

THE MISSION

OCTOBER 2021

# STATEMENT



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

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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BEFORE



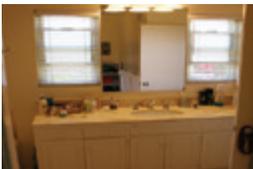
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## You Were There

by Cheryl Dunkley

When I think back, you were all there,  
We could make an appointment and get good care.  
Doctors, dentists, the lab and x-ray,  
All were there on any given day.  
Plexiglass, full PPE and dozens of masks  
Hopefully kept you safe for your many demanding tasks.  
Not one grumble or complaint was heard  
You were there, good to your word.  
Through Phases one, two and three,  
911 responded quickly for you and for me.  
The hospitals were crazy busy, ICU overflowed.  
The nurses, bless their hearts were burdened but unbowed.  
Teachers, school staff too,  
Rescheduling every week  
Kids in the building or at home,  
Who ever knew?  
A trip to get groceries, the pharmacy, and the bank  
Remember to stop at the pumps and fill up the tank.  
Essential chores, important issues too  
All were there, much gratitude to YOU, YOU and YOU!



## PRESIDENT'S REPORT

Keep up to date – sign up for email updates at [cliffbungalowmission.com](http://cliffbungalowmission.com) to get the most current information from the Community Association about important news and events!

### COVID-19 Update

At the time of writing this column in early September, COVID-19 has not gone away so we have added new restrictions for those attending our Jazz night events:

Face masks are required except if you are sitting and drinking a beverage

All attendees are required to provide proof of vaccination or proof of negative COVID test within 72 hours of the event.

We are not starting Potlucks, Board Game Nights, or Trivia Nights at this time.

We will update on any changes through emails, etc.

### Board Update and Recruiting

Due to family demands on her time, Kim Hoang has stepped down from the Board. We thank her for her contributions to the community.

As a couple other people are stepping down from the Board at the AGM on November 24, we are recruiting people to take on the Environment and Heritage Director roles. If you have an interest in exploring either of these, please contact me at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com).

There are also a couple of opportunities for Directors at Large who take on special projects and assist in other special events such as Mission Possible in June, Spring Fling fundraiser, Lilac Festival, Community Clean Up, etc.

We also need to recruit someone to manage the memberships, specifically issuing new and renewal memberships. This would be a once a month task.

Interested or curious? Contact me at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com).

### Calgary's Heritage Building Inventory

Heritage Calgary evaluates and adds/updates heritage resources to the Inventory of Evaluated Historic Resources. Cliff Bungalow – Mission has many historic buildings on the Inventory. On June 25, 2021, they updated the evaluations on four heritage buildings in our community.

- St. Mary's Cathedral
- Lang House
- House of Israel
- Sacred Heart Covent

There are a number of criteria used for the evaluations:

- Activity
- Event
- Institution
- Person / People
- Style
- Design
- Landmark
- Symbolic Value

To learn more about these and other historic buildings in Calgary, go to <https://www.heritagecalgary.ca/blog>.

For the record, the Lang name connected to the Lang House is not related to me. This building is possibly the least known of the four buildings on the list above. It is located at 228 – 26 Avenue SW. When I moved to Cliff Bungalow – Mission in 1978, this house was on its own lot with three adjacent vacant lots. A number of years later, there was a proposed redevelopment on these four lots which would have resulted in this house being destroyed. The community worked on saving this historic house and it was integrated into the new development. It is used as an amenity space for the residents of the Grandview condo building.

### Our French Connection Has Moved

Suzanne de Courville Nicol has been a long-time connection between our community and the Francophone community in Calgary. The Mission side (east of 4th Street SW) of the community was originally called Rouleauville and was predominantly a French speaking community in the late 1800's. It was integrated into Calgary in 1907. In contrast the Cliff bungalow side (west of 4th Street SW) of the community was land grant to the CPR for building the railway.

Suzanne has worked tirelessly on raising the awareness of the Francophone history in Calgary. We have worked with Suzanne and the Francophone community on many special projects over the years. In September, Suzanne moved to Kamloops to be closer to her family. She will continue her work, although remotely. We wish her well and thank her for her contributions to this community.



**CLIFF BUNGALOW – MISSION  
COMMUNITY ASSOCIATION  
ANNUAL GENERAL MEETING**

**WEDNESDAY, NOVEMBER 24, 2021**

**COMMUNITY CENTRE**

**2201 CLIFF ST SW**

**(1 BLOCK 5TH ST AT 22ND AVE SW)**

**NOTE THIS DATE IN YOUR CALENDAR. MORE DETAILS IN  
THE NEXT NEWSLETTER**

# COMMUNITY CALENDAR

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

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

**Jazz Nights** – 1st Wednesday from September to June (except on January 12, 2022). Doors open at or before 7:30 pm. Music starts at 8:00 pm.

**Wednesday, October 6** – Lorna MacLachlan

**Wednesday, November 3** – Rick Climans Quartet

**Wednesday, December 1** – Mari Jo deWaal

**Special Saturday Jazz Events** – Doors open at or before 7:30 pm. Music starts at 8:00 pm.

**Saturday, October 23** – Rubin de Toledo (Monuno West)

### Special COVID Notice For Jazz Events:

Face masks are required except if you are sitting and drinking a beverage.

All attendees are required to provide proof of vaccination or proof of negative COVID test within 72 hours of the event.

### Annual General Meeting – Wednesday, November 24

**Potlucks** – TBA

**Board Game Nights** – TBA

**Trivia Nights** – TBA

**Calgary Civic Election** – Monday, October 18

## Recruiting A New Environmental Director

Lynn MacCallum, our current Environment Director, will be stepping down at our AGM on November 24. Thus, we need to recruit a replacement for her. By getting involved now, you can learn the ropes from Lynn between now and the AGM.

This role is an excellent fit for anyone who is sustainably minded and wanting to share their passion for the environment with people in the community. The CBMCA Board of Directors are a dynamic and passionate group of people who will inspire and support your work in this role.

As Environmental Director you will be responsible for the following:

- Planning of two events within the community.
- Pathway and River Clean up in partnership with Erlton Community Association, Lindsay Park Community Association, Cliff Bungalow-Mission Community Association. The date this year is September 17, but it is normally in early May.
- Community Clean Up, the date this year is September 11.
- Attend monthly CBMCA Board meetings, usually on a Wednesday.
- Participate in Cliff Bungalow and Mission Community Gardens management, as required.
- Participate in other community events such as the Lilac Festival, Mission Possible, and other events as they come up, as required.
- AGM presentation in November.
- Contributions to the monthly newsletter with green and environmentally focussed topics; review previous newsletters here: [http://www.great-news.ca/newsletters/calgary/sw/mission\\_statement/](http://www.great-news.ca/newsletters/calgary/sw/mission_statement/).

If you are looking for a great addition to your resume or you're looking to meet like minded people, this is the volunteer opportunity for you! Please email the Board President, Bob Lang at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com) if you're interested or to get more info.



## A Bet for Eggs and Ham

Dr. Seuss is one of the most famous authors in the world; known for his incredibly fun and illustrative children's books depicting fantastical worlds and characters. His editor knew he was talented, and wanted to challenge him, so he asked him to write a book using no more than 50 different words, just to see if he could. The result was the book "Green Eggs and Ham".

## Environment Update: Another Successful CBMCA Community Clean Up!

by Lynn MacCallum

The Cliff Bungalow-Mission Community Cleanup event was held on Saturday, September 11, 2021 was a great day! The misty rain and cooler temperatures did not deter folks in our community from bringing their gently used items for donation, truck loads of yard waste, and other items for disposal.



A truckload of donations went to WINS – the Women in Need Society, and Shanked Computer Recycling did an excellent job of collecting old electronics such as fans, Christmas lights, cell phones, and many other items as part of the Alberta Recycling Management Authority's Electronics Roundup pilot program, with monies from the recycling of these valuable items coming back to the community association!

We would like to thank the City of Calgary for the generous use of their waste and organics trucks for the event.

Finally, this event would not have run so smoothly, or even have been possible, without the efforts of our outstanding volunteers who assisted with everything from putting up posters, to directing traffic, to loading waste into the trucks. We couldn't have done it without you!

If you want to get involved next year, please email me at [cbmca.environment@gmail.com](mailto:cbmca.environment@gmail.com) – I'd love to hear from you!



## Gratitude is the Best Attitude

Being grateful is a simple, yet powerful, act we can do to benefit our well-being. In October, we naturally see a fit to be grateful during the season of Thanksgiving. Implementing it as a practice into our daily lives can help us feel connected to ourselves, others, nature, or perhaps a higher power. It can be an incredible motivator to seize the day and live our lives to the fullest! It can equally help us form new or strengthen our current relationships. Some have coined it as the relationship-strengthening emotion, as it challenges us to see how we are supported and affirmed by those around us. We can understand gratitude as a practice of reflecting, recognizing, and appreciating a source of goodness in our lives. It can help us see what we have in front of us, instead of looking and reaching for something or someone that may help us feel better. This is why gratitude is also a choice. Oftentimes in the hustle of life, way may overlook the gifts and blessings we are given and take them for granted.

Research suggests gratitude is strongly and consistently associated with greater happiness. It is a spark for positive emotions, allows people to relish good experiences, and better deal with adversity. Furthermore, it can even benefit our physical health by giving us a more restful sleep and boosting immunity.

So how can we include gratitude in our daily lives for our bodies and minds to thrive? Here are a few ideas:

As individuals...

- Write a thank you note to someone, even if you cannot or chose not to give it to them.
- Jot down what you are thankful for, either in a gratitude journal or a piece of paper that can go into a gratitude jar.
- Meditate and spend time reflecting on what you are grateful for. This practice can include sending out a mental "thank you" to someone.
- Put up some gratitude cues where you spend the most time to reinforce feelings of gratitude. For example, put photos of things and people that make you happy or positive quotes on the fridge or by your computer.

In your community...

- Share events or experiences occurring in your community on social media to collectively appreciate and celebrate the good things happening around you.
- Volunteer or mentor others in your community! This is a great way to give back by sharing your knowledge, skills, and experiences with others.
- Attend local events. By showing up, you express your support and appreciation for the efforts of people in your community.

# MEMBERSHIP AFFINITY PROGRAM

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

- **A8 Financial:** 305, 2204 – 2 St SW (Holy Cross Centre), Tel 587-317-2040, 10% off Tax and Bookkeeping services.
- **clear float spa:** 105, 1800 – 4 St SW, 10% discount (except for the Theta Membership)
- **Economy Glass:** 101 17 Ave SW, \$10 off auto glass excluding rock chips and 10% off residential glass
- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **Expedia Cruise Ship Centres:** 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package
- **Famoso Neapolitan Pizzeria:** 105, 2303 – 4 St SW, 10% off food and beverages
- **4th Street Liquor & Wine,** 1809 – 4 St SW, 10% off all items
- **Landmark Centre Second Cup:** 506 – 17 Avenue SW, free upsize on beverages, every Sunday CBMCA member seniors get a free small coffee or tea with purchase of a baked item, 10% discount on catering

order, free delivery with purchase over \$50.

- **Lorenzo's Pizza:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders
- **Momentum Health Mission:** 909, 2303 – 4 St SW, \$25 off initial assessment (includes massage), 15% off all products they sell, free gait assessment.
- **Peking Dragon:** #105, 601 – 17 Ave SW, 15% on Pick Up items on orders over \$30.00
- **Rideau Pharmacy:** 1801 – 4 St SW, 15% off Front Store items (excludes prescriptions)
- **The Spa Wellness:** 2206 - 2 St SW, 10% off members for all treatments
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products)
- **Without Co:** #103 – 2115 4 St SW, 10% Discount
- **Yann Haute Patisserie:** 329 – 23 Avenue SW, 10% off patisseries.

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

## Cliff Bungalow-Mission Community Association

# TIME TO RENEW YOUR MEMBERSHIP!

Your membership not only supports the CBMCA but it gives you access to discounts at participating businesses through the Membership Affinity Program (details elsewhere in this newsletter). Our membership year is AGM to AGM so this year's renewal deadline is **November 20, 2021**. To purchase or renew your membership, just fill in this form and either:

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

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

# The Mission Statement



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

## Contact us

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

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

Look for us on Facebook, not to mention Twitter and Instagram (CBM\_CA)!

## We value your contributions

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

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

## Cliff Bungalow - Mission Community Association Board List 2020-2021

President	Bob Lang	<a href="mailto:cbmca.president@gmail.com">cbmca.president@gmail.com</a> 403-229-2762
Vice President	Ted Knudtson	<a href="mailto:cbmca.vicepresident@gmail.com">cbmca.vicepresident@gmail.com</a>
Secretary	Rick Williams	<a href="mailto:cbmca.secretary@gmail.com">cbmca.secretary@gmail.com</a>
Treasurer	Lucy Arellano	<a href="mailto:cbmca.treasurer@gmail.com">cbmca.treasurer@gmail.com</a>
Planning and Development	Zaak Karim	<a href="mailto:cbmca.development@gmail.com">cbmca.development@gmail.com</a>
Environment Director	Lynn MacCallum	<a href="mailto:cbmca.environment@gmail.com">cbmca.environment@gmail.com</a>
Heritage Director	Marilyn Williams	<a href="mailto:cbmca.heritage@gmail.com">cbmca.heritage@gmail.com</a>
Social Director	Melissa Parcels	<a href="mailto:cbmca.socialevents@gmail.com">cbmca.socialevents@gmail.com</a>
Communications Director	Nicole Butz	<a href="mailto:cbmca.editor@gmail.com">cbmca.editor@gmail.com</a>
Directors-at-Large	Kim Hoang Brandon Hossack Rob Jobst Mo Saiepour	

## *The Five-Year Journey to an Ant*



There are so, so many words in the English language. Have you ever really thought about it or tried to learn them all? To put the number of words into perspective, the editors of the first Oxford English Dictionary took five years just to reach the word 'ant'. That is amazing!

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- Heated salt water pool
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- Family kitchen
- Theatre
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- Hair salon
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- Private dining room
- Daily activities
- Large courtyard
- Partnership with AHS

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## Understanding Rights-Of-Way and Your Property



Did you know that part of your yard is made up of rights-of-way, and your property line doesn't begin at the edge of the road or sidewalk closest to your home?

The City of Calgary is responsible for managing access to municipal rights-of-way in Calgary. A right-of-way is an area that gives The City space to install infrastructure (e.g., street light poles and trees), while also giving shallow utilities (i.e., power, gas, and telecommunications providers) a place to install and maintain their critical infrastructure.

When utility work is required in your community, crews can apply for the permits required to access the right-of-way to install infrastructure, both above and below ground. All properties contain a road right-of-way, but only some properties have a utility right-of-way on them. In most cases, the utility right-of-way starts at your property line and extends inward, toward your home. The space the right-of-way takes up in a yard will vary and it can also be located along the side of your home or at the back.

As a homeowner, you are responsible for mowing and general maintenance, but it is technically the road right-of-way and is considered public land.

For more information or to learn where the right-of-way is located on your property, visit [Calgary.ca/row](http://Calgary.ca/row).

## The Cliff Bungalow – Mission Jazz Series presents: Jazz Under the Cliff With Rick Climans Jazz Group

No reservations taken; rush seating only.

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

See special COVID notice at the end of this message.

The group is based in Calgary, and has been performing their brand of cool, funky jazz across Alberta for the past 16 years.

Blues and Latin elements are strong components of the group's sound, as they take jazz standards and perform them with their own unique twist! Some original tunes are often included for good measure.

Recent performances include the Canadian Jazz Festival, Calgary Jazz YYC Festival, National Music Centre, Arts Commons, and numerous jazz clubs, nightclubs, hotels, and corporate events.

### Special COVID Notice:

- Face masks are required except if you are sitting and drinking a beverage.
- All attendees are requested to be fully vaccinated.

### Rick Climans Jazz Group



Rick Climans  
Saxes

Morgan McKee  
Keyboards

Stefano Valdo  
Bass

Robin Tufts  
Drums

## Cliff Bungalow-Mission Jazz Series Wednesday November 3, 2021

Cliff Bungalow-Mission Community Centre  
2201 Cliff St. SW, Calgary, Alberta

Doors open: 7:15pm  
Show starts: 8:00pm

\$20 General Admission  
\$15 CBMCA Members, Seniors

Tickets Available at the Door/Cash Only

# The Cliff Bungalow - Mission Jazz Series presents: Jazz Under the Cliff With Montuno West

No reservations taken; rush seating only.

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

See special COVID notice at the end of this message.

Alberta's most caliente Latin-Jazz Ensemble, Montuno West, is comprised of former members from Alberta's Latin musical stalwarts, Bomba and Cumako.

Strongly influenced by Cuban and other Latin styles, the ensemble's vibrant and adventurous instrumental compositions bring a distinctly modern quality to the rich and rhythmic sounds of Latin-influenced Jazz. Together, the group performs everything from Son, Songo, Rumba, Timba, Cha Cha and Danzon to Joropo, Bossa Nova, and Samba.

Montuno West's inaugural CD release, *Tocar Tambor*, features NYC-based, Grammy Award-winning jazz trombonist of Costa Rican descent, Luis Bonilla (Village Vanguard Orchestra, Phil Collins).

## Performance Schedule: 2021/ 2022

**Saturday, October 23** – Rubim de Toledo (Montuno West)

**Wednesday, November 3** – Rick Climans Quartet

**Wednesday, December 1** – Mari Jo deWaal

**Wednesday, January 12** – Calgary Creative Arts Ensemble

**Wednesday, February 2** – William Friedson

**Saturday, February 19** – Genevieve Phillips

**Wednesday, March 2** – Tina Hartt

**Wednesday, April 6** – Wendy Lomnes

**Wednesday, May 4** – John Reid

**Wednesday, June 1** – Deanne Matley

## Special COVID Notice:

- Face masks are required except if you are sitting and drinking a beverage.
- All attendees are requested to be fully vaccinated.

Instrumental . Latin . Jazz

# Montuno West

## Cliff Bungalow Jazz Series



**OCTOBER 23, 2021**

Cliff Bungalow Community Hall - 2201 Cliff St SW, Calgary  
Doors - 7:15pm / Show - 8pm  
Tickets (cash at door only) - Members: \$15 / Non-Members :\$20

Chris Andrew - Piano  
Rubim de Toledo - Bass  
Luis 'el Pana' Tovar - Congas  
Raul Tabera - Drums

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



## SPOOKY SCARY SPENDING

Halloween is a big deal! Kids love it, parents enjoy it, and it's a holiday to be excited for. When you think of all the candy, costumes, and decorations, it can feel exciting and mystical. But did you know that Halloween is actually the second largest commercial holiday in the United States. Consumers have spent around 9 billion dollars on Halloween in one year, now THAT is scary!!

## Mental Health Moment: What is Posttraumatic Growth?

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



Let's begin with a discussion on trauma and/or posttraumatic stress disorder (PTSD), I will refer to these terms as trauma for simplicity. Trauma adopted a language of medicine, in that it's an illness to be cured by a doctor or therapist. However, we as individuals ultimately must be able to take responsibility for our own recovery and the meaning we give to our experiences. There has also been a culture of expectation in which there is a mistaken assumption that trauma is both inevitable and inescapable. When we are told that we are vulnerable and need help, this can become a self-fulfilling prophecy. The criterion for successful treatment has become the alleviation of trauma, which leads us to disregard the research that shows not only that most of us are resilient, but that many of us find benefits in adversity that can be the springboard to higher levels of functioning than before the trauma. In other words, we are capable of finding pathways to reverse the destructiveness of trauma and turn it into an advantage. We do not have to be the passive recipients of how our lives will unfold.

Posttraumatic growth involves the rebuilding of our shattered assumptive world. This is well explained through the metaphor of the shattered vase. Imagine one day that you knock a treasured vase off the shelf. It smashes into a million pieces. Now what? Do we try to glue all those pieces back together to try to save it? Do we sweep up all the pieces and just throw them away because it's a total loss? Or do we choose to pick up all of those beautiful, ornate pieces and use them to create something new, different... maybe even better? Picture a stunning mosaic work of art.

When adversity strikes, we often feel that some part of us - our view of the world, sense of ourselves, or maybe our relationships have been decimated. For those of us who

try to put our lives back together exactly as they were, we remain fractured in places, and definitely vulnerable to future adversity. However, those of us who are more willing to accept the breakage and decide to build ourselves into something new, become more resilient and open to new possibilities and ways of living and seeing the world.

These changes don't necessarily mean that we are entirely free of the memories of our fracturing, the grief we have experienced, or other forms of breakage. But we are in fact able to live our lives more meaningfully in light of what has happened.

How do we set ourselves up for posttraumatic growth? First, we need to recognize that life is uncertain and that things change, sometimes for good or bad. Next, we need to practice mindfulness in that we live in the present with a flexible attitude. Lastly, there needs to be an acknowledgment of our personal agency...the sense of responsibility for our choices we make in life and an awareness that our choices come with consequences. The stress from our trauma initially is the engine that drives growth following adversity, letting us know our mental world has been shaken up and that we need to process that event. This is when we can begin to push through the original belief system we held of our assumptive world; that the world is benevolent, that life is controllable and predictable, and that we are good so why did this bad thing happen to me. This is where we come to a realization that we can't go back to the way things were...our life will never be the same (the vase shattered). However, we can create a beautiful mosaic piece of art (our life) by picking up our broken pieces and using what we learned through the trauma to create a new and possibly more useful way of living and approaching our lives. There are four key things to remember as we are creating growth. 1. We are not alone - seek supports to help us navigate the trauma. Share our experience with others. 2. Trauma is a normal and natural process in living life - most of us will experience forms of depression, anxiety, and detachment after a traumatic event. These can be upsetting but are normal common reactions to trauma. 3. Growth is a journey - each step can be painful, but it can be more painful to not keep moving. We can emerge wiser, more mature, and more fulfilled despite great loss and sadness. 4. Be patient and gentle with ourselves - don't place unreal expectations on ourselves.

Reading Suggestions: *What Doesn't Kill Us* by Stephen Joseph, *Man's Search for Meaning* by Viktor Frankl, *Life lessons: How Our Mortality Can Teach Us About Life and Living* by Elisabeth Kubler-Ross and David Kessler.

# BUSINESS CLASSIFIEDS

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

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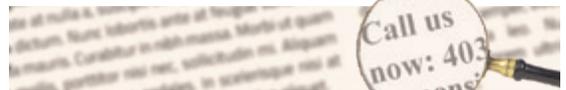
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## Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!

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## Tokyo Paralympics Medal Count

**Gold: 5 • Silver: 10 • Bronze: 6**

**Women: 11 • Men: 10**

*by Kyla McDonald*

The Tokyo 2020 Paralympic games continued to demonstrate the resiliency of the athletes, as the Paralympians faced many of the same challenges as the other athletes at the Tokyo Olympic games. For many, Tokyo was the first international competition they had competed in in nearly two years. 128 athletes, including guides, were officially named to the Canadian Paralympic team in which they competed in 18 different sports throughout the duration of the games.

Day one led Canada to the medal podium twice, with Keely Shaw and Aurelie Rivard both winning bronze. Shaw in the women's Para track cycling C4 3000-metre individual pursuit event with a time of 3:48.342 and Rivard in the women's 50-metre freestyle swimming event, with a time of 28.11.

Two more medals were won on day two. Tristen Chernove claimed the first silver medal of the Paralympic games in the men's C1 3000-metre individual pursuit in Para track cycling and Nicolas Guy Turbide also won silver in the men's S13 100-metre backstroke for visually impaired swimmers with a time of 59.70.

Kate O'Brien of Calgary won silver in the women's C4-5 500-metre time trial in Para track cycling on day three with a time of 35.830. The day continued with Opening

Ceremonies flag bearer, Priscilla Gagné also winning silver in the women's 52 kg Para judo event.

Day four was a world record breaking day for Aurélie Rivard. She won Team Canada's first gold medal of the Paralympic games in the women's 100-metre freestyle S10 event, with a time of 58.14. Brent Lakatos captured the silver medal in the men's T54 5000-metre wheelchair race with a time of 10:30.19.

Stefan Daniel of Calgary won the bronze medal in the men's PT55 Para triathlon on day five with a time of 59:22. The day continued with the women's 4 x 100-metre freestyle relay team – Morgan Bird, Katarina Roxon, Sabrina Duchesne and Aurélie Rivard – also winning bronze with a time of 4:30.40. Brent Lakatos finished off the day with a second-place finish in the men's T53 400-metre event with a time of 46.75, a new personal best.

18-year-old Danielle Dorris won silver in the women's 100-metre backstroke S7 event with a time of 1:21.91 on day six.

Zachary Gingras won bronze on day seven in the men's T38 400-metre event, with a personal best time of 50.85.

Day eight was another great day for Team Canada with three medals won by the athletes. Greg Stewart won gold in the men's F46 shot put event with a record-breaking throw of 16.75 metres. Aurélie Rivard defended her title in the women's 400-metre freestyle S10 event, winning gold with a time of 4:24.08, and Brent Lakatos won his third medal of the games, claiming silver in the men's T53 100-metre wheelchair race with a time of 14.55.

Aurélie Rivard and Brent Lakatos both won silver in their events on day nine; Rivard in the women's 100-metre backstroke S10 event with a time of 1:08.94, and Lakatos in the men's T53 800-metre wheelchair race with a time of 1:36.62.

On day ten, Danielle Dorris set the Paralympic and world record in the women's 50-metre butterfly S7 event with a time of 32.99 to win gold. Sprinter Marissa Papaconstantinou finished off the day by winning the bronze medal in the women's T64 100-metre sprint with a time of 13.07.

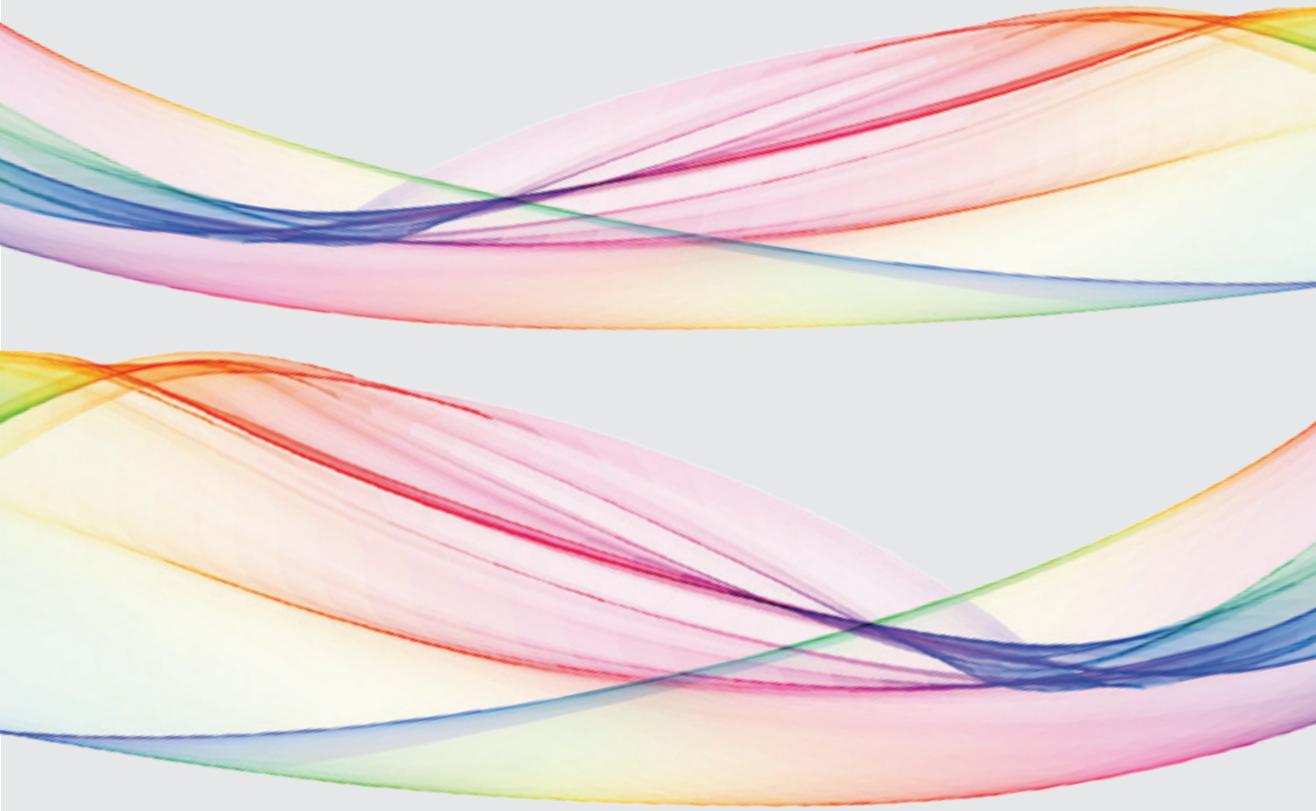
The last medal for team Canada was won by Nate Riech in the men's T38 1500-metre event. He took the gold with a time of 3:58.92, more than four seconds ahead of the second-place finisher.

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# COURTNEY WALCOTT FOR WARD 8

**Calgary's Future is excited to announce our endorsement of Courtney Walcott for Ward 8!**

#### **Courtney's Experience and Background**

Courtney Walcott is an educator and basketball coach at Western Canada High School in Ward 8 in addition to being a community organizer.

From an early age, Courtney has dedicated his life to helping others, particularly struggling and vulnerable members of the community—a purpose he took on from his mother who worked as an addictions counsellor.

As a teacher in one of Calgary's busiest schools, Courtney saw opportunities for community change and took them. He successfully petitioned the Calgary Board of Education to begin an anti-racism task force and also volunteers his coaching skills for community basketball teams. More recently, he brought together 15 community organizations to successfully advocate for \$8-million from Council for additional community funding—funding that will help address the needs of vulnerable residents in the ward and throughout Calgary.

#### **Why We Endorse Courtney**

Courtney recognizes that Calgary hasn't been built in a way that works for everyone—but he knows we can work to change that.

Whether you're in the Beltline, Cliff Bungalow or Killarney, Courtney recognizes that when our downtown is working, our whole community prospers. Courtney believes that Calgary can and should be a future-forward city. But to do that, he knows that we need to be investing in Calgary and Calgarians. Courtney recognizes that austerity is not the way forward.

Calgarians today are faced with a number of challenges, but Courtney understands that the issues we're facing don't happen in a silo. He is confident our city can overcome these challenges—but only by first recognizing the intersection between issues like affordable housing, the opioid crisis, climate change, community investment, diversification of the economy, urban sprawl, and a downtown strategy.

If you want to learn more about Courtney and see where he stands on critical issues facing Calgarians today, check out his responses to our Candidate Questionnaire at [calgarysfuture.ca/ward-8](http://calgarysfuture.ca/ward-8).

#### **Where to Find Courtney:**

 [courtneywalcott.com](http://courtneywalcott.com)  [@WalcottWard8](https://www.facebook.com/WalcottWard8)

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