

THE MISSION

OCTOBER 2015

STATEMENT



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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The Mission Statement

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

Contact us

Cliff Bungalow - Mission Community Association
462, 1811 4 Street SW, Calgary Alberta T2S 1W2
403 245 6001 (please leave a message)
www.cliffbungalowmission.com
Look for us on Facebook, not to mention Twitter and Instagram (CBM_CA)!

We value your contributions

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

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



Cliff Bungalow - Mission Community Association Board

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



PRESIDENT'S REPORT

by Bob Lang

Jazz kicked off the new season of activities

There was a sell-out crowd for the first jazz concert of the season on September 2. It featured Continuum and trumpeter Johnny Summers. They were a great group that played many of their own compositions. There is a new group every concert that features local musicians playing different styles of jazz. You can walk to the community centre and have an inexpensive evening out in our historic community centre.

There are two jazz events in October. The regular concert on October 7 features Lorna MacLachlin Quartet. Then on Saturday, October 24 there will be a jazz dance night where you can dance and listen to upbeat jazz. So consider attending these great events right in your own back yard.

History Book Published

At the time of writing, our history book entitled "Cliff Bungalow - Mission, A Heritage Community" is being printed. There was a special launch event on Saturday, September 19. We will provide more details on that event in the next newsletter.

When you read this, the book will be available at any of our community events. It is a beautiful hard-covered book full of pictures and stories of our historic community. You will be proud to display it and will be able to tell people more about your community. It will be great for gifts also.

Annual General Meeting

The Annual General Meeting is on Wednesday, November 25. Besides the normal AGM stuff, we use this opportunity to celebrate our community and what we have achieved during the last year. The past year has been a busy one. I am personally very proud of our achievements. Talking to people from other communities, it is obvious to me that we are one of the more active communities. So put that date into your calendar and plan to attend.

Volunteer Opportunities

We have some volunteer opportunities upcoming on our Board.

The Treasurer works closely with the President and other members of the Board on our financial affairs. This person does not need to do the formal bookkeeping as we have a contract bookkeeper.

The Secretary holds a special role on the Board and is one of the signing authorities of the organization. This person takes meeting notes.

If you have any interest in any of these positions or have any questions, please contact me at cbmca.president@gmail.com. I would be pleased to sit down with you to discuss these opportunities further. Note this list is at the time of writing so some positions may already have candidates identified by the time this gets published. However, there are also other volunteer opportunities like serving on one of our committees or helping with a special event like Spring Fling and Mission Possible. Let me know if you are interested in any of those options also.

Little Free Library

The new Little Free Library has been set in place in the courtyard at the south side of the Cliff Bungalow-Mission Community Association Hall at 2201 Cliff Street. The Library is another addition to a network of these small boxes filled with books that have been mysteriously appearing in neighbourhoods all over Calgary and North America. The concept is based on a 'take a book, leave a book' principle where you donate one or two of your books and then borrow books that your neighbours have left. You can get more information about the Little Free Library movement at the LittleFreeLibrary.org website.

This library was donated to the Community by our then Calgary Buffalo MLA Kent Hehr and we would like to thank him for that. Thanks also to Amanda West for the paint job and Edwin Mattheis for help with refurbishing and installation.

My job is to help residents feel happy and at home.

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COMMUNITY CALENDAR **OCTOBER**

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

Jazz Concerts

Featuring talented local artists in our historic venue. Discount for CBMCA members.
Wednesday, October 7, 8 pm – Lorna MacLachlin Quartet
Wednesday, November 4, 8 pm – Vocal Jazz Night with Cheryl Fisher and Eric Alison
Wednesday, December 2, 8 pm - The John McCaslin sextet

Jazz Dance Night

Saturday, October 24, 8 pm. This special event is on a Saturday night when you can dance and/or listen to some upbeat jazz. More details will be on our website www.cliffbungalowmission.com.

Potlucks

Bring something to share and meet your neighbours. Next potluck is Sunday, October 4, 6 pm which is a week earlier than normal because of Thanksgiving weekend. The November date is Sunday, November 8, 6 pm.

Movie Nights

Next movie night is Sunday, October 25, 7 pm followed by Sunday, November 29, 7 pm.

Annual General Meeting

Wednesday, November 25 – more details in the next newsletter.

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.



Cliff Bungalow – Mission Community Association

Annual General Meeting

Wed, November 25, 2015

Community Centre
2201 Cliff Street SW
(1 block 5 Street at 22 Avenue SW)

Note this date in your calendar
More details in the next newsletter

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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

Chores in the Garden

By Georgina Jameson

While you are enjoying the wonderful autumn colors, it is a good time to make notes on what plants did well in the garden and what you want to change or grow next season. Make a list of plants you want to move and flag them after the foliage dies back.

Autumn is also a perfect time for collecting seeds from plants before you cut them back or remove annuals from the garden.

Once the garden vegetables have been harvested the garden can be top dressed with compost and turned under or left for spring. If you are planning to plant seeds in the fall the soil will need to be worked and prepared for seedlings. Garlic can also be planted now for harvest next summer. Spring flowering bulbs should be planted in a sunny spot in your garden. Plant bulbs twice the depth of the bulb with the pointed end up. An application of bone meal may be added to the soil and to existing bulbs to ensure healthy growth next spring.

Lift tender bulbs such as dahlias, tuberous begonias and gladiolas for winter storage indoors in a dry, cool, dark place in paper bags or pots. Bulbs should not be stored in plastic bags as they do not breathe. Cut back perennials leaving the stems above the crown about four inches (10 cm) to catch the snow for winter protection. The cuttings can be added to the compost bin. Diseased stems and leaves should be placed into a plastic bag and put into the garbage.

Some sturdy plants have attractive seed heads that attract birds and provide winter interest in the garden, like cone flowers, dictamnus, sedums, echinops and some grasses. These can be cut back in the spring.

It is important to keep your entire garden well watered before the ground freezes. Perennials and shrubs need weekly soaking before freeze-up to protect the roots from freeze drying during the winter months. The roots need moisture in the soil to survive during the winter when the soil is frozen around them.

When you mulch tender perennials, roses or shrubs for winter protection the mulch should be applied when

MEMBERSHIP AFFINITY PROGRAM

Use your membership card to save!

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

- European Bakery: 515 – 17 Ave SW, 10% off all items
- Expedia Cruise Ship Centres: 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package
- Famoso Neapolitan Pizzeria: 105, 2303 – 4 St SW, 15% discount on food (either dine-in or take out)
- 4th Street Liquor & Wine, 1809 – 4 St SW, 10% off all items
- Lorenzo's Pizza: 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders
- Peking Dragon: 1904 – 4 St SW, 10% on Dine In items (excluding Dinner Combos), 15% on Pick Up items on orders over \$30.00
- Rideau Pharmacy: 1801 – 4 St SW, 15% off Front Store items (excludes prescriptions)
- Tea Factory: 1820 – 4 St SW, 10% off all Loose Leaf Teas and drinks
- Techno Sport: 211 -17 Ave SW, 20% off all waxes and tools or 20% off in store tune-ups
- UPS Store: 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)

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

the ground is just beginning to freeze. The plants need to harden- off so they go into a dormant state. The mulch can be removed in the spring when the ground begins to thaw. If the mulch is applied to early the plants will delay going into dormancy.

Enjoy the fall while taking in the crisp air, autumn colors and the fallen leaves.



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Election information for Cliff Bungalow-Mission

By Spencer Perry

As the federal election nears on October 19, there are a few things to remember as we approach the vote.

First of all, our community is in the Calgary Centre riding. The candidates in Calgary Centre are:

- Thana Boonlert, Green Party of Canada
- Joan Crockatt, Conservative Party of Canada
- Kent Hehr, Liberal Party of Canada
- Jillian Ratti, New Democratic Party

You can learn more about each of these candidates and their parties by visiting both their campaign and party websites or by contacting their campaign offices directly.

The polling locations for our riding have not been announced yet, but you can go to the returning office in suite 101 of the Holy Cross Centre to confirm your position on the electors list. The returning office is also where you can vote ahead of the advanced polls if you wish to do so. Information on the Calgary Centre returning office is available on the Elections Canada website. There is also a sign on 2nd Ave SW to direct you to the office.

Advanced polls begin on October 9 and continue through to October 12.

Finally, make sure you have the right identification when you go in to vote on Election Day. According to Elections Canada, you need one of the following ID to cast your ballot:

- A driver's licence
- Your provincial ID card
- Any other government card with your photo

If you don't have one of those pieces of ID, you should check on the Elections Canada website to see the other pieces of ID that are accepted at polling stations. You can also call Elections Canada at 1-800-463-6868 for this information.

CLIFF BUNGALOW MISSION



JOIN US
**COMMUNITY
POTLUCK DINNER**

**Sunday, October 4, &
November 29 at 7 PM**

COMMUNITY HALL
2201 CLIFF ST. SW

please bring something to share and
friends & family
For more info: cbmca.social@gmail.com

Our CBMCA Community Potlucks

When was the last time you went to a potluck dinner on a Sunday evening?

Many in our community have been doing just that for a few years --- enjoying a relaxing occasion to share good food and conversation. Tables in our community hall are set with candlelight, often some flowers, and a little music makes it kind of special. And then, there's the food! People bring everything from soup to salad, from stew to curry, from chili to pizza, from homemade bread to casseroles and more. And desserts, of course --- fruit, cake, pie, ice cream and more.

It's a good opportunity to get together with friends and neighbours and meet some of the newcomers in our area. **So, why not join us at the next potlucks on Sunday, Oct. 4 and November 29, 7 pm at the Community Hall. 2201 Cliff St. SW (1 block west of 5 St. SW at 22nd Ave. SW).**

See you then!

For more info: cbmca.social@gmail.com

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3rd Annual DRAWING CONTEST

Artists aged 4 to 17 can drop off original drawings to any Amaranth location before October 26th.

Thank you to Calgary's own AOR for sponsoring this community initiative!



Drawing and title text by Olive, aged 5

Amaranth

4TH STREET MARKET

10 drawings will be selected to be made into greeting cards, and winners also receive a \$25 Amaranth gift certificate! 10-pack cards will be available at all Amaranth stores for a \$7.99 donation starting November 20. All proceeds will support our Adopt-a-Families. For full contest details visit: www.amaranthfoods.ca/community-events

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PLANNING & DEVELOPMENT

What is a street tree worth to you?

Sander Jansen, Planning & Development Director

Cliff Bungalow – Mission is very lucky to have a relative large number of mature trees across the community. This certainly adds to the character and at the CBMCA community check-in earlier this year, the preservation and improvement of our green space was – not surprisingly – mentioned as a top three priority by community residents.

At the same time, we see pressure rising on these very public trees. As we welcome new developments to our community to accommodate greater density, we are confronted with developers wishing to remove street trees to ease construction and/or allow for reduced setbacks. In a “normal” scenario the CBMCA is notified about these plans during the application phase (in a developer’s Development Permit). This allows us to express our concerns before trucks hit the ground – and we see ourselves quite often being successful in preserving trees in this phase. However, a new trend is emerging whereby developers issue requests to remove street trees after development permits have been approved and construction has started. This usually is a “surprise act”, where the community is notified through a sign on the tree in question. If approved by Urban Forestry, this means that trees are being priced – which is the compensation the developer has to pay for the loss of the tree – and in the absence of appeal, gives the right of way for the developer to remove trees. Trees can be as “cheap” as \$300, depending on their life expectancy, creating a very low barrier for developers to go ahead.

A recent example on 22 Ave SW (the Tela Development) showed that we have to be on our toes to detect further erosion of the community’s urban canopy. After an initial tree had gone down earlier this year to improve access to the Tela construction site, a second request for tree removal was filed in August – for a white spruce with a life expectancy of another five to 10 years. With the help of concerned residents and intervention from Councillor Evan Woolley, Urban Forestry withdrew its authorization for the removal of the public tree until further notice.

Although this example shows that continued efforts from the community might pay off, it also talks to a bigger issue. The 22 Ave SW example has taught us that enforcement by the City may be inadequate. In June this year the SDAB (Subdivision Development Appeal Board) determined that (as per SDAB ruling 2015-



0050): (8) No cash-in-lieu payment for these trees is allowed; and (1) Best practices and all recommendations from the approved Tree Protection Plan must be implemented for the use of the secondary construction access. As time has passed, we now know that neither of these rulings have been fully respected. A request for another tree has been filed and considered by Urban Forestry, and the developer continues to use 22 Ave SW as the primary site access which jeopardizes the integrity of the public trees and roots. We, of course, do recognize the efforts of the City to preserve our urban canopy – especially after *Snowtember* – but also call for more adequate action and stronger enforcement including following its own rulings.

Our goal as a community is to preserve the character of our streets, including the urban canopy, while allowing development. Going forward, we will continue to have the dialogue with the City and developers to stand by this goal. For now, the CBMCA wants to acknowledge all the community residents who have put a lot of their own time and effort into this matter.

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

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ANNOUNCING

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Dr. Charmaine Gill, MD

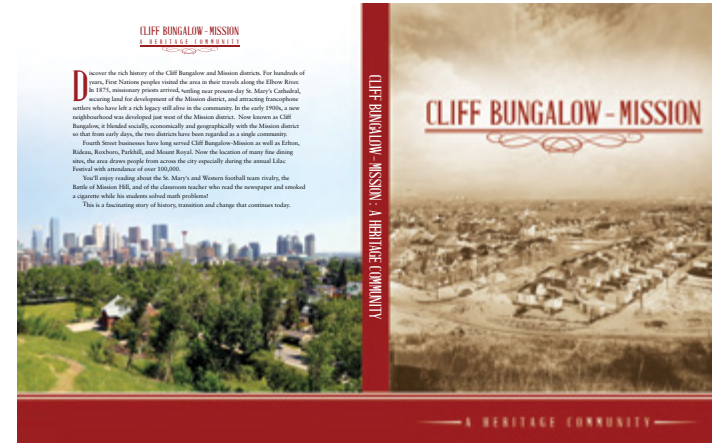
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We are pleased to announce
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Cliff Bungalow – Mission a Heritage Community

With 140 photos and illustrations, this hard-cover book examines one of Calgary's most vibrant communities. For hundreds of years, First Nations peoples visited the area in their travels along the Elbow River. In 1875, missionary priests arrived, settling near present-day St. Mary's Cathedral, securing land for development of the Mission district and attracting francophone settlers who have left a rich legacy still alive in the community. In the early 1900s, a new neighbourhood was developed just west of the Mission district. Now known as Cliff Bungalow, it blended socially, economically and geographically with the Mission district so that from early days, the two districts have been regarded as a single community.

The book will be available for purchase at all community events at the community centre. \$25 cash or cheque per copy. Make cheques payable to Cliff Bungalow – Mission Community Association. Great for gifts also.



A chameleon can move its eyes in
two directions at the same time.

More volunteers wanted for newsletter archives project

By Marilyn Williams

The newsletter archives project is progressing nicely and we have over 90 issues of the Mission Statement scanned, compressed and ready to post on our community website, with more to come. We are looking for volunteers to do the posting, working at their own pace as they find time available.

If interested, the volunteer position could be expanded to keeping the heritage web pages up to date with our projects and activities. A very brief training session will be provided on how to post to our site, and support provided if there are problems. Contact cbmcaheritage@gmail.com for more information.

Cliff Bungalow - Mission Community Association

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



Membership Form

(Please Print Clearly)

Name (1) _____

Name (2) _____

Name (3) _____

Street Address _____

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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

The Big Book Club

Presented by Calgary Reads

**Friday, October 2, 2015
7 PM**

Location: 106 – 6 Avenue SW. The former Calgary Chamber of Commerce building.

An evening of delights for passionate readers, book lovers, book club members and literacy supporters.

Bookie Awards, exquisite desserts, Reading Between the Wines, and Book Mark IT! with literary gems and reading paraphernalia!

CBM jazz series recap: Continuum Jazz Quintet

By Spencer Perry

Continuum brought the house down at the Cliff Bungalow-Mission Jazz Night on September 2.

For more than two hours, Continuum performed a series of original songs in variety of jazz styles. Lead by trumpeter and vocalist Johnny Summer, the quintet includes tenor saxophonist Shane Statz, pianist Egor Ukoloff, bassist Kodi Hutchinson, and Jon May on drums.

Summers opened the show with two piano and vocal compositions, including the fun "You'll Never Work a Day in Your Life." The rest of the music took the packed house from experimental ("Summit") to classic ("Remembering Lady Day"—a Billie Holliday tribute) and all the way to New Orleans ("Crazy Chicken Can Play Like Wynton").

Other musical highlights of the night included May's incredible drum solos, Statz's melodic, soulful saxophone on the song "Dialect," and Summers' and Ukoloff's performance of material from their new album, Piano Sessions Volume 2.

The next CBM Jazz Night is set for October 7 at 8:00 p.m. in the community centre hall on 22nd Ave SW and 5A St. SW. The event will feature the Lorna MacLachlin Quartet.

THE LORNA MACLACHLAN QUINTET
Performs at the CLIFF BUNGALOW-MISSION JAZZ SERIES
WEDNESDAY, OCT. 7, 2015. Doors open at 7:30 pm.
Music from 8 to 10 pm. Tickets are \$15. Cash at the door.
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CHILDREN'S BOOKS

Great reading adventures ignite the explorer in each of us!

Voyages of discovery, treasure hunts, travelogues, expeditions and personal quests are often favourite reads for adults and children alike.

Often wild, extreme, challenging, revealing – and sometimes fanciful – they offer escapism, wonderment and the examination of our own (possible) great escapades.

For a child, an adventure tale can help stimulate imagination and curiosity. If you have children in your life, consider reading several books that have adventure or journey themes. Use it as a conversation starter to talk about hopes, dreams, risk-taking, other places... and possibilities. You might parlay it into a fun planning exercise for your family to begin already planning your next year's summer-expedition. In addition to picture books and fictional stories, consider non-fiction accounts of explorations—and, it can be fun to explore maps together (local and worldwide) too.

Here are some great children's adventure books to explore:

Oh The Places You'll Go

By Dr. Seuss
Written in the rhyming style of his favourites such as *Green Eggs and Ham*, it tells the story of an unnamed protagonist who wants to

leave town, and ends up traveling to many bizarre places that are geometrical and polychromatically correct.

Where the Wild Things Are

by Maurice Sendak
Max, upset with his mother, sails away to an island inhabited by "Wild Things". This is a story about an emotion rarely touched on in children's books, anger. It manages to deal with that emotion in a way children understand and yet comes back around to that of love.

Journey

by Aaron Becker
With supple line, luminous color, and nimble flights of fancy, author-illustrator Aaron Becker launches an ordinary child on an extraordinary journey toward her greatest and most exciting adventure of all.

Dream Animals: A Bedtime Journey

by Emily Winfield Martin
Ideal for bed time reading; the author convinces children to close their eyes and discover who their dream animal might be—and what dream it might take them to.

For great children's book lists by age, literacy-building resources, read aloud tips, videos, games and more visit: calgaryreads.com

Calgary Reads is celebrating a great adventure story for adults too! Etta and Otto and Russell and James is a gorgeous literary debut about unlikely heroes, lifelong promises, and last great adventures! Author Emma Hooper is our guest at The Big Book Club event October 2, 2015 in Calgary. Learn more: <http://calgaryreads.com/news-events/the-big-book-club/> Local book club members may want to check out the book's Group Reading Guide linked on Calgary Reads website.



Calgary's house shows not your typical music venue

by Jeremy Simes, Metro News

Welcome to a place where Calgary's unconventional music scene collides with those new and old to a growing culture.

As the sky began to dim Friday, July 31, shoes came off, garden lights were lit and the opening act, Rosalind, took the stage — or porch — strumming its first note at the home.

The crowd, sitting on the front lawn with cold brew in hand, was attentive. Peering through hedges outside the yard, some pedestrians walking by the home in Mission were also captivated by the smooth sounds.

Known as house concerts, the slightly growing venues offer an experience you can't find at your local bar, said host Kate Zago.

"It's a very intimate space to connect with people," she said. "I feel like the audience connects more with the band and the band connects with the audience, so you end up having a better music show."

Jesse Shire, singer and banjo player for Rosalind, said he isn't new to the house-show scene, but added it was the first time he played at the house.

He said Friday night's show exceeded his expectations.

"It was phenomenal," he said. "All of the attention was on the music... and that's how I really know I'm impacting people."

The housemates don't profit from the shows, Zago said, adding that a donation jar is passed around, where all proceeds go the bands performing that night.

The sky finally dark, the more lively act, I Am The Mountain, took to the porch that Friday. The crowd was up on their feet, some dancing while others sang back to the mic.

You'd think noise would be an issue around that time of night, but the venue's organizers take care of that ahead of time, Zago said, noting all neighbours are informed and given invitations.

Complying with city bylaws, she said the show wraps up by 11 p.m.

Veteran to the house-show scene, Colin Smith said he hopes people just have a good time and learn more about their neighbours.

"It's a great way to build community," he said. "It's just a really positive and a magical experience."

Zago added she hopes more people host their own shows — it's low maintenance and easier than you think.

"The more unconventional things that are happening in Calgary, the more interesting the city becomes," she said.

OCTOBER MOON CALENDAR

	Last Quarter October 4		New Moon October 12		First Quarter October 20		Full Moon October 27
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FREE LEGAL CLINIC: Wednesday October 21 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE (downtown). Book an appointment: call 403-541-4803 between 8 am and 7 pm, October 1 to 15 Space is limited. Limited number of walk in appointments available www.pbla.ca.

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Make Your Voice Heard This Election

On October 19 we will all have an important choice to make. When we cast our votes in the federal election, we are not only choosing the voice we want representing us in Ottawa, we are also bearing out our country's historic democratic tradition. It is no stretch to say that this election will be pivotal for Canada's future – it is certainly one of the most important I can remember.

There is a lot of rhetoric out there: advertising, door-knocking, debates, and other pleas for your vote. I commend anyone who has the courage and sense of civic duty to put their name on a ballot, and hope that in these final days of the campaign you will take the time to get to know your candidates and the issues that motivate them. If one of your candidates comes knocking on your door, have a conversation; read the politics section of the newspaper on a coffee break; reach out to a campaign if you want to get involved; or ask your friends and family what their stances on particular issues are.

When it comes to casting your vote, you have several options. On Election Day, you can vote at your local polling place, or you can vote in advance by mail or at select locations from October 9-12. Alternatively, you can visit any Elections Canada office before October 13 to cast your ballot. You must be a registered voter, which you can set up online (www.elections.ca). Once you're registered, you will receive a voter information card indicating your polling place.

On October 19, make your voice heard, and together let's build the best country we can. As always, you can reach out to me and my office by phone (403-268-2430), email (ward08@calgary.ca), or on my website (calgary.ca/ward8).



MLA CALGARY-BUFFALO HON. KATHLEEN GANLEY

130, 1177 11 Ave SW T2R 1K9
Office: 403-244-7737

I hope you've all had a wonderful and relaxing end of summer and are looking ahead to a fruitful autumn. As things cool down outside, I'm happy to see residents of Calgary-Buffalo are making the most of the weather by using our abundant walking and cycling paths and spending time in public parks.

As your MLA, it has been my pleasure to meet and chat with many people, organizations and small businesses in the area over the last month. September was a busy one! I was introduced to the incredible work that Alpha House does in assisting our most vulnerable citizens, participated in the Calgary Pride parade, handed out hamburgers at the Calgary and District Labour Council BBQ, caught a Lunchbox Theatre show, sat down for coffee with many people from the area, and participated in the Kerby Centre Expo. In addition, I attended Ministerial meetings in Edmonton, Peace River and on the Tsuu T'ina Nation.

You may have noticed that our constituency office sign has changed! Since the summer we have been open for business at 130, 1177 11 Ave S.W., directly across from the Midtown Market Co-Op. I encourage you to connect with Calgary-Buffalo constituency staff to learn more about the riding, and about what your MLA can do for you.

As we look ahead to October, I encourage all area residents to learn about the candidates and register to vote in the federal riding of Calgary-Centre. The provincial Caucus will be heading into session shortly, and as we do I will remain keenly aware of the trust that you have put in me as your representative. I sincerely wish you and your family a vibrant fall season, and welcome your feedback through my constituency office at any time.

COMMUNITY ANNOUNCEMENT

Free announcements: lost/found, for sale, wanted, garage sale, etc. Forty words limit

Deadline – 1st of each month. Contact news@great-news.ca

YOUR COMMUNITY business of the month

Traditionally Untraditional Grumans Delicatessen

Mission Community

Tucked in the west wing of Calgary's downtown is a deli that seems straight off St. Lawrence Boulevard in Montreal. Its bright blue sign catches your eye, but its tagline, A MOSTLY TRADITIONAL DELI, keeps you staring and is the perfect description of Calgary's only Jewish-inspired deli, Grumans Delicatessen.

Grumans is a family business, owned by Peter Fraiberg. He moved to Calgary from Montreal in 1980 with a small suitcase, a handful of his family's best recipes and a desire to someday run his own restaurant. That dream came true when he started Savoir Fare Gourmet Foods in 1989, which he sold to start Grumans Catering in 2001. Since then the business has grown to what it is today – a successfully operating Jewish-inspired, family-run, restaurant with home cooking.

As far as the Gruman's brand goes, you won't confuse it with any other in town. It's blunt, but sincere, like an outspoken grandmother who's candid and caring at the same time. The brand is witty and equally as proud to be Jewish, as it is to offer non-kosher menu items and ingredients. The "ish" in Jewish stands for classic menu options like the Reuben sandwich, loaded with cheese on meat, it's not very Jewish but, oy vey, it's delicious.

Beyond their local roots and edgy brand, Grumans menu is what sets them apart. Peter's core value when it comes to Gruman's food is simple – prepared just like his grandmother, "Bubby," used to cook. Their menu consists of "comfort food" that's simple to cook, but difficult to cook to perfection. Whether it's the Chicken

Matzo Ball Soup, Chopped Chicken Liver, Slow Oven Roasted Beef Brisket or simply a pickle, almost all of the recipes on the menu belong to Peter's grandmother and mother.

So if you're looking to brag to your foodie friends about visiting Calgary's only Jewish delicatessen, now you know what to expect - nothing but home cooking straight from Bubby's kitchen to your plate. And, in addition to Peter greeting you at the door, his sister, Gail Fraiberg, recently joined the team for even more Jewish hospitality.



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