

THE MISSION

DECEMBER 2014

STATEMENT



www.cliffbungalowmission.com

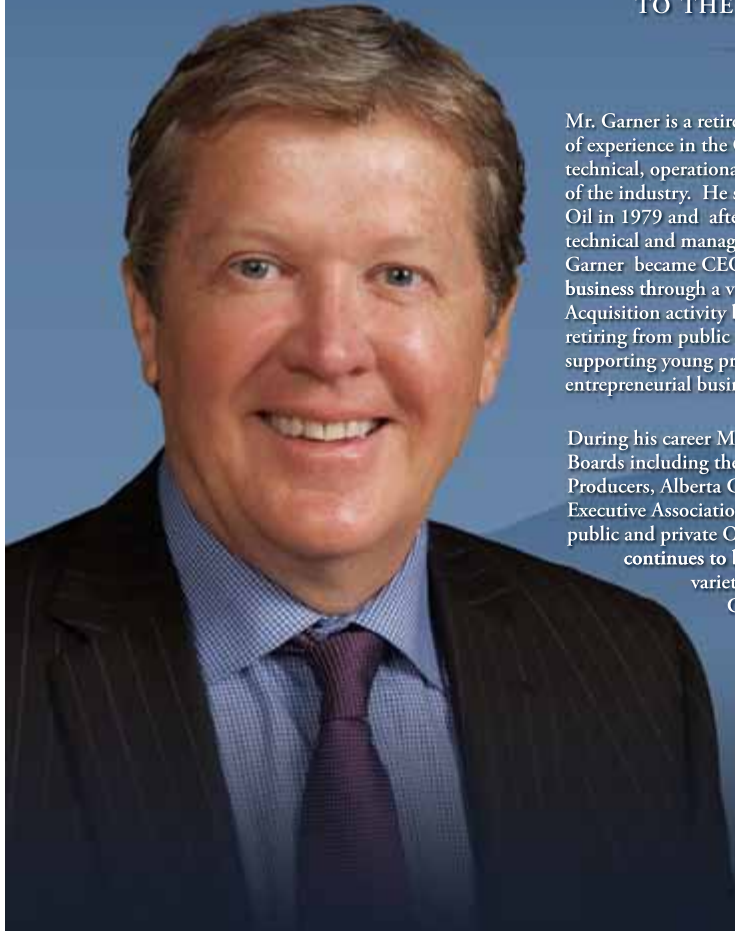
THE OFFICIAL NEWS OF THE CLIFF BUNGALOW—MISSION COMMUNITY ASSOCIATION

A woman with dark hair, wearing a grey blazer and blue jeans, is smiling and holding a large, festive Christmas wreath. The wreath is decorated with white and silver ornaments, pinecones, and evergreen branches. It is placed in front of a large, dark, reflective vase. The background shows a building exterior.

2014 Christmas Shopping Guide to Cliff Bungalow—Mission

WEBBER ACADEMY
IS PLEASED TO ANNOUNCE THE APPOINTMENT OF

MR. DON GARNER
TO THE BOARD OF DIRECTORS



Mr. Garner is a retired Professional Engineer with over 35 years of experience in the Oil and Gas industry. He has held senior technical, operational, business and executive roles in all aspects of the industry. He started his career as an engineer at Imperial Oil in 1979 and after progressing through a variety of progressive technical and management positions at Imperial Oil Ltd., Mr. Garner became CEO of PrimeWest Energy where he grew the business through a variety of Development and Merger and Acquisition activity before selling the business in 2008 and retiring from public executive life to become more active in supporting young professionals in starting up new entrepreneurial businesses where he continues to be active today.

During his career Mr. Garner has served on oil and gas industry Boards including the Canadian Association of Petroleum Producers, Alberta Chamber of Resources, Canadian Oilmen's Executive Association, Syncrude Canada and numerous other public and private Oil and Gas Company Boards where he continues to be active. On these Boards he has chaired a variety of Governance, Technical, Audit, Compensation and Environment Health and Safety Committees.

Mr. Garner and his wife have two children who attended Webber Academy from Elementary school through to graduation from High School.



WEBBER ACADEMY

Visit www.webberacademy.ca for more details.

Clara Bernal, owner of Marlow Floralworks, holds a curled birchbark wreath. For more gift ideas, check out our Christmas shopping guide on page 11.



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING CLIFF BUNGALOW–MISSION FOR 1 YEAR!



Cliff Bungalow–Mission Community Association

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Calgary, AB T2S 1W2

Phone: 403.245.6001

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The Mission Statement

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www.cliffbungalowmission.com

Twitter: @CBM_CA

Like our Facebook page for all the latest updates and information on our events

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We value your contributions

The Mission Statement exists to facilitate communication among residents of the Cliff Bungalow–Mission community. We welcome your articles, stories, letters, announcements, and photos. Your submission in typewritten, handwritten, or photographic print format can be mailed or dropped off at the Community Association mailbox at The UPS Store, 1811 4 Street SW, Suite 462, Calgary T2S 1W2, in an envelope labeled “The Mission Statement”. Electronic submissions should preferably be in Word 97–2003 format or as high-resolution jpeg or tiff files, and can be sent to cbmca.editor@gmail.com.

The Newsletter Editor reserves the right to edit all submissions for accurate content, consistency, and length. If headlines to articles are not provided, one will be provided for your submission. All photographs require captions or one will be provided. All photographs must display names of the individuals in the photographs. Permission to publish the photograph or image is required. The name of the photographer and credit for the image is also required otherwise it will not be published. The Committee cannot guarantee the publication of all submissions.

Cbmca.editor@gmail.com

**Editorial
Content
DEADLINE**

1st
of each month
for the next
month's
issue

PRESIDENT'S REPORT

Annual general meeting

Our Annual General Meeting was held on November 27. As I write this column, it is almost a month before the actual publication so I cannot report on who is on the Board. This will be reported in the January issue of the newsletter.

I can report that we had candidates for every key position. Also, some people on the Board, prior to the AGM, were willing to take on a new role with the Board. So check out the next issue of the newsletter and find out who is who on the new Board.

Auvo Wahlberg has been travelling a lot so he decided to step down from the Board at the AGM. We thank him for his service to the community. He was instrumental in getting the Membership Affinity Program started.

Time to renew your membership

Last year we introduced the new plastic membership card. We will not reissue new cards for renewals but will provide a new expiry date sticker. You can use these new cards for the Membership Affinity Program through which you can get discounts from local merchants. Details on this program are in this newsletter. There also is a membership form in this newsletter which you can use to renew your membership or buy your new membership. The uptake on this new card and Membership Affinity Program has been very good. Thank you all for your support.

Update on two important planning matters

This is being written early in November and two important planning matters may be getting closer to closure.

The proposed land use redesignation in the 300 block of 25th Avenue SW will be going back to Council again in December. We do not know how this specific matter will go as the public hearing on this matter is closed. A report from Administration was being prepared in November. We do not see that report until it is made public as part of the meeting agenda of Council.

The second item is the proposed sale of park land in the southwest corner of the community. This matter is taking longer due to process delays. On October 16, the Land Asset and Strategy Committee of Council ap-

proved presentations by our community association, Mount Royal Community Association and the lawyer of the person wishing to purchase the park land. At the time of writing this report we do not know the outcome but potentially they will make a recommendation to Council. Their deliberations are in camera (behind closed doors) so we may not hear any details until Council brings the matter to the public portion of Council to move and record their decision. By the way, this in camera process is historical for proposed land sales and not just for this specific one. What is different in this matter is that the two community associations and the proponent were able to make presentations in person at the meeting of the Committee. Hopefully this will be a precedent towards a more open, transparent, and public process in the future on such matters.

EDITOR'S REPORT

Greetings, Cliff Bungalow–Mission.

The holiday season is upon us and I hope you've been able to spend it with those close to you.

In this month's edition of The Mission Statement you will find a holiday shopping guide for the Cliff Bungalow – Mission area. I know this will be a useful tool for your Christmas shopping experience. There are many great businesses in the area and the good news is they are all within walking distance. Thanks, Robin, for pulling this together.

On another note, this will be my last editorial for the Mission Statement. I have decided to step down from the position of Communications Director for 2015. Although I am stepping down from my current role, I will remain on the board. I have thoroughly enjoyed connecting with the community, and I look forward to exciting projects in the New Year. Thank you to Robin Thompson, Corinne Ofstie and Bob Lang for all their help over the last few months.

Stay safe this holiday season and all the best in 2015.

Jenn Vanderlaan

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Let's tell the world about life in Cliff Bungalow and Mission!

Whenever you see something interesting in the neighbourhood, take a pic and post it to **Instagram** with the hashtag **#cbmca**.

- a selfie of you and friends on a 4th Street patio? Post it!
- a cute dog? Post it!
- broken trees from a summer snowstorm? Post it!

There isn't anything you can't take a pic of and it doesn't always need to be positive. See something that annoys you? Post it with a (SFW) comment!

#cbmca

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

COMMUNITY CALENDAR

DECEMBER

MAR

APR

All events are at the Cliff Bungalow–Mission Community Centre (2201 Cliff St SW) unless otherwise noted. Also check out our website at www.cliffbungalowmission.com for more information and updates.

Jazz Concerts

Wednesday, December 3, 8 pm – Hutchinson Andrew Trio

Wednesday, January 7, 8 pm - Jewish Jazz night with Allan Merovitz

Potlucks

Sunday, December 7, 6 pm. Bring something to share and taste an

eclectic spread of great food with your neighbours. Next potluck is Sunday, January 11, 6 pm.

Movie Nights

There is no movie night in December due to all the other holiday activities we all have. Next movie night is Sunday, January 25, 7 pm.

Check out our website regularly for new events and more information not available in our newsletter due to timing.

www.cliffbungalowmission.com

Deadline for Mission Statement submissions

First of each month prior to month of publication. The Mission Statement is published monthly. E-mail to cbmca.editor@gmail.com



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MEMBERSHIP AFFINITY PROGRAM

Many of our community businesses have signed on to our new Membership Affinity Program, through which they will recognize your new community association plastic membership card. When you patronize their businesses, they will offer discounts and special offers to Cliff Bungalow–Mission Community Association members. Here is the current list of businesses that are part of the program:

- Expedia Cruise Ship Centres: \$50 discount towards a \$1500 Travel Package
- European Bakery: 10% off all items
- 4th Street Liquor & Wine: 10% off all items
- Lorenzo's Pizza: 10% off on pick up orders and 5% off on delivery orders
- Peking Dragon: 10% on Dine In items (excluding Dinner Combos), 15% on Pick Up items on orders over \$30.00
- Rideau Pharmacy: 15% off Front Store items (excludes prescriptions)
- Tea Factory: 10% off all Loose Leaf Teas and drinks
- The Great Canadian Bagel: 10% off all items
- Techno Sport: 20% off all waxes and tools Or 20% off in store Tunes
- UPS Store: 5% off all products and services (excludes Canada Post products)

For any business that wants to be part of this program, please contact Auvo Wahlberg at auvo@telus.net. You can purchase your membership by using the membership form in this newsletter or online at our web site www.cliffbungalowmission.com/get-involved/memberships.

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BUILDING ART

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Recycle your real Christmas tree

You can turn your real Christmas tree into useful mulch instead of garbage through the annual Christmas Tree Recycling program. Crews will pick up real Christmas trees from homes that receive residential black cart garbage collection. To participate, place your tree on the ground near your black cart collection spot by 7 a.m. on Friday, January 9. Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. Leave the tree out and it will be picked up within three weeks.

Eight tree drop-off locations will also be open from December 26 to January 31:

- Bowness Fire Station #15 - 6358 35 Avenue NW
- Prairie Winds Park - 223 Castleridge Blvd NE
- Bottomlands Park - St. George's Drive and 7 Avenue NE
- Marda Loop Communities Association - 3130 16 Street SW
- Parks Compound - 10312 Sacramento Drive SW
- Spyhill Landfill* - 69 Street and 112 Avenue NW
- East Calgary Landfill* - 17 Avenue and 68 Street SE
- Shepard Landfill* - 114 Avenue and 68 Street SE

*Landfill locations are closed Sundays.

To prepare your tree for recycling, remove the tree stand and any ornaments and lights. Don't bag or tie your tree.

The mulch from this program is made available to citizens for gardening and landscaping at the East Calgary landfill while supplies last.

For more information visit calgary.ca/waste.

Cliff Bungalow–Mission Community Association



**Mailing Address 1811 – 4 Street SW
Suite 462, Calgary, AB T2S 1W2**



Membership Form

(Please Print Clearly)

Name (1) _____

Name (2) _____

Name (3) _____

Street Address _____

Suite/Unit # _____ Postal Code _____

Phones (1) _____ (2) _____ (3) _____

Email (1)* _____

Email (2)* _____

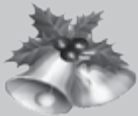
Email (3)* _____

Membership Cost: Single \$10 ____ Family \$20 ____ Payment type: Cash ____ Cheque ____

New ____ or Renewal ____ If Renewal, provide your Card# _____ Purchase Date _____

*Your e-mail addresses will be used by CBMCA to inform you of community events and important community matters

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The Heart of Christian Science is Love. In Christian Science this is more than worship; it's about the practicality of learning to love God supremely and to love others as ourselves.

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www.christianscience.ab.ca**



Our CBMCA Community *Potlucks*



Cannellini Bean Stew

A recipe from a recent CBMCA Potluck

- 4 cups cooked or canned cannellini beans
- 4 tbsp. olive oil
- 2 med. onions, halved and sliced
- 4 large cloves garlic, minced
- 2 red peppers, julienned
- 2 dried smoked nona peppers, steeped in hot water, chopped
- 1 large can tomato paste
- 2 large cans diced tomatoes
- 2 tbsp. dried basil
- 1 tsp. salt
- 2 tsp. black pepper
- 1/4 cup lemon juice

Sauté peppers, onions and garlic in olive oil. Stir in tomato paste. Add diced tomatoes and simmer for a few minutes. Stir in basil, salt and pepper. Stir in beans and bring to simmer for awhile. Place in covered baking dish in preheated oven at 300 degrees for 40 minutes. Mix in lemon juice just prior to serving. Enough for 12 hungry people.



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 stephen@aagroup.ca

Cliff Bungalow-Mission *mybabysitterlist*

Name	Age	Contact	Course
Kiera	12	403-922-6067	Yes
Polina	13	587-296-1650	Yes
Dana	13	403-243-3836	Yes
Emma	14	403-220-1537	Yes
Henry	14	403-719-8282	Yes
Mackenzie	14	403-805-6223	Yes
Kaitlynn	14	403-874-4034	Yes
Nia	15	403-991-8045	Yes
Abigail	17	705-706-4338	No
Nathalie	20	403-909-0933	Yes
Sarah	21	587-225-2160	No
Amy	22	403-971-4374	Yes
Christoph	23	587-998-6172	Yes
Jordan	23	403-969-0165	No
Amanda	28	403-472-1989	Yes
Michelle	30	403-923-5111	Yes
Claire	33	587-894-8849	Yes
Michelle	34	403-831-8884	Yes
Salma	36	403-252-5052	Yes
Jonahley	50	403-837-6348	Yes
Lynn	63	403-242-0003	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

2014 Cliff Bungalow–Mission

Christmas Shopping Guide



*A*lloween and

Thanksgiving are over so that means it's time for, gasp, Christmas shopping... duh, duh, duhhhhhh!

For many, Christmas shopping is a nightmare of malls and crowds and screaming children. But not if you are lucky enough to live in Cliff Bungalow–Mission. Within a few blocks is a abundance of shops and services that will cater to almost everyone on your Christmas list, from athletes to couch potatoes to glamazons.

So, don your sneakers, grab a holiday latte to-go, and hit the bricks!

For the athlete

Does your friend like to jog, even in the winter? **Lululemon's** (1708 4 St SW) Run With Me Gloves (\$28) will help keep them warm.

Is your significant other in hard-core training? **The Tech Shop** (2424 4 St SW) has a very cool Polar M400 sports watch with 24/7 activity tracking and GPS (about \$250).

Every athlete I know gets aches and pains from time-to-time. Mission is lucky to feature a number of massage services and spas. **Massage Heights** (1813 4 St SW) will give your friend a one-



The ladies of Inspiriti: Mandy Donovan, Wendy Brownie, Lorraine Jones and Karen Miller.

hour massage with aromatherapy (\$49.99) while **Baan Thai Massage** (2100 4 St SW) offers Thai foot reflexology (\$37.50 and up).

Want to help someone get active? Think about a private session at the **Calgary Pilates Centre** (2424 4 St SW, \$96.90), a gift card for drop-in classes at **One Cycle Spin Studio** (2115 4 St SW), or an unlimited month of yoga at **Yoga Santosha** (320, 1800 4 St SW, \$39).

For someone who needs pampering

On the other end of the spectrum is that someone on your list who needs the opposite of activity: someone who wishes only to lay quietly while someone else pampers them.

Juliet's Day Spa (338 24 Ave SW) has the the Urban Socialite Package (body scrub, facial and pedicure, \$195)

Santé Spa (200, 508 24 Ave SW) offers couples and mother/daughter packages that feature a fireplace and private seating area to hang out in between sessions (\$270 and up). Oh, and they have a 360° Vichy shower.

Order a \$200 gift card from **Babor Beauty Spa** (25, 2500 4 St SW) they will have it delivered in a beautifully wrapped box with tissue and an organza ribbon.

Butter Beauty Parlour (2429 4 St SW) also has gift cards for their services, which include everything from updos for special occasions to trendy manicures (\$50 to \$250).

For the woman in your life who would really like to be a glamazon, **Noir Lash Lounge** (100a, 2303 4 ST SW) has North America's largest selection of eyelash extension styles (\$40 and up).

For the person who has everything

We all have a person on our list who has everything and, what they don't have, they don't want. Consider consumables. With a few stops you can put together a basket of edibles that will make even the most discerning palate happy.

Mercato (2224 4 St SW) might be your first stop, for exotic olives or an Italian panettone.

Then, nip across the street to Yann **Boutique Haute Patisserie** (329 23 Ave SW), where they treat pastry as an art form and the macarons are almost—almost!—too beautiful to eat.

And don't overlook **Second to None Meats** (3, 2100 4 St SW). They carry Saucy Ladies products as well as Fleur d'Olive pink peppercorn and olive oil mustard.

Sometimes you just need booze

After you've assembled your goodies basket, why not add a craft beer or luscious wine?

According to the folks at **Bin905** (2311 4 St SW), German rieslings are trending right now. The Markus Molitor line is only available here (\$26 and up).



At Ten Thousand Villages: Mark Mycyk, Stephanie Kampmann and Kate Rankin

4th Street Liquor & Wine (1809 4 St SW) has the very popular Snowcase craft beer advent calendar from Phillips Brewing (\$80). These go fast so drop in early.

Gifts for everyone

When under pressure to find a gift, it's hard to go wrong at **Kricket*s** (2306 4 St SW). They have everything, from fashion accessories to home decor to wacky gift items. Check out their selection of Christmas ornaments.

Ten Thousand Villages (323 17 Ave SW) has creative gift ideas from around the world, including eraser and tablet covers from Cambodia (\$39). Check out their wall o' jewelry.

You may know **Coco + Violet** (2500 4 St SW) as a high-end clothing store but did you know they do wardrobe makeovers? To give your loved one their own version of What Not to Wear, email helen@cocoandviolet.com.

The clothing at **Nikola** (103, 2115 4 St SW) is all about natural fibres and there are certainly some gorgeous fashions, but take a look at the jewelry. Much of it is handmade by the owner, and it's all pretty remarkable.

Inspirati (2207 4 St SW) may have a host of gorgeous linens, but they've also brought in speciality caramels made from the owner's great-aunt's recipe (\$28). Butter and sugar and more butter... sigh.

continued on page 29

The Cliff Bungalow–Mission
Jazz Series presents:

Hutchinson Andrew trio featuring the Lily string quartet

Wednesday December 3, 8 pm
Cliff Bungalow–Mission Community Centre

Cover: \$15 (\$10 for seniors, students, and CBM members)

For this evening an additional donation of \$5 is recommended

- Chris Andrew, piano
- Kodi Hutchinson, double bass
- Karl Schwonik, drums
- Elisa Milner, violin
- Diane Lane, violin
- Patricia Higgins, viola
- Andrea Case, cello

December 3 is going to be another unique evening you do not want to miss. One of Western Canada's unique musical collaborations. Fusing the sensibilities of jazz and classical music, comes two award-winning ensembles in their genres; The Hutchinson Andrew Trio (jazz) and The Lily String Quartet (classical). Their shows seamlessly blend jazz music infused with pop sensibilities with the lyrical sounds only a string quartet can generate.

Led by bassist and CKUA Radio host Kodi Hutchinson, HAT Lily have an engaging and entertaining presentation style that has been rapidly captivating audiences.

The group performs unique arrangements of classic fan favourites such as 'La Vie En Rose' as well as drawing upon the inspiration of their internationally renowned album 'Prairie Modern'. Hat Lily's music is a reflection of growing up in Canada's Prairies. The ensemble represents the harmony, beauty, energy and excitement of the modern Canadian West.

The full seven piece ensemble's new album will be available in early spring 2015.

Because of the large number of performers this evening an additional donation of \$5 is recommended, so that we can send each performer home with a decent musician's wage.

Performance Schedule: 2014 / 2015

- December 3: Hutchinson Andrew trio featuring the Lily string quartet
- January 7: (2015) Jewish Jazz night with Allan Merovitz
- February 4: B3 organ night with the Gareth Bane quartet
- March 4: Vocal jazz night with Johanna Sillanpaa
- April 1: Jazz guitar night with Ralph Buschmeyer and Jon McCaslin
- April 18: Dance night with the Sheldon Zandboer quartet
- May 6: Jazz bass night with Rubim de Toledo
- June 3: The Rick Climans quartet with a mixture of originals and standards with a twist

Series moderator: Jan Mulder (mulder@janmuldersounds.com)

For more information on the Cliff Bungalow-Mission jazz series, please visit www.janmuldersounds.com

For more information on jazz events in Calgary, please visit: www.jazzyyc.com



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Focusing on the future

As we look back on the past year we have much to be thankful for at the Calgary Board of Education. This fall we had more than 3,700 new students enrol in our schools, bringing our total enrolment to 114,472 students. We are proud that we are the dynamic learning community of choice for students from kindergarten to adult education.

We are also proud of the results our students are achieving. In the 2013, 14 provincial achievement tests and diploma exams, our students continued to outperform the province in most subjects, particularly at the excellence standard. In addition, our high school completion rate continues to rise.

In the last year, our students have also made significant contributions to their communities, volunteering thousands of hours and raising funds for local and global initiatives.

Looking forward to 2015 and beyond, we know we have more work to do. Education trends are shifting as we continue to support and improve student learning. These include shifts in how we assess and report on student learning and how we ensure the success of our high school students.

Our system has also been very involved in the provincial government's curriculum redesign initiative, which is reviewing what K-12 students learn and how they learn it. As we continue to make these shifts, the voices of our parents and community will continue to play an important role.

The Board of Trustees would like to wish you and your family a happy holiday season and wish you all the best in the new year. We always welcome your comments, feedback and questions. You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycedu.

On December 17, I'm
inviting everyone over.

**JENNIFER HOWE,
AT CHARTWELL SINCE 2007.**

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**December 17
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Black-Capped Chickadee

Adapted to Alberta winters

Article by J. Turner

Photo by Melanie Seneviratne

The Black-Capped Chickadee (*Poecile atricapillus*) is one of three types of chickadees common to Alberta. They have slightly different but overlapping habitats so it can sometimes be tricky to figure out which type you are hearing or even seeing. All chickadees are known for the part of their song that gave this bird its name – “chick-a-dee-dee-dee”. The Black-Capped Chickadee is a small, non-migratory, North American songbird that shares the coniferous forest with the other two types of chickadees, but they are found in their greatest numbers year round in deciduous, aspen forests and willow thickets. You’ll see them in pairs in the spring and summer (times for breeding and raising of young) and in small flocks (usually up to 12 individuals) in the fall and winter. These birds can be quite bold around humans.

The Black-capped Chickadee has a black cap and bib with white sides to the face. Its under parts are white with rusty brown on the flanks. Its back is gray and the tail is normally slate-gray. This bird has a short dark bill, short rounded wings, and a long tail. It is 12–15 cm long, wingspan is 16–21 cm and it weighs only 9–14 g. Both sexes look alike, but males are slightly larger and longer than females. Their bodies rise and fall slightly during flight and they have rapid wing beats; flight speed is about 20 km/h and they can live for 6 to 12 years.

The Black-Capped Chickadee has the skills and a special ability that makes it uniquely adapted to Alberta winters. It knows how to find good roosting spots to shelter from the cold winter nights (in holes in trees, dense evergreens or thick bushes). To keep warm the chickadee stands up its soft, thick feathers to trap warm air close to its body to serve as good insulation against the cold. But more notable is its ability to drop its body temperature at night by 6 to 10° C below its daytime body temperature, allowing it to conserve energy (although it does take a while to warm up and get going in the morning).

Working to find food to eat and store is of great benefit to the chickadee, as food not needed for immediate activity is stored as body fat. This fat provides energy that the chickadee needs to survive while sleeping and fasting through the long, cold Alberta winter nights. The foods (such as sunflower seeds, peanuts, suet) offered at feeding stations in winter really help this little bird survive the cold.

If you find an injured or orphaned chickadee or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

**Sunday, December 7
6 pm**

Community Hall
2201 Cliff Street SW



Cliff Bungalow-Mission
Community Association

Potluck Dinner



Join us and hang out with some very interesting people.

Simply bring something yummy and your own dishes and cutlery.

For more info please email us at cbmca.social@gmail.com.



Holiday safety

*A message from the Federation of Calgary Communities
Building Safe Communities Program*

The Christmas season is prime time for car prowlers and thieves. Gifts and valuables left in vehicles can make their jobs easy. Here are a few tips to help reduce your risk:

- When you exit or enter your parked vehicle, stop and take a look around the area
- Before leaving your parked car, always lock the doors
- Park in a well-lit area, use parking lots frequented by others
- Put all valuables and gifts in your trunk. If that's not possible, conceal gifts and other valuables
- Try not to unload gifts in your vehicle and then leave it unattended in the same parking spot. Car prowlers might be on the lookout for shoppers traveling back and forth from stores to unload gifts.
- Never leave your car running unattended
- If you park in an attached garage, always lock the door leading from the house to the garage and the garage door
- After opening an automatic gate to underground parking, wait for the gate to close before you park

Prevent crime by reporting suspicious behaviour to police at (403) 266-1234, and always call 911 for a crime in progress.

If your car is broken into:

- Inventory missing articles for later use with the police or an insurance claim.
- Report online at www.calgarypolice.ca/online-reporting or in person at a district office. Even if there's little chance of catching the suspect, alerting the police can help prevent somebody else's car from being prowled.

For more crime prevention and safety information please visit calgarycommunities.com.



Be a good neighbour, clear the snow

Winter has arrived and it's time to be mindful of how the buildup of ice and snow on city sidewalks can post a risk of injury to Calgarians. Older adults, those with mobility issues or parents pushing strollers or walking with young children, may find it treacherous to venture out if neighbours are not diligent about clearing the ice and snow. All of us can help make walking in our communities safe for everyone if we work together and follow the regulations set out in Calgary's Street Bylaw.

Property owners are responsible for clearing all sidewalks adjacent to their property. This means removing all snow and ice down to the bare concrete within 24 hours after the snow stops falling. If, as a property owner, you do not live at the residence, it is important to work with tenants or arrange for a contractor to clear the snow. It's also important to note that if a property is being developed, the developer is often the owner responsible to clean sidewalks around a construction site or empty lot. The property owner is ultimately responsible for snow clearing under the bylaw. For any ice that is difficult to remove, a de-icing mixture is available at fire halls or Roads depots. Please bring your own container.

Remember that snow from private property cannot be put onto the road or boulevard. Large mounds of snow in the street can impede the flow of traffic, limit driver and pedestrian visibility and hinder Blue Cart and Black Bin collection.

Sidewalks also need to be clear of obstructions such as electrical cords. When plugging in your vehicle, make sure you don't place an electrical cord on or over any portion of a street.

Have you considered being a Snow Angel? It can be a challenge for some residents to shovel and clear their sidewalks. The Snow Angel campaign encourages citizens to be good neighbours by helping older adults and others in need with their snow removal. All you have to do is adopt someone's sidewalk this winter and keep it clear.

Let's remember that snow, ice and obstructions on our sidewalks can result in serious injuries and can cause those with limited mobility to be confined indoors. Be a good neighbour and clear the snow.

To find out more about snow and ice removal in Calgary visit calgary.ca/snow or contact 311. For information on how to become a Snow Angel, visit Calgary.ca/snowangels.

Life in the 'hood

Do you love to take photos? Post them to our facebook page, on Instagram (#cbmca) or email them to cbmca.editor. Let's show everyone how great life in Cliff Bungalow-Mission really is!



robin thompson



@mrs_ofstie



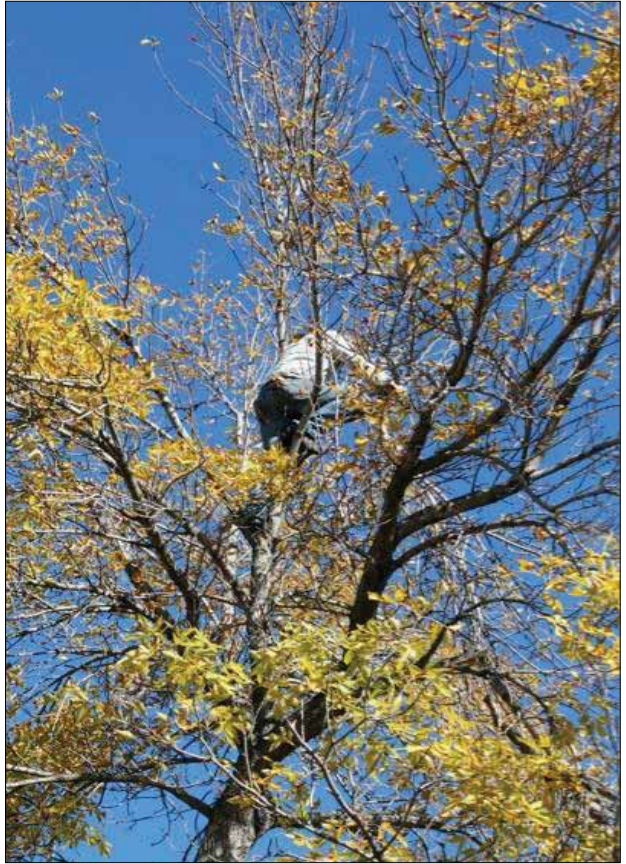
robin thompson



@mrs_ofstie



Bags of vegetables from the community garden for Feed the Hungry



Handyman, about 30 feet up, pruning storm damaged tree.

robin thompson



@mrs_ofstie



@rob_jobst

in & around your community

cont'd ■ ■ ■

Your City Section

Check out these important updates from the City of Calgary

Recycle your real Christmas tree this year. Place your tree on the ground near your garbage collection spot by 7 a.m. on Friday, January 9. Leave the tree out and it will be picked up within three weeks.

calgary.ca/waste

The City's new online panel, Citizens' View, is a space for Calgarians to provide input into City programs and services. Join today to get involved.

www.citizensview.ca

Become a subscriber and get involved in the discussion about the future success and growth of Calgary's main street neighbourhoods.

calgary.ca/mainstreets

Be a Snow Angel! Clear a neighbour's walk along with yours and make your community proud.

calgary.ca/snowangels

The Province is completing Calgary's SW ring road. The City of Calgary is connecting 11 southwest city roads to the ring road. Learn more about The City's role online.

calgary.ca

search: "ring road"

Calgary Transit stations are now brighter and offer better visibility for transit users and Calgary Transit staff thanks to the installation of new LED lighting.

calgary.ca

search: "SBP"

Celebrate this New Year's Eve with The City of Calgary! Family-friendly events are taking place at Village Square Leisure Centre, the Municipal Building and Olympic Plaza.

calgary.ca/nye

When parents and kids play together, they are actively practicing skills that are a fundamental to building physical literacy. Spend 30 minutes per day playing together and your children are getting half of their recommended daily activity. Learn more online.

calgary.ca


search: "physical literacy"

Recreation offers unique holiday season programming for you and your family. Try some 'kid free' shopping time with the "Stop, Drop and Shop" program. Registration is underway.

calgary.ca/myrecguide

Fun fact! The length of Calgary's completed ring road will be the same distance between Calgary and Canmore!

Did you know? The mulch made from recycled Christmas trees is available to residents for gardening and landscaping! You can get it at no charge from the East Calgary landfill, while supplies last.




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Crème Brulee 2022-70
and Cabernet 2116-30?


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right the first time **matters**

Cabernet
2116-30


Crème Brulee
2022-70



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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **December 6 – A Merry Little Pops** performed by the Calgary Philharmonic Orchestra. For detailed information 403.571.0849 www.cpo-live.com
- **December 6 – Mother Mother** performs at the Grey Eagle Resort & Casino. Doors 7:00 pm, show 8:00 pm www.greyeagleresortandcasino.ca
- **December 7 – The Christmas Eve Express** features well-known classics as well as new holiday songs. Performed by the Youth Singers of Calgary at the Southern Alberta Jubilee Auditorium. 403.234.9549 / www.youthsingers.org
- **December 7 – Calgary Hitmen vs Moose Jaw Warriors** at the Saddledome 4:00 pm www.hitmenhockey.com
- **December 13** – Calgary Children's Choir at the Rozsa Centre, University of Calgary. 403.210.3499 / www.calgarychildrenschoir.com
- **December 12 & 13** – A Traditional Christmas is part of the CPO's Magic of Christmas, performed at Grace Presbyterian Church. Evening performances at 7:00 pm and Saturday matinee at 2:00 pm. 403.571.0849 / www.cpo-live.com
- **December 16 – Calgary Flames & New York Rangers** face off at 7:00 pm at the Saddledome www.calgaryflames.com
- **December 18 – 24 – The Nutcracker** A seasonal classic for all ages, performed by the Alberta Ballet 403.245.4549 www.albertaballet.com
- **December 21 – Perfectly Frank Christmas** is performed at River Park Church by Calgary Jazz Orchestra. Matinee 3:00 pm / evening 7:00 pm - 403.239.8545 / www.calgaryjazzorchestra.com
- **Until December 21 – Once Upon a Christmas** celebrates the charm of Christmas past at Heritage Park. 403.268.8500 / www.heritagepark.ca
- **December 21 – Sing Along Messiah** at Knox United Church. 403.208.6094 / www.voicescapes.ca
- **December 31 – Trooper at Deerfoot Inn & Casino** – wristband 7:00 pm / show 11:00 pm 403.236.7529 / www.deerfootinn.com
- **December 31 – Calgary Flames vs Edmonton Oilers** at the Saddledome 7:30 pm www.calgaryflames.com (SN) e. & o. e.

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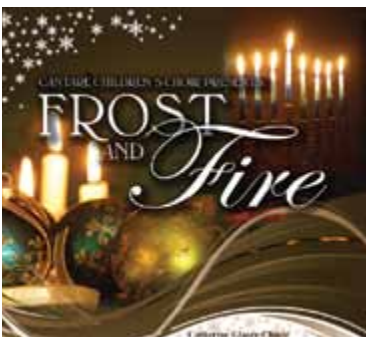
UNTIL DECEMBER 24
A CHRISTMAS CAROL
is a spirited production performed by Theatre Calgary. For detailed information 403.294.7447 / www.theatrecalgary.com



DECEMBER 17
COUNTRY CHRISTMAS WITH GEORGE CANYON
is part of CPO's Magic of Christmas. Performance at 7:30 pm. 403.571.0849 / www.cpo-live.com



DECEMBER 20
CANTARE CHILDREN'S CHOIR: FROST AND FIRE
performed at Knox United Church. 403.685.1132 / www.cantarechildrenschoir.org



DECEMBER

JANUARY 7 – 11 – CHELSEA HOTEL: THE SONGS OF LEONARD COHEN.

Check into New York's infamous hotel and be transported to a place full of music, mystery and desire. 403.294.7447 / www.theatrecalgary.com



JANUARY 16 & 17 – THE LEGENDS OF CLASSIC ROCK FEATURING JOHN ELEFANTE:

A tribute to Parisian music performed by Calgary Philharmonic Orchestra at Jack Singer Concert Hall. For detailed info: 403.571.0849 / www.cpo-live.com



JANUARY 23 & 24 – BEETHOVEN AND MAHLER WITH STEPHEN HOUGH:

Beethoven's effervescent Piano Concerto No. 1 is performed by one of the world's leading pianist Stephen Hough. 403.571.0849 / www.cpo-live.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **January 1 – Salute to Vienna New Year's Concert:** Celebrate the start of the New Year with an all-star cast of European singers, dancers and full orchestra. 403.571.0849 / www.cpo-live.com
 - **January 2 – Calgary Flames vs New York Islanders** at the Saddledome 7:00 pm. www.calgaryflames.com
 - **January 8 – 14 – West Side Story:** The world's greatest love story takes to the streets in this landmark Broadway musical that is one of the theatre's finest accomplishments. 403.220.5313 / www.scpa.ucalgary.ca
 - **January 9 – Calgary Flames & Florida Panthers** face off at 7:00 pm at the Saddledome. www.calgaryflames.com
 - **January 14 – Calgary Hitmen vs Red Deer Rebels** at 7:00 pm at the Saddledome. www.hitmenhockey.com
 - **January 16 – Bryan Adams: Reckless 30th Anniversary Tour.** 8:00 pm at the Saddledome. www.bryanadams.com
 - **January 16 & 17 – Les Ballets Trockadero de Monte Carlo:** This all-male group of professional ballet dancers performs a full range of dance repertoire. 403.245.4549 / www.albertaballet.com
 - **January 17 – February 15 – Bloodshot:** A pulse-racing crime thriller hot off London's west end. 403.221.3708 / www.vertigotheatre.com
 - **January 23 – Bob Dylan's Blood on the Tracks Reimagined and Revisited:** Bob Dylan's 1974 beloved album will be reassembled and reimagined. 403.244.2912 www.fishcreekconcerts.com
 - **January 24 – Buckcherry:** Wristband 6.30pm - show @ 9:00 pm. 403.236.7529 / www.deerfootinn.com
 - **January 27 – February 22 – The Philadelphia Story:** This classic comedy, turned Oscar-nominated film, takes a glorious and witty look at love, money and marriage. 403.294.7447 / www.theatrecalgary.com
 - **January 28 – Symphonic Pink Floyd:** The Wall and Dark Side of the Moon. Experience the progressive and psychedelic genius of Dark Side of the Moon along with selections from their groundbreaking The Wall. 403.571.0849 / www.cpo-live.com
 - **January 30 – Nikki Yanofsky:** Kaboom Pow - The Little Secret Tour. 8:00 pm. 403.294.9494 / www.epcorcentre.org
- e. & o. e.

'Twas the Night Before Christmas

'Twas the night before Christmas, when all through the
house

Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with care,
In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads.

And mamma in her 'kerchief, and I in my cap,
Had just settled our brains for a long winter's nap.

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.

Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tinny reindeer.

With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.

More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by
name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid! on, on Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St Nicholas too.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St Nicholas came with a bound.
He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot.
A bundle of Toys he had flung on his back,
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the beard of his chin was as white as the snow.

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And filled all the stockings, then turned with a jerk.

And laying his finger aside of his nose,
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistle.
But I heard him exclaim, 'ere he drove out of sight,
"Happy Christmas to all, and to all a good-night!"

Help those in need this holiday season with the Calgary food bank

Every year, along with Mayor Naheed Nenshi, Calgary's 150 community associations, and other community partners, the Federation of Calgary Communities proudly takes part in the Mayor's Annual Christmas Food Drive in support of the Calgary Food Bank. We also invite our community associations to participate by hosting donation boxes at their facility and encouraging their members and residents to drop off food items throughout the month of December.

Last year, 15 communities participated in the Mayor's Annual Christmas Food Drive donating 2,195 pounds of food and \$491 in cash for a grand total of over \$4,881 in food and funds for the Calgary Food Bank! We encourage you to take part in this wonderful event and help us raise even more this year by donating at your local community association!

Items on this year's "Holiday Wish List" are soup, rice, pasta and pasta sauce, peanut butter, fruit juice, and baby formula. Other items currently in high demand are canned fruit, vegetables, fish, tomatoes, and meat. The Calgary Food Bank also now accepts perishable food items to add to each food hamper, such as fresh fruit, vegetables, dairy, and meat products.

Donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more. Visit www.calgaryfoodbank.com for more information on items to donate and drop-off locations.



Federation Staff Team Calgary - Food Bank

The joy of reading

One of the most under-appreciated joys of the holiday season is having enough unscheduled time to curl up and really lose yourself in a good book. Even better if you can do so in your pyjamas at 2:00 in the afternoon!

But, how many families actually take the time to indulge in this luxurious – and truly meaningful and rewarding – activity? Far too often we get caught up in the holiday juggernaut and find ourselves bustling from one social engagement or shopping expedition to the next. Instead of returning refreshed and rejuvenated to the real world in January, we are often burned-out, broke, and in need of a holiday just to recover from the holiday we just had.

This year, why not change this? Why not schedule a Reading Day into your family break? Let everyone in the family stay in their pyjamas for the day. Pile blankets and pillows onto the couch and easy chairs and let everyone create their own reading fort, complete with to-be-read book piles. Put out a plate of festive goodies and make hot chocolate together. This would be a great time to crack open the covers of any books that were under the tree this year. Or plan ahead, and make a trip to the library the day before to stock up on enough books to keep everyone reading all day long.

There are great benefits to our own personal reading... and to reading aloud to children. It's also relaxing, fun and you may just start a new family holiday tradition.

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

Laugh a Little!



Silence is golden. Unless you have a puppy... then silence is suspicious. **Very, very suspicious.**

COMMUNITY MASCOT

Meet Alistair the Pig

Walk past Pawsitively Natural Pet Food and Supplies (2100 4 St SW) in nice weather and you may see Alistair the pig. Or venture inside, where he often hangs out with Foze the rabbit. Alistair is a 200-pound, 7-year-old pot bellied pig. How did Alistair make Pawsitively Natural his home?

First, Alistair could have been a cat. Owners Paul and Jeff Munroe initially thought having a store cat would be ideal: cats are reasonably self-sufficient, can hold their own with visitors, and are soft and cuddly. But when they took a trip to Oops-a-Dazy (www.oopsadazy.com), an animal rescue sanctuary here in Calgary, they knew Alistair would make Pawsitively his home.

Alistair may not be as cute as a cat (or as cuddly), but he's incredibly loveable and can certainly hold his own with visitors. Despite his sometimes stubborn and territorial nature (we all have our bad days), Alistair is generally pretty easy-going, friendly and adaptable.



Alistair basking outside his shop.

Alistair is surprisingly tolerant of all two- and four-legged visitors so stop by the store to make his acquaintance. You have a good chance of meeting Alistair if you visit the shop in the morning or late afternoon (he tends to be a bit more reclusive in the winter months). You can also add Alistair as a friend on Facebook (AlistairThePig).

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H&E

COMPLIMENTARY CONSULTATIONS

Avenue Hair is pleased to announce the return of Gayle Morton professional esthetician on December 1, 2014

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 Calgary, AB T2S 0H2

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 John Ashleigh - Owner



Cliff Bungalow—Mission Real Estate Update

Last 12 Months Cliff Bungalow
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2014	\$0	\$0
September 2014	\$779,900	\$740,000
August 2014	\$1,279,750	\$1,220,500
July 2014	\$1,075,000	\$1,030,000
June 2014	\$1,262,000	\$1,195,750
May 2014	\$849,000	\$825,000
April 2014	\$1,274,000	\$1,220,000
March 2014	\$839,850	\$830,000
February 2014	\$0	\$0
January 2014	\$0	\$0
December 2013	\$0	\$0
November 2013	\$0	\$0

Last 12 Months Mission MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2014	\$422,399	\$415,035
September 2014	\$396,868	\$389,111
August 2014	\$439,440	\$430,150
July 2014	\$616,364	\$601,583
June 2014	\$863,342	\$858,178
May 2014	\$331,683	\$328,283
April 2014	\$492,325	\$485,514
March 2014	\$426,314	\$428,714
February 2014	\$662,315	\$647,909
January 2014	\$317,920	\$310,040
December 2013	\$302,920	\$293,860
November 2013	\$394,300	\$380,000
Total	192	112

To view the specific SOLD Listings that comprise the above
MLS averages please visit cliff_bungalow.great-news.ca
or mission.great-news.ca

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What's wrong with this Christmas picture?

Many of us have an ideal picture in our head of the perfect glowing Christmas tree in front of the hearth with flowers and candles throughout the room and the adorable blond cocker spaniel puppy sitting in front of the tree, ribbon in his mouth and his present between his paws. Look at the picture and see the dangers our pets face at Christmas.

At Christmas, veterinarians see a huge increase in dogs suffering from what we call "Garbage Gut Gastritis". Gastro-intestinal upsets ranging from mild to potentially life-threatening and can ruin Christmas... so practice restraint. Cooked turkey bones splinter and ham is far too rich for most pets to tolerate. Bowls of treats left out on coffee tables beg to be eaten. Chocolates, nuts, candy canes, and shortbread... Yum! Well if the goodies can be sniffed out in wrapped box under the tree at floor level, even a well-behaved pet may believe...it's mine. Remember chocolate, especially dark chocolate, is toxic to dogs and can cause heart problems.

Mistletoe, holly, lilies, and poinsettias are all toxic to varying degrees to pets and children. The toxic element of poinsettias has been reduced by growers and now usually causes only mild enteritis.

Ribbon, twine, and tinsel fall under the veterinary category of "linear or string foreign object" if ingested by a pet. They are doubly dangerous because the sharp edges of ribbon and tinsel can cut the lining of the gut. The free ends move down the intestine and act like knives as the normal waves of motion pass through the guts. Diagnosis of the problem can be difficult because there is no complete blockage and the ribbon does not show up on radiographs or x-rays. Decorations with wires in the middle and popcorn or candy on the outside go down the gullet easily, but don't pass through so well. What veterinarians have

seen animals eat or swallow whole over the years is usually limited only by your imagination! Some veterinary journals have competitions inviting vets to share our most impressive radiographs of the things our patients eat!

Flickering candles, tree ornaments and all the electrical wires necessary to light our homes are as attractive to a pet as they are to a young child. All those bright ornaments can shatter and lacerate your pet's paws or mouth. Pawing at the flickering light of a candle or chewing a wire may cause a fire in your home. If you have a pet... stand back and look at your house with the same mindset to safety as if you were protecting an infant or young toddler from their dangerous curiosity.

With additional socializing inherent to the holiday season, make sure your pet is wearing identification in the event they slip out the door. If parties are not to your pet's taste, confinement in a quiet isolated part of the house is preferable. Between the lights and the excitement, I find many of my epileptic patients have more seizures and many of my fragile elderly patients are more likely to become stressed and ill.

Finally, making a pet a part of your family should never be an impulse purchase. This is why many humane societies halt adoptions at Christmas time. Make sure you take a little time to think through if you have the space, time, and financial resources to support a pet. Don't buy or give a pet on a whim caught up in the fever of gift giving.

Christmas morning many furry children have their own gifts under the tree (mine do). Select a pet's gifts with the same attention to safety you would give a gift selected for a toddler. Have a very merry (healthy and safe) Christmas.

Jennifer L. Scott, D.V.M.

Friends of Fish Creek – Winter 2014

www.friendsoffishcreek.org

Winter is a great time of year to connect with nature!

12-week Winter Birding course starts Monday, January 5, 2015.

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas in Calgary through the Friends of Fish Creek Winter Birding Course. Birds are now easier to see as the trees have shed their leaves, there are fewer species present and they often occur in large flocks. As a fundraiser for the Friends of Fish Creek, these outings will be conducted by lifelong birder and naturalist Gus Yaki and other experienced birding instructors.

Fee for 12 outings: Friends of Fish Creek Members: \$60.00

Non-Members: \$100.00, Youth 16 years of age or younger with registered adult: \$5.00

Fish Creek Speaker Series

Geology: The Foundation for Alberta Parks

Presented by Dr. Mark Fenton of the Alberta Geological Survey

Thursday, January 22, 2015, 7:00 – 8:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park
(13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Alberta's parks are the result of geology and geologic processes and therefore contain many geological wonders. This talk will focus on a few of these including answers to the following: "The where and why of hot pots". "Rock and spontaneous combustion." "Why the big stink at Harper Creek?" and more! "Warp speed Alberta?" "Where was Vermilion Chutes 370 million years ago?" "Where are you in the pink in Alberta?" "Why a railroad in the Athabasca River?" and "Marvellous megamarbles."

Admission: Free to Friends members, \$5 for non-members.

Cold weather safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. Simple actions, such as: dressing appropriately and anticipating sudden weather changes may help keep you warm and safe this season.

Frostnip

- Frostnip occurs when skin is extremely cold, but not frozen. It commonly affects the ears, nose, cheeks, fingers and toes
- Skin appears red, but also turns white when pressed. It may also feel numb to the touch
- When treated promptly, frost-nipped skin will heal without complication
- Gently re-warming the affected area in a warm environment is advised

Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissue freeze
- It may look white and waxy and will feel hard to the touch
- Treatment begins with removal from the cold environment and placing the affected area in warm, *not hot*, water, until re-warmed
- Seek further medical attention as required

Hypothermia

- Hypothermia is an abnormally low body temperature – less than 34°C (as compared to normal body temperature of about 37°C)
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and/or death
- Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation
- Gentle re-warming should start as quickly as possible, including: removal of wet, or constrictive clothing; covering with blankets, or sleeping bags; and protecting the person from further heat loss (wind, moisture and contact with cold surfaces)
- Dress in layers – it's easier to remove layers, when warm, rather than not having enough layers, when cold

Having access to a survival/first-aid kit within your vehicle is also advised.

2014 Cliff Bungalow-Mission Christmas Shopping Guide
continued from page 13

Marlow Floralworks (2101 4 St SW) is more than just flowers. They have a curled birchbark wreath that you may end up keeping for yourself.

Things that smell good

Neal's Yard Remedies (2207 4 St SW) has a Rejuvenate frankincense organic facial collection (\$95) that seems appropriate for the season.

Also appropriate for the season is **Friilly Lilly's** (2105 4 St SW) sugar cranberry sage foot scrub (\$28).

Saje Natural Wellness (2308a 4 St SW) has a Good Cheer holiday diffuser collection that includes celebrate (a "festive" diffuser blend), peppermint twist and tree scents (\$29.95).

For the nester

Have you been to **Urban Barn** (2500 4 St SW) lately? The styles and trends there change all the time so it's always worth a look. I am enamoured of their baroque Isabel photo frames (\$19 to \$28).



At Saje: Kate Ross LeBlanc and Owen



At Yann Haute Patisserie: Emily Lhote and Julien Villefranche.

Don't forget the pets

Do you buy your friends' pets Christmas gifts? You should! **Pawsitively Natural Pet Food and Supplies** (2100 4 St SW) has an enormous supply of human-grade food and treats—what they call grain-free greatness. Say hi to Charlie the dog, Foze the bunny and Ailstair the pig while you're there.

It's Christmas Eve . . .

and you've procrastinated as long as you could. What to do? Surprisingly, **Shopper's Drug Mart** (2412 4 Street SW) can bail you out of a fix. Sure, you could go for the standard lotion/body wash gift box, but what about a digital camera? Or a home theatre? An iPod speaker? It is amazing what you can find there.

Starbucks (2219 4 Street SW) has takeaway cups in a range of designs, already in gift boxes. Include a Starbucks gift card and Bob's your uncle!

Finally, **Petro-Canada** (1920 4 St SW) offers a Car Wash Season Pass (\$179). Who wouldn't want to be able to get their car washed, inside and out, after every Chinook? A single car wash would also make a good stocking stuffer.

It's December and the holiday that comes with the month of December is Christmas! And with Christmas, comes all those holiday treats. You'll definitely want to have a nice selection of sweatpants to choose from for all the eating you'll be doing this month! Here are some of my favourite holiday recipes, courtesy of my mother.

SHORTBREAD COOKIES

½ lb butter
 ½ cup corn starch
 ½ cup icing sugar
 1 ½ cups flour

Cream butter.

Add sifted dry ingredients.

Work dough very well by hand.

Use cookie press or roll out to ¼ inch thickness.

Cut into narrow strips or use cookie cutters.

Garnish with cherries, nuts or sprinkles.

Bake at 350° until slightly brown.

KILLER DESSERT

1 angel food cake
 2 packages butterscotch instant pudding (or 1 package butterscotch, 1 package chocolate)

½ cup kahlua

1 large Cool Whip

6 Skor bars, frozen, broken into small pieces

Cut angel food cake into small, bite size pieces.

Prepare instant puddings as directed. Let set.

In a large bowl, put a layer of cake.

Sprinkle some kahlua over the cake.

Put a layer of pudding, a layer of cool whip then a layer of Skor bar.

Repeat the layers.

Refrigerate until ready to serve.

Enjoy!

Mary McConish

COMMUNITY READERS RECOMMEND...



Fiction

- Crank – Ellen Hopkins
- And Then There Were None – Agatha Christie
- Gray – Pete Wentz, James Montgomery
- Sparkles – Louise Bagshawe
- The Casual Vacancy – JK Rowling
- Ripper – Stefan Petrucha

Non-fiction

- Smoke Gets In Your Eyes – Caitlin Doughty
- Life After Death – Damien Echols
- I'm With The Band – Pamela Des Barres
- Perfect Youth: The Birth of Canadian Punk – Sam Sutherland
- I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban – Malala Yousafzai, Christina Lamb
- Orange Is the New Black: My Year in a Women's Prison – Piper Kerman

Children's

- A Bad Case of Stripes – David Shannon
- Love You Forever – Robert Munsch
- Junie B. Jones and the Stupid Smelly Bus – Barbara Park



HOME GARDENING WITH BARBARA

AMARYLLIS

by Barbara Shorrock

At this time of year there are many varieties of blooming plants to brighten our homes, which is a good thing because in December our outdoor Alberta gardens are one of two colours: white or brown. **Christmas Cactus (Schlumbergera)** have usually finished their dramatic show by now and are headed for a mid-winter rest until producing more blooms around Easter; they will then focus on making leaves until next fall. **Poinsettias** are plentiful now in nurseries and retail stores for decorating our houses over the holiday season, and beyond if you treat them right.

The third most popular flower is the **Amaryllis**, that simple bulb that produces a few plain leaves and a tall stalk of incredible lily-like trumpet blooms that last for weeks. There is often disagreement regarding the nomenclature of plants, and the amaryllis is no exception. Technically it is **Hippeastrum**, but if you go looking for that in a typical retail outlet, or even a garden centre, you will find what you are seeking under the name of **Amaryllis**. Like many tropicals, this one originated in South America and South Africa, and has been cultivated and adapted for our indoor pleasure by nurseries around the world such as Holland, South Africa and Israel. Amaryllis comes in many hot colours such as red, orange, pink, purple and white, with a fantastic array of stripes and mixtures that only a true artist could create. This is Mother Nature at her best!

Amaryllis is a true bulb, sold when 3-4 inches in diameter, and ready to plant in compost or sterile potting soil in a pot just slightly larger than the bulb itself. Leave the top 1/3 of the bulb above the surface, and avoid watering over the bulb nose. Put it in a bright window and keep moist, not wet, until it puts up a few leaves then the stalk that will reveal the amazing blooms you have been anticipating in about 6-8 weeks. (Purchase of one already growing will give you blooms sooner, of course)

The plant will be 18-36 inches in height; the taller varieties need staking. There will be 2 – 6 blooms, depending upon variety. Turning the pot regularly will prevent them from leaning towards the light. That's it. You don't need to do anything more but simply enjoy the show. If you wish to prolong the blooming period, put it in a cooler location (55 degrees is recommended) when you can. Myself, I keep my house a comfortable 21 degrees during the day, so my amaryllis will just have to cope. After blooming is finished and you have cut off the stalk just above the bulb, feed it a balanced fertilizer and let it grow for the summer. To re-bloom, it must be given a semi-dormant time with reduced water and temperature (that's 55 degrees again – maybe the garage window) for 8-10 weeks. If you have accomplished this successfully, and the bulb looks fat and healthy, bring it back out into the full light, resume watering, and hopefully it will bloom for you again, even better than the first year. Like all true bulbs, Amaryllis produces bulb off-sets which you can grow to produce more plants. Just be aware that it takes years, and is for the very patient gardener. You can grow from seed as well, but that method is probably best left to the professionals. If you are looking for colour and drama in the depths of winter, nothing does it louder than the Amaryllis.

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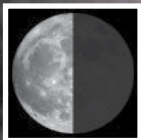
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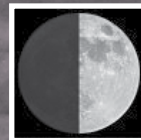
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Moon
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Recycle Your Real Christmas Tree

You can turn your real Christmas tree into useful mulch instead of garbage through the annual Christmas Tree Recycling program. Crews will pick up real Christmas trees from homes that receive residential black cart garbage collection. To participate, place your tree on the ground near your black cart collection spot by 7 a.m. on Friday, January 9. Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. Leave the tree out and it will be picked up within three weeks.

Eight tree drop-off locations will also be open from December 26 to January 31:

- Bowness Fire Station #15 - 6358 35 Avenue NW
- Prairie Winds Park - 223 Castleridge Blvd NE
- Bottomlands Park - St. George's Drive and 7 Avenue NE
- Marda Loop Communities Association - 3130 16 Street SW
- Parks Compound - 10312 Sacramento Drive SW
- Spyhill Landfill* - 69 Street and 112 Avenue NW
- East Calgary Landfill* - 17 Avenue and 68 Street SE
- Shepard Landfill* - 114 Avenue and 68 Street SE

*Landfill locations are closed Sundays.

To prepare your tree for recycling, remove the tree stand and any ornaments and lights. Don't bag or tie your tree.

The mulch from this program is made available to citizens for gardening and landscaping at the East Calgary landfill while supplies last.

For more information visit calgary.ca/waste.



FYI

The **Canadian Museum for Human Rights** which opened in Winnipeg in September this year is the first national museum in Canada to be located outside the Ottawa region.



Planning the future of 4th Street

Do you know about the City of Calgary's Main Streets program? It's a huge project that will look at Calgary's most used corridors and find ways to develop them in the future. Fourth Street has been identified as one of those main corridors.

Phase 1. Learning and understanding

The first phase, happening in the next few months, is all about learning and understanding. The City wants to learn about all of Calgary's main streets—their history, character and the local market—from residents, businesses, industry representatives and experts.

Phase 2. Analysis and evaluation

By analysing local input and economic information, the Main Streets team will start evaluating what policy, land use or other planning options would benefit Calgary's main streets.

Phase 3. Creating an implementation plan

This phase will focus on providing strategic planning direction, aligning processes and identifying resourcing required for growth opportunities in main street neighbourhoods.

Get involved!

Are you a resident of Cliff Bungalow–Mission? Do you own or work at a business on 4th Street? The City wants to hear from you.

In late 2014 and early 2015, there will be workshops to discuss main street issues, opportunities and outcomes. Attend a workshop and participate in a mapping exercise and activities to share your ideas.

For more info go to www.calgary.ca and search Main Streets.

COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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



Why do people clink their glasses before drinking a toast?

It used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Care	403.955.6200
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior's Resource (SeniorConnect)	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	211 and 311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Need-a-Doctor	www.needadoctorcalgaryandarea.ca

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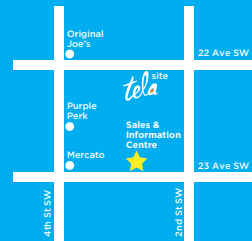


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