

# THE MISSION STATEMENT

MAY 2015



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

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



**4 Street named Calgary's best!**

**Cliff Bungalow-Mission  
through a child's eyes**

**Sheep amongst wolves:  
Calgary's FCJ sisters**



EVERYDAY GROCERIES LOCAL PRODUCE FRESH WELLNESS

**Featured Product**



**B-12 Oral Spray Energy Booster**

A high-absorption vitamin B-12 that helps the body to metabolize carbohydrates, fats and proteins and helps to form red blood cells.

**Amaranth**  
— Your local health food store —

**North** 7 Arbour Lake Dr. NW  
**Central** 1407 4 St. SW  
**South** 378, 5222 - 130 Ave. SE

CELEBRATING  
**20**  
YEARS  
1995 **Amaranth** 2015

amaranthfoods.ca

**Book In For A  
CUT & COLOUR  
SERVICE  
And Recieve Your Cut For  
FREE!**

Call 403-266-7335  
to book an appointment

**PURE  
FORM**  
HAIR & SKIN

- Valid until August 31, 2015
- Cannot be combined with any other offers
- First time clients only



## Cliff Bungalow - Mission Community Association

**462, 1811 4 Street SW**  
**Calgary, Alberta T2S 1W2**  
**403 245 6001**  
[www.cliffbungalowmission.com](http://www.cliffbungalowmission.com)

# CONTENTS

President's report 5  
4 Street named Calgary's best 9  
Cliff Bungalow-Mission through a child's  
eyes (book excerpt) 11-14  
Are high-rises coming to  
Cliff Bungalow-Mission? 15  
Sheep amongst wolves.  
The FCJ sisters, part II 19-20  
Influencing our community's future 21  
Dinner and a movie with a twist 27,30

## NEWSLETTER AD SALES

**GREATNEWS**  **26** YEARS  
PUBLISHING

**Great News Publishing Ltd.**  
**403.720.0762 | 403.263.3044**  
[sales@great-news.ca](mailto:sales@great-news.ca) | [www.great-news.ca](http://www.great-news.ca)

Are you ready for Lilac Festival?  
Come see us at the CBMCA booth near the Western Coffee Shop  
at 21 Avenue SW. Photos courtesy 4th Street BRZ.



**GREAT NEWS PUBLISHING HAS BEEN  
PROUDLY SERVING CLIFF BUNGALOW-MISSION  
FOR 2 YEARS!**

# 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 (please leave a message)  
www.cliffbungalowmission.com  
Look for us on Facebook, not to mention Twitter and Instagram (CBM\_CA)!

## We value your contributions

The *Mission Statement* exists to facilitate communication among residents of Cliff Bungalow-Mission. We welcome your story ideas, articles, letters, announcements and photos. Submissions may be emailed to cbmca.editor@gmail.com in .doc, .pdf or .jpg formats. You may also mail (or drop off) your submission to us at the UPS Store: 482, 1811 4 Street SW, Calgary T2S 1W2. Please put *Mission Statement* on the envelope and be sure to include your name, address and telephone number.

The CBMCA reserves the right to edit submissions for accurate content, consistency and length. All photographs require the name of the photographer and credit for the image, along with the names of the individuals within. Permission to publish the photograph or image is required. We do not guarantee the publication of all submissions.

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





## Cliff Bungalow - Mission Community Association Board

President	Bob Lang	rvlang@aol.com
Vice President	Jan Pugh	cbmca.facility@gmail.com
Secretary	Philip Lozano	cbmca.secretary@gmail.com
Treasurer	Edwin Mattheis	edrum13@shaw.ca
Planning & Development Director	Sander Jansen	cbmca.development@gmail.com
Environment Director	Brendan Baines	cbmca.environment@gmail.com
Heritage Director	Marilyn Williams	cbmca.heritage@gmail.com
Social Director	Corinne Ofstie	cbmca.social@gmail.com
Communications Director	Robin Thompson	carpedog@live.com
Directors-at-Large	Patrick Arnell	Kate Zago
	Amanda West	Rick Williams

cbmca.editor@gmail.com

Editorial  
Content  
DEADLINE

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

## PRESIDENT'S REPORT

by Bob Lang

### Density bonusing issue going to council on May 11

We have been discussing this topic in the *Mission Statement* for some time. Density bonusing is a concept being considered for a proposed development to replace the houses located at 306, 308, 310 and 312 25 Avenue SW. The applicant has requested approval to increase the height limit from the currently approved 15 metres to 24 metres. If the application is approved, then density bonusing may also be approved. Density bonusing is a system of exchange that allow variances to the location's approved land use (aka zoning) in exchange for the provision of certain amenities that fill an identified need and benefit to the community.

In March the applicant requested a deferral to May 11, when the matter will be again considered by city council. At the time of writing this column (early April), a meeting is being set up with the applicant. We do not know what will come out of that meeting, nor do we know yet if council will make a decision on May 11. This has been a moving target. We will let you know of any change or outcome in the next newsletter. One note of interest is that people are now back living in the houses involved. I met one of the new residents at the potluck-movie night held on March 29.

### Mature trees update

Again this has been a moving target but a meeting with city officials is being set up for sometime in April (we hope). We will let you know of what comes out of that meeting.

### History book progressing rapidly

Things are humming along at a rapid pace as we prepare to publish of our new history book, *Cliff Bungalow-Mission: a Heritage Community*. We are currently taking orders, along with donations to help with the cost of publishing. A mail-in form is on our website under Get Involved and a link to that form is in the History Book section. There is a link to PayPal, which allows you to pay online. The cost per copy is \$25. A donation link to PayPal is also available on the same page.

The official launch is scheduled for Saturday, July 25 from 3 to 6 pm at the community centre. This is during Historic Calgary Week. Please mark that date on your calendars. More information will be coming as details are worked out.

This month's excerpt, on pages 11-14, from *Cliff Bungalow-Mission: a Heritage Community* looks at our neighbourhood through a child's eyes.

### We get letters

I am really dating myself with this phrase but the concept is still valid. From time to time we receive emails and notes from community residents, praising or complaining. During March we received one of each.

One person was quite upset about the destruction of the glacier-deposited erratic (Mission condo project uncovers huge erratic, March 2015). Basically she felt the board did not do enough to prevent this from happening. In the event, it was only by chance that Rick Williams happened upon the site of the erratic during the operation to remove it. We were not consulted in this matter. While there are formal consultations for new developments in the application stage, there are no formal processes during the construction stage. We hope to set up a more formal process when trees are being considered for removal. What was not in the article: the developer/builder did attempt to remove the erratic in one piece, but that did not work out due to the sheer size of the rock. I hope this explains how this situation occurred.

We also received a note of praise tucked into a membership application. We appreciated your comments — they help us know what your issues are and it's always nice to hear that we're doing okay.

**RENOVATIONS, DECKS ETC.**  
Home reno, new construction, CABINETRY, decks, FENCES...  
**All the things you NEED done  
but can't or don't want to do yourself.**  
A timely, PROFESSIONAL, high quality service on every job!  
Call today to set up a free quote.  
**BUILDING ART**  
Tom Fairbrother at 403.614.2682  
**Licensed, bonded and insured!**







Cliff Bungalow-Mission

# A Heritage Community

**Coming July 25, 2015!**

To reserve your copy please use the order form on page 14

# Time to **RENEW** your membership

Have you renewed your membership? You can do so with the handy form on page 26. You can also renew at any community event. Your card can also be used for special discounts at local merchants (page 8) and a reduced cover charge for most jazz events.

**Membership in the  
Cliff Bungalow - Mission Community Association?  
It's a good thing!**

Cliff Bungalow-Mission  
Community Association

# Potluck Dinner

Sundays at 6 pm  
**May 3  
June 14**  
Community Hall  
2201 Cliff Street SW

Join us and hang out with some very interesting people.  
Simply bring something yummy and your own dishes and cutlery.  
For more info please email at [cbmca.social@gmail.com](mailto:cbmca.social@gmail.com).



All events are at the Cliff Bungalow-Mission community centre (2201 Cliff Street SW) unless otherwise noted. Check out our website at [www.cliffbungalowmission.com](http://www.cliffbungalowmission.com) for more information and updates.

## Jane's Walk

Saturday, **May 2**, 3 pm. **A Walk on the Green Side.** Meet near Christ Church at 3602 8 Street SW. The walk will include Elbow Park, Mount Royal and Cliff Bungalow-Mission. Be prepared to climb some hills. [janeswalk.org/canada/calgary/walk-green-side/](http://janeswalk.org/canada/calgary/walk-green-side/)

## Pathway and river cleanup

Sunday, **May 3**, 10 am to 1 pm. Meet near Talisman Centre (south-west side in Lindsay Park) for registration, coffee, pick-up bags, etc. Wear footwear and clothes that you don't mind getting dirty. Barbecue from 11 am to 1 pm.

## Potluck dinners

Bring something to share and meet your neighbours. These dinners are so much fun!

Sunday, **May 3**, 6 pm. This is one week earlier due to Mother's Day being on May 10.

Next potluck is Sunday, June 14, 6 pm.

## Jazz concerts

Featuring talented local artists in our historic venue. Discount for CBMCA members.

Wednesday, **May 6**, 8 pm. Jazz bass night with **Rubim de Toledo**.

Wednesday, **June 3**, 8 pm. The **Rick Climans Quartet** with a mixture of originals and standards with a twist.

## Save the date!

Saturday, **July 25**. Book launch of **Cliff Bungalow-Mission: A Heritage Community**. See pages 11-14

for an excerpt of this very interesting history of our community.



## Lilac Festival 2015 Sunday, May 31, 10 am to 6 pm

Come see us at the CBMCA booth near the Western Coffee Shop at 21 Avenue SW. Want to volunteer? Contact Bob Lang at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com). We always have so much fun hanging out and talking to the many, many people who drop in.

The parade begins at 25 Avenue SW at 10 am. Decorate your bike! Decorate your kid! Decorate your dog! Details will be posted on the CBMCA website.



**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)  
[safetysync.com](http://safetysync.com)  
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

Call Now for your **FREE ESTIMATE**  
For Landscape Construction

**403.301.3300** **ASSINIBOINE**  
[www.assiniboine.com](http://www.assiniboine.com) LIGHTS & LANDSCAPES

**LANDSCAPE CONSTRUCTION**  
Stone Patios • Retaining Walls • Sod • Trees Flow-erbeds • Fencing • Decks • Aerating Power-raking • Leaf Cleaning & much more

**WEEKLY LAWN CARE & SPRING CLEAN UPS**  
Mowing • Trimming • Pruning and Beds

2yr Quality Guarantee • WCB • Insured • Licensed • Bonded • References Available



## CBMCA Potluck Dinners

### Join us for candlelight dinners and meet your neighbours

Neighbours in Cliff Bungalow - Mission have been gathering to share good food and conversation at our community potlucks for the past couple of years. We set tables in the community hall with candlelight, often some flowers, and a little music for a cozy ambience that makes for a fabulous way to get to know other interesting people in the neighbourhood. The dishes that find their way to the table are as varied as the people who come. Don't be afraid that your dish will not measure up with others. The point is community and people getting together, with food as the catalyst for stimulating conversation.

**Sunday, May 6, 6 pm**

At the community hall, 2201 Cliff Street SW

***We hope you will join us!***

Thank you **volunteers**  
and **silent auction**  
**contributors** for our  
super successful Spring  
Fling on April 11

## MEMBERSHIP AFFINITY PROGRAM

### Use your membership card to save!

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

**European Bakery:** 10% off all items

**Expedia Cruise Ship Centres:** \$50 discount toward a \$1500 travel package

**4th Street Liquor & Wine:** 10% off all items

**The Great Canadian Bagel:** 10% off all items

**Lorenzo's Pizza:** 10% off pick-up orders, 5% off delivery orders

**Peking Dragon:** 10% on dine-in items (excluding dinner combos), 15% off pick-up orders over \$30

**Rideau Pharmacy:** 15% off all items, excluding prescriptions

**Tea Factory:** 10% off all loose leaf teas and drinks

**Techno Sport:** 20% off all waxes and tools or 20% off in store tune-ups

**UPS Store:** 5% off all products and services (excludes Canada Post products)

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

See something cool in the  
neighbourhood?  
Instagram it!

#cbmca

## 4 Street named Calgary's best

Article and photo by Jennifer Friesen. Reprinted from Metro.

In March, Metro put together a list of Calgary's best streets, whether they were known for food, shopping, entertainment or sitting back for a quiet cup of coffee or a pint of beer. They asked readers to vote on them and the result, after a week's worth of tallies, saw readers crowning Calgary's best: 4 Street SW.

### Mission gem

Opening up like a main street in a small town, 4 Street is bursting with flowers in the summer and alive with people careening around corners or relaxing on a patio with a coffee in hand.

David Stark rides down the street on a tandem bike with his son Daniel every day – sometimes twice a day. He moved further south after living in the Mission area for years, but says something always draws him back.

"We're kind of like salmon in that way," he said, laughing. "There's this idea that we're all connected here and everything I need is here: the best restaurants in the city, the best coffee in the city – what's not to love?"

Phoebe Fung, owner of the Vin Room, said she fell in love with the street from the moment she set up shop six years ago.

"The truth is that it's a community," she said.

"It's a little oasis away from the hustle and bustle of downtown Calgary. People here have a deep sense of ownership of this neighbourhood, you feel it as soon as you arrive."

Fung recalls the aftermath of the June 2013 floods, saying that it pulled the community even closer together. As people were kept from their businesses and homes, they leaned on one another to share information, clean up debris and even acted as pseudo-cafeterias for families while they waited to get back into their homes.

"Thousands of volunteers descended on 4 Street and cleaned it up within days of the flood," she said. "I've never seen such an outpouring of support."



Welcoming the Sentinels of Time by Fernandino Spina at 24 Avenue SW.

The street is also home to Calgary's first street festival of the summer season: the Lilac Festival. Every May, the street fills up with more than 100,000 Calgarians listening to music, trying some new food or having a pint in the sun.

"It kicks off the whole 'downtown vibe' for the summer and everyone is always so excited," said Juliet Burgess, volunteer coordinator of the Lilac Festival.

"[Fourth Street] feels like a small town, all the business owners know one another and it's just such a welcoming community that comes together so easily."

### Quick facts

Here is a rapid-fire, get-to-know-you session on 4 Street:

**Lilac Festival.** Named after the lilacs in bloom every May, Calgary's first street festival of the year began 25 years ago as a block party put on by the community association. The festival kicks off this year on May 31.

**Bonjour.** Fourth Street is the dividing line between the historic districts of Mission and Cliff Bungalow. Mission was originally settled by Roman Catholic missionaries as a French community. By 1875 it had become the French-speaking village of Rouleauville, but was annexed by Calgary in 1907.

**2013 flood.** After the flood of June 2013, businesses and homes on 4 Street were evacuated for 72 hours and many residents were unable to return for weeks or even months. Vin Room owner Phoebe Fung said the community has been more closely-knit ever since.

**Eating.** With more than 35 restaurants in just 13 blocks, there's enough sushi, tacos, steak and pastries to sate any appetite.

**Public art.** The 4 Street BRZ funds an art installation of sculptures to fill the Mission area. Called the Art Society of 4 Street and created by Alberta artists, the whimsical sculptures line the entire stretch of road.



# We're proud...

That you're proud.  
And happy.  
And satisfied!



We think Calgary's a great place to live. And now you've told us you think so too — in the 2014 Citizen Satisfaction Survey.

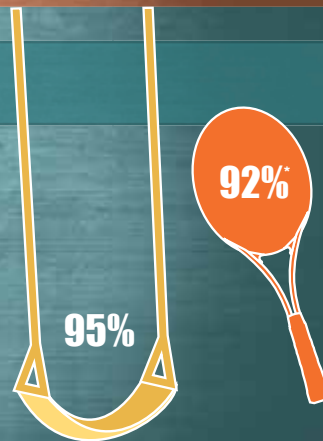
As the people who deliver the services your family counts on, that makes us proud.

And what makes us even prouder is that you're satisfied — even very satisfied — with the work we do for you.

## With the full range of city services

From drinking water and waste collection to parks and recreation, you say you're satisfied — and even very satisfied.

On behalf of all of us doing that work, thank you. Making your day makes our day.



Let's keep Calgary a great place to make a life...  
and a living. With strong public services.

**CUPE**

Calgary's city employees

Book excerpt, *Cliff Bungalow-Mission: a Heritage Community*

# Cliff Bungalow-Mission through a child's eyes

Written by David Mittlestadt with the Cliff Bungalow - Mission Community Association

Between the world wars, Cliff Bungalow-Mission experienced the best of times and the worst of times. The end of World War I brought recession and drought — many must have wondered if there would ever be good times again. A major Turner Valley oil discovery in 1924 signaled the start of the roaring twenties in Calgary and a burst of prosperity. The city's population grew to more than 80,000 and there was something of a building boom, but it was all short lived. By 1931, the local economy had ground to a halt as the Great Depression took hold. Severe drought stalked the prairies. Nationwide, the unemployment rate spiked around twenty-five percent and was even higher in agriculture-dependent western Canada. By the time the next war began in 1939, the economy in Calgary was only just sputtering back to life.



Despite the hardships of the Depression, the years between the wars were, in many ways, golden ones for Cliff Bungalow-Mission. The district matured into a pleasant, middle class neighbourhood with a broad social, economic and ethnic mix for the times. To a resurgent francophone community was added a strong Jewish presence. Through the 1920s and into the early 1930s, 4 Street evolved into a bustling commercial area, and new houses and apartment buildings sprang up before economic conditions worsened. More importantly, Cliff Bungalow-Mission became a tight-knit neighbourhood with a strong sense of community. It was a time of stability, when people knew their neighbours and looked out for each other.

~continued next page~



Cliff Bungalow-Mission thrived as a community between the wars. It was a district of families, closely knit in a way scarcely conceivable now. Many people born and raised in the neighbourhood during the inter-war years are still alive today and their memories of Cliff Bungalow-Mission in the 1920s, 1930s and 1940s create a wonderful portrait of the district, and Calgary as well.

Many neighbourhood kids had idyllic childhoods. Families could not afford many extras, but children had freedom and independence that is almost unheard of in Calgary today. It was simply a different era. Nearly every household had children and few women worked outside the home, thus creating a constant adult presence. Most families knew everyone else on their block and children were in and out of the neighbours' houses without a second thought. Some modern hazards were also absent. Traffic was very light. Thoroughfares like 4 Street and 17 Avenue were not busy and vehicle traffic was nearly nonexistent on side streets and avenues. Crime was not a major worry either. Children were told to be wary of strangers but Calgary was a city where people did not lock their doors.

Despite the hardships of the Depression, the years between the wars were, in many ways, golden ones for Cliff Bungalow-Mission.

Outside of school, childhood was centered on outdoor play and children spent a great deal of their free time roaming the neighbourhood. Younger kids tended to gather on their own blocks while older children often had a group of school friends from around the district. Games like kick the can, hide-and-seek, red rover and others were popular. So were pickup sports like touch football, baseball, street hockey and soccer, often played in the nearest vacant lot. Spy Hill, the escarpment behind Cliff Bungalow and Holy Angels elementary schools, was very popular. Mount Royal was much less developed then and open fields beckoned not far away from the top of the hill. Spy Hill was a favourite for family picnics and as a vantage to watch the fireworks that accompanied the Calgary Stampede. (I know this isn't the official name but it's an informal-feeling paragraph)

A popular recreation was horseback riding. Ruttle's, a livery stable at 5 Street and 17 Avenue, rented horses. It was sometimes possible to defer some of the rental fee by helping out in the stable. The pathway that still runs up the escarpment behind Holy Angels and Cliff Bungalow schools was actually built as a bridle path. Once in Mount Royal it was very easy to ride out onto open prairie and farmland. One girl frequented Ruttle's so much that the proprietor, George Ruttle, would let her take out his more spirited horses rather than the calm old nags he kept for rentals.

Other places for riding existed – Ruttle's was the most convenient – but it was easy enough to ride one's bike west to the Currie Riding Academy or to other stables to the south. A few people went one better and had their own horse or pony, which they would keep tethered in a nearby vacant lot. David Laven was well remembered for his pony. Hotelier R.C. Thomas had a stable behind his grand home that used to stand on 25 Avenue. Tales of riding, hiking or skating out into the country emphasized the fact that, until the 1950s, Cliff Bungalow-Mission was very close to the edge of the city. A half-hour walk through Elbow Park, Rideau, Roxboro or Mount Royal sufficed to be in flower-dappled fields.

The Elbow River was central, especially in summer. In nearby Elbow Park, the city put log booms across the river to enhance a natural beach and swimming hole, added a changing room (still standing today), and built a playground in what's now known as Wood's Park. There were rafts anchored in the river and even a diving board. The area had a lifeguard of sorts, nicknamed "Pete the River Rat", a parks employee who kept the area clean and was on hand to deal with minor injuries, which he delighted in dousing with iodine. Children of all ages would spend the whole day at the "beach" on the Elbow. It was sometimes nigh impossible to find a place to put down a towel.

The swimming hole between the Holy Cross and the CNR Bridge at 23 Avenue was also popular. In this spot, the river ran faster and the hole was deeper. The hole was often equipped with diving boards. For decades there was a rope swing that threw people surprisingly high out over the river. The city removed the rope swing from time to time but it always reappeared. The Holy Cross swimming hole was not for younger children but rather teenagers and adults. On the hottest days the Basilian fathers often swam in the Elbow behind their residence, which backed onto the river at 1 Street SE. Other swimming areas were not far away, further south down the river.

The Elbow served as a natural corridor for exploration. Near to Cliff Bungalow-Mission were the ruins of Lindsay's Castle, an unfinished boom-era mansion, just below the district of Parkhill. It was nothing out of the ordinary to hike or ride bikes to the Glenmore dam and the reservoir. Some ventured as far as Twin Bridges (now the Highway 8 bridge), usually by bike. One young resident of Cliff Bungalow-Mission recalls camping there for a week or more. A couple of his friends had paper routes and would commute back to the district to do their deliveries. Walking to the Glenmore dam while it was under construction was popular; there were even school field trips.

The Elbow was also used for winter recreation. Before the Glenbow dam was finished in 1933, people commonly skated on the river. The ice could sometimes support cars and trucks. One spot near the Holy Cross even featured piped-in music and lights. Skaters could take a picnic lunch and hot drinks and skate up the river, even as far as Twin Bridges, and have a bonfire. Unfortunately, the dam ended skating as fluctuating water levels made solid ice a rarity. Some adventurous youths took advantage of the brittle ice and open water to create a much riskier activity – riding



~continued next page~



Skaters could take a picnic lunch and hot drinks and skate up the river, even as far as Twin Bridges, and have a bonfire.

ice rafts. The dangers were twofold: drowning and getting caught. Responsible adults did not see this as a reasonable form of recreation, with good reason. Several children have died in the river over the years.

Skating and hockey were not confined to the river. The city parks department set up proper hockey rinks at the playground on 24 Avenue and 2 Street, and sometimes flooded one at 5 Street and 25 Avenue near the Scottish Nursing Home. The fire department helped ensure lots of plenty of scrub hockey by going through the neighbourhood every winter and flooding vacant lots that householders would then maintain, such as two lots on 5a Street known as Armstrong's and Kolb's Hollows. The Jewish community centre also had rinks.

The Glacier Skating Rink on 1 Street and 18 Avenue was more civilized – hockey was strictly forbidden. The Glacier had lights, music, a warming shack and a concession with hot drinks. Elmer Mason Beebe and his wife Lois owned and operated the Glacier. The skating rink was not a lucrative business – Elmer also had a day job – but the Beebes ran it for nearly twenty years. The Glacier was popular with families,

figure skaters and teenagers on dates. Admission was only a dime, which would be waived if one came early and helped the proprietor clean off the ice.

Sledding and skiing was also very popular in winter. Spy Hill was a prime location. Skis might be store-bought but were usually homemade. Some homemade sleds were quite elaborate, like primitive bobsleds, and could take several passengers. The lack of traffic was a godsend – kids could sled down the bridle path and up Cliff Street towards 17 Avenue. Younger children often used the hollows on 5a Street, or Hospital Hill, which were much less imposing.

*This is an excerpt from Cliff Bungalow-Mission: a Heritage Community. It hits shelves on July 25, 2015. If you would like to reserve a copy, please follow the directions on the Pre-Order Form.*

### Would you like to pre-order a copy of Cliff Bungalow-Mission: A Heritage Community or donate to its publication?

Please fill out this form and mail with your payment/donation to CBMCA at 462, 1811 4 Street SW, Calgary, Alberta T2S 1W2

name		\$25/copy	
address		number of copies	@ \$25/copy
city		donation	total enclosed
province		postal code	
phone (res)	(cell)		
email (will be used to inform you when the book becomes available for pickup)			

**Cheque.** Please make cheque out to CBMCA, write History Book in the memo and mail to the address above.

**Online.** To pay by Paypal, go to cliffbungalowmission.com, click on Get Involved, then on the link under History Book.

Books will be available for pick-up as of July 25, 2015.  
Please email cbmca.historybook@gmail.com for shipping options.

## PLANNING & DEVELOPMENT

### Are high-rises coming to Cliff Bungalow-Mission? Why should we care?

by Sander Jensen

As a community association representing an inner city neighbourhood, the Cliff Bungalow - Mission Community Association sees many development proposals every year. Increasingly, those proposals are for high-rise developments, sometimes on property not zoned for tall buildings. The developer seeks approval to build on a property in exchange for providing funding through a mechanism called density bonusing. Currently, one developer is asking the city to accommodate one such development in Cliff Bungalow-Mission, putting the onus on the CBMCA to examine the issue and what it might mean for the neighbourhood.

#### What is density bonusing again?

Density bonusing works like this: developers can increase a building's height beyond the planning requirements if they give money to a fund for area improvements. The sum of funds is based on a floor-area ratio and negotiated by city administration. The scheme was first used in Calgary in Beltline and has since been expanded to areas like Sunalta, Hillhurst-Sunnyside, Westbrook Station and downtown.

The concept if density bonusing isn't new. It has been in place in Ontario since 1983 — mandated by provincial legislation – and is widely used in Vancouver. Although the scheme is late in coming to Calgary, it has now been accepted in a wide number of communities.

There are various pros and cons to density bonusing. On the upside, it makes funds available for improvements in the community. Projects like Triangle Park in Kensington and Blakiston Park in Brentwood were partially been funded through bonusing money. On the flip side, these improvements come at the expense of the community's character, dynamics and streetscape. There is a growing body of

evidence that shows that tall buildings have poor environmental performance, threaten the social cohesion of communities, lead to poorer health outcomes, degrade the public realm, and destroy the human scale of a community.

There is a misconception that tall buildings are a perquisite for densification or smart growth. Quite the contrary – Cliff Bungalow-Mission has achieved the same density as places like Chinatown and Beltline, but without all the tall buildings.

Finally, density bonusing raises a number of critical questions and uncertainties: Who administers the funds and gets to decide where and when to spend money? How much money will be made available to the community? Will this be sufficient to offset the negative effects?

#### And we should be concerned, why?

Density bonusing is being considered for a proposed development to replace the houses located at 306, 308, 310 and 312 25 Avenue SW. The applicant has requested approval to increase the maximum height from the currently allowed 15 metres to 24 metres to accommodate a 38-unit condominium building. Though the request relates to a single development only, once approved it could set a precedent for greater tolerance of higher buildings in Cliff Bungalow - Mission.

Consequently, we felt it appropriate to poll residents on their thoughts regarding density in Cliff Bungalow-Mission. On the evening of February 18, 2015, the CBMCA planning and development committee held a working meeting with residents to gauge community feeling on the issue. An overwhelming 65 residents attended. This is what we heard:

- consistent with the CBMCA, community residents are opposed to density bonusing as a planning tool. A clear majority of respondents (82 per cent) believe that spot up-zoning should not be allowed and planning decisions should respect our Area Redevelopment Plans (ARPs). Community residents truly value our compact, walkable, energy-efficient, mixed-use, human-scale neighbourhood with its strong sense of place;

~continued on page 18~





EVERYDAY ORGANIC

Featured Product

**Enerex PainX**

PainX is a potent blend of natural anti-inflammatories including Serrapeptase, Curcumin, Boswellia and Devil's Claw. It increases mobility while alleviating discomfort from joint, muscle, back and neck pain.

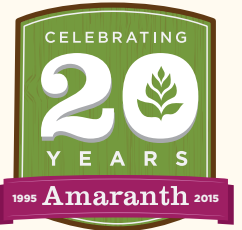




**Amaranth**

Your local health food store

North 7 Arbour Lake Dr. NW  
Central 1407 4 St. SW  
South 378, 5222 - 130 Ave. SE



amaranthfoods.ca



halo

HYBRID FRACTIONAL LASER

Discover HALO and reclaim your glow. Call us today at (403) 245.8008 to schedule your consultation.

**RADIANT SKIN WITHOUT THE DOWNTIME.**

Over time, your skin can lose its youthful glow due to sun exposure & your body's natural aging process. Halo eliminates years of damage by precisely targeting the right depth to restore your skin's luminous glow.



**SANTE MEDICAL**

COSMETIC | LASER | VEIN

1451 14 St. S.W. | 403.245.8008  
santemedical.ca



## Cliff Bungalow - Mission Real Estate Update

Last 12 Months Cliff Bungalow

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2015	\$0	\$0
February 2015	\$0	\$0
January 2015	\$0	\$0
December 2014	\$0	\$0
November 2014	\$0	\$0
October 2014	\$0	\$0
September 2014	\$779,900	\$740,000
August 2014	\$1,279,750	\$1,220,500
July 2014	\$1,075,000	\$1,030,000
June 2014	\$1,262,000	\$1,195,750
May 2014	\$849,000	\$825,000
April 2014	\$1,274,000	\$1,220,000

Last 12 Months Mission

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2015	\$382,785	\$373,000
February 2015	\$498,614	\$483,214
January 2015	\$0	\$0
December 2014	\$406,881	\$398,259
November 2014	\$402,470	\$395,095
October 2014	\$422,399	\$415,035
September 2014	\$396,868	\$389,111
August 2014	\$439,440	\$430,150
July 2014	\$616,364	\$601,583
June 2014	\$863,342	\$858,178
May 2014	\$331,683	\$328,283
April 2014	\$492,325	\$485,514

To view the specific SOLD Listings that comprise the above MLS averages please visit [cliff\\_bungalow.great-news.ca](http://cliff_bungalow.great-news.ca) or [mission.great-news.ca](http://mission.great-news.ca)

Cliff Bungalow-Mission Jazz Concert Series presents

**Rubim de Toledo**

May 6, 2015. 8pm

featuring:  
Rubim de Toledo - bass  
Jim Brennan - sax  
Chris Andrew - piano  
Jon McCaslin - drums

Cliff Bungalow-Mission Community Centre  
2201 Cliff street SW

Cover: \$15  
(\$10 for seniors, students, and CBMCA members)

Doors: 7:30 pm; Music: 8 pm

No reservations taken; rush seating only






## Post it!

Let's tell the world about life in Cliff Bungalow-Mission

See something interesting in the 'hood?

Take a photo and post it to **Instagram** (with the hashtag **#cbmca**) or to our **Facebook** page. It can be anything:

- a selfie of you and friends at a 4th Street eatery? **Post it!**
- a cute dog? **Post it!**
- birds at your backyard feeder? **Post it!**

## #cbmca

## PLANNING & DEVELOPMENT cont'd

- if a density bonusing scheme is imposed on Cliff Bungalow-Mission, a majority of respondents (84 per cent) believe the community should receive a public benefit. In order of preference, these included heritage conservation, green space and parks, improvements to the public realm, and affordable housing. Onsite improvements (i.e. improvements to the site of development) were considered the lowest priority;
- approval should only occur where the following conditions have been met: 1) proof that the proposed site cannot be economically redeveloped under existing zoning; 2) commitment from the city to provide matching funds, or dedicate tax dollars associated with the extra density, to fund projects that will benefit the community; and 3) the community has a clearly identified neighbourhood enhancement project that requires funding.

The CBMCA has shared the residents' thoughts in an official letter to city council.



By sharing the community's perspectives with the city, it is hoped that councilors will make an informed decision by keeping community concerns in mind. It is likely that the city will impose a density bonusing scheme – it has already neglected its own Corporate Planning Applications Group's recommendation that advised against building beyond the maximum allowable height.

This particular issue will come before council on May 11. At that time, council has various options: to approve, to deny or to defer to a later time. Approval will result in acceptance of the applicant's request to build beyond the maximum allowable height and will require amendments to the Mission ARP, which currently doesn't support such height. By sharing the community's perspective, through a letter and continuous dialogue, the CBMCA aims to achieve two objectives: 1) inform city's decision to approve/not to approve; and 2) secure community involvement in the design and future of a density bonusing scheme, if such a scheme becomes a reality.

We would like to thank everyone for their contribution to the Community Check-In. We believe that a high level of engagement reflects the importance of this issue to the community and, therefore, we are committed to continuing the dialogue with community residents and city council.

*Sander Jensen is the CBMCA's director of planning and development.*

*Community residents truly value our compact, walkable, energy-efficient, mixed-use, human-scale neighbourhood with its strong sense of place.*

## COOL THINGS ABOUT CALGARY

The average Calgarian is 35.7-years-old, 25 percent of us are foreign-born, and we speak 120 languages.

*The Faithful Companions of Jesus and the Sacred Heart Convent, part II*

## Sheep amongst wolves

### Calgary's FCJ sisters in the midst of rebellion

In our last instalment, Mother Greene and sisters Higgins, McLaughlin and Twomey had ended their long trip from Europe at St. Laurent (near today's Batoche, Saskatchewan) on June 28, 1883, where they remained to found their mission school. The other four FCJ sisters had continued another forty miles to settle in Prince Albert. The bishop's words to the sisters before he parted on July 3 had been, "Behold I send you as sheep amongst wolves".

The St. Laurent mission comprised a small church, cemetery, and a modest house and school. When Mother Greene and the sisters first arrived they had no furniture or bedding and there was the familiar fight to keep out the mosquitoes. That first winter the thermometer dropped to a low of -57 degrees F. But their new surroundings were beautiful and fertile. There were views of the river, lake and forest in the valley below them. A vegetable garden yielded produce of enormous size and the fathers kept domestic animals. They had fresh fish from the river and fresh meat provided by local French hunters. Gradually, they moved from

sleeping on the floor to hay mattresses to feather beds. Despite being left on their own in relative isolation, the sisters had seven boarders right away and, by mid-November, they had forty-one students and fourteen boarders.

The first year followed the rhythms of the school year and harvest. However, in February 1885 everything changed. They learned their mission was being used by Louis Riel as a cover to meet with others and gain intelligence about Batoche. And by the Feast of St. Joseph in March, the standard of rebellion had been raised, with hundreds of rebels assembled at Batoche. Soon after, Father Vegreville was obliged to serve Riel as chaplain. By Easter, the area surrounding the St. Laurent mission

had become quite deserted and, by early April, the mission buildings were searched daily by rebels to ensure there were no visitors. At one point the sisters attempted to flee to Prince Albert but were unsuccessful and returned to St. Laurent. On April 17 they received a letter from Riel offering his protection if they settled at the St. Antoine mission near Batoche and accepted his offer as their safest course of action.

Less than two weeks later Riel renounced the authority of the Catholic Church. The rebels began threatening the priests in the area and there was talk of burning the St. Laurent mission and convent. The sisters' apprehension increased when they received news that Fathers Fafard and Marchand had been killed at Frog Lake, about 400 kilometres away.

Meanwhile, the sisters at Prince Albert — completely cut off from news of St. Laurent — were in "terrible anxiety and suspense" for their fellow sisters. Although they believed Prince Albert was comparatively safe, they lived for many weeks on extremely limited provisions

*~continued next page~*



*St. Laurent Mission in 1883 (top) from the FCJ sisters' annals and the area today.*





# Sheep amongst wolves

cont'd

and were concerned for the families in the area who were close to a state of ruin. The farmers were unable to sow their crops or care for their dying livestock, and their hay had been confiscated for government provisions.



Sister Mary Green (front),  
Superior at the St. Laurent Mission.  
FCJ archives

On May 9, Canadian soldiers began approaching Batoche from all sides, setting fire to every house they encountered. At St. Antoine they even fired cannons on the sisters' quarters until Father Moulin raced out, waving a white flag. The pine forest opposite the mission was ablaze and the sound of gunfire ceaseless. The wounded were brought to the church, where the sisters improvised their treatment, fortunately with the aid of skilled military surgeons. The army also brought bodies of the many dead and left them outside the convent to await burial. All this on the eve of the second anniversary of the sisters' departure from Liverpool! Two days later cannons shattered the windows

and shells pierced the walls of their home, at one point wounding Father Moulin in the leg.

When Batoche was taken by the military on May 12, more dead and wounded were brought to the mission and, two days later, when the Canadian army had departed for Prince Albert, the sisters witnessed the "saddest of sights". Métis women began arriving in carts, bringing their many dead for burial by the priests. On May 19, the sisters were finally able to return to St. Laurent. *En route* they passed scorched forests and animals killed by cannon fire but, surprisingly, when they reached their destination they found the little mission intact ± not a single horse or domestic animal missing. The sisters attempted to resume teaching but it was difficult for the children, many whose fathers had been killed, imprisoned or forced to flee.

At the end of May the sisters received a letter from the bishop (written two months earlier) authorizing their transfer to "a young town at the foot of the Rocky Mountains on the Canadian Pacific Railway line" and immediately began preparations. While awaiting transportation, they had time to make emotional farewells in St. Laurent and to briefly reunite with their fellow sisters at Prince Albert, after a separation of many months. Finally, on July 12, Father Leduc arrived with a wagon. After a familiar spell of travelling in wagons and camping, they reached Fort Qu'Appelle, where they took the train to Calgary, receiving free fare from the station master who had heard of the ordeal they endured. Upon arriving in Calgary on July 25 an immense crowd had gathered to greet them and Father Lacombe insisted on driving them the 300 yards to their new "convent": the Oblate fathers' residence.

*In the next instalment of the FCJ saga, the sisters build Mission's first school: St. Mary's.*

## PLANNING & DEVELOPMENT

### Influencing our community's future

by Bob Lang

This month I am going to give a couple planning and development examples of where we, as a community and as a community association, influenced the outcomes of proposed developments and, through this, influenced the future of our community.

To be clear, the CBMCA does not make the decisions on what happens in the community, but we can *influence* what happens. It is the City of Calgary that usually has the final say on what projects are approved and built. When a proposed development is appealed, the Subdivision and Development Appeal Board (SDAB) has the final say. However, through the efforts of many volunteers over many years, we have often affected the final result of what is approved and, ultimately, what is built.

The first example is Belvedere Estates, located on the 300 block of 21 Avenue SW. When the architect showed us the plans for the proposed building, we were not impressed. It was just a big, rectangular box with no redeeming features. The neighbouring residents had many concerns. A key one was the height of the proposed building: six storeys. This height was allowed by the land use regulations of the time; it was before the Mission Area Redevelopment Plan was reviewed and revised. Residents also did not like how the building would be so much forward of the existing houses (all of which remain today). Another issue was that this fairly large building would have an alley parking entrance adjacent to 4 Street businesses. Trucks supplying those businesses regularly made getting out of the alley very difficult.

We appealed this proposal to SDAB. This prompted the landowner to sit down with the community. After consulting with a local resident who also designed residential buildings, we came up with some suggestions on how the building could be more agreeable to the community. The landowner hired another architect, someone with more imagination, and through a consultative process, the plans for the current building were finalized. One key change was the reduction of the number



The Belvedere

storeys to five. A mansard roofline on the fifth storey made the building look even lower. The second key change involved stepping the building back to make the amount of frontage similar to the houses on the east side of the street. The third change was bringing the entrance of the underground parking to the street side adjacent to the strip mall, helping to reduce the alley problems. A fourth key change was all front main floor suites had an entrance to the street independent of the main entrance of the building. This was the first time this had been done in our community and now is pretty well the norm.

The second example is the Grandview, located at 26 Avenue and 2 Street SW. The area between 25 and 26 Avenues is zoned for high-rises so it was not surprising when a high-rise was proposed. However, the Grandview also had several issues. This was before the Mission district was amalgamated into the community association boundaries. The then Cliff Bungalow Community Association held a community meeting with a special-mail delivered invitation to all Mission residents. It was a lively meeting.

The residents of the building behind the site, on 25 Avenue SW, had concerns about the loss of their view. The building site also had an important heritage building, called the Lang House, that was designed in 1910 by George MacDonald Lang (no relation), an early architect and engineer. It was the only house designed by an architect during the 1906 to 1920 period for his own use. Lang served as president of the Alberta Archi-

~continued next page~

### Christian Science Reading Room & Book Store

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

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

Contact us at: 403 209-0012 or [christrr@shaw.ca](mailto:christrr@shaw.ca)  
[www.christianscience.ab.ca](http://www.christianscience.ab.ca)



PLANNING & DEVELOPMENT  
cont'd



The Grandview

tectural Association in 1911. He also designed Christ Church in Elbow Park, among many other well-known buildings. Many people wanted to make sure this house was saved.

Again, we appealed the original proposal. Through consultations, a number of changes were made. First, the building was moved closer to 2 Street SW to reduce the loss of views for the building on 25 Avenue. Second, the Lang house was incorporated into the design, becoming a wonderful amenity for the residents of the Grandview. The community association has recognized its heritage value to the community by installing one of our heritage plaques on the house.

While we cannot stop redevelopment, we can, and do, influence what is built in the community. The efforts of many dedicated volunteers over the years have helped reduce issues raised by proposed new developments and, consequently, we are a better community for it.

Cliff Bungalow – Mission  
mybabysitterlist

Name	Age	Contact	Course
Evelyn	11	403-475-0919	Yes
Kiera	12	403-922-6067	Yes
Jennifer	13	403-616-3383	Yes
Caitie	13	403-701-3879	Yes
Chris	13	403-701-3879	Yes
Dana	13	403-243-3836	Yes
Holly	14	403-287-0370	Yes
Henry	14	403-719-8282	Yes
Samantha	14	403-287-3740	Yes
Emma	14	403-220-1537	Yes
Sam	14	403-287-3740	Yes
Kaitlynn	15	403-874-4034	Yes
Nia	16	403-991-8045	Yes
Abigail	17	705-706-4338	No
Eugene	17	403-703-4488	No
Michelle	21	403-926-5166	No
Kelsea	22	403-370-7170	Yes
Christoph	23	587-998-6172	Yes
Jordan	24	403-969-0165	No
Chandria	25	587-227-4107	Yes
Catherine	26	514-293-1395	Yes
Harry	30	587-830-6217	No
Michelle	30	403-923-5111	Yes
Carla	31	403-890-9467	Yes
Meg	33	403-467-7449	Yes
Claire	33	587-894-8849	Yes
Dain	36	403-383-0269	No
Salma	37	403-252-5052	Yes
Maria	44	403-818-0560	No
Jane	50	403-467-3607	Yes
Lynn	63	403-242-0003	Yes
Celine	64	403-815-7858	No

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

URBAN FOREST

**PIP helps you help our urban forest**  
Interested in adding trees to your street? You can help make your community green while building Calgary's urban forest with the city's Planting Incentive Program (PIP). This is different from another city tree planting program, called NeighbourWoods, that encourages residents in selected neighbourhoods to be tree stewards. Cliff Bungalow-Mission wasn't selected for that this year.

It's an interesting program: the city matches 50 percent of the cost of a new tree to be planted on city-owned residential property in Calgary, like the boulevard in front of your house. The applicant, who doesn't need to be a homeowner, helps choose the species and location of the tree, and once approved, the city does all the planning, digging and planting required. Once planted, the tree is officially city property, but you'll get to enjoy it for years to come.

The trees available include green ash (that would be Fraxinus pennsylvanica to you real gardeners), bur oak, Brandon and American elms, hawthorne and Schubert chokecherry.

To apply, fill out the application on the city's website ([www.calgary.ca](http://www.calgary.ca), type PIP in the search box) and send it to the address/fax number listed. The application deadline is July 31 of each year and applications are prioritized on a first-come, first-serve basis. Planting is limited to one tree per frontage and one tree per flankage for each residential property.

All preparations, planting and initial watering are done by the city. Ongoing maintenance including watering and tree well cleaning, but excluding pruning, are the responsibility of the residents.

**Neighbourhood Trivia**

Which street divides Mission and Cliff Bungalow?

a. 2 Street    b. 4 Street    c. 5 Street

*4 Street, once known as Broadway, is the dividing line between Mission and Cliff Bungalow.*

**COME SING WITH US...**  
The Music Experience of a Lifetime Awaits!

- Award winning choir program
- Boys and girls ages 6 to 18
- Now in our SOUTHEAST (Sundance) and CENTRAL (Beltline) rehearsal locations
- "Kodály Music Explorers" for ages 3-6

 **cantare** CHILDREN'S CHOIR  
Catherine Glaser-Climie  
Founder/Artistic Director



**403.685.1132**  
[www.cantarechildrenschoir.org](http://www.cantarechildrenschoir.org)

 **WESTERN CORPORATE BUSINESS CENTRE**  
Suite 5100  
**Suncor**  
Energy Centre  
West Tower  
150 6 Ave SW



[westerncorporate.ca](http://westerncorporate.ca) | 403.269.4147

**THE BEST OFFICE SPACE LOCATIONS IN DOWNTOWN CALGARY**

*Western Corporate Business Centre has 70,000 square feet of premium furnished Calgary office space in the heart of the city's business district.*



# BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Cliff Bungalow and Mission. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**CERTIFIED LIFE COACH AND MINDFUL MEDITATION:** Janice Andersson will come to your home or office to develop strategies to achieve your goals. Meditation is used to ease the mind into a state of relaxation and calm improving health concerns such as high blood pressure, depression and anxiety. janice.andersson@gmail.com 403-270-3342.

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

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

**YARDBUSTERSLANDSCAPING.COM:** Weekly lawn mowing \$38.50, power-rake \$120, aeration \$65. Some conditions. Landscape construction: patio stone and pavers, stone walks and rock walls, raised beds, fire pits, landscape lighting, water features, sod and decks and fences. Ask for your complimentary 2015 Outdoor Idea Book. Licensed. Insured. Seniors discount. Phone: 403-265-4769, YardBusters Landscaping.com.

## Inspired Yoga Institute

Real Yoga for the Real You

... and in your neighbourhood, too!

New to our studio?

Try our intro special of 2 weeks of yoga for \$30!

#202-819 17th Ave SW • 587-707-0960 • inspiredyogainstitute.com

**HARDING'S PAINTING:** Interior/exterior painting, drywall/ceiling repairs. Free estimates and competitive pricing. No upfront fees, members of BBB, liability insurance, WCB. Call Mike at 403-401-5545.

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

**WILLY'S SMALL ENGINE REPAIR:** Repair/tune up on variety of outdoor equipment. Spring tune-up specials: Lawnmower and garden tiller includes oil/filter change, power wash with blade sharpening/balancing (mower) \$80.00. Grass trimmers and chainsaws \$60.00. 25 years experience. 9212D Horton Road SW (rear entrance), David 587-887-9001.



the Gutter Doctor  
Eavestrough cleaning/repairs/installs  
Gutter clean & fix/Fascia/Soffit  
Downspouts/Drip-edge/Leak repairs  
403 714-0711 info@gutterdoctor.ca

For Business Classified Ad Rates Please  
Call Great News Publishing at  
403 263-3044 or sales@great-news.ca



## COUNCILLOR, WARD 8 EVAN WOOLLEY

P.O. Box 2100, Station M  
Calgary, AB, Canada T2P 2M5  
403 268 2430

### The future of secondary suites in ward 8

On May 11, Calgary city council will vote on a proposal to reform and improve the process by which homeowners in wards 7, 8, 9 and 11 can build safe, legal secondary suites. Currently, many who wish to build a legal suite must first apply directly to council to change their land use designation before being able to move on to the development and building permit stage. Partly as a result of this clunky and burdensome procedure, thousands of Calgarians have decided to skip the proper process entirely and build illegal, often very unsafe, suites, about which the city knows little. In fact, there may be many more than 16,000 illegal suites — but because they are illegal, we just don't know. We do know, however, that only 550 citizens have gone through the hoops and built legal suites.

The bylaw amendment to coming before council in May will remove the first step of going to council, but it's just one part of a larger reform. At the end of March we approved the recommendations of a council working group to make the legal secondary suites process easier, faster and more accountable. These recommendations include a registry, reduced red tape, and better enforcement.

Now, I'll be the first to admit that secondary suites reform in Calgary is not an easy subject. While I campaigned on this issue, and have fought hard since taking office to cut red tape, improve and expand our affordable housing supply, and bring thousands of unsafe living spaces up to code, I still recognize that the issue is complex, difficult and divisive. Many residents in areas with R-1 or R-C1 zoning fear that their neighbourhoods will change irrevocably, that the increased density will cause traffic problems, or that parking will become more and more restricted. But these things are already occurring because of illegal suites and, as a result, we have a much harder time dealing with them.

I believe that the reforms that have passed and those that are being proposed are fair and reasonable, and form a good start in making secondary suites better for homeowners, renters and communities. Indeed, if council votes for the bylaw amendment to reform the sec-

ondary suites process on May 11, we will be acting upon the advice of dozens of reports, and upon the evidence from virtually every other major city in North America.

We've been behind the ball on secondary suites for far too long. It's time to move forward, move intelligently and move now.

I hope you'll support me on this reform. If so, or if not, I want to hear from you. As always, you can contact my office by phone 403 268 2430, email (ward08@calgary.ca) or on my website (www.calgary.ca/ward8).

## GARDENING

### Welcoming spring

by Georgina Jameson

The welcome signs of spring are all around us now: robins bathing in the bird bath, flocks of snow geese flying north to their nesting grounds and Canada geese carrying nesting material to the roof tops. I have already noticed daffodils, forsythia, crocuses and hepatica blooming.

Raking up dried leaves and dried plant material from the yard and garden in the spring is a familiar chore to gardeners but don't be too enthusiastic. Ladybugs seek cover in the dried leaves during the cool days and nights, and come out in the warmth of the day. If you find ladybugs in your leaves, rake the leaves into a pile for a few days, rather than bagging up the debris in plastic bags, to give the ladybugs a chance to crawl away.

If you are a gardener, you are probably making a garden plan. In your plan consider plant rotation to protect your garden soil from diseases. Plants with large roots use different nutrients than the smaller leafy plants. By rotating groups of plants that use different soil nutrients you can optimize the nutrient use and avoid soil diseases.

April is a perfect time to apply a soil amendment; there are several different kinds that can be purchased from garden centres. By applying an amendment early, some of the nutrients leach into the soil to provide food for the new seedlings when they begin to grow and will continue to feed your plants to maturity. The right soil condition is the most important thing you can provide your plants to ensure their success.

Georgina Jameson is coordinator of the Mission Community Garden.

# Cliff Bungalow - Mission Community Association

462, 1811 4 Street SW  
Calgary, AB T2S 1W2



## Membership Form

(Please Print Clearly)

Name (1) \_\_\_\_\_  
Name (2) \_\_\_\_\_  
Name (3) \_\_\_\_\_  
Street Address \_\_\_\_\_  
Suite/Unit # \_\_\_\_\_ Postal Code \_\_\_\_\_  
Phones (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_  
Email (1)\* \_\_\_\_\_  
Email (2)\* \_\_\_\_\_  
Email (3)\* \_\_\_\_\_  
Membership Cost: Single \$10 \_\_\_\_ Family \$20 \_\_\_\_ Payment type: Cash \_\_\_\_ Cheque \_\_\_\_  
New \_\_\_\_ or Renewal \_\_\_\_ If Renewal, provide your Card# \_\_\_\_\_ Purchase Date \_\_\_\_\_

\*Your e-mail addresses will be used by CBMCA to inform you of community events and important community matters

## GETTING TOGETHER



### Dinner and a movie with a twist

On March 29 a bunch of very interesting people gathered at the community centre for a combined potluck dinner and movie night. This night, though, had twist: it was all about gardening. Would that work? After all, it was March. In Calgary. Perhaps a little early to be thinking about gardening? Well, based on the turnout and the obvious enthusiasm of the attendees, the night was a great success.

As with all of our potluck dinners, the variety of food was incredible, the conversation was lively, and people got to know others in the community that they might not have met otherwise.

The movie portion featured two TED talks, short thought-provoking films on subjects pertinent to our lives. Brendan Baines and Geraldine Gray led the discussion after each one.

Then the people who were renewing their commitment for a plot in the Cliff Bungalow Community Garden had a short organizational meeting to get things started for the new growing season. When all was done, they had a good start for this spring and summer.

What with daylight saving time, our late sunsets and those big community centre windows, it's too light now to show movies, but our monthly potluck dinners will continue. The next one is Sunday, May 3 at 6 pm. It's a week earlier than normal because of Mother's Day. We hope you will join us for an evening of good food and good conversation. Bring a neighbour, bring a friend, bring your mom! Everyone is welcome.



This is one of Amanda West's go-to recipes. She plans to take a batch to the next potluck dinner.

### Amanda's Test Kitchen

#### Quinoa, Egg and Veggie Bites

This is a great way to make use of all those veggie odds and ends that might be hanging around in your fridge. Feel free to use your favourite veggies if you're not a fan of peppers, kale or onions. I have made these with spinach and feta, tomato and onion, and sometimes with ham. The choices are endless. No mini muffin pan? No problem. Use your regular muffin pan to make 12 of these treats.

#### Ingredients

- 1 c. cooked quinoa
- 4 large eggs, beaten
- 1/2 c. finely chopped yellow onion
- 1/2 c. finely chopped red bell pepper
- 1/2 c. finely chopped kale
- 1 to 2 tbsp. coconut or olive oil
- salt and pepper to taste
- hot sauce to taste (optional)
- grated cheese to top (optional)

~continued on page 30~



# Dr. Dieter Einsporn

general dentist

**Prevention and Preservation is our Focus**

*Serving our communities for over 25 years*

Mission Centre  
Suite 604, 2303 - 4th Street S.W.

For Consults and Appointments  
(403) 245-1143





Pick up your free two-for-one voucher to the Calgary Zoo.

Visit a Servus Credit Union branch today for your ticket voucher.\*  
On Saturday, June 13, 2015, let Servus treat you to a complimentary visit to the Calgary Zoo when another adult ticket is purchased.  
\*Limit of two vouchers per person while supplies last. No purchase necessary at Servus Credit Union. Available at Calgary, High River and Okotoks branches.

Mount Royal branch  
706 - 17 Avenue SW  
403.264.7410



A New Way to Help Banish Cellulite

It's a word every woman knows: *Cellulite*. The culprit behind many a fitting room sigh, this bumpy, dimpled fat affects up to 90 percent of women at some point in their lives.

LPG Lipomassage

Targeting deep-seated fat that is resistant to diet and exercise, this innovative treatment increases circulation and stimulates lipolysis, resulting in smoother, firmer skin and a visible reduction in the appearance of cellulite.

Santé Spa specializes in non-invasive advanced body therapies and proven treatments from around the world to address your concerns and provide effective results.



Book a complimentary Lipomassage consultation by calling Santé Spa at 403.228.2772

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	1.800.332.1414
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

DISCLAIMER

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

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

COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ♦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ♦ Forty word limit

**WANTED:** Cleaning person for Mission house. Please phone or leave message. 403-228-5096.

Get involved the Cliff Bungalow-Mission Community Association!

**Lilac Festival.** Want to spend a sunny (we hope) day having fun while you tell people all about our most excellent community? The CBMCA has lots going on so please watch the website ([cliffbungalowmission.com](http://cliffbungalowmission.com)) for your opportunity to sign-up. We would love to have you!

**Committees.** Are you interested in planning and development in the community? Are you a writer or photographer? Interested in helping with special events? What about protecting our community heritage? The CBMCA is one of Calgary's most dynamic community associations and there is so much you can do to make a difference. Please email Bob at [rvlang@shaw.ca](mailto:rvlang@shaw.ca).

Published by:



ADVERTISE YOUR BUSINESS NOW!  
REACHING OVER 378,000 HOUSEHOLDS  
ACROSS 136 CALGARY COMMUNITIES

DELIVERED BY  
Canada Post

Phone: 403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

## GETTING TOGETHER cont'd

### Directions

1. preheat oven to 350°. Grease a mini muffin tin with coconut or olive oil (you'll want to grease them well but not excessively) and set aside;
2. in a medium skillet, heat the oil and add the onions. Sauté quickly, until just fragrant, then add the bell pepper. Season with salt and pepper and cook for one to two minutes, until just softened. Remove from heat and add the kale. Stir in the other veggies and allow the kale to wilt just slightly. Remember, this will finish cooking in the oven, so be sure not to overcook to avoid mushy vegetables;
3. combine the veggie mixture and quinoa in a large bowl and mix well. Add the eggs and stir gently to incorporate;
4. carefully fill the muffin tin with the egg and quinoa mixture. Bake for about 10 minutes or until a toothpick inserted into the center of a muffin comes out clean. Allow to cool for a few minutes before transferring to a rack – or directly into your mouth (they smell so good right out of the oven). Serve with fruit or just grab some as you're heading out the door. Enjoy!

Don't forget the salt and pepper – seasonings are very important to this dish! I used Frank's Red Hot Sauce (just a dash or two) and it really livened them up. The next batch I make, I am going to try adding in some fresh garlic.

Lilac Festival 2015

*Come see us!*

at the CBMCA booth  
near the Western Coffee Shop  
at 21 Avenue SW

Sunday, May 31, 10 to 6



## URBAN ISSUES

*Graffiti: vandalism is figures, letters, drawings or stickers applied, scribbled, scratched, etched, sprayed or attached on or to the surface of any premises, structure, or other property.*

### Graffiti can be contagious

We don't have an overwhelming graffiti problem in Cliff Bungalow-Mission but, if you look, the graffiti is there. And, if left unchecked, graffiti can be contagious. Whether done with spray paint, markers, etching and pens, graffiti done without the owner's permission is vandalism and is a crime carrying serious consequences.

Most graffiti vandalism is not gang related, however, if the damage is left unchecked, other criminal activities may spread to the area due to the perception that no one cares. Neighborhoods with graffiti see a decrease in property values and loss of business. It is important to take care of graffiti quickly because inaction is often interpreted as a sign of low neighborhood pride, leading to the spread of graffiti to other buildings, streets and properties. Graffiti decreases residents' feeling of safety.

To keep you up on the nomenclature, non-gang graffiti comes in three forms: tags, throw-ups and pieces. A tag, what we see most often in Cliff Bungalow-Mission, is the graffiti vandal's moniker, applied quickly and repetitively. A throw-up is a more elaborate tag, usually done in two or more colors. Vandals often use balloon letters, which are filled in or left as outlines. Pieces, short for masterpieces, are large, detailed drawing.

What to do? Take a photo, note the location and report the graffiti to the city at 311. Then remove it as quickly as possible. A useful guide on removing all types of graffiti can be found at [www.graffitihurts.org](http://www.graffitihurts.org).

## Begin your next chapter at Chartwell Fountains of Mission.

Friendly staff and a welcoming atmosphere are the hallmarks of every Chartwell community, where residents lead happier, healthier and more fulfilled lives. The time has never been better to combine peace of mind retirement living with affordability. Call today to learn more.

CHARTWELL.COM

GET ONE  
MONTH  
FREE  
RENT!\*



FOUNTAINS  
OF MISSION  
retirement residence

222 25th Ave. SW, Calgary  
587-287-3946

Make us part of your story.

\*Limited time. Conditions apply.



**tela**  
condominiums

**50%**  
**SOLD OUT**

- Soaring 10 & 12 foot ceilings
- Large upgraded kitchens, ample cabinets, full-sized appliances
- In-floor heating
- Brilliant windows for abundant natural light
- 3 luxurious finishing packages
- Secure underground parking



Visit us at our Sales & Information Centre • 104, 320-23rd Ave. SW

**telacondos.ca**