

THE MISSION

MAY 2021

STATEMENT



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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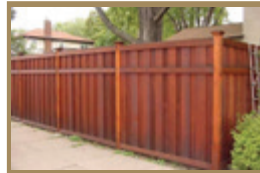
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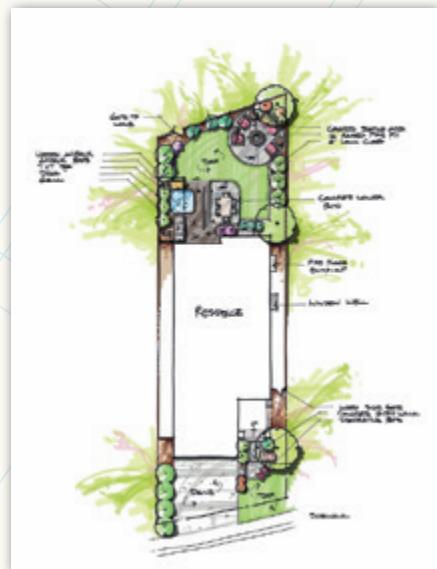


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Keep up to date – sign up for e-mail updates.

Things can and do change and quickly. The newsletter is not frequent enough to communicate things that are changing on short notice in regards to the community association, the community centre and community events.

So, in order for us to keep you up to date, please register your e-mail address near the bottom of the first page of our website. Our e-mail list is then updated to include your e-mail address. The website address is www.cliffbungalowmission.com.

Impact of Lockdown and COVID-19

At the time of writing this column (early April), COVID-19 restrictions have increased. All jazz events are cancelled to and including June 2. We are planning the 2021/2022 jazz performance season starting Wednesday, September 1. We currently are not renting the hall to third parties to the end of September. We will update on any changes through e-mails, etc.

New Online Events

Melissa Parcels, our Social Director, is working on some online social events. So far, the list includes a Book Club, Trivia Night and Cooking Classes. While we hope to have more details to include in this newsletter, we may need to inform you of the details via e-mail and social media.

Virtual Flood Readiness Session

We are working with the City of Calgary to set up an online Flood Readiness session. We will inform you through e-mail and social media when we have more details.

5A Street Is Now on The City of Calgary Historic Streetscapes List

5A Street and its treed boulevard is on The City of Calgary Historic Streetscapes list. This does not prevent redevelopment on that street. It is more of heritage recognition and another factor to consider if redevelopment is proposed. The historic significance is as follows:

“The formal, ordered design of the boulevards reflects the influence of the City Beautiful Movement in urban development/planning. The movement supported beautification and formality to encourage order and harmony within society. William Roland Reader, Calgary’s Superintendent of Parks and Cemeteries from 1913 to 1942, was influenced by the City Beautiful Movement in the establishment and early growth of Calgary’s parks and open space system. One of his principle initiatives was the creation of streets lined with trees and developed with landscaped boulevards and medians.” (City of Calgary)



Ted Knudtson Received the Faces of Community Award For 2021

The Federation of Calgary Communities has been recognizing special community volunteers for several years through an award program called Faces of Communities. Ted Knudtson, our Vice President, was awarded this award for 2021. Ted was a

phenomenal volunteer to our community when COVID-19 hit, and he shepherded many community-based actions during in response COVID. He also received a Community Hero Award at our November AGM. A write up for that award was published in the January newsletter. Here is the link to the write up for the Faces of Community Award:

<https://calgarycommunities.com/faces-of-community-2021-stories/2021-faces-of-community-ted-knudtson/>.

300 Block 25 Avenue SW

There will be a public hearing of City Council, possibly on May 31, on the application to change the land use designation for 306 to 312 – 25 Avenue SW where there are currently four houses. The four houses (three built in 1910 and one built in 1911) would be torn down to accommodate a new seven-storey building. These houses currently have several suites each.

A Land Use change is being proposed to allow the proposed new building to be built. The new Land Use would be a Direct Control District (DC) based on M-H2 Land Use District with modifications for the specific site - FAR (Floor Area Ratio) of 4.5 and a height of 28 metres. The current Land Use allows up to five stories. 3.5 FAR and a height of 15 metres.

The plan was to send this proposed Land Use change to the Calgary Planning Commission in April and onto a Public Hearing of City Council on May 31 (to be confirmed) where anyone can submit written comments and can make a five-minute verbal presentation. We will send out an e-mail when the date is confirmed and how you can voice your opinion on this matter. Please register your e-mail online at our website: www.cliffbungalowmission.com.



A Greener Mother's Day – Sunday May 9

by Lynn MacCallum, Environment Director

On Mother's Day we usually like to show our mom how much we love her. Whether it's a lovely bouquet of flowers, or brunch at her favourite restaurant, there are plenty of ways you can make her day unforgettable - while still being green. In fact, what better way to celebrate Mother's Day than by being good to Mother Nature too! Here are some tips on how you can weave sustainability into this Mother's Day.

Flowers. Although lovely to receive, cut flowers don't last long and most come from exotic locations that require transportation, storage, and many other costs that increase their carbon footprint. Instead, why not get her a potted plant that will last a lot longer. If she's a gardener, a shrub or plant that she'd love to add to her garden would be a great gift. There are many local garden centers in the city that offer organic and sustainably grown plants and flowers for the garden. And if your mom is more hands on, classes with the Calgary Horticultural Society would be welcome.

Homemade cards. If you've taken the time to make a card with love, particularly with found materials in your home, it can mean a lot more than a store bought one. Check out the Easy Peasy and Fun blog with ideas on what materials you can re-purpose in your home to make a card for mom she will treasure forever!

Food. Your mom would likely love to share a meal with her family around her, but given the current COVID restrictions, consider delivery from one of the many local, green and sustainably minded restaurants we have in Calgary (who also offer compostable and recyclable take-out containers).

Things that sparkle. Does your mom like jewelry? While beautiful, this industry is pretty hard on the environment. It takes five tonnes of water and 20 tonnes of mine waste to produce a simple gold ring! If you still want to go the sparkly route, think about finding a unique pre-loved piece of jewelry - estate auction houses, or socially responsible jewellers can help you find something lovely while not requiring additional resources from the planet.

Giving to Others. If your mom is one of those amazing people who always thinks of others first, she may appreciate a micro-loan or donation on her behalf.



Some other ways to show mom you care this Mother's Day are: legacy gifts such as planting a tree in your mom's honour and bringing her to the site to include her in the planting; donate a park bench for many others to enjoy; making time for a monthly book a date together; or purchasing fair trade or ethically manufactured goods instead of mass produced items.

You know your mom best, but what she probably wants more than anything is the gift of your time. An afternoon of baking, planting in the garden, or perhaps enjoying a bike ride or dog walk along the Bow, would probably make her far happier than any gift you could buy. Whatever you decide to do on this special day, be consider being kind to mother nature too.

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

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COMMUNITY CALENDAR

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

The following is the latest information we have at time of writing (early April) and is subject to change. Updates will be sent out by e-mail. So please register on our website www.cliffbungalowmission.com and go to the bottom of the first page to register.

Jazz Nights

First Wednesday from September to June. Doors open at or before 7:30 pm. Music starts at 8:00 pm. Performances are also online. Note that the performances until June 2 have been cancelled due to COVID-19.

We are working on the schedule for the 2021 to 2022 performance season. It starts on September 1 with Lorna MacLauchlan (to be confirmed).

Online Social Events

We are working on several online social events. The list is as follows:

Book Club

First Mondays

May 3 at 7:00 pm and June 7 at 7:00 pm

Friends Trivia Night – Date to be announced.

Cooking Classes

June 2 and June 16

Links and details will be provided via e-mail and social media. Questions or suggestions? Contact Melissa at cbmca.socialevents@gamil.com.

Virtual Flood Readiness Session

Tuesday, May 25 at 7:00 pm

Link is: <https://us02web.zoom.us/j/86515013775?pwd=UtlTHRTcDZlMlMwK1azZSRHNNYnZvZz09>.

We have arranged with the City of Calgary a virtual session on Flood Readiness. We encourage you to participate. It will only be about one hour, well worth your time.

Potlucks: Cancelled until further notice.

Board Game Nights: Cancelled until further notice.

Trivia Nights: Cancelled until further notice.

This schedule can change depending on what is allowed and the restrictions in place at that time. We will update as new information is available. To receive updates via e-mail, register your e-mail address online near the bottom of the first page of our website www.cliffbungalowmission.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!

- **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. 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."

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

The Mission Statement



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

Contact us

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

www.cliffbungalowmission.com

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 2020-2021

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

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Photo Credit: Green Calgary

- Leave grass 3" long to prevent scorching and water evaporation.
- Grass-cycle (i.e., leave your grass clippings on the lawn, thus recycling the nutrients and moisture back into the soil).
- Use a rain barrel or multiple rain barrels. An average roof in Calgary comes in contact with approximately 54,000 litres of water annually – this could fill a rain barrel 270 times in a growing season!

Since each of us depends on water for life, we must all make changes in our lifestyles to conserve this resource. Using it wisely and caring for it properly means we can help keep our water clean and safe for generations to come.

To learn more about how to reduce your water usage both indoors and out, check out the City of Calgary website (www.calgary.ca) for ideas, and the Green Calgary website (www.greencalgary.org) to buy yourself a rain barrel, as well as videos for set up and other tips and tricks to cut your water use significantly.

Sources: www.who.int, www.calgary.ca, www.greencalgary.org

Environment Update: Outdoor Water Conservation

by Lynn MacCallum

Did you know the average Calgarian uses over 230 litres of water per day? It's the equivalent of two full bathtubs of water. Every. Day. This may not seem like a big deal until you compare it to the 7.5 litres per capita per day that the World Health Organization believes can meet the requirements of most people under most conditions (essentially, Calgarians use over 30 times the WHO's daily recommended water usage).

Come summertime in our fair city, those numbers grow as we water our lawns and gardens. In fact, according to the City of Calgary we use up to 950 litres for an hour of lawn watering. And when we take into consideration that Calgary is semi-arid, with a relatively small supply of water in the first place, it becomes ever more important that we conserve this resource, both indoors and out.

Since garden and lawn care season will be upon us shortly (if not already), a good place to start with water conservation is outside. Here are some outdoor water-saving tips that you might find helpful:

- Direct stormwater runoff into areas of your yard where it can be absorbed into the ground (lawn or gardens). This is particularly great for evergreen trees that are always thirsty!
- Water your lawn with only 1 inch of water per week (including rain and hand watering). Turn a frisbee upside down on your lawn and use a timer to see how long it takes to fill with the sprinkler - that's your 1-inch measure.
- Water your lawn and gardens early in the morning or later in the evening to avoid water evaporation and plant scalding.



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A Discussion on Depression

by Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



Depression is more than just feeling “down.” It is a serious illness caused by changes in brain chemistry. Research tells us that other factors contribute to the onset of depression, including genetics, changes in hormone levels, certain medical conditions, stress, grief, a pandemic, or difficult circumstances in our lives.

Many Faces of Depression

Many people are surprised by those that are experiencing depression. They are smart, have a good job, great partner, or family unit, are part of a community, and have all kinds of positives in their lives. They “seem fine.” Just because a person doesn’t look depressed, doesn’t mean they are not deeply affected by it. People experiencing depression can be quite skilled at wearing a mask and acting as though everything is good in their world.

Depression and Isolation

Depression and isolation are best friends, and it’s not a healthy relationship. Most of their time is spent together, often to the total exclusion of others. They hate it when other influences interfere with their relationship. Isolation serves depression, and depression thrives with isolation. There is a powerful, mutually reinforcing bond. Therefore, the best way to help depression is to reduce isolation and increase connection to others.

Educate Yourself

The stigma, shame, and silence around depression is huge. Myths and misunderstanding further enforce the silence. By getting to know the realities of depression, we can better help and support those who are experiencing it. Becoming educated about depression demonstrates to those that are suffering that we care.

How to best help a friend or loved one:

Being a compassionate listener is much more important than giving advice. You don’t have to try to “fix” the person; you just have to be a good listener. Often, the simple act of talking to someone face to face can be an enormous help to someone suffering from depression. Encourage the depressed person to talk about their feelings and be willing to listen without judgement. Don’t expect a single conversation to be the end of it. Depressed people tend to withdraw from others and isolate themselves. You may need to express your concern and willingness to listen over and over again. Be gentle, yet persistent.

Phrases that are helpful:

- You are not alone, I’m here for you.
- I may not understand how you feel right now, but I care and want to help.
- You are important to me.
- Is there anything I can help with?

Phrases that are not helpful:

- It’s all in your head.
- We all go through this sometimes.
- Cheer up, look on the bright side.
- Go for a walk.
- Have you tried to meditate?
- Aren’t you feeling better yet?

Connection and Openness are the key:

Walking alongside someone who is dealing with depression can be frustrating. Depression wants to be with isolation, so it is common for those affected to pull away. However, as someone who wants to help, you have to keep showing up. Sometimes all it takes is being present for your friend or loved one on a consistent basis. That in itself is the proof that you care and are in it for the long haul. Only by opening up a dialogue and building connections can one overcome the destructive dynamics of depression and isolation.

If you or a loved one is suffering with depression, please reach out.

**COLOURING
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by Nicole Rocher



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4 WARD 8
Paul Bergmann



Dear friends,

The upcoming municipal election in October brings around an opportunity for Calgarians to create the change they wish to see in their communities, including those of us who live in Ward 8. Electing a City Councillor that can accurately and effectively represent the unique voices of this Ward is so important, which is why I am running to fill this seat.

For too long, City Council has forged a path for Calgary's future without seeking input from the people who are lucky enough to call this city home. They have created a pattern of dictating outcomes to Calgarians, instead of seeking feedback on how we would like to see our communities succeed.

My name is Paul Bergmann, and I am running to represent you in Ward 8. I am a born and raised Calgarian, who has spent most of my life residing here in the Ward. I am the proud father of two teenage boys, an active voice in Calgary's community development planning, and a lifelong volunteer.

For the past 20 years, I've operated a home building company that has championed community-focused initiatives like UniHouse, an affordable but luxury co-living space for university students, and Village Common, a shared living complex for young working Calgarians making the first move out on their own.

As an active supporter of the Calgary Chamber of Commerce and BILD Calgary, I've served on the Inner City Advisory Committee for the last five years, becoming increasingly more involved with the City's planning initiatives, like the Guidebook for Great Communities and other local planning documents.

After advocating for City Council for over a year as a private citizen – fighting for proper and transparent community development – I decided that the most effective way to have our voices heard was by earning a seat at the table.

I am a firm believer that city development should start at the local, community level. I also feel strongly that sending more people with real life business experience into City Hall will mean that after years of mismanagement, your hard-earned tax dollars will finally be spent wisely on the things that matter most to you.

My campaign centres around three main pillars: transparency and community engagement, accountability and respect, and financial leadership. You can read more about this on my website, www.bergmann4ward8.ca.

I sincerely look forward to getting to know every one of you as we draw nearer to the October 18 election day. Over the next several months, watch for me in your communities as I door knock in your neighbourhood. If you spot me, say hi! I'd love to meet you.

It's time to take the pen from City Council's hand. Together we can start writing the future we all want to see for our city.

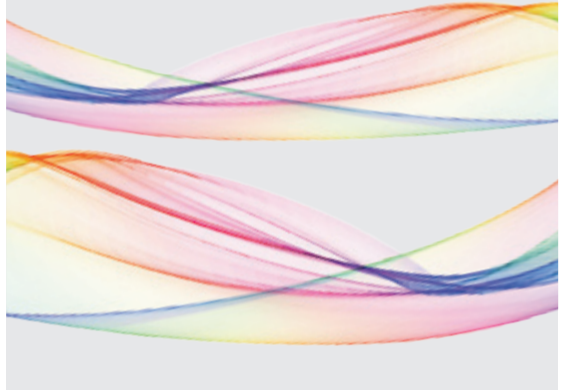
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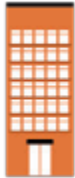


Condominium Board Members

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

Why choose **Lenyx**?

- Manages Condominium buildings as a team, not with a single manager.
- Performs routine site visits to ensure maintenance and safety are held to a high standard.
- Offers customized and flexible services to fit your building's needs.
- Distributes financials and budgets that are both professional and easy to understand.
- Provides 24/7/365 answering & emergency response service.



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**Have you heard
the one about the
12 lawyers who
walked into a bar?**

*If you have, it wasn't us.
(We've been abiding by
COVID restrictions.)*

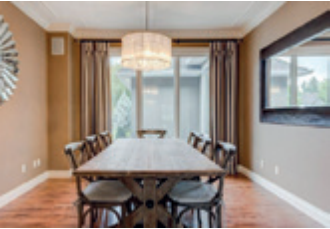
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