

THE MISSION

NOVEMBER 2016

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



**ANNUAL GENERAL
MEETING**
NOVEMBER 27
Details inside!

STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. WWW.MOVEMBER.COM

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
02 MOVE	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember



Cliff Bungalow - Mission Community Association

462, 1811 4 Street SW
Calgary, Alberta T2S 1W2
403 245 6001

www.cliffbungalowmission.com

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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.



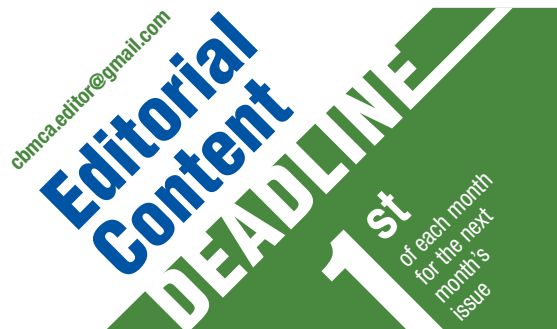
Contact us

Cliff Bungalow - Mission Community Association
462, 1811 4 Street SW, Calgary Alberta T2S 1W2
403 245 6001
www.cliffbungalowmission.com
Look for us on Facebook, not to mention Twitter and Instagram (CBM_CA)!

We value your contributions

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

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



Cliff Bungalow - Mission Community Association Board List 2015 - 2016 As of May 31, 2016

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
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Treasurer	Amanda West	cbmca.treasurer@gmail.com
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Social	Amanda Weightman	cbmca.social@gmail.com
Communications	Spencer Perry	cbmca.editor@gmail.com
Directors-at-Large	Ken Hryciw Kate Zago Andrea Vig	

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



PRESIDENT'S REPORT

Annual General Meeting

The Annual General Meeting is on Wednesday, November 23. Doors open at 6 pm. The meeting starts at 7 pm. Come early as there usually is a line up at the door near the time of the start of the meeting. Enjoy the reception prior to the meeting, buy/renew your membership, see displays, purchase our award winning history book and meet other community people.

Our AGM's are fun events. Besides the normal AGM stuff, we use this opportunity to celebrate our community and what we have achieved during the last year which is a lot. Come help us "Celebrate our Community".

Recruiting a new Communication's Director

Spencer Perry, our Communications Director, will be stepping down at our Annual General Meeting. He is moving to Vancouver to a new job. We thank Spencer for his contributions to this community and wish him all the best in his new job.

We need to recruit a replacement for Spencer as soon as possible. The key components of this position are:

1. Manage the content and publication of our monthly newsletter
2. Manage social media communications with the community
3. Manage the website

This is a key position on our Board. This person does not do all the work. For example, most of the community content in this newsletter is provided by others. This person liaises with those contributors, edits the content and liaises with the publishing company Great News who do the layout, printing and distribution.

If you are interested in exploring taking on this important role, please contact me at cbmca.president@gmail.com. Spencer is willing to help you get started.

Our Jazz Events Are Unique in Calgary

At the moment we are the only community association that has regular jazz events. Our jazz events feature talented local artists who frequently perform original jazz compositions. Our venue provides a unique ambiance that adds to the enjoyment of the music. There is a beer, wine, cider and pop available at a modest cost, endless cups of coffee for only \$2 and free cookies. Plus there is a discounted entry charge for Cliff Bungalow -

Mission Community Association members. And it is within walking distance for community residents. The music is great, the location is close by and the cost is very affordable. So join us at the community centre on Wednesday, November 2 for a great evening of entertainment.

Special Saturday Night Tribute to Ray Charles - November 26

This is going to be a great event, one that should not be missed. The Ray Charles Tribute Orchestra is a 9 piece ensemble which will be performing many of the wonderful hits composed by Ray Charles. You will be singing in the shower and humming for days afterwards. We are pleased to host this event in our wonderful hall that is within walking distance for community residents. Due to the large size of this group, the entry fee is \$20. The bar and coffee prices are still the same as our regular jazz events. Hope to see you there.

CLIFF BUNGALOW-MISSION



JOIN US

COMMUNITY POTLUCK DINNER

SUNDAY, NOVEMBER 13, 6 PM

COMMUNITY HALL

2201 CLIFF ST. SW

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

For more info: cbmca.social@gmail.com



NOVEMBER COMMUNITY CALENDAR

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, November 2, 8 pm – Vocal Jazz with Glennis Houston and Andrea Petry

December 7, 8 pm - The Stefano Valdo quartet

Doors open at 7:30 pm. We suggest you come early, get a good seat and enjoy a beverage.

Potlucks

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

November potluck is Sunday, November 13, 6 pm.

December potluck is Sunday, December 11, 6 pm

Board Game Nights

November Board Game night is Saturday, November 19, 7 pm. No Board Game Night in December. Bring a Board game and some snacks. Cash bar. No entry charge.

Annual General Meeting

Wednesday, November 23 – Doors open 6 pm, meeting starts 7 pm. Come early for the reception, displays and history books sales as there will be a line up closer to 7 pm.

Special Saturday Night Tribute to Ray Charles

Saturday, November 26, 8 pm
Paying homage to one of the greatest musicians of all time, the Ray Charles Tribute Orchestra is a 9 piece ensemble performing the hits penned by the legend himself. More details elsewhere in this newsletter.

Movie Nights

November movie night is on Sunday, November 27, 7 pm. Free popcorn. No entry charge.

Stand by Me is a 1986 American coming-of-age comedy-drama adventure film directed by Rob Reiner and starring Wil Wheaton, River Phoenix, Corey Feldman,

Jerry O'Connell and Kiefer Sutherland. The film, whose plot is based on Stephen King's novella *The Body* (1982) and title is derived from the Ben E. King's eponymous song, which plays over the opening and ending credits, tells the story of four boys in small town in Maine who go on a hike across the countryside to find the dead body of a missing child.

History Book Sales

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

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

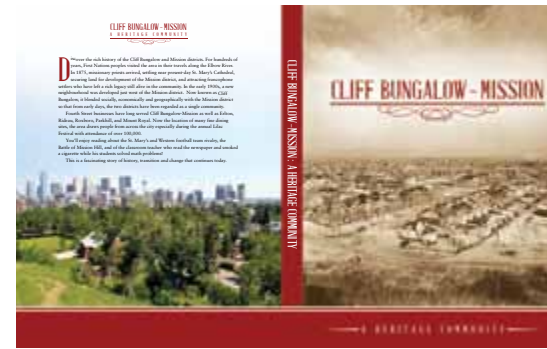
First of each month prior to month of publication. The Mission Statement is published monthly. E-mail to cbmca.editor@gmail.com.



Daylight Saving Time

Ends Sunday, November 6th at 2:00 a.m.

When changing the time on your clocks, copiers, recording equipment, etc., change the batteries in your smoke detectors at the same time to keep your family safe.



Cliff Bungalow – Mission a Heritage Community

2016 Lion Award Winner!
Also on Calgary's Best Sellers List!

The second printing of "Cliff Bungalow – Mission, a Heritage Community" is now available. It is a beautiful book, easy to read with lots of interesting photographs and maps. Cost is \$30. It makes a great keepsake and wonderful gift. Contact Judith at cbmca.historybook@gmail.com.

The book is available at all community events at the community centre (cash or cheque only). Books also are available at Shelf Life Books (1302 – 4 Street SW), the shop at Glenbow Museum and Owl's Nest Books (815 – 49 Avenue SW). Their price will include their mark-up.

BOARD GAME NIGHT



NOVEMBER 19 7 PM

2201 CLIFF STREET SW

Bring a board game and some snacks!
Cash bar, no entry charge

Notice

**Cliff Bungalow – Mission
Community Association
Annual General Meeting
Weds, November 23, 2016**

**Community Centre
2201 Cliff St SW
(1 block 5th St at 22nd Ave SW)**

**Doors open at 6 pm
Snacks & Refreshments
Displays
History Book Sales
Meeting begins at 7 pm**

**Meet you neighbours
Learn about the
community
Renew your membership
Elect the Board
Get involved**

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CBMCA COMMUNITY POTLUCKS

It may be cold outside at this time of year but it is warm inside the community centre where we hold our potlucks, usually the second Sunday of the month. The atmosphere at this time of year is one of candles and soft music to go along with the variety of dishes for sampling. The smells are wonderful. There is lots of food so don't worry about not getting enough to eat. The potlucks bring people together with the food acting as a catalyst for interesting conversations. Why not join us on Sunday, November 13 at 6 pm. Everyone is welcome.

Here is a recipe from the family of Fred Koomaleki who attended our October Potluck with his wife and two children.

ADAS POLO "LENTILS RICE"

Adas polow (Adas: Lentils and polo or polow: Rice) is a Mediterranean traditional dish and is believed to be originated in ancient Persia. As the name suggests, main ingredients of Adas Polow are lentils and rice. Due to the lentils you get the cholesterol lowering fibre benefit of this food. Lentils can help lower cholesterol and the fibre can watch your blood sugar from rising. Rice as we know contains all the amino acids needed for building and maintaining muscle tissue. Rice is one of the easiest foods to digest.

- 2 Cups Rice
- 1 Cup Lentils
- 1/2 lb (226g) Ground Beef
- 1/2 Cup Raisins
- 1 Tsp Zafran (Saffron)
- Salt, Black Pepper Powder, Ground Cinnamon
- 1 Small Onion
- 7 tbsp Vegetable Oil
- 1 Medium Potato
- 3 oz (85g) Dried Barberries (Zereshk)

PREPARATIONS:

1. Soak the rice with 1 Tsp salt for 1 hour in a pot.
2. Add 1 Tsp Zafran (saffron) to 1/4 cup boiling water.
3. Dice the onion
4. Slice the potato
5. 6 cups boiling water

DIRECTIONS:

1. Put the Lentils in a small pot, add salt and pour in



- boiling water until it covers the lentils (Approx. 2 cups of boiling water).
2. Cover the pot with the lid (leave the lid cracked open so the steam can escape) and simmer for 30 minutes at low heat.
3. Pour the soaked rice (including the water) into a pot and simmer the rice until it becomes tender.
4. Drain the rice in a colander.
5. In a small pot, dip fry the diced onions in vegetable oil until translucent.
6. Add the ground beef to the pot.
7. Add salt, black pepper powder and ground cinnamon, stir well and fry along until the beef is evenly brown.
8. Add the raisins to the pot and continue frying for 5 minutes.
9. Pour in the lentils in the rice pot and mix well so the lentils and rice are well blended. (Optional: you can keep 1/3 of the lentils back to mix with the beef mixture).
10. In a large pot, pour 2 Tbsp vegetable oil, lay the sliced potatoes across the pot and add the lentils and rice mixture to the pot. Add 2 tbsp oil (Mix 2 Tbsp Oil with 4 Tbsp boiling water) to the pot.
11. Cover the pot with a large napkin and put the lid on top.
12. Cook for 20 to 25 minutes.
13. Add 5 to 6 tbsp of the lentils rice to the beef/raisins mixture, then pour in the soaked saffron (Optional: Add the 1/3 of the lentils to the pot, if kept from the prior step (step 9)).
14. Mix thoroughly, cover the pot with the lid and cook for 15 minutes.
15. Fry the dried barberries in 1 tbsp vegetable oil.
16. Add the beef/raisins mixture to the lentil rice pot, stir thoroughly until well mixed.
17. Add the fried barberries right before serving.

Calgary



On behalf of Community Standards & Waste and Recycling Services

Thank you Cliff Bungalow / Mission

Congratulations on a successful **Community Cleanup** on September 10, 2016.

The weights collected for this year:

Garbage: 1,650 kg

Organics: 825 kg

Total: 2,475 kg

Truck Loads Hauled: 3

Thank you to the Community Association and residents for your commitment to help create healthy, safe and vibrant communities

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.



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

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 _____

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



Dr. Dieter Einsporn

general dentist

Prevention and Preservation is our Focus

Serving our communities for over 25 years

Mission Centre
Suite 604, 2303 - 4th Street S.W.

For Consults and Appointments
(403) 245-1143

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

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

Expedia Cruise Ship Centres: 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package

Famoso Neapolitan Pizzeria: 105, 2303 – 4 St SW, 10% off food and beverages

4th Street Liquor & Wine: 1809 – 4 St SW, 10% off all items

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

Momentum Health Mission: 909, 2303 – 4 St SW, 25% off initial assessment (includes massage), 15% off all products they sell, free gait assessment. (new membership affinity supporter)

Peking Dragon: 1904 – 4 St SW, 10% on Dine In items (excluding Dinner Combos), 15% on Pick Up items on orders over \$30.00

Rideau Pharmacy: 1801 – 4 St SW, 15% off Front Store items (excludes prescriptions)

Tea Factory: 1820 – 4 St SW, 10% off all Loose Leaf Teas and drinks

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

The Tech Shop: 2424 – 4 St SW, 10% off regular priced footwear / accessories, 15% off regular priced apparel

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

Do you own or manage a business and would like to be part of this program? Please contact cbmca.editor@gmail.com. Residents may purchase a membership by using the membership form in this newsletter or online at our website www.cliffbungalowmission.com, click on "Get Involved".

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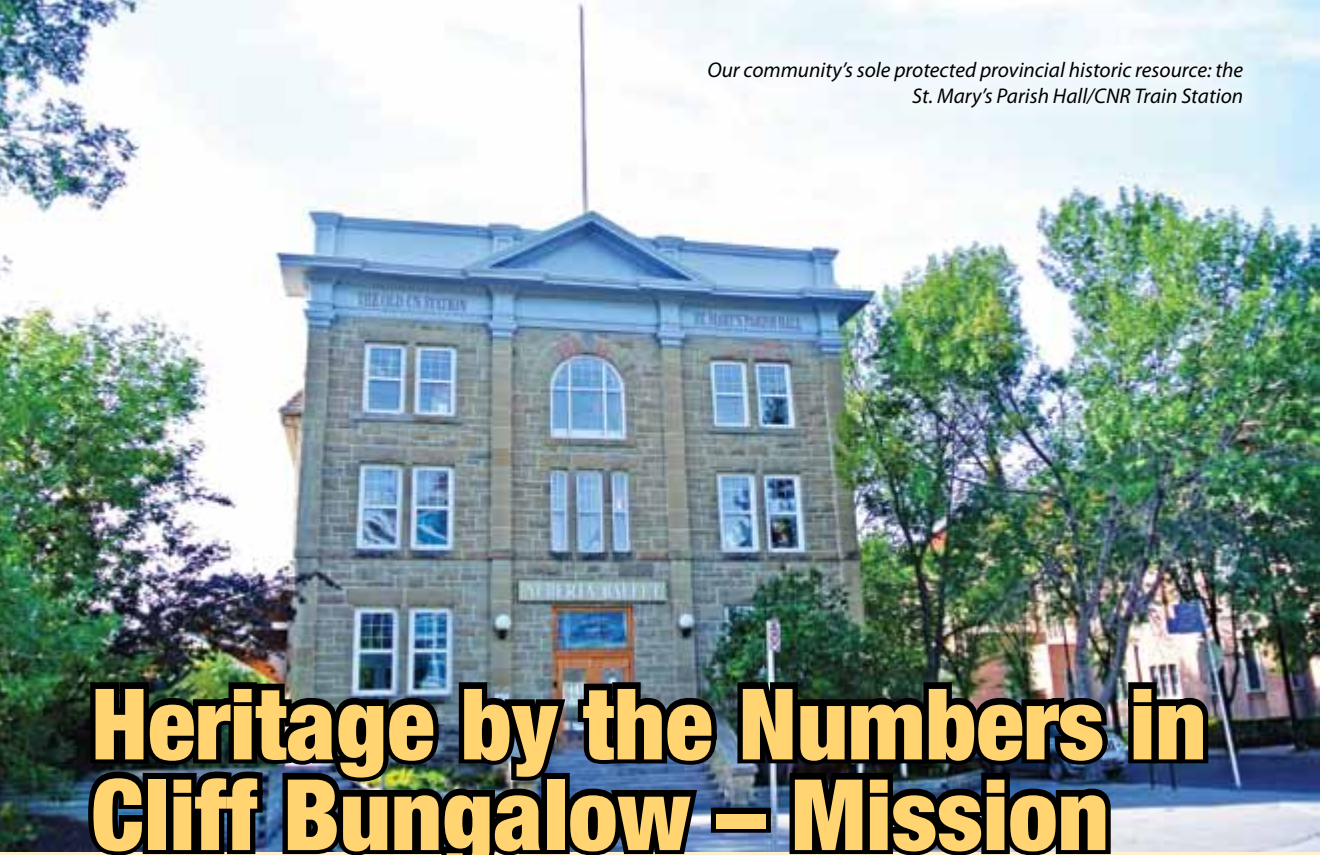


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There's Wealth in Our Approach.™

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Our community's sole protected provincial historic resource: the St. Mary's Parish Hall/CNR Train Station



Heritage by the Numbers in Cliff Bungalow – Mission

By Frits Pannekoek

Cliff Bungalow - Mission is one of the most significant heritage areas in the city if not the province. You would never know it by the number of provincially designated historic resources – **one, of a total of 373 provincially, and 48 Calgary wide.**

1. How many buildings are legally preserved by the province in Cliff Bungalow - Mission? One. There are 373 designated buildings provincially.
2. How many buildings in Cliff Bungalow – Mission are protected by the City by law? Three. Three out of 35. There are only 281 municipally designated heritage resources in the province!
3. How many buildings have been identified and approved to be included on the City of Calgary Heritage inventory in Cliff Bungalow - Mission? 43

What this shows is that heritage preservation in Cliff Bungalow - Mission is no one's highest priority. The

province has only protected one resource in our community. This community would make an outstanding heritage area, but legislation is so complex as to make this impossible. The City, which is closer to the community, has protected only three properties!! So there are only four protected buildings in the community. The provincial and civic processes have not been working for Cliff Bungalow - Mission. A new approach is needed. The Act does allow the establishment of a community trust, run by the community, and maybe it's time the community became more active. We can do no worse than the province or city.

Editor's note – Frits Pannekoek is well known in heritage circles in the Province of Alberta. He is also a resident of our community. This is the first of a series of short articles to help you understand the challenges as well as the opportunities in recognizing and preserving our rich heritage.

The Cliff Bungalow - Mission Jazz Series presents:

Jazz under the Cliff

Vocal night
with the Glennis Houston /
Andrea Pétrity quartet

Wednesday November 2, 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

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

Glennis Houston - vocals

Andrea Pétrity - keyboards

Simon Fisk - bass

Robin Tufts - drums

This evening has the promise of an eclectic show, highlighting some original compositions of Andrea's (with Glennis as lyricist on one of them), arrangements by Glennis on other well-known tunes, cool new songs arranged by Glennis and Andrea, and a preview of a show dedicated to the fabulous Ernestine Anderson. It's not that Ernestine is so captivating and special because she wrote music ... in fact, there doesn't seem to be any evidence of her as composer at all. Her "specialness" derives from the way she approached music. She is incomparable with her sense of swing, phrasing, lyricism, and musicality. She tells a story like no other and is a great teacher by way of the many recordings she left as her legacy. Andrea and Glennis are happy to have Robin Tufts and Simon Fisk along for the ride.

CLIFF BUNGALOW—MISSION
JAZZ CONCERT SERIES PRESENTS

GLENNIS & ANDRÉA **Nov 2nd 8:00 pm**

ANDRÉA PÉTRITY: "How are you not going to like a jazz piano lady with enough of a sense of humor to call one of her instrumental tracks 'PAPA'?"

"Her investigation is of beauty and, without falling into cliché, her music sounds joyful."

GLENNIS HOUSTON: "... she is spectacular ... she sings fearlessly at the fast tempo, swinging hard while sounding at ease."

"... silky vocals ... beautiful depth to her voice ... the title finale song leaves a lasting impression"

SIMON FISK

ROBIN TUFTS

Glennis & Andrea present an evening of original songs, new arrangements on famous standards, some new tunes, and introduce the beginnings of a show honoring the late, great Ernestine Anderson.

2201 CLIFF STREET SW WWW.JANMULDERSOUNDS.COM
403-650-7005
815 / 810 STUDENTS/SENIORS/CBM COMMUNITY MEMBERS

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 21



Can You Go A Day Without Buying Something?

By Lynn MacCallum

As humans, we need to consume things to live, such as air, water and food, all of which are things provided by our planet. We also know that more often than not we are taking more than our fair share, and our Earth cannot replenish these resources as fast as we are consuming and polluting them. While food and shelter are a necessity (something which is denied to many, even in Canada), what about the things we purchase mindlessly? Are these things we really need? According to

the Story of Stuff, 99% of the resources we harvest, mine, process, transport and purchase end up in landfill within 6 months. Six months! With Black Friday in a few weeks and Christmas just over a month away, now is the perfect time to step back and reassess how and where you want to spend your hard earned money, if at all.

On November 25th **Buy Nothing Day** takes place. This is an international day of demonstrations against consumerism. It was founded in Vancouver by artist Ted Dave in 1992 and promoted by AdBusters, a Canadian based magazine. Today, more than 65 nations participate in this day of protest, and the protesting it rather creative. For example, in Australia they have zombie walks organized to mock the Black Friday frenzy. Elsewhere there are groups who hold credit card cut-up protests or “whirl-marts” where protesters silently drive shopping carts around in a long, directionless conga lines without ever actually buying anything.

AdBusters writes about the campaign “Buy Nothing Day isn’t just about changing your habits for one day, it is about rediscovering what it means to live freely.” If you want to participate this November 25th, but the idea of getting dressed as a zombie doesn’t really appeal to you, perhaps instead of heading to the malls you can do something nice for someone - shovel a sidewalk for a neighbour, do the cooking and the dishes when it’s not your night, make gifts for family and friends, just something that doesn’t involve purchasing more stuff.

Challenge yourself to take a stand against consumerism. This November 25th, buy nothing.

Sources: https://en.wikipedia.org/wiki/Buy_Nothing_Day <http://www.adbusters.org/bnd/> <http://storyofstuff.org> www.greencalgary.org
Photo courtesy of <http://news.nationalpost.com/news>

Pilot of New Hybrid Parking Zones in Cliff Bungalow – Mission

The Calgary Parking Authority is implementing a six month pilot of a new type of parking zone in Cliff Bungalow – Mission starting on Wednesday, October 26. In these new hybrid parking zones, people who do not have a “J” parking permit can park in these new zones if they pay at the Park Plus machines just like currently is done on 4th Street. Anyone with a “J” parking permit can park in these new zones without having to pay. The current parking permit system for community residents will not change.

The streets on which these new hybrid parking zones will be piloted are as follows:

- North side of the 500 block of 18 Avenue SW
- South side of the 300 block of 19 Avenue SW
- South side of the 500 block of 19 Avenue SW

- Both sides of the 300 block of 20 Avenue SW
- Both sides of the 300 block of 21 Avenue SW

We have not been informed of the rationale of implementing these new hybrid parking zones in these particular blocks. The pilot will end on April 26, 2017 after which there will be a survey done. The Cliff Bungalow – Mission Community Association has requested meeting with the Parking Authority when the survey results are completed.

If you have any comments on the impact of these new parking zones, please let us know at cbmca.president@gmail.com. While it is not likely we can influence immediate changes, this information will assist us in dealing with this in the future.



CLIFF BUNGALOW – MISSION COMMUNITY ASSOCIATION PRESENTS...

MOVIE NIGHT



**SUNDAY NOVEMBER 27
7PM**

FREE! Popcorn and Coffee included!
2201 Cliff Street



Beware Black Henbane! Not Just a Pretty Posy

These showy, bell-shaped, purple-veined yellow flowers were spotted along the Elbow River bike pathway in Stanley Park in late August.

Also called Stinking Nightshade, henbane (*Hyoscyamus niger*) shares its plant family name with potatoes, tomatoes and tobacco. But most parts of the henbane plant contain poisonous alkaloids causing vision problems, flushed skin, convulsions, coma, and even death.

Henbane originated from the Mediterranean and was documented by the ancient Greeks; it's hallucinogenic properties were said to have revealed prophesies to the priestesses. It moved into Europe and elsewhere in the middle ages where it was used as a medicinal plant for its sedative, analgesic and narcotic effects. Considered magical, it was often associated with witchcraft and the practice of ancient rituals. It was even used to flavour German beer and enhance its intoxicating effects until banned in 1516. Scholars debate whether henbane (or perhaps hemlock) is "hebenon", the poison poured into Hamlet's father's ear and who's murder set the events of Shakespeare's famous play in motion.

Henbane can be found in sunny, well drained areas with sandy soil, such as can be found along the banks of the lower Elbow River. Naturalist Gus Yaki and his merry band of botanists documented henbane in the Britannia Slopes/Sandy Beach area this year. This 2016 plant inventory updated a 40-year-old Field Naturalists' study that did not record the presence of henbane.

More commonly found in disturbed areas, how henbane came to be along the lower Elbow River is a mystery. Perhaps flood waters carried the seeds, they were introduced to the park through contaminated fill or tires, or they hitched a ride on people, dogs, birds or other creatures.

This biennial plant can reach up to a meter in height. Henbane leaves are sticky and hairy and give off a foul odour. The 5-lobed flowers, up to 5 cm across, are born on a stock. They contain both male and female parts and may be insect or self-pollinated. In just one season, a single plant can produce many thousands of tiny seeds that remain viable for several years. Because henbane is a noxious weed in Alberta, it is not recommended for garden cultivation or as a flowering plant to support native pollinators.

In mid September, volunteers with S2G+, Sustainable Youth Canada, Calgary River Valleys, and Calgary Parks helped bag weed heads in Stanley Park. It is desirable to control invasive weeds like henbane that impede the germination and growth of desirable native plants by outcompeting them for sunlight and moisture. Native plants are essential to support healthy populations of insects, birds and other wildlife in our natural parks.

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

The Cliff Bungalow - Mission Jazz Series presents:

Jazz under the Cliff

with a special Saturday night event:
A Ray Charles tribute

Saturday November 26, 8 pm

Cliff Bungalow - Mission Community Centre
2201 Cliff Street SW

Cover: \$20 cash

(No discounts due to the large size of this group)

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

No reservations taken; rush seating only

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

Thomas Alexander - Lead Vocal
Melissa Jarvis - Background Vocal
Oaitse Hellard - Background Vocal
Egor Ukoloff - Piano
Tyler Hornby - Drums
John Gray - Bass
Allistair Elliott - Trumpet / Flugelhorn
Gareth Hughes - Saxophones
Paul Ashwell - Trombone

Paying homage to one of the greatest musicians of all time, the Ray Charles Tribute Orchestra is a 9 piece ensemble performing the hits penned by the legend himself. Formed by **Musical Director John Gray**, bassist and leader on the Calgary Jazz scene who toured with the Ray Charles Orchestra, the ensemble of the city's finest musicians recreate the one-of-a-kind sound of Ray Charles and perform such hits as 'Georgia On My Mind', 'MaryAnn', 'Hit the Road Jack' and 'Let the Good Times Roll', among them. Featuring **Mr. Thomas Alexander (The Voice)** on lead vocals, the group includes a solid rhythm section, a killer horn section and two backup singers known as "Soothe Your Soul"

The Cliff Bungalow - Mission Jazz Concert Series Presents:

The Ray Charles Tribute Orchestra
(9 Piece Ensemble)

Saturday, November 26, 2016 at 8:00 pm



Cliff Bungalow - Mission Community Centre
2201 - Cliff Street SW, Calgary, AB

Cover - \$20 * Doors 7:30 pm * Music 8:00 pm
No Reservations * Rush Seating Only

Please note, that this special presentation takes place on a **Saturday** night, and not on the usual Wednesday night. Because of the large number of performers we have to charge a \$20 cover fee for this evening. This evening's event is expected to be well attended. There are no reservations for this evening, so if you want a seat, come early.

Poppy Facts



The poppy is often worn on the left lapel on a jacket or shirt, and as close to the heart as possible.

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YARD BUSTERS LANDSCAPING: Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

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**MP CALGARY CENTRE
HON. KENT HEHR**

950 6 Ave SW
kent.hehr@parl.gc.ca
403-244-1880
www.KentHehrMP.ca

We Remember

As November 11th approaches, I hope you once again take time to remember those that have sacrificed, those that continue to take on the perilous work of safeguarding Canadian freedoms, and the soldiers who are now representing us abroad as peacekeepers.

It is my honour and pleasure to serve as our nation's Minister of Veterans Affairs. In this role I am entrusted with the mandate to support our veterans – young and old – and in the commemoration of all of Canada's past conflicts.

Just one of the memories that I will be reflecting on this month is the impact of the First World War on Western Canada High School where some 170 Old Boys and 6 Masters had enlisted by 1916. The Calgary Herald estimated some 40% of all the boys who ever attended the college had enlisted and went off to war: and you can see this sacrifice memorialized at the cenotaph today just behind the school. Young men, with their entire futures in front of them, were brought into one of the world's most brutal conflicts and sacrificed themselves our freedoms. It is a story I think of often when I attend ceremonies across this country and serve as Minister of Veterans Affairs.

I invite you to look online on my ministry's website at <http://www.veterans.gc.ca/eng/events> to see what events are in our community.

Now, it has been nearly a year since I was appointed by Prime Minister Justin Trudeau as a member of his cabinet. In last year's election campaign we promised Canadians a government that would uphold our sacred obligation to veterans.

In Budget 2016 the Government of Canada put **\$5.6 billion** additional dollars into Veterans Affairs, showcasing a clear commitment to bettering the lives of our nation's heroes.

~con't next page~



**MLA CALGARY-BUFFALO
HON. KATHLEEN GANLEY**

130, 1177 11 Ave SW T2R 1K9
Office: 403-244-7737

The second sitting of the 29th Legislature reconvened on October 31st, 2016 and it was my pleasure to represent the constituents of Calgary-Buffalo there. This session the Legislature will be discussing how our government can strengthen the economy, ensure stability in service-delivery, and make Alberta one of the most environmentally-responsible energy producers in the world. Acting on the recommendations put forward by the Climate Change Advisory Panel, Alberta introduced the Climate Leadership Plan in November of 2015. The Plan includes a series of actions that will roll out beginning January 2017.

Government is addressing climate change because it directly affects our health, environment and the economy of the province. For too long the reputation of our energy industry has been damaged by outdated policies that have hurt our access to new markets. By address climate change head-on, Alberta is repositioning itself as a forward-looking energy producer. There are four core aspects of the Climate Leadership Plan:

1. An accelerated phase out of coal-powered electricity. The Canadian Association of Physicians for the Environment estimates that pollution from coal-fired power is responsible for million in annual health care costs. Government is accelerating the phase-out to reduce needless hospital admissions, premature deaths, and emergency room visits.
2. Transitioning to a system where one-third of coal-fired generation is replaced by natural gas generators, and two-thirds by renewable energy.
3. An economy-wide price on carbon pollution of \$30/tonne that while be phased in beginning January 2017. Alberta's carbon levy will reward families, businesses and communities that take steps to lower their emissions. The levy will also diversify our energy industry and create new jobs, with carbon rebates introduced to offset the costs associated with the levy to help low and middle-income households adjust. Every dollar will be put to work in Alberta, or returned to Albertans.

4. A 100 megatonne (Mt) annual limit on oilsands emissions (currently at roughly 70 Mt). The Climate Leadership Plan has been endorsed by major industry players including CNRL, Shell, Suncor and Cenovus. By showing leadership to protect our health, environment and the economy for future generations, we will improve Alberta's reputation and access to new markets.

The full climate leadership plan can be accessed here: <http://www.alberta.ca/climate>, and my office has further information about the plan for anyone interested. By leading the way on climate change, Alberta is protecting the province's health, environment and economy.

MP HEHR...cont'd

This year we have announced the re-openings of the nine Veterans Affairs offices closed by the previous government. In addition to reopening these much needed offices – which support veterans across this country – we are also opening an extra office in Surrey, BC, to support the thousands of veterans who live in that city. Above and beyond this we have increased benefits to veterans by increasing the Earning Loss Benefit to 90% from 75%, increased the Disability Award and are on track to hire up to 400 more frontline staff. With increasing benefits and frontline staff we can better support veterans and make sure they transition smoother into civilian life.

It is in this sacred trust I continue to work to better the lives of veterans and keep the promises we made in the 2015 election.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter.



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 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.

- 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. If you have any questions, please contact me by email (ward08@calgary.ca), phone (403-268-2504) or on my website (www.calgary.ca/ward8).



November 7 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

November 14 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

November 21 Last Quarter (waning)
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

November 29 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
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	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
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 Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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Contact news@great-news.ca

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

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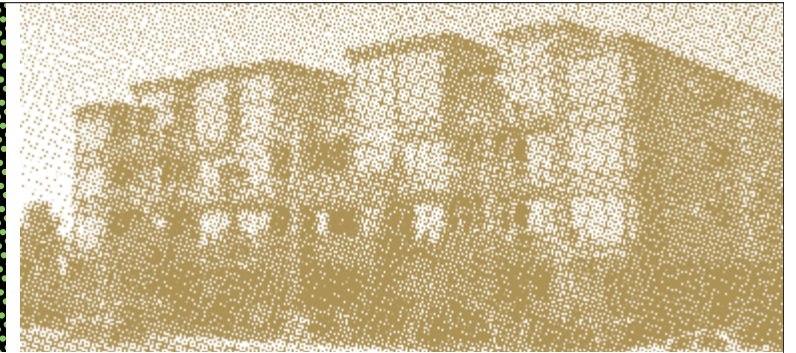
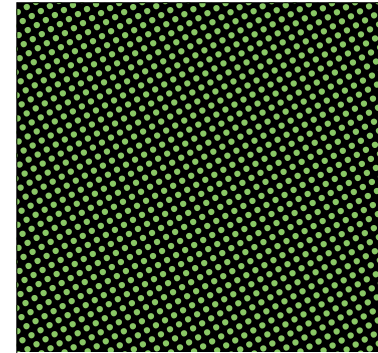
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