

THE MISSION

DECEMBER 2021

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





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5 reasons to #SupportLocalYYC over the holidays

You get unique goods and services—in stock!

From everything you need to fill the most eclectic kitchen pantry, to local fashion and multicultural surprises, finding one-of-a-kind treasures is a gift in itself when you shop local.

You support the local economy

Small businesses make up more than sixty per cent of the retail sector in Calgary. Local businesses generate about four times more economic activity than larger corporations. And support for local businesses means support for local jobs.

It helps protect the environment

Less time and resources shipping products grown and made nearby means fewer emissions are associated with every purchase. Local foods, which support area farmers, can be even more beneficial.

Your money stays in Calgary

Not only does a dollar go further when spent at a local level, it also keeps on giving. Over half of every \$100 earned by local businesses ends up recirculating in the Calgary economy. It's a win-win for our neighbourhood businesses when you think local.

You support your neighbourhood's identity

The places we think of as great neighbourhoods can really thank local businesses for putting them on the map. Leave a positive review for the places you love, follow and tag them on social media, and **spread the word about your favourite local businesses with #SupportLocalYYC**

RE open
connect
spend

CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



SUBMIT YOUR PHOTOS

Send us your photos for the
Mission Statement

Email high resolution images to cbmca.editor@gmail.com

COMMUNITY CALENDAR

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

The following is the latest information we have at time of writing (early October) and is subject to change. Updates will be sent out by email. Register for emails on our website: www.cliffbungalowmission.com.

Jazz Nights

First Wednesday from September to June (except on January 12, 2022). Doors open at or before 7:30 pm. Music starts at 8:00 pm.

Wednesday, December 1 - Mari Jo deWaal

Wednesday, January 12 - Calgary Creative Arts Ensemble

Wednesday, February 2 - William Friedson

Special COVID notice for Jazz events:

- Face masks are required except if you are sitting and drinking a beverage.
- All attendees must show proof of vaccination, or a negative COVID-19 test within 72 hours.

Potlucks – TBA

Board Game Nights – TBA

Trivia Nights – TBA

Fancy, Fancy, Fancy

Do you put tinsel on your tree? Is it a tradition to drape it delicately across those green branches? Well, it may not have been so easy years ago. Back in 1610, Tinsel was invented in Germany, and was spun from real silver. Imagine having to drape that daintily across a pine tree, without breaking it of course!
Fancy, fancy, fancy!



Calgary



21-0015979; ADV-11560

Have you checked for household leaks?

- Toilets
- Faucets
- Hot water heater
- Humidifier
- Other water using devices
- Check again in six months.

calgary.ca/waterguide

Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, “Pet Food Help and Support” can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!

MEMBERSHIP AFFINITY PROGRAM

Did you know that you can save money by showing your Cliff Bungalow – Mission Community Association membership card at local businesses? The shops and restaurants listed below offer discounts and special offers to CBMCA members. Just show your up to date membership card!

- **A8 Financial:** 305, 2204 – 2 St SW (Holy Cross Centre), Tel 587-317-2040, 10% off Tax and Bookkeeping services.
- **Clear Float Spa:** 105, 1800 – 4 St SW, 10% discount (except for the Theta Membership)
- **Economy Glass:** 101 17 Ave SW, \$10 off auto glass excluding rock chips and 10% off residential glass
- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **Famoso Neapolitan Pizzeria:** 105, 2303 – 4 St SW, 10% off food and beverages
- **4th Street Liquor & Wine,** 1809 – 4 St SW, 10% off all items
- **Landmark Centre Second Cup:** 506 – 17 Avenue SW, free upsize on beverages, every Sunday CBMCA member seniors get a free small coffee or tea with purchase of a baked item, 10% discount on catering order, free delivery with purchase over \$50.
- **Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders

- **Momentum Health Mission:** 909, 2303 – 4 St SW, \$25 off initial assessment (includes massage), 15% off all products they sell, free gait assessment.
- **Peking Dragon:** #105, 601 – 17 Ave SW, 15% on Pick Up items on orders over \$30.
- **Rideau Pharmacy:** 1801 – 4 St SW, 15% off Front Store items (excludes prescriptions)
- **The Spa Wellness:** 2206 - 2 St SW, 10% off members for all treatments
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)
- **Without Co:** #103 – 2115 4 St SW, 10% Discount
- **Yann Haute Patisserie:** 329 – 23 Avenue SW, 10% off patisseries.

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

Cliff Bungalow-Mission Community Association

TIME TO RENEW YOUR MEMBERSHIP!

Your membership not only supports the CBMCA but it gives you access to discounts at participating businesses through the Membership Affinity Program (details elsewhere in this newsletter). Our membership year is AGM to AGM so this year's renewal deadline is **November 20, 2021**. To purchase or renew your membership, just fill in this form and either:

- 1) mail it with your cheque to 462, 1811 4 Street SW, Calgary, Alberta, T2S 1W2 or;
- 2) bring to the AGM at the community hall (2201 Cliff Street SW) on November 20 (doors open at 6 pm).

name _____		MEMBERSHIP TYPE	
address _____ postal code _____		<input type="checkbox"/> \$10 single	<input type="checkbox"/> \$20 family
phone (home) _____ (cell) _____ (business) _____		<input type="checkbox"/> new	<input type="checkbox"/> renewal
email (used only to inform you of community events and important community matters) _____		card no. _____	purchase date _____
		PAYMENT	
		<input type="checkbox"/> cash	<input type="checkbox"/> cheque

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 2020-2021

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Ted Knudtson	cbmca.vicepresident@gmail.com
Secretary	Rick Williams	cbmca.secretary@gmail.com
Treasurer	Lucy Arellano	cbmca.treasurer@gmail.com
Planning and Development	Zaak Karim	cbmca.development@gmail.com
Environment Director	TBA	cbmca.environment@gmail.com
Heritage Director	TBA	cbmca.heritage@gmail.com
Social Director	Melissa Parcels	cbmca.socialevents@gmail.com
Communications Director	Nicole Butz	cbmca.editor@gmail.com
Directors at Large	Kim Hoang Brandon Hossack Rob Jobst Mo Saiepour	

The Special Solstice

December is one of only two months to have a solstice, it is called the winter solstice. The only other month that has a solstice is June. If that doesn't make the month special, along with all of the other holidays it is chalked full of, I don't know what does!

PRESIDENT'S REPORT

Keep up to Date – Sign Up for Email Updates

Things can and do change, and quickly. The newsletter is not frequent enough to communicate things that are changing on short notice in regards to the community association, the community centre, and community events.

To keep up to date, please register your email address at the bottom of our website at www.cliffbungalowmission.com.

COVID-19 Update

At the time of writing this column (October), COVID-19 has not gone away and there are restrictions for those attending our Jazz night events and the AGM:

- Face masks are required except if you are sitting and drinking a beverage.
- All attendees must show proof of vaccination, or a negative COVID-19 test taken within 72 hours.

We are not starting potlucks, board game nights, or trivia nights at this time.

We will update on any changes through emails, etc.

Annual General Meeting

The Annual General Meeting was held on Wednesday, November 24. At the time of writing, it is before the AGM so we cannot report on what happened until the January newsletter. However, our AGMs are always great as we celebrate our accomplishments and the people who help make them happen. We thank everyone who helped during the last year.

Springbank Reservoir Update

Some good news in regards to this flood control project:

- Provincial cabinet has approved the Natural Resources Conservation Board decision on the Springbank Off-Stream Reservoir (SR1) project.
- Alberta Transportation has also reached voluntary agreements with all the remaining landowners, so the full 3,700 acres of land required for the construction of the Springbank Off-Stream Reservoir has been assembled.
- Construction is expected to start in 2022 and be completed in 2024.

306 – 312 - 25 Avenue SW Update

As you may recall, Council made a decision (11 to 1) on July 28 on the proposed Land Use change for 306 – 312 - 25 Avenue SW. They approved the change with the contribution of \$125,000 from the applicant to the Heritage Incentive Reserve Fund that will be matched by

city funds. Administered through the Historic Resource Conservation Grant program, this fund offers assistance to property owners for restoration, preservation, and rehabilitation of historic properties. These funds are earmarked for Cliff Bungalow - Mission community.

Cliff Bungalow - Mission Community Association will not have a direct role on how these funds are used. The use of these funds is governed through a Council-approved Terms of Reference and are at the discretion of the City's Heritage Planning team. That does not prevent us from encouraging landowners of certain properties to apply to use these funds or to access City-wide funds as well.

Rouleau Saskatchewan



You may have seen the news that the elevator of Rouleau Saskatchewan burned down on Friday, November 5. There is a connection to our Rouleauville (now known as Mission) and also a connection to a popular TV series.

Rouleauville was a village named after Justice Charles-Borromeo Rouleau and Dr Edouard-Hector Rouleau. Both were Francophones. It was located in what we now call Mission. There is a chapter in our history book on Rouleauville. Rouleau Saskatchewan was also named after Justice Rouleau although we do not know how that naming came about. It is located not far from Regina (around 39 km south and west).


Rouleau Saskatchewan was incorporated in 1903. Our Rouleauville was incorporated in 1899. Rouleauville started out as a French speaking community, although



that changed with the influx of settlers via the CPR. There does not seem to be much of a French connection for Rouleau Saskatchewan although their records were lost in a fire in 1930. By the way, apparently the locals in Rouleau pronounce their name as “ROLO”, not “RULO”. Their short online history indicates most of the early settlers were from Ontario and the United States. Rouleau Saskatchewan is on what was called the SOO Rail Line which connected Chicago with Moose Jaw.

There are tours in Moose Jaw about their connection to Al Capone via this rail link. It is well worth your time to go on these tours if ever in Moose Jaw.

The other connection is the hit TV series Corner Gas. The set was located at Rouleau Saskatchewan. I visited Rouleau and the Corner Gas set in 2006 when I went to Regina for my High School reunion. Here are a couple pictures I took of the elevator (Dog River) and the Corner Gas set. It is sad that the elevator burned down. Physical history is precious.



The Incredible Louis Braille

Louis Braille was a French educator. Blinded in both eyes as a result of an early childhood accident, he mastered his disability and began to learn to read in a new way. If you haven't already guessed it, he is the inventor of the Braille system for reading and writing used by the blind and visually impaired. Now that is incredible!



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The Cliff Bungalow - Mission Jazz Series presents: Jazz under the Cliff with Calgary Creative Arts Ensemble

Wednesday, January 12

- Ticket and doors 7:00 pm | Music at 8:00 pm
- Cliff Bungalow - Mission Community Centre
- Cover: \$20 cash (Seniors, Students, and CBMCA Members \$15)
- No reservations taken; rush seating only.
- We recommend you come early, enjoy a beverage, and get a good seat.
- See special COVID notice at the end of this notice.

The Calgary Creative Arts Ensemble has been wowing audiences in Alberta for 10 years. Whether it is paying tribute to the jazz masters or playing high quality original compositions from Canadian composers and beyond, the CCAE always brings their "A" game. The band is filled with some of the top jazz musicians in Canada. The CCAE has shared the stage with the likes of Sean Jones, Brad Turner, Ralph

Bowen, James Zollar, Wayne Bergeron, and many more. This evening will not be one to miss.

Performance Schedule: 2021-2022

- Wednesday, January 12 - Calgary Creative Arts Ensemble
- Wednesday, February 2 - William Friedson
- Saturday, February 19 - Genevieve Phillips
- Wednesday, March 2 - Tina Hartt
- Saturday, March 19 - Shane Statz
- Wednesday, April 6 - Wendy Lomnes
- Wednesday, May 4 - John Reid
- Wednesday, June 1 - Deanne Matley

Updated COVID Notice:

Face masks are required except if you are sitting and drinking a beverage.

All attendees must provide one of the following: Proof of full vaccination along with ID of each person over 12 years of age, or proof of a negative COVID-19 test within 72 hours with ID, or a vaccine medical exemption letter with ID.

Cliff Bungalow-Mission Jazz Series Presents:

Calgary Creative Arts Ensemble

All original jazz music

Featuring:
Mark DeJong
Jon McCaslin
Carsten Rubeling
André Wickenheiser
Jon Day
Jonathon Wielebnowski

Weds January 12, 2022
8pm

at the Cliff Bungalow Community Hall

Little Library



If you've walked down 21 Avenue SW just east of 5th Street in recent months, you have probably noticed the charming "little library" on the front lawn of Shannon Grant and Ross Conner's home. The original library was there when they moved in, but sadly, it had fallen into disrepair. "I've always loved little community libraries, so it was one of the things that appealed to me when we bought the house, but it was definitely in need of a redo!" Grant says.

Their next-door neighbour, Darold Black, offered to craft a new one in his garage workshop where the door is often open to welcome neighbours and friends.

"I wanted to build something aesthetic, waterproof, and low maintenance. I also wanted the library to be different, so I put in warm coloured LED lighting to give it a warm and welcoming glow. A lot of people walk past our houses on a daily basis, and I wanted them to be able to select books even during the long winter evenings," said Black.

Who ever said that books can't bring people together?
Dayna McNeil, Cliff Bungalow Neighbour

RESIDENT PERSPECTIVES

Kick Start Your Marketing

by Derryl P Kostyniuk,
Creative Marketing Strategist



Here are three of the most important start up marketing tools you need to get and keep new customers:

1. In Person: It's essential you meet with customers/clients in person whenever possible. This shows you respect them and take the time to work with your clients to give personal attention to each of them.
2. Follow Up Letter: Send a follow up letter about what you talked about, new agreements or partnerships made, and thank them for taking the time to meet with you. Likewise, you should always send thank you letters or small gifts to partners you find success with.
3. Phone Call: Call to follow up with them to talk again about the matters you talked about in your meeting and offer any assistance you can to help their business run smoothly and more successfully.

None of these will work if you don't have a quality product/service to back you up!

Here are the key steps for putting together your start-up marketing tools:

1. Research potential customers, buyers, competitors, and their preferred methods of distribution.
2. Talk to potential customers. Take a hard look at your product from a customer's perspective and see what it needs to be successful.
3. Follow up with your three-step process from above.
4. Develop systems for contact follow through, quality control standards, and customer service.
5. Develop a post-sale follow up system to keep lines of communication open with customers and build on your current relationship which increases future purchases.

"Marketing and innovation produce results; all the rest are costs" - Peter Drucker, Management Consultant.

This lesson has offered you the tools to put together a start-up marketing plan that can be used repeatedly to help your customer base and business grow in a manageable way.



There are so many famous holiday songs it can be hard to keep track of them all, but one that is quite common today is "Jingle Bells". Although now a Christmas classic, this was not always the case. The song was originally called "One Horse Open Sleigh" and was written for Thanksgiving. It was eventually republished with its new name and transformed into the popular Christmas tune it is today!



FEDERATION OF
CALGARY COMMUNITIES



Christmas Holiday Safety Advice

A message from the Federation of Calgary Communities

Christmas is a time to relax and have fun. Many of us will be out and about more than usual – Christmas shopping, attending parties and other social events – and the last thing we need is to become a victim of crime. To help avoid this, consider some of the following advice.

Personal Safety in the Parking Lot

- Travel on busy, well-lit roads; and avoid driving alone at night. Park in well-lit and well-trafficked areas, as close as possible to store entrances. Avoid secluded and dark areas, where confrontations are less likely to be seen and cries for help may not be heard.
- There is safety in numbers, so shop with friends and relatives instead of going alone. Make sure everyone maintains awareness and is not distracted by each other's company.
- Lock your car and make sure the windows are closed. Be particularly aware of persons in the parking lot, especially those near your car. If there are loiterers, get a security guard for assistance.
- Always try to walk to and from your vehicle with another person. If you are shopping alone, consider walking near other shoppers in the parking lot. Security guards at some malls will accompany you to your car.
- Have your keys in your hand well before approaching your car. It will save time in getting into the car and the keys can be used as an improvised weapon if necessary. Lock the car door immediately after getting into your car.
- If you must wait for a ride, wait in a busy, well-lit area.

SAFE & SOUND

Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Family Relations at Holiday Gatherings

Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca

The Holiday Season is upon us. Most likely, less restrictions this year will be bringing many families back together for celebrations. Does the thought of this send anxiety and dread throughout your being?

Family gatherings can breed ongoing emotional wounds. Dr. L Felder has found that about 3/4 of us have at least one family member who annoys us. Why is it that the same minor jabs and annoying tics that are harmless coming from our friends prompt epic screaming matches when uttered by relatives? Is there something about our family, or something about the holidays that's especially irritating?

I've put together a little crash course on how to show up differently this year. All it takes is for one person to make some adjustments to create a positive ripple throughout.

Communication:

- **Criticism:** This is attacking the character or personality of the other person. The "I'm right and you're wrong", "You always drink too much", "You never talk to me when we are with your family", "Why are you so mean to the kids all the time". Antidote – Soften your approach: "I feel... about what (not who)...I need...". Be polite...give appreciation.
- **Defensiveness:** This is protecting ourselves, defending our innocence against a perceived attack. "It's not my fault I didn't buy the eggnog, I was busy all day". Defensiveness can also come through cross complaining. It's dishing it out as much as you get. It's meeting criticism with criticism. "I only overspent the Secret Santa limit because you always try to show me up with the fancy desert you bring". Antidote - Own a part of the truth of the statement: "You're right, I was responsible for getting the eggnog. I'll run out and get some now".
- **Contempt:** Is putting ourselves on a higher plane, or a place of superiority. Contempt is name-calling, hostile humor, sarcasm, and mockery. It can be expressed through body language, tone of voice, loud sighs, sneering, or rolling eyes. Antidote – Soften your approach: State your feelings and needs, listen to understand, and show appreciation to the other.

- **Stonewalling:** Is the silent treatment. It is the flight not the fight. Criticism and contempt are met with silence and disengagement. It may feel like the stonewaller always "wins" because we are checked out. The stonewaller feels that we are avoiding conflict, but we are actually conveying disapproval, distance, separation, and disconnection to the other person. Antidote – Step away to self-sooth: Offer to run to the store for a last-minute item, go outside for some fresh air and once we are feeling less agitated, we can return.

Managing Expectations:

- **Negotiate:** "Hey mom, you know how holidays are always so stressful? This year, let's sit down right now and write a list of everything we are doing to do, and decide who will do it".
- **Simplify:** There is such a thing as frozen cookie dough. Give the same hostess gift to everyone. Buy gift cards. Cut corners. No one will notice...they're too overwhelmed themselves.
- **Get Over Yourself:** You cannot expect your partner to stay up until 3 am building toys. Why? They're not insane. They are not under the same pressures that make them worry that the other parents will judge them if they don't get it completed. Worry is about us trying to maintain our status in the social media community, not about what's good for the family or our own mental health. So, we need to listen when someone says the wreaths don't need to be made by hand for that perfect photo.
- **Self Reflect:** I'm not saying some relatives aren't lazy or annoying, but really think about why they may have trouble doing their part. Maybe they've had financial issues, stress or infidelity in their relationship, or a suicidal teen they have been struggling to keep safe. Ask yourself how you think you would show up if these were some of your private challenges?

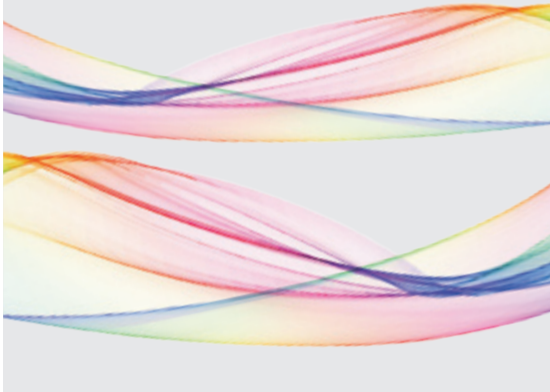
Maybe, it's better to ratchet down our expectations and soften our communications to have a true family celebration, rather than suffer through another year of resentments and disappointments. Remember, you had the last 11 months to seek out professional guidance on how to manage these sometimes difficult family gatherings. It's not like anything just magically changes in the off months. Wishing all of you a Merry Christmas/Holiday and good mental health in the New Year!

GREAT NEWS MEDIA

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Reduce Your Waste During the Gift-Giving Season



Repurpose, reuse, and get creative to reduce your waste this holiday season. Here are some ideas for gift giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift in the form of a donation to a favourite charity.
- Give the gift of time. Lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts – try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, a t-shirt, or simply avoid wrapping completely.

Find more tips at calgary.ca/recyclerright.

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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, 403-269-2707.

SNOW REMOVAL, CHRISTMAS LIGHTS AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, 4.2 Google Stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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Calgary Catholic Immigration Society (CCIS)



CCIS is the first point of entry to Calgary for nearly 6,000 Afghanistan refugees over the next few months.

We are looking for:

Clothing Donations

that can be dropped off at our Main Office. Please no furniture, appliances, or electronics.

Volunteers

who can help sort and/or drive to our various locations in the city or pick up donations from the homes of Calgarians, and other off-site opportunities.



Please contact **Sandra Bray**
sbray@ccissab.ca
for more information.

Drop off
donations at:
1111-11 Avenue SW
Calgary, Alberta