

THE MISSION

FEBRUARY 2020

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





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NEEDED**



CLIFF BUNGALOW-MISSION
COMMUNITY ASSOCIATION ANNUAL

**spring
fling**

SATURDAY, MARCH 28

Community Hall, 2201 Cliff St SW

6:30pm - Midnight

Ad Hoc Band playing at 8pm

Tickets \$10 at the door

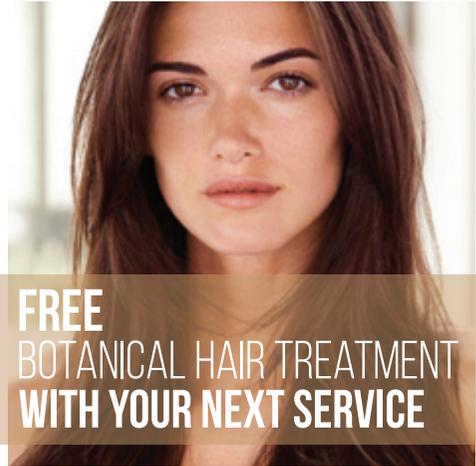
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Consider Our Community Hall For Your Next Event

2201 Cliff Street SW

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.



The Mission Statement - Designed, manufactured, and delivered monthly to 5,300 households by:

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CONTENTS

Cover Photo by Carson Falk

- 6 **PRESIDENT'S REPORT**

- 9 **THE CLIFF BUNGALOW - MISSION JAZZ SERIES**

- 11 **TAKE ON WELLNESS: SUPPORTING A FRIEND WITH MENTAL HEALTH ISSUES**

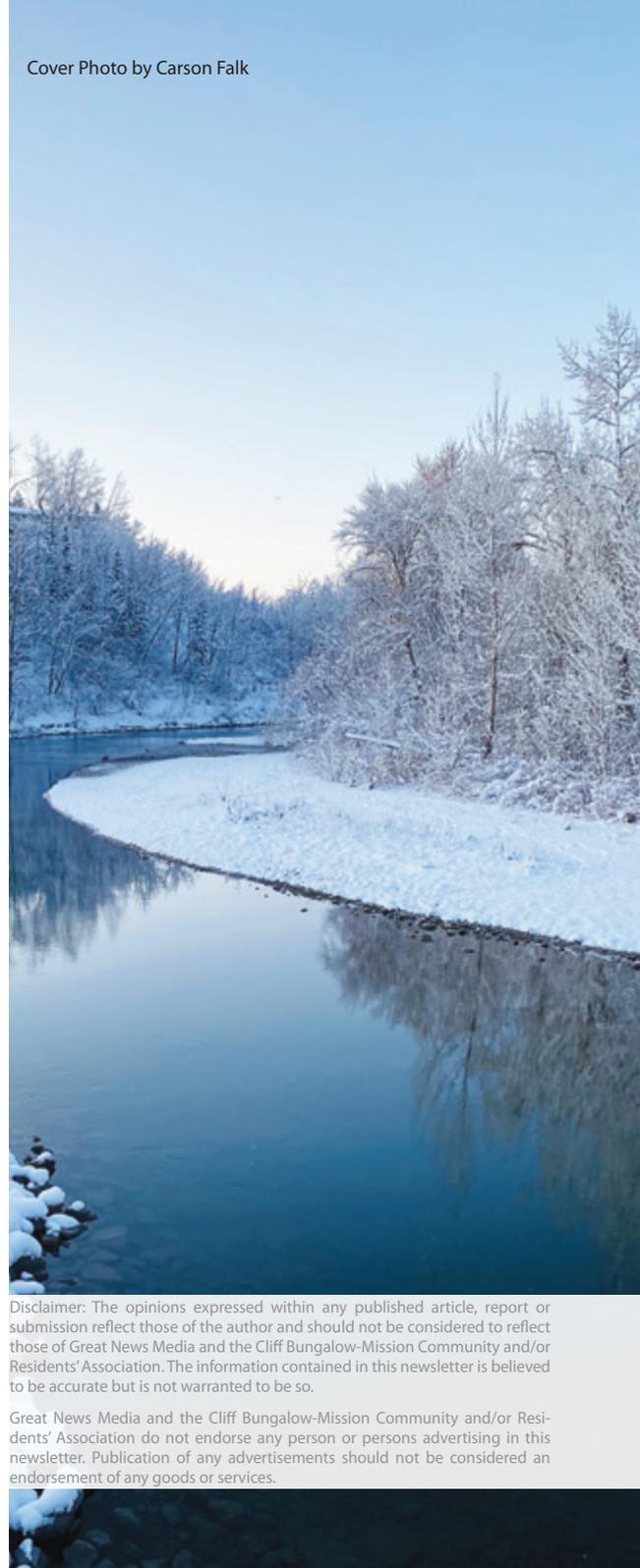
- 12 **DEVELOPMENT AND PLANNING REPORT**

- 15 **YOUR CITY OF CALGARY: 10 TIPS TO RECYCLE RIGHT IN 2020**

- 16 **GUIDES CANADA: BLACKFOOT DISTRICT**

- 18 **COUNCILLOR JEROMY FARKAS' REPORT**

- 18 **COUNCILLOR EVAN WOOLLEY'S REPORT**



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

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.

10 Years of Great Jazz Music

Ten years ago, we started our jazz concert series. Our community centre has become a well-known venue for great jazz music. In 2009, Jan Mulder approached me about starting a monthly jazz concert in our hall. After working out the details, we started in January 2010 not knowing if the community and others would support the series. We started with small attendances and it has grown to frequent sell-outs. The price is low and the acoustics in our hall is great.

Calgary is home to many talented jazz musicians who in their own right are frequently recognized beyond Calgary and perform elsewhere in the world. Each event in our hall features a different group playing and sometimes singing different styles of jazz. And all you have to do is walk a few blocks to enjoy this great music.

Jan Mulder coordinated the scheduling of the groups until about a year ago. Rick Climans has taken over this role. We are very lucky to have these people organizing the jazz groups. Without them, our jazz concerts would not happen. Thank you to both.

Board update

Josh Lyttle has stepped down from the board and his role as treasurer. We thank him for his contributions to the community association. A person currently on the board has expressed an interest in taking on the Treasurer role. This will be considered by the board at its January meeting (this column is being written before that meeting).

Spring Fling 2020

Spring Fling in 2019 was held on Saturday, April 13, which happened to be a playoff game for the Flames. This really reduced the attendance at this fun event. This year we have paid close attention to the schedule of the Flames in setting the date of this year's event.

The Flames have home games on Saturdays March 14, March 21, and April 4 with playoffs happening after April 4. They do not have a game at all on Saturday, March 28, so we have chosen that as the date of the 2020 Spring Fling.

This event is a fundraiser for special projects. This year the net proceeds will go towards installing a wheelchair lift (e.g. elevator). We need help in organizing this event. If you would like to help, please contact Melissa at cbmca.socialevents@gmail.com.

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
- The Tech Shop: 2424 – 4 St SW, 10% off regular priced footwear / accessories, 15% off regular priced apparel
- UPS Store: 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)
- 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."

FEBRUARY

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 by 7:30 pm, music starts at 8:00 pm. We recommend you arrive early, enjoy a beverage, and get a good seat.

- Wednesday, February 5 - Al Muirhead Quartet
- Wednesday, March 4 - Esteban Herrera Trio

Potluck

Bring something to share and meet your neighbours. Good food and great conversations. All are welcome including the kids.

Next Potluck is Sunday, February 9 at 6:00 pm. March date is Sunday, March 8.

Board Game Night

Next Board Game Night is Saturday, February 22 at 7:00 pm. March date is Saturday, March 21, 7:00 pm. No entry charge. Cash bar. Bring a favourite board game and a snack.

Trivia Night

Next Trivia Night is Thursday, February 27 at 7:00 pm. March date is Thursday, March 26. 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.

Hey, Gullfriend!

Seagulls mate for life. When returning to their colony's nesting site to breed, paired gulls will renew their bond. (Cute date idea: bond with your partner by building a herbaceous nest together.) Occasionally, a seagull "divorce" occurs, but other colony members socially punish the split pair for years afterward.



Spring Fling – Save the Date

Saturday, March 28. 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

BOARD GAME NIGHT

Saturday, February 22, 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

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
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Directors-at-Large	Shannon MacLeod Mo Saipour	Brandon Hossack Shauna De'Andrea Ted Knudtson



#109, 4108 Stanley Road SW \$459,900

Across from the park on tree-lined Stanley Road, "The Parkhill" is a tightly held, boutique style, pet-friendly condominium. 964 sq.ft. with spacious living/dining room, 9' ceilings, open island kitchen, 2 bed/2 bath, generous master, French doors open to a sunny west facing 100+ sq.ft. patio and front lawn with easy access to Stanley Park, the Elbow River bike & walking pathways, the LRT and more...



#217, 515 4 Avenue NE \$323,800

This Euro-style 2-bed 2 bath + den end unit has great light quality with windows on 3 walls, panoramic Bow River Valley & downtown views and a south-facing balcony. Residents enjoy 2 beautiful rooftop patios, a fitness centre, titled heated parking, bike maintenance centre & home automation. Did we mention super pet-friendly including dog wash? Walking distance to great restaurants, cafes, shops and amenities and just 10 min to downtown.

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Jazz under the Cliff Al Muirhead

Wednesday, February 5, 8:00pm

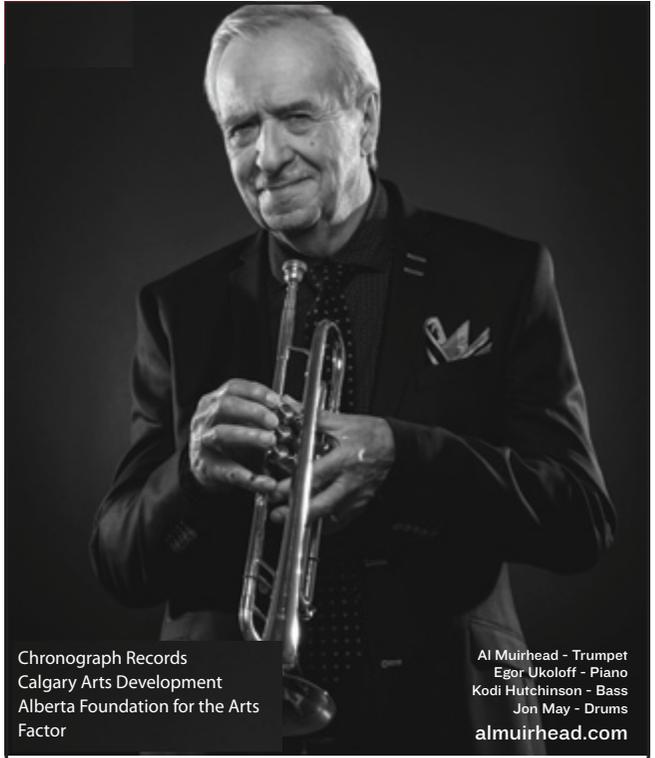
We recommend you come early, enjoy a beverage and get a good seat.

Join JUNO-nominated trumpeter Al Muirhead for an evening of straight-ahead jazz. Joining Al will be his all-star quartet featuring pianist Egor Ukoloff, bassist Kodi Hutchinson, and drummer Jon May. For fans of standards jazz, this will be a unique opportunity to experience a concert sure to produce some memorable musical moments.

A western Canadian jazz icon, who recently came to wider prominence in North America with the release of his debut album 'It's About Time' at the age of 80, Al Muirhead is now making up for lost time with his fourth release in four years with 'Undertones'. Garnering a 4 Star Review from Downbeat Magazine, Al's music harkens back to his youth featuring standards from the Great American Songbook. Al is known for his ability to bring a special spontaneity and joy to every performance, and with a command of the music that only a player of Al's calibre can.

Performance Schedule: 2019/ 2020

February 5	Al Muirhead Quartet
March 4	Esteban Herrera Trio
April 1	Johanna Sillanpaa
May 6	Mary Jo DeWaal
June 3	Calgary Creative Arts Ensemble



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Al Muirhead - Trumpet
 Egor Ukoloff - Piano
 Kodi Hutchinson - Bass
 Jon May - Drums
almuirhead.com

AL MUIRHEAD

LIVE!

WEDNESDAY FEBRUARY 5TH
 THE CLIFF BUNGALOW - MISSION JAZZ SERIES
 2201 CLIFF ST SW, CALGARY, AB

DOORS OPEN @ 7:30 PM ; MUSIC STARTS AT 8 PM

NO RESERVATIONS; RUSH SEATING ONLY; CASH BAR

COVER: \$15 CASH (SENIORS, STUDENTS & CBMCA MEMBERS \$10)

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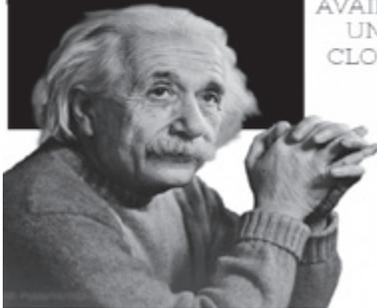
Trivia N?GHT

7 PM

Bring a team or join a table.
February 27, 2020

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RESPONSIBLE FOR
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FOOD AND DRINK
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COMMUNITY POTLUCK DINNER

Sunday, February 9, 6 pm

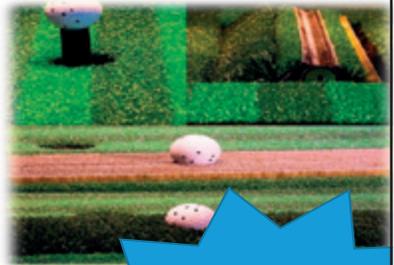


CLIFF BUNGALOW-MISSION
COMMUNITY CENTRE
2201 CLIFF STREET SW

JOIN
US!

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

For more info:
cbmca.socialevents@gmail.com



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Supporting a Friend with Mental Health Issues

Do you have a friend who just doesn't seem to be their usual self? Something about them has changed, and you're wondering what's going on?

Loved ones can be the first to notice changes in a friend. It may be a change in mood, certain behaviours, or in activities they used to enjoy. You may notice that your friend seems to be tired all the time or is easily annoyed. Maybe they've stopped hanging out and are spending more time alone. Sometimes it's hard to pinpoint what's different about them, but you just have a sense that something's wrong. Maybe they've told you that they're having struggles.

Many people turn to their friends for help if they're having a problem. Knowing how to support someone is an important part of being a friend.

Signs a friend may need some support:

- They don't seem to enjoy activities as much anymore.
- They seem distracted or are having trouble staying focused.
- They are unusually worried about

things that don't seem to be a big deal to you or others.

- Their eating habits have changed—they avoid hanging out at lunchtime or make excuses as to why they're not eating.
- They're always tired or complain they aren't sleeping well.
- They're missing more and more time from school or work.
- They're drinking more alcohol or using other drugs more.
- They're sad much of the time and find it hard to see any positives in their life.
- They are spending more time alone—they don't want to hang out with friends or do any of their usual activities.

If you've noticed changes in a friend that have been going on for a while or seem to be getting worse, it's time to do something. Speak up! Start by sharing with your friend what you have noticed and why it concerns you. Have this conversation in a comfortable but private place, where the two of you can talk without being interrupted. Let them know that you care about them and you're worried about them.

- **Build confidence.** Identify your friend's abilities and strengths, build on them, and encourage your friend to do their best.
- **Give compliments.** Compliments help us to remember the positives in our lives, especially when times get tough.
- **Give and accept support**
- **Manage stress.** Help your friend to learn what stresses them and how they can manage it in healthy ways before it overwhelms them.
- **Deal with moods.** Support your friend to find safe and constructive ways to talk about negative feelings, such as anger or sadness. Sports, writing (keeping a journal), painting, dancing, making crafts, are all good ways to help deal with difficult emotions.
- **Encourage your friend** to do things they're good at and to have the courage to step outside their comfort zone and try something new.
- **Share humour.** Have fun together. Take some time to laugh with your friend.
- **Be accepting** of different types of people and include others even if they are different than you. Focus on what you like about who they are as people.

Helping others to acknowledge their strengths and feel good about themselves can also help you recognize your own strengths and ways you can support your own mental wellness.

If you or if your friend needs more help, call Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, 7 days a week.

Luxury Townhomes Slated for 5th Street

by Rob Jobst

This month we've got news of a new development proposed in Cliff Bungalow as well as an approved but stalled condo project slated for the Mission side of our community.

Alicia Townhomes – NE Corner of 5th Street & 23rd Avenue



This townhouse project from Knightsbridge Homes would replace two heritage houses that were torn down this past fall (one of them was the oldest house in Cliff Bungalow). The building's six 3-bedroom units would offer approximately 2,000 sq. ft. spread over 4 floors. The project would be constructed to Built Green® standards and would feature rooftop solar panels. An interesting feature of this application is that the project would not have a basement and would be constructed on a concrete slab at grade.

While the community association has met with the developer, this project is at the pre-application stage and we have not yet seen the final plans.

Matrix Condos – 320 19 Avenue SW



Matrix was slated to be a 5-storey, 67-unit condo that would replace four houses on the north side of the 300 block of 19th Avenue. There had been a sales centre on 17th Avenue for quite some time but the project's website was recently taken down. Harold Sicherman of development company Mission 19 tells us that they are currently considering changes to the building's design and that they fully intend to move ahead with the project when market conditions are more favourable for condo development.

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



Photo by Katherine MacPhail

YOUR CITY OF CALGARY



Free February Events with the City of Calgary

Explore Winter at the Reservoir - Free

Come check out our winter activation station! Warm yourself by the fire, rent a pair of snowshoes and explore the area with winter scavenger hunt! Rentals are available for a fee and are on a first-come first-served basis. All Ages + Adult.

Thursday, February 6, 4:00 p.m. - 6:00 p.m.
South Glenmore Park, 8415 24 St. S.W.

Winter Family Festival - Free

Embrace the winter and come out and play with your family. Live DJ, fire pits, snow shoe rentals and much more creative activities will ensure to keep all members of the family outdoors and active this Family Day weekend.

Sunday, February 16, 1:00 p.m. - 3:00 p.m.
South Glenmore Park, 8415 24 St. S.W.

Sharing Dance - Free

Be part of a massive, nation-wide celebration of dance! Learn the 2020 Sharing Dance routine for free with a professional dancer. National Ballet School of Canada is partnering with artists across the country to engage all Canadians in this shared expression of joy. Visit sharingdance.ca.

Join us 3:30 p.m. – 4:30 p.m. on select Saturdays. February 1, 8, 22, 28.
Wildflower Arts Centre, 3363 Spruce Drive S.W.

Fantastic Family Fair and Skate - Free

Join us for an evening of fun with your family. Free admission includes bounce house, face painting, jungle gym and story time in the Library. For public skating bring your skates and hockey helmet or rentals are available free of charge on a first-come first-served basis. *Special: 50% off admission to the pool and weight room.*

Wednesday, February 19, 2020, 6:00 p.m. – 8:00 p.m.,
Skate (7:00 p.m. - 8:30 p.m.)
Village Square Leisure Centre, 2623 56 St. N.E.



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Chocolaterie Bernard Callebaut®

Made in Calgary #BuyLocalYYC www.CococoChocolatiers.com

One redemption per transaction until February 15, 2020, while quantities last. **Only valid at our Victoria Park or 17th Avenue SW locations.** Offer not available online.

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

10 Tips to Recycle Right in 2020

Create new recycling habits for the new year – this is one resolution you'll want to keep!

1. Bookmark the What Goes Where search tool on your computer/smartphone. Visit calgary.ca/whatgoeswhere to find out what to recycle, compost or dispose of.

2. Know what not to put in your Blue Cart. Batteries, loose plastic bags, clothing, food and liquid, garden hoses, electrical cords, Styrofoam, needles and yard waste do not belong in the recycling.

3. Group your bins together. Make it easy for anyone in your house to recycle – just as easy as it is to throw something away. Put your inside recycling bin next to your garbage can. For extra credit, add extra recycling and composting bins in your kitchens, bathrooms, and laundry room. Most of your home's recyclables and compostables come from these three rooms.

4. Empty, clean and dry. Before you toss your empty containers, cans, jars, bottles, and cartons, make sure you rinse out liquids, food residue and such – then put these containers in your blue bin.

5. Keep electronics and batteries out of the recycling cart. While these should be recycled, batteries and electronics do not belong in your curbside recycling bin. These items can start fires at recycling facilities and in the garbage trucks. Visit calgary.ca/whatgoeswhere to know where to safely recycle or dispose of electronics and batteries.

6. Bag your bags. Make it easier to bag your bags by setting up a spot in your home to collect them together. Hang a bag off a hook inside a cabinet or clip a bag off the side of your indoor recycling bin. Fill the bag up with all your stretchy bags as you get them. Once the bag is full, tied closed and then put in your blue bin. Restart again with a new bag and fill up.

7. Prepare your recyclables the right way

- a) Bundle your stretchy bags and wrap together into a single bag and securely tie closed.
- b) Bag your shredded paper.
- c) Put the rest of your recycling loose into your blue cart.

Make sure your recyclables are not packed in too tightly or they will not fall out of the cart during pickup.

8. Download the Garbage Day App. Never miss a collection day by downloading the Garbage Day app onto your phone. View your schedule on-the-go and set notifications to remind you of your blue, black and green cart collection days.

9. Beyond the blue bin. Some items can't be recycled or disposed of in any of the bins. This includes scrap metal, household chemicals and paint, used motor oil and clothing and textiles. The City offers drop-off programs for many of these items. Visit calgary.ca/whatgoeswhere to learn where to safely recycle or dispose of these items.

Recycle the right way

Bundle your stretchy plastic bags and wrap
Bag all your stretchy plastic bags and wrap into a single bag and securely tie closed. This includes grocery bags, produce bags, Ziploc bags and bread bags.



Bag your shredded paper

Keep the rest loose

Put the rest of your recycling in loose – all recyclables must be inside the blue cart for pickup. Do not use blue recycling bags or garbage bags.



10. Reduce, reuse, and rethink.

When it comes to sustainability, reducing, reusing, and rethinking helps make an even bigger impact for the environment. Find ways to change your daily consumption of materials with these easy tricks:

- *Reduce* by saying no to single-use items like straws, plastic grocery bags and disposable coffee cups.
- *Reuse* by never leaving your house without your reusables like your water bottle, coffee cup, canvas shopping bag and cutlery set (e.g. fork, spoon, chopsticks, straw).
- *Rethink* by buying items in easily recyclable packaging like paper and cardboard or choosing better options like using Tupperware containers instead of plastic wrap.

Girl Guides BLACKFOOT DISTRICT



Happy Thinking Day!

So, what is this Thinking Day? World Thinking Day, on February 22nd, is the joint birthday of Lord and Lady Baden-Powell. World Thinking Day gives Girl Guides and Girl Scouts the world over the chance to reflect and show camaraderie with their sisters in far flung places. Units will hold parties or special events in celebration of Thinking Day and raise funds for the CFFF (Canadian World Friendship Fund). These funds will go to WAGGGS (World Association of Girl Guides & Girl Scouts) for development of programs in other countries.

SPARK units attended Winter Fun Day at Camp Jubilee and will be celebrating Valentine's Day with cupcakes and cards and learning about Guides from around the world.

BROWNIE units attended STEM (Science, Technology, Engineering, Math) and will be celebrating Thinking Day through games, songs, dances and crafts from our sister Guiding countries.

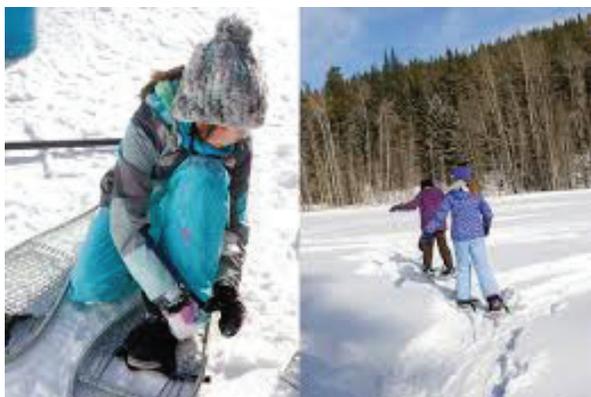
GUIDE units will be learning about the 5 World Guiding Centres by participating in activities from Mexico (Our Cabana), India (Sangam), Switzerland (Our Chalet), England (Pax Lodge) and Africa (Kusafiri) in celebration of Thinking Day and working on local service projects.

PATHFINDER, RANGER & TREX units will be winter camping, snowshoeing and volunteering for Blackfoot District fun frisbee golf event.

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

If you have any questions regarding Guiding or registration, please 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.



Advance Care Planning Helps You Document Your Healthcare Wishes

Advance care planning is a way to help you think about, talk about, and document your wishes for healthcare. It's a process that can help you make healthcare decisions now and for the future.

If there's a time when you aren't able to speak for yourself, it's important that your loved ones and your healthcare team understand your wishes for healthcare. Planning today makes sure that your wishes are known, no matter what the future holds.

Advance care planning may bring comfort and peace of mind to you, your family, and to those who may have to make healthcare decisions on your behalf.

- What are your values, wishes, and goals for your healthcare? Think about what's important to you.
- Do you have beliefs that influence your healthcare wishes?
- Are there conditions under which you do or do not want a certain treatment?
- Where would you want to be cared for?
- Have you had experiences with family or friends where healthcare decisions had to be made?
- Have you considered organ and tissue donation?

Consider getting and filling out a Green Sleeve.

A Green Sleeve is a plastic pocket that holds your advance care planning forms. Think of it like a medical passport. It holds important legal forms that go with you through the healthcare system. In an emergency, Alberta Health Services medical providers can look at your Green Sleeve and know your healthcare wishes.

The Green Sleeve belongs to you and should only have the most up-to-date forms inside.

You can get a Green Sleeve from any Alberta Health Services provider. You can ask your family doctor for one or a nurse might suggest that you get one. You can also order up to four free online. Email conversationsmatter@ahs.ca for information.

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Councillor, Ward 8
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 P.O. Box 2100, Station M
 Calgary, AB, Canada T2P 2M5
 ☎ 403-268-2430

Dear Friends,

As we look to the silver lining of warmer temperatures, it is a good time to be mindful of those who face additional challenges during the colder months.

We are in our snowiest months of winter, with March typically the month with the highest snowfall in Calgary, and this can put up barriers for seniors or those with physical impairments who are at-risk when walking on snow or ice-covered pathways.

If you have the equipment or physical ability to be a Snow Angel, this simple gesture in times of snowfall can go a long way to warm a neighbour's heart and improve safety and accessibility for everyone in your community.

It is also during the winter months where Calgary Police Services see a spike in vehicle thefts. The police highlight through their fall Operation Cold Start initiative that over half of all vehicle thefts during these months are a result of vehicles left running with the keys left in the ignition and doors unlocked.

Please be cognizant that car thefts are often crimes of opportunity and to ensure you keep your 9 p.m. routine running year-long—which includes ensuring no valuables are left in plain sight and your car doors are locked.

I am only a couple of months into my work on the Calgary Police Commission, and this has given me great insights into the challenges faced by not only our front-line services, but of those facing addiction, homelessness and mental health barriers in this city. I pursued this role because you reached out to me and told me that safety and security are top of mind.

As always, the generosity of residents across this city warms my heart and I encourage you all to continue to look out for one another and be good neighbours.

I look forward to seeing many of you at our Town Hall on Feb. 20 at Nellie McClung School at 2315 Palliser Drive SW. Hats off to the Palliser Bayview Pumphill Community Association for hosting us.

Respectfully,
 Jeremy Farkas (Palliser resident and Ward 11 City Councillor)

Winter Is Fun, but Make Sure You Stay Safe!

Every year 25-30 Canadians die in ice-related incidents, and countless others fall through ice, often having a close brush with death!

Here are some helpful tips to help you stay safe:

- Always stay a safe distance back from riverbanks and lakeshores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and whether it can hold the weight of a person or animal.
- If a person or an animal falls through the ice into water, call 9-1-1. Don't try to rescue them yourself. Encourage them to kick, pull themselves up onto the ice and roll, rather than walk, towards the shore.
- When skating outdoors, only skate on open ice surfaces specifically designated for skating like City of Calgary or community rinks.

If you fall through the ice:

- Stay calm, try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and onto your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you witness a person falling through the ice stay back, do not go onto the ice. Call 9-1-1.

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



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This event is by RSVP only and space will be limited.

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Please RSVP by February 12
to Charmaine Richter 403.465.1666
mktg.mgr.rw@verveseniorliving.com