

THE MISSION

SEPTEMBER 2019

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



Greg McLean

GMcLean@GregMcLean.ca



- 20 year Financial Professional, MBA
- Former Private Equity Manager
- Advises clients including the energy sector and other industries important to Calgary
- Experience in government
- Married to Ruth; four grown sons

A Conservative government will:

- Repeal Bills C-69 and C-48 that damage Alberta's prosperity;
- Create a coast-to-coast corridor for new pipelines - to reduce assessment costs and timelines, confine environmental impacts;
- Make Canada energy independent by 2030 - end foreign oil imports from environmentally reckless countries;
- Get control of Canada's growing debt and interest payments;
- Reduce taxes to lower the cost of living and help Canadians get ahead, not just get by.



GregMcLean.ca
CONSERVATIVE

Authorized by the Official Agent for Greg McLean

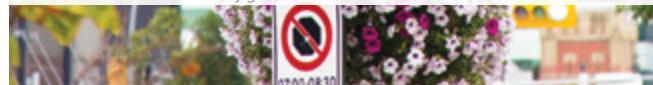
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Great News Media and the Cliff Bungalow-Mission Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Consider Our Community Hall For Your Next Event

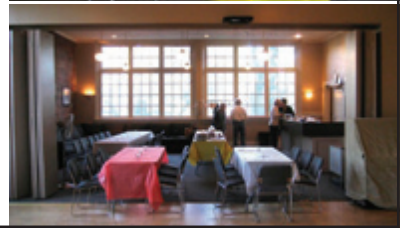
2201 Cliff Street SW

Hosting a meeting or special event? Our beautiful, conveniently-located heritage building might be just what you're looking for!

Featuring huge windows on two sides and heritage brick, the hall can be used as one large space or divided by a rolling partition. It can accommodate 104 people standing or 80 seated (chairs and tables are included). Facilities include a kitchen (with stove, oven, fridge and microwave), a wet bar (with double, glass door fridge) and a big screen to use for presentations and films.

Rental fees range from \$75 (for charitable organizations) to \$200.

For more information, contact our hall rental coordinator, Zahra, at zahra_minosepehr@hotmail.com. Please provide two or more dates and times, in order of preference, and indicate what your intended use will be.



5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
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To Advertise Call 403 720 0762
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GREAT NEWS MEDIA
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SEPTEMBER COMMUNITY CALENDAR

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

September is the start of a new season of events. Join us at the following:

Jazz Concerts

Featuring talented local artists playing in our historic venue. The acoustics are great. Discount for CBMCA members. Doors open by 7:30 pm, music starts at 8:00 pm. We recommend you arrive early, enjoy a beverage, and get a good seat.

- Wednesday, September 4: Jeremy Gignous
- Wednesday, October 2: Rick Climans Quartet

Potlucks

Sunday, September 8 | 6:00 pm

Bring something to share and meet your neighbours. Good food and great conversations. All are welcome, including the kids. October date is Sunday, October 6 (a week earlier because of Thanksgiving Weekend).

Community Cleanup

Sunday, September 8 | 9:00 am to 2:00 pm

Drop off unwanted items at our community cleanup at the Historic Holy Angels School. There will be an organics truck on site, recycling of electronics, and an exchange of still useful items you no longer want. For more information and to volunteer, contact Shannon at cbmca.environment@gmail.com.

Board Game Nights

Saturday, September 21 | 7:00 pm

No entry charge. Cash bar. Bring a favourite board game and a snack. October date is Saturday, October 19.

Trivia Night

Thursday, September 26 | 7:00 pm

Join us at Joyce on 4th for a fun evening as we compete with other locations in Canada and the US. Help us be the #1 location in North America! No entry charge. October date is Thursday, October 24.

History Book Sales

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

Check out our website regularly for new events and other information not available at the time of newsletter publishing, at www.cliffbungalowmission.com.



*Brent and Sadie Dancey. Photo
by Robin Thompson.*

New Fourth Street Planters!

Have you noticed the glorious planters up and down Fourth Street? Clara Bernal, of Marlow Floralworks, is the creative mind behind the planters at the Maxwell Bates block (2300 block of 4 Street), Trolley Square (24 and 4), and the Aberdeen Market (20 and 4). Brent Dancey, Building Manager for Opus, and his wife Sadie maintain them all summer long and into the fall.

PRESIDENT'S REPORT

New Season of Events and Activities

September is the start of a new season of events and activities. There are five CBM community events in September. All but two are held at the community centre. One exception is the Community Cleanup event on Sunday, September 8, that is held in the parking lot behind Historic Holy Angels School. The other exception is Trivia Night on Thursday, September 26, which is held at Joyce on 4th. More details are elsewhere in this newsletter, including the Community Calendar. More information is posted on our website, www.cliffbungalowmission.com, closer to each event. Join your neighbours and help make this another successful season.

Hardwood Floor Refinished

In July, when school was out and the community hall was accessible during the day, we had the hardwood floor refinished. It looks wonderful. We now need to take better care of it, so it looks better longer. That means we cannot drag or slide the chairs or tables across the hardwood floor. We have a new dolly that can be used for chairs, or the chairs and tables will need to be carried into the stor-

age closet. The other thing that is very bad for the finish is the use of any type of tape on the floor. That will no longer be allowed. See the picture of the refinished floor and you will understand why we want to take better care of this beautiful and historic hardwood floor.



There is an interesting story about how we discovered the hardwood floor in our hall. When we took over this space in 1988 to serve as our community centre hall, we took out the wall between two classrooms. In the process we discovered there were layers of floor. On top was linoleum. Underneath that was plywood. Then there was this beautiful hardwood floor. Most likely the Calgary Board of Education decided that the hardwood floor was too hard to keep up, and covered it with something more practical. Anyway, later we decided to uncover the layers on the west side and have been using it ever since then.

We Received a Nice Thank You

Calgary Food Bank has thanked us for the donation from Mission Possible. The text of the thank you was as follows:

"Huge thank you to the CBMCA for ALL of your support, but most recently your donation as part of Mission Possible. You do an amazing job of bringing your community together to help the greater community of Calgary and that truly changes lives."

Thank you to everyone who donated at Mission Possible.

CLIFF BUNGALOW - MISSION
COMMUNITY ASSOCIATION
PRESENTS
**TRIVIA
NIGHT**
AT
THE JOYCE ON 4TH
Thursday
September 26th, 2019
TEASE YOUR BRAIN!
Join us at 7 pm and test your knowledge!
Free to participate - Food and Drink Specials
MORE INFO AT: www.cliffbungalowmission.com
Made with PosterMyWall.com

THE CLIFF BUNGALOW - MISSION JAZZ SERIES

Cliff Bungalow Jazz Series



Django
meets
Mingus!

Jeremy Gignoux Acoustic Ensemble

With Wayne Garrett, guitar
Ben Longman, guitar
Aaron Scholpp, double bass

WEDNESDAY, SEPT 4TH,
DOORS AT 7:30PM SHOW AT 8PM
2201 CLIFF ST SW

\$15 (\$10 FOR MEMBERS, STUDENTS AND SENIORS)

No reservations taken; rush seating only

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

While anchoring in the style created by Django Reinhardt and Stéphane Grapelli in the 1930's, the music played by the Ensemble borrows repertoire and inspiration from other currents of jazz, such as Thelonious Monk or Charles Mingus, as well as European folklore. They will play original compositions, as well as arrangements of standards.

Jeremy Gignoux is ever oscillating between calling himself a violinist or a fiddler. Playing within those lines, he has developed an original sound and technique.

Jeremy loves collaborating with other performing arts, and played for two Decidedly Jazz Danceworks productions (with William Parker and Nick Fraser Ensembles), and a folk musical with Rosebud Theatre. In 2017, he was composer and sole musician for Catherine Hayward's piece form, act, cease, ensue in Dancer's Studio West's Metamorphosis.

2019-2020 Schedule

- September 4: Jeremy Gignoux
- October 2: Rick Climans Quartet
- November 6: Aimee-Jo Benoit
- December 4: Johnny Summers
- January 8: Redline Trio
- February 5: Al Muirhead Quartet
- March 4: Esteban Herrera Trio
- April 1: Johanna Sillanpaa
- May 6: Mary Jo DeWaal
- June 3: Calgary Creative Arts Ensemble

COMMUNITY POTLUCK DINNER

Sunday, September 8, 6 pm



CLIFF BUNGALOW-MISSION
COMMUNITY CENTRE
2201 CLIFF STREET SW

JOIN
US!

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For more info:
cbmca.socialevents@gmail.com

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The Mission Statement



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

Contact us

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

www.cliffbungalowmission.com

Look for us on Facebook, not to mention Twitter and Instagram (CBM_CA)!

We value your contributions

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

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

Cliff Bungalow - Mission Community Association Board List 2018-2019

| | | |
|--------------------------|--|--|
| President | Bob Lang | cbmca.president@gmail.com 403-229-2762 |
| Vice President | VACANT | cbmca.facility@gmail.com |
| Secretary | Rick Williams | cbmca.secretary@gmail.com |
| Treasurer | Josh Lyttle | cbmca.treasurer@gmail.com |
| Planning and Development | Rob Jobst | cbmca.development@gmail.com |
| Environment | Shannon MacLeod | cbmca.environment@gmail.com |
| Heritage | Marilyn Williams | cbmca.heritage@gmail.com |
| Social | Melissa Parcels | cbmca.socialevents@gmail.com |
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cclemence@copemanhealthcare.com
www.copemanhealthcare.com/calgary



Copeman Healthcare to open expanded clinic in Mount Royal Village

New, modern facility an indication of strengthening local economy

A new 20,000-square-foot healthcare facility offers Calgary residents even greater opportunity to manage their well-being. And it's also a sign of a healthier local economy.

The new Copeman Healthcare Centre in Calgary opened its doors Monday, August 26. Located at 16th Avenue and 8th Street SW, the facility features more than 30 clinical offices, a large on-site laboratory and an expanded fitness and training facility, making it one of the largest healthcare clinics in the province.

"Our previous location served both staff and clients well, but this new space allows us to better accommodate our current needs and provides room to continue growing," says Director, Operations and Client Experience, Susan Aldcorn.

Copeman team members, including all physicians, are joined at the new location by their Medisys Executive Health colleagues who are part of the Medisys Health Group, Canada's leading provider of comprehensive, preventive and corporate healthcare solutions.

"What Copeman Healthcare shares in common with Medisys is a dedication to providing excellent healthcare through our preventative, customer-centric approach. The newly upgraded facility was specifically designed with our client's experience in mind and includes improved client amenities, more space and more room to expand our service offerings," says Aldcorn.

Case in point, a larger gym and enhanced exercise medicine and rehabilitation service options will allow for the launch of a new musculoskeletal program focusing on arthritis management, joint health and injury recovery.

For those unfamiliar with Copeman's care model, it is best described as exceptional primary care. Copeman clinics are staffed with a talented multi-disciplinary team, delivering prevention-

focused healthcare in an unhurried, on-time fashion. Copeman's programs range from annual health assessments to year-round care for adults, children and young adults.

New healthcare clinic signals robust economy

"I think this move is one more indication regarding the health of the Calgary economy," notes Louis Kelemen, Corporate Business Development Manager who is well versed in Calgary's prevailing economic strength. "After a few tough years, we can see things are beginning to shift in a positive direction for the city and province."

In fact, *The Calgary and Region Economic Outlook for 2019 to 2024* predicts Calgary's GDP and population will continue to grow as unemployment and downtown vacancy rates drop. And the most recent *TD Provincial Economic Forecast* found that Calgary is seeing economic traction. But maybe the most reliable sign of an improving economy is the fact that the 2019 Calgary Stampede had the second-highest turnout ever!

"With the region's economy poised for steady growth in the next five years, we feel it's a perfect time to open a new clinic and ensure Calgarians have some of the country's leading primary care resources available to them," says Kelemen.

The Centre is located on the third floor of the new Mount Royal West Building, above Urban Fare and Canadian Tire, approximately five minutes' drive from Copeman's previous location.

To find out more about Copeman's new Calgary Centre, visit:

copemanhealthcare.com/calgary or contact **Carlene Clemence** at **587-602-0221** or **cclemence@copemanhealthcare.com**

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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!

- 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
- Mission Insurance: 305, 2204 – 2 St SW, 587-317-2040, \$25 to \$50 Visa/MC Gift Card with purchase of life, health, disability or travel insurance.
- 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
- The Tech Shop: 2424 – 4 St SW, 10% off regular priced footwear / accessories, 15% off regular priced apparel
- UPS Store: 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)
- Yann Haute Patisserie: 329 – 23 Avenue SW, 10% off patisseries.

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



1-WAY STREETS TALL TOWERS HERITAGE

Help us to shape the future of Cliff Bungalow-Mission and protect the things you value most in our community.

FILL OUT A 2-MINUTE SURVEY AT
cliffbungalowmission.com

Do you own or manage a business and would like to be part of this program? Please contact 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, click on "Get Involved."

HERITAGE HOME OF THE MONTH



The Laurence Apartments

Corner of 24 Avenue and 5 Street SW

by Robin Thompson

One of the reasons Cliff Bungalow-Mission is one of Calgary's great neighbourhoods is the wealth of heritage and character homes. After all, there is more than 145 years of history in our small corner of the city. Join us here each month for a look into some of our most iconic homes and apartments (which are homes, too, after all).

On the southeast corner is one of Cliff Bungalow-Mission's most sought-after apartment buildings: the Laurence Apartments. Built in 1929 by Arthur Himmelman, the Laurence is one of Calgary's few examples of California garden apartment-inspired design. Each of the 12 suites in this two-storey, wood frame and stucco building has its own front and back entrance. The Craftsman-style interiors feature hardwood floors and solid fir mantles and plate rails.

Himmelman named the Laurence after his son, who would live in the building for many years. Katie Grinham is Himmelman's granddaughter, Laurence's daughter. She and her sisters retain both buildings.

"These buildings are a part of my family's heritage and the community's heritage."

Retirement Income Forum Questions and Answers

SWAN

CPP/OAS, Pension, Estates, Health
Tuesday September 17, 2019, 7PM
Carriage House Hotel,
Calgary

Seating is Limited

Register At:
Jameswhitehouse.ca



BOARD GAME NIGHT

Saturday, September 21, 7 pm



CLIFF BUNGALOW-MISSION
COMMUNITY CENTRE
2201 CLIFF STREET SW



Bring your favourite board game if you have one, and a snack
Beverages available for cash purchase

Bowls, Beers, and Bites Recap

The Cliff Bungalow-Mission team ruled at the Federation of Calgary Communities Bowls, Beers, and Bites fundraiser on August 9. Despite losing two team members, Rob Jobst (left) and Brad Field took home first place honours. Why does Mr. Jobst look like a drowned rat, you ask? Because it rained throughout the entire evening.



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What's Trending in Fitness?

When we are looking for a different shopping experience, we change the way we shop. This means driving past the mall to avoid the crowded parking lot and busy stores and heading to a boutique shop. Over the past several years this practice has been reflected in how we approach fitness. The rise of boutique gyms is giving people a different fitness experience.

At a fitness conference I attended this trend was the buzz. We are moving from the "all services in one" gym model to specialized and focused services, also known as boutique gyms. These gyms are small, provide group fitness classes and focus one or two areas in fitness. Barre, yoga, spin, boxing, circuit HIIT, are examples of the type of boutique fitness studios that you will find in different neighbourhoods in Calgary.

So, what's the draw?

Back in the day, I attended a small women's-only gym. What they lacked in cardio and weight equipment they made up in great fitness classes that cultivated a sense of community among members. This is what kept me going, the feeling of being connected with others who also enjoyed getting a challenging workout. I imagine this is part of the draw to boutique gyms. In addition to the social environment, people enjoy charismatic instructors, an exceptional workout atmosphere, and motivating music. These characteristics provide enough incentive for people to pay a bit more, approx. \$20-30/class, to participate in a trendy fitness experience that their local gym may not offer.

It's clear that boutique gyms meet a need for people who are looking for a different fitness experience or looking to add to their current routine. Looking to try a boutique gym? Check out Avenue magazine's list of boutique gyms to try (<https://www.avenuemagazine.com/Things-to-Do/Calgary-Boutique-Fitness-Spin-Barre-AntiGravity-Lagree-Surf-TRXP/>). I always encourage people to try something new because you may find something that you didn't know you were looking for.



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volunteers needed



community cleanup day

SUNDAY, SEPT 8 | 9AM - 2PM

BACK PARKING LOT | 2105 CLIFF ST | HISTORIC HOLY ANGELS SCHOOL

- **Drop off any unwanted household items for the dump**
- **Exchange useful items you no longer want**
- **Recycle old electronics and metals (includes old Xmas lights)**
- **Drop off yard waste and organics**

ITEMS NOT CLAIMED BEFORE 2PM WILL BE DONATED TO THE WOMEN IN NEED SOCIETY (WINS) AT THE END OF THE EVENT.

PROHIBITED:

- **Tires**
- **Chemicals**
- **Home appliances (microwaves okay)**
- **Propane tanks**
- **Paint**
- **Liquids**

NO ITEMS WILL BE RECEIVED AFTER 1:45PM.

MORE INFO OR TO VOLUNTEER: CBMCA.ENVIRONMENT@GMAIL.COM

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

TIME TO RENEW YOUR MEMBERSHIP

Our membership year is AGM to AGM. The AGM was on Wednesday, November 22, 2017, so if you have not renewed your membership, now is the time to do so.

You do not get a new card every year. The plastic membership card is permanent. You get a new date sticker when you renew your membership.

Having a CBMCA membership has become more popular partly because of the Membership Affinity Program. All you have to do is show your up-to-date membership card to obtain discounts. See details of this program elsewhere in this newsletter.

To purchase or renew your membership, just fill in the membership form elsewhere in this newsletter and send it in with your cheque to the address on the form.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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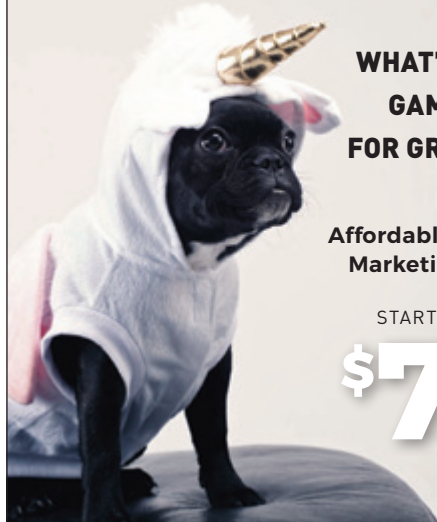
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

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Finally, Calgarians have an MP who delivers.

RE-ELECT
Kent



Kent Hehr fights every day for all Calgarians, advocating good, sensible, and compassionate public policy that provides opportunities for every walk of life.

And Kent delivers.

Take a look at some the highlights over the past four years.

Find out more about how Kent has delivered for Calgary Centre at KentHehr.ca.



TMX Pipeline approved and under construction



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Unprecedented \$2.8 billion invested in infrastructure



Taking climate change seriously with a comprehensive plan



Over 700 new affordable housing units



Alberta's child poverty cut in half



love is love
Fighting for improved LGBTQ2 rights



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@KentHehr

KentHehr.ca

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The Community
with Heart

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3. Reform the unfair Equalization program that penalizes Albertans
4. Defend our fundamental freedoms, including freedom of speech, and freedom of conscience
5. Fight back against corrosive identity politics that divide Canadians, and restore hard work, and merit as the cornerstones of achievement and advancement

www.chevyjohnston.ca

PEOPLE'S PARTY 

Authorized by the CFO of the Calgary Centre PPC Association.



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
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FABULOUS SANDWICH SAVINGS

FREE PANINI OR WRAP!

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