

THE MISSION

JULY 2013

# STATEMENT



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

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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# The Mission Statement



Published monthly by Great News Publishing for the Cliff Bungalow-Mission Community Association.

The views expressed by contributors to The Mission Statement are not necessarily those of the CBMCA Board or its associates.

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Twitter: @CBM\_CA

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

## We Value Your Contributions

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

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 The name of the photographer and credit for the image is also required otherwise it will not be published.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

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**Editorial  
Content  
DEADLINE**

**1<sup>st</sup>**  
of each month  
for the next  
month's  
issue

# EDITORIAL

by Sarah Hbeichi

Readers, you are going to want to go through this newsletter with a fine tooth comb. Lots of great stuff in this issue; including information on a membership drive, the Community Clean-Up happening in September and Pets in the Hood is back!

Summer is here to stay (I wish), I mean, not to be a downer but obviously summer comes and goes fast in Calgary so get out there and enjoy our neighbourhood. Soak in every warm sunny day, hang out in our Parks, check out the Multi-Hipster Yard sale(s), enjoy a bevy with neighbours on a 4<sup>th</sup> street patio and just take a break, you earned it and besides, our community is so lovely.

# COMMUNITY GARDEN

## In the dirt...

By Tessi Van Den Bosch

Imagine a place where you can go to sow some seeds, help them grow, harvest them, and then share with your loved ones. Now envision that place within a short walking distance from your home. Begin to imagine running into your neighbours and friends while you are enjoying this space. You're digging in the dirt, connecting to nature and discovering the joy of growing your own food. Can you begin to see it? It's your community garden. It is a space that aids in improving your physical health while also providing a healthy mental break, whether that be picking weeds or resting on a bench. It fosters a positive environment where youth can go to learn about growing locally while also identifying with their community, which in turn makes long-term citizens. As a place that encourages biodiversity and reduces fossil fuel use from long-distance transport, it helps to relieve our carbon footprint. Community gardens give everyone of all ages and abilities a safe space to learn about gardening, share intergenerational knowledge, and find a sense of belonging. Can you see it? We can. So in the summer of 2014, we hope to bring that space to life in Cliff Bungalow-Mission on Cliff Street. Come grow with us.



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BRAIN GAMES

# SUDOKU

			8		7	3		
1			4	6			5	
2			3	1		7		
3						5	6	
		5				4		
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	6			2	4			5
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FIND SOLUTION ON PAGE 18

# PRESIDENT'S REPORT

## Sun shone on Lilac Festival 2013

The weather was good for Lilac Festival 2013. Last year it was cool as it has been in several years in recent past. As a result of the good weather, the attendance was very high. The community table was busy again this year. We had many things to talk to people about. Many were interested in the proposed community garden, the farmer's market concept and the Century Homes project that will be in its second year this summer. Plus there was other heritage information, newsletters, memberships, a list of community activities just to name a few things of what we had at the table this year.

Thanks to the volunteers who helped with the community table this year: Patrick Arnell, Brendan Baines, Jim Bowman, Trafford Crump, Lorna Dysart, David Frishman, Cam Hodgson, Maureen Hodgson, Georgia Hoffman, Brianna Kopp, Rudy Labuhn, David Marmor, Corinne Ofstie, Carolyn Ryder, Emily Roback, Ron Singer, Judith Theroux, Marilyn Williams



*Parade with Auvo Wahlberg on the left and Bob Lang on the right with some of the kids and parents waiting for the parade to start.*

The other thing we did again this year was being in the parade. We harkened back to the early Lilac Festival parades with many children on their decorated bikes. They were accompanied by one or more of their parents so we had a great presence. We had great reviews on our entry. Thanks to Jan Pugh and Auvo Wahlberg for organizing our entry and thanks to the kids and parents for participating.

## Board Update

Michael Foster, the Crime and Safety Director, is no longer on the Board as he found he did not have enough



*Community booth with Emily Roback and Corinne Ofstie*

time to attend any of our meetings. We thank him and wish him well.

## Summer Slow Down on Community Activities

Now that summer is here, we are taking a break from our community activities. There will still be a lot going on, just the events will not be happening during the summer. The last 10 months has been a busy period with a wide variety of activities. The Jazz nights, the Potlucks and the Movie Nights resume in September. We have three special events in September. On Sunday, September 8, there will be the annual open house at our current community garden in William Aberhart Park. On Saturday, September 14 (9:00 a.m. to 2:00 p.m.), we will have our Annual Community Clean Up where you can get rid of items you don't have room for in your garbage carts. There will be an electronics recycling that day as well. We will also have an exchange of useful items you no longer need. Anything left over in good condition will be donated to Women in Need. The third special event is the Second Annual Picnic that will be held in the park adjacent to our community centre on Saturday, September 14 (11:00 a.m. to 7:00 p.m.). This event is organized by Colleen Krueger, a community resident and principal of Landlocked Agency. There will be music and much more that will be included in future newsletters.

We hope you have a great summer and we hope to see you at these community events in September.

# COMMUNITY CALENDAR

## July

The events listed below will be held at the Cliff Bungalow–Mission Community Centre located at 2201 Cliff Street S.W. unless otherwise noted. Also check out our website at [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com) for more information and updates.

### Stampede Breakfast

Thursday, July 4, 7:00 a.m. to 11:00 a.m., Talisman Centre, South Concourse

### Stampede Parade Francophone Event

Friday, July 5, 6:00 p.m.

### Collective Yard Sales

Saturday, July 20, 9:00 a.m. to 6:00 p.m. More information on the Cliff Bungalow–Mission Community Association Facebook page: “Multi-Hipster Yard Sale(s)”. To register your yard, email [juliet.burgess@gmail.com](mailto:juliet.burgess@gmail.com).

### Jazz Concerts

Wednesday, September 4. Doors open at 7:30 pm; performance starts at 8:00 p.m.

### Mission Community Garden Open House

Sunday, September 8, 2:00 to 4:00 p.m., William Aberhart Park on 24th Avenue S.W. across from Holy Cross Centre.

### Book Club

Sunday September 8 6:00 p.m. at the Community Centre concurrent with the potluck.

# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Newsletter Deadline	2	3	4 Stampede Breakfast	5 Stampede Parade	6
7	8	9	10	11	12	13
14	15	16	17 Development Committee Meeting	18	19	20 Yard Sales
21	22	23	24 CBMCA Board Meeting	25	26	27
28	29	30	31			

### Potluck

Sunday, September 8, 6:00 p.m.

### Community Clean Up

Saturday, September 14, 9:00 a.m. to 2:00 p.m. in the parking lot behind Cliff Bungalow – Mission Arts Centre (former Holy Angels School).

### Picnic 2013

Saturday, September 14, 11:00 a.m. to 7:00 p.m. in the park on the north side of the Community Centre.

### Movie Nights

Sunday, September 29, 7:00 p.m. Sara Skinner’s first hand presen-

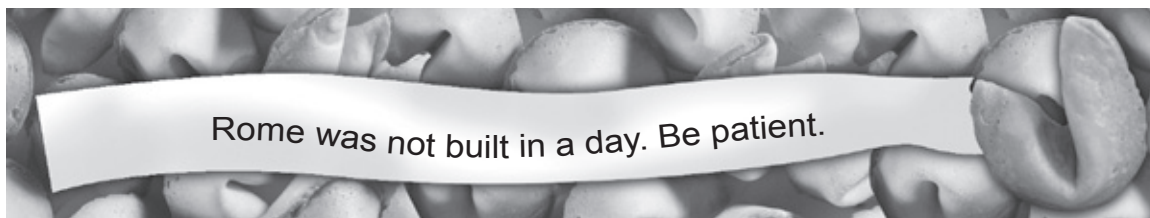
tation on Sudan and the election and referendum process that resulted in the formation of South Sudan.

### Deadline for Mission Statement Submissions

First of each month, next deadline is: August 1

The Mission Statement is now published monthly. E-mail to: [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com)

For advertising contact Great News Publications at P: 403-263-3044 or e-mail: [sales@great-news.ca](mailto:sales@great-news.ca)



# Cliff Bungalow – Mission Community Association

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



## Membership Form

(Please Print Clearly)

Name (1) \_\_\_\_\_

Name (2) \_\_\_\_\_

Name (3) \_\_\_\_\_

Street Address \_\_\_\_\_

Suite/Unit # \_\_\_\_\_ Postal Code \_\_\_\_\_

Phones (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

Email (1) \_\_\_\_\_

Email (2) \_\_\_\_\_

Email (3) \_\_\_\_\_

Membership Cost: Single \$5 \_\_\_\_\_ Family \$10 \_\_\_\_\_ Mail cheque to address above.

# KEYBOARD SHORTCUTS

## Working with documents

Replace text, specific formatting, and special items **CTRL H**

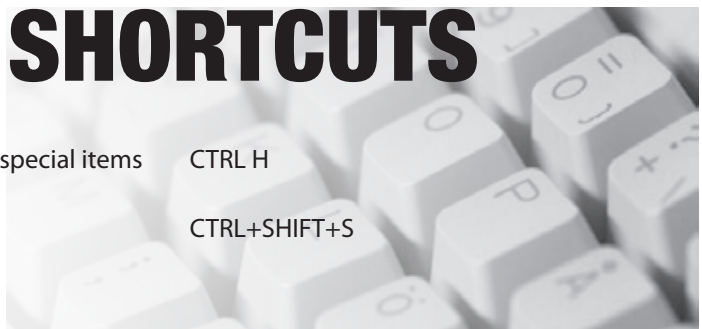
### To do this:

Apply a style

Oops, made a mistake?

**CTRL+Z** to undo

**CTRL+SHIFT+S**







# Membership Drive Call for Volunteers

In late September Cliff Bungalow-Mission Community Association will be holding a door to door membership drive to grow our membership and insure the vitality and representation of the Community Association. To make this happen we will need a number of volunteers to assist us with the leg work.

As well as helping the CBMCA, this is a great opportunity to get to know some of your neighbours. An extra bonus of serving as a canvasser is entitlement to your next year's membership in the CBMCA for FREE!

Can you pitch in?

If so please contact Ron Singer at [rsinger@calcna.ab.ca](mailto:rsinger@calcna.ab.ca) or 403-870-5513.



## EXCELLENT MEETING SPACE AVAILABLE

by Martin Bober

*Taken from an issue of The Mission Statement in 2002*

Our smoke and alcohol free Community Association space is available to suitable groups for meetings, seminars and celebrations at modest rentals, evenings and weekends.

The space features two bright and airy interconnected rooms of 750 sq. ft. each. One has carpet, a small kitchen and serving bar, and a brick feature wall. The other has a hardwood floor. Both have large walls of windows and high ceilings. The facility comes complete with tables and chairs.

We are situated in a park-like setting convenient to public transportation, restaurants, and amenities. Funds generated from rentals are used to support the work of the Community Association.

To view and for rental details, contact [zahra\\_minoosepehr@hotmail.com](mailto:zahra_minoosepehr@hotmail.com) or call 403-245-6001.



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F 403-762-4970*

**TOLL FREE 1-877-434-4144**

# Multi-Hipster Yard Sale(s)

Join a group of your community members in an organized multi-yard sale from 9:00 a.m. to 6:00 p.m. on July 20! Anyone in the Cliff Bungalow-Mission area is welcome to apply. Whether or not your yard participates, it will be a great opportunity to meet your neighbours and find some cool, cheap items from DVDs to Antiques, from Clothes to Home Décor. Find the event on Facebook by searching the "Cliff Bungalow-Mission Community Association" page and invite your friends! To register your yard, e-mail [juliet.burgess@gmail.com](mailto:juliet.burgess@gmail.com).



## Jennifer Rempel

Her brand new baby daughter Sofia (2 weeks!) with her husband Christian for the day, here, communicating with her walkie-talkie is Jennifer Rempel, long time Lilac Festival organizer, and 4th Street BRZ (Business Revitalization Zone) Director.

Is this career dedication, or what?

# Cliff Bungalow Mission Community Clean-Up and Exchange

Saturday, September 14,  
9:00 a.m. – 2:00 p.m.

### WHAT IS A COMMUNITY CLEAN-UP?

On September 14<sup>th</sup>, the City will provide us with two packer trucks to collect items dropped off by Cliff Bungalow - Mission residents. We also will include Recycling, Goods Exchange & Donations

- **Clean-up:** Drop off Unwanted household goods and yard waste (things that might otherwise fill your basement, your yard, your street, or your alley)
- **Recycle:** Drop off electronics for electronic recycling
- **Exchange:** drop off gently used goods and pick up something you might need, e.g. furniture (items not claimed by 1:00 p.m. will go to the landfill or if suitable, donated to Women In Need)

### WHERE SHOULD YOU BRING YOUR STUFF? (and find free stuff to take home)

The clean-up will take place in the parking lot of Cliff Bungalow – Mission Arts Centre (Holy Angels School) at: 2105 Cliff Street (enter off Royal Ave). No items will be received after 1:45 p.m.

### WHAT TO LEAVE AT HOME (items not accepted)

- Tires
- household chemicals
- car batteries
- Home appliances
- microwaves
- metals
- propane tanks
- paint
- liquids

If you have any questions about the day, or want to help out as a volunteer, please email the green team at [cbmca.environment@gmail.com](mailto:cbmca.environment@gmail.com) or consult the Cliff Bungalow - Mission Community Association Website: [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com)

If you have a few extra minutes, stick around and enjoy a coffee with your neighbours!



# Pets in the Hood

## LILAC FESTIVAL EDITION

*Photos by Janice Michaud*



**Harley** is an 8 week old English Mastiff who loves to pose and play.



**Hercules** is a three year old male Yorkie who toured the Lilac Festival.



Two and a half years old **Keki** also enjoyed the excitement at this year's Lilac Festival.



# MEMORIAL PARK LIBRARY

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General Inquiries: 403-260-2600 • Program Registration: 403-260-2620

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Tuesday, Wednesday & Thursday	Noon – 8 PM
Sundays (mid-Sept to mid-May)	Noon – 5 PM

Register for programs by phone at 403-260-2620, online at [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com), or in person at any Library branch. A valid Calgary Public Library card in your name is required to attend all programs.

### 100 Awesome Things about Calgary's Past with Harry Sanders

Reminisce about five-cent cones at Model Milk, comic books at Jaffe's and a rope swing over the Elbow River. Learn about the other 97 awesome things from Calgary's past with Harry Sanders, Calgary Heritage Authority 2012 Historian Laureate of Calgary.  
Tues. July 30, 7 - 8:30pm

### Calgary's Historic Homes

Join us in uncovering the history of some of Calgary's historic homes through the Century Homes database and our Digital Library.  
Wed. July 31, 7 - 8:30pm

### GO!: 2013 TD Summer Reading Club for Kids

Drop into any Calgary Public Library branch to collect your passport for this exciting adventure. Play all summer, read great books, and enter to win fantastic prizes!



**FYI**  
**Reader Rock Garden** is a three-acre, historic garden started in 1914 by William Reader. He encouraged local horticultural experimentation and helped Calgarians discover sustainable gardening techniques using local plant species.





# BLACKFOOT DISTRICT



### **Even in the Summer!**

July and August are a great time to practice your Guiding skills with your family and friends. Try a new physical activity, do some gardening, go tenting, start a campfire or help out around the neighborhood. Some units in Blackfoot District will travel to Newfoundland, Switzerland, England and even are attending a horseback riding camp.

Guiding is a year round experience! Why not give it a try!

The communities within Blackfoot District are:

- Acadia
- Elboya
- Meadowlark Park
- Britannia
- Erlton
- Mission
- Bel-Aire
- Fairview
- Parkhill
- Beltline
- Haysboro
- Ramsay
- Canyon Meadows
- Highfield
- Rideau
- Chinook Park
- Inglewood
- Roxboro
- Connaught
- Kelvin Grove
- Southwood
- Downtown East Village
- Kingsland
- Stanley Park

- Downtown West
- Manchester
- Victoria Park
- Eagle Ridge
- Mapleridge
- Willowpark
- Elbow Park
- Mayfair
- Windsor Park

*If you live in one of these communities we can find a unit near you!*

On-line registration for the 2013-2014 season has started and is ongoing. We are actively looking for not only youth members but adults as well! For more information go to [www.register.girlguides.ca](http://www.register.girlguides.ca)

If you have any questions regarding Guiding, becoming a leader or registration in Blackfoot District please contact Calgary Area Girl Guides at 403-283-8348 or [gginfo@calgarygirlguides.com](mailto:gginfo@calgarygirlguides.com)

Girl Greatness Starts Here

***Have a Great Summer!***



## Leaving your cat or dog with a caregiver while vacationing?

Proactive planning will give you peace of mind while you are away and help ensure your pet's safe return should he become lost while you are gone.

### Ensure that:

- his City of Calgary licence is valid
- your contact information with Animal & Bylaw Services is up-to-date
- his vaccines are up-to-date
- your caregiver is listed as a secondary contact with Animal & Bylaw Services

### Consider permanent identification like a microchip or a tattoo in case his licence tag gets lost.

### Leave a folder with information and documents such as:

- Licence tag number
- Microchip and/or tattoo information
- Recent colour photos showing your pet's unique features
- Vaccination and veterinary records
- Address and phone number of your veterinary clinic
- Your contact information where you can be reached while you are away

Provide the address, phone number and website of places to contact in case your pet goes missing:

1. The Animal Services Centre (2201 Portland St. S.E. at [www.calgary.ca/animalservices](http://www.calgary.ca/animalservices) and 311),
2. The Calgary Humane Society (4455 110 Ave. S.E. at [www.calgaryhumane.ca](http://www.calgaryhumane.ca) and 205-4455) and
3. Nearby veterinary clinics, 24 hour emergency veterinary clinics and rescue organizations

Babies love books. There are many benefits to reading aloud to babies. An infant will not understand everything you're doing with that board book, but they are learning the sounds needed to communicate. The more stories you can read aloud, the more words the baby (and their older siblings too) will be exposed to. Have fun reading aloud! Read with excitement in your voice, talk about the pictures on the page and let baby put the book in her mouth. That's how she explores. Reading aloud every day will help baby love books too, plus it helps build that wonderful connection between the two of you.

With so many enticing new and classic children's books lining the bookstores, we thought we'd share some of our favourites that we think every kid should read.

- *The Very Hungry Caterpillar* by Eric Carle
- *Corduroy* by Don Freeman
- *Goodnight Moon* by Margaret Wise Brown
- *Five Little Monkeys Jumping on the Bed* by Eileen Christelow
- *The Snowy Day* by Ezra Jack Keats

This is just a small sample of some the books on our list of 50 Books to Read Before You Are 8. Find the rest of the list on our website at: <http://calgaryreads.com/reading-tips/50-books-to-read/>

Calgary Reads helps kids learn to read. Our primary program trains volunteer tutors to work one-on-one with a grade 1 or 2 child at school. We also host fun school reading parties, hold parent and teacher workshops and organize a massive yearly used book sale. Find out more at [www.calgaryreads.com](http://www.calgaryreads.com).

## JULY MOON CALENDAR



New Moon  
July 8



First Quarter  
July 15



Full Moon  
July 22



Last Quarter  
July 29

## Heat Related Illness

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

## Fostering Safe Communities...

Rafting on the Bow and Elbow rivers can be a lot of fun on a hot summer day, but it is always important to be safe, respectful of others and to comply with all laws and bylaws.

- Wear an approved personal flotation device
- Carry an emergency kit that includes paddles/oars, a sound-signaling device, a towing line and something to bail water
- Obey all signs on waterways
- Be and stay sober
- Respect City and private property by not littering
- Do not engage in loud or offensive behaviour
- Be aware of water levels, water hazards and river conditions
- Do not tie rafts together
- Tell a responsible person where you are going and when you plan to return

Be safe, courteous, and compliant. And enjoy the summer!

## Free Tours of Reader Rock Gardens

The Friends of Reader Rock Garden Society invites Calgarians to take a casual stroll through the historical Reader Rock Garden on Sunday, July 21, from 1:00 p.m. to 3:00 p.m.

Society members will be offering guided tours to describe the history behind the development of the gardens as well as the many species of plants on the site. There will also be used gardening books for sale. Admission and parking are free. The gardens are located at the corner of 25<sup>th</sup> Avenue and Macleod Trail SE.

Event will be held rain or shine.

Information on the gardens is available at [www.readerrock.com](http://www.readerrock.com) or email Diane for more details on the event at [info@readerrock.com](mailto:info@readerrock.com). Please join us for this annual fun event.

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# A Day in the Life of the Summer Camp Child

by Jamie Hickey for the Calgary Humane Society

*\*\*\*The sound of a loon is heard across the dewy covered grass of South East Calgary\*\*\**

It is 9AM and the bleary-eyed Fur, Fins and Feathers Campers start to emerge from their mother's minivans and grandparent's Buicks; a typical start to an all but typical summers morn. The young cubs' day quickly ramps up as their wits are tested with animal trivia, preparing them for a day of animal-filled fun and adventure.

The Campers scamper off excitedly into their "packs" and follow a carefully designed and developmentally appropriate program delivered by the seasoned camp staff whose eyes sparkle in the morning glare. The councilors' hearts and minds are strong, yet gentle and patient, with the experience of many a summer camp. Their clip boards covered with the marks of a dozen unicorn stickers and other gifts from as many young campers they have guided and led through previous adventures.

Summer is here and while summer camp is a time of fun, adventure and exploration for many children, selecting the perfect summer camp can be a stressor for parents. Read on for some tips on selecting a summer camp!

- 1. Too late to find a camp?** Many camps begin enrolling in February and March and popular camps often fill up quickly. Even if you have missed early enrolment, many camps will keep waiting lists or have spaces available. Lots of camps continue to sell spaces into July and August!
- 2. Budget!** Sit down in advance and think about what you want you spend on summer camp. Some specialty camps may cost more than \$400 per week while other camps are under \$200.
- 3. Ask the kids!** What are your children interested in? Have they heard about any awesome summer camps? Your child's interests are a good starting point as you search for camps.
- 4. Variety is the spice of life!** Many camps will also have a number of "theme" weeks to choose from, ensuring

a varied program. If your child will be attending multiple weeks of camp, consider enrolling them in a variety of themes to keep things interesting.

## 5. Attending with friends?

If your child plans to attend with friends make sure you all register at the same time. You may also want to call ahead to ensure there are enough spaces available for your entire group.

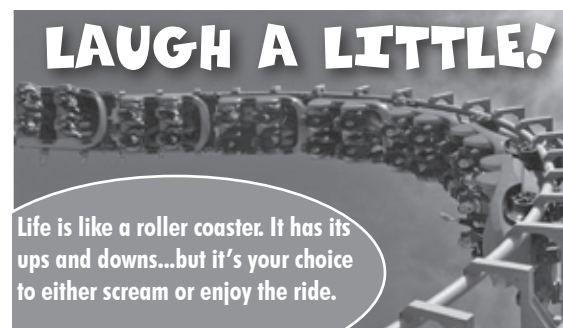
**6. Special Needs?** If your child requires additional supervision or accommodations due to cognitive, physical, emotional or behavioural needs you may want to contact the camp director in advance to discuss your child's needs or request a tour of the facility to ensure the camp is suitable for your child. If your child has a regular aide or assistant most camps will allow them to attend at no additional cost.

**7. Financial difficulties?** If you have financial difficulties you may want to look into available subsidy or payment programs. Availability of financial aid, payment options and restrictions will vary from camp to camp.

Did you know the Calgary Humane Society has a very successful summer camp program? Each year the shelter will welcome over 300 campers to learn more about empathy and kindness to all living things. Campers interact with shelter animals, create cool crafts, engage in awesome activities and burn off energy with a variety of fun games.

If you would like more information on our camp programs please visit our website at [www.calgaryhumane.ca/camps](http://www.calgaryhumane.ca/camps) or call 403-205-4455 ext. 6544 and speak with our Humane Education staff.

Wishing you all a fabulous summer!



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## What's happening in and around Ward 8

Happy Canada Day and Happy Stamping to all residents in Ward 8!

## Household Hazardous Waste

Summer has finally arrived and for many of us it means camping, barbequing and summer parties with friends and family. You could end up with an empty propane canister or helium tank after your event. If you choose not to refill the empty tank, or swap it out for a full one, you may be wondering how to properly and safely dispose of it. The City of Calgary's Waste & Recycling Services is launching an educational campaign this summer to share the proper disposal information with Calgarians that you will see through online ads, television ads and printed materials. You may also see our stickers with disposal instructions that will appear on the 1 lb propane tanks and small helium tanks being sold at Canadian Tire, Mountain Equipment Co-op and Walmart stores across Calgary.

Here are important points regarding their disposal:

- Propane canisters and helium tanks are household hazardous waste. Even if they're empty, they do not belong in your blue or black cart.
- If a helium tank or propane canister is punctured it could explode or start a fire potentially hurting your collector or a worker at the recycling facility.
- There's a good place for bad stuff like propane canisters and helium tanks. Calgarians can drop off their household hazardous waste at any of our nine convenient drop-off locations, open year-round. Household hazardous waste drop-off locations can be found on [calgary.ca/waste](http://calgary.ca/waste) or contact 311.
- We'll safely dispose of your helium tanks, propane canisters and other household hazardous waste at no extra charge.

## Alderman title changes to Councillor

City of Calgary Aldermen will be changing their title to Councillor this fall. The 2013 Civic Election will be referencing the new title, so when you head out to the polls on Election Day you will be voting for your ward Councillor instead Alderman. This change affects only the title of the position and not the roles and responsibilities that fall within it. City Council approved the name change in July 2011 and the new name is official as of October 21, 2013 (Election Day).

If I can be of assistance on any matter of a civic nature, please do not hesitate to contact my office.







Calgary's most popular tourist attraction, **The Calgary Stampede and Exhibition** features rodeos, an amusement park, concerts, chuckwagon races, agricultural exhibits, and much more. For 10 days (July 5th – 14th), the city is transformed into an old west town celebrating the cowboy culture.

The first chuckwagon race held at the Calgary Stampede was in 1923. The No. 10 Event evening competition was the "Cowboy's Chuck-Wagon Race" with purses and prizes totalling \$275.00.

For the official Canadian Championship title, each outfit, consisting of four horses, wagon, driver and four helpers, were required to: "Cut a figure eight around barrels, out through backstretch into track, run around track back to camp ground, unhook team from wagon, stretch fly. No less than two stakes, and make fire. First smoke decides winner."

The Chuckwagon had a different use before being raced or even seen on the Canadian prairies. In Doug Nelson's book entitled "Hotcakes to High Stakes, The Chuckwagon Story" he writes – "The prototype for the chuckwagon was a hospital unit used by the Union army surgeons during the later stages of the American Civil War. A light but sturdy canvas covered wagon with an upright chest of medical supplies attached to its back, its hinged end gate protected the chest while traveling and could be lowered for use as a dispensary or operating table when the wagon reached casualties."



## Rosé

by Steve Goldsworthy

Grilling some salmon on the Bar-B? Broiling some pork tenderloin? Put aside that tired white, and over-bearing red and choose the third alternative – rosé. And I'm not talking pink and sweet from California either. True rosés are crisp and dry, with plenty of personality. With their tangy acidity and fresh fruit, rosés are three perfect choice for many summertime dishes. Flavours range from wild strawberries and cream to melon and apricots. Rosé can be produced in one of three ways. Some are created simply by blending a red wine with a white wine. The saignée method involves "bleeding off" red wine and vinifying its pale residual juice. But most rosés are produced through brief skin contact.

All red wine grapes except one are white inside. The color of red wine comes from the grape skins. The skins also give wine its tannins and important elements of structure. In the case of rosés, vinification takes place in much the same way as other wines. But the skins of the red wines they derived from are only left in contact with the juice for only few days. In some cases, this contact is made for matter of hours.

There are many fine rosés available from throughout the world. They can range in complexity and character from soft and subtle to bold and robust. Try an elegant Syrah or Pinot Noir-based rosé such as the Whispering Angel from the birthplace of rosé – Provence, France. Or select a more robust Grenache-based Spanish rosé like the Vega del Castillo Rosado. Italy produces exceptional rosé such as the Rocca di Montegrossi rosé from Tuscany. Explore the various regions, grape varieties and food pairings rosé can offer. Find a helpful wine shop that will set you on your way. Enjoy the journey, and think pink!

# COMMUNITY CLASSIFIED ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

♦ Free announcements: lost/found, for sale, wanted, garage sale, etc ♦ Forty word limit

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6	9	5	2	8	1	4	7	3
7	1	4	5	3	6	2	8	9
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# IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
Ambulance (AHS) – Non Emergency	403.261.4000
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women’s Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children’s Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Care	403.955.6200
South Calgary Urgent Care	403.943.9300
OTHER	
Calgary Humane Society (Injured & Stray Pets)	403.250.7722
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Senior’s Resource (SeniorConnect)	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Need-a-Doctor	<a href="http://www.needadoctorcalgaryandarea.ca">www.needadoctorcalgaryandarea.ca</a>

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