

THE MISSION

SEPTEMBER 2023

# STATEMENT



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

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



*Mission Garden by Robin Thompson*



**CONTINUE GROWING  
YOUR BUSINESS**

**Place your ad here to promote  
your business and get noticed!**

Contact us at 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)



**GET A QUOTE NOW**

CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



# SUBMIT YOUR PHOTOS

Send us your photos for the  
Mission Statement

Email high resolution images to [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com)



With Momentum's Money Management workshops, you can

**Learn to budget and manage your debt**  
[momentum.org/money-management](https://momentum.org/money-management)

Complete a workshop and be entered to win  
a \$200 grocery gift card!



**The Landscape Artist Inc.**  
Award-winning design and construction

Logos: TOP CHOICE AWARD, BAEUMLER APPROVED, BBB ACCREDITED BUSINESS

**TREE FERTILIZATION FROM THE PROS - FROM \$149** CALL NOW TO BOOK 403.256.2252

# PRESIDENT'S REPORT

## Keep up to Date – Sign Up for Email Updates

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

So, for us to keep you up to date, please register your email address near the bottom of the first page of our website. Our email list is then updated to include your email address. The website address is [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com).

## CBMCA Board Update

Bruno Frost has joined the board as a director at large. He was already active helping at some large community events.

The vice-president position was not filled at the AGM. If anyone is interested in exploring this position, please contact me at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com).

Would you like to help with our social media? Keeping our social media up to date has been challenging. Are you comfortable doing some forms of social media? Would you like to help us? If so, contact Sameena at [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com).

## Next Casino: January 21 and 22

We have been informed by AGLC that our next casino fundraiser will take place on January 21 and 22. This is a very important fundraiser for us. These funds cover a lot of our operational expenses. We need to fill 30 volunteer shift positions. There is a daytime shift from 11:00 am to 7:00 pm and a night shift from 7:00 pm to 3:00 am. There is also a count room shift from 11:00 pm to 3:00 am. It will be at the new ACE Casino Airport. We can arrange rides for anyone who needs one. There is a volunteer form that you can get by e-mailing me at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com). While it seems a long way away, we need to confirm volunteers well before the event.

## The Big Wave

I recently received an email from Bruce Chrumka who helped paint the 'Big Wave'. This wave was painted on a house then located at the southeast corner of 23 Avenue and 5 Street SW. This particular house was part of four houses called the 'Painted Ladies'. The following is his email:

"I was part of Doran Nakaska's crew that painted the four homes back in the summer of 1981.

Marianne, Doran's sister, did in fact paint the Big Wave. She designed the final production on a cardboard template and transferred the design to the house. Then it was 'paint-by-numbers' with the colours she'd selected. Awesome to watch unfold. She, somehow, made it look easy.

The second house had, if I recall correctly, over fifty different colours dabbed onto its exterior.

My first wife and I rented for a time the front suite at the top of the third house in 1990-91. A wonderful district to live in."

Thank you, Bruce, for your email. Attached are two pictures: one of the four houses as they once stood and one of a relocated wave in another part of Calgary. The Wave lives on.



## History Book Available at Community Events

We have sold over 650 copies of our award-winning history book. Learn about the history of your community in a very readable text with lots of pictures and maps. Cost is still \$30 (basically cost recovery). Copies are available at all events at the community centre.

# KEITH O'ROURKE



## THE KEITH O'ROURKE QUINTET

Presented by the Cliff Bungalow-Mission Jazz Series  
Wednesday October 4, 2023

Featuring Andre Wickenheiser (trumpet), Chris Tauchner (piano),  
Jeremy Coates (bass) & Jon McCaslin (drums)

Doors 7:15pm, Show 8:00  
Cliff Bungalow Mission Hall  
2201 Cliff Street SW, Calgary  
\$20 Cash only at the door  
\$15 CBMCA Members and Seniors

---

CHRONOGRAPH RECORDS

CANADA COUNCIL FOR THE ARTS  
ALBERTA FOUNDATIONS FOR THE ARTS

CANADA FACTOR

# 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](http://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](mailto: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 2022-2023

President	Bob Lang	<a href="mailto:cbmca.president@gmail.com">cbmca.president@gmail.com</a> 403-229-2762
Vice President	Vacant	<a href="mailto:cbmca.vicepresident@gmail.com">cbmca.vicepresident@gmail.com</a>
Secretary	Rick Williams	<a href="mailto:cbmca.secretary@gmail.com">cbmca.secretary@gmail.com</a>
Treasurer	Lucy Arellano	<a href="mailto:cbmca.treasurer@gmail.com">cbmca.treasurer@gmail.com</a>
Planning and Development	Zaak Karim	<a href="mailto:cbmca.development@gmail.com">cbmca.development@gmail.com</a>
Environment Director	Robin Thompson	<a href="mailto:cbmca.environment@gmail.com">cbmca.environment@gmail.com</a>
Heritage Director	John Mikhayel	<a href="mailto:cbmca.heritage@gmail.com">cbmca.heritage@gmail.com</a>
Social Director	Lucy Arellano	<a href="mailto:cbmca.socialevents@gmail.com">cbmca.socialevents@gmail.com</a>
Communications Director	Sameena Darr	<a href="mailto:cbmca.editor@gmail.com">cbmca.editor@gmail.com</a>
Directors at Large	Brandon Hossack Catherine Carlyle	Mo Saiepour Nick Kuhl

## Whitehouse Retirement Wealth Group Retirement Income Specialists



Book an Appointment at

[WhitehouseRetirementWealthGroup.ca](http://WhitehouseRetirementWealthGroup.ca)












# IT'S YOUR MISSION!

## Fundraiser for the Environment

# SWAP! DROP! DONATE!

**SUNDAY, SEPTEMBER 24**

10 to 2, location TBA

**Bring your old electronics for recycling.**

Funds we receive from the provincial electronics recycling program will go to environmental initiatives in and around Cliff Bungalow-Mission.

## GAMES & PUZZLES

### Guess That Animal!

1. Male \_\_\_\_\_ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The \_\_\_\_\_ is the only mammal that can truly fly and not simply glide.
6. \_\_\_\_\_ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



## RESIDENT PERSPECTIVES

### Stargazing with Pat J

#### Supernova: Going Out With a Bang

by Patricia Jeffery © 2023 Calgary Centre of the Royal Astronomical Society of Canada



In 1054, Chinese astronomers noticed a new star that was so bright that it was visible during the daytime for three weeks before slowly fading from view.

Every star begins life as a cloud of gas and dust. Gravity causes the cloud to condense which increases pressure and temperature until nuclear fusion occurs in the core and the star ignites. As hydrogen is converted into helium, energy is released, which produces an outward force that counteracts gravity, creating a delicate equilibrium that can persist for millions, even billions of years.

The fusion reaction in a massive star needs to happen at a faster rate in order to sustain the balance with gravity. As a result, these stars burn brighter and hotter, shortening their life span in some cases to only a few million years.

When a star runs out of hydrogen, the core can no longer generate energy by nuclear fusion, but as it contracts, heat is generated, which causes the star's outer layers to expand and cool, transforming the star into a red giant.

After converting all the helium to carbon, the star works its way through the periodic table, fusing elements which produce less and less energy until it arrives at iron, which unfortunately produces zero energy. Suddenly unopposed, gravity squeezes the core, raising its temperature to over 100 billion degrees Celsius. The pressure is so great that electrons and protons combine to form neutrons. The moment this occurs, the compressed neutrons rebound with such force that they overcome gravity and the star explodes. If the recoil isn't strong enough, gravity will crush the core into infinity, creating a black hole.

The supernova that the Chinese astronomers witnessed is known today as M1: the Crab Nebula. Located in constellation Taurus, M1 is all that remains of a star ten times larger than our Sun; yet, its heart still beats in the form of a wildly spinning neutron star, which like a lighthouse, ejects twin beams of radiation out into space at 30 pulses per second.

# COMMUNITY CALENDAR

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

The following is the latest information we have at the time of writing and is subject to change. Updates will be sent out by email. Please register for these emails on our website at [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com). Go to the bottom of the first page to register.

## Jazz Nights

First Wednesday from September to June (second Wednesday in January). Doors open at or before 7:15 pm. Music starts at 8:00 pm.

- Wednesday, September 6 - Genevieve Phillips
- Wednesday, October 4 - Keith O'Rourke Quartet
- Wednesday, November 1 - Neil McVey
- Wednesday, December 6 - Lorna MacLachlan

## Potlucks

Regular potlucks start up again in September and are held in the hall. They start at 6:00 pm but we need help with set up at 5:00 pm. Bring something to share and get to know your neighbours.

- Sunday, September 10, 6:00 pm
- Sunday, October 1, 6:00 pm (one week early as the next weekend is Thanksgiving weekend)

## Community Cleanup 2023

**Sunday, September 24, 9:00 am to 2:00 pm**

Contact Robin at [cbmca.environment@gmail.com](mailto:cbmca.environment@gmail.com).

This schedule can change. We will update as new information is available. To receive updates via email, register your email address online near the bottom of the first page of our website, [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com).

**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 Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



# OFFICIAL

**PLUMBING & HEATING**

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**  
Service Call Fee



**403-837-4023**  
[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

Proudly owned in *Calgary* serving Calgary businesses



**CALL 403.279.5554**

109 - 10836 24th Street SE



Mat & Linen Services



**MATS**  
Commercial mat rentals and purchases



**HOSPITALITY SERVICES**  
Linens for tables, chairs, and napkins. Laundry and pressing services



**WORKWEAR**  
Workwear and cleaning of uniforms and coveralls



**CLEANING**  
One-stop service for cleaning supplies and paper products

[calgarymatandlinen.com](http://calgarymatandlinen.com)

# Learn the signs of stroke

**F**ace is it drooping?

**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 right away.

Act **F A S T**. Lifesaving treatment begins the second you call 9-1-1.

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)



© Heart and Stroke Foundation of Canada, 2023 | ™ The Heart and / icon on their own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

# Photo Corner

## Community Garden



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

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

*Locally Owned &  
Operated*

**Free Estimates to 403.870.0737**

## Recruiting a New CBMCA Vice-President

We are recruiting a new Vice-President. If you would like to explore taking on this important role, please contact Bob Lang at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com).

The Vice-President:

- Is part of the Board of Directors of Cliff Bungalow – Mission Community Association
- Is a position that is elected annually at the Annual General Meeting or is appointed by the Board in between AGMs
- Is an ex officio member of all committees
- Fills in the role of the President when the President is not available
- May take on leading special projects
- May take on other matters and activities that may be requested by the Board



# The Cliff Bungalow - Mission Jazz Series Presents Jazz under the Cliff with Collaborations with Genevieve Phillips

Wednesday, September 6 | 8:00 pm

Cliff Bungalow – Mission Community Centre

Cover: \$20 for Non-Members | \$15 for Seniors, Students, and CBMCA Members.

Ticket sales start around 7:00 pm; Music starts at 8:00 pm.

No reservations taken; rush seating only.

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

Genevieve Phillips is an improvisational jazz, blues, and jazzy pop singer. A musical explorer, a lover of unique arrangements, original pieces, and collaborations. She found she had a natural improvisational talent and a burning desire to add a jazzy take on a modern tune or two. She can be found collaborating with other awesome musicians around town any chance she can get.

Opening the Cliff Bungalow jazz series this year is an exciting opportunity to unite again with one of her favourite pianists, Andrea Petritty, and work for the first time with the incomparable Darcy Stamp on violin. Her regular cadre of awesome musicians, who also like to take risks and explore new musical experiences, consists of the fantastically creative Stefano Valdo on bass, the mellifluous Peter Strietman on guitar, and the man who understands the beat of your heart, John McNeil on drums and percussion.

The program will explore pieces by other musicians from various genres, including jazz.

Next Jazz night is on Wednesday, October 4 with Keith O'Rourke Quartet.

Genevieve Phillips



## CLIFF BUNGALOW-MISSION JAZZ SERIES

Presents

# COLLABORATIONS

Wed. SEPTEMBER 6, 2023

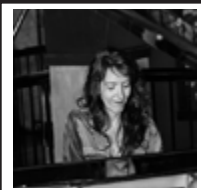
2201 Cliff Street SW, Calgary, T2S 2G4

Doors open 7:15 Show Starts at 8 PM

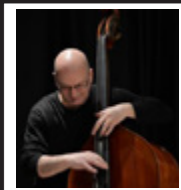
TICKETS: CASH AT THE DOOR

CBMCA MEMBERS AND SENIORS: \$15

NON-MEMBERS: \$20



Andrea Petritty



Stefano Valdo



John McNeil



Darcy Stamp



Peter Strietman



# AUTUMN POTLUCKS



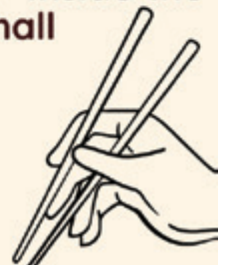
Come together with friends, family, and neighbors at the Cliff Bungalow - Mission Community Association while we break bread! Or gluten-free crackers!

Sunday September 10  
& Sunday October 01

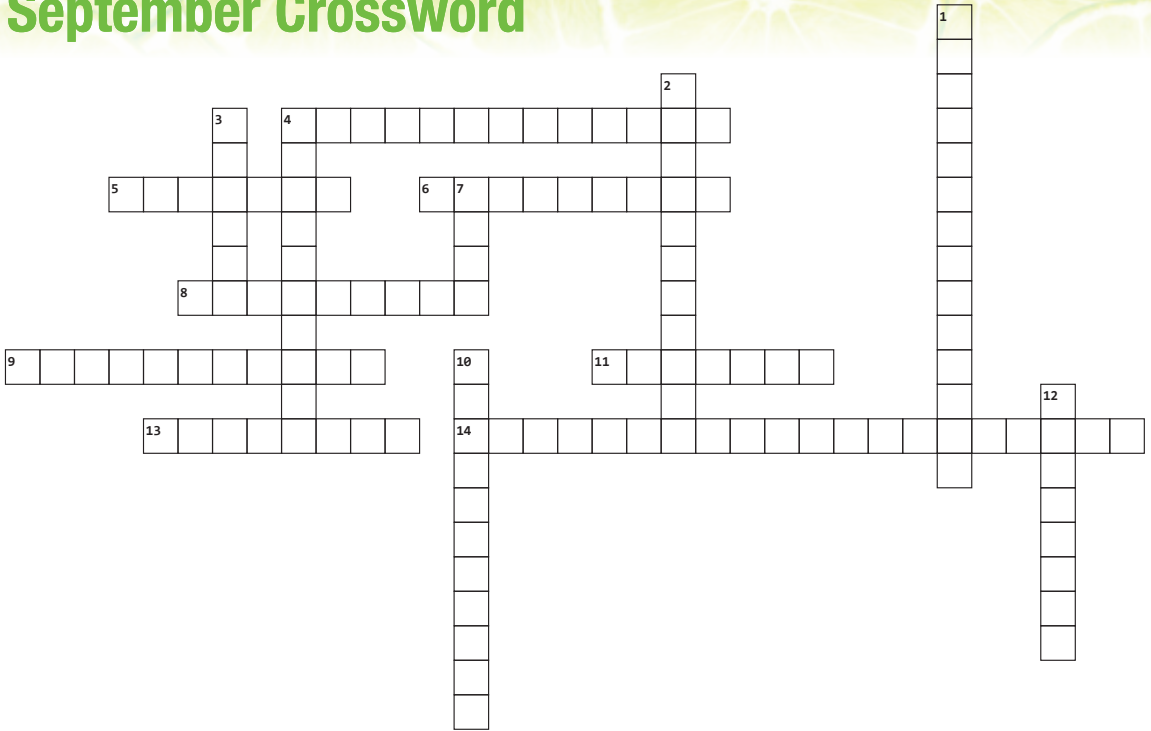


2201 Cliff St - Inside the  
community hall

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



# September Crossword

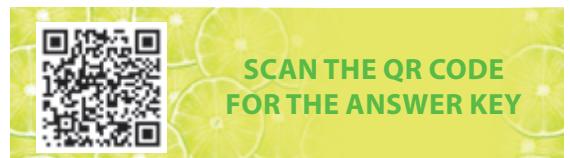


## Across

4. On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
5. On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
6. Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
8. On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
9. Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
11. Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
13. This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
14. Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

1. Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
2. On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
3. The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
4. On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
7. This iconic Enrique Iglesias song was released on September 3, 2001.
10. This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
12. International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



**Cliff Bungalow-Mission • Erlton • Rideau-Roxboro  
Community Associations**

**IT'S YOUR MISSION!**

**2023 Community Clean up**

**SWAP!**

**DROP!**

**DONATE!**

**SUNDAY, SEPTEMBER 24, 10 to 2, location TBA**

**SWAP!** Bring your gently used items for others to take home and check out the selection for something you need.

**DROP!** The stuff that doesn't fit in your black and green bins. City trucks and crews will take it away. We'll have metal and electronics recycling as well!

**DONATE!** The Women in Need Society and Calgary Drop-In Centre will be onsite to accept your donations of clothing for their clients and items for their thrift store.

Many thanks to our partners: City of Calgary Waste and Recycling Services & Community Standards  
TechnoTrash and ALCOP Resource Recycling,

## MEMBERSHIP AFFINITY PROGRAM

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

- **A8 Financial:** 305 – 2204 2 St SW (Holy Cross Centre), Tel 587-317-2040, 10% off tax and bookkeeping services.
- **Clear Float Spa:** 105 – 1800 4 St SW, 10% discount (except for the Theta Membership).
- **Economy Glass:** 112 17 Ave SE, \$10 off auto glass excluding rock chips and 10% off residential glass.
- **Element Cafe:** 331-17 Ave SW, 10% discount.
- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **Famoso Neapolitan Pizzeria:** 105 – 2303 4 St SW, 10% off food and beverages.
- **4th Street Liquor & Wine:** 1809 – 4 St SW, 10% off all items.
- **Landmark Centre Second Cup:** 506 – 17 Avenue SW, free upsize on beverages, every Sunday CBMCA member seniors get a free small coffee or tea with purchase of a baked item, 10% discount on catering order, free delivery with purchase over \$50.

- **Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders.
- **Momentum Health Mission:** 909 – 2303 4 St SW, \$25 off initial assessment (includes massage), 15% off all products they sell, free gait assessment.
- **Peking Dragon:** 105 – 601 17 Ave SW, 15% on pick Up items on orders over \$30.
- **Rideau Pharmacy:** 1801 – 4 St SW, 15% off front store items (excludes prescriptions).
- **The Spa Wellness:** 2206 — 2 St SW, 10% off members for all treatments.
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products).
- **Without Co:** 103 – 2115 4 St SW, 10% discount.
- **Yann Haute Patisserie:** 329 – 23 Avenue SW, 10% off patisseries.

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

### Cliff Bungalow-Mission Community Association

# TIME TO RENEW YOUR MEMBERSHIP!

Your membership not only supports the CBMCA but it gives you access to discounts at participating businesses through the Membership Affinity Program (details elsewhere in this newsletter.) Our membership year is AGM to AGM . Last year's AGM was Wednesday, November 23, 2022. However, you can purchase a membership any time during the year.

To purchase or renew your membership, just fill in this form and mail it with your cheque to 462, 1811 4 Street SW, Calgary, Alberta, T2S 1W2.

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

## A Shopper's Guide to Premiumization

by the Better Business Bureau

Premiumization is when companies offer higher-end products and services for a premium price. Airlines selling both business class and economy seats is a classic example. Another is car manufacturers offering a standard model and one featuring heated seats and leather trim.

While these two examples have been around for decades, premiumization has expanded since the COVID-19 pandemic. Now, businesses selling everything from beauty products to booze are adding new premium options and services. As a consumer, evaluating premium options can be tricky. Here are BBB's tips for weighing new premium options and ensuring you get the promised value.

### Tips for Navigating Premiumization as a Shopper

**Do Your Homework.** Brands that offer premium products or services may look like luxury, but as with any purchase, doing some research is vital. Before paying a premium price, ensure the vendor is a trustworthy business with a reputation for good customer service. Look up businesses online to review business ratings and comments from customers.

**Understand What Makes a Product Premium.** Many business owners are working to maintain profit margins by offering their clients added value in a premium package. However, if a product or service claims to be premium, find out why. Specifically, what makes it better than the basic option? If a vendor can't give you a good answer, skip the premium price and shop elsewhere.

**Comparison Shop.** To get the best deal on anything, comparison shopping is a must. This is also true when considering a company's premium offerings. Find out what similar companies offer and their price point to see if you are really getting added value for the higher price.

**Watch for "Greenwashing."** Many companies promote premium options as more sustainable, lower waste, or all-natural. But be wary of misleading green marketing claims. The Federal Trade Commission advises consumers to look for specific information on packages and products that explain why the product is green.



**Call to Local Musicians**  
Cliff Bungalow - Mission Community Association  
is on the lookout for local talent for paid musical opportunities at our community centre.  
Please reach out to [cbmca.editor@gmail.com](mailto:cbmca.editor@gmail.com)



**ANITA MORTGAGE**  
**AVENUE** | Financial  
Real Estate Solutions

**Hate Your Renewal Rate? Call Me!**

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)  
*Licensed by Avenue Financial*

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**MISSION | CLIFF BUNGALOW MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**PROFESSIONAL ACCOUNTANTS IN MISSION/CLIFF BUNGALOW:** Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 - 10 Street SW, Calgary, AB T2R 1E8, or go to [www.padgettcalgary.com](http://www.padgettcalgary.com) for more information.

**AFFORDABLE DENTAL CARE MINUTES FROM MISSION | CLIFF BUNGALOW!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit [CalgaryDentalCenters.com](http://CalgaryDentalCenters.com). Save money, smile, be happy!

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

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**MISSION**



**CLIFF BUNGALOW**





# AVENTA

CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS

*Twenty Fifth  
Avenue  
Thrift Shop*

**610 - 25 AVENUE SW**

**OPEN MONDAY - FRIDAY 9 AM - 4 PM**

**PROCEEDS HELP FUND HEALTHY  
ACTIVITIES FOR ALUMNAE AND CLIENTS**

**WE WELCOME DONATIONS OF WOMEN'S CLOTHING,  
ACCESSORIES, SHOES AND PURSES**

[WWW.AVENTA.ORG](http://WWW.AVENTA.ORG)

403-541-4881

[INFO@AVENTA.ORG](mailto:INFO@AVENTA.ORG)