

THE MISSION

MARCH 2016

STATEMENT



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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Community Association

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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 December 10, 2015

| | | |
|-----------------------------------|--|--|
| President | Bob Lang | cbmca.president@gmail.com 403-229-2762 |
| Vice President | Jan Pugh | cbmca.facility@gmail.com |
| Secretary | Rick Williams | cbmca.secretary@gmail.com |
| Treasurer | Amanda West | cbmca.treasurer@gmail.com |
| Planning and Development Director | Sander Jansen | cbmca.development@gmail.com |
| Environment | Lynn McCallum | cbmca.environment@gmail.com |
| Heritage | Marilyn Williams | cbmca.heritage@gmail.com |
| Social | Amanda Weightman | cbmca.social@gmail.com |
| Communications | Spencer Perry | cbmca.editor@gmail.com |
| Director-at-Large | Patrick Arnell Ken Hryciw Laura Johnson Kate Zago | |

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



COMMUNITY CALENDAR MARCH

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, March 2, 8 pm – Vocal jazz night with Wendy Lomnes
- Wednesday, April 6, 8 pm – The Tyler Hornby quartet

Doors open at 7:30 pm. Why not come early, get a good seat and enjoy a beverage.

Potlucks

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

Next potluck is Sunday, March 6, 6 pm (moved because of March 20 potluck and garden event). April potluck is Sunday, April 10, 6 pm.

Special Combined Potluck and Movie Night – Garden Theme

Sunday, March 20, 6 pm. This will be a garden themed event. All Cliff Bungalow Community Garden participants can register for their 2016 plots at this event and renew their CBMCA membership if not already obtained. Payments for the plots and memberships can be cash or cheque (made out to Cliff Bungalow – Mission Community Association).

Movie Nights

Next regular movie night is Sunday, April 24, 7 pm. No charge entrance. Free popcorn.

Board Game Nights

Saturday, March 19, 7 pm. Bring your board games and join in for a night of fun and games. Cribbage welcome also. April date is Saturday, April 16, 7 pm. No charge entrance. Beverages will be available.

Spring Fling

This year's Spring Fling will take place on Saturday, April 9. Doors open at 6 pm. Ad Hoc Band starts playing at 8 pm. Silent Auction. Cash bar. Details in next newsletter.

History Book Sales

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

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.

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

CLIFF BUNGALOW- MISSION



JOIN US

COMMUNITY POTLUCK DINNER

SUNDAY, March 6, 6 PM

COMMUNITY HALL

2201 CLIFF ST. SW

please bring something to share and friends & family

For more info: cbmca.social@gmail.com



PRESIDENT'S REPORT

History Book Update

As you know, the second printing of our history book, "Cliff Bungalow – Mission, a Heritage Community" is now available. They are available at all community events at the community centre. In addition, books can be purchased at Shelf Life Books (1032 – 4 Street SW) and in gift shop at the Glenbow Museum. We have just learned that the Glenbow gift shop sold out the small supply they had and have requested more copies. This illustrates the historical importance of our community as most of these books would have been picked up by people who do not live in the community. So, if you do not have a copy of the book yet, you live in a historic community and this is a great way of learning about the history of your community.

Casino June 15 and 16, 2016

Our next casino is on Wednesday, June 15 and Thursday, June 16. Casinos are an important source of funding for us. The funds pay for the majority of our hall expenses, pay for many of our heritage projects such as the entrance signs. There have been many benefits to this community over the years and these projects probably would not have happened if we did not have these funds.

We need your help in this year's two-day casino. There are 38 volunteer position shifts during the two days that need to be filled for us to hold this casino. Please contact me if you have any questions and to obtain the casino volunteer form. You can e-mail me at cbmca.president@gmail.com or phone me at 403-229-2762. Even though it seems a long ways in the future, it takes us several months to gather sufficient volunteers to pull this off. We need your help.

Update on proposed 300 Block of 25th Avenue Land Use Redesignation

Our last update on this matter was in the July, 2015 newsletter. This matter involves a proposed land use change to increase the allowed building height from 15 metres to 24 metres for properties located at 306, 308, 310 and 312 – 25 Avenue SW. The Community Association and many residents opposed this application.

Council last dealt with this matter on May 25, 2015. The following is a motion passed by Council at that time:

"Moved by Councillor Farrell, Seconded by Councillor Woolley, that with respect to Administration Recommendations 1 and 2 contained in Report C2015-0414, Second and Third Readings of Bylaws 15P2013 and 44D2013 be referred to Administration, to return to Council concurrent with a DP Application."

From our discussions with City Administration, this is interpreted to mean that Council would only adopt Second and Third reading if a valid Development Permit (DP) is filed, circulated and approved. The Development Permit Application (DP) was only submitted on January 27 and, as a result, hasn't gone through the entire DP review cycle, and has not been approved yet.

The Applicant first reached out to the Community Association on December 18, 2015, 7 months after the Council meeting, and less than 2 months away from the February 8 Council meeting. Acknowledging the time sensitive nature of this proposal, the Community Association subsequently encouraged the Applicant to share their DP – or DP equivalent materials – for the Community Association to respond to. Despite our repeated efforts to receive the respective materials before our regular Planning and Development Committee meeting in January, we were only given some "Plans" (a series of renderings, i.e. no DP) after our Planning and Development Committee meeting, providing the community no legitimate opportunity to provide feedback prior to the Council's February 8th meeting when this matter was already scheduled to go back to Council.

In light of these circumstances, City Administration recommended the following:

1. That Council Abandon Bylaws 15P2013 and 44D2013;
2. That Council direct Administration to continue review of the development permit (DP) application, but withhold any decision until a new land use application is submitted;
3. That Council direct Administration to refer the DP application to Calgary Planning Commission for decision in conjunction with a new land use application; and
4. That Council direct Administration to continue working on developing a Terms of Reference to develop a public realm enhancement fund within the communities of Cliff Bungalow and Mission in conjunction with the concurrent land use and DP applications.

This is being written early in February and by the time you read this, Council will have made a decision. There appear to be three options: (1) approve Administration's recommendations, (2) approved the land use change in spite of the lack of review process on the DP application or (3) do a referral back to Administration for some action on the DP application (e.g. go through the usual DP review process). Whatever happens, we will report on this matter in the next newsletter.

COMMUNICATIONS UPDATE



By Spencer Perry

It's been a great year so far for our community association. Thank you to everyone who has contributed to this newsletter, attended our events, and volunteered to make Cliff Bungalow-Mission the best neighbourhood in Calgary!

In this month's newsletter, you'll see updates on the City of Calgary's main streets project—which includes 4th St SW—and the land use re-designation on the 300-block of 25th Ave SW. These two stories are a great way to familiarize yourself with some of the civic affairs going on in this community.

On a similar note, I represented the CBMCA at a Calgary Transit service review on February 8. This is part of a periodic review of transit services in our city. The 419 Parkhill-Foothills route is currently being evaluated by the city. Please email me at cbmca.editor@gmail.com if you have thoughts regarding the 419 route in our area.

We're also excited about the social events coming up over the next few months. In addition to our monthly potlucks, jazz nights, movie nights, and board game events, we are hosting the annual Cliff Bungalow-Mission Spring Fling on April 9 and a community casino on June 15 and 16. Volunteers are needed for the Spring Fling and casino, so please contact us if you are able to help. These two events are important fundraisers for this association and a fun way to meet people in the neighbourhood.

Also, a big thank you goes out to board member Kate Zago and everyone who helped make the pocket park consultation on February 11 such a success! We will have more to share on the park as it develops.

Remember, you can contribute the newsletter any time by emailing me at cbmca.editor@gmail.com. Submissions may be edited for length and we reserve the right to decide what is published in the Mission Statement.

Thank you,
Spencer Perry
CBMCA communications director



GOT OLD ELECTRONICS?

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ENVIRONMENT UPDATE

By Lynn MacCallum

When we built the Cliff Bungalow Community Garden a couple of years ago, I was so excited to get my hands into the dirt and start growing my own food. I have experimented with tomatillos (pretty great actually), and leeks (not so much), and have learned through trial and error what does and doesn't work in my little garden bed. What I can say with certainty however is that nothing tastes better than freshly picked chives on a baked potato, and nothing is more satisfying than growing it myself.

If you want to be a part of this lovely gardening community and start growing your own food, I encourage you to join us for the draw of garden beds at the Garden Start Up. Details below.

CLIFF BUNGALOW COMMUNITY GARDEN START UP, POTLUCK & MOVIE NIGHT!
Sunday March 20th 6pm-8pm at Community Centre, 2201 Cliff St. SW.

We will have a draw for extra garden beds (tell your neighbours) outlining the future plans for the garden, a potluck and a VERY short movie! If you or someone you know is interested in getting their name into the draw for a garden bed please email cbmca.environment@gmail.com.

If you have your own home garden and want to learn more about what you can do to improve your soil, or where to find heritage seeds and plants, then you'll find these upcoming events interesting and inspiring too.



GREEN CALGARY: NATURAL LIVING WORKSHOP: COMPOSTING & SOIL HEALTH

Thursday March 3rd, 6:30pm to 8:30pm

Green Calgary gives you an introduction to outdoor composting, vermicomposting (worms!) and bokashi as well as info on soil health and how you can restore the balance to your soil without using pesticides and synthetic fertilizers. Visit www.greencalgary.org to learn more.

CALGARY HORTICULTURAL SOCIETY: THE VEGETABLE GARDEN IN SPRING

Tuesday, March 15th @ 6:30 - 9:00 pm

This workshop will focus on vegetables that can be grown during spring, how to sow and plant, and crops to plant in your garden this year for a harvest next spring. Soil preparation, seed sowing techniques and intercropping. To register or for other events visit www.calhort.org

SEEDY SATURDAY

Saturday March 19th @ 10:00am - 3:00pm, Hillhurst-Sunnyside Community Centre, 1320 - 5 Avenue NW.

This event celebrates open-pollinated seeds and will introduce you to local seed savers, prairie seed companies, native plant collectors, organic growers; as well as a seed exchange table. For more info visit <http://seedysaturdaycalgary.shawwebpace.ca>

Christian Science Reading Room & Book Store

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

Join us each Wednesday at 1:00 pm at 315-17th Ave SW for a Healing Testimony Meeting - All are welcome

**Contact us at: 403 209-0012 or chrstrr@shaw.ca
www.christianscience.ab.ca**



**Cliff Bungalow-Mission
Community Association Presents...**



Bring your favourite board game - and a snack to share!
Beverages available.

Saturday, March 19 @ 7pm

Community Hall: 2201 Cliff Street SW



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



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MEMBERSHIP AFFINITY PROGRAM

Use your membership card to save!

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

- **European Bakery:** 515 – 17 Ave SW, 10% of all items
- **Expedia Cruise Ship Centres:** 615A – 17 Ave SW; \$50 discount toward a \$1500 travel package
- **Famoso Neapolitan Pizzeria:** 105, 2302 – 4 St SW, 15% discount on food (dine-in or take out)
- **4th Street Liquor and Wine:** 1809 – 4 St SW, 10% of all items
- **Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders
- **Peking Dragon:** 1904 4 St SW, 10% off on dine-in items (excluding combos), 15% off on pick-up items on orders over \$30
- **Rideau Pharmacy:** 1801 – 4 St SW, 15% of front store items (excludes prescriptions)
- **The Tea Factory:** 1820 – 4 St SW, 10% of all loose leaf teas and drinks
- **Ten Thousand Villages:** 323 – 17 Ave SW, 15% off
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)

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

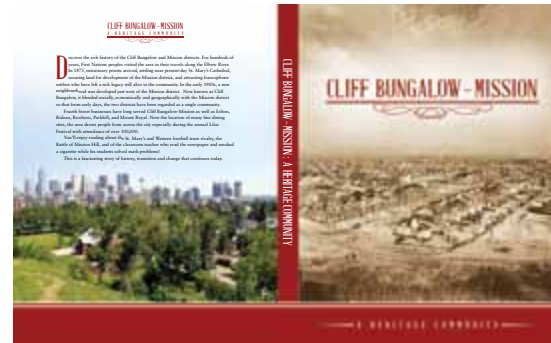


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Cliff Bungalow – Mission a Heritage Community

Second Printing Now Available

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). Some books also are available at Shelf Life Books (1302 – 4 Street SW) and at the shop at Glenbow Museum. Their price will include their mark-up.

Spring Fling is around the corner

And we need party planning help! We are currently recruiting for volunteers to help with this year's Spring Fling community fundraiser. Silent auction donations also welcome!

If you would like to be part of our planning committee or have a few hours to spare on or before April 9 – please contact Amanda, CBMCA Social Director, at ams6307@gmail.com.

This is a fun social event that will support our community Pocket Park project!

Another note, we have booked the Ad Hoc Band for the event on April 9. Bring your dancing shoes and come support the community!

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



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Bobcats in the City

If you live or walk near the lower Elbow River you may have noticed a significant decrease in white hares hopping around and nibbling at your landscaping, or fewer droppings and “bunny” tracks in the snow. The likely culprit? Bobcats!

Bobcats, a type of lynx, are small wild cats, distinguished by their dappled grey-brown coats, black-tipped ears and short “bobbed” tails. These muscular cats have longer hind than front legs, giving them a bobbing gait. This winter, several bobcats, some with kittens, have been sighted in communities along the Lower Elbow including Elboya, Britannia and Bel-Aire. Some were in the open, some perched in trees and another spotted crouching under tree boughs, camouflaged by its spotted coat. One local family even reported that

their pet bunny had been taken from an open outdoor enclosure.

About double the size of housecats, bobcats are adaptable predators, preferring rabbits and hares but will hunt insects, birds, rodents and even deer. They compete with coyotes for prey, are solitary and territorial; moving on when their preferred food source has been depleted. In this way they play an important role in maintaining balance within our biodiverse riverine ecosystem.

They are more active during winter days when their prey is most active, but otherwise are on the prowl around dusk and sunrise. The bobcat hunts by stalking its prey and then ambushing it with a short chase or pounce, grabbing it with sharp, retractable claws. If chased by a dog, they may climb up a tree. The bobcat usually has a main den, and several other shelters within the range of its territory, such as hollow logs, brush, or under low, open structures. While preferring forested areas, bobcats will follow their prey into the urban-fringe. Here their range is limited and isolated by our fragmented natural landscape, resulting in less gene diversity and a build-up of parasites.

The average bobcat lifespan is 7 years. They breed from winter into spring and have a gestation period of about two months. Kittens may be taken by other predators, including owls, eagles, and foxes, as well as adult male bobcats.

Alberta Fish and Wildlife does not consider bobcats a threat to humans and won't usually step in to remove them from urban environments. Rather, they prefer to

educate homeowners on how to discourage attracting the cats and offer the following tips:

- Remove birdfeeders from your property as they attract the smaller mammals that bobcats prey on
- Close off any open spaces underneath your shed, deck, stairs or anywhere else that might provide shelter for a bobcat
- Motion-activated lights may help scare bobcats away at night
- Keep smaller pets indoors or watch them closely when outside
- Keep pets on a leash when walking them
- Feed your pets inside
- Put your garbage out the morning of pickup, not the night before.

Questions or concerns about bobcats? Call the Calgary District Fish and Wildlife office during business hours at 403-297-6423.

Rather than labeling our bobcat encounters as human-wildlife “conflicts”, perhaps we can reframe this relationship as “co-existence”. And don't worry; the hare population will bounce back!

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



calgary reads

CBC Calgary / Calgary Reads Big Book Sale

One of Calgary's most anticipated and attended events!

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:

• **Friday May 13 - 9am – 9pm**

Author reading 7pm

• **Saturday May 14 - 9am – 9pm**

Back by popular demand! Shop to the musical sounds of **Midnight Blue** with cash wine bar 7 – 9pm.

• **Sunday May 15 - 9am – 1pm**

Other special activities during the Big Book Sale will be announced on our website as they confirm: calgaryreads.com.

Donate books: We welcome donation of adult and children books for the book sale! (We do not accept encyclopaedias, text books, Harlequin Romances, Readers' Digests, book tapes, VHS, cassettes, 8-tracks or magazines.)

Book collection locations, dates and times:

At Calgary Food Bank, 5000, 11th Street SE, Calgary:

- Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm
- Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm

At Calgary Curling Club, 720 3rd St. NW, Calgary:

- Thursday to Sunday May 3 to May 6 from 9am - 7pm sharp
- Monday and Tuesday May 7 and 8 from 9am - 4 pm sharp

At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: Calgaryreads.com.

MAY 29 2016

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Interesting
ARCHITECTURE

The Chrysler building attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.

VOLUNTEERS NEEDED FOR Community Casino June 15 and 16

Volunteers are needed for the community casino being held on June 15 and 16, a Wednesday and Thursday. This is the largest fund raising activity that the community has. We get casinos about every one and one half years. The funds are used to pay for rent, utilities, cleaning and maintenance of our community centre plus other special projects such as the heritage entrance signs. Over half of our expenses are paid from Casino funds.

We need to fill 38 volunteer shifts. If you can, volunteer for both days or two shifts. You do not have to be experienced in casinos. We have professional advisors and many of us have helped at many casinos over the years. There are two regular shifts a day, one starting late morning (11 am) to around suppertime (7 pm). This is followed by an evening shift to a little after closing time (3 am). In addition, there is a late shift (starts around 11 pm) of people who count all the money from the gaming tables. We feed you and there are snacks and non-alcoholic beverages. When not busy, you can read, watch a video, do homework, talk about world or local affairs or do other things like that. We can pay for baby sitting if you need it. We can provide a ride to and from Cash Casino (Blackfoot Trail) where our event is located. Casinos in Calgary are smoke free, so you will not have to worry about smoke.

While you may not know yet if you are available then, **we need you to sign a volunteer form ASAP** so we can submit your form and those of others along with our final submission to Alberta Gaming and Liquor Commission two months prior to the casino. We can adjust to your schedule. To obtain the volunteer form or if you have any questions, please contact Bob Lang at 403-229-2762 or cbmca.president@gmail.com.

Please do it now!

March is community membership awareness month!

Our Cliff Bungalow-Mission memberships are a great way to support your community association and local businesses. Any resident of Cliff Bungalow-Mission can become a full member of the Community Association.

Memberships are \$10 and good for one calendar year. If you have let your membership lapse, please renew it in March!

The Cliff Bungalow-Mission Community Association is 100% operated by volunteers and membership fees help fund the Association's work.

To buy a membership, mail in the form in this newsletter or go to our website at www.cliffbungalowmission.com.

Garden with our CBMCA Community!

March 20th Garden Start Up

- Draw for Available Garden Beds!
- Potluck Dinner and Movie
 - Bring your favorite dish
- Discuss Plans for this year's Gardening Community

Want more information?!?

- cbmca.environment@gmail.com
- www.cliff-bungalow-garden.org
- www.cliffbungalowmission.com

*Sunday March 20th, 7-9PM . 2201 Cliff Street SW
Main Hall in our Community Building*



Building young brains can be as simple as using the 3 Ts!

When it comes to interacting with your baby or young child, there are three easy ways for parents to harness the power of their words to build their children's brains and shape their futures.

Tune In

Notice what your baby or child is focused on and talk about that. Respond when your child communicates ideas, questions and emotions – including when your baby coos or cries.

Talk More

Narrate day-to-day routines, such as diaper changes. Use details: "Let mommy take off your diaper. Oh so wet! And smell it. So stinky!" Or when tooth brushing: "How many teeth do you have now? Let's count them together ... 1, 2, 3 ..."

Take Turns

Keep the conversation going. Respond to your child's sounds, gestures and eventually words – and give them time to respond to you. Ask lots of questions that require more than 'yes' or 'no' answers.

Adapted from the book, *Thirty Million Words: Building a Child's Brain* the 3 Ts are based on research that found children in some households heard 30 million fewer words by age three than children in other homes. These children also heard a smaller variety of words and fewer words of encouragement. This 'word gap' can exist in families of any socioeconomic status but, on average, children from low-income homes may be most at risk of hearing less words.

As a parent, you are your child's first and most important teacher. Using the 3 Ts can help you expose your child to more words. And, children who hear more words are better prepared when they enter school. And, by grade three children who have heard more words at home tend to have bigger vocabularies and are stronger readers.

Other tips include:

If you are bilingual, talk to your child mostly in your first language – it will be richer. But, also be sure to expose your child to the language of the broader community; here in Western Canada, that's English.

Embrace baby-talk – not made-up words, but a melodic pitch, positive tone, and sing-song rhythm.

Read aloud to your child. Even babies benefit. And, as you child gets older and can read themselves, read aloud to them from books above their own reading level. It introduces new vocabulary and makes these words familiar when they later encounter them in print.

With thanks to: www.thirtymillionwords.org

For resources to help your child develop critical literacy skills and a joy of reading, visit our website. The CBC Calgary / Calgary Reads Big Book Sale, happens May 13 to 15, 2016. This is Calgary Reads signature fundraising event. Find full event details and how to donate books on our website: www.calgaryreads.com.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 25

IN & AROUND CALGARY

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, **call 9-1-1**.

IN & AROUND SCHOOLS

Montessori School of Calgary

Sandra Giralto, AMI trainer and exceptional speaker, was **awesome!** She spoke to a packed house on a timely topic: Parenting Our Children to Success! She made many valuable points that we, as parents and educators, need to keep in mind when working with our children. "Our work is to prepare children for life ... not simply to provide education," was a quote that hit home for us. It was a parent education opportunity that fostered a lot of 'food for thought', reaffirmed 'why we do what we do' and made us smile.

Mrs. Giralto was here for two days; spending time in both of our Primary classrooms. She was reaffirming our AMI accreditation. Her positive comments, collaborative advice and 'tweaking' ideas were well received, and will help our Primary program to be an even stronger AMI program.



City Councillor, Evan Woolley, joined our families for our Coffee Morning. It was **awesome** to have Evan here to speak with our parents about things happening in our community, and to 'keep us in the loop' on things relating to our Heritage Building site. We appreciate the Councillor giving his time to us. Thank you, Councillor Woolley.

Our staff is always busy honing their skills. They participated in sessions with Pamela Dunbar: Seeing the invisible; Demystifying Montessori Outcomes, Alfie Kohn: Choices for Children; Raising Decision Makers at Home and at School and Greg MacDonald: Elementary Observation and Assessment. Thanks for spending your evenings/weekends learning! Our students will truly benefit!

Our staff and families will be enjoying a much deserved spring break from March 18 until April 5. Enjoy safe travels, warm weather/skiing weather and lots of fun everyone. Come back rested and ready to work hard in our final trimester of our year.

Lindy Arndt, Head of School, Montessori School of Calgary

City of Calgary main streets program update: 4th St SW

The City of Calgary's main streets program is an initiative to plan the future of Calgary's main streets. 4th St SW and 17th Ave SW are the two streets in our community that are a part of this program.

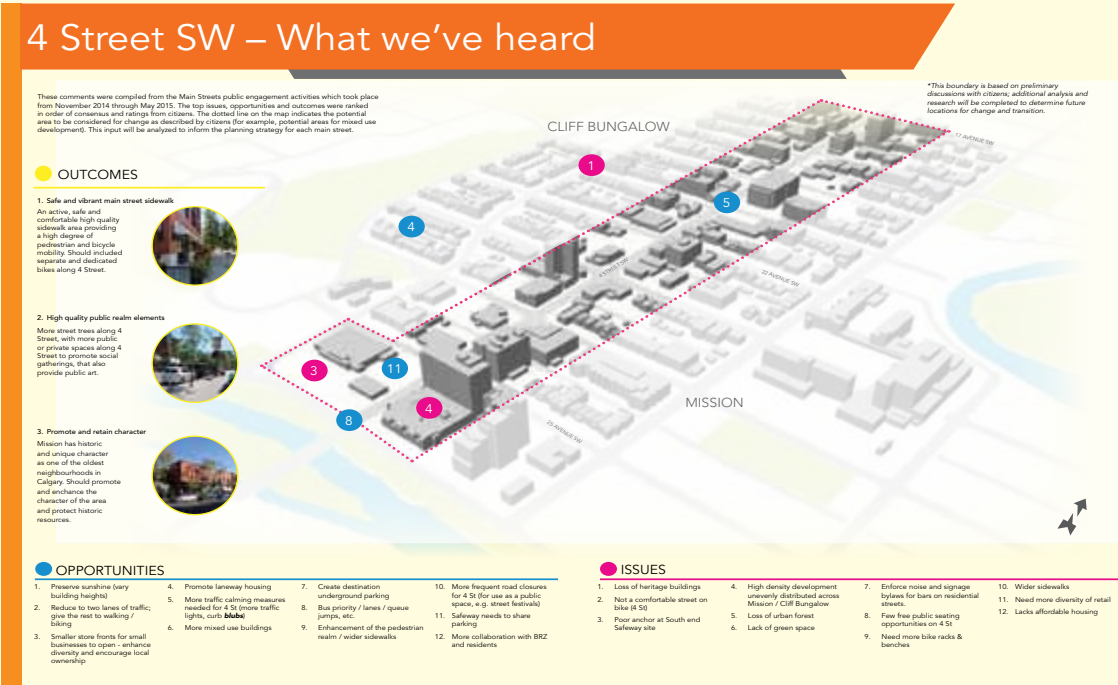
In terms of 4th St SW, this is a particularly important program because it is the heart of our community.

The City is still working on the economic analysis for the street. This builds on a public engagement campaign that ran from November 2014 to May 2015.

We can expect an implementation plan to begin sometime this year, so stay tuned for information on information sessions and watch for ongoing communication from the City.

You can subscribe to updates on this project via the City of Calgary's website. Google "City of Calgary main streets" to find the sign-up form.

Here is a graphic detailing the outcomes for 4th St SW from that public engagement campaign:



The Cliff Bungalow - Mission Jazz Series presents:

Vocal jazz night with the Wendy Lomnes quintet

Wednesday March 2, 8 pm

Cliff Bungalow - Mission Community Centre
Cover: \$15 (\$10 for seniors, students, and CBMCA members)

Doors open at 7:30 pm; Music starts at 8 pm
No reservations taken; rush seating only
Come early, get a good seat and enjoy a beverage.

Wendy Lomnes vocals • Dave Reid trombone •
Andréa Petritty piano • Stefano Valdo bass • Robin Tufts drums

Calgary vocalist, Wendy Lomnes, has assembled her dream band for her debut performance in the Cliff Bungalow – Mission Jazz Series. The trombone is her favourite big band/orchestra instrument and having Dave Reid join the band to add lush solos and duets is a dream come true. Three other talented musicians: Andréa Petritty (piano), Stefano Valdo (bass) and Robin Tufts (percussion) create the rest of the dream. You will hear creative arrangements of favourite standards and show tunes from the 20s to the 60s.

Wendy was exposed to the “Great American Songbook” and music of the swing era by her musician/educator father, Harry Lomnes in Wetaskiwin, Alberta. Later on, love for her father’s music, led her to solo vocal pursuits in the swing/jazz genre.

She has studied and done numerous workshops with Vivian Cardinal, Glennis Houston Jennifer Scott, Karin Plato, Sherry Kennedy, Brenda Earle and Steve Maddock in Canada and Rene Marie and Cyrille Amée in the USA.



In 2012, retirement from a successful career as a geologist in the oil and gas industry, has provided Wendy with time to pursue making music and exploring the wealth of the jazz world. Wendy is presently a vocalist with the Wednesday Night Big Band.

Her first CD, **Jazz In Koi-Land** was released in 2014 and included 2 members of the band: Andréa Petritty as arranger and pianist, and Stefano Valdo on bass.

Next Jazz Series event is on Wednesday, April 6 with The Tyler Hornby quartet.

Albert Einstein was often asked to explain the general theory of relativity. “Put your hand on a hot stove for a minute, and it seems like an hour,” he once declared. “Sit with a pretty girl for an hour, and it seems like a minute. That’s relativity!”



BLACKFOOT DISTRICT

Happy St. Patrick's Day!

Spring is just around the corner and our Sparks, Brownies, Guides, Pathfinders, Rangers and Trex will be selling yummy sandwich Girl Guide cookies beginning the last week of March and first week of April. Look for us in your neighbourhood or at a local retail location. They are only \$5.00 a box and support our many activities.

Blackfoot District held a super roller skating event at Lloyd's! Everyone enjoyed themselves with laps around the rink and dancing to the hokey-pokey!

The Spark units will be attending STEM (Science, Technology, Engineering & Math) Day, completing a Polar Challenge, have a visit from a GG music trainer and be sleeping over at Telus Spark.

The Brownie units went to Brownie Academy at Camp Jubilee, are having a movie night, visiting the library and learning about the weather and our feathered friends.

The Guides units will be busy with camping, snowshoeing, rock climbing and St. Patrick's Day celebrations and cookie selling in March.

The Pathfinders, Rangers and Trex units had a baking contest, are going bowling, cross country skiing, will be attending Calgary Area spring Pathfinder/Ranger camp and going to Alberta Girl's Parliament in Edmonton.

Guiding is a great place to build new friendships and experience new challenges. Why not give us a try?

If you have any questions regarding Guiding or registration please call Calgary Area Girl Guides at 403-283-8348 or email gginfo@calgarygirlguides.com.

Girl Greatness Starts Here!



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **April 1 - Taste of Bragg Creek:** Taste of Bragg Creek returns for its fourth year and showcases some of the best that local restaurateurs, caterers and food and liquor merchants have to offer. www.tasteofbraggcreek.ca
- **April 6 - Video Games Live: Bonus Round!** This concert is a combination of synchronized lights, lasers, video clips and live music from some of the world's most popular games performed by the Calgary Philharmonic Orchestra. www.calgaryphil.com
- **April 6 to 17 - Canmore Uncorked:** This mountain food and drink festival is 12 full days of special set-price menus, cooking classes, progressive dinners and cooking events. www.tourismcanmore.com
- **April 11 to 13 - Dance at Noon:** The junior students in the University of Calgary Dance program's choreography and performance concentration showcase their original compositional work. www.scpa.ucalgary.ca
- **April 11 to 17 - Calgary Underground Film Festival:** The festival has been carefully programmed to include thought-provoking, entertaining and sometimes obscure movies of all genres that defy conventions. www.calgaryundergroundfilm.org
- **April 15 to 17 - Dreams of Broadway:** 26 performers and 31 hit Broadway songs collide in this inaugural production by Imagine Performing Arts! This whirlwind production will have you laughing, crying and dancing in your seat! www.musicandplay.ca
- **April 22 to 24 - The Adventures of Robin Hood:** Unleash your imagination and follow the adventures of a band of brothers looking to rob the rich to help the poor. www.vertigotheatre.com
- **April 26 to 29 - Annie:** The well-loved, family-friendly musical Annie is based on the popular comic strip Little Orphan Annie. It's a feel-good production with the same energy and warmth of the original. www.calgarybroadway.com
- **April 28 to May 1 - Calgary Comic and Entertainment Expo:** For four days, Calgary celebrates science fiction, comic books, film, television, horror, fantasy, pop culture and more. www.calgaryexpo.com

APRIL 8 TO 9 DANCE AT NIGHT:

The senior students in the University of Calgary Dance program's choreography and performance concentration showcase their final presentations of the year. www.scpa.ucalgary.ca



APRIL 10 TO 11 EXTREME PLANET WITH PHOTOGRAPHER CARSTEN PETER:

Experience some of the most extreme environments on this planet with photographer Carsten Peter as your guide. Go into active volcanoes in the South Pacific and chase a storm along Tornado alley. www.artsccommons.ca



APRIL 14 THE VIEW FROM BEHIND BARS - AN EVENING WITH PIPER KERMAN:

Spend a special evening with Piper Kerman, best-selling author of *Orange is the New Black*, *My Year in Women's Prison* and inspiration behind the award-winning Netflix series. www.facebook.com/Elizabeth-Fry-Society-of-Calgary-232422026837022/



APRIL

IN & AROUND CALGARY

I Am A Girl

Winner of Best Documentary and Director from the Australian Academy of Cinema Arts

Release Year: 2013

Runtime: 88 minutes

Director/Producer: Rebecca Barry

Trailer: www.youtube.com/watch?v=KaR-UcCpZfA

Synopsis: There is a group of people in the world today who are more persecuted than anyone else, but they are not political or religious activists. They are girls. Being born a girl means you are more likely to be subjected to violence, disease, poverty and disadvantage than any other group on the planet. As each girl moves closer to coming of age, I AM A GIRL reveals what it means to grow up female in the 21st century.

Guests: **Nadia Ramadan** is a counselor at the Calgary Immigrant Women's Association in the Family Conflict Program and works at the Wheatland Crisis Shelter in Strathmore, a domestic violence shelter for males and females. She graduated with a psychology degree in 2012 from Mount Royal University and has been working in the field of domestic violence since she completed her degree. She has focused on working with immigrant women, supporting them through the barriers that they may face.

Ashley Jellema manages Housing and Supports for the YWCA of Calgary including transitional housing, community-based supported housing and winter emergency response programs. Her expertise and extensive experience in the areas of women's homelessness, mental health, addiction, and sexual and domestic abuse coupled with her passion to see women thrive ensures she is an exceptional role model for her teams and positions Ashley as an advocate for women and the issues the YWCA actively addresses.

When: Tuesday March 8, 7:00pm

Where: River Park Church - 3818 14A St SW

Cost: Free

Website:
www.justicefilmfestival.ca



READYCALGARY 2016

READYCALGARY is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit Calgary.ca/READYCALGARY for more information or to register today!

Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at Calgary.ca/READYCALGARY
- The registration process is available online via 311 or email your preferred dates to CEMATraining@calgary.ca
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

Section 1: March 8 (17:30 - 20:30 at CEMA)

Section 2: March 22 (17:30 - 20:30 at CEMA)

Section 1: April 6 (17:30 - 20:30 at CEMA)

Section 2: April 20 (17:30 - 20:30 at CEMA)

Section 1: September 15 (17:30 - 20:30 at CEMA)

Section 2: September 22 (17:30 - 20:30 at CEMA)

Section 1: October 4 (17:30 - 20:30 at CEMA)

Section 2: October 18 (17:30 - 20:30 at CEMA)



MP CALGARY CENTRE HON. KENT HEHR

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

I am honoured and humbled to have been elected as the representative for Calgary Centre and will work hard to deliver on the strong mandate that Canadians have given our new government. Additionally, I am thrilled to serve as Minister for Veterans Affairs and Associate Minister of Defence in Prime Minister Trudeau's Cabinet. I was elected as a passionate advocate for our city and I will continue to be that voice.

I've spoken with neighbours, leaders in the business community, individuals in the non-profit sector, and I've listened. I know that we are facing difficult times in our province. I understand that many people are struggling and seeking solutions, and let me assure you that I've taken that message to Ottawa and to the Prime Minister.

I am confident that we can solve these many complex issues. Our plan is to support Albertans and kick-start the economy, and we already have several policies that will address both short-term and long-term problems.

- Infrastructure investment to the tune of hundreds of millions of dollars will provide jobs in the short term and create long term prosperity. These funds will be targeted at projects such as flood mitigation, updating infrastructure, affordable housing, and public transit projects. My colleague and fellow Alberta Liberal MP, Infrastructure Minister Amarjeet Sohi, is taking leadership on this file.
- I am discussing with Finance Minister Morneau on the implementation of our platform's Child Tax Benefit that will provide support for struggling families and thousands of children in our province.
- Tax relief that will benefit 9 million Canadians, making it easier to join and stay in the middle class.
- Changing rules for Employment Insurance – part of our party's platform in the election and even more important to put to work now – is currently being taken on by Winnipeg MP and fellow cabinet minister MaryAnn Mihychuk.
- By engaging with provincial partners – such as hosting the first First Ministers' conference in nearly a decade and actively engaging with premiers – a new tone and style of leadership is being brought to the federal government.
- Ensure long term access for Alberta oil and gas through responsible pipeline development.

Representing my constituents is a top priority and I vow that your voices will continue to be heard in Ottawa. By the time this letter is printed my office will be operational at 950 6 Ave SW: you can email my team at kent.hehr@parl.gc.ca or give us a call at 403-244-1880. My door is always open.

BUSINESS CLASSIFIEDS

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

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

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



CHOCOLATE TRIVIA
Theobromine, the compound in chocolate that makes it poisonous to dogs, can kill a human as well. You'd have to be a real glutton to go out this way though, as an average 10-year-old child would have to eat 1,900 Hershey's miniature milk chocolates to reach a fatal dose.




MLA CALGARY-BUFFALO
HON. KATHLEEN GANLEY
130, 1177 11 Ave SW T2R 1K9
Office: 403-244-7737

Beginning Tuesday, March 8, the Alberta Legislature will be back in session. This year the legislature will sit for more days than it has at any time over the past five years. Our current schedule has the legislature sitting 54 days in 2016, that is 10 days more than in 2015, 12 days more than in 2014, five days more than in 2013, three days more than in 2012 and seven days more than in 2011. In addition to more days in the legislature, our sittings will begin at 9:00 a.m., rather than 10:00 a.m. which will make MLA's days family-friendly and allow for more discussion.

The month of March means that we can officially start looking back on winter and look forward to spring! On March 4, I will be attending and speaking at the Franco-Albertan flag raising event at City Hall, an event that brings together French speakers and Francophiles to celebrate the vibrant Franco-Albertan community in Calgary. The Franco-Albertan community contributes to the social, cultural and economic development of the province and continues to play a vital role in strengthening Canada's linguistic duality. It opens the doors to opportunity, not just with other francophone communities and French-speaking citizens, but in industries that have a vital importance to our economy.

Also in March, I will be touring Inn From the Cold, a vital organization for many of Calgary's most vulnerable families. Inn From the Cold provides shelter, support for basic needs, and outreach programming for families who are facing homelessness and crisis. The dedicated volunteers at Knox United Church run an emergency response shelter for Inn from the Cold.

Immigrant Services Calgary is hosting their 20th Annual Immigrants of Distinction Awards Gala on March 11, which I will be attending to recognize the important contributions that the many immigrants in Calgary have made to enrich our community. Awards are given in the areas of community services, entrepreneurship and innovation, arts and culture, and organizational diversity. These are just some of the engagements I will be at during the month of March, please do not hesitate to contact my office directly during this time.



COUNCILLOR, WARD 8
EVAN WOOLLEY
P.O. Box 2100, Station M
Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Let's Step Forward Towards a Safer and More Active City
Everyone is a pedestrian at some point in their day. Whether you're out with your dog, grabbing a coffee with friends, or parking your car and heading into work, be it for five or 30 minutes, walking is a part of our daily lives. Investing in pedestrian networks not only makes our communities more walkable, but the ripple effect reaches local businesses and strengthens the social fabric of our neighbourhoods. I'm proud of the strong history of walking that is designed into many of our Ward's older communities. For example, Sunalta's narrow tree-lined streets with homes that face the sidewalk, Mission's short blocks that offer multiple route choices and connectivity to river pathways, or Wildwoods' parks that connect to the Bow River's paths. That being said, every neighbourhood has that intersection no one likes crossing, or that street you'd rather bypass on your way home. I believe everyone deserves to feel safe and comfortable as they walk through their community.

My passion for making Calgary an Active City will require us to make a fundamental change that recognizes walking as a valued mode of transportation. For that reason, I'm hopeful for the City's upcoming pedestrian strategy – Step Forward. Focused on *"improving pedestrian safety, reducing pedestrian-vehicle collisions, providing universal accessibility, and, promoting walking as a viable part of Calgary's multi-modal transportation system"*, Step Forward's first order of business is simple: make commuting safer. Recommendations like reducing the speed limit to 40km/hr on residential roads, expanding Safe and Active routes to Schools Programs and building more Rectangular Rapid Flashing Beacons for cross-walks improve safety for both pedestrians and motorists.

With our city's growth, there's no doubt that driving will always play a role in our lives. As Calgary continues to grow, increased traffic is an ever present reality. Ultimately, whether behind the wheel or on foot, the goal is to make everyone's experience better.

Growing up in this community has given me years to explore the unique aspects of each neighbourhood, as well as see where we can do better. Continuing down the path of creating a better Calgary is going to take constant work and an open mind, and I feel that this strategy is another Step Forward in making Calgary an even greater city.

| 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 |
| Kerby Centre for the 55 plus | 403-265-0661 |
| Community Mediation Calgary Society | 403.269.2707 |
| RNR Lockworks Ltd. | 403.479.6161 |
| Road Conditions – Calgary | 511 |
| Weather Information | |
| Gamblers Anonymous | 403.237.0654 |

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Cliff Bungalow-Mission Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Cliff Bungalow-Mission Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca
♦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
♦ Forty word limit

BRAIN GAMES

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P. 403-239-6773

DT - Momentum Health Mission
Mission Centre
#909 2303 4th Street SW
P. 403-228-7968

SW - Momentum Health Westbrook
Corus Centre
312, 3320 17 Ave. SW
P. 403-454-1600

NW - Evidence Sport and Spinal Therapy
Cambrian Wellness Centre
201, 2000 Veteran's Place NW
P. 403-210-9969
Physiotherapy & Physiatry services only
*Not redeemable at this location

SE - Momentum Health Ogden
Lynnwood Shopping Centre
1C, 7005 18 Street SE
P. 403-236-0106

SW - Momentum Health West Springs
West 85th
2200 8561 8A Avenue SW
P. 403-453-3373

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DON'T LET AN INJURY
THROW YOU OFF**

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- Exercise Therapy
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- Shockwave Therapy
- Custom Braces, Splinting & Orthotics
- WCB • Motor Vehicle • Insurance • Private
- Women's Health
- Vestibular Rehabilitation

www.momentumhealth.ca info@momentumhealth.ca

You want tasty, healthy and easy meals. Done.

From deli to dairy, we think about everything we put on our shelves, and everything we serve our customers – including our café meals. We offer takeaway or dine-in meals that are made daily with fresh, wholesome and organic ingredients.

From sandwiches and soups to salads and daily specials, it's an easier way to stay healthy.

Purchase a hot buffet or salad bar item and dessert is on us.
(It's a healthy dessert, naturally.)

Mission/Cliff Bungalow

free*

**BANANA BREAD
MINI LOAF**

* With purchase of a hot buffet or salad bar item.
Redeem this coupon at the time of café purchase. Coupon cannot be combined with any other offer or discount. Limit one free loaf per purchase. Offer expires April 30, 2016. Coupon has no cash value.

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CELEBRATE EARTH DAY AT THE CALGARY TOWER

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