

THE MISSION

MARCH 2020

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



**HISTORIC
PROMENADE
ARTICLE PAGE 10**

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Hosting a meeting or special event? Our beautiful, conveniently-located heritage building might be just what you're looking for!

Featuring huge windows on two sides and heritage brick, the hall can be used as one large space or divided by a rolling partition. It can accommodate 104 people standing or 80 seated (chairs and tables are included). Facilities include a kitchen (with stove, oven, fridge and microwave), a wet bar (with double, glass door fridge) and a big screen to use for presentations and films.

Rental fees range from \$75 (for charitable organizations) to \$200.

For more information, contact our hall rental coordinator, Zahra, at zahra_minoosepehr@hotmail.com. Please provide two or more dates and times, in order of preference, and indicate what your intended use will be.



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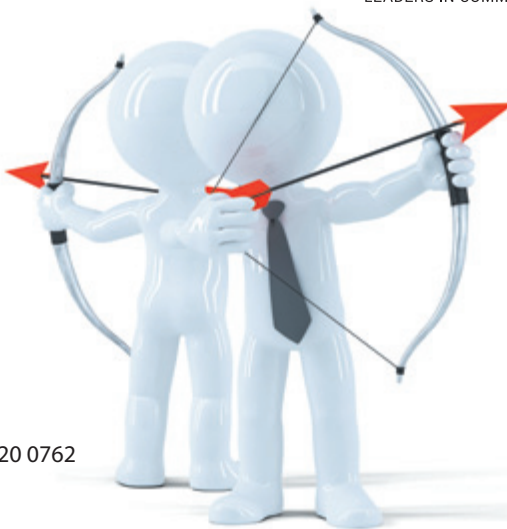
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Great News Media and the Cliff Bungalow-Mission Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Jazz Update

Our February Jazz Night was a sell out. Al Muirhead is a jazz icon and many people wanted to hear him play.

We have limited space in our venue. We always indicate in our newsletter and e-mails that it is best to come early to get a good seat. We do not have room for additional seating, so some people end up standing but true fans like his mostly don't mind.

We have been advertising that doors open at 7:30 pm and music starts at 8:00 pm. We usually are able to open the doors now at 7:00 pm. That will not guarantee you get a seat or even if you can get in for standing during the concert, but we hope that it will spread out the line up.

Before the concert, Al came up to talk to me and indicated we may have met. During the concert, Al indicated he lived in Regina before coming to Calgary. I also lived in Regina before coming to Calgary. I spoke to him after the concert and found out he also was a music teacher at my high school in Regina. Once again, it proves it is small world.

Board Update

The Board appointed Lucy Arellano as Treasurer until the next AGM. Lucy has been a member of the board since AGM 2018. We welcome Lucy to her new role.

Spring Fling 2020 – March 28

Our annual Spring Fling fundraiser will take place on Saturday, March 28. This is a little earlier than last year. This date was chosen to avoid any conflict with Flames games, which was a problem last year. Doors open at 6:30 pm. Music starts at 8:00 pm.

This is a fun event with food, drink, music and auction. This is one of our big events during the year so if you would like to help please contact Melissa at cbmca. socialevents@gmail.com. We need help with the planning, set up and in obtaining auction items.

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



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)
- 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."

MARCH COMMUNITY CALENDAR

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

Join us at the following:

Jazz Concerts

Featuring talented local artists playing in our historic venue. The acoustics are great. Discount for CBMCA members. Doors open around 7:00 pm, music starts at 8:00 pm. We recommend you arrive early, enjoy a beverage, and get a good seat.

- Wednesday, March 4 - Esteban Herrera quartet
- Wednesday, April 1 - Vocal night with Johanna Sillanpaa

Potlucks

Bring something to share and meet your neighbours. Good food and great conversations. Next Potluck is Sunday, March 8 at 6:00 pm. April date is Sunday, April 5. All are welcome, including the kids.

Board Game Nights

Next Board Game Night is Saturday, March 21 at 7:00 pm. April date is Saturday, April 25, 7:00 pm. No entry charge. Cash bar. Bring a favourite board game and a snack.

Trivia Night

Next Trivia Night is Thursday, March 26 at 7:00 pm. April date is Thursday, April 30. Trivia Nights are at 7:00 pm at Joyce on 4th. We compete with other locations in Canada and the US. Help us be the #1 location in North America! No entry charge.

Spring Fling

Saturday, March 28. Doors open at 6:30 pm. Music starts at 8:00 pm. Want to help? Have something for the Silent Auction? Contact cbmca.socialevents@gmail.com.

Memberships

Memberships are available at any community event held at the community centre. \$10 for a single membership, \$20 for a family membership. Discount at local businesses. List is elsewhere in this newsletter.

History Book Sales

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

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

COMMUNITY POTLUCK DINNER

Sunday, March 8, 6 pm



CLIFF BUNGALOW-MISSION
COMMUNITY CENTRE
2201 CLIFF STREET SW



Come with friends & family and bring a dish to share with your neighbours.

For more info:
cbmca.socialevents@gmail.com

CLIFF BUNGALOW - MISSION
COMMUNITY ASSOCIATION
PRESENTS

TRIVIA NIGHT

AT
THE JOYCE ON 4TH
Thursday

March 26, 2020

TEASE YOUR BRAIN!

Join us at 7 pm and test your knowledge!

Free to participate • Food and Drink Specials

MORE INFO AT: www.cliffbungalowmission.com

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 2018-2019

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
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Communications	Nicole Butz	cbmca.editor@gmail.com
Directors-at-Large	Shannon MacLeod Mo Saipour	Brandon Hossack Shauna De'Andrea Ted Knudtson

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@greatnewsmedia.ca

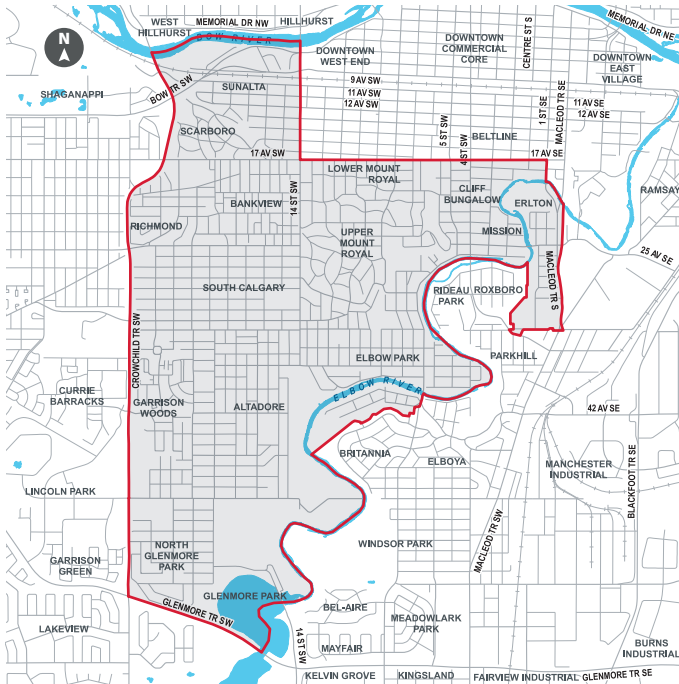
- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

EARTH SCIENCE FOR SOCIETY (ESFS) EXHIBITION:

March 15-17, 2020 – Visit Earth Science for Society (ESFS) at the Big Four Building, Stampede Park for a hands-on, family-friendly geoscience exhibition. Free admission. esfscanada.com

What's the plan for the future of this area?

Communities change and evolve over the years and we're planning for future growth and development in this area.



In 20 or 30 years, your community and the surrounding area will likely look and function differently than it does today. A local area plan is being created for a number of inner-city communities in southwest Calgary. Learn more about growth and redevelopment, why we're working together now to plan for the future, and how you can get involved.

Get Involved

Public engagement kicks-off at the end of March and there will be ongoing participation opportunities throughout the next year.

Visit calgary.ca/Area2LAP to learn more and get involved.

Apply to join the Area 2 Communities Local Growth Planning Working Group

Are you passionate about your community? Do you have an interest in future growth? Are you curious about redevelopment and community planning?

We're looking for locals who are passionate and committed to participate in the Area 2 Communities Working Group. This working group will provide key input into the Area 2 Communities project and will help ensure different viewpoints and perspectives are brought to the table.

Visit calgary.ca/Area2LAP to learn more and apply by March 22.



The Historic Promenade along the Elbow River

Telling the Stories of The Promenade and Goose Park

by Eilis Hiebert

City of Calgary map identification points out that *all* of the green space on the Elbow River's north side, from Mission Bridge to 1st Street, is one park. For those of us who live around it, however, it is so obvious that there is The Promenade. Then, quite distinct, at its east end, opposite 1st Street SW, is 'Goose Park' with its interesting history of encroachment....

Goose Park

For years, Ted and Bette Best watched geese from their windows in a natural migration gathering spot. As proposals surfaced for various large buildings, threatening the very existence of Goose Park, Ted and Bette started wondering about officially carving out a park to accommodate these gagging gatherings.

On the brink of retiring in 1985, Ted went to City Hall to investigate ownership of a curious 200 feet of paid gravel parking lot, with its electric vehicle plug-ins, right beside where the geese gathered. To his amazement, he discovered this was actually City land. Ted suggested taking back this land from the property owner, who was unofficially charging for parking in the lot he had constructed on City land! Ted found the City co-operative, agreeing to dismantle the lot, remove the gravel, and provide loam. In exchange, Ted said he would work on building a park, with City-provided loam and seed; Ted and Bette Best providing the labour. "It was my retirement project," said Ted, 30 odd years later, still taking great delight in watching the lifecycle of the geese.

In 1986, energetic, retired Ted rented a backhoe to level the land. He spent many hours digging, levelling, spreading City loam and seeding. A City water truck came by till seeds took root. Ted still laughs about the

time he was leaning on his shovel when a neighbour came by, taking him to be a City worker, and said 'You city workers! Get moving on this job!'

Inquiring about the cost of many facets of this work and who paid for it, Ted and Bette just simply said "We didn't keep track. We just bought and paid for whatever was needed to make it a park for the public, and of course, the geese." The geese loved it!

Despite various buildings encroaching upon it, usurping goose habitat betimes, -- most recently 'The River' luxury condo -- Goose Park endures. Although the 2013 flood deposited loads of rocks there, a 'pebble beach' now makes it more attractive for sunbathers than for geese, it's still 'Goose Park', with goslings parading around in spring.

This time, 'Goose Park' has actually expanded to include 'The River' City-required easement along the water.

But 'Goose Park' still has no official name, nor even a place upon a map. The Promenade CBMCA group is starting the process to rectify this.

Stay tuned for more details!

From Back-of-a-Napkin to A Historic Promenade.

This is the story of how a small grassroots community group worked to transform a once-naturally wild and beautiful riverbank, by then neglected, abused and misused, into a beautiful Historic Promenade, vying with many North American and European city rivers for urban treatment.

In the early 2000s, Calgary had grown to over a million inhabitants. As seems to be the case in rapid urbanization

of many cities, gentrification was rife in the Mission district, an attractive urban village. But it seemed developer-driven, with little attention to public parks or amenities for the growing numbers of urban dwellers. After a 2005 CBMCA (Cliff Bungalow-Mission Community Association) monthly meeting, two board members, Eilis Hiebert and Bill Longstaff, went for coffee. They started commiserating about the lack of green space, not a consideration among the dense buildings going on at the time.

Bill suggested looking at the rundown riverbank. "Major cities everywhere have given urban treatment to their riverbanks", said Bill, citing San Antonio, Winnipeg, Paris etc. Bill drew his idea on the back of a napkin, a wider sidewalk, with some plaques capturing the disappearing past of this historic area. Ideas discussed ranged from First Nations living along the Elbow, through the early French (Mission) community, to Calgary's growth, to history of flooding, and on and on...with NO idea how to implement this...no experience in this kind of thing.

The Calgary Foundation had hosted a Seattle community activist presentation by Jim Diers, who had said: "If you want something done, don't ask any level of government. Get your own project in order; then go to a level of government; present it credibly; then ask them to assist you". This is precisely what happened, with landscape architect Tim McCulloch coaching us all the way.

Eilis & Bill mentioned the back-of-napkin ideas to Mission Calgary City Councillor Madeleine King, an enormous supporter, who gave us ideas for a strategy, referring us to the Parks Foundation. They advanced us a \$5,000 grant to put out a bid for a landscape architect to do a concept design we could present, illustrating and making it real. We told each architect what we wanted. One architect, Tim McCulloch, reacted unexpectedly:

"If you want to put lipstick on a pig, I'll find you someone"

"We're thinking of a Promenade" - Bill

"Now you're talking my language" - Tim

"How much would this cost?" - Eilis

"Over a million" - Tim

We were completely gobsmacked.

But we could see Tim was our man! We subsequently came up with a concept design, collaborating with, and coached by Tim McCulloch.



Ted & Bette Best

Ultimately, as a committee of five people, it took five years. We forged ahead and fundraised approximately \$90,000, some of that from grants. We sold lampposts for \$6,000 each; bricks for \$150 each, held fundraising events at the CBMCA community hall; got amazing in-kind donations from local businesses; did on-site presentations to every building in the area, including coffee shops, to publicize what we were doing. The Calgary Foundation was invaluable in supporting these public engagement efforts.

Where to go from here? Mac Logan from Roads at the time, was extremely helpful. With Madeleine King, he explained the different sections of 'needs' and who could fulfill them. "My department can do the straight building," said Mac "but we don't do the gingerbread house thing".

Then, our hired landscape architect, Tim McCulloch, became our coach, consultant and navigator through City Hall. Like many grassroots projects running five years, we ran into roadblocks, including budget cuts, change of Councillors - John Mar won Madeleine King's seat, and Federal Dept of Fisheries - stability of bank in event of flooding. These measures proved their worth in the 2013 flood. The Promenade stood stable and firm, while many elements were crumbling all around it.

And now, almost 10 years later, we realize we never did record the back story of The Promenade — until we started working on it now.

If you have any feedback on our community attempt to record these stories on plaques, please contact Bob Lang at cbmca.president@gmail.com.

ESTEBAN HERRERA QUARTET

gisela romero vocals
esteban herrera piano
daniel nava bass
luis tovar percussions

THE CLIFF BUNGALOW
MISSION JAZZ
SERIES PRESENTS

JAZZ
UNDER THE
CLIFF

wednesday march 4th
at the cliff bungalow mission
community centre
cover \$15
doors 7:30pm
concert 8pm
no reservation taken

2201 Cliff St SW, Calgary AB, T2S 2S4, Canada



www.estebanherrera.com

Jazz Under the Cliff

Cover: \$15 cash (Seniors, Students & CBMCA Members \$10)
Doors open around 7:00 pm; music starts at 8:00 pm.
No reservations taken; rush seating only.
We recommend you come early, enjoy a beverage, and get a good seat.

Esteban Herrera Quartet is a contemporary Latin jazz band conformed by Gisela Romero on vocals, Esteban Herrera on piano/composition/direction, Daniel Nava on base and Luis Tovar on percussion. Their music is a fusion of all their influences accenting their roots as Latin Americans. They released their first album last year under the name of "MIL VECES MÁS" (A Thousand More Times) which can be found on Spotify and all other digital platforms.

Performance Schedule: 2020

March 4 – Esteban Herrera quartet
April 1 – Vocal night with Johanna Sillanpaa
May 6 – Vocal night with Mary Jo DeWaal
June 3 – Calgary Creative Arts ensemble

Calgary



The Guidebook for Great Communities- planning communities for everyone

The City of Calgary is planning communities in Calgary so they offer more housing, shops, and service choices for the people who live, work and visit them. The Guidebook for Great Communities provides the foundation on which our communities can grow and develop to be vibrant and resilient, for generations to come.

For a community to be a great place to live, it requires housing options; access to a variety of goods and services close by; and offer its residents and visitors areas to recreate and gather. When a community provides more opportunities, people can live in their neighbourhood regardless of age, income or stage in life.

You can find more information on the Guidebook for Great Communities at calgary.ca/guidebook





SPONSORS + DONATIONS NEEDED

CONTACT CBMCA.SOCIALEVENTS@GMAIL.COM TO VOLUNTEER



CLIFF BUNGALOW-MISSION
COMMUNITY ASSOCIATION ANNUAL

spring fling

SATURDAY, MARCH 28

Community Hall, 2201 Cliff St SW

6:30pm - Midnight

Live music by La Mosca (Latin Band)

Tickets \$10 at the door

Silent auction proceeds will go towards a
WHEEL CHAIR ACCESS LIFT IN THE
COMMUNITY CENTRE

BOARD GAME NIGHT

Saturday, March 21, 7 pm



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



Bring your favourite board game if you have one, and a snack
Beverages available for cash purchase

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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 _____

address _____

postal code _____

phone (home) _____

(cell) _____

(business) _____

email (used only to inform you of community events and important community matters) _____

MEMBERSHIP TYPE

\$10 single \$20 family

new renewal

card no. _____

purchase date _____

PAYMENT

cash cheque

Girl Guides BLACKFOOT DISTRICT

Happy St. Patrick's Day!

Spring is just around the corner and our Sparks, Brownies, Guides, Pathfinders, and Rangers will be selling yummy sandwich Girl Guide cookies beginning the last week of March and first week of April. Look for us in your neighbourhood or at a local retail location. They are only \$5.00 a box and support our many activities.

All levels in Blackfoot District came together and had a great time at a Super Disc Frisbee event. Calgary Area organized a fantastic fireworks event to celebrate Thinking Day and is organizing a sleep-over at the Saddledome which many units plan to attend.

Spark units are learning basic first aid skills, skating at community rinks and selling cookies.

Brownie units attended STEM (Science, Technology, Engineering, Math) day, are visiting the library and learning about the weather.

The Guide units will be busy with camping, snowshoeing, rock climbing, and cookie selling in March.

The Pathfinder and Ranger units had a baking contest, made Valentines for Veterans, went to spring camp and are going to Alberta Girl's Parliament in Edmonton.



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

If you have any questions regarding Girl Guides or registration, please go to the national website at <https://www.girlguides.ca> or contact Calgary Area Girl Guides at 403-283-8348 or any-calgaryinfo@girlguides.ca

Girl Greatness Starts Here!

CRIME STATISTICS

Mission Crime Activity was Down in January 2020

The Mission community experienced 0 crimes in January 2020, in comparison to 14 crimes the previous month, and 35 crimes in January one year ago. Mission experiences an average of 22.8 crimes per month. On an annual basis, Mission experienced a total of 273 crimes as of January 2020, which is up 5% in comparison to 259 crimes as of January 2019. To review the full Mission Crime report visit miss.mycalgary.com

Cliff Bungalow Crime Activity was Down in January 2020

The Cliff Bungalow community experienced 0 crimes in January 2020, in comparison to 12 crimes the previous month, and 17 crimes in January one year ago. Cliff Bungalow experiences an average of 15.9 crimes per month. On an annual basis, Cliff Bungalow experienced a total of 191 crimes as of January 2020, which is up 12% in comparison to 170 crimes as of January 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.





Councillor, Ward 11
Jeremy Farkas
 Office of the Councillors
 800 Macleod Trail S (#8001)
 Calgary, AB T2G 2M3
 ☎ 403 268 2430 ✉ ward11@calgary.ca
 Sign up for Ward news: calgary.ca/ward11

Calgary River Valleys:

Dear Friends,

Spring is a time to start fresh and clean house, and with melting snow comes the realization that a little TLC does our neighbourhoods and our green spaces a whole lot of good.

Check out your community newsletter for a spring clean-up near you, starting next month. Each year the City facilitates community-wide clean ups throughout Calgary.

These are excellent opportunities to rid your garages and stairwells of debris and clutter. It is also a great opportunity to be a good neighbour and help someone less able-bodied haul unwanted items to these pop-up garbage/recycling centres.

Another good neighbour initiative is to come together and participate in park and pathway clean-ups. Your local off-leash dog park may be facilitating one, and as always, many hands make light work.

We all need to do our part to keep our parks and open spaces pristine. So, head on out and take advantage of the opportunities to connect with your community members and discover the satisfaction of being a volunteer.

Speaking of volunteers, reach out to your local Community Association if you are able to contribute to your community in any fashion. My hat is off to these individuals, who work tirelessly to boost vibrancy and fellowship in all our unique communities across the city.

I am so grateful to the engaged and dynamic residents in Ward 11 and beyond for your feedback and ideas, and I encourage you to reach out to me through ward11@calgary.ca.

I look forward to seeing many of you at our Town Hall on March 19 at the Willow Ridge Community Association beginning at 7 p.m. The address is 680 Acadia Drive S.E.

Respectfully,

Jeremy Farkas (Palliser resident and Ward 11 City Councillor)

Suddenly March is upon us. Calgary River Valleys (CRV) has been preparing for a busy 2020, and a number of opportunities for Calgarians to be involved with us throughout the year. Starting this month, we will be looking for potential sites suitable for our ongoing work of Riparian Restorations along Calgary's rivers and creeks. We are also working on educational materials and events for Calgarians. The City of Calgary has a Riparian Strategy and Riparian Action Program (RAP) with many stakeholders, including CRV. You can find out more at <https://www.calgary.ca/UEP/Water/Pages/Watersheds-and-rivers/Riparian-areas.aspx>

In alignment with the City's RAP program, CRV is working to improve the state of Calgary's riparian areas and their health. Do you know of a riparian area in your community that could potentially be restored? You can contact us at CalgaryRiverValleys2@outlook.com for more information.

What is a Riparian area?

Riparian areas are defined as the transitional area between an upland dry area and a water body such as a river or lake. We commonly referred to them as the banks or shore.

Riparian areas can be identified by the presence of water-tolerant plants and trees such as poplars, water birch, willows, rushes and sedges. Larger creeks or rivers may have a combination of these species, while smaller streams or lakes may only have sedges and rushes growing within their riparian area.

Riparian areas are also more biodiverse than other areas. Their vegetation attracts animals, birds, and insects. The soil in a healthy riparian area is not compacted and is laced with cavities and passageways created by decaying roots, burrowing animals and fungi, making it porous and absorbent.

Healthy riparian areas serve critical ecosystem functions important in maintaining the water quality and quantity of a river, creek, or lake, such as:

- Their plants help prevent sediment from entering

Plans for 2020

- the water and also absorb excess sediment from the river or creek to help improve water quality,
- Healthy riparian plants deep roots bind the soil together to reduce erosion,
 - Their trees and plants provide critical habitat and important food sources for aquatic insects, amphibians, and other wildlife, including shade and shelter for fish,
 - During high flows, riparian areas absorb and store water, then during low flow periods, release it back to the river or creek,
 - Riparian areas also absorb and dissipate potentially damaging water energy during floods and other high water situations.

The most common way to help improve a riparian area is to introduce a wider variety of native trees and plants. Larger projects sometimes include the removal of hard structures like walls, or rocks, which can rebound high water energy rather than absorb the energy.

Come meet us

We believe our work doing Riparian Restorations is aligned with permaculture principles, and related disciplines including regenerative design and integrated water resources management. Come meet us and learn more about it.

Calgary River Valleys will be attending the Permaculture Calgary Guild's annual "Cabin Fever" event on Saturday, March 7. It will be held at the Calgary Chinese Cultural Centre (197 1 St SW) from noon to 9 pm.

Cabin Fever is an opportunity for the Permaculture Calgary Guild to inspire their community to pursue permaculture goals and this year they are providing some great presentations on a variety of topics.

Details will be updated periodically on the PCG webpage <https://permaculturecalgary.org/> and through their Facebook page: <https://www.facebook.com/permaculturecalgary/>

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MLA, Calgary-Buffalo
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With the new session of the Legislature now in full swing, I wanted to take a moment to update you on some issues that may affect you.

Until recently, the Seniors Drug Benefit Program covered prescriptions for households if at least one member was over 65, but unfortunately the UCP Government has chosen to remove spouses and dependents from the Program. If you are one of the 46,000 people affected by this change, you must take steps to ensure your coverage is maintained. Going forward, you will have to pay a premium of \$762 per year for an individual, or \$1416 per year for a family. You can find the full details and an application form by visiting here: <https://www.alberta.ca/non-group-coverage.aspx>

As your NDP MLA, I was extremely disappointed that the UCP Government chose to cut this part of Seniors Benefits, and I know that it will put a lot of strain on many family budgets. If you have concerns about this change, please contact the Minister of Health at health.minister@gov.ab.ca.

And as always please do not hesitate to contact me by emailing Calgary.Buffalo@assembly.ab.ca, calling 403-244-7737, or just dropping by our office at 1173 11 Avenue SW. I am especially anxious to hear my constituents' views on the UCP Budget, so I hope you take the time to reach out.

All the best,
 Joe

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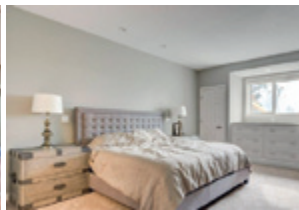
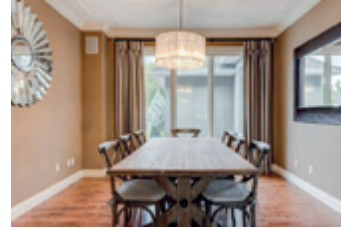
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