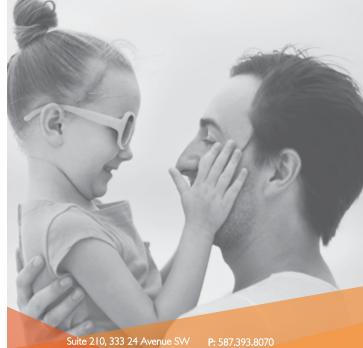
The most common symptom of planar fasciitis is a burning or aching pain on the bottom of the foot in the mornings, often near the heel. The pain tends to decrease with activity, but may recur after periods of walking or standing. Half of people diagnosed with plantar fasciitis say that their pain is constant; 90% say that it hurts when they press on the area around the heel.

There are many potential causes of plantar fasciitis. Overuse during exercise or physical activity is one of the most common, and athletes who run, jump, or perform other repetitive movements that put pressure on the feet are prone to this condition. It may also be caused or aggravated by arthritis and diabetes, especially in the elderly. Wearing the wrong shoes or shoes with little or no arch support or cushioning can put strain on the tendons and, over time, cause plantar fasciitis symptoms. Improper footwear is even more likely to be a cause if you have flat feet, high arches, overpronation, or underpronation. Being overweight can also place additional strain on your feet that can lead to foot, ankle, knee, hip and back pain symptoms.

Whatever the cause, plantar fasciitis can take all the fun out of walking or even moving around easily. More important, it is a condition that should be diagnosed and treated early, before it becomes more serious. Traditional medical treatments tend to focus on reducing the pain (via anti-inflammatory medications such as Ibuprofen or more serious pain relievers) and alleviating pressure on the heel. Unfortunately, this regimen does not address the potential causes of the disorder. For many, chiropractic adjustments of the feet and related ioints (in addition to traditional approaches such as icing and avoiding for a time the movements that seem to exacerbate the pain) may help to restore a proper range of motion, and thus remove the cause of the problem.

More advanced computer technologies like our GaitScan measures how you walk or run and can provide valuable data for the accurate diagnosis and treatment of your symptoms. Custom orthotic therapy is often covered by health insurance plans. Our modern slim but supportive custom inserts are not only comfortable and fiteasily into your shoes, but they outperform popular over-the-counter cushion inserts by both relieving pain and preventing future occurrences of it. Combine this with appropriate lifestyle modifications, anti-inflammatory diets and Frequency Specific Microcurrent therapy that clinically reduces inflammation and pain while healing scar tissue, tears and adhesions in the fascia, and you've got a recipe for success!

Of course how quickly these therapies may provide relief depends on each individual case, but relief can be found. Mention this article to receive a free computer GaitScan assessment and consultation to help you diagnose the root cause of your plantar fasciitis symptoms (\$50 savings!)



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# Guides BLACKFOOT DISTRICT









#### Happy Thinking Day!

**2017** So what is this Thinking Day? World Thinking Day –February 22nd- is the joint birthday of Lord and Lady Baden-Powell the founders of Boy Scouts and Girl Guides. World Thinking Day gives Girl Guides and Girl Scouts the world over the chance to reflect and show camaraderie with their sisters in far flung places. Units will hold parties or special events in celebration of Thinking Day and raise funds for the CWFF (Canadian World Friendship Fund). These funds will go to WAGGGS

# See something cool in the neighbourhood? Instagram it!

(World Association of Girl Guides & Girl Scouts) for development of programs in other countries.

Blackfoot District will be hosting a bridging roller skating night at Lloyd's Recreation for all its members. This is an event sure to be filled with spins and thrillscan you do the Hokie-Pokie on roller skates?

The Spark units will be visiting the fire hall, celebrating Valentine's Day with cupcakes and cards, and learning about Guides from around the world.

The Brownie units will be working on Keys, sleeping over at Telus Spark & the zoo, celebrating Thinking Day through games, songs, dances and crafts from our sister Guiding countries.

The Guide units will be learning about the 4 World Guiding Centres by participating in activities from Mexico (Our Cabana), India (Sangam), Switzerland (Our Chalet) and England (Pax Lodge) in celebration of Thinking Day.

The Pathfinder & Ranger units will be winter camping, snowshoeing, making birthday boxes for the food bank and will be attending STEM Day at U of C.

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

If you have any questions regarding Guiding or registration please contact

Calgary Area Girl Guides at 403-283-8348 c ggcinfo@calgarygirlguides.com.



## GAMES SUDOKU

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



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Cliff Bungalow - Mission Real Estate Update Last 12 Months Cliff Bungalow MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$389,450	\$375,250
November 2016	\$342,450	\$319,000
October 2016	\$0	\$0
September 2016	\$344,900	\$336,000
August 2016	\$369,750	\$360,000
July 2016	\$512,000	\$490,250
June 2016	\$399,900	\$380,000
May 2016	\$409,900	\$396,088
April 2016	\$260,900	\$257,000
March 2016	\$344,950	\$338,000
February 2016	\$384,900	\$373,750

## Last 12 Months Mission MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	10	8
November 2016	9	4
October 2016	13	0
September 2016	14	3
August 2016	19	13
July 2016	11	8
June 2016	14	15
May 2016	11	6
April 2016	25	8
March 2016	19	8
February 2016	16	12

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



The historic 1915 Reader Grand Allée on 5A Street of regularly spaced Green Ash trees which display Alberta Heritage Tree Foundation plaques.

## A Tree is a Long Term Plan

By Nancy Tice

William Pearce, an early Calgary pioneer, was a land surveyor with a keen interest in trees. Pearce envisioned transforming Calgary's stark prairie landscape into a city of trees. The first documented public boulevard tree planting took place along Atlantic Avenue in Inglewood under his direction in 1895. Back then it cost a grand total of \$12 to plant 80 trees.

Early pioneer families often arrived in Calgary with a living memory of home tucked in with their belongings. Many a hardy rose or lilac cutting survived the journey west poked into a potato, waiting for the chance to take root in unfamiliar soil. Fragrant shrubs such as lilacs were planted near porches and entry doors, a tradition which remains visible in Cliff Bungalow - Mission today. In 1899, Manitoba maples were imported to Calgary from Brandon and made available to residents yearning for shade from the prairie's hot summer sunshine. In 1905, the CPR brought in spruce trees from the mountains and sold them for ten cents each. The greening of Calgary had begun. Public boulevard tree planting closely followed the desire of residents to enhance their own private properties with trees, shrubs and gardens. William Reader, Superintendent of Parks from 1913 to 1942, made an enormous impact on Calgary's landscape. He initiated the installation of formalized boulevards planted with trees, and designed or improved most of the parks in what we now refer to as the inner-city. By late 1914, boulevards in Mission had been planted with trees, and boulevard planting in Cliff Bungalow was partially complete.

Archival files contain several letters from irate Mission homeowners of that era already demanding replacement trees for those damaged by horse-drawn wagons, sewer installation, and other construction activities - sound familiar? Except for the horse-drawn wagons, some things never change. Regardless of the fate of individual trees, the traditional boulevard planting

~cont'd next page~

pattern had been established and still endures today. And a surprising number of the original boulevard trees have thrived for nearly a century in an increasingly urbanized environment.

The Alberta Heritage Tree Foundation hopes to gently remind us that trees share our history. The Foundation began to request nominations for (non-statutory) provincial heritage tree status in 2006, and heritage tree plaques began to appear in Calgary in late 2007. There are several in Cliff Bungalow - Mission. Both neighbourhoods are still graced by lovely trees and some of them date to William Reader's original boulevard plantings of 1914-1915.

When you notice a plaque, take a moment to consider the importance of trees in our lives, and think kindly of the people who planted them. Arborists who just plain love trees will often say the best time to plant a tree was yesterday. The sooner a tree is planted, the sooner it willbegin to provide the many well-documented benefits accruing to a community from mature tree canopy. Every magnificent tree was once a frail sapling, and 99-year-old trees are mere teenagers in the world of treedom.

Our public boulevard trees are threatened by petty vandalism, careless driving, frenetic redevelopment activities, and life cycle issues - aging public trees are removed when they become structurally unsound. The key to retaining the grand tradition of tree-lined streets and avenues within Cliff Bungalow - Mission lies in ensuring that replacement trees are provided, and that healthy trees are treated with respect, nurtured, and protected from damage.

A tree is a long term plan and the best time to begin to show appreciation and respect for the urban forest was yesterday. If you 're already concerned about the future of the urban forest in Cliff Bungalow - Mission it's not a moment too soon to hug a tree, plant a tree, report violations of the public tree protection bylaw, join a neighbourhood stewardship initiative, and make your sure Ward 8 Councillor knows you're in favour of tree-lined streetscapes.

For more information about the Alberta Heritage Tree Foundation, visit their website at www.heritagetreefoundation.com.

*Re-published from the July/August 2007 issue of the Mission Statement – with minor updates re the Alberta Heritage Tree Foundation initiative.* 



MLA Calgary-Buffalo Hon. Kathleen Ganley 130, 1177 11 Ave SW T2R 1K9 Office: 403-244-7737

Winter can be quite beautiful in Calgary-Buffalo. Throughout January, I spent time in the community, and was proud to partner with the Beltline Neighbourhood Association to build a family skating rink at the historic Lougheed House lawn. Supported by Adopt-A-Rink, this new rink is a place to enjoy with friends, family, and a nice cup of hot cocoa. Later this month BNA and Lougheed House will be hosting a curling cup in partnership with community organizations. You can contact my office for further details.

I also had the chance to hold an open house at the end of January. I was able to connect with Calgary-Buffalo constituents about their concerns, and also provide further information on what our government has been doing for Albertans.

I am also happy to announce that the Alberta Government will be providing funding in the amount of \$24 million to the City of Calgary's Centennial Planetarium Rehabilitation project. This funding will be provided through the Municipal Sustainability Initiative, and is greatly welcomed by the Calgary-Buffalo community. The new home of Contemporary Calgary will be transformed from a neglected science centre to the epicentre of Calgary arts and culture. The contemporary art gallery will attract a diverse range of artists and provide the city with a new cultural destination.

A recent topic of discussion, and a concern that I have heard from constituents, is the unpredictability of dental fee rates that Albertans face. A dental fee review has confirmed that prices in Alberta are higher and growing faster than anywhere else in Canada. To protect consumers, our government is introducing a public fee guide in partnership with the Alberta Dental Association and College. This list will let Albertans compare prices and shop around for services that fit their needs.

My fellow MLA, Thomas Dang, will be tabling a private member bill this upcoming session to repeal the Daylight Savings Act. There has been numerous myths and rumors as to why daylight savings exists, from farmers to energy efficiency, but few seem to find a need for it in modern society. I would like to hear your feedback on this topic, and whether you think it is something government should act on. You can connect with my constituency office at calgary.buffalo@assembly. ab.ca or 403-244-7737. We are also happy to receive any other comments or concerns that you may have regarding what the Alberta government can do for you.



**MP Calgary Centre** Hon. Kent Hehr 950 6 Ave Sw kent.hehr@parl.gc.ca 403-244-1880 www.KentHehrMP.ca

#### **Combating Homelessness**

On average, there are some 3,000 people who are homeless every night in our city. Homelessness is a reality for too many Canadians and a challenge for every Canadian community. Our government believes that all Canadians deserve access to affordable housing that meets their needs.

It's why my colleague in cabinet, Minister Jean-Yves Duclos, committed to creating a National Housing Strategy. Last year he released a report on the initial stages of this strategy – the result of consultations with non-profits, front-line workers, Canadians, and experts in the field. You can read more on the strategy at his website, www.LetsTalkHousing.ca.

### I would LOVE to see us in a transaction together Happy Valentines Day!

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Closer to home, it was my honour to be able to announce \$1.8 million to the Canadian Alliance to End Homelessness. This grant will be used by this local, Calgary-based organization to train workers in 42 communities across Canada in the Housing First program. It's one part of the plan to work on this important file.

In the last decade there has been a growing gap in what we've done for Canadians struggling with homelessness.

One such example is the terms and conditions of the Homelessness Partnering Strategy that have not evolved at the same pace as need since 1999. Budget 2016 invested an additional \$111.8 million in the Strategy to help homeless Canadians find stable housing. This investment will provide more resources to tackle homelessness, and increase support for vulnerable groups.

Fundamentally, this government intends on reestablishing federal leadership in housing. The federal government is taking steps to create better housing outcomes for all Canadians. To give Canadians greater access to affordable housing, Budget 2016 increased the Government's investment in affordable housing by \$ 2.3 billion over two years. This funding is in addition to annual federal investments of close to \$2.3 billion toward pre-existing housing program commitments creating critical, long-term investments that will better our country moving forward.

In addition, our National Housing Strategy, which will cover the entire housing continuum, including homelessness, will be launching in 2017. The strategy will provide stakeholders with an inclusive long term framework which will ensure stability and predictability for our housing partners. Again, I invite you to give a gander at www.LetsTalkHousing.ca as Minister Duclos continues in his good work.

We believe that there is a role for government and one that is active in supporting Canadians. I am proud of the work of our government and am inspired by the tireless dedication that non-profits, non-profit staff, and regular Canadians put into making our country a better place for all.

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

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

#### **Community Traffic Safety Meeting**

Recently, my colleagues and I on City Council requested that the Calgary Police Service work with Administration to develop a Community Traffic Enforcement plan. One of the most important elements of creating this plan is to take time to meet with communities to both educate and get feedback on concerns and areas where residents feel enforcement is needed. It could be the need for more painted crosswalks, a pedestrian refuge at a busy intersection, or widened sidewalks and I know that no one knows the neighbourhood better than its residents.

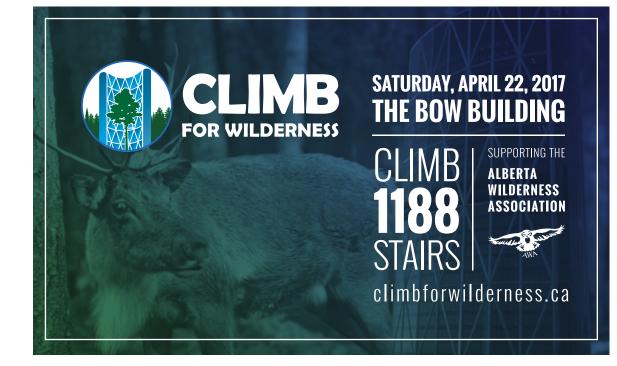
Ward 8 will be hosting our Community Traffic Safety Meeting in March and I'd love to see members of every community come out to help us make our roads safer for everyone. You can find information about the date and location on our website: www.calgary.ca/ward8

#### **Assessment – Customer Review Period**

As many of you likely know, property tax assessment notices were mailed as of the beginning of January. Last fall, Council unanimously agreed to a 0% municipal tax increase for 2017 in response to the financial struggles that so many Calgarians have been facing recently. When you receive your assessment, ensure that the factual information that is on record for your property is right. This can mean that the square footage is correct, that any listed additions or renovations have been properly marked, etc. Also, make sure that it seems to be a reasonable estimate of market value (for property) as of July 1 of the previous year. And, that it is equitable compared to similar properties or premises.

The Customer Review Period runs from January 5 – March 6, 2017. In this time, if you have any questions or concerns about your assessment, you can contact the Assessment department at 403-268-2888. If you have questions about setting up a Tax Instalment Payment Plan, you can contact 3-1-1. Both mine and your property taxes go towards paying for crucial services like Police, Transit, Fire, Roads, Parks and more. There's no doubt that we are in a difficult economic climate, the reality is that Calgary as a city is still growing. Last year alone we saw an increase of approximately 40,000 people to the city and an increasing population means an increased need for services and infrastructure. Feel free to contact my office at ward08@calgary.ca or 403-268-2431 if you have any questions or concerns.







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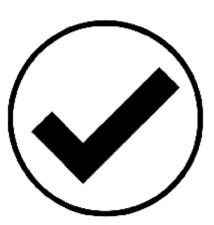
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# Pipelines Approved.



Get the full update at www.KentHehrMP.ca/pipelines

**C** This is how we build pipelines. After pounding the pavement in the election, earning the trust of Calgary Centre, and taking the movement to Ottawa, we pounded the table for a better way forward.

Calgarians and Albertans alike have been waiting for this announcement for a long time. After a decade of inaction, we are finally seeing progress on this file thanks to the leadership of our Prime Minister and my cabinet colleagues. **We are moving forward** on Canada's energy future.

> Kent Hehr, MP Calgary Centre

Below is what we are doing to make sure we bring both the environment and our economy together. Read more about Canada's Pipeline Plan at www.KentHehrMP.ca/pipelines.

Investing \$1.5 Billion into a world-leading Oceans Protection Plan to protect our coasts, rather than cut ocean science and monitoring programs like the previous government.

> Reforming the NEB to ensure that it reflects regional views and has sufficient expertise in relevant fields like environmental sciences, community development, and traditional Indigenous knowledge. Implementing a price on carbon pollution — like the one supported by Preston Manning and others — to not only create a vibrant innovation economy but to reduce harmful carbon pollution.



An update from Kent Hehr, your Member of Parliament for Calgary Centre www.KentHehrMP.ca | 403.244.1880 | kent.hehr@parl.gc.ca 950 6th Avenue SW, Calgary, Alberta, T2P 1E4

Get the full update at www.KentHehrMP.ca/pipelines