

THE MISSION

JULY 2021

# STATEMENT



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

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION





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## We Align City Services and Programs with Citizen Priorities

The City of Calgary is working hard to ensure Calgarians receive good value for the municipal portion of their property tax dollars. We value your feedback when considering investments in our City services and programs.

Did you know that City Council established five Citizen Priorities after extensive public engagement during the creation of our One Calgary 2019-2022 Service Plans and Budgets? The citizen priorities tell us what is most important for us to achieve.

The City's plans and budgets outline how we will:

- Deliver our services and programs,
- Address ongoing challenges, and
- Move closer to achieving the long-term vision of our city.

Every year, Council reviews The City's plans and budgets to see how we're progressing on our goals and objectives. They can make necessary changes to support Calgarians based on new economic, social, environmental, and political circumstances.

Citizen input is also considered every year. Your opinions and views about living in Calgary and perspectives about our City programs and services inform Council about what's most important to our communities.

Tools such as The City's Citizen Satisfaction Survey help us identify areas for City services and program improvements.

Learn more about how your feedback and input help make Calgary a great place to make a living and a great place to make a life. Visit [calgary.ca/ourFinances](http://calgary.ca/ourFinances).

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# COMMUNITY CALENDAR

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

The following is the latest information we have at time of writing (early June) 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).

## Jazz Nights

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

### Wednesday, September 1

Lorna MacLauchlan

### Wednesday, October 6

Marie Bridge Quartet

## Special Saturday Jazz Events

Doors open at or before 7:30 pm. Music starts at 8:00 pm.

### Saturday, September 18

Shane Statz Continuum

### Saturday, October 23

Rubin de Toledo (Monuno West)

## Book Club

Online. First Monday of each month, 7:00 pm. Need ten people. Register with Melissa at [cbmca.socialevents@gmail.com](mailto:cbmca.socialevents@gmail.com). Questions or suggestions? Also contact Melissa.

## Real Talk – Online – Tuesday, September 14, 7:00 pm

See poster elsewhere in this newsletter.

This is an online webinar on domestic violence.

Register at: [https://sagesse.zoom.us/join/register/1JMtF-ihRdgiH9KKT8deOz5gf-3WWe71OgxK](https://sagesse.zoom.us/join/https://sagesse.zoom.us/join/register/1JMtF-ihRdgiH9KKT8deOz5gf-3WWe71OgxK).

## Community Clean Up – Saturday, September 11

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

## Pathway and River Clean Up - Friday, September 17

Contact Lynn at [cbmbc.environment@gmail.com](mailto:cbmbc.environment@gmail.com)

**Potlucks** Cancelled until further notice

**Board Game Nights** Cancelled until further notice

**Trivia Nights** Cancelled until further notice

## Movie in the Park

Date during summer to be confirmed. To volunteer, contact Melissa at [cbmca.socialevents@gmail.com](mailto:cbmca.socialevents@gmail.com).

## RESIDENT PERSPECTIVES

## Is Your Garden Healthy?

by Joan Gitzel, C.H.N.C.

Scientists are discovering that the entirety of human health begins in the gut – that our genes “predispose” us to disease, but it’s our “gut bugs” that determine the expression of those genes. If the “garden” of microbes you have in your gut is out of

balance, we refer to that as dysbiosis. That means that the good guys have been overpowered by the bad guys, and we are beginning to see inflammation and other not nice symptoms. There is no lab test that will conclusively tell you what microbes you have in your gut, so don’t waste your money.

### Some of the more obvious signs of dysbiosis are:

- Food intolerance
- Gas and bloating
- Abdominal discomfort
- Change in bowel habits (diarrhea or constipation)
- Nausea, vomiting
- Acid reflux

### Some others that can be related to dysbiosis are:

- Asthma, seasonal allergies, chronic sinus problems, autoimmune issues, eczema
- Inflammation and pain
- Weight gain
- Endometriosis, PCOS, fertility issues, thyroid issues
- Depression / anxiety / brain fog / poor concentration / memory. Did you know that 90% of serotonin is produced in the gut by your beneficial microbes?

Your gut “bugs” help you, yes, but they also put their well-being ahead of yours by making you crave the foods that they want, like chocolate or sweets! But the good news is that you get to choose what you put in your mouth, and those choices ultimately determine the health of your microbiome and your entire body.

*Joan Gitzel is a Certified Holistic Nutritional Consultant and one of your neighbors!*



# 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. Please sign up for our email updates at [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com).

## Impact of Lockdown and COVID-19

At the time of writing this column (early June), COVID-19 restrictions have been eased so we hope things will continue to improve. We are planning the 2021 – 2022 jazz performance season starting Wednesday, September 1. Hopefully, in person attendance will be allowed. We are not currently renting the hall to third parties until the end of September. We will update on any changes through e-mails, etc.

## Movie in the Park

We are working on a second Movie in the Park. At the time of writing, a date has not been confirmed. We will email you when we know the details. Contact Melissa, our Social Director, at [cbmca.socialevent@gmail.com](mailto:cbmca.socialevent@gmail.com) to volunteer.

## Traffic Service Request System

The Residential Traffic Safety Unit of the Calgary Police was created to address residential traffic issues. They focus on playground zones, pedestrian rich locations, and other high-risk locations identified through collision data analysis. There is one Constable who works with City partners on traffic concerns requiring resolutions other than enforcement and he supports 311 requests to City Roads. Issues that they deal with include speeding issues, school or playground zones, trucks/commercial vehicles, pedestrian safety issues, intersection safety issues, motorcycle issues, and illegal turns. To report an ongoing traffic concern, go to <https://www.calgary.ca/cps/traffic/traffic-service-requests.html>.

## An Obituary with a Connection to our Community

I regularly read the obituaries. The reason I do is not to make sure I am not in them but to note people who have passed away with connections to groups I am involved with or have been involved with, including this community. I found one in the May 27 Herald. His name was Thomas Ford. His connection to this

community is that he was born in the Scottish Nursing Home which was located at 610 – 25 Avenue SW. It was still in operation when I moved to this community. Most community residents probably do know much about this building. I am not sure when the name of this building changed but it is now Aventa Centre of Excellence for Women with Additions.

His niece is Catherine Ford, a Calgary Herald columnist and former editor of the Herald. I met her during the time Gord Cope, another then columnist of the Herald, was on our community board. We went over to her home in Mount Royal to pick up a stove. We had a very interesting conversation, and it was clear she had strong opinions on many topics. She wrote a column in the June 2 Herald on her Uncle Tom. This illustrates how interconnected we all are in ways we would have never dreamed of.

## 300 Block 25 Avenue SW

On May 31, City Council considered an application to change the Land Use for 306 – 312 – 25 Avenue SW. No final decision was made.

Councillor Farkas proposed a motion to “file and abandon” the proposal. It lost on a tie vote. A second motion proposed by Councillor Cara to refer the file back to Administration to facilitate a community contribution (e.g., density bonus) was passed. He championed the proposal the last time this came to City Council. A report will go back to Council on July 26.

We have contacted Councillor Farkas and City Administration to indicate we want to be involved in the discussions on this matter. We will update as we know more.

## FAMILY FRIENDLY FUN

Have you ever wanted to go to Disneyland? Or just plain revelled at its magnificence, and family friendly fun? Well, it may be interesting to know that July 17, 1955 is the birthday of this world-changing attraction. This is the date the first Disneyland opened in the United States!

## MEMBERSHIP AFFINITY PROGRAM

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

- **A8 Financial:** 305, 2204 – 2 St SW (Holy Cross Centre), Tel 587-317-2040, 10% off Tax and Bookkeeping services.
- **clear float spa:** 105, 1800 – 4 St SW, 10% discount (except for the Theta Membership)
- **Economy Glass:** 101 17 Ave SW, \$10 off auto glass excluding rock chips and 10% off residential glass
- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **Expedia Cruise Ship Centres:** 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package
- **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 \$30.00
- **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 so this year's renewal deadline is **November 20, 2021**. To purchase or renew your membership, just fill in this form and either:

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

name _____		<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) _____	card no. _____	purchase date _____
	(business) _____	<b>PAYMENT</b>	
email (used only to inform you of community events and important community matters) _____		<input type="checkbox"/> cash	<input type="checkbox"/> cheque

# The Mission Statement



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

## Contact us

Cliff Bungalow - Mission Community Association  
462, 1811 4 Street SW, Calgary Alberta T2S 1W2  
403 245 6001

[www.cliffbungalowmission.com](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 2020-2021

President	Bob Lang	<a href="mailto:cbmca.president@gmail.com">cbmca.president@gmail.com</a> 403-229-2762
Vice President	Ted Knudtson	<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	Lynn MacCallum	<a href="mailto:cbmca.environment@gmail.com">cbmca.environment@gmail.com</a>
Heritage Director	Marilyn Williams	<a href="mailto:cbmca.heritage@gmail.com">cbmca.heritage@gmail.com</a>
Social Director	Melissa Parcels	<a href="mailto:cbmca.socialevents@gmail.com">cbmca.socialevents@gmail.com</a>
Communications Director	Nicole Butz	<a href="mailto:cbmca.editor@gmail.com">cbmca.editor@gmail.com</a>
Directors-at-Large	Kim Hoang Brandon Hossack Rob Jobst Mo Saiepour	

## Frito Feet

**The term “Frito Feet” is a term coined to describe the scent of some dogs’ feet. Many dog owners say their dog’s paws smell like corn chips, and because this is a normal thing, the term emerged to describe it. If you have a little pup, go ahead, and have a sniff!**





# real talk

**Break the cycle of domestic violence with just a few words.**

Domestic violence is at epidemic levels in Alberta with 1 in 3 individuals experiencing violence in their lifetime. The impact of domestic violence knows no bounds. Incidents of domestic violence exist across rural and urban areas, within all cultural and faith communities, amongst university educated professionals with a roof over their heads and those who don't know where their next safe place to sleep will be.

All Albertans are impacted by domestic violence in our communities, this is an issue that is too big to be ignored. It's time to **get real**

Rideau-Roxboro and Cliff Bungalow-Mission Community Associations present **real talk** by Sagesse. A guide to help us understand and talk about domestic violence in Alberta. Learning how to talk about domestic violence isn't fancy or complicated. **real talk** is just a real moment between two people, it isn't about trying to fix things, it's about empowering change and bringing people together. The **real talk** campaign is about all Albertans getting **real** and confronting domestic violence in our communities.

Join your community and learn how you can:

- R**ecognizing domestic violence,
- E**mpathizing with the person impacted by the violence,
- A**sk them what they need, and
- L**isten without judgement.

This webinar is scheduled for: **September 14<sup>th</sup> from 7:00-8:00pm MDT**

Please register in advance for this Real Talk webinar using the following link:

<https://sagesse.zoom.us/meeting/register/tJMtf-ihRDgiH9KKT8deOz5gf-3WWWe71OgxK>

After registering, you will receive a confirmation email containing information about joining the Zoom meeting. We look forward to seeing you there!

If you have any questions please email [realtalk@sagesse.org](mailto:realtalk@sagesse.org)

240, 1509 Centre Street SW | Calgary, AB | T2G 2E6  
P 403.234.7337 | F 403.228.0438 | [www.sagesse.org](http://www.sagesse.org)

# PHOTO CORNER



Cherry blossoms outside Holly Cross - Photo by Patricia Brown



Mission resident, Georgina Jameson, captures beauty of elbow on canvas - Photo by Karen Maybin



Lexi the Great Dane - Photo by Stephen Berzins



# 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)



## Anyone in Need of Couples Counselling?

by Nancy Bergeron, RPsych | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)



So many people have heard about Gottman Method but what is it and would it be right for you? Through research-based interventions and exercises, Gottman Method helps couples break through barriers to achieve greater understanding, connection, and intimacy in their relationships. It is a structured, goal-oriented, scientifically based therapy. Intervention strategies are based upon empirical data from Dr. Gottman's four decades of research with more than 3,000 couples. This research shows us what actually works to help couples achieve a long-term healthy relationship. The Gottman Method was developed out of this research to help you and your spouse or partner:

- Increase respect, affection, and closeness
- Break through and resolve conflict when you feel stuck
- Generate greater understanding between you and your partner
- Keep conflict discussions calm
- Maintain improvements in your relationship

The therapy consists of three sessions of assessment (the first one is joint and the subsequent two are individual) in addition to an in-depth online individual assessment through the Gottman Institute. You then come together with your therapist to discuss your treatment plan that is customized to your particular strengths and areas that need work. You will typically meet on a bi-weekly basis for 90 minutes. This specialized therapy will take a minimum six-month commitment. Most couples work with their therapist for a year and then come back for yearly check-ups. I would say the average is about 20 ninety-minute

sessions. Yes, it sounds like this is a costly investment... an investment in your peace, happiness, and in being healthy parents for your children. In the grand scheme of things, this is certainly a lot less expensive than divorce. Gottman Method Therapy helps couples develop and strengthen the qualities of positive, healthy relationships that Dr. Gottman discovered in his 40+ years of research with couples.

Couples can attend sessions by way of video (teletherapy) or in-person. Using teletherapy allows the therapist to reach couples who otherwise would not be able to seek services. The modern-day convenience of video conferencing allows for couples to maintain continuity of sessions despite the stress of conflicting work schedules, childcare, and traffic. Teletherapy is not appropriate for all couples which is why the therapist conducts a thorough assessment on all couples in the first two to three sessions and will determine if teletherapy is the best fit for them. Please note that couples will be expected to both be in the same room together on the same computer screen.

It is a very hands on and directive method. You can expect the therapist to do some talking but the goal is for you to talk more to your partner than to the therapist. There is a goal to teach with each session and to leave you with learning objectives to practice between sessions. The Gottman's believe that you came to therapy to shake-up your current relationship dance. You will be called out on your 'stuff' but always with love, care, and respect.

Finally, I'm sure you are wondering if the therapist is going to tell you to get a divorce. No, but they may think it. They are committed to your overall health and wellness, as well as the children's that you may have in your life. If your goal is to transform your relationship for better, the Gottman Method will help you do that. If your goal is to split on good terms and with a friendship still intact, the Gottman Method will help you do that. You identify where you want to go, the therapist will guide you to the destination. One of the most discouraging parts of couples therapy is the amount of time couples wait before seeking help. On average, couples wait six years before seeking counsel. By then, much damage has been done. If you think Gottman Couples Therapy may be right for you, please reach out to a qualified therapist that has at the minimum Level 2 Training. The COVID-19 pandemic has either brought couples closer together or pulled them to a breaking point. Don't wait for six years to do something about it.



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

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## Hot, hot, hot!

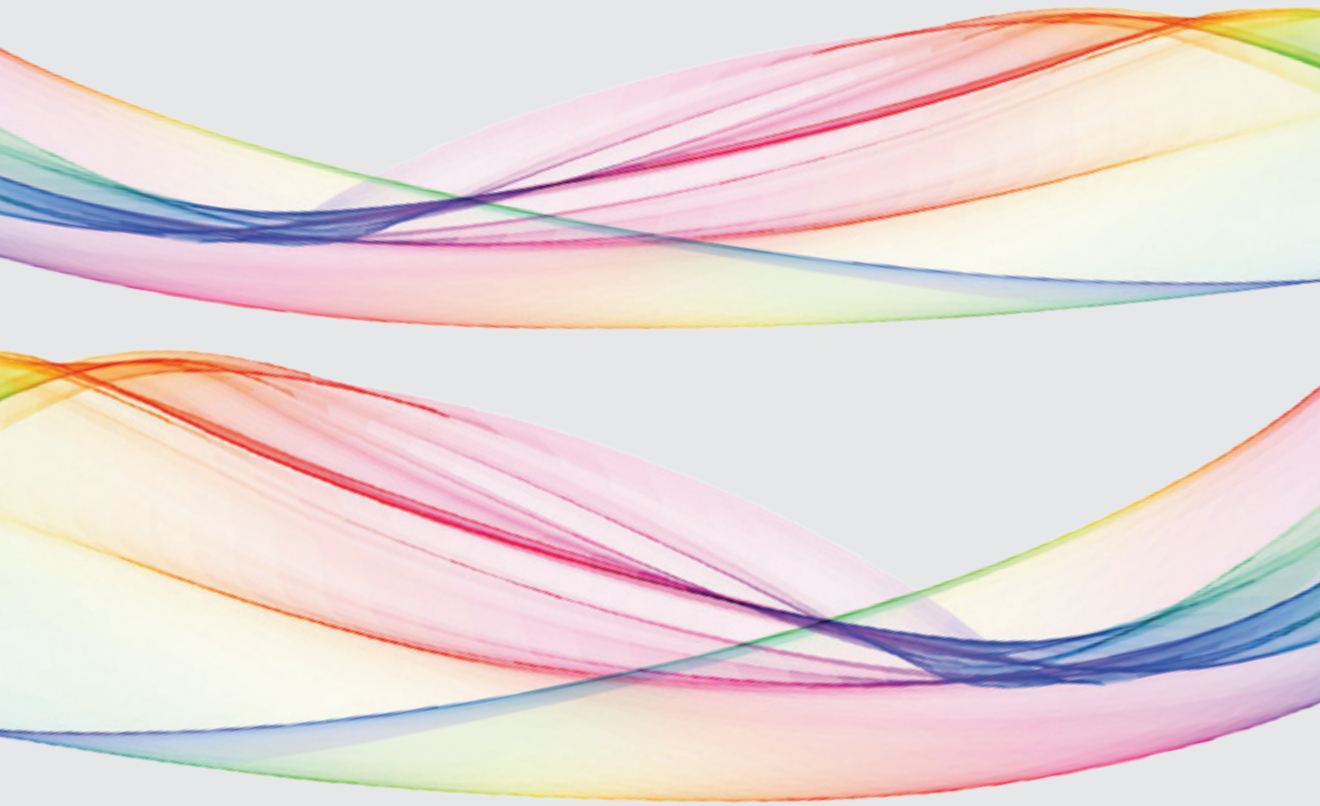
It can get hot in the United States, but never as hot as in 1913. On July 10, 1913, North America reached its highest recorded temperature, coming in at 56.7 degrees Celsius. This record high occurred at Death Valley in California. Now that would be a good day to find a pool and dive in!

# GREAT NEWS MEDIA

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[info@greatnewsmedia.ca](mailto:info@greatnewsmedia.ca)



## Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine-inch layer of shock-absorbing material, which extends six feet out in all directions from the play area.

### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (\*) high and have a self-latching, self-closing, lockable gate.

(\*Alberta Building Code)

### Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



CUSTOMER SATISFACTION GUARANTEED



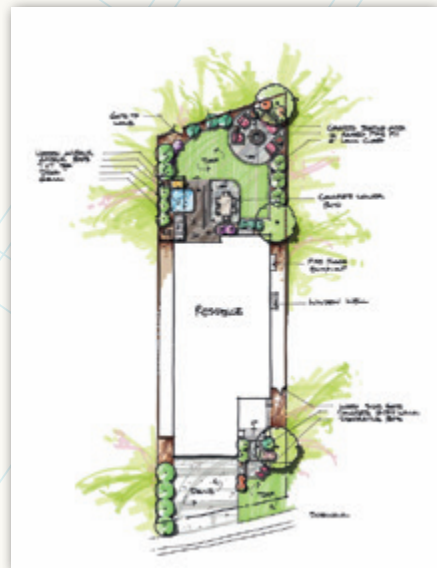
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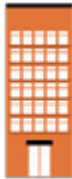
## Condominium Board Members



**Lenyx Corp.** is a professional and fully licensed Real Estate Brokerage specialized in Condominium Management with a unique approach. Currently, we are overseeing several buildings in your community.

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