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## Cliff Bungalow - Mission Community Association

462, 1811 4 Street SW

Calgary, Alberta T2S 1W2

403 245 6001

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

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## NEWSLETTER AD SALES



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# 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 (please leave a message)  
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

President	Bob Lang
Vice President	Jan Pugh
Secretary	Rick Williams
Treasurer	Amanda West
Communications Director	Spencer Perry
Planning and Development Director	Sander Jansen
Heritage Director	Marilyn Williams
Environment Director	Lynn McCallum
Social Director	Amanda Weightman
Directors At Large	Patrick Arnell Ken Hyrciw Laura Johnson Kate Zago



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

### Jazz Concerts

Featuring talented local artists playing in our historic venue. Discount for CBMCA members.

- Wednesday, January 6, 8 pm – Andrea Petrity trio
- Wednesday, February 3, 8 pm – Piano Night with Sheldon Zandboer

### Potlucks

Bring something to share and meet your neighbours. Good food and great conversations.

Next potluck is Sunday, January 10, 6 pm. February date is Sunday, February 7, 6 pm (moved because second Sunday is Valentines Day)

### Movie Nights

Next movie night is Sunday, January 31, 7 pm. February date is February 21, 7 pm (moved because last Sunday is Oscars).

### Board Game Night – New Event

Saturday, January 16, 7 pm. Bring your board games and join in for a night of fun and games. Cribbage welcome also. February date is Saturday, February 27, 7 pm.

### Proposed Pocket Park Consultation

There will be a community consultation on February 11 at 7 pm on a proposed pocket park to be located at 17<sup>th</sup> Avenue and 5A Street SW.

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

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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# PRESIDENT'S REPORT

## Annual General Meeting

The Annual General Meeting held on Wednesday, November 25 was well attended and from the feedback well received. The theme of our AGMs is celebrating our community. We had lots to celebrate as was evident from the reports presented.

The following is the new Board for the next year: Bob Lang – President, Jan Pugh - Vice President, Rick Williams – Secretary, Amanda West – Treasurer, Spencer Perry - Communications Director, Lynn MacCallum – Environment Director, Marilyn Williams – Heritage Director, Sander Jansen – Planning and Development Director, Amanda Weightman- Social Director and Patrick Arnell, Laura Johnson and Kate Zago as Directors at Large.

Two people, Jan Pugh and Judith Theroux, were presented with Community Hero Awards. More details are provided elsewhere in this issue.

The food and beverages as usual were great. The businesses and people who helped make this happen are recognized elsewhere in this issue.

Many people made the last year very successful. We thank everyone who helped make this happen.

## Thank you to Retiring Board Members

A number of people stepped down from the Board at the AGM. They were Brendan Baines (Environment Director), Philip Lozano (Secretary), Edwin Mattheis (Treasurer), Corinne Ofstie (Social Director) and Jennifer Vanderlaan (Communications Director). We thank them for everything they have done for the organization and the community. We are better off as a result of their many contributions.

## History Book Update

After only two months, the first printing of our history book is sold out. This is an incredible record for a community history book. Thank you for everyone who helped make this book a reality.

Not to worry, we have received the second printing, again an incredible record. Not many community history books have a second printing. They will be available at every community event at the community centre. You can also contact Judith at [cbmca.historybook@gmail.com](mailto:cbmca.historybook@gmail.com).

## Many Popular Community Events continue in the New Year

We are very lucky to have many dedicated people helping to put on many popular events each month. Jazz is the first Wednesday. We have great Calgary jazz musicians playing many different styles of jazz including their own compositions.

Our potlucks this year have been very popular. Good food accompanied by great conversations. The ambience of our hall really adds to these evenings.

The film nights provide an opportunity to hear and discuss many interesting subjects.

Board Game Night is a new event. They will be held on one Saturday a month. Dates vary.

Dates and details are elsewhere in this newsletter.

## Thank you Famoso

At our monthly film night held on November 29<sup>th</sup>, Famoso brought over four boxes of pizza for the attendees. Thank you so much Famoso for being a community-minded business.

## Congratulations Aida's

Every year, the Calgary Herald publishes the Reader's Choice Awards for most popular business in many different categories. On November 27, they named Aida's on 4<sup>th</sup> Street as the Gold winner for Middle Eastern Restaurant. Aida's has been part of our community for many years and has won this award many times.

See something cool in the neighbourhood?  
Instagram it!  
**#cbmca**

# COMMUNICATIONS UPDATE



## Communications update: Welcome to 2016!

By Spencer Perry

Welcome to 2016's first edition of the Mission Statement! I'm Spencer Perry, the incoming director of communications for the Cliff Bungalow-Mission Community Association.

For the past five months, I helped the former director of communications, Jennifer Vanderlaan, with different parts of this role. Jennifer has made an incredible contribution to this community and the CBMCA as communications director, and for that I thank her!

I'd like to establish myself as a resource for everyone in this community. If you have a story you'd like to share in the newsletter, please reach out! If you're unsure how to update the community on something that's important to you, I can help with that as well. The Mission Statement is your place to share the stories that make this neighbourhood a fantastic place to live.

Our board is here to serve you, and as communications director I feel it's important to generate two-way conversations between the CBMCA and the residents of Cliff Bungalow-Mission.

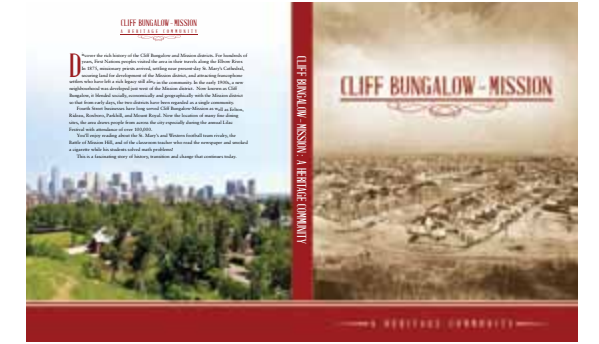
We're always looking for passionate volunteers to help out with the newsletter and community-related communications. If you'd like to get involved, let me know! Since joining the board last spring, I've found it's an excellent way to meet people and learn more about what's going on in this neighbourhood as well as Calgary in general.

If you have a story to tell or would like to introduce yourself, send me an email at [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com).

# Pocket park consultation on February 11

# Cliff Bungalow – Mission

## a Heritage Community



## Second Printing Now Available

While the first printing is now sold out, we have received the second printing of the history book. The first printing really went quickly. We are very gratified at the response of the community and people interested in the history of our community. It is a beautiful book, easy to read with lots of interesting photographs.

The cost will be little higher at \$30 but it is still very good value at that price. The book will be available at all community events at the community centre.

We also are putting a few books on consignment at Shelf Life Books (1302 – 4 Street SW) and at the shop at Glenbow Museum, although the price will include their mark up.

For further information on getting a book and other inquiries, contact Judith at [cbmca.historybook@gmail.com](mailto:cbmca.historybook@gmail.com).

Ever notice the empty gravel corner on 17<sup>th</sup> Avenue and 5A Street? A small group of your neighbours are looking to redevelop this area into public space for the community and 17<sup>th</sup> Avenue. Come take a look at draft designs and have your input on the possibilities of this space. We'd love to hear from you!

Save the date – we'll be meeting February 11 at the Cliff Bungalow Mission Community Association.

# Community Hero Awards presented at Annual General Meeting

One of the things we do at every Annual General Meeting is recognize one or more individuals who have made significant contributions to Cliff Bungalow – Mission. These awards are sponsored by Toole Peet Insurance and are presented by the Federation of Calgary Communities, the umbrella organization for community associations in Calgary. At the November 25<sup>th</sup> AGM, two people were recognized. The following is the text of the presentations.

## Jan Pugh

Jan Pugh joined the Board in 2009 as Vice President. Since that time she has quietly, mostly behind the scenes, made significant contributions to CBMCA and the community as a whole. She has taken on many roles including playing bad cop so Bob (Lang) could play the good cop. She is our point person for the building and in working with our co-tenant, the Montessori School. In the early years of our tenancy, relations with our co-tenant were difficult. She was able to reduce those problems. With the new owners of Montessori, relations have even been better.

She shepherded many improvements to our hall. For example: painting, new carpet, new kitchen sink and cabinet, new dishwasher and the sound system that we are enjoying tonight. She has arranged for all the contract people and ensured they did a good job at a fair price.

She has been instrumental in the success of the annual Spring Fling, our fun fundraiser for special projects such as the Cliff Bungalow Community Garden and the publishing of our new history book.

She stepped up to the plate in 2013 and was the key organizer of the food service at our first Mission Possible event. She got her family involved, both immediate family and those who were not immediate family. She

arranged for the barbeque at no charge to the community. She coordinated the food and the servers. This was repeated in 2014 and she worked with Safeway to provide all the food for the event at no cost to the community.

She is a wonderful caterer and could do it professionally. She has catered many of our events over the years. For example, she has catered many of the events co-hosted with the Calgary francophone community in our hall over the years including the Stampede event held this July. Another example, she catered the food for the history book launch in September.

She truly is an unsung community hero. The community would like to recognize Jan Pugh and her many contributions to the community.

## Judith Theroux

The community history book probably would still be an unfulfilled dream if this person had not volunteered to take on this important project. Little did she know it would take five years to fruition. However, she had the organization skills to make it happen. There were challenges, twists and turns throughout the process but she overcame those problems with finesse and humour. She coordinated the work of the writer, the editor, the layout person and the publishing firm, the latter two not even located in Calgary. She tapped the shoulders of many in order to get the funds required to make this project happen. She prepared and submitted funding applications and worked with those funders when they had questions. She contacted many connected with alumni of local schools and with the francophone, Catholic and Jewish communities. She personally did some of the research and located many of the photos and maps that are in the book. She liaised with those who came forward to volunteer. She was a key organizer of the book launch on September 19. She made sure as many people as possible knew about the book and since publication has personally sold many, many copies. The success of the book is in no small part due to everything she has done and is doing connected with this project. Not many communities have published a history book and very few have one as good a book as we have thanks to the efforts of this person.

Others have recognized her contribution, one of which we published in the November newsletter. It reads as follows:



# AGM Contributions

One of the reasons our annual General Meetings are successful is the contributions from local businesses. We want to recognize those who contributed to the success of our AGM held on November 25<sup>th</sup>.

We received a grant from Servus Credit Union which is located at 17<sup>th</sup> Avenue and 6<sup>th</sup> Street SW. They provide us with all our financial services and have been a major contributor to the community including the Cliff Bungalow Community Garden and the history book.

Kaffeeklatch provide the coffee for the AGM. They are a new business in the Old Y located at 223 – 12 Avenue SW. Owner Jessica McCarrel, lives in the community.

Midtown Dental provided the wonderful cheese spread (see photo). They are located at 103, 320 – 23 Avenue SW.

Also thanks to Jan Pugh and Amanda West for helping to arrange for and setting up the food table.

“I want to say to you Judith, that I’m so happy that you alerted me to the existence of the book on the history of the Cliff Bungalow/Mission. I love having the book and I’ve enjoyed what I’ve already read. I find it very interesting. The book itself is physically beautiful. I am so glad to have the book in my life.

Also, a great thanks to you for all the work you did to ensure that the book was produced and that people came to know of it. You have done a great service to this very early part of our city and to the city as a whole. To the province as well, for that matter. You personally have my gratitude for what has come into existence. I truly prize having this book.”

The community concurs with these sentiments and want to recognize the wonderful contributions of Judith Theroux towards the publishing “Cliff Bungalow – Mission, a Heritage Community”, something we will treasure in the years ahead.

*Bob Lang, CBMCA president, and  
Judith Theroux, award winner.*





## MEMBERSHIP AFFINITY PROGRAM

### Use your membership card to save!

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 below offer discounts and special offers to CBMCA members. Just show your card!

**European Bakery:** 515 – 17 Ave SW, 10% of all items

**Expedia Cruise Ship Centres:** 615A – 17 Ave SW; \$50 discount toward a \$1500 travel package

**Famoso Neapolitan Pizzeria:** 105, 2302 – 4 St SW, 15% discount on food (dine-in or take out)

**4<sup>th</sup> Street Liquor and Wine:** 1809 – 4 St SW, 10% of all items

**Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders

**Peking Dragon:** 1904 4 St SW, 10% off on dine-in items (excluding combos), 15% off on pick-up items on orders over \$30

**Rideau Pharmacy:** 1801 – 4 St SW, 15% of front store items (excludes prescriptions)

**The Tea Factory:** 1820 – 4 St SW, 10% of all loose leaf teas and drinks

**Ten Thousand Villages:** 323 – 17 Ave SW, 15% off

**UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)

If you own or manage a business and would like to be a part of this program, contact us at [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com). Residents may purchase a membership via the online form on our website or filling out the form contained in this newsletter. To find the form online, go to [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com) and click "Get Involved."

## CLIFF BUNGALOW MISSION



JOIN US

### COMMUNITY POTLUCK DINNER

SUNDAY, JANUARY 10, 6 PM

COMMUNITY HALL

2201 CLIFF ST. SW

please bring something to share and friends & family

For more info: [cbmca.social@gmail.com](mailto:cbmca.social@gmail.com)



## Post it!

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

See something interesting in the 'hood?

Take a photo and post it to **Instagram** (with the hashtag **#cbmca**) or to our **Facebook** page. It can be anything:

- a selfie of you and friends at a 4th Street eatery? **Post it!**
- a cute dog? **Post it!**
- birds at your backyard feeder? **Post it!**

**#cbmca**

# Community Inventory of City Trees

by Marilyn Williams

Street trees and shrubs are a wonderful asset to our community. The urban forest promotes biodiversity by providing a habitat for local fauna and improves the habitat for us humans, providing shelter, shade and a more attractive, walkable environment. They are beautiful; street trees and shrubs are often the most important element of our distinctive streetscapes. They are carbon dioxide sinks, oxygen generators and can even increase property values!

That is why members of the community reacted strongly early in 2015 following the loss of large, mature City trees at construction sites in Cliff Bungalow and Mission. In both cases the development permits indicated that the trees were to be protected, and in one case the tree was on the City's heritage inventory. Our reaction resulted in a very productive meeting with representatives from the City of Calgary's Urban Forestry and Parks groups in April where we examined potential solutions to protect and enhance our urban canopy. Solutions discussed were numerous and wide-ranging. This article focuses on one mid term action to develop a trial community tree inventory, a first for the city.

A tree inventory is a tool which can be used to strategically administer the urban canopy which, like any valuable asset, should be managed. While we cannot control forces such as severe weather (think 'Snowtember'), the lack of protection of trees on private property, and natural loss due to disease and aging, we can anticipate and respond to them. Here are some examples of how an inventory helps us do that:



Tree Inventory training session, from left, Marilyn, Frits, Nancy, Michael, Rick and Erin. Photo credits Tammy Robinson, Urban Forestry

- identify and prioritize trees in need of attention, or planting locations where trees have been removed or have died;
- document the rate at which our canopy is being lost and take steps to address that loss;
- serve as a potential online, interactive inventory which citizens can access; and
- develop a community life cycle plan, including planting plans and plans for strategic under-plantings years ahead of anticipated loss of aging trees.

Over the summer the City Urban Forestry department created and populated a draft database based on earlier work; this was a tremendous undertaking. Our community identified five volunteers to validate and update the data in the field. The kick-off for this field activity was a November 19<sup>th</sup> training session led by Erin Brown of Parks Environmental & Education Initiatives. Erin had developed a *Tree Steward* training and field guide and led the volunteer orientation. Tammy Robinson and Michael Alkema from Urban Forestry provided tools for each volunteer – safety vests, diameter and regular measuring tapes, maps and inventory sheets – and showed us how to use them. Michael also provided technical training outdoors on how to identify the species, measure tree diameter and location, and assess the condition.

The next step is for the volunteers to survey the neighbourhood trees as time permits. This will take us many months and a second training session will likely be held in the spring. Watch for us in our bright orange vests as we go about our work, and feel to share your questions or comments about our neighbourhood's urban forest.

The Cliff Bungalow - Mission Jazz Series presents:

**The Andréa Petrity trio**

Wednesday January 6, 8 pm

Cliff Bungalow - Mission Community Centre  
2201 Cliff Street SW

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

Doors open at 7:30 pm; music starts at 8 pm

No reservations taken; rush seating only

For the first concert of the new year the Cliff Bungalow - Mission Jazz concert series is presenting pianist/composer/arranger Andréa Petrity. Andrea and her trio members will be performing mainly original compositions and arrangements of various styles of tunes - jazz standards, familiar Canadian classics, contemporary and some obscurities.

Andréa loves to arrange. Come check out what she and her trio have in store for you on this particular evening! New material guaranteed!

Why not come early, have a beverage and get a good seat. Bring your friends.

Next Jazz night is February 3 - Piano night with Sheldon Zandboer



**Cliff Bungalow - Mission Community Association**

462, 1811 4 Street SW  
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 \_\_\_\_\_

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Moonlight by W. Duma



On the Elbow River by W. Duma

# The Banks of the Elbow River:

## S<sub>2</sub>G+ An Artist's View

About 25 years ago, Calgary artist William Duma, weakened by a bad bout of pneumonia, found himself searching for river scenes to paint closer to home. The natural stretches of our inner-city, lower Elbow River were just the inspiration he needed to aid his recovery. Bill, the son of a coal miner, grew up in the Crowsnest Pass and his lifelong love of fishing meant that Alberta river scenes were part of his psyche.

“One of the areas that have inspired my interest for painting has been the banks of the Elbow River. This has been an on-going project for the past 25 years. The stretch of river from below the Glenmore Dam to where it empties into the Bow River is an inner-city oasis, where one can find relief from the congestion and noise of the city. Unfortunately, the flood of 2013, together with the snow storm of 2014, has done major damage to the banks as well as the trees and shrubs that line the river. This body of work has become even more poignant as much of the landscape has dramatically changed. Hopefully, with our help and nature's self-healing capacity this peaceful area will be available for future generations to enjoy.”

Duma's stunning paintings depict the river, its banks, the crisp snow, and dappled foliage in ways that are so familiar to anyone who walks the river pathway system. He is particularly adept at capturing the nuances of light and colour in his fall and winter scenes. Bill's composi-

tions are notably devoid of the human element, thus conveying that sense of calm, quiet beauty that the river offers. With the trees stripped of their foliage, his charming winter scenes express a purity of form not possible in the other seasons.

“Having a love of nature and her many moods, I would like to convey this feeling in my painting in hope that others might find the same enjoyment: but also be stimulated into looking deeper within, where intimate moments with nature cause an inner awareness and we sense the integral relationship of nature, the universe, and humanity.”

William Duma, RCA, was born in Calgary in 1936 and graduated from the Alberta College of Art in 1962. His landscape paintings are widely exhibited and found in collections throughout North America and Europe. Trout Unlimited Canada honoured him as Artist of the Year. Works from his fall 2015 show: “Banks of the Elbow River” are available Wallace Galleries (500 - 5th Ave SW) and may be viewed on-line at [www.wallacegalleries.com](http://www.wallacegalleries.com).

Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](http://facebook.com/S2Gplus).

## in & around your community

### Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

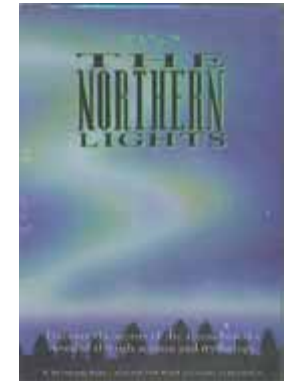
It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.

### FILM NIGHT

SUNDAY JANUARY 31 2016 @ 7PM  
CLIFF BUNGALOW-MISSION COMMUNITY ASSOCIATION  
COMMUNITY HALL, 2201 CLIFF STREET SW



THE NORTHERN LIGHTS  
BY ALAN BOOTH (1992) - 48 MINUTES

This documentary examines the phenomenon of the northern lights, aka the aurora borealis. Though scientists have advanced many theories in an attempt to explain it, mysteries still linger. Experience a visual panorama of animated legends and international space launches as indigenous people and scientists offer their perceptions of the wondrous northern lights.



In 1926, when a Los Angeles restaurant owner with the all-American name of Bob Cobb was looking for a way to use up leftovers, he threw together some avocado, celery, tomato, chives, watercress, hard-boiled eggs, chicken, bacon, and Roquefort cheese, and named it after himself: Cobb salad.

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Contact us at: 403 209-0012 or [christrr@shaw.ca](mailto:christrr@shaw.ca)  
[www.christianscience.ab.ca](http://www.christianscience.ab.ca)





## EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

### Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

### Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

### Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

## Give new life to your Christmas tree

You can turn your real Christmas tree into useful mulch instead of waste through The City's Christmas Tree Recycling program. Trees are collected from homes that receive residential garbage collection. Place your tree on the ground near your black cart collection spot **by 7 a.m. on Friday, January 8**. Make sure the tree is not blocking the street, lane or sidewalk and is at least one foot (30 centimetres) away from your carts. Please **leave your tree out** and it will be picked up by the end of January.

If you live in an apartment or condo, tree drop-off locations are open from December 26 to January 31:

- Bowness Fire Station #15 – 6328 35th Ave. N.W.
- Spyhill Landfill – 69th Street and 112th Avenue N.W.\*
- Prairie Winds Park – 223 Castleridge Blvd. N.E.
- Bottomlands Park – St. George's Drive and Seventh Avenue N.E.
- Marda Loop Communities Association – 3130 16th St. S.W.
- Parks Compound – 10312 Sacramento Dr. S.W.
- East Calgary Landfill – 17th Avenue and 68th Street S.E.\*
- Shepard Landfill – 114th Avenue and 68th Street S.E.\*

\*Landfill locations are closed Sundays.

To prepare your real tree for recycling, remove the tree stand and any ornaments and lights. Do not bag or tie your tree.

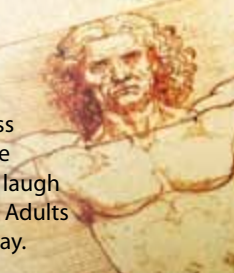
The mulch from recycled Christmas trees is available to residents at no cost at the East Calgary landfill, while quantities last.

For more information, visit [calgary.ca/christmastree](http://calgary.ca/christmastree).

## THE HUMAN BODY

### trivia

Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.



### COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
Phone: 403-268-2430

#### Snow and Ice Control

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

#### Before the Snow Falls

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

#### During and After the Snow Falls

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit [www.calgary.ca](http://www.calgary.ca) to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

#### What You Can Do

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.
- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.

## BUSINESS CLASSIFIEDS

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

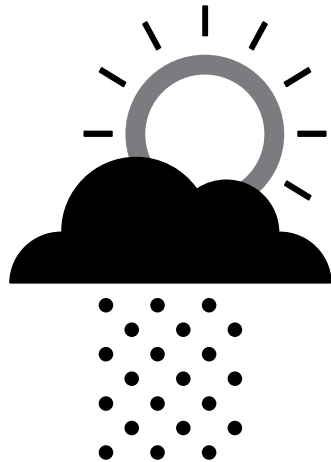
**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**TOP TO BOTTOM HOME CLEANING:** For total house cleaning, top to bottom exceptional service, working in the house cleaning business for over 20 years. Has a great eye for detail, meticulous, reliable and very hard working. Call Alannah at 587-834-0454.

- Homeowners are responsible for removing snow and ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
- Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit [www.calgary.ca/snow](http://www.calgary.ca/snow). If you have any questions, please contact me by email ([ward08@calgary.ca](mailto:ward08@calgary.ca)), phone (403-268-2430) or on my website ([www.calgary.ca/ward8](http://www.calgary.ca/ward8)).



## Save for a rainy day. No effort required.

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**CLINIC LOCATIONS**

<p><b>NW - Momentum Health Creekside</b> Creekside Medical Clinic #4 12192 Symons Valley Road NW P. 403-239-6773</p>	<p><b>SW - Momentum Health Mission</b> Mission Centre #909 2303 4th Street SW P. 403-228-7968</p>	<p><b>SW - Momentum Health Westbrook</b> Corus Centre 312, 3520 17 Ave. SW P. 403-454-1600</p>
<p><b>NW - Evidence Sport and Spinal Therapy</b> Cambrian Wellness Centre 201-2000 Veteran's Place NW P. 403-210-9969 Physiotherapy &amp; Physiatry services only *Not redeemable at this location</p>	<p><b>SE - Momentum Health Ogden</b> Lynnwood Shopping Centre, 1C, 7005 18 Street SE, P. 403-236-0106</p>	<p><b>SW - Momentum Health West Springs</b> West 85th 2200 8561 8A Avenue SW, P. 403-453-3373</p>

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- Muscle Release Techniques
- Exercise Therapy
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- Shockwave Therapy
- Custom Braces, Splinting & Orthotics
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- Vestibular Rehabilitation

**INJURED? DON'T THROW IN THE TOWEL!**

www.momentumhealth.ca info@momentumhealth.ca

**Calgary**



### On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

#### *Assessment Search* – getting started

**First-time users will need to complete a two-step registration process:**

1. Create a City of Calgary personal myID account. Visit [calgary.ca/myID](http://calgary.ca/myID) to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at [calgary.ca/assessment](http://calgary.ca/assessment):

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

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