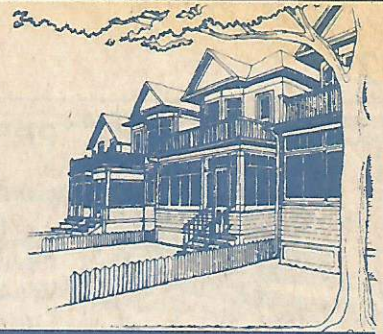


# Free Press



Cliff Bungalow-Mission Community Association

January/February 2001

## Census Confirms Our Diversity!!!

Consensus statistics confirm what we already knew - that Cliff Bungalow-Mission is a very diverse community. One of the measures of this diversity is **Household Income**. While some of our residents have relatively high incomes, many of our residents have modest incomes. Over half of our residents have household incomes of less than \$30,000, while one third have household incomes of less than \$20,000.

The feedback from the Community over the past several years, through the review of the Cliff Bungalow Area Redevelopment Plan (ARP) and the current review of the Mission ARP has consistently been that the residents of this Community not only recognize this diversity, but embrace it and would like to see it continue.

The question is... how to maintain this diversity, particularly on the Mission side of the Community (east of 4th Street) where most of the residential area is zoned RM-6. This basically means that all the older and historic buildings would be demolished and 6 to 8-storey buildings built in their place. Not only are these types of buildings incompatible in our Community, it is the relatively low rents in our older buildings that allow people with modest incomes to live in our Community. The revised policies we are considering, attempt to balance the Community's desire to maintain as much affordable accommodation as possible and to preserve our historic buildings, with the aspirations of a few investment-only types of landowners.

Frankly, this will be a difficult task, but we are working hard towards achieving these goals. It helps us to know that **you** strongly support these goals. With your active support and help, we can maintain the diversity and historic nature of our Community.

**NOW IS THE TIME  
TO GET INVOLVED!!!**

**Bob Lang, President  
229-2762**

## SWING THOSE WINTER BLUES AWAY WITH THE GREAT SOUNDS OF THE **WOODHOUSE BIG BAND**

**SATURDAY, FEBRUARY 24TH  
8:00 PM**

**CLIFF BUNGALOW-MISSION COMMUNITY CENTRE  
2201 CLIFF STREET SW**

**\$5 ~ MEMBERS**

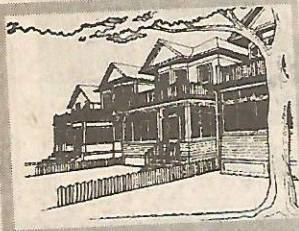
**\$8 ~ NON-MEMBERS**

**CASH BAR  
FREE MORS D'OEUVRES**

**BRING YOUR FRIENDS...  
AND SWING TO THE BIG BAND BEAT!**

## In This **ISSUE...**

<i>Block Watch Stats (PACT 2001)</i> .....	Page 16
<i>Board of Directors</i> .....	Page 16
<i>Cat on the Prowl, Restaurant Column</i> .....	Page 4
<i>Community Spotlight</i> .....	Page 6
<i>Community Voices</i> .....	Page 11
<i>Development</i> .....	Page 9
<i>Dish the Dirt Gardening Column</i> .....	Page 21
<i>Horoscope</i> .....	Page 22
<i>Local Cable Article</i> .....	Page 19
<i>Memorial Park Library Update</i> .....	Page 10
<i>New Kid on the Block</i> .....	Page 7
<i>President's Message</i> .....	Page 2
<i>St. Mary's School (1909) Update</i> .....	Page 15
<i>Traditional Chinese Medicine Column</i> .....	Page 8



# The Free Press

CBMCA  
PRESIDENT

Bob Lang 229-2762

EDITOR

Cathryn E. Gramolini  
244-3476

ADVERTISING

Cat Gramolini  
244-3476

LAYOUT & DESIGN

Cat Gramolini

DISTRIBUTION

Mary-Claire Carlson  
228-5181

THE FREE PRESS

published  
bi-monthly by the  
CBM Community  
Association.

COMMUNITY  
MAILING  
ADDRESS

462, 1919B - 4th St. S.W.  
Calgary, AB T2S 1W4

Printed by:

Adventures Printing  
275-7511



## PRESIDENT'S MESSAGE...

### Community Centre Update...

As I prepare this report, we have no news in regard to our Community Centre. We continue to operate under a Consent Order, and await some response from the City on the outstanding issues. In the meantime, we are planning a number of events for 2001! We continue to be a smoke-free facility and we can still serve alcoholic beverages at Community events. Our next Community event is a Big Band Night, to be held on February 24th. We hope you will come out and enjoy the great music from this terrific band. You can dance to swing, hip-hop, waltz, polka and Latin American styles of music... or you can sit back, enjoy some hors d'oeuvres and your favourite beverage while just listening to the big band sounds. Bring your friends, meet new friends. ENJOY!

### Mission Area Study...

Five block meetings were held during the fall and most of those people attending said they supported the principles of the proposals being presented. There were questions and suggestions on the details, but there was broad Community support. Unfortunately, not many non-resident landowners attended. The City is attempting to contact most of those landowners to see what their opinions are. No doubt, some will oppose the proposals and the challenge will be to address their concerns and to have broad overall support for policies that will address the Community's concerns. The City is undertaking a series of special studies to provide data and independent feedback in regard to current rental accommodation in the Community; the viability of providing affordable accommodation in new developments; the impact, if any, of changing the land-use designation from RM-6 to RM-4 and new design guidelines. As we go to press, we are working on final terms of reference for the grant we have been awarded from the Calgary Foundation. This grant will allow us to accomplish some things that would have happen through the normal ARP review process of the City.



Bob Lang, President  
CBM Community Association

### Annual General Meeting...

The AGM was held November 22nd. The Financial report indicated that we are financially sound, due in part, to a successful casino during the last year. We unfortunately will not be having a casino during the current financial year, that ends August 31, 2001. Our next casino is schedule for the last quarter of the year. We welcomed Janet Alford, Karen Houlgate and Stephen Chapman to the Board, and Tiro Clarke took on a new role. At the same time, Don Burke, Mark Olson and Bart Batty decided not to continue on the Board. We thank them all for past and future contributions to our Community. Local Hero awards were presented to Tiro Clarke, Janice Capriotti, David Johnson and Jim Bowman. There are still some vacancies on the Board which we would love to fill. Contact me if you are interested in being a part of your Community's future.

I want to thank everyone on the Board, and all our Volunteers for making the past year a success in spite of the challenges we were faced with, including the fate of our Community Centre. On behalf of your Community Association Board, I wish you a very Happy and Prosperous New Year!

Bob Lang, President CBMCA  
229-2762



COMCARE  
HEALTH SERVICES

### Home Health Services:

- Post Surgical Care • Palliative Care
- Mental Health Care • Respite Care
- Acquired Brain Injury Care
- Live-ins • Caregivers' Relief
- Foot Care • Geriatrics

Office Support:  
Staffed 24 hours/day, 7 days/week

228-3877  
338 - 24th Avenue SW



We believe  
all children  
are achievers

Kids' Place is a childcare facility  
promoting learning through play

providing care for: infants to 5-year-olds  
care-giving hours: Monday - Friday 7am - 6 pm  
location: the Intervisual building  
1812 4th street s.w.

Opening Early Spring 2001  
Visit our web site, [www.kids-place.ca](http://www.kids-place.ca)  
or contact the director,  
Patti Ellerton (B.A, B.Ed.)  
at [info@kids-place.ca](mailto:info@kids-place.ca)  
or call 264-9199.



Roses are Red  
Violets are Blue  
Volunteering feels Terrific  
Your Community Needs YOU!

January 1 New Years Day
January 25, 7:30 pm CBM Board Meeting, Community Centre (229-2762)
January 31 Newsletter Ads & Columns - DEADLINE (233-3476)
February 6, 7:00 pm, Memorial Park Library CBM Community Council (229-2762)
February 14 Valentine's Day
February 20 Family Day
February 22, 7:30 pm CBM Board Meeting, Community Centre (229-2762)
February 24, 8:00 pm BIG BAND NIGHT, Community Centre
March 7, 7:30 pm Garden Allotment Meeting (228-7854)



Come On Out  
on February 24th  
to our  
BIG BAND NIGHT!  
Swing away those  
Winter Blues  
with the music of  
Woodhouse  
Big Band!

## MAKIN' ATE... CAT ON THE PROWL

**PORTERHOUSE BAR & GRILL**  
506 - 24th Avenue SW  
209-0363

Walking in to the renovated Porterhouse, you are immediately struck with the difference from the previous Bizou... no more echoing noise! The interior partitions are gone and the entire atmosphere is now warmer, quieter and conducive to good conversation. You are welcomed, and from then on, it is an excellent epicurean experience. I went with my dear friend, Chef Ricardo Morin, of Ricardo's Downtown Catering, and a friend, Wilma Wyatt, over from Scotland. Our server, Phil MacGregor, had us set up in no time...knowledgeably helping us in our quest for the perfect meal. And he had to be knowledgeable... Ricardo is quite picky when it comes to perfection! Phil started us with a rich smoky Shiratz for me (which tantalized my taste buds and didn't kill my community-renowned appetite), a crisp dry Oyster Bay Sauvignon for Wilma and the House Cabernet for Ricardo (who pronounced it well-aired and luscious!). Phil also brought us fresh bread with balsamic butter to nibble while we perused the extensive menu. Ah! The menu is definitely in the Top 10 "Best-seller" category. Tomato & Bocconcini Salad, Moroccan Blackened Beef seared with Moroccan barbecue sauce, Sautéed Prawns in butter with honey-chili crispy noodles and jump friend snow peas, Baked Brie... and this was only some of the *Starters*. Pastas include Forest Mushroom Fettucine (which I shall return for!), Oven Baked Veal Chop with red wine and porcini mushroom sauce, Pan Seared Brome Lake Duck Breast, Jumbo Scallops & Prawns with basil and wild rice cakes, Filet of Ahi Tuna... and the speciality... Steaks!

We each ordered an appetizer and then proceeded to ravish these dishes when they were brought, steaming and spectacularly presented,

enormous, chilled shrimp... and the sauce! No mere cocktail sauce... a hint of cilantro wave through and it was thick enough to cling to each gorgeous shrimp! The Smoked Tomato Bruschetta was ripe red tomatoes and fresh basil served on thick, tender, warm focaccia - the cheese on top wasn't melted, it was crisped! The Seared Beef & Thai Noodle Salad had a very delicate peanut sauce, served on a splayed arrangement of crisp snow peas and red onion. Wilma, Ricardo and I were very impressed with the magnificent presentation and Phil's impeccable service. Sadly, Ricardo and Wilma were satiated by these dishes (the portions are more than respectable) but I, knowing the true meaning of the word "Appetizer", forged on! I ordered the Rib Eye Steak, served with port-wine sautéed mushrooms, fresh crunchy vegetables and garlic mashed potatoes... and a Three-Peppercorn sauce that was mildly hot, savory and an exactly right counterpoint to my juicy, medium-rare steak. This is a restaurant where not only they cook the steak properly, but the meat has a flavour you mostly only remember from years ago. Tender, and charred on the outside... each mouthful melting pleasingly on the palate. Ricardo, though not eating a main course, kept dipping bread in my Peppercorn sauce... a master of sauces himself - he didn't stop until it was gone. I was thrilled with the vegetables... deeply buttered snow peas, carrots, Acorn squash, red peppers still crunchy yet holding the butter beautifully.

Desserts? Cakes, Terrines, Cremes... and Chef's specials such as the one I had - White Rose & Almond Cheesecake... tender slivers of almonds buried in creamy rich cheesecake mixed with delicate white rose petals. All the while, Phil unobtrusively kept our glasses filled. The cutlery and plates were spotless and Ricardo especially, being a non-smoker, noticed that though sitting in the smoking section, the air was clear and fresh. My recommendation is... four forks up and prepare to be pampered!

Cat Grandini, Editor

244-3478



Please check as many as apply to you...

I AM A:

- Parent
- Taxpayer
- Employee
- Health Care User
- Health Care Worker
- Senior
- Student
- Teacher
- Entrepreneur

**WHO IS LOOKING OUT FOR YOUR INTERESTS?**

**Brian Edy will!**

Brian has been a tireless champion, fighting for fairness in the Province.

**Brian Edy**

Calgary Buffalo  
Alberta Liberal Party Candidate

Vote BRIAN EDY as your voice in the Provincial Legislature in 2001

*A family lawyer and human rights award winner*

*Strongly supports effective programs addressing child prostitution*

- *Repeal Bill 11 - NO TAXPAYER subsidy to private for profit hospitals*
- *Supports electing regional health boards*
- *Fairer reduced taxation and no sales tax*
- *Keep electric bills low*
- *Reduce or eliminate many user fees*
- *Reduce student/teacher ratio in our schools*
- *Provide adequate Provincial Government funding to learning institutions*

**(403) 662-2001**

• **www.brianedy.com**



# COMMUNITY SPOTLIGHT

November 18th was an exciting day at the Alex Walker Tower. **Kay Rudolph**, resident, was having her 104 Birthday!!! Always radiant, Kay looked absolutely lovely this day... all the residents gathered in the recreation room to join in the celebration.

**Chef Ricardo Morin**, of Ricardo's Downtown Catering, offered a very special tribute to his favourite "gal" at the Alex Walker. Ricardo frequently brings meals to those at the Alex Walker Tower, but this meal was his Prime Ribs, slow roasted in tangy barbecue sauce which disappeared in record time!

Also on hand was **Premier Ralph Klein**. Mr. Klein presented Kay with a book on Alberta history, noting that Kay had been born before the Province of Alberta was formed. Born in Alberta in 1896, Kay is a font of information and stories on the changes she has seen over the past 104 years. Mr. Klein not only honoured Kay on this milestone day, but stayed to enjoy the party! With his busy schedule, it's nice to see that he found Kay's birthday party just as important to attend as any of his high-powered meetings.



**Premier Ralph Klein, Chef Ricardo Morin & Kay Rudolph celebrate Kay's 104th Birthday**

## **MORE BIRTHDAY GREETINGS...**

We are pleased to offer hearty congratulations and best wishes of the day to **David Sinclair** for his birthday on January 27th. David grew up in Cliff-Bungalow... in fact, in a house on the corner of 20th Ave. & 4th St., where the PetroCanada Station now stands. We have been trying for quite a while now to have David write down a few of his Cliff-Bungalow Mission Memories so we can share them with all... Hopefully we'll have better luck this year! (and a printed request in the Community newsletter might not hurt the cause, either!)

## **MEMBERSHIP RENEWALS...**

In November, we sent out notices to those whose membership in the Community Association had expired. If this has slipped your memory due to the busy festive season... please send in your cheque today! For those of you who are not yet Members... we encourage you to fill out the form on the back page and return it together with your cheque. Membership is not only a matter of pride and support of your Community... it has its perks too! You can get personal Classics for FREE... and it's the ONLY way you can obtain a garden plot!

## **CRAFTS MAKE GREAT GIFTS...**

**Janet Jeary** has advised me that the **Kerby Centre Craft Room** has been in full swing! There are two ways to take advantage of this... if you are 60+, you can join the group that gathers for a few hours each Wednesday, from 9am to 1pm and enjoy making crafts, knitting, crocheting, gossiping (oh yes ladies... I KNOW you gossip!). The crafts are then donated to the Kerby Centre Gift Shop, which is open to the public. That's the second way you can take advantage! The prices in the gift shop are reasonable, especially considering the loving care with which they are all hand-made! For more information, call Janet, 244-7500.

If you would like to send congratulations, birthday or anniversary greetings... or bid them goodbye... advise of a charity event or sale, just drop me a line... we'll put it in the news!

Cat Gramolini, Editor,  
503, 824 - 13th Avenue SW, Calgary T2R 0L2



## NEW KID ON THE BLOCK...

### NOVA Gallery

Phone: 283-9432

Open Tuesday through Sunday inclusive

NOVA Gallery, located at Plaza 2100 on the corner of 21st Ave. and 4th St. SW brings a diverse blend of Western Canadian and international original paintings, sculptures and graphics to our Community. Along with its 3200 sq. ft. of artistic delights, NOVA features a fine selection of custom framing with the latest in conservation mats, glasses, mouldings, accessories and framing technologies. Gallery director Leonard Nelson recently joined the Board of Directors of both the 4th Street Art Society and the 4th Street BRZ and offers his expertise (5 yrs. of gallery ownership) and flawless taste to help you in your art quest. NOVA's acquisition director, Dr. Bert Fowlow, has over 35 years background in Canadian and international art. You'll enjoy his wit, his passion and his love of art. The atmosphere is intimate, perfect for the monthly artist openings and exhibitions where you can meet and mingle with the artists. Besides offering leasing programs (corporate and residential) as well as short and long-term purchase programs, NOVA provides home approval programs, private consultations, and an art-exchange plan. Do drop in soon to meet our newest neighbour who has taken a very enthusiastic and energetic role in our community.

You won't find NOVA Gallery pretentious or overwhelming... their coffee pot is always on and you will be delighted in the diverse knowledge of its friendly directors. Leonard will mail or email you the ongoing exhibition schedule plus invites to all the artists gatherings. Leonard's corporate responsibility is evidenced by his work in assisting several community fundraisers and hosting receptions for our art and social agencies.



**PIANO TEACHER** B.Ed.  
**OVER 20 YEARS EXPERIENCE**  
**TEACHING CHILDREN AND ADULTS**

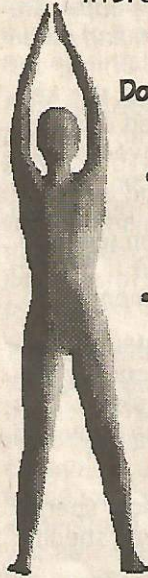
- ♪ CONSERVATORY ♪ POPULAR
- ♪ FESTIVAL ♪ THEORY
- ♪ BEGINNER THROUGH GR.8
- ♪ REASONABLE RATES
- ♪ RICHMOND PARK AREA S.W.

PHONE: LESLEY MORGAN, 249-7935  
 REFERENCES AVAILABLE

one mind...  
 one body...  
 one life...



Introducing...



**VICTOR TSE** TCMD, Rd.Ac.

**Doctor of TRADITIONAL CHINESE MEDICINE**

Providing...

- Acupuncture (single-use needles)
- Acupressure Massage

Effective in Helping...

- Pain Relief • Spot Injuries • Stress Relief
- PMS & Menopausal Symptoms
- Incontinence

Plus many other health problems

Specializing in Preventive Care...

- Herbal Medicines
- Energy Balancing • Dietary Balancing

**MISSION SPORT**  
**PHYSIOTHERAPY & REHABILITATION**

Call for Appointment: 228-7968  
 909, 2303 - 4th Street SW

## Charlie's

### WINE BAR & GRILLE

229-2090

501 - 17th Avenue SW

Extraordinary Foods & Wines

Midnight Snacks & Full Menu Items to 1 am

Live Entertainment - Thursday to Sunday  
 Enjoy Jazz, Funk, Blues and R & B

Tarot Readings & Palmistry - Mondays



## Traditional Chinese Medicine...

VICTOR TSE, TCMD, Rd.Ac.

Today, with all the mutations of viruses and the increasingly ineffective use of antibiotics, people are more and more turning to natural medicines and cures that have been known, for instance in China, for thousands of years. *Preventive* medicine is the key. Traditional Chinese Medicine had developed a unique understanding of the workings of the body over the last 3,000 years. An initial consultation consists of questioning, observation, examination of pulse and tongue as well as physical examination when required. The doctor is look less for symptoms than a *pattern* into which is woven a total picture of the patient.

**Acupuncture:** A method of using fine, sterile, one-time-use needles to stimulate lines of energy (Qi [pronounced *chee*]) running beneath the skin. This affects a change in the energy balance of the body and works to restore health and prevent illness.

**Moxibustion:** one type of heat therapy using special herbs that complements acupuncture for specific conditions.

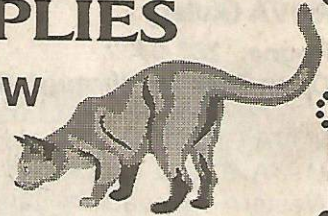
To learn more, or make an appointment with Dr. Tse, call him at Mission Sport Therapy, 909, 2303 - 4th Street SW., 228-7968.

## BEA'S PET FOOD & SUPPLIES

601 - 17th Ave. SW

(next to 7-11 at 5th St.)

228-1000



### PREMIUM DOG & CAT FOOD

• Techni-Cal • Nutro • Iams • Wysong  
• Acana • Science Diet • Solid Gold

SMALL ANIMAL, BIRD, TROPICAL FISH FOOD  
& DOG BISCUITS

ARE ALSO AVAILABLE IN BULK!

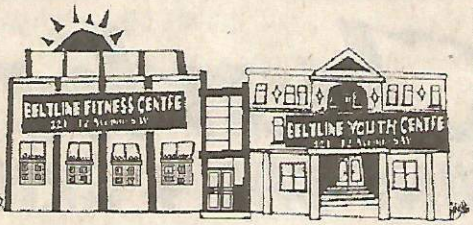
*Don't forget our home-made  
natural biscuits!*

**Seniors & CKC Breeders' Discount!**

Bea's does not sell animals - we educate pet-owners to support animal rescue groups and reputable breeders.

**CHECK OUT OUR FREQUENT BUYER PROGRAMS!**

Locally Owned... Locally Operated



**BELTLINE**

221-3519

221 - 12th Avenue SW

Cliff Bungalow-Mission gratefully acknowledges the contribution of the advertisers in this issue for keeping the Freepress financially self-sufficient!

one mind  
one body  
one life



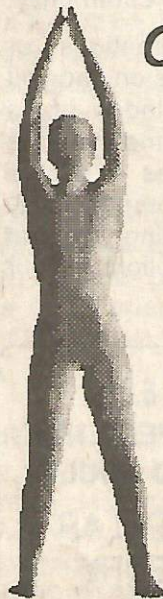
- 5 Physiotherapists
- 2 Massage Therapists
- WCB Approved Clinic
- Custom Orthotics
  - Foot Clinics

... and we serve Planet Coffee!

**MISSION SPORT  
PHYSIOTHERAPY & REHABILITATION**

228-7968

909, 2303 - 4th Street SW







## DEVELOPMENT REPORT...

### **218 - 232 25th Ave. SW**

Proposed Senior's Resort. With dismay, I regret to inform you that our leave for appeal to the Alberta Court of Appeal was not successful. Everything hinged on whether or not the units were indeed apartments or "sleeping rooms", due to the nature of the kitchens. It's in these instances the bylaw lacks enough definition. As residents, we now have to evaluate how we can limit impact on our Community park, as traffic from the rear lane will increase tremendously. This building will stand as the only 6-storey building built in the RM-6 zone and will hopefully mark the end of our old ARP.

### **325 - 23rd Ave. SW**

On hold pending a meeting with the home-owner and the Development Committee, the Community is not prepared to support a solution that would encourage more commercial along that residential street. The Planning Dept. is of similar opinion in refusing the application but it may still end up in front of City Council in January.

### **Former Holy Cross Site, Land Use Amendment**

This went to Calgary Planning Commission December 13th and will go on to City Council in January. We have been working with the Planning Dept. and owners, towards an amendment that would not add any commercial to the site, but would allow more public oriented and medical uses. The sticking point currently is the land uses are not tied to each building, as they were when we originally did the land use guidelines. The purpose of this is to re-evaluate land uses of the site if the buildings are eventually torn down, and is important in the event of redevelopment, so that there would be an opportunity for public consultation.

### **310 - 316 22nd Ave. SW**

Seniors' Care Facility. We have met with the developer and Community and Residents' concerns have been met. The outstanding concern has been the height of the building at 5-stories but the developer has assured us that they will do what they can to address this through the building plans by keeping the space between floors to a minimum. Speeding in the back lane will also be addressed through some careful paving and speedbumps, which City Traffic recommended. Now is the time to voice any further concerns you may have!

### **21st Ave./Holy Cross Lane/2nd St. SW**

The design has shaped up nicely, however the City has concerns that this building has stretched its boundaries to the utter maximum. The difficulty is that it has four fronts and does not conform easily to the bylaws. The greatest concerns with the Committee and Residents is the height of the building and the setback on the river side. The City requires a 7m setback off the river and they have provided 6m. The rationale from the developer's standpoint was that the property line was difficult to follow as it makes a wave pattern along the property the province owns. We hope that all parties can

come to agreement on the setbacks as it is a unique piece of land and project. If built, the developer has committed to rebuilding the public pathway which would certainly benefit pedestrians. A suggestion was also made about their choices in landscaping and we hope that they will be able to present us something more suited to the river, making the public portions of the bank more attractive as well. Voice your concerns now!

### **Empty Lots, 25th & 26th Avenues SW**

No word on this project, although Residents are putting a letter together regarding the enormous volume of traffic occurring on 25th Ave. With support from Erlton we are hoping to draw the City's attention to the fact that this road cannot support current traffic let alone the addition of 254 units in these empty lots. If you are concerned please contact us and Alderman Jon Lord.

### **219-220 17th Ave. SW**

We all know this building as The Republic. It is now in transition, set to become The Roxy. The developer is restoring large portions of the original building and really cleaning it up. This nightclub/sushi bar will be marketed to the same crowd that goes to The Drink or Mescaleros, understood to be a fairly tame crowd. Issues of parking will be addressed as the club has an agreement to use the available evening parking at two nearby funeral homes. We also had landscaping concerns, front and back. They have committed to retaining the large tree in the front and will develop a plan to screen a portion of the rear parking with careful landscaping. The rear area will also be well-lit at night to deter unwanted foot traffic.

### **2416 - 1st St. SW**

This application is for a one-year Home Occupation permit to provide alternative therapy such as massage, reflexology and aromatherapy. This use is relatively low impact as visits are made by appointment only and there would be no other employees. Any concerned neighbours should contact me.

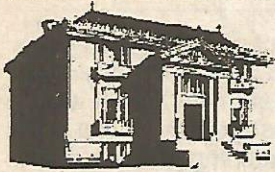
### **131 - 17th Ave. SW**

This proposal would see the current Impark lot developed into a 5-storey commercial building for offices and dental laboratories. We hope to meet with the developer as the redevelopment of 17th is key in encouraging more residential and commercial in this somewhat under-used portion of our Community. One of the greatest difficulties with this block is the interfacing of the commercial element onto 18th Ave.

### **509 - 513 21st Ave. SW**

You may remember this property was subject of a developmental proposal last year, that the Community opposed and successfully overturned at Subdivision and Development Appeal Board levels. The developer will be making another application late January and will be meeting with us soon. We are hopeful that he has taken Residents' concerns to heart and that this proposal will be better than the last.

**Marika Styba, 245-3935  
Development Committee**



**MEMORIAL  
PARK  
LIBRARY...**

**Library Funding Approved!**

On November 20th City Council approved the funding of Memorial Park Library. The big difference this year was that they added Memorial Park Library to the base budget of the Calgary Public Library. This means that funding will continue for the foreseeable future. Jean Ludlam, Manager of this historic library, stated that she and the rest of the staff were very pleased when they heard about the continued funding. Thanks to *everyone* who wrote letters to City Council.

Does this mean that we can now rest on our laurels??? Absolutely NOT! We must continue to use this library and encourage others to use it also. New people to the area should get their new Library Card at this Library. If use does not increase, the Library could again be in jeopardy.

Several organizations have expressed interest in leasing the upper floor. The Library board will now consider which one would fit this space best. If this involves a private firm, the land will need redesignation.

The new computers have been installed in the former meeting room on the main floor. All have the full suite of Office 2000, including Word, Excell, PowerPoint, Access and FrontPage. You can also access the Internet and the library materials database. All you need is your Library Card! So get yourself down and use this wonderful Library... and don't forget to borrow some books!

**IF YOU HAVE ANY SUGGESTIONS OR  
COMMENTS, PLEASE CALL  
BOB LANG, 229-2762**

**ST. MARY'S  
SCHOOL...**



**Interest Increasing!**

As we go to press, we still do not know if the exterior of St. Mary's School (1909) will be designated as a Provincial Historic Resource. However, we are encouraged that the Province is still seriously considering this designation and will continue to protect the building during this extended period. One of the reasons for the delay appears to be that there is increasing interest in the building by outside groups. One such group is a well-known local theatre group who must move from their current premises in the next few years. They have funds and could probably access the additional funds required for the needed restoration of this historic building. This is very exciting news. During our February 2000 Visioning session in regard to the Mission Area, one of the concepts identified was an Arts Centre potentially located in St. Mary's School. While at first glance this appeared to be a long shot, it now seems it may just happen.

Since the government has not made final decision on designation, you can still send in your letters of support. Send them as soon as possible, to:

**Hon. Stan Woloshyn  
204 Legislature Building  
10800 - 97th Avenue  
Edmonton, AB T5K 2B6**

So stay tuned... there is still hope for this historic building! With your active support we can succeed in saving this important piece of history in our Community.

**CONTACT THE SOCIETY AT  
874-0751**



**NEW HEALTH WAVE**

Holy Cross Centre • 108, 2210 - 2nd St. SW

Paid to the Order Of: \_\_\_\_\_

**\$ 10.00**

For sum of \_\_\_\_\_

**--- Ten Dollars ---**

**xx 100 Dollars**

Gift Certificate only to be used to purchase Programs available at New Health Wave

Expiry Date: 3 Months from Grande Opening \_\_\_\_\_

**Non-Refundable**

Signature \_\_\_\_\_

- Stress & Tension Relief
- Headache Relief
- Digestion Problems
- Clinical Hypnosis
- (Stop Smoking/Weight Loss)
- Magnetic Massage

**FREE PRIVATE CONSULTATIONS!  
FLEXIBLE HOURS  
CALL FOR APPOINTMENT**

**244-4424**



# COMMUNITY VOICES...

## JOE CLARK, MP, CALGARY CENTRE

Unfortunately, at presstime we have not received any message from our new MP including contact information.

## GARY DICKSON, MLA, CALGARY BUFFALO

I hope you all had a wonderful holiday season, and wish you the very best in 2001. The Legislative Assembly fall sitting lasted only 9 days. The main issue of that too-brief session was electrical deregulation and the prospect of rapidly rising electricity costs to Albertans.

The government abruptly adjourned the fall sitting before dealing with all of the Bills in front of it. This was done immediately after it received notice from the Liberal Opposition that an emergency debate on electrical deregulation problems would be sought the following day. The reason is that the government's sudden decision to order power companies not to increase certain prices until after the next election will threaten energy supply. This announcement will likely discourage new investment and development of new power plants. Before adjournment, the Assembly approved supplementary estimates for approximately \$1.3 million in spending over and above the annual budget debated and voted last April.

Full details of the new spending and the questions asked of government over the 9 brief days are available from the Calgary Buffalo Constituency office, 130, 1177 - 11th Avenue SW.

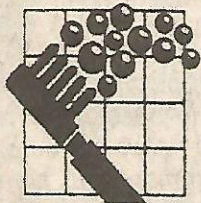
If you have any questions or require any assistance, please contact my office, 541-9116 or fax: 541-9106 or you may email: [calgary\\_buffalo@assembly.ab.ca](mailto:calgary_buffalo@assembly.ab.ca)

## JON LORD, ALDERMAN, WARD 8

Hello everyone! Hope you all had an absolutely wonderful holiday season and are looking forward to the New Year. It promises to be an exciting one, with all the new technologies, new political issues and new trends sweeping our society. At City Hall in the last month alone, we have grappled with CFB development in the Bow Valley lands, issues around the former Holy Cross lands, pesticide and other environmental issues, Victoria Park redevelopment initiatives and a whole host of other concerns to Ward 8. Needless to say, I have been exceptionally busy, as usual school amalgamation continue to be a big concern to us all, as is the fate of the Children's Hospital and what will happen there still remains to be seen.

On a bright note, citizens should see little or even no net tax increases this year, traffic problems should be alleviated, safer pedestrian crosswalks are on the agenda and general revitalization is breaking out all over Ward 8. Call my office at 268-2451, or dial my website: [http://www.gov.calgary.ab.ca/alderman/ward\\_offices/ward08/index.html](http://www.gov.calgary.ab.ca/alderman/ward_offices/ward08/index.html) with any concerns or questions.

**These are YOUR Representatives... Call them with Questions, Complaints and especially Comments!**



## MIRALTA DENTAL CARE

### Dr. John • 228-6020

- Family Dentistry
- New Patients Welcome
- Drop-In Patients Welcome

*We Accept Your Insurance... Less Out of Pocket Expense!*

104, 2210 - 2nd St. SW (formerly Holy Cross Hospital) Main Entrance  
[www.miralta.ca](http://www.miralta.ca) [holycross@miralta.ca](mailto:holycross@miralta.ca)

- Pro-Form™ Mouthguard  
FREE (reg. \$150)  
Proven to Reduce  
Forces that Cause  
Concussions, Jaw  
Fractures, Even Death
- NuproGold™ Tooth  
Whitening System  
\$49/Jaw (reg. \$249)  
Removes Stains of  
Smoke, Coffee & Aging

# News and Happenings...

## MEMORIAL PARK LIBRARY

1221 - 2nd Street S.W • 221-2006

### HOURS:

Monday: 10am - 5 pm  
Tuesday - Thursday: 12 - 8 pm  
Friday & Saturday: 10am - 5pm  
Sunday: 1:30 - 5pm

### FOR CHILDREN...

*Sing Me A Story...*  
Saturday, January 27th  
11:00 am



*Old MacDonald, The Wheels on the Bus* and other musical stories will come to life in song and film. Children ages 3 - 8. **Register Now!**

**Homework Help...**  
Thursdays to May 24th  
3:30 - 5:00 pm

Got the homework blues? You'll get help with your homework and also enjoy fun activities that promote life-long learning skills. **Call to Register Now!**



### FOR ADULTS...

**Lunch & Learn Series**  
**Heart Health Matters**  
Tuesday, January 23rd  
12:05 - 12:50 pm

A health professional will discuss heart health, focussing on the role of fats in our diet and simple ways to adapt our eating and exercise habits. **No Registration... Just Drop In!**

### Classic Films for Adults...

**The Boyfriend**  
Wednesday, January 17th  
1:30 pm

Ken Russell's dizzy, affectionate look at the musicals of the 1930s. Twiggy gets her big chance when the leading lady hurts her ankle. She goes out a nobody... and comes back a star!

**This Gun For Hire**  
Wednesday, January 31st  
1:30 pm

A professional killer becomes involved in a fifth columnist plot. Based on the novel *A Gun for Sale*, by Graham Greene. Starring Alan Ladd and the glamorous Veronica Lake.

**Memorial Park Library...**  
**Magic for Children of ALL ages!**

## HERITAGE CARNIVAL...

One of the ways in which our Community is so diverse is culturally. During the last several years, the Cliff Bungalow-Mission Community Council (a collaboration of community groups and agencies including CBMCA) has organized the **Heritage Carnival**, in May. The Heritage Carnival provides a low-cost, multi-cultural evening of family-oriented entertainment and neighbourhood sharing. The Council recruits local entertainers, provides refreshments and organizes children's activities. Single people and seniors also enjoy the fun. This year, the Council is hoping to make this event even more successful. One of the ways this can happen is by involving more people from our Community and neighbouring communities. Therefore, we invite you to attend the Planning Meeting, where you can learn more about the Heritage Carnival and provide us with your ideas on how we can make it better.

**Heritage Carnival Meeting**  
Tuesday, February 6th - 7:00 pm  
Memorial Park Library

For further information, call BOB, 229-2762

## WINTER CARE FOR YOUR PETS...

Every winter, during the extremely cold weather, we continue to see pets left outside. This can cause serious health problems and sometimes even death. This winter, be kind to your pet and make sure you not only make a note of how long they have been outside, but check their paws when they come in, for ice (and sometimes salt) caught between their pads which can be painful and also cause problems. Check to make sure you have stored all Antifreeze safely above-ground level and have not left any spilled puddles... antifreeze is unfortunately coloured with a substance that makes the mixture taste sweet to your pet... but it IS lethal! Why not cozy up on the couch with your pet, and read a good book from Memorial Park Library! Your pets depend on you... on your good sense... and your love.

## WINTER SIDEWALKS...

Each winter we usually get more than our fair share of snow. This means sidewalks need to be cleaned as soon as possible after each snowfall. Why not help a senior or someone who may have difficulty to clean their walks when you do your own? It would be Downright Neighbourly!

## KINDERGARTEN REGISTRATION...

The Calgary Board of Education will be taking Kindergarten registrations for September 2001 starting January 15th. CALL CBE, 294-8255

### THE TOY LENDING LIBRARY

120 - 17th Ave SW

Monday - Friday: 8:30am - 4:30pm

\$5 ANNUAL MEMBERSHIP

Borrow toys for kids up to 10 years old.

New toys without the expense! You can also donate toys to this Library.

And NOW... LIBRARY ON WHEELS!

If you can not get to the Toy Library...

it will come to you! This terrific community service needs help... for more information or to volunteer,

CALL 290-5466



## ARE YOU IN THE ZONE????

### Then It's Time to RENEW YOUR PARKING PERMIT!

Zone "J" Permits (many parts of CBMC) expire at the end of February 2001. Renew or pick up your new permits by going to the Calgary Parking Authority, 620 - 9th Ave. SW (8am - 4:15pm, Monday to Friday).

You will need to have a valid Alberta vehicle registration for each vehicle, showing your address within Zone "J".

You may also mail or fax (537-7001) your request with a photocopy of your entire vehicle registration(s) together with one other proof of address, such as a cable or utility bill).

**For further info, call 537-7000**

## Public Skating

Calgary Centennial Arenas  
2390 - 47th Ave SW

243-8484 ext. 224

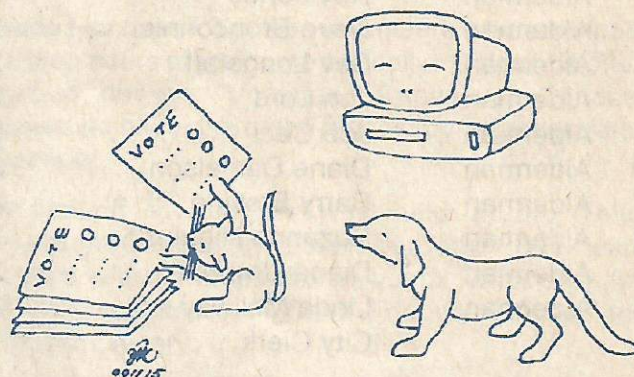
[www.centennialarenas.com](http://www.centennialarenas.com)

## Sundays

2:00 pm - 3:15 pm

Fun Beginner  
Olympic Area  
Skating Area Music

Mr. Ying-Kau Kwan, owner of Woodpecker Arts in the Roxboro Mall on 4th Street SW is a long-time supporter of our Freepress. His talents are on display in his magical little shop... intricate carvings and paintings that make unique gifts. We thank him for his support and input to our Community Newsletter!



*Use the computer... I like it accurate!*

## Cliff Bungalow-Mission Community BOARD MEETINGS

**All Community Members  
are Welcome to come!  
Check The Calendar  
on Page 3 for dates.**

**COMMUNITY SKATING RINK...**  
If you want to have a pleasure skating rink this year, **YOU** will have to pitch in and make it happen!

**Get some friends together  
and make it a fun event!**

**CALL BOB, 229-2762**



# NEED TO CALL OR WRITE???

Wd	Position	Contact	Phone	Fax
	Mayor	Al Duerr	268-5622	268-8130
1	Alderman	Dale Hodges	268-2445	268-8091
2	Alderman	Joanne Kerr	268-2430	268-3823
3	Alderman	John Schmal	268-2430	268-8091
4	Alderman	Bob Hawksworth	268-2430	268-8091
5	Alderman	Ray Jones	268-1659	268-3823
6	Alderman	Dave Bronconnier	268-1646	268-8091
7	Alderman	Bev Longstaff	268-2430	268-3823
8	Alderman	Jon Lord	268-1627	268-3823
9	Alderman	Joe Ceci	268-2430	268-8091
10	Alderman	Diane Danielson	268-1676	268-3823
11	Alderman	Barry Erskine	268-2430	268-8091
12	Alderman	Suzanne Higgins	268-2478	268-8091
13	Alderman	Diane Urquhart	268-1624	268-8091
14	Alderman	Linda Mellway	268-2430	268-3823
	City Clerk			268-2362

### Mailing Address:

Mayor/Name of Alderman, City of Calgary  
P.O. Box 2100, Station "M"  
Calgary, AB T2P 2M5

## Santa Claus Come to Town...

Santa paid an early visit to the Community. The Cliff Bungalow-Mission Community Centre had been festooned with decorations and holiday spirit. The event was our December 9th Christmas Pot Luck which was a veritable smorgasbord of delectable delights that our Editor, Cat, would be better able to describe if she had been able to attend.

While the attendance was not large, the spread of good food was. The feature dish was of course the tasty turkey provided by the Noble family. Needless to say, all of the guests were as stuffed as the turkey by the time Santa arrived.

Santa came in with a hearty chuckle and a twinkle in his eye as he surveyed the residual of the great feast. He visited with all the children, both young and old, as they confided their Christmas wishes. Then with a "Merry Christmas to All" he was off to his next stop.

To top the evening off, Pat Noble received the Local Hero Award from the Federation of Calgary Communities, recognizing all of his contributions to our Community over the years.

Thank you to Mary White, Janice Capriotti, Leita Blasetti, Brenda and Pat Noble, Tiro Clarke and of course, special thanks to Santa!

To all, it was a good night! Try coming out to some of our Community Events... you'll meet some great people, have great food and a wonderful time!

distinctive wine & liquor boutique

**BIN 905**

- new look
- new location
- new products

2311 4th St. SW

ph: 261-1600

fax: 261-1510

Mon-Thu 10 - 8

Fri & Sat 10 - 9

Sunday 12 - 6

free parking behind the store

Fabulous  
Home-Made Food

**Ricardo's**



Downtown  
Catering

862-0035

PARTY OF 2 - PARTY OF 20?

CORPORATE FUNCTION?

PRIVATE PARTY?

ROMANTIC DINNER FOR 2?

Affordable

Full Service Catering...

Gourmet Menus

Original Soups & Sauces

Home-Baked Pastries

Slow-Roasted Barbecues

Vegetarian Dishes



*Solutions Built Around You™*

**CHANTELLE L. ETHIER**  
consultant

RRSPs	Estate Planning
RRIFs	Insurance Needs*
Mutual Funds	Tax Planning
GICs	Mortgages

**Call (403) 229-0555 or  
Cellular 804-7191**

**Investors Group Financial Services Inc.  
#100, 1333 - 8th Street S.W. Calgary, Alberta T2R 1M6**

™ Trade-marks owned by Investors Group Inc. and licensed to its affiliated corporations. \*Insurance products offered through I.G. Insurance Services Inc. Insurance license sponsored by the Great-West Life Assurance Co.

**NOVA**  
GALLERY

**NOVA GALLERY**  
Plaza 2100, 4th Street SW

Gallery Hours:  
Friday: 10am - 7pm  
Saturday: 10am - 5pm  
Sunday: Noon - 5pm  
Tuesday - Thursday: 10am - 6pm

**...presenting  
"Nature's Elements"**

Ken Watson, Oil  
David Cadman, Watercolours

Opening Reception, with Artist, January 6, 1 - 5 pm  
Saturday, January 6 - Saturday January 27

**...presenting  
"Prairie Rays"**

John Kaufman, Oils & Acrylics

Opening Reception with Artist, February 17, 1 - 5 pm  
Saturday, February 17 - Saturday, March 3

**Telephone: 283-9432 • Fax: 283-7399**

# International Year of Volunteers - 2001

In recognition of the enormous social and economic contribution of volunteers worldwide, the United Nations General Assembly has declared the year 2001 to be International Year of Volunteers.

Canada has over 7.5 million volunteers who contribute 1.1 billion hours of their time annually. Calgary is often identified as the "Volunteer Capital of Canada" because we have one of the highest participation rates in Canada!

The kick-off in Calgary was held at the Telus convention Centre on December 5th. We were provided with an inspirational poem, written by the staff and volunteers of Child Friendly Calgary and Volunteer Calgary:

### I am a Volunteer

I think of my community, not of myself  
I have a big heart, not a narrow mind  
I work along side of athletes, musicians, families,  
teachers, students and life-long learners  
And yes, they are all really nice

I believe that actions speak louder than words  
I feel I can give so much more than I  
can ever ask or earn

I know that what I do today will help create  
a better tomorrow  
And I believe in the wisdom of our youth  
and the energy of our elders

I am proud to contribute to my community...  
And I know I can make a difference

I am a Volunteer!

Why not join all the other volunteers in this Community? You can make a difference in Cliff Bungalow-Mission. It doesn't have to be a huge role... it can be something small... like delivering our newsletter on your block, or making some calls for our Membership Drive, or helping with the Skating Rink. You could also take a position on our Community Association Board of Directors and help shape our policies and our tomorrows!

Offer to cook for an event, or plan events for Seniors... take an interest in your Community and help keep it the kind of place in which you are proud and happy to live!



# Mail Boxes Etc.

The Business Partner For People  
Who Work On Their Own

**Business Services:**

- ~ Quality Xerox Copy Service/Colour Copies
- ~ Fax Services: Send & Receive
- ~ Packing and Shipping Supplies ~ UPS & other Courier Services
- ~ Receiving Services (Street Address, 24-Hour Access)
- ~ Office Supplies ~ Business Cards and Stationery


It's NOT WHAT WE DO, It's HOW WE DO IT™



MAIL BOXES ETC.

1919B - 4th Street S.W.  
Tel: 541-9024 • Fax: 541-9499

# Woodpecker Arts



Custom Orders  
& Repairs

**Carving & Painting**  
Original Artwork in Antler, Ivory  
& Mammoth Ivory

Roxboro Mall, 2500 - 4 St. SW 245-6044

## CLIFF BUNGALOW-MISSION COMMUNITY BOARD AND COMMITTEES

President.....	Bob Lang.....	229-2762
VP, Planning.....	Janet Alford.....	289-5052
Development.....	Marika Styba.....	245-3935
Transportation.....	Pat Noble.....	228-5858
Parks/Envir.....	Robert Giles.....	228-7854
VP, Activities.....	<b>Vacant</b>	
Children.....	Brenda Noble.....	228-5858
Lindsay Park Rep.....	Dave Johnson	
Recreation.....	<b>Vacant</b>	
Seniors.....	<b>Vacant</b>	
Social.....	<b>Vacant</b>	
Treasurer.....	Karen Houlgate.....	244-9467
CBM Centre Alternatives..	Tiro Clarke.....	245-0937
Facility.....	<b>Vacant</b>	
Rentals.....	<b>Vacant</b>	229-2762
Secretary.....	Janice Capriotti.....	244-0875
Membership.....	Georgina Jameson.....	245-6010
Newsletter Editor/Ads.....	Cat Gramolini.....	244-3476
Newsletter Dist'n.....	Mary-Claire Carlson.....	228-5181
We	bsite	
Ste	<b>BIG ROLE OR BITE-SIZE...</b>	phen
Chap	<b>We have a place for you!</b>	man

**CALL BOB LANG, 229-2762 - GET INVOLVED!**



CatCorp Ink.  
Cathryn Gramolini  
244-3476

- INVITATIONS... RESUMES
  - BUSINESS CARDS
  - REPORTS... MANUALS
  - LOGOS and LETTERHEADS DESIGN
  - AD LAYOUT and COPY
  - MARKETING LISTS...
  - PROPOSALS...
  - UNIVERSITY PAPERS
  - BULK MAILING... COMPUTER LESSONS
  - GROUP NEWSLETTERS
  - PERSONALIZED T-SHIRTS
  - WILLS, POWERS OF ATTORNEY, etc.
  - POETRY, SONG, COOK BOOKS
- Low-Cost Professional Work!*



# PACT 2001

	<u>Nov.</u>	<u>Yr. to Date</u>
House, Break & Enter	2	39
Shop, Break & Enter	1	35
Other, Break & Enter	0	5
Theft of Vehicle	7	33
Theft from Vehicle	3	72
Vandalism	4	80

**Join PACT - there is a NEED...  
and help keep our stats LOW!**

Call 290-2990, leave your name, Community name, phone number, and follow instructions on the recording.

**STAND, PHONE... AND BE COUNTED!!!**





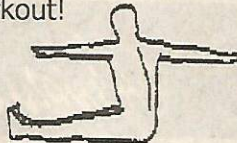
# CALGARY PILATES CENTRE



**DAILY MAT CLASSES  
FOR ALL LEVELS...**

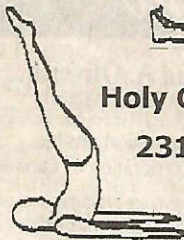
**Private & Semi-Private Lessons  
MASSAGE THERAPY**

Find out why the Pilates Method is often called a "deeper" more "intelligent" workout! This NON-IMPACT workout is suitable for **all** ages and abilities.



**PROMISES...**

- muscular strength
- improved flexibility
- muscle tone without bulk
- improved posture
- enhanced joint mobility



**Holy Cross Centre  
2310 - 2 St. SW  
(ground floor)**

## 245-5885



An excellent source of holistic health information, located in the former Holy Cross Hospital, we offer courses for the general public

*Centre for  
Complementary  
Health  
Education*

- Massage Therapy
- Aromatherapy
- Acupressure
- Reflexology
- Herbal Therapy
- Feng Shui
- Wellness & Stress

Information: 503-4888  
Registration: 240-3833  
[www.mtroyal.ab.ca/conted/cche](http://www.mtroyal.ab.ca/conted/cche)



**Mount Royal College**  
Faculty of Continuing Education & Extension

## SIX "0" PLUS

### CARD - ASK FOR IT!

This card entitles seniors (60+) and their guests to receive a 10% discount on their meals (alcohol excluded). Offer not valid with any other promotion.



**Family Restaurants**

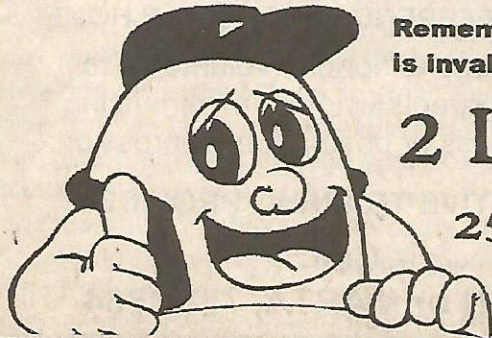
**November & December**

## Kidz Eat Free!

**Fridays 5pm-9pm**

Kids under 10. One child per adult and each adult must make a minimum purchase of \$4.95. Face Painting  
Colouring Contests  
Fun Fun Fun!

In **JANUARY & FEBRUARY**, watch for the Humpty's "Burger Bonanza" coupons in the mail. With your coupon, you can receive a 2 for 1 beef or vegetarian burger. All burgers come with your choice of fries, spicy fries, baked beans, crisp greens, Caesar salad or cup of soup.



**Remember: Any offer or promotion  
is invalid if combined with any other offer or promotion!**

## 2 Locations to Serve You

**2505 Macleod Trail  
South, 269-7644**

Open 24 Hours

**1001 - 17 Ave  
SW, 244-7339**

# The FAMILY PLACE...

**120 - 17th Ave.SW  
(Main Floor)**

The Family Place Resource Centre continues their community support with the following programs held from 12:30 - 1:30 pm:

- Friday, Jan. 26 Introduction to Child Welfare System - by Judy Todd
- Friday, Feb. 23 Wandering Spirit Native Awareness - stories and legends about North American Aboriginal People - by Adrian Goulet

Community Connections is held every second Wednesday, from 3 - 5pm. It includes free informative tours of community resource facilities in Calgary.

Literacy for Preschool Children, held Thursdays from 9 - 11am is a marvelous program that incorporates play and activities to develop literacy skills in children.

Young Explorers After School Program is held Tuesdays and Thursdays from 3:30 - 5pm for students grades 7-9 who need after school guidance. It provides students with homework help, sports, arts, crafts and games.

Literacy and parenting skills training will be starting in January - call for more information.

The Collective Kitchen is held once a month for single parents, low income families, new immigrants and expectant mothers. Learn nutrition, food safety and meal planning/preparation.

The Family Place also provides a variety of other programs including a parenting resource library, counselling, support, referrals, in-home visits and assessments.

**Call for more information, or drop in!  
Zvezdana, 290-5466 or 290-5460**

## Free Press



### *Maison Hillcrest House* *Bed & Breakfast*

*for discriminating corporate & leisure travellers*

Calgary's only  
Canada Select ★★ ★★ Heritage Home B&B

600 Hillcrest Ave. S.W.  
(5th St. and 25th Ave.)

Tel. (403) 228-6164, Fax 228-6194

web site: [www.hillcresthouse.com](http://www.hillcresthouse.com)  
email: [info@hillcresthouse.com](mailto:info@hillcresthouse.com)

*Oliverio*



**Edmund A. Oliverio**  
President (Chief Wizard)

EAO Communications Inc.  
EAO Music Corporation of Canada

*Western Canada's premiere producer and publicist  
extraordinaire for over 32 years.*

P.O. Box 1240, Station M  
Calgary, AB T2P 2L2

[eao@tekusplanet.net](mailto:eao@tekusplanet.net)

Telephone: (403) 228-9388  
Facsimile: (403) 229-3598

**COMMUNITY MEDIATION CALGARY**  
301, 1609 - 14th St. SW ■ 244-6998

This program is available, at no cost, for resolving disputes between individuals, neighbours, and Board Members of organizations within your Community.

Conflicts can involve property, pets, fences, parking, nuisances, etc.

**FOR ASSISTANCE, CALL 244-6998**  
[www.mediation.ab.ca](http://www.mediation.ab.ca)

### **PARENT DEVELOPMENT CENTRE**

**MAKE A DIFFERENCE FROM YOUR HOME!**

We require telephone volunteers to support parents who are experiencing crises, stress or postpartum depression.

**INNOVATIVE TRAINING PROVIDED!**

**Call:  
KAREN or MARTA, 777-1854**



# LOCAL CABLE FABLE...

**OR, HOW TO GET \$16.26**

**BACK FROM YOUR CABLE BILL...**

**O**NCE upon a time, in this very city, the people rejoiced in all the channels they were able to get on their tvs. The local cable company offered a channel with movies just finished at the theatre, they offered channels from other cities... and all for a decent price.

Time passed, and suddenly the local cable company added two more movie channels, dubbed them "Super" and charged more. Except instead of different movie after different movie all day, they started looping the same 3 movies in a 24 hour period... boring for the people, but I suppose very cost efficient. Then, those same three movies starting getting older and older (**5 - 22 YEARS OLD**), until there are some you can rent in the bargain box at your video store (except you don't, because they were box-office bombs or made with totally unknown stars.) A current example, Saturday, Dec. 9 - Superman III - 1983 and Cisco Kid - 1994.) These are the ages of movies shown on channel 58... a channel you pay extra for as well!

**THEN** those movies became one very old movie, one adult (porn) movie and one current movie. All the time the price was going up. I personally was upset because although no prude, I don't feel adult movies belong on a station *I have to pay for*. Leave them on pay-per-view! If people want to see them, pay for them... don't make me pay!

The local cable company was now charging a great deal, in tiers, for groupings of channels supposedly customer-driven so you could have a "package". Except each tier contained such things as one channel you want, then Samurai Wrestling, golf, 24-weather, etc. So you paid "package" \$s for one channel! Of course, they added bells and whistles... a guide which, by the way, is very often wrong... wrong descriptions of movies, or written in french, or it's a different show than billed. They've also added advertising to the guide and made the listings so small you have to scroll down "forever" to get to what you want to see. They also send messages through your box that cannot be deleted unless you read them.... these messages are **advertising!!!!** I object to the cable company being allowed to advertise in my bedroom/living room, without my permission... I should be able to delete them without having to read them... which is definitely

what I would do!

The final kicker to this fable came to me on a snowy Sunday, when, chips and dip in hand, I ordered a pay-per-view movie (the box for this costs extra each month, with the movie fee added to it). I found that because of the new NFL channels, **NO PAY-PER-VIEW MOVIES** are available on Sundays until 7pm and **this is how you get \$16.26 back...**

**CALL SHAW AT 716-6000 AND DEMAND THE DAILY COST OF YOUR MOVIE BOX REFUNDED FOR 4 MONTHS, 4 DAYS A MONTH.**

They will do this immediately, however, you will have to wait on hold (as always) from 18 minutes to 3/4 hour! Hell-ooo??? Instead of taking each new change that costs us more and gives us less... why don't we call the head of programming and complain??? Don't pay for boxes/movies you aren't getting! Need *another* reason? Local cable gets paid big advertising dollars... *plus*, they charge US for each channel, *plus*, they don't provide services promised. Even Pay-Per-View is offering such movies as Life & Times of Judge Roy Bean (1970s?), Long Journey Home (1987) and other movies seen regularly on regular channels... *plus* they now have advertising on the message box, on the TV guide, on the Pay-Per-View Preview.... they make a fortune on advertising and then charge ridiculously high prices for stale, old, never prime product. Quite often, when you complain, you are told that programming, etc. is *not* the responsibility of the local cable company... **HOWEVER...** who is responsible, if not the company taking your money?

**DON'T TAKE IT!!!! Call and get a rebate for your movie box... they've taken your money (in advance) and given you nothing!**

**CALL OR WRITE:**

**PETER BISSONNETTE, GENERAL MANAGER,  
SHAW CORPORATE OFFICES  
630 - 3RD AVE. SW.  
CALGARY, T2P 4L4**

Let Mr. Bissonnette know that this consistent "creep" of greed is NOT acceptable. If everyone who reads this article did this, Shaw would have to rebate approximately \$325,200 to Calgarians, for the movie box alone... Wish I could make that kind of money by NOT providing a service... they also might have to make some changes to their system that WE, the customers, could live with!

*Cat Gramolini, Editor*  
**244-3476**

# HISTORIC STREET SIGNS

We are gradually receiving donations towards the installation of the next phase of our street signs project - not always large donations, but small amounts do add up as we continue to

take donations for the next phase. It takes two signs per residential corner, plus a new post and brackets, plus installation, plus the dreaded GST. This makes the total cost per corner, approximately \$750. It's double that amount on 4th Street, where there are two sets of signs, one for the east side and one for the west side of the street. While this is not cheap... it is worthwhile. And donations in *any* amount *do* add up! Every \$10, \$15 or \$20 donation is just as gratefully received as large donations. Business contributions are also gratefully accepted... your business can stand out in a Community that stands out! So for yourself, for your Community... complete the form and send it in together with your cheque at your earliest opportunity!



**YES, I/WE WANT TO HELP RESTORE A PIECE OF OUR HISTORY!**

Please send cheques made payable to:  
**CBMCA, 1919B - 4th St. SW, #462, Calgary T2S 1W4**  
 Please Note "Historic Street Signs Project" on cheque

Enclose is cheque for:

\$750 (1 intersection)      \$150 (1sign)      \$75 (1/2)      \$25 (1/6)

I can't afford quite so much, but am happy to donate: \$ \_\_\_\_\_

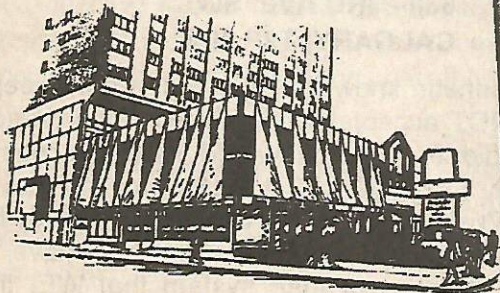
Names: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov: \_\_\_\_\_ PC: \_\_\_\_\_

Phone: (B) \_\_\_\_\_ (H) \_\_\_\_\_

## Hillsboro Tower

1800 - 4th Street SW



### UNBEATABLE 4<sup>TH</sup> STREET LOCATION!

One Bedroom Apartments from \$665 per month

**Includes** air-conditioning, microwave, dishwasher, fridge, stove, heat, water, video security channel, and electricity!

Two **FREE** all-movie channels!

Secured parking, bike room, en-suite storage.  
 Clean, bright suites with **spectacular** views.  
 Adult building, no pets.

Call Laurel: **228-7048**

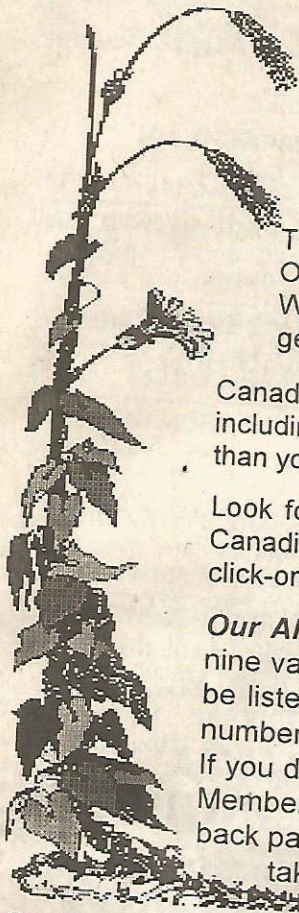
229-8964 (pager)

Fax: 244-5410 E-mail: hillsbor@cadvision.com



# DISH THE DIRT...

With Robert Giles, Parks & Environment



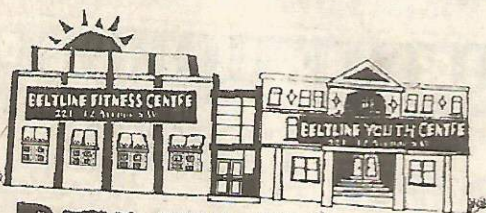
The days are getting longer and in 15 weeks or so, we'll all be playing in the mud again. One way to foreshorten the wait is to send for the FREE colourful gardening catalogues. While their prime purpose is sales, they are, nevertheless, full of gardening lore about germination, plant size and colour, light requirements, cold sensitivity and so much more.

Canadian Gardening magazine (Jan/Feb issue) is a prime source for names and addresses including email and, often, toll-free phone numbers. There's a lot more choice, including prices, than you will find in your average gardening store.

Look for Stokes, Dominion Seed, McFayden, Lindenberg, Vesey's, William Dam and other Canadian catalogues and for Park and Thomson and Morgan in the U.S. A few stamps and click-ons will whet your gardening appetite!

**Our Allotment Garden...** at time of writing, we may have as few as two or as many as nine vacancies to fill. It's time for all of you wannabes to put pen to paper, requesting to be listed as wanting a plot. Send or take your letters (including name, address, phone numbers) to 1919B - 4th Street SW (Mail Boxes Etc.), Box 462, T2S 1W4 and **do it soon!** If you don't - you'll be disappointed. Also remember, if you are not already a Community Member, you **MUST** have this Membership before applying for a plot. The form is on the back page of our newsletter... complete it and take it together with your cheque when you take your gardening letter to Mail Boxes Etc.

**Gardeners' Get Together...** All repeat Allotment Gardeners and prospective newcomers are invited to a horticultural kaffee klatch on **Wednesday, March 7th, 7:30 pm at the Community Centre.** Fish-story lies can be swapped, successes and failures shared, innovative techniques and improvements proposed and information sheets distributed. Mark the date in GREEN on your new calendar! Leave a phone message on my answering machine (228-7854) by **March 5th latest**, as to whether or not you will be attending.



**BELTLINE**

221-3519

There is a terrific facility that offers **FREE Youth Drop-In Recreation!!!** **Beltline Pool & Fitness Centre** features a swimming pool, fitness centre, gymnasium, video games room and lounge.

**Beltline Youth Initiative (BYI)** offers youths 16+ years of age a place to play (free) basketball, Nintendo, ping-pong, air hockey and programs in the new arts studio every Monday, Wednesday, Saturday and Sunday from 6pm - 11pm.

**Drop-in Centre:** (games room & video lounge) - Monday, Wednesday, Saturday, Sunday, 6 - 11pm

**Gym Hours:** Mondays 7 - 11pm, Saturdays & Sundays 6-11pm.

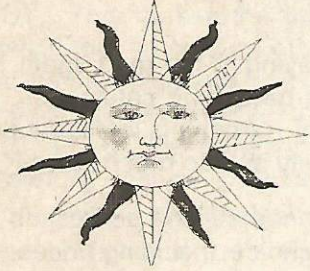
**Basketball:** Wednesdays, 9 - 11pm • **Floor Hockey:** Sundays, 4 - 6pm

**Pool Hours:** Sundays, 7 - 11pm

**CALL FOR MORE INFORMATION!**

**221 - 12th Avenue SW**

# Your Horoscope... by Angie



JAN/FEB  
2001

## ARIES (March 21 - April 19)

News about business and good times with a loved-one start the year off well.

## TAURUS (April 20 - May 20)

Now is a time for romance and making some personal dreams come true.

## GEMINI (May 21 - June 21)

Big purchases and long-term plans keep you running all over town.

## CANCER (June 22 - July 22)

A legal contract needs your signature. This could be a major chance for you to change your direction.

## LEO (July 23 - August 22)

No more being in the background for Leos. You have the spotlight... front and centre!

## VIRGO (August 23 - September 23)

Virgos will be spending a lot of time cleaning out closets and house-hunting. The hired help isn't up to snuff.

## LIBRA (September 23 - October 23)

The new year brings up the possibility of moving home or business.

## SCORPIO (October 24 - November 21)

That Scorpio tail is twitching! A new way to make money is within your grasp.

## SAGITTARIUS (November 22 - December 21)

You are spending a lot of time in car dealerships.

## CAPRICORN (December 22 - January 19)

You may need the services of a legal beagle. Advances in career and personal growth can leave you a little dazed..

## AQUARIUS (January 20 - February 19)

A chance is coming your way to be a fundraiser or to do some good.

## PISCES (February 20 - Mar 20)

Some of the in-laws and out-laws keep you guessing, try being neutral.

ANGIE, 256-7939

Psychic Parties, Individual Readings  
Group Readings, Parties, Showers

## COME SEE ANGIE

PINE MOUNTAIN, 1406 - 17TH AVE. SW  
WEDNESDAYS & THURSDAYS

1 - 4:30 PM

(No appointment necessary!)

**MOST PEOPLE TURN  
TO THE HOROSCOPE  
FIRST!**

**DIDN'T YOU???**

**YOUR AD COULD BE HERE...**

**SEEN FIRST EACH ISSUE!**

**CONSISTENCY & REPETITION  
CAN INCREASE YOUR BUSINESS!**

**CALL CAT, 244-3476**



# Classies

ADVERTISE IN THE FREE PRESS CLASSIES!  
TO PLACE YOUR CLASSIE PHONE 244-3476

3 lines FREE for Community MEMBERS (personal items, cottage industries)  
Community Members get first Classie free, 2nd Classie in same issue, half price!  
3 lines for \$20.00/issue for Businesses (or home-based franchises and businesses)

**ABOUT PAINTING...** Large professional crews for interior painting. Same Day Service. BBB Mbr. Licensed and insured, with references. Call Gregg, 252-1366

**ACUPRESSURE (SHIATSU TECHNIQUE)...** Heal Better, Energize, Combat Fatigue and Stress. No needles, no drugs. \$40 per session. Call Lynn, 209-2528

**A GREAT JOB NEEDS A GREAT RESUME...** Get the job (and pay) you deserve... Also Poetry/Recipe Books, Invitations, Business Cards, Flyers. Call Cat, 244-3476

**ASSIST HOME SUPPORT...** is hiring companions, live-in caregivers and homemakers. Please call 271-2961 or fax your information to 282-2612

**ATTIC OR UPSTAIRS ONE-BEDROOM APT...** Sought by responsible, quiet non-smoking female. \$400/month + some pet/lawn duties. Needed March 1st. Call Lison, 245-6220

**CLEANING SERVICE...** Quality, professional house-cleaning, with references. Organic or Regular supplies. Ironing Too! Reasonable Rates. Call Letta, 209-1762

**COMCARE HEALTH SERVICES...** is hiring homemakers (cleaners), live-in caregivers and nurses. Please fax your resume to 228-2612 or drop by 338-24 Ave. SW, Calgary

**COME OUT & PLAY!!!** Are you a musician interested in acoustic jamming with fellow musicians? Mainly folk music. Original music a plus! Call Tom, 209-2555

**CRAFT TABLE FOR SALE...** New, well-built plywood table-top with strong metal collapsible legs. Light weight. 96" long, 28 1/2" high and 27" wide. Call Cat, 244-3476

**DO YOU WANT TO GET RID OF "STUFF"???** Take out a classy ad and sell that bike, your car, or those skis! 3 lines FREE for Community Members! Call Cat, 244-3476

**DO YOUR TOES CHATTER???** Be cozy this winter. Hand knit Knee High socks keep the cold out. Also afghans to make beautiful heritage gifts. Call Cat, 244-3476

**FOR SALE - LADIES FUR...** Dramatic, full pelt black racoon, lined front & sleeves. Valued at \$1,200 by Renfrew's. Call Cat, 244-3476.

**GET YOUR BUSINESS OFF THE GROUND!** Make \$\$\$! Take a classie ad to sell your home-based business products/services!!!! Great Rates. Call Cat, 244-3476

**IN ANY SEASON...** Clean-up, winter pruning, snow/ice removal by a community resident. Senior Discounts, Low Prices. Call Marty, 261-4819

**LEGAL FOR LESS...** Wills, Power of Attorneys, Living Wills, Employment Contracts, Leases, Evictions, all documentation. Save \$ on costly fees! Call Cat, 244-3476

**MAGNIFIQUE! LEARN TO SPEAK FRENCH...** Private lessons with the emphasis on conversation and good grammar. Call Claudine, 541-1411

**TUTORING SERVICE FOR ALL AGES...** Reading, Writing, Spelling, Study Skills, ESL, ADD, LD, and Organizational Strategies. Get a mental jump-start! Call Joanne, 245-9639

**VOICE TRAINING...** A powerful voice ensures successful meetings for executives, salesmen, individuals. Mondays Jan. 29 th - Feb. 26th, 7 - 9:30 pm. Call, Sheila, 243-3804

**YOGA CLASSES...** Mondays, 6 - 7:30 pm, beginning January 15th for 12 weeks. FCJ Centre, 219-19th Avenue SW. Call Lynn Fairy, 229-3176

**YOU COULD GIVE AN HEIRLOOM GIFT!!!** Unique, beautifully-made afghans, washable/dryable. Truly wonderful for kids, parents or yourself! Call Cat, 244-3476

**HELP DELIVER THE FREEPRESS - GREAT EXERCISE AND A GREAT WAY TO VOLUNTEER!**



## 4TH STREET LIQUOR & WINE

Your convenient neighbourhood liquor store

Monday - Thursday 10 am to 10 pm  
Friday - Saturday 10am to 11 pm  
Sundays & Holidays 11 am to 8 pm

Seniors receive a 5% discount on EVERY purchase

A BROAD SELECTION OF SPIRITS, WINES & BEER

1809 - 4th Street S.W. - 229-1919

4TH STREET LIQUOR & WINE

1809 - 4th Street S.W.

Phone: 229-1919

5% OFF YOUR NEXT PURCHASE WITH THIS COUPON!

(not valid with any other offer or coupon)



Cliff Bungalow-Mission Community Association

# MEMBERSHIP FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Residence Phone: \_\_\_\_\_ Business Phone: \_\_\_\_\_

**Membership Type:** (Memberships are valid for 1 year from date of purchase)

\$6 Regular Single \_\_\_\_\_ \$10 Regular Family (2 adults at same address) \_\_\_\_\_

\$4 Senior Single \_\_\_\_\_ \$4 Full time Student \_\_\_\_\_ \$4 Unemployed \_\_\_\_\_

Names of Children (if any): \_\_\_\_\_

(\*no charge for children if parent is a member)

PLEASE SEND CHEQUE MADE PAYABLE TO CBMCA AND FORM TO:  
1919B - 4TH STREET S.W., SUITE 462, CALGARY, ALBERTA T2S 1W4  
OR DROP OFF AT MAILBOXES, ETC., 1919B - 4TH STREET S.W., #462



## IF YOU HAVE THE SYMPTOMS... We have the solution!



### FREE R DELIVERY!!!

We carry a full line  
of Vitamins and Herbal Supplements

# RIDEAU PHARMACY

1711 - 4th Street S.W.

228-7065 or 228-5067

"Dispensing the Best of Both Worlds!"

