

THE MISSION

OCTOBER 2019

# STATEMENT



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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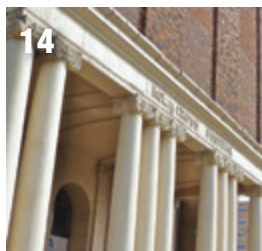
Other Calgary Manor Village Life Center locations: Varsity • Huntington Hills • Rocky Ridge • Fish Creek Park • Currie Green (*under development*)



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# Consider Our Community Hall For Your Next Event

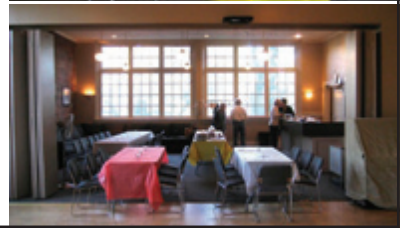
2201 Cliff Street SW

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\\_minoosepehr@hotmail.com](mailto:zahra_minoosepehr@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.
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## PRESIDENT'S REPORT

### **AGM – Wednesday, November 20**

Please save the date for our upcoming AGM! Our AGM's are fun events. Besides the normal AGM stuff, we use this opportunity to celebrate our community and what we have achieved during the last year, which is a lot. We are recognized as one of the more active community associations in Calgary. Come and help us celebrate.

### **Recruiting a New Heritage Director**

Marilyn Williams, our Heritage Director for many years, is stepping down in that role at the AGM. She has accomplished many things over the years, for which we are very grateful. She also established ongoing programs, such as community recognition of heritage sites in the community. There are things for which you would not have to reinvent anything, just ensure the program continues. She is willing to mentor and help the new Director, so don't be afraid to explore this board position. If you would like to learn more about this role, please contact me at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com).

### **Fewer Development Permit Applications**

We have been receiving fewer Development Permit applications this year. This may be reflective of the current economic outlook in Calgary. That does not mean we are not still very actively dealing with development matters. Some proposals take many months, and even years, to go through the approval process. This year, of course, we have dealt with the controversial project at the NE corner of 25th Avenue and 5th Street SW. We have two current major projects: the NE corner of 24th Avenue and 5th Street SW, and the NE corner of 23rd Avenue and 5th Street SW. There is a new application for the Safeway building – a refurbishment of the existing building. This, however, might signal a pausing in a possible proposal of a new high-rise development on that site. We are still working on the online survey we have asked you to participate in. So, while not as frantic, it is still a very active area of activity.

# OCTOBER COMMUNITY CALENDAR

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

## **JOIN US AT THE FOLLOWING:**

### **Jazz Concerts**

Featuring talented local artists playing in our historic venue. The acoustics are great. Discount for CBMCA members.

- Wednesday, October 2: Rick Climans Quartet
- Wednesday, November 6: Aimee-Jo Benoit

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.

### **Potluck**

Sunday, October 6

Bring something to share and meet your neighbours. Good food and great conversations. All are welcome, including the kids.

November date is Sunday, November 10.

### **Board Game Night**

Saturday, October 19

No entry charge. Cash bar. Bring a favourite board game and a snack. November date is Saturday, November 16.

### **Trivia Night**

Thursday, October 24 | Joyce on 4th

Join us 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. November date is Thursday, November 21.

### **Annual General Meeting**

Wednesday, November 20

Doors open 6:00 pm, meeting starts 7:00 pm. Come early for the reception, displays and history books sales, as there will be a line up closer to 7:00 pm. Help us celebrate our community.

### **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 time of newsletter publishing.  
[www.cliffbungalowmission.com](http://www.cliffbungalowmission.com)

# THE CLIFF BUNGALOW - MISSION JAZZ SERIES

## Rick Climans Quartet

Rick Climans-Saxes Morgan McKee-Keyboards Stefano Valdo-Bass Robin Tufts-Drums



### —Cliff Bungalow Jazz Series— Wednesday October 2nd, 2019

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

Doors open: 7:30pm      \$15 General Admission  
Show starts: 8:00pm      \$10 CBMCA Members, Seniors, Students

Tickets Available at the Door/Cash Only

The band, based in Calgary, has been performing their brand of cool, funky jazz across Alberta for the past 15 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 corporate events...

The players are:

*Rick Climans* on saxes. Rick is a life-long saxophonist and teaching artist who has been leading this band from day-one. Among others, he studied jazz improvisation with world-renowned saxophonist Pat LaBarbera in Toronto. Rick has played in diverse genres from jazz, to rhythm and blues, and from pop/rock, to synth wave, to classical. He's performed across North America, including New Orleans, San Francisco, Santa Barbara, Phoenix,

and Toronto. Rick is also a mentor and player in the sax section of the Ambrose University Jazz Band in Calgary. *Morgan McKee* on keyboards. Morgan has a strong musical pedigree, having graduated from the iconic Berklee College of Music in Boston, and has performed across the United States. Besides being the original keyboard player in Rick's band, he performs with a broad cross-section of groups in Calgary, Edmonton, and Red Deer, and is a well-respected piano and jazz instructor, including teaching at Red Deer College. Morgan has also produced and played on numerous albums in several categories, along with musical direction of various theatre productions over the years.

*Stefano Valdo* on bass. After musical education in his native Italy, Stefano moved to California, first studying at the Grove School of Music, then at California State University at Long Beach, while immersing himself in the Los Angeles performing scene. After moving to Calgary in 2006, Stefano has been an active player and instructor, currently teaching in the jazz program at Ambrose University, and adding his bass stylings to several bands and artists in a wide variety of performances.

*Robin Tufts* on drums. Robin is one of the most sought-after drummers in Calgary. His musical approach to percussion and his versatility lends itself to any style of music, especially jazz. Besides being the principal drummer in Rick's band, he performs with a huge array of groups, performers, and dance companies, including the University of Calgary. Robin has also played on numerous albums for an eclectic mix of artists.

"It's a pleasure for me to work with such a strong group of talented and dedicated musicians!" - Rick

#### **Performance Schedule: 2019/2020**

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



## 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, 2019**. 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

## COMMUNITY POTLUCK DINNER

Sunday, October 6, 6 pm



CLIFF BUNGALOW-MISSION  
COMMUNITY CENTRE  
2201 CLIFF STREET SW

JOIN  
US!

Come with friends & family and bring  
a dish to share with your neighbours.

For more info:  
[cbmca.socialevents@gmail.com](mailto:cbmca.socialevents@gmail.com)

Cliff Bungalow - Mission  
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# TRIVIA NIGHT

★ ★ ★

WHERE WHO WHAT HOW WHO WHEN

**The Joyce on 4th**

Thursday, October 24, 2019

Join us at 7 pm and test your knowledge!

**FUN!**  
FREE TO PARTICIPATE

**FOOD AND DRINK SPECIALS**

**LAUGHS!**  
MORE INFO AT:  
[www.cliffbungalowmission.com](http://www.cliffbungalowmission.com)

# 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 2018-2019

President	Bob Lang	<a href="mailto:cbmca.president@gmail.com">cbmca.president@gmail.com</a> 403-229-2762
Vice President	VACANT	<a href="mailto:cbmca.facility@gmail.com">cbmca.facility@gmail.com</a>
Secretary	Rick Williams	<a href="mailto:cbmca.secretary@gmail.com">cbmca.secretary@gmail.com</a>
Treasurer	Josh Lyttle	<a href="mailto:cbmca.treasurer@gmail.com">cbmca.treasurer@gmail.com</a>
Planning and Development	Rob Jobst	<a href="mailto:cbmca.development@gmail.com">cbmca.development@gmail.com</a>
Environment	Shannon MacLeod	<a href="mailto:cbmca.environment@gmail.com">cbmca.environment@gmail.com</a>
Heritage	Marilyn Williams	<a href="mailto:cbmca.heritage@gmail.com">cbmca.heritage@gmail.com</a>
Social	Melissa Parcels	<a href="mailto:cbmca.socialevents@gmail.com">cbmca.socialevents@gmail.com</a>
Communications	Nicole Butz	<a href="mailto:cbmca.editor@gmail.com">cbmca.editor@gmail.com</a>
Directors-at-Large	Ken Hryciw Kate Zago Lucy Arellano	Brandon Hossack Shauna De'Andrea

**#109, 4108 Stanley Road SW \$498,000**



Across from the park on tree-lined Stanley Road, "The Parkhill" is a tightly held, boutique style, pet-friendly condominium. 964 sq.ft. with spacious living/dining room, 9' ceilings, open island kitchen, 2 bed/2 bath, generous master, French doors open to a sunny west facing 100+ sq.ft. patio and front lawn with easy access to Stanley Park, the Elbow River bike & walking pathways, the LRT and more...



On the NW top floor of Rutland House with gorgeous views, 1343 sq.ft., large living/dining rooms, 2 bed/2 bath & open gourmet kitchen, the 2017 renovation includes new windows, floors, flat ceilings, black walnut cabinets & white quartz counter-tops. 2 car parking, pet friendly & located minutes from vibrant 4th Street shops & restaurants.

**#702/701, 3316 Rideau PL SW \$644,500**

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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.

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

# ANNUAL GENERAL MEETING

**Wednesday,  
November 20, 2019**  
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.*

## BOARD GAME NIGHT

Saturday, October 19, 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

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# Safeway to Get a Facelift

by Rob Jobst

Safeway has submitted a development permit application to the City (DP2019-4406) to “refurbish the building façade” and add an “outdoor café adjacent to 5th Street.” Despite that peculiar wording, you will not, in fact, be able to order a coffee at our friendly neighbourhood Safeway. The “café” is actually a patio area with four tables situated along the southwest corner of the building (where they pile snow in the winter). There are also plans to beautify the rest of that neglected west side of the property with a paved pedestrian path, grass, and five new trees.

The building itself is slated for a sleek and very modern exterior renovation that includes large areas of stucco and glazed panels with a small skirt of “flagstone veneer.”

While the Safeway building could certainly use some TLC, it is the view of the Community Association that the current design of the building already incorporates many of the design features that we encourage as being appropriate for our heritage community. For example, we have encouraged them to retain the large areas of red brick and sloped roof that align with the architectural and design guidelines contained in the Cliff Bungalow Area Redevelopment Plan (ARP).

We have also suggested that additional effort be made to improve the entire Safeway site, especially the neglected and unsightly edge conditions where the parking lot meets the surrounding city sidewalks. One need only look to the downtown Co-op to find an example of a far more thoughtful and respectful treatment of that boundary between the private and public realms.

We are also encouraging the applicant to better maintain the decrepit site of the former pharmacy on the corner of 4th Street and Elbow Drive. I’ll keep you posted on further developments and the timing of those renovations.

### **The Beverly – Rental Apartments – 2300 5th Street SW**

As reported earlier, M2SC Realty Corp. is proposing to build a 5-storey, 35-unit rental project on the site of a small apartment building and two houses that were torn down this summer. While the Community Association is supportive of the scale of the project, the size of the suites, and the market segment they’ll be targeting, we expressed concern about the appearance of the building, and cited our Area Redevelopment Plan’s mandate that new infill developments be “complementary to the history and character of the existing community.”



The applicant responded, to their credit, with a considerably revised exterior design that includes a small amount of red brick as well as Hardie Board & Hardie Panel fiber cement siding. In our most recent discussions with the M2SC folks we encouraged them to add more brick to the design in a way where it would feel much more elemental to the building rather than just a tacked-on ornamentation.

Given that the now-demolished apartment was a former Cottage School and on the City of Calgary's Heritage Inventory, and that two century-old houses have been lost, we have expressed to the developers our expectation that this project strive in every way possible to be a thoughtful and positive addition to the community.

**Former Scollen House Site – Rental Apartment Project – 320 25 Avenue SW**

We heard recently from Wexford Developments that they are planning a new rental project on the site of

what had most recently been the sales trailer for the cancelled Scollen House condo project. While we have not yet seen the plans, we're told it is a 5-storey, 61-unit, higher-end rental apartment project that is almost identical size to the previously approved project. The building's overall scale and materiality haven't changed much but there have been some revisions to the exterior appearance.

At 5 floors, this project would align nicely with the Mission Area Redevelopment Plan (ARP) and we're pleased to hear that – unlike other recent projects slated for 25th Avenue – the applicant is not seeking additional height or density beyond what is allowed under the current zoning. We hope to provide you with a lot more detail on this project in the next issue of The Mission Statement.

*Curious about the goings-on in our neighbourhood? Got a tip? Want to volunteer with our committee? Contact me at [cbmca.development@gmail.com](mailto:cbmca.development@gmail.com).*



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## HERITAGE HOME OF THE MONTH



Arthur Himmelmann in front of his boathouse, which can still be seen in the alley behind 514 25 Avenue SW.

# The Gordon Suites

514 and 516 25 Avenue SW

by Robin Thompson

One of the reasons Cliff Bungalow-Mission is one of Calgary's great neighbourhoods is its wealth of heritage and character homes dating from as far back as the turn of the 20th century. Join us here each month for a look at some of our most iconic homes and apartments (which are, after all, homes, too).

In September, we profiled the Laurence Apartments, built by Arthur Himmelman in 1929. This month let's walk around the corner to the Gordon Suites, also built by Himmelman that year and named for his other son, Gordon. With the razing of the neighbouring condos, this is an ideal time to take a good look at this historic building for you can see all four sides.

Comprising of just four units, the Gordon is actually two separate, mirror-image duplexes in the Spanish Colonial Revival style. Why is this interesting? Because that

year—the year of the stock market crash and beginning of the Great Depression—Himmelmann built two apartment buildings that were completely different from anything else seen at the time in Calgary. It was a clear show of optimism in the city's future. Only five apartment buildings were constructed in the neighbourhood between 1929 and 1940 and Himmelmann built two of them.

Himmelman was a well-known figure in Cliff Bungalow-Mission. A boat builder from Lunenburg, Nova Scotia, he moved to Calgary and founded a successful construction business. Himmelman also built boats on the second floor of his workshop, which still stands, located directly behind the Gordon.

The Gordon and the Laurence are still owned by Himmelmann's grandchildren. Says Katie Grinham (Laurence's daughter): "These buildings are a part of my family's heritage and the community's heritage."

The Gordon and the Laurence are showing their age, but that doesn't mean they aren't vital pieces of Cliff Bungalow-Mission's character. Both buildings are listed on the City of Calgary's Inventory of Historic Resources, but have no municipal, provincial or federal protection. Consequently, the Gordon came very close to being lost to the Riverwalk project now under construction next door. And that would have been tragic.



Mission, your health matters.  
Let's make it a top priority.



Contact us today: Carlene Clemence, at 587-602-0221  
cclemence@copemanhealthcare.com  
[www.copemanhealthcare.com/calgary](http://www.copemanhealthcare.com/calgary)



# The brain-gut connection:

## How mental health affects digestion

*By Dr. Beth Donaldson, Family Physician*

Have you ever felt butterflies in your stomach when you're nervous? Do you ever have a "gut feeling" about something? If so, you're already well aware of the brain-gut connection. But what other effects can the brain have on your gut?

### **The brain-gut connection**

The brain has a direct effect on your gut, including your stomach and intestines.

The gut is controlled by its own network of neurons in the lining of the gastrointestinal system, known as the enteric nervous system, but it's also controlled in part by the central nervous system in the brain and spinal cord.

The digestive system is sensitive to emotion, including anger, anxiety and sadness. This is why you might feel sick to your stomach when you're particularly stressed out. Stress, depression and other psychological factors, can send the brain-gut connection out of whack and cause alterations to gut physiology.

These feelings (and others) can trigger symptoms in the gut that interfere with digestive functions such as swallowing, the release of enzymes to break down foods and the categorization of foods as nutrients or waste products. Stress can affect movement and contractions of the gastrointestinal tract, increase inflammation and exacerbate gastrointestinal disorders, including inflammatory bowel disease (IBD) and gastroesophageal reflux disease (GERD). There is also a strong relationship between mental health issues and gastrointestinal symptoms like heartburn, indigestion, acid reflux, bloating, pain, constipation and diarrhea.

### **And this brain-gut connection is not a one-way street.**

Evidence has shown that when someone is dealing with gastrointestinal problems, their gut's enteric nervous system may send signals to the central nervous system that trigger emotional changes.

It's this connection that has many researchers hopeful that improving gut health and microbiota

(bacteria in your digestive tract) through probiotics might one day be an option in treating mental illness. While we know probiotics support a healthy gut and can restore normal microbial balance, more research is required to see if it supports a healthy brain.

### **What can you do if you're experiencing digestive problems?**

To start, increasing your intake of foods that promote digestive health, such as those rich in prebiotics or probiotics, can be helpful. Prebiotic foods are high in fibre and feed the friendly bacteria in your gut; try asparagus, bananas, garlic or onions. Healthy probiotic foods include yogurt, kefir and kombucha. Supplemental probiotics may not be right for you, so be sure to check with your health-care team before consuming.

If you're experiencing consistent issues of the digestive system, be sure to speak with your physician or registered dietitian. If you believe that your digestive health may be negatively impacted by your mental health, it's important that you seek professional help.

In many situations, psychological treatment can ease digestive conditions or help a person cope with their gastrointestinal symptoms. Common signs and symptoms include continually feeling sad or down, excessive fears or worries, sleep problems and a desire to withdraw from others.

If you're being impacted by stress, there are several things that you can do to reduce stress and improve gut health. Practicing stress management techniques, such as exercising regularly and getting enough sleep, can greatly minimize your stress levels.

The team at Copeman Healthcare has moved! To book a tour of the new clinic call Carlene Clemence at **587-602-0221** or email [cclemence@copemanhealthcare.com](mailto:cclemence@copemanhealthcare.com)



## HISTORY EXCERPT

### CLIFF BUNGALOW - MISSION

#### **Nuns, Nurses and Doctors: Healthcare in Mission**

Since its opening in 1892, the Holy Cross Hospital has been one of the key landmarks of Cliff Bungalow-Mission. The original small brick hospital grew into a sprawling complex that for decades was one of two major hospitals in Calgary. However, the Holy Cross was not the only health care institution in the district. There was the long-lived Scottish Nursing Home and the renowned Alberta Children's Hospital had its start here.

#### **The Expansion of the Holy Cross Hospital**

For the Holy Cross, near-constant expansion marked the first decades of the twentieth century as the hospital scrambled to keep up with Calgary's rapid growth. After the General Hospital moved to the north side of the Bow River in 1910, the Holy Cross became the only hospital serving the south half of Calgary.

The Holy Cross received additions in 1903, 1906, 1907, 1910 and 1913. Wings were added and then expanded to north and south sides of the original hospital. These additions were largely in the style of the centre block, retaining the mansard roofline and dormers, and were likely designed by James J. O'Gara, also the architect of the St. Mary's Parish Hall. The 1910 wing, a prosaic brick box, took the hospital east towards the river and was followed with a further addition at the southeast end.

World War I and recession ended the Holy Cross's expansion for a decade. With the return of prosperity in the mid-twenties, the Grey Nuns put plans into motion for a desperately needed new wing. The hospital also required renovations and upgrading to match progress in the practice of medicine. But the new wing came with a cost. The oldest parts of the hospital, the centre block and the north wing, were torn down in 1929 to provide room for what amounted to a new hospital; a section of the 1903 north wing was moved east to the bank of the Elbow to serve as an auxiliary residence for the Holy Cross's nursing students, and the original 1892 hospital was no more.

William Stanley Bates designed a new centre block and north wing. The existing south wing remained. The new building contained 112 beds in three wards (Holy Angels, St. John's and St. Ann's)



*The following is an abridged excerpt from "Cliff Bungalow-Mission: a Heritage Community." If you would like to purchase a copy of this awesome book for yourself, please go to [cliffbungalowmission.com](http://cliffbungalowmission.com).*

as well as private rooms, bringing the total to 312. A large Celtic-style cross inset in a curved parapet was a decorative touch on the main façade. The new building did not blend at all with the existing south wing, but in Calgary of that era, practicality was sometimes more important than aesthetics.

The glories of the building were inside. The reception area, waiting rooms and main stairwells had terrazzo or Tyndall flagstone floors, plaster wall and ceiling treatments, elegant mosaic tiles, and many other decorative touches, while the working areas made do with institutional linoleum and rubble tiles. The new wing's modern amenities included an elevator, a new laboratory and an x-ray room. There was a children's ward, isolation ward and private rooms. One charming feature was the rooftop garden for convalescents to take the sun.

The chapel in the new block was a true gem. Situated on the upper floors of the centre block, with twenty-three-foot ceilings, large arched stained-glass windows, and fine oak and plaster finishing throughout. A prominent local Catholic businessman, C.J. Duggan, donated an altar sculpted from Italian Carrara marble.

### **The Nursing School**

Prior to 1906, none of the nuns at the Holy Cross were nurses in a formal sense. Their patient care was excellent for the era but consisted of common sense and practical experience rather than specialized training. But the order realized the value of proper training and opened its own nursing schools in Montreal and Winnipeg. In 1903, three Calgary nuns began their training and three years later passed to become certified nurses.

Their success inspired the nuns to found a nursing school at the Holy Cross. It was apparent though, that with the hospital's ongoing expansion, the Grey Nuns could not provide enough nurses from within the order. The new school was primarily for laypeople and opened in 1907 with six students. The curriculum was rigorous, consisting mostly of hands-on experience. Stories abound of students responding to life and death emergencies during their first days on the wards. Students worked twelve-hour shifts and took classes in the evenings from senior nurses and doctors. They got exactly one half-day a week to themselves.

The nuns kept a tight rein on their students. There was a curfew and students required permission to leave the hospital grounds. Smoking was absolutely out of the question. Nurses were expected to keep their hair long and ladylike (tucked up in a bun during the day) and brush it out every night. There was an abortive rebellion in the late twenties when bobbed hair became the rage. Told by the nuns that cutting their hair short was forbidden, a number of students secretly bobbed theirs one night. The ringleaders were punished with expulsion while the others were sent home to let their hair grow out, expected to make up their studies when they returned.

The students became practiced at sneaking out after curfew. Not surprisingly, given their onerous schedules, these surreptitious outings were generally tame, like a trip to Fourth Street for a soda or an ice cream.

The nursing school would ultimately close in 1979 due to a job shortage in the province and the shift in training to post-secondary institutions. In seventy-two years, the Holy Cross School of Nursing produced more than 2400 graduates.

### **The Modern Holy Cross**

The Holy Cross changed radically after World War II. The field of medicine had made great strides and Calgary's growth kicked back into high gear, necessitating another remodel of the hospital. In 1949, the Holy Cross inaugurated almost twenty years of steady development that transformed it and affected the surrounding neighbourhood. One of Calgary's most prolific post-war architecture firms, Wynn Rule Wynn, designed a four-storey wing for the rear of the existing hospital.

The Holy Cross's next project was a nurses' residence and school. It was built across from the hospital, on the south side of Twenty-Third Avenue, where the very first hospital had stood in 1891. The eight-storey structure had individual rooms for 250 students, lecture halls, a 500-seat auditorium and a cafeteria. There were also new quarters for the nuns. The old residence became the new location of the Alberta Cancer Clinic.

Residents east of the hospital were furious when Twenty-Third Avenue was permanently closed a few

*~cont'd next page~*

years later to accommodate further expansion. To address their complaints, the city built Holy Cross Lane, a narrow road along the north side of the hospital that connected First and Second Streets.

The expansion that closed Twenty-Third Avenue was necessary to keep pace with Calgary's burgeoning population — by the 1960s, waiting lists in the city for a hospital bed made national headlines. In 1965 work began on a nine-storey building situated on the east side of the Holy Cross site, at the rear of the existing hospital. The 1949 wing saw a major renovation and nearly all of the older hospital was torn down. Only the 1929 block, the McNabb Wing, survived. Again, the Holy Cross was practically a new hospital. A new low-rise building connected the McNabb to the 1949 wing and the new hospital. The mansard-roofed south wing was torn down to make room for a parking lot between the hospital and the nurses' residence. When the new hospital was complete in 1967, it had 520 beds and lacked for nothing, but at a steep cost to its history.

In 1969, the Grey Nuns announced the sale of the hospital to the provincial government. The order received \$5 million that it donated to charitable causes. A few nuns stayed on to provide pastoral care, but in a remarkably short time the hospital was secularized. Nothing symbolized this more than the demolition of the McNabb building's chapel to make room for a new mental health clinic. Despite a storm of protest the chapel was gutted, although the magnificent altar was dismantled and placed in storage.

### **The Red Cross Children's Hospital**

Calgary's very first children's hospital began modestly in a house at 522 Eighteenth Avenue SW. Owned by the Wright family, the house had originally been a duplex. Around 1920, a nurse named Elizabeth L'Veque rented it and opened a private nursing home called the Central Hospital. Within a year, she offered the facility to the Junior Red Cross. The house was able to accommodate thirty to thirty-five young patients on three floors and boasted a small operating room for minor procedures.

The hospital soon outgrew that house and, in 1929, moved to a more capacious one in Mount Royal. Just over twenty years later, a proper hospital was built on Seventeenth Avenue and, in 1960, the name was

changed to the Alberta Children's Hospital to reflect a broader mandate of care. The house on Eighteenth Avenue remains remarkably unchanged.

### **The Scottish Nursing Home**

The Scottish Nursing Home was another health care institution that left a lasting legacy in Cliff Bungalow-Mission. From 1911 to 1987, it was a private hospital where many a neighbourhood child drew his or her first breath and many seniors drew their last.

Lena Blackwood and Mary Wilson opened the maternity hospital in 1911 in a recently constructed, two-storey brick house at 2410 5a Street. Wilson was born in Scotland and trained as a nurse under Florence Nightingale. Little is known about Blackwood.

Over time, the focus of the Scottish turned away from maternity care. When they sold the hospital to Mary Groves, around 1942, it was primarily a convalescent and care home for seniors.

In 1965, Groves built a new forty-four bed, half-million-dollar nursing home on the site of the original. The new Scottish was a typical example of 1960s institutional architecture: an undistinguished three-storey brick and concrete structure that was suited to its purpose but entirely lacking the charm of the original house.

Groves operated the Scottish until 1978, when she sold it to her stepson, Wayne Simmie, who in turn sold it to Extendicare in 1987. The Aventa Foundation purchased the building in 2002 and it now serves as a residential addiction treatment facility for women.

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