

The Mission STATEMENT

THE NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION

www.cliffbungalowmission.com

MARCH / APRIL 2011



MISSION PHILANTHROPISTS' LIFE EXEMPLIFIES CALGARY

BY MARILYN WILLIAMS

PHILANTHROPISTS RUTH AND EDWIN Mattheis, live in our neighbourhood. They:

- support our 26th Ave. Promenade project (See their lamppost plaque in the attached photo)
- donated a 5,000 hectare working ranch to the University of Alberta, to benefit research for posterity
- grow great vegetables in our community garden!

The Mattheis family exemplifies Calgary's prairie roots in ranching and oil, in this city they've called home for over 50 years. They moved into Mission from Beltline about seven years ago, and love living along the river.

Living fulltime on the ranch in the 1980s, they "were lucky enough" to learn from real pioneers how they ranched, and their respectful treatment of the land. Legendary cowboy John Ware once roamed there! The Mattheis family worked alongside cowboys, branding cattle, roping calves, riding the range. They "had great neighbours", were active in the rural community, involved in their son's school activities and participated in community events like the Fall Fair — most of us have only seen that at Heritage Park and the Stampede.

Petroleum engineer Edwin said, "There's a difference between preservation and conservation." Preservation, he explained, "means not changing anything." Conservation, on the other hand has a lot to do with sustainability, a buzz word these days, but how many of us could readily explain 'sustainability' in a sentence? Loosely defined, sustainability is meeting the needs of the present generation, without compromising the needs of future generations.

"Oil companies imply 'minimum environ-

mental disturbance' in all their annual reports," said Edwin, "but it's difficult to enforce." The Mattheis family enforced it, though. They ensured minimum disturbance of agricultural grasslands, by using existing trails; also for wildlife and birds by not permitting oil/gas work during nesting or migrating times.

"We don't consider ourselves real birders," said Ruth, describing the quacking chirping, singing cacophony of thousands of birds attracted for their migratory stopover and nesting grounds to the ranch's 1500 acres of Ducks Unlimited wetlands.

"But we identified over 100 bird species," she added, citing the decrease in both number and variety over 33+ years. Environmental concerns such as this were a large part of Mattheis' decision to gift this unique block of land — 5,000 hectares (about 12,000 acres) North of Duchess, 150 Km East of Calgary — to Edmonton's University of Alberta's Rangelands Research Institute.

Research in this 100+ year old University of Alberta faculty will include soil conservation, wetlands, land reclamation, impact of climate change on the prairies, wildlife habitat, carbon sequestration, and water quality. The proliferation of native grasses that covers the Mattheis ranch is significant because this parcel of land is truly unique — all of it is in one block; none of it leased, as is often the case in other such rangelands.



"In our society, one rule (a given, he says) of gift-giving is that you remove the price tag before you give the gift," said Edwin, of both the ranch gift and of his and Ruth's support of our Mission Historic Promenade.

These gifts are for all of us and will keep on giving, long after Mattheis' lifetime, to our children and their children. We are grateful and proud to have them living in our midst, enriching our community, society and world with their steadfast commitment to observing progress while improving life for all of us.

Next time you're walking on the promenade, check out their brick and lamp post!

Thank you, Edwin and Ruth Mattheis! ☺

THE 2004 - 4TH STREET development team is committed to providing the public and stakeholders with project updates. The following is a brief summary for the month of February 2011:

The dewatering line is temporarily above the sidewalk on the corner of 4th Street and 21st Avenue. This temporary line was necessary due to lines freezing as a result of winter temperatures. A barricade has been placed over the line and we ask that everyone be cautious when using the sidewalk. Once the frozen lines are thawed, this temporary line will be removed.

We continue to maintain the appearance of the hoarding. We do our best to keep the hoarding presentable by removing graffiti and posters.

We continue to look for viable options for the site and look forward to resuming construction activities.

Strategic Group is committed to the successful completion of this project and would like to thank all residents and businesses for their continued patience and understanding.

For questions and/or concerns, please e-mail: questions@strategicgroup.ca

For more information on Strategic Group, please visit us at: www.strategicgroup.ca

— Kathy Thompson, Director - Communications, Strategic Group

AS SOMEONE WHO has made a living selling and writing about wine for over 20 years I obviously must take issue with the opening statement in Jim Bowman's review of Una Pizza + Wine. According to him the appreciation of wine is "pretentious" as are the "beautiful people" who frequent Una. For a start, wine is a simple pleasure created to enhance the enjoyment of food and it has been around almost as long as civilization itself. Wine – like the appreciation of just about any of humankind's better creations – is subject to pretentiousness but this can be easily avoided. One way to avoid it is to frequent establishments like Una. Take a look at the photo in the review; does this look like a pretentious restaurant? Where's the valet? Where are the Town cars and their bejeweled passengers clamouring for the chef's table? Where are Paris Hilton and her entourage of lipstick leaches(sic)? In fact, Calgary's restaurant scene is notoriously unpretentious, thanks in part to establishments like Una. The restaurant follows the European model of the bistro/wine bar cum trattoria and that means that it should be crowded, loud and relatively affordable. This is the charm of the restaurant and if it is quiet and roomy you are looking for there are too many options to suggest in this regard (staying home is a good one). When I go to place like Una – decent food aside - I go because I like the cacophony of noise inherent to gatherings of people eating, drinking and generally enjoying themselves. The idea is that you get caught up in it and have a little fun yourself and if the food is good – as he obviously feels it is – then the experience should be a positive one.

— Geoff Last



The Crime and Safety Committee was unable to submit a report for this issue; however, if you have any crime or safety concerns, please email Travis Oslanski at cbmca.crime@gmail.com.

If you have something to say to your fellow community residents, we want to hear from you. Please write. Submissions may be edited for length and clarity, should be no longer than 600 words, and must be signed by the author.



THE MISSION STATEMENT

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

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ANOTHER PLAQUE PRESENTATION, MISSION BRIDGE AWARDED!

BY BOB LANG

CALGARY HERITAGE AUTHORITY PLAQUE

At 9:30 am on January 24th, we were in City Council Chambers to receive on behalf of the community one of three heritage plaques that are presented biennially by the Calgary Heritage Authority. Mayor Naheed Nenshi presented the plaques.

Mission Bridge was one of the sites recognized this year. The current bridge is the third bridge at that site. In 1885, Father Lacombe suggested that a bridge be built over the Elbow River at 4th Street (then called Broadway). The nearest bridge over the Elbow was one in Inglewood, probably the one along 9th Avenue (Atlantic Avenue). The 1915 Mission Bridge was the first concrete bridge built in Alberta.

The other heritage plaques recognized Spiller Road SE (Old North Trail) and the Bridgeland – Riverside Vacant Lot Garden. More information is at www.calgary.ca/heritage.

We were quite surprised by this award, as we did not nominate this structure. We actually nominated Cliff Bungalow School where the community centre is located. Our community has several of these plaques. I believe we have the most plaques of any community in Calgary. In addition, we also have our own community heritage plaques through which we recognize additional heritage sites in the community. You can see one at the community centre. Recognition of several additional heritage sites in the community is in the works.

HERITAGE ROUNDTABLE

A group of Calgary community volunteers, including our own Marilyn Williams, organize what is called the Heritage Roundtable. At these events, there are presentations from various heritage perspectives. The most recent event was held on January 27 in the Lougheed House featuring heritage trades people. One such trade was stonemasonry. It featured the current restoration work on Western Canada High School. Ken Armstrong of Gracom Masonry showed how they make and install replacement stone work at this heritage site in our community. It was a fascinating insight in how they use traditional techniques with modern tools, the latter of which save much time and expense.

CONGRATULATIONS MARILYN

As many of you know, Marilyn Williams, our current Heritage Director took a sabbatical from Calgary for a year in order to earn a degree at the University of York, York, North Yorkshire, United Kingdom. On January 22nd she was presented her MA degree with Distinction, Conservation Studies (Historic Buildings). Her dissertation was on Community Conservation Planning: Managing Change and Heritage Value in Calgary's Historic Urban Neighbourhoods. She also received the Duncan Gillard Memorial Medal for best Conservation Studies dissertation. Congratulations Marilyn on this great achievement.

COMMUNITY ASSOCIATION BOARD

Sheri Moore has stepped down from the Board and her position as



LEFT TO RIGHT: BOB LANG, MAYOR NENSHI, JUDITH THEROUX (CBMCA HERITAGE COMMITTEE), SCOTT JOLLIFFE (CHAIR, CALGARY HERITAGE AUTHORITY)

Secretary. We have candidates for the positions of Treasurer, Secretary and Director at Large which the Board will consider at its late February meeting (this column is prepared in early February). I will update you further in next issue after the Board makes its decision.

THE SINGING PHARMACIST

I attended the Mayor's state of the city address at the Rotary Club of Calgary on February 1st. As part of the preliminaries of his talk, our own Tim Heaton of Rideau Pharmacy on 4th Street showcased his singing and guitar talents with a modern version of Ain't We Got Fun. There were fun references to the current Mayor in this revised version of the song. Thanks Tim, it was great fun. ☺

VOLUNTEERS NEEDED • Community Casino June 4 and 5

Volunteers are needed for the community casino being held on June 4 and 5, a Saturday and Sunday. This is the largest fund raising activity that is available to the community. We only have the opportunity to work casinos about every one and one half years. The funds are used to pay for rent, utilities, and maintenance of our community centre. These funds are also used to publish and deliver the newsletter and for special projects such as our heritage plaque program and other heritage projects

We need to fill 40 volunteer shifts. If you can, please volunteer for both days or two shifts. You do not have to be experienced in working casinos. We have professional advisors and many community residents and volunteers have helped us with many casinos over the years. It's fun and easy!

There are two shifts a day, one from late morning to around suppertime. This is followed by an evening shift to closing time. In addition, there is a late shift (starts around 10 pm) of people who count all the money from the gaming tables.

We pay for your food and there are snacks and non-alcoholic beverages. When not busy, you can read, watch a video, do homework, discuss world or local affairs, etc. We also pay for babysitting if you require it. We can provide a ride to and from Cash Casino (Blackfoot Trail) where our event is located. Casinos are smoke free, so you will not have to worry about smoke.

While you may not know if you are available, we need you to sign a volunteer form ASAP so we can submit your form along with our final submission to Alberta Gaming and Liquor Commission prior to the casino. We can adjust to your schedule closer to the casino dates.

To obtain a form or submit questions, please contact Bob Lang, CBMCA President, at 403-229-2762 or rclang@aol.com. Please help your community, and volunteer!

A NEW CITY COUNCIL, A NEW WAY OF DOING BUSINESS?

NATASHA PASHAK

WITH A NEW CITY COUNCIL, we are optimistic that our desire for better planning practices, including transparency, respect for community feedback, and the fulfillment of our community development goals, will be realized.

At November's AGM, I was appointed to serve a third term as Development Committee Director. It continues to be an honour and a pleasure to serve in this role. This issue, however, marks my last time writing the Development Watch column. Past Development Committee Director, Rob Jobst, has agreed to assume the responsibility and I look forward to reading his perspective on development issues.

The past year saw fewer Development Permit applications than previous years, affording the committee the opportunity to develop our strategic plan and to expend more energy raising awareness over issues facing the community, particularly the exacting toll of stalled development projects.

For the coming year, the development committee and the heritage committee are working together to develop voluntary architectural guidelines for the community, again in hopes that the new Council will better incorporate our community's wishes into their development practices. We begin with 4th Street, the backbone of the community, in anticipation of forthcoming developments. At the AGM, we asked residents to respond to images of each block of 4th Street. Which blocks are your favorites? The most pedestrian friendly? We ask you to consider architectural style, setbacks, height and height transition, landscaping, street furniture, parking, lighting and signage. Please email me at the address below with your thoughts.

On November 30th, the Development Committee and members of the Rideau Roxboro Community Association met with the developer and design team responsible for a proposed project on the 100 block of 26th Avenue. Residents may recall an earlier plan that was unsuccessfully appealed last year. The new plan responds to the current financial climate and market research. Considerably scaled back, the project includes one 15-storey tower (as opposed to the originally planned two towers) and a number of 3-storey semi-detached townhouses. Look for updates as more information becomes available.

Though I will no longer be writing the Development Watch column, please feel free to contact me at cbmca.development@gmail.com with any questions or comments.

2010 DEVELOPMENT PERMIT APPLICATIONS AND OUR RESPONSES.

DP2009-4322 (2406 1st St. SW):
New: Stacked Townhouse (1 building, 10 units): **Conditional Support**

DP2009-4532 (2116 4th St. SW):
Revision: Exterior Renovations: **Opposed**

DP2009-4579 (#101 1812 4th St SW):
Change of Use: Restaurant: Licensed – Small: **Support**

DP2010-0498 (#102-320 23 Avenue SW):
Change of Use: Beauty and Body: **Support**

DP2010-0784 (2120 Cliff St. SW):
New: Single Detached Dwelling: **Conditional Support**

DP2010-1101 (#110-2302 4th Street SW):
Change of Use: Medical Clinic/Beauty and Body: **Conditional Support**

DP2010-1831 (621 22 Avenue SW):
Change of Use: Office: **Support**

DP2010-2013 (320 25th Avenue SW):
Relaxation: Accessory Building (Garage): **Support**

DP2010-3015 (538 19th Avenue SW):
Multi-Residential Development (changes to driveway): **Conditional Support**

DP2010-3064 (#300 1800 4th Street SW):
Change of Use: Commercial School (Yoga Santosha): **Support**

DP2010-3269 (334 24th Avenue SW):
Sign – Class B & C: Fascia Identification Signs (2): **Support**

DP2010-2010-0417/DP2010-2189 (2415/2417 4th Street):
Change of Use: Restaurant Licensed – Medium/Changes to Site Plan (parking lot) & Exterior Renovations: **Conditional Support**

DP2010-3312 (2210 2 Street SW):
Sign Class C: Freestanding Sign: **Opposed: SDAB Appeal successful**

DP2010-4053 (#113 601 17th Avenue SW):
Drinking Establishment: Medium: **Conditional Support** ☺



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PLENTY OF CHANCES TO MEET YOUR NEIGHBORS

BY *BIL HETHERINGTON, SOCIAL COMMITTEE DIRECTOR*

WE LOOK FORWARD to providing more excellent events in 2011 at the community centre (2201 Cliff Street SW). If you have an idea or would like to get involved, please email cbmca.social@gmail.com, join our facebook group, and keep an eye on our web site: www.cliffbungalowmission.com.

UPCOMING EVENTS:

MARCH 27TH, 2010 MOVIE NIGHT WITH THE HORTICULTURAL SOCIETY OF CALGARY: FRESH

FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet. There will be an open discussion hosted by the Horticultural Society of Calgary.

APRIL 17TH, 2010 MOVIE NIGHT WITH THE ARUSHA CENTRE: YOU NEVER BIKE ALONE

This documentary looks at the development of vibrant bike culture in Vancouver, Canada, and how the city's self-propelled population is mobilizing to promote the bicycle as a viable for of transport. Rides with mutant bike collective MC3, The Wholesome Undie (an underwear ride where cyclists protest the Molson Indy), and the World Naked Bike Ride, provide amusing and entertaining spectacle, while the film also shows how cyclists are dealing with road rage and the political struggle at municipal and provincial levels to create a more livable city. Gerald from the Arusha Centre will be in attendance to talk about the annual Bow River Flow, a celebration of cycling in Calgary.

MAY 15TH MOVIE NIGHT WITH ENGINEERS WITHOUT BORDERS: BLACK GOLD

Multinational coffee companies now rule our shopping malls and supermarkets and dominate the industry worth over \$80 billion, making coffee the most valuable trading commodity in the world after oil. But while we continue to pay for our lattes and cappuccinos, the price paid to coffee farmers remains so low that many have been forced to abandon their coffee fields.

Nowhere is this paradox more evident than in Ethiopia, the birthplace of coffee. Black Gold tells the story of Tadesse Meskela, one man on a mission to save his 74,000 struggling coffee farmers from bankruptcy. As his farmers strive to harvest some of the highest quality coffee beans on the international market, Tadesse travels the world in an attempt to find buyers willing to pay a fair price. ☛

JAZZ IS HOT IN THE COMMUNITY

THE CLIFF BUNGALOW – MISSION Jazz series has become the place to be on the first Wednesday of the month. Held in the great ambience of our community hall, the attendance has been increasing to near capacity. The January event saw 62 in attendance while the February event saw 81 in attendance with several people standing during the much appreciated performance. These jazz events feature some of the best jazz musicians in Calgary, some of which are national and international renown. These events are right in your own backyard where you can walk and enjoy great music. So why not take advantage of these opportunities to hear some hot jazz in your own community. Tickets are sold at the door and they are just \$10 for Cliff Bungalow – Mission Community Association members.

April 6: Bow Djangos

May 4: Gerry Hebert: the aftermarket project

June 1: Jazz Winds quintet

The CBMCA Social Committee Presents:

Acoustic Music Jams

March 26th and April 30th 2011 2-4 pm

Cliff Bungalow-Mission

Community Association hall,

2201 Cliff St. SW

(one block west 5 St. & 22nd Ave SW)

Enjoy singing?

Or playing an instrument?

Ever sang or played your heart out until your family begged you to stop?

Then our monthly jam sessions are the thing for you! There is no age or skill limit! Just bring along an instrument, or simply your voice along with a desire to listen and tap your feet. We also have a multitude of percussion instruments to choose from. Whether you lead or follow is up to you, although it is a good idea to bring along a few copies of a song you are familiar with so the rest of us can join in. It can be blues, bluegrass, folk, rock, or any other genre you enjoy. So please come on down and share some music! Refreshments served!

We hope you'll drop in and join us on the last Saturday of each month. For further info please call Megan at 403-244-2208

INVENTORY OF HISTORIC BUILDINGS #4 —

THE SOMERVILLE DUPLEX 621/623 22 AVENUE SW

STORY AND PHOTOS ROGER MARLER, WITH INVALUABLE INPUT FROM NATASHA PASHAK AND MARILYN WILLIAMS

IT SEEMS APPROPRIATE now to take a look at the Somerville Duplex because it is currently the subject of some zoning concerns and a subtle alteration to its appearance. It also has caught the interest of a few local residents. I will be as clear, precise and accurate as I can, given that I have limited space.

The building last changed hands in 2007 and the new owner applied to the City for special consideration so that its use could be modified from Dwelling to Office. This change in use is a significant diversion from the current understanding that there can be no business usage west of 5th Street; however, the alternative could well have seen this wonderful Edwardian, Tudor Revival building demolished and replaced with another building of uncertain design, scale, and use. Therefore, our Community Association worked closely with the new owner and the City, and supported the change of use so that the Somerville Duplex would not be demolished. The eventual change of use was granted after a public hearing and formal presentation with City Council.

The Somerville Duplex was built in 1912 by Herbert J. Rowan in response to the growing demand for housing when Calgary experienced an influx of 1,000 people per month: the “Age of Optimism.” Its developer, Mr. William Somerville, was a Scot via Ontario and a cousin of Jack Singer. He first visited Calgary in the 1890s as a traveling salesman for the Somerville Monument Company, a Brandon based business owned by his brother, Thomas J. Somerville. William settled permanently in Calgary in 1903 and, with assistance from his brother Herbert, he set up his own monument firm, Somerville Memorials. William also established the Calgary Marble and Granite Works. By 1911, William’s companies had at least twenty-five employees and a trade area that extended throughout Alberta, British Columbia, and Saskatchewan. Somerville Memorials outlived its founder, and it remains a significant local concern.

The Somerville Duplex development cost about \$7,000 and it soon had some notable tenants: Mr. George Nendick, a local woollen mill manager, and Mr. Thomas Sheldon, a CPR conductor; and there were many more to follow; too many to list here.

In the early 1930s Abraham Belzberg bought the building and moved in. As an immigrant from Poland, and having soon established himself in business, he brought his wife Hinda and their daughter to Canada and they quickly became renowned and successful. Abraham acquired the Calgary Brokerage Exchange that eventually became Cristy’s



Furniture Arcade, and their 3 sons established the First City Financial Corporation which became a mainstay conglomerate throughout North America until its failure in the late 1980s. It is the association of the Belzberg family with this building that has been influential in getting it added to the city’s Inventory of Historic Buildings.

The building itself is a 2 storey completely symmetrical duplex comprising a brick façade, bay windows on 3 sides, a full width verandah, and a pair of gable roofs finished in wood framing and stucco. This roof apparently may need some structural work as it has been deemed to be almost at risk of failing due to some water damage. ☹

There may be more to follow on this building; stay tuned. (see No. 28 on page 43 of the “Mission and Cliff Bungalow” walking tour guide.)

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CARING FOR FRAGRANT OLD FRIENDS

PHOTO AND STORY BY NANCY TICE

DID YOU KNOW that many of the lilac shrubs which continue to thrive within Cliff Bungalow and Mission are our oldest living residents? They deserve respect and proper care. A frequent spring time question asks why a favorite lilac has failed to bloom. The most usual culprit is a poorly timed, extreme pruning which has lopped off all the flower buds before they had a chance to bloom.

Take a careful look at a lilac now, and you will see a pair of tightly furled, green leaf buds at the tip of each branch. Inside each leaf bud is a nascent sprig of flower buds which formed last autumn and have been protected all winter by the tightly wrapped leaf - an insulating parka of sorts. A radical pruning on a warm, sunny March afternoon with - horrors! - a gasoline powered hedge trimmer will remove flower buds while also deforming the natural growth habit of the entire shrub.

Common lilac (*syringa vulgaris*) is best pruned soon after the spring blooms have faded. Before pruning be sure to consider whether pruning is necessary. Perhaps kicking back with a beer on a sunny patio will indulge a burst of spring fever just as well. In view of the common lilacs' propensity for producing sucker growth, pruning strategy should be gentle: remove dead wood, broken branches, and branches which are touching the house. Excessive pruning will encourage enthusiastic suckering. Unwanted suckers should be removed at ground level while still young enough to be easily cut. Thankfully, common lilacs seem to produce fewer suckers in older age. Aim for gentle lilac management which won't be an arduous job if it is done regularly. Most homeowners will do fine with good hand tools once a year.

Wildly overgrown, neglected lilacs may be renewed by shearing them to the ground and beginning anew by managing the new growth properly - a process now under way at the historic Athlone building front yard (330 - 19 Ave. SW). Fair warning - thick, old lilac wood is as hard as iron. The shearing to ground level of a huge, densely grown old lilac shrub is a job best left to a certified arbourist who has expertise, good knees, the correct tools, safety equipment, and a big truck to haul away the unbelievably huge pile of debris the job will create.

Many of our lilacs are quickly approaching their centennial, and a few are already over a hundred years old. They have become emblematic of our community, and most of us savour the fragrant bloom season. Remember, when you mess with lilacs you're tampering with neighbourhood history!

On the subject of garden planning, some of us have already received delivery of seeds that were ordered back in January. I always enjoy the ritual slow perusing of the seed catalogs as an activity that celebrates the new year and its inevitable progress toward spring. I occasionally encourage inner city gardeners dealing with an overdose of shade to think of foliage in its myriad shapes and textures, and the varied hues, tints, and shades of green as a palette worth careful attention. Grand inspiration for this notion is now offered by the living



LILACS IN ABUNDANT BLOOM ALONG 2ND STREET

wall at Jamieson Place downtown (+15 level Winter Garden, 308 - 4 Ave SW). The largest interior green wall in Canada forms part of the Winter Garden which also contains a bamboo forest, a water feature, and large, fantastical glass sea creatures by Dale Chihuly. Located within easy walking distance from central Eau Claire, it is a lovely, serene space to visit on a weekend afternoon. Depending on the ambient light the living wall astonishes with its variations on the colour green. It is a marvel to see how an assortment of the most ordinary, common house plant species are transformed into an entirely new experience when they are so artfully interwoven to compose a deeply textured, verdant tapestry. Wow. ☺

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BOXWOOD SPECIALIZES IN LOCALLY-SOURCED FOODS

BY JIM BOWMAN

THE RENOVATIONS TO Central Memorial Park were finally completed last summer, and they are impressive indeed. With illuminated fountains, rejuvenated plantings, and lots of benches, it is now a delightful place to pause and contemplate the meaning of life. Perhaps as part of a strategy to deter unsavoury activity in the park, a small and architecturally sympathetic restaurant called Boxwood was included in the redesign.

Boxwood is owned by the folks who run the River Café in Prince's Island Park, but it's smaller, more informal and more affordable. The interior features blonde varnished fir beams, tables, counters, and window millwork. Most of the seating is on space-saving high stools at a communal table or at counters facing the windows or the bar. A beautiful large sculpted iron chandelier resembling a spread-out tree root dominates the room. The lighting is all incandescent, and the restaurant has a warm cozy glow on a snowy winter night.

Of necessity, the kitchen is a small one, and the a la carte lunch and dinner menus are brief. The owner, Sal Howell, encourages her chefs to exercise their creativity, and there are frequent changes to the menu, daily specials, and seasonal specials. For lunch, there's a choice of two soups at \$7 each, and three sandwich plates at \$10 each. There are several appetizer plates, which can be shared by friends, ranging from \$7 to \$12.

For dinner, carnivores will enjoy a choice of roast chicken, lamb, porchetta (rolled boneless pork), or bison ribeye, priced at \$16 to \$20. The meat dishes are all cooked in a rotisserie oven and served with relishes or other accompaniments invented by the chefs. They are all sourced from independent Alberta organic farmers – Spragg's Meat Shop of Bowden, Driview Farms near Fort Macleod, Sunworks Farm of Armena near Camrose, and Olson's High Country Bison Ranch near Pincher Creek. I've tried them all except for the bison, and found them to be exceptionally flavorful, firm, and lean.

To balance a meaty main dish, usually a salad, a vegetable dish or a "starch" is in order, and these can be had for \$4 to \$12. These, too, are typically organic and locally-grown, and sometimes can be unusual and delightful. Sunchokes, also called Jerusalem artichokes, are the irregular-shaped tubers of a small sunflower plant. Their flavor and texture might be described as resembling parsnips, but at Boxwood they're enhanced by being roasted in miso butter.

A very simple side dish consists of four slices of dark, dense, nutty-flavored whole-grain bread baked in-house and served with generous blobs of butter. Desserts range from house-made oatmeal chocolate chip cookies at \$2.50 to warm apple sticky toffee pudding at \$7.

To drink, there's unlimited filtered still water for free, or sparkling for \$2. Continuing the locavore theme, there's a choice of four styles of draft beer from Calgary's Brew Brothers Brewery at \$6 for a 16-ounce pint. Wines-by-the-glass are around \$8 or \$9. There are other interesting libations



available, such as Zora's Organic Sparkling Lemonade, Bethel's Sparkling Ginger Beer, or Wild Berry Iced Tea.

Boxwood does not take reservations, and to avoid waiting for a seat I'd advise arriving before 6:30 for dinner. It's a little pricey, but well worth it, in my opinion. In this age of mass-produced fast food, it's a rare treat to enjoy healthy, organic, locally-grown food prepared creatively and served in a beautiful environment. ☘



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ALBERTANS ARE TIRED OF THE SAME OLD SAME OLD

REPORT FROM M.L.A. DAVE TAYLOR

FIRST, A DISCLAIMER -- because of production requirements, articles for community newsletters need to be written as much as four weeks before you actually get to read them. I tell you that because what you're about to read may be somewhat out of date by the time you read it. But here's what I know as of the time that I write this:

Alberta politics are in a state of upheaval.

Within the space of 10 days in late January and early February, I switched from being an Independent MLA to join the Alberta Party; Ed Stelmach announced his intention to resign as Premier of Alberta and leader of the Progressive Conservatives; Finance Minister Ted Morton resigned from cabinet to run for PC leader; David Swann announced the he would resign as Leader of the Official Opposition and Liberal leader; and Doug Horner stepped down as Advanced Education Minister to run for the leadership of the PCs as well.

So why is it happening now? Well, if I'm hearing my constituents correctly, I think Albertans are tired of the same old, same old. They're losing confidence in the traditional political parties and they're curious, although still somewhat unconvinced, about the new parties on the scene. Albertans are hungry for something more. We see ourselves as a bold and confident people, used to solving big problems, dreaming big dreams and accomplishing big goals -- and we're not seeing ourselves reflected in our elected representatives.

I don't know how much more disruption we're going to see in the weeks and months to come, nor do I know who's going to prevail. I've rocked the boat a little bit...you can too. There's never a better time to get a politician's attention than when they're all a little nervous.

The Legislature is supposed to be in session until early June. With at least three parties looking for new leaders, there will be a powerful temptation to do as little as possible. However, the business of government has to go on, and I plan to do everything I can to make sure it does. Please continue to bring your concerns to me and I will continue to advocate strongly for you in the Legislature. ☛

LATE NIGHT RIDE HOME STANDS!

REPORT FROM COUNCILOR JOHN MAR

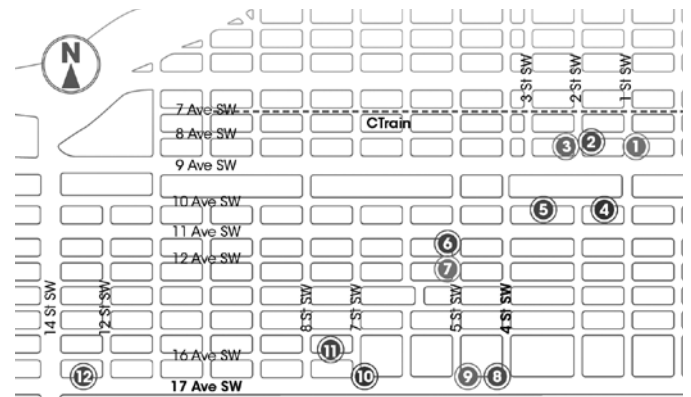
EVER BEEN IN the Centre City and found yourself looking for a way to get home?

Well, The City of Calgary has heard your call and together with our partners in area BRZs, the taxi, and restaurant and bar industries, we've come up with an idea!

It's called a Late Night Ride Home Stand, and essentially they are places where taxis can line-up and wait for customers. Twelve are being installed at various locations throughout the Centre City -- all conveniently placed near entertainment spots for convenience and safety.

The Late Night Ride Home Stands will be up and running on Thursday, December 16, 2010 and will be operational between the hours of 10 PM and 3 AM on Thursday, Friday and Saturday.

- | | |
|--------------------------------|-------------------------------|
| 1 Murrietta's West Coast Grill | 7 Hudson's Canadian Tap House |
| 2 West Restaurant & Bar | 8 Local 510 |
| 3 Bankers Hall | 9 Ship & Anchor Pub |
| 4 Vinyl Retro Dance Lounge | 10 Melrose Cafe & Bar |
| 5 355 Mansion & the Whiskey | 11 Metropolitan Grill |
| 6 The Keg Steakhouse & Bar | 12 Morgan's Pub |



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DON'T FORGET THAT BIKE

BY SIMON CHAUVETTE

IF YOU ARE SUFFERING from winter blues, you can start to think about spring and getting on your bicycle! Although cycling is normally seen as a summer sport, more and more Calgarians choose to ride their bike in the wintertime. The frequent chinooks help the snow melt faster and bring up the temperature to a comfortable level, making utilitarian cycling safe and desirable. Unlike Ottawa, Calgary has no snow to speak of and unlike Winnipeg, Calgary does not have winter temperatures all winter long. Moreover, cycling is fast, efficient and fun – and it keeps you fit.

The Calgary tour de nuit Society (CtdnS) was formed in early 2009 as an Active and Sustainable Transportation Organization (ASTO) with the mandate of encouraging “more people cycling more often”. The term “active and sustainable transportation” describes human-powered modes of transportation, like cycling and running, which provide significant benefits to the community and the environment. Around the world we have seen that the development of dedicated cycling infrastructure has led to an explosion of bicycle use as a mode of transportation. Right now a mere one percent of trips occur by bike in Calgary. CtdnS organizes the unique and popular ‘Ride the Road’ tour to showcase the need for commuter cycling programs in the City.

Choosing cycling as a mode of transportation has

numerous benefits for public health, the social fabric of our communities and the environment. As well, it is inherently affordable. Regular exercise is proven to mitigate the risk of cancer and heart disease, the leading cause of death among Albertans. Due to physical activity and overall wellness, it also increases personal energy levels.

Bikes are more efficient than cars (taking up more than eight times less space) contributing to a reduction in traffic congestion on our roads and decreasing the need for parking space. It may be imperceptible but cycling is a fun way of reducing greenhouse gases and toxic gas emissions. Imagine how pleasant a stroll in the park would be if all those southern commuters were blasting up Elbow Drive on their bikes!

As for safety (the main barrier that keeps people from cycling), we suggest that you start off slowly—cognizant of your personal comfort level. Most automobile trips are short-distance ones and those are the kilometres that are easy enough to substitute by bike. After a couple of trips you will remember why you biked as a child and you will be wondering why it took so many years to rediscover the joy of cycling.

For more information please contact Simon Chauvette at simon@morepeoplecycling.ca or check out the website of the Calgary tour de nuit Society. ☛



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Calgary, AB

CALGARIANS EMBRACE CATS IN NEED DURING FELINE FRENZY AT ANIMAL SERVICES

MOST PEOPLE STATE that pets bring unconditional love and a sense of fulfillment to their lives. Too often however, that sentiment is not reflected in the way pets are treated, especially in the way cats are treated.

Last year over 6,500 cats entered The City of Calgary Animal & Bylaw Services and the Calgary Humane Society. The reason for this sad situation is threefold. Unlike dogs, many cats are allowed to roam their neighbourhood, they are not licensed and they are not spayed or neutered. That is why Dr. Elizabeth O'Brien, who is heading up a national Year of the Cat campaign, states that pet owners need to start treating their cats more like dogs. Cats are not valued as much as dogs and consequently receive poorer care.

But the picture is not all bleak. In 2010, 55% of the cats that entered the Animal Services Centre had identification, enabling them to be reunited with their owners. That is up from 49% in 2009. In 2010, 54% of the cats in our city were licensed, a 7% increase from 2009.

The City will continue to promote cat licensing because licensing helps to get cats home. Owners can license their altered cat for only \$10 a year and also get an I Heart My Pet rewards card that offers rebates at over 45 different vendors across the city. To reduce the number of unwanted cats, owners need to spay or neuter their pet. To help low income Calgarians, the Animal Services Centre provides free spaying and neutering of cats and dogs. Finally, owners need to keep their cats safely at home and not let them roam.

Implementing these three simple steps will ensure that cats are safe, healthy and returned home if they ever get lost. To find out more information about licensing, the I Heart My Pet rewards program and the No Cost Spay/Neuter Program, call 3-1-1 or visit calgary.ca/animalservices.

Western Canada High School Silent Auction Donations Needed!

Celebrate Western is Western Canada High School's celebration of student talent and 18th annual fundraiser. Profits from this event benefit all students through their clubs, activities and sports teams. Celebrate Western will be held April 16th so mark your calendars—tickets are available at the school.

We are currently looking for donations for the Silent Auction. Think creatively! Do you have a special skill or talent, corporate tickets/items, air miles or aeroplane points which can be donated? (Cash donations are also gratefully accepted.)

Whether you are a parent at the school or simply support public education, please consider giving a donation. Charitable tax receipts can be issued for donations (excluding services).



**For further information, please contact:
Jill Koch at 403-287-8665**

Pets in the 'Hood



Catastrophe lives on 2nd Street. Having recently retired from his career in mouse-catching, he now devotes his spare time to his interest in interior design. He is a specialist in modifying the texture of home furnishings.

BURNS AND SCALDS

EVERY MONTH Alberta Health Services EMS responds to 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 simple preventative measures.

PREVENTION OF BURNS

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature 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 that prohibit access.

DEGREES OF BURN

- 1°: Affects only the top layers of the skin; appears red like a sunburn; 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, non-fluffy 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 from your doctor as required.

IF YOU REQUIRE IMMEDIATE MEDICAL ATTENTION FOR A BURN, CALL 9-1-1. ☎

Join the Crime and Safety Committee

Are you interested in helping to make our community a safer place to live, work and play? Then join the Crime and Safety Committee that meets the first Tuesday of the month. If you are interested, email cbmca.crime@gmail.com.

Are you looking for help for your child's reading or math?



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1990 ~ 2010

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The Reading Foundation is a private clinic that offers unique remedial programs for reading, spelling, comprehension and math.

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- We have follow-up programs
- We have published results

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email: thereadf@telus.net

www.readingfoundation.com



Since 1990

Dr. Steve Truch,
Psychologist, Director

The Reading Foundation
Suite 401, 320 – 23 Avenue SW, Calgary, Alberta

Things taking place at

YMCA Calgary

over the next few months:

Open Y Day: On the third Sunday of every month, Calgarians can enjoy FREE all-day access at any YMCA Calgary branch.

CBC Live Right Now (January 3 – July 1, 2011): CBC Live Right Now is designed to inspire Canadians to join together and improve the health and wellness of this country. The focus is on small steps everyone can take in their life to improve their health. People of all ages can take part in daily challenges found on the Live Right Now website and earn rewards for steps taken toward bettering their health—and through small, manageable changes join together to improve the health of our families, communities and country. YMCA Canada is proud to be a national partner in this movement, supporting the idea that health and wellness should be accessible for Canadians. When people are healthy and well, it helps to strengthen the foundations of community. In addition to a number of local initiatives, YMCA Calgary is offering one-week 'Try the Y' vouchers as one of the Live Right Now challenge rewards (given out online for steps taken to improve health and wellness). The vouchers provide one-week access to any YMCA branch in Calgary.

YMCA Program Registration: It's never too late to join in the fun! Registration continues even after programs have begun and fees are adjusted accordingly. Get energized in a new program or enjoy one of the ongoing favorites!

Take on a Challenge! To kick-off the New Year full of positive energy, YMCA branches across Calgary will be hosting various fitness challenges. The first of these launches February 1. Get going for a fresh new you!

Fitness Flex Pass / Drop in: Ready to get healthy but can't commit to a regular program? YMCA Calgary offers the Fitness Flex Pass and drop-in rates. Come be part of the YMCA family!

Free Youth Leadership Programs: As a commitment to the health & wellness of our community, YMCA Calgary is delighted to offer all Youth Leadership Programs at ZERO COST. YMCA helps children and youth grow, thrive, lead and belong.

Teen Night: Giving youth a fun and safe place to go, YMCA Calgary branches host Teen Night every Friday night. Activities vary by branch.

Day Camps and Residential Camps Registration: It's that time of year! YMCA Calgary offers an incredible array of choices for Spring Break and Summer Day camps. Registration dates vary by camp. Give your kids a chance to meet others, build confidence and get active and excited!

**For more details on these and other events happening at
YMCA Calgary, contact any YMCA Calgary branch or visit
www.ymcacalgary.org**

YMCA Calgary is a charitable organization dedicated to serving the community through a variety of programs and services for people of all ages and abilities. For more than 100 years, hundreds of thousands of Calgarians have been involved in YMCA Calgary through community programs, health and wellness, education and personal development opportunities.

Memorial Park LIBRARY

1221 2nd Street SW
www.calgarypubliclibrary.com
General Inquiries 403-260-2600
Program Registration 403-260-2620

10 am - 5 pm Monday,
Friday, & Saturday
noon - 8 pm Tuesday,
Wednesday, & Thursday
noon - 5 pm Sundays
(mid-Sept to mid-May)

MARCH - APRIL 2011

Do-It-Yourself Tax Help

Canada Revenue Agency staff help you complete a simple 2010 tax return. Participants must bring income slips, related receipts, calculator, pen, and paper.

Sat. Mar. 19
11:00am - 1:00pm
Registration required

The Sentimentalists by Johanna Skibsrud

2010 Giller Prize winner Johanna Skibsrud reads from her debut novel connecting the flooding of an Ontario town, the Vietnam War, a trailer in North Dakota and an unfinished boat in Maine. Parsing family history, worn childhood memories, and the palimpsest of old misunderstandings, Skibsrud's narrator maps her father's past.

In partnership with Pages Books on Kensington.

Thurs. Apr. 21
7:00pm

The Sky is Falling by Caroline Adderson

Join us for the launch of this searingly funny novel which returns the reader to another fearful era, when the world teetered on the brink of nuclear annihilation and the end of the world seemed near.

Thurs. Apr. 28
7:00 - 8:30pm

Drop-In French Storytime with Alliance Francaise

Join facilitators from Alliance Francaise for stories, songs, and activities in French. Histories, comptines, et activites en francais Last Saturday of each month Mar. 26, and Apr. 30

10:30-11:00am Ages 2-5 with a parent/caregiver
11:15-11:45am Ages 6 and up

Register for programs by phone at 403-260-2620, online at 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.

“ CBMCA exists to provide leadership, support and resources to protect and enhance the unique and diverse natural, architectural, historic and social environment of the community. ”

Community Calendar

All events are at the Community Hall (2201 Cliff Street SW) unless otherwise noted.

Jazz Concerts

First Wednesday of the month at 8 pm (doors open 7:30 pm)

April 6: Bow Djangos

May 4: Gerry Hebert: the aftermarket project

June 1: Jazz Winds quintet



Acoustic Jams

Last Saturday of the month, 2 - 4 pm

March 26

April 30



Movie Nights

Last Sunday of every month at 7 pm

March 27 - Fresh

April 17 - You Never Bike Alone

May 17 - Black Gold

Each includes a discussion afterwards

Casino volunteer opportunity: Community Fundraiser

June 4 and 5

E-mail rvlang@aol.com



Environment Committee Events

May 1 (Sunday) - Elbow River Up and Earth Day Celebration

June 26 (Sunday) - Elbow River Walk (details to follow)

July 24 (Sunday) - River Tour (details to follow)

September 10 (Saturday) - Community Clean Up

September 11 (Sunday) - Community Garden Party

September 17 & 18 (Saturday and Sunday) - Environmental Art Walk at the Promenade



Deadline for Mission Statement submissions

First Wednesday of every 2nd month

Next deadline is April 6

E-mail to editor.cbmca@hotmail.com

CLIFF BUNGALOW-MISSION COMMUNITY ASSOCIATION

MEMBERSHIP FORM



NAME: _____

ADDRESS: _____

POSTAL CODE: _____

PHONE: _____

EMAIL: _____

MEMBERSHIP TYPE:

- SINGLE (\$5) FULL (RESIDENTS ONLY)
 FAMILY (\$10) ASSOCIATE

*NOTE: MEMBERSHIPS ARE
VALID UNTIL THE NEXT
ANNUAL GENERAL MEETING*

PLEASE SEND THIS FORM AND CHEQUE PAYABLE TO CBMCA TO:

462, 1919B - 4TH STREET SW CALGARY, ALBERTA T2S 1W4

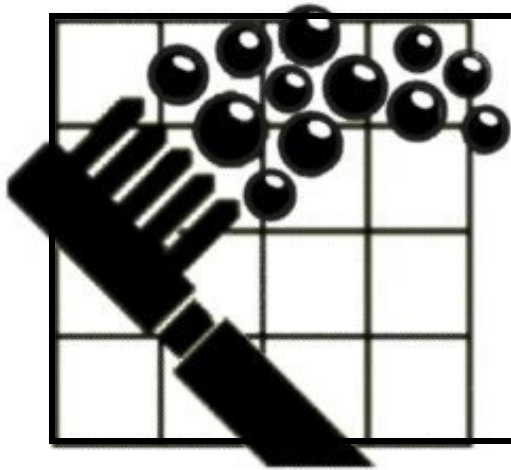
March is Membership Awareness Month

Now is a great time to buy your membership in the Cliff Bungalow - Mission Community Association. The Mayor annually proclaims that March is "Community Association Awareness Month." Membership is a great way to indicate your support for the efforts of the community association volunteers who work very hard to help make our community a better place to live, work and play. Community association volunteers work on things like development matters, heritage recognition and preservation, crime prevention, the Mission Statement, important environmental activities and fun social events.

Your membership helps to pay for the publication of this newsletter. Your membership enables you to attend the jazz series at a discount. With your e-mail address, we send you notices of community events and meetings. So why not fill in and send in the membership form in this newsletter right now.

Miralta Dental Care

www.miralta.ca - 403.228.6020



A SMILE

It costs nothing, but creates much.
It enriches those who receive, without impoverishing those who give.
It takes but a moment and the memory of it lasts forever.
None is so rich or mighty that he can get along without it,
and none is so poor that he can be made rich by it.
It creates happiness in the home, fosters good will in a business,
and is the countersign of friendship.
It brings rest to the weary, cheer to the discouraged, sunshine to the sad,
and it is nature's best antidote for trouble.
Yet it cannot be bought, begged, borrowed, or stolen, for it is something
that is of no earthly value to anyone until it is given away!
If someone is too tired to give you a smile, give them one of yours.
As none needs a smile so much as those who have none to give.

Dr. John Okoye

...at the Holy Cross Centre

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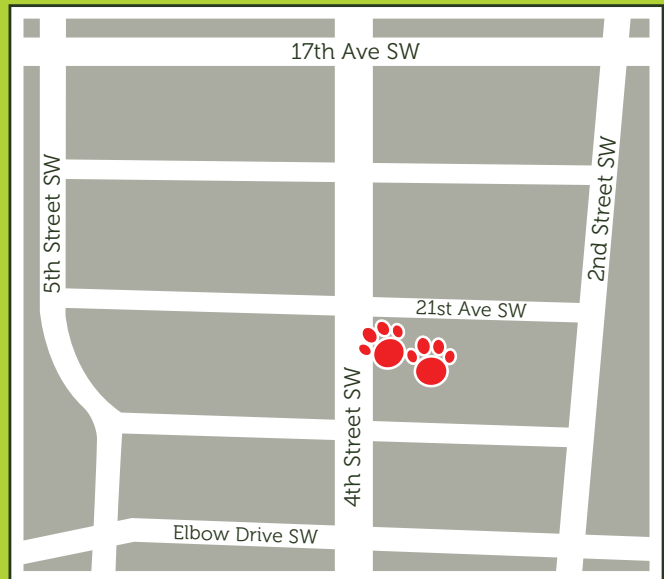
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