

THE MISSION

DECEMBER 2020

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION

**IT'S
GOING TO
BE OKAY**

Stay in, HELP OUT

CliffBungalowMission.com





WHAT ARE SENIORS GREATEST FEARS

We avoided COVID-19 as a health-factor at THE MANOR VILLAGE LIFE CENTERS.

- Our Exercise Therapists have launched **FALL PREVENTION TRAINING**.
- Fall Prevention Training starts with a **BALANCE TRACKING COMPUTER** that will identify the risks for falls.
- Our Exercise Therapists work with seniors with high or medium risks.



Rocky Ridge
(403) 239-6400

Garrison Woods
(403) 240-3636

Huntington Hills
(403) 275-5667

Varsity
(587) 393-9999

Signature Park
(403) 249-7113

Fish Creek Park
(587) 392-2400

StayWell Manor
(403) 242-4688

London (Ontario)
(519) 873-1700



THE MANOR VILLAGE
**LIFE
CENTERS™**

themanorvillage.com

Keep Up to Date – Sign Up for Email updates

The newsletter is not frequent enough to communicate things that are changing on short notice in regard to the community association, the community centre, and community events.

In order for us to keep you up to date, please register your email address near the bottom of the first page of our website. Our email list is then updated to include your email address. The website address is www.cliffbungalowmission.com.

Annual General Meeting

The Annual General Meeting was held on Wednesday, November 18. At the time of writing, it is before the AGM, so we cannot report on what happened until the January newsletter. However, our AGM's are always great as we celebrate our accomplishments and the people who help make them happen. Due to COVID-19, we only had a limited number attend in-person while the rest attended via Zoom. We thank everyone who helped during the last year.

Update on Rentals in our Community Hall

As previously communicated, we have not been renting out our hall to third parties. This has been extended from December 31, 2020 to March 31, 2021. This will be reviewed in the new year.

Sister Elizabeth – A Good Friend of Our Community

Sister Elizabeth Fitzgerald passed away on October 9 at the age of 94 years. She served in many ways and locations as a member of the Faithful Companions of Jesus. One such location was the Sacred Heart Convent located on 19 Avenue SW in our community. At one time, she taught and was principal of St Mary's Girls' High School, which was located in our community at 2nd Street and 19th Avenue SW. During the years of the review and update of the Mission Area Redevelopment Plan, she was an active participant and that is when I met her. I always enjoyed talking to her and learning about their concerns in regard to the Mission ARP. She will be missed.

Two Letters sent to City Council

CBMCA sent letters to City Council on two important matters, one on possible reduced speed limit in residential communities and one on proposed charging for parking permits.

Last November, when the possibility that a lower speed limit might be considered by City Council, we did a short survey in our community. We asked what the base vehicle speed limit should be in our community. The options were the current 50, 40 and 30 kilometres per hour. The results were as follows:

Current 50 km/h: 27%

40 km/h: 44%

30 km/h: 28%

Overall, 73% support a reduction in the base speed limit.

This result is consistent with what we have heard over the years, and this information was communicated in our letter to City Council.

You may have noticed in the October 21 edition of the Calgary Herald that charging for residential parking permits was being proposed - \$50 for first permit, \$75 for second permit, and \$125 for the third permit to take effect in 2022 after the next municipal election. Currently, there is no charge for the first two parking permits and no charge for two visitor permits. In addition, we later learned we would not be able to get visitor parking permits as our community is classified as Interface Areas.

These fees are equivalent to increasing our taxes with decreased benefits. The assessments of inner-city communities are relatively high, which means our property taxes are relatively high. We not only pay high property taxes, but we are being asked to pay for parking in our own communities, and we can't even have visitors.

City Council deferred both matters to be considered in 2021.

300 Block 25 Avenue SW

We still are waiting the scheduling of the public hearing of City Council to consider a land use redesignation covering 306 to 312 – 25 Avenue SW. The initially proposed Land Use District was MU-1 with a FAR (Floor Area Ratio) of 4.5 and a height of 24 metres. This would allow up to seven stories. Current Land Use allows up to five stories, 3.5 FAR and a height of 15 metres. Four houses (three built in 1910 and one built in 1911) would be torn down to accommodate a new building. These houses currently have several suites each. We have heard that the applicant is in discussion with the City on exactly what Land Use District they will apply for and that it could be

~continued next page~

a while before this matter formally comes forward to Council.

During September, we posted an online survey to find out what community residents think about building heights. This knowledge will help CBMCA as we deal with this proposed land use change. You still have an opportunity to complete this short survey and voice your opinion – go to <https://bit.ly/3hbE6FA>.

At some point, this proposed land use change will go to a Public Hearing of City Council where anyone can submit written comments and can make a 5-minute verbal presentation. It now appears it will be next year. We will send out an email when we know the date and how you can voice your opinion on this matter. Please register your email online on our website, www.cliffbungalowmission.com.

Best Wishes

December is a time of celebration for many. We wish you all the best. Be careful and stay healthy. May 2021 be a better year for all.



Mission Crime Activity was Down in October 2020

The Mission community experienced 26 crimes in October 2020, in comparison to 36 crimes the previous month, and 40 crimes in October one year ago. Mission experiences an average of 25.5 crimes per month. On an annual basis, Mission experienced a total of 306 crimes as of October 2020, which is down 9% in comparison to 338 crimes as of October 2019. To review the full Mission Crime report visit miss.mycalgary.com

Cliff Bungalow Crime Activity was Down in October 2020

The Cliff Bungalow community experienced 16 crimes in October 2020, in comparison to 24 crimes the previous month, and 23 crimes in October one year ago. Cliff Bungalow experiences an average of 14.2 crimes per month. On an annual basis, Cliff Bungalow experienced a total of 170 crimes as of October 2020, which is down 24% in comparison to 224 crimes as of October 2019. To review the full Cliff Bungalow Crime report visit cliff.mycalgary.com

How To Report Crime In Mission | Cliff Bungalow : Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:













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Cliff Bungalow-Mission
Community Association

SUBMIT YOUR PHOTOS

**SEND US YOUR
PHOTOS FOR THE
MISSION
STATEMENT
COVER**

Send to
cbmca.editor@gmail.com

DECEMBER COMMUNITY CALENDAR

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

The following is the latest information we have at time of writing (early November) and is subject to change.

General information on how Jazz events will occur: Online tickets purchase will be required. See elsewhere for the links to purchase tickets. There will be limited in person attendance tickets available. The rest of the attendance will be online. People attending in person will be required to wear a mask. Bring your own mask or obtain one at the door if you do not have one. This event is considered a “structured event”. People wear facemasks and are seated for a performance. We also have a screen between the performers and the audience. Ticket purchase links also will be sent out by email. Please register on our website, www.cliffbungalowmission.com, and go to the bottom of the first page to register.

Jazz Nights

First Wednesday from September to June. Doors open at or before 7:30 pm. Music starts at 8:00 pm.

Wednesday, December 2 – Marie Bridge Quartet

Wednesday, January 6 – Continuum (Shane Statz)

Sometimes we do not have the all the detailed information on our jazz events to publish in the newsletter. Also, sometimes the newsletter does not get delivered in time for the date of the performance. If you register your email at the bottom of the first page of the website, www.cliffbungalowmission.com, you will receive emails that provide the background information on our events.

Potlucks

Board Game Nights

Trivia Nights

Cancelled until further notice.

This schedule can change depending on what is allowed and the restrictions in place at that time. We will update as new information is available. To receive updates via email, register your email address online near the bottom of the first page of our website, www.cliffbungalowmission.com.



Some Pocket Plaza Benches Moved to Glendale/Glendale Meadows Community Centre

Some of the benches, formally located in the Pocket Park/Plaza, 17th Avenue and 5A Street SW, have been moved to the park adjacent to Glendale/Glendale Meadows Community Centre. They posted this picture on their Facebook. They thanked Cliff Bungalow – Mission Community Association. Don't worry, there are still lots of benches in the Pocket Park / Plaza.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 13



Online Auction Was a Success **THANK YOU!**

During the month of September, we held an online auction fundraiser. Originally, the auction was to be part of our annual Spring Fling, which was moved to a Fall Fling. However, due to COVID-19, we decided it was not feasible to hold an in-person event of this type, so an online auction was held instead. We thank all of the donations from local businesses and to those who successfully bid on the items in the auction. At time of writing, we are still distributing auction items and collecting the payments, so we do not have a final total on funds raised.

Even for an online event, it takes many people helping to solicit and collect donations, set up and monitor the online auction, and interfacing with the successful bidders. Two key people doing this were Melissa Parcels and Ted Knudtson.

We thank the following businesses and organizations for their donations:

Aida's Mediterranean Bistro
Anejo Restaurant
Blaze Pizza
Blowers and Grafton
Burger Inn
Café du Centre
Calgary Pilates
Carino Restaurant
Cinder & Sage
DU/ER
Field Study
Fleur deSel Restaurant
4th Street Liquor and Wine
Fraser and Fig
GOAT Salon and Lifestyle
Inspirati
Joyce on 4th
La Boulangerie

Marlow Floralworks
Mission Tattoo Parlour
Mission Wine and Liquor
Pawsitively Natural
Repsol Sport Centre
Safeway
Servus Credit Union
Shelf Life Books
Ship & Anchor
Social Cut & Shave
Sol Dental Hygiene Spa
Ten Degrees Chocolate
Uptown Nail Boutique
Urban Butcher
Without Co.
Yann Haute Patisserie
Yoga and Beyond

YOUR CITY OF CALGARY



Winter Holiday Fire Safety

Festive celebrations, flickering lights and winter greens are all hallmarks of winter holidays, but they also present fire risks that can quickly turn festivity into devastation.

Check out these tips for keeping you and your family safe during the holidays:

1. Keep pets and children at least three feet away from lit candles, the stove and oven, especially when cooking.
2. If you're putting up a real Christmas tree, make sure it's fresh and water it daily to prevent it from drying out and becoming a fire hazard.
3. If hanging lights, make sure you are following the manufacturer's instructions about how many lights can be connected to prevent electric shock and fire.
4. Keep anything that can burn away from heat sources. Also, consider using flameless candles as an alternative to real ones when decorating.
5. Don't overload electrical outlets. Plug strings of lights directly into wall outlets and keep the number to a minimum.
6. Replace any strings of lights that have worn or broken cords or loose bulb connections – these can easily start a fire. Also make sure you're using indoor lights indoors and outdoor lights outdoors.
7. Once the holidays are over, safely and responsibly dispose of your tree, away from your home, garage or anything that could catch on fire.
8. Make sure you have working smoke alarms in your home and create a home escape plan that you have practiced with your family.

Be safe - don't let a fire ruin your holidays!

For more tips, visit calgary.ca/csps/fire/safety-tips/safety-tips-for-home/holiday-and-winter-fire-safety.html.

The Mission Statement



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

Contact us

Cliff Bungalow - Mission Community Association
462, 1811 4 Street SW, Calgary Alberta T2S 1W2
403 245 6001

www.cliffbungalowmission.com

Look for us on Facebook, not to mention Twitter and Instagram (CBM_CA)!

We value your contributions

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

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

Cliff Bungalow - Mission Community Association Board List 2019-2020

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Ted Knudtson	cbmca.vicepresident@gmail.com
Secretary	Rick Williams	cbmca.secretary@gmail.com
Treasurer	Lucy Arellano	cbmca.treasurer@gmail.com
Planning and Development	Rob Jobst	cbmca.development@gmail.com
Environment	VACANT	cbmca.environment@gmail.com
Heritage	Marilyn Williams	cbmca.heritage@gmail.com
Social	Melissa Parcels	cbmca.socialevents@gmail.com
Communications	Nicole Butz	cbmca.editor@gmail.com
Directors-at-Large	Shannon MacLeod Mo Saipour Brandon Hossack Ken Hryciw	



Drawing by Nicole Rocher

Frosty and the 2,035 Other Snowmen

There seems to be a Guinness World Record for almost everything and the most snowmen built in one hour is no exception. On February 28, 2015, participants in Akabira, Hokkaido, Japan built 2,036 snowmen in 60-minutes. It then took a Guinness World Record adjudicator and four witnesses roughly two hours to measure and count the snowmen.

MEMBERSHIP AFFINITY PROGRAM

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 up to date membership card!

- A8 Financial: 305, 2204 – 2 St SW (Holy Cross Centre), Tel 587-317-2040, 10% off Tax and Bookkeeping services.
- clear float spa: 105, 1800 – 4 St SW, 10% discount (except for the Theta Membership)
- Economy Glass: 101 17 Ave SW, \$10 off auto glass excluding rock chips and 10% off residential glass
- European Bakery: 515 – 17 Ave SW, 10% off all items
- Expedia Cruise Ship Centres: 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package
- Famoso Neapolitan Pizzeria: 105, 2303 – 4 St SW, 10% off food and beverages
- 4th Street Liquor & Wine, 1809 – 4 St SW, 10% off all items
- Landmark Centre Second Cup: 506 – 17 Avenue SW, free upsize on beverages, every Sunday CBMCA member seniors get a free small coffee or tea with

purchase of a baked item, 10% discount on catering order, free delivery with purchase over \$50.

- Lorenzo's Pizza: 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders
- Momentum Health Mission: 909, 2303 – 4 St SW, 25% off initial assessment (includes massage), 15% off all products they sell, free gait assessment.
- Peking Dragon: #105, 601 – 17 Ave SW, 15% on Pick Up items on orders over \$30.00
- Rideau Pharmacy: 1801 – 4 St SW, 15% off Front Store items (excludes prescriptions)
- The Spa Wellness: 2206 - 2 St SW, 10% off members for all treatments
- UPS Store: 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)
- Without Co: #103 – 2115 4 St SW, 10% Discount
- Yann Haute Patisserie: 329 – 23 Avenue SW, 10% off patisseries.

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."

Cliff Bungalow-Mission Community Association

TIME TO RENEW YOUR MEMBERSHIP!

Your membership not only supports the CBMCA but it gives you access to discounts at participating businesses through the Membership Affinity Program (details elsewhere in this newsletter). Our membership year is AGM to AGM so this year's renewal deadline is **November 20, 2020**. To purchase or renew your membership, just fill in this form and either:

- 1) mail it with your cheque to 462, 1811 4 Street SW, Calgary, Alberta, T2S 1W2 or;
- 2) bring to the AGM at the community hall (2201 Cliff Street SW) on November 20 (doors open at 6 pm).

name _____		MEMBERSHIP TYPE	
address _____ postal code _____		<input type="checkbox"/> \$10 single	<input type="checkbox"/> \$20 family
phone (home) _____ (cell) _____ (business) _____		<input type="checkbox"/> new	<input type="checkbox"/> renewal
email (used only to inform you of community events and important community matters) _____		card no. _____ purchase date _____	
		PAYMENT	
		<input type="checkbox"/> cash	<input type="checkbox"/> cheque

Seek Help for the Baby Blues



Becoming a parent can be a difficult transition, for both partners.

Postpartum Mood Disorder is a term that is used to describe a range of mental health symptoms.

About 50 to 80 percent of women have postpartum blues or “baby blues” the first two weeks after a baby is born. Keep in mind that your body has just gone through a large amount of stress. Hormones are regulating, and you are transitioning into parenthood.

After the first couple of weeks, many women feel symptoms of depression and heightened levels of anxiety and worry. The most common scenarios include worrying about something happening to the baby, her partner, or herself.

Her partner may also experience symptoms of postpartum mood disorder. In fact, studies suggest that if a woman is experiencing symptoms of depression or anxiety, her partner is 50 per cent more likely to have their own symptoms.

One in 10 men will experience symptoms of postpartum blues -- most commonly depression and/or anxiety.

Men, however, often don't experience these symptoms until four to six months after the baby's birth. Signs include:

- Being quick to anger
- Working longer hours
- Experiencing more physical symptoms, such as headache or stomach pains
- Avoiding activities/hobbies that they were once interested in

Having a new baby adds extra stress to the relationship. Many describe a decrease in marital or relationship satisfaction during the first year after a baby is born. With that in mind, it is important to:

- Communicate needs to one another
- Engage in self-care
- Find time to participate in activities of interest together, and separately
- Access professional support when necessary
- Find ways to connect with other new parents, family, and friends

If you are struggling to manage your mental health after the birth of your new baby, call 811 or the Mental Health Helpline at 1-877-303-2642 or your local Addiction & Mental Health office for support. Help is available.

by Rob Jobst

A 2020 Wrap-Up of Local Developments

Here are some brief status updates on many of the developments we've told you about over the past year, some already approved, and others just at the proposal stage.

Safeway Liquor Store (504 Elbow Drive SW)

An application to convert the long-empty former drug store on the 2500 block of 4th Street to a Safeway Liquor Store has been denied, as it breaches the City's rule for 300-metres of separation from the nearest liquor retailer. The applicant, Sobeys, has (through their consultant, Urban Systems Ltd.) appealed that decision and the matter will go before the City's Subdivision and Development Appeal Board on December 3.

The Strand (237 25 Avenue SW)

Owners of this 25th Avenue landmark applied to combine two ground-floor units into one, add a small exterior addition to the building and construct a new roof over the carport. The CBMCA submitted to the City a letter of "No Objection" to the application.

Duplex Infill (544 20 Avenue SW)

The CBMCA's Planning and Development Committee has met a couple of times with the principals of YYC Inner City Towns to discuss their plans to replace a bungalow on the northeast corner of 5th Street and 20th Avenue SW with a 2-unit luxury duplex development. Initial plans indicate that the project would conform with the zoning requirements on that site and the majority of our dialogue has been around the architectural aesthetics of the building as well as landscaping considerations. The developers have not yet submitted their plans to the City.

The Beverly Apartments (2350 5 Street SW)

This 5-storey, 35-unit rental project is now under construction at the northeast corner of 24th Avenue and 5th Street, replacing a small apartment building (a former cottage school) and two neighbouring houses that were demolished in the summer of 2019.

The Elva Apartments (320 25 Avenue SW)

This 5-storey, 61-unit rental project by Wexford Developments (which was supported by the CBMCA) has its Development Permit but the tendering process has been delayed by the pandemic. I would expect to see shovels in the ground in the first quarter of 2021.



The Block (1904 4 Street SW)

This 5-storey residential/retail project by InDevelopments has been under construction on the former Peking Dragon site for quite a while but progress appears to be very slow. When completed, it will bring 4 floors of residential units to 4th Street as well as 5 businesses in the ground-floor retail spaces.

Dollarama (2500 4 Street SW)

I'm sure that many of you were pleased to see Dollarama set up shop in our neighbourhood, offering a wealth of everyday items and making our community even more complete and walkable. However, you may also have noticed the street-deadening result when 12 of their 18 windows were covered over with a beige material. The CBMCA has communicated with representatives from Dollarama, the City of Calgary and Councillor Farkas' office in the hopes of finding a way for the store to more respectfully and positively relate to the public realm on our community's high street.

25th Avenue Condo – Application for Additional Height

As previously reported, this application calls for rezoning the properties at 306-312 25th Avenue from the current maximum height of 15 metres (5 storeys) to allow construction of a 24 metre (7 storey) building. The Cliff Bungalow-Mission Community Association (CBMCA) opposes this application for spot upzoning in our community.

For months we have been expecting this application to go to a public hearing of City Council – where anyone can submit written comments and/or make a 5-minute verbal presentation for or against the application – but nothing has yet been scheduled.

Curious about the goings-on in our community? Got a tip? Want to volunteer with our committee? Contact me at cbmca.development@gmail.com.



**Councillor, Ward 11
Jeremy Farkas**

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📞 403-244-1880 📠 403-245-3468

Dear Friends,

As 2020 comes to a close, I know many of you are looking forward to some downtime with family and friends over the holiday season.

This has been one of the most challenging years for Calgarians across the board. The COVID-19 pandemic has halted our economy on so many levels and permeated most aspects of our personal lives – be it financially, physically, mentally, or emotionally.

Gatherings and traditional events have been limited or cancelled, travel for many has been off the table, and shopping or other daily tasks have looked a lot different a year ago when I was writing this column compared to today.

As we look to rebuild, I know we can pull through this stronger than ever. In the meantime, it's going to take collaboration and connection to get us there.

This Christmas season, please show small businesses that you care. As easy as it is to log online and click a magic button, I encourage you to remember the boutique children's store that sponsored your slo-pitch team and the small grocer who donated burgers for your community barbecue.

Small businesses are calling on you to return the favour. These businesses have stayed the course, they have sacrificed and many have sadly shuttered. These businesses are what make our communities vibrant and unique. I encourage you to check out the treasures in your own community.

As always, I want to acknowledge the generosity of Calgarians who share their Christmas spirit and help those who need a hand up. There is no shortage of non-profits, shelters, food banks, programs, and initiatives to donate to.

Reach out to my office anytime if there is something I can help you with through ward11@calgary.ca or 403-268-2476.

Merry Christmas and Happy New Year, Calgary.

Jeremy Farkas, Palliser Resident and Ward 11 Councillor

Message from the Publisher

Great News Media inadvertently neglected to include Councillor Farkas' November 2020 report. We apologize for any inconvenience that may have been caused from this error.

Dear friends:

It's the time of year when I have the pleasure of extending my best wishes for a joyous holiday season. From my family to yours, I wish you all Season's Greetings, Merry Christmas, Happy Hanukah, and all the peace and warmth this season brings to us.

This past year will be long remembered. I recall how, in March 2020, we needed to set some personal objectives for what would be a pause in our usual activities, rather than worrying about the unpredictable situation we have been facing. When people tell me that they took new courses, or studied a language, or started a book club, I think of the value of that memory they will share with others going forward.

I think about the mental and physical health of our friends and our communities, and the strain caused by financial realities that were unforeseen a year ago. I also realize how fortunate we still are. I think about how our parents and grandparents overcame the great challenges of their lifetimes, and I realize how much we owe them for building the communities we have –enabling us to thrive, even in these times. We are looking after each other – the very basis of society and public service.

When you celebrate this holiday season with family and friends, remember how much we have and how our future is still so bright. Enjoy activities that you will remember for ages – like skating at Olympic Plaza or seeing this year's version of the Calgary Zoo Lights or the Noel Christmas Light Park.

To keep up-to-date on my work in Parliament, feel free to visit my website, GregMcLeanMP.ca, and feel free to contact me at Greg.McLean@parl.gc.ca, or phone my office at 403-244-1880.

Greg McLean

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For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

MISSION | CLIFF BUNGALOW MORTGAGE BROKER:

Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

OFFICIAL PLUMBING & HEATING:

Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

AFFORDABLE DENTAL CARE MINUTES FROM MISSION | CLIFF BUNGALOW:

Below ADA fee guide! Direct billing OAC. Only pay deductible/co-pay, get tax receipt. Save money, no charge PPE, uncomplicated dental care, live better. 30+ years of no fluff, no frills! Call today; 403-272-7272 or 403-287-6453. Visit calgarydentalcenters.com.

NEIGHBOURHOOD CONFLICT?

Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

SNOW REMOVAL, CHRISTMAS LIGHTS & LANDSCAPING:

Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

THE GUTTER AND SNOW DOCTOR!

Eavestrough cleaning, repairs, and replacements. Fascia, soffit, cladding, roofs, siding, and snow removal. For over 17 years and 40,000 projects, we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Top award winner. www.gutterdoctor.ca, 403-714-0711.

KEEN EDGE KNIFE SHARPENING:

Keen Edge Sharpening, located in Mission, is your local knife sharpening service. With professional equipment, I sharpen knives of all kinds, lawn mower blades, axes, hatchets, pruners, loppers, garden shears, and garden tools. Drop off and pick-up in 12 hours. Keenedge365@gmail.com, 403-862-4051. Your tomatoes will run and hide!

PROFESSIONAL ACCOUNTANTS IN MISSION/CLIFF BUNGALOW:

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

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Safety During the Festive Season

It's December and by now we've figured out how to safely celebrate holidays and special occasions. But it is still a good time to remind ourselves of the things we can do to have a safer festive season.

Besides figuring out all the details of your festivities, you'll want to think about how many people you can safely accommodate. It is best to keep the party small and limited to your cohort. If you have a lot of friends and relatives who are especially vulnerable, this might be the year for a virtual Christmas, Hanukkah, or Kwanzaa. Consider having a second event like a brunch, Boxing Day snowshoe, or a dinner on a different day to keep numbers smaller.

When deciding where to host, use a home that offers the greatest space possible with the highest ceilings and best ventilation. Ask guests what measures would make them feel more comfortable and do your best to accommodate. It is also important to let your guests know that it is okay to cancel last minute if they feel unwell.

If the weather is nice think about what kind of activities you could do after dinner, so everyone isn't sitting closely together indoors. Consider going for a walk, playing outdoor games, sitting around a fire pit, or going on a scavenger hunt. Seating can make a difference; seat more vulnerable people at the end of the table or where they can stay further away from others. Sit closest to those in your household or cohort.

Keep hand sanitizer accessible for your guests and consider single use hand towels in the washroom. Plate everyone's meal in lieu of buffet, and if someone wants seconds of your famous green beans, serve them so your guests don't share serving utensils.

Be creative and use your judgement on what will work best for your situation to follow public health guidelines. A few small adjustments can make your family safer and ensure everyone goes home healthy.

For up to date information on COVID-19, check out calgary.ca/covid19.



MLA, Calgary-Buffero

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Saying that this year has been one of the most challenging in recent history feels like an understatement. Our everyday lives have been turned on their heads. But through all this, I have been so proud to see that the spirit of Calgarians endures and remains grounded in kindness, compassion, and solidarity.

We have looked out for our neighbours, our elders and our friends. We've worn masks to protect others and have shared what we can with the most vulnerable people in our city. Calgarians have stood tall in the face of adversity, and I know that we will continue to do so.

We all know that this holiday season will be a little different. While following all public health orders, I am looking forward to celebrating with family and friends—whether that is in person or virtually. I urge you to keep the safety of your loved ones top of mind this year. You can learn more about how to protect yourself and celebrate the holidays safely by visiting alberta.ca/covid19.

I am proud to be the representative for so many Calgarians that have put the well-being, safety, and strength of their communities first. It's up to us to ensure that the dedication and commitment we have had to protecting each other extends into the new year. And that way, we can make sure 2021 is better than 2020!

With that, I want to thank you all and wish you the best of the holiday season. Please know that my thoughts are with you, and I encourage you to reach out to me and my office if there is anything we can do to support you.

Happy Holidays!

A MESSAGE



Freedom To Create. Spirit To Achieve.

FROM THE CONSUMER INVESTIGATIONS UNIT

Hiring a Contractor? Having issues with a Landlord? The Consumer Investigations Unit (CIU) work to ensure a fair marketplace for both the consumers and businesses. Our department provides an appropriate regulatory framework, and informs consumers and businesses of their rights and responsibilities.

CIU investigates complaints from Albertans about consumer transactions where a business has breached Alberta's consumer protection or tenancy laws. If you want to submit a complaint, go to <https://www.alberta.ca/file-consumer-complaint.aspx#toc-2>

The CIU can investigate complaints and transactions related to:

- auctions
- cemeteries
- charitable fundraising
- collection agencies
- condominium developments
- credit reports
- door-to-door sales
- employment agencies
- energy marketing
- gift cards
- home inspections
- landlords and tenants
- payday loans
- prepaid contracting
- time shares and travel clubs
- unfair trade practices

Contact Us: 1-780-427-4088 | Toll-Free 1-877-427-4088
<https://www.alberta.ca/consumer-business-tips.aspxD>

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