

THE MISSION STATEMENT

APRIL 2023



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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The Mission Statement

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

Contact us

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

www.cliffbungalowmission.com

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

We value your contributions


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

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







Cliff Bungalow - Mission Community Association Board List 2022-2023


President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Vacant	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	Robin Thompson	cbmca.environment@gmail.com
Heritage Director	John Mikhayel	cbmca.heritage@gmail.com
Social Director	Lucy Arellano	cbmca.socialevents@gmail.com
Communications Director	Vacant	cbmca.editor@gmail.com
Directors at Large	Brandon Hossack Catherine Carlyle	Mo Saiepour



Investment Concerns? Complimentary Portfolio Review

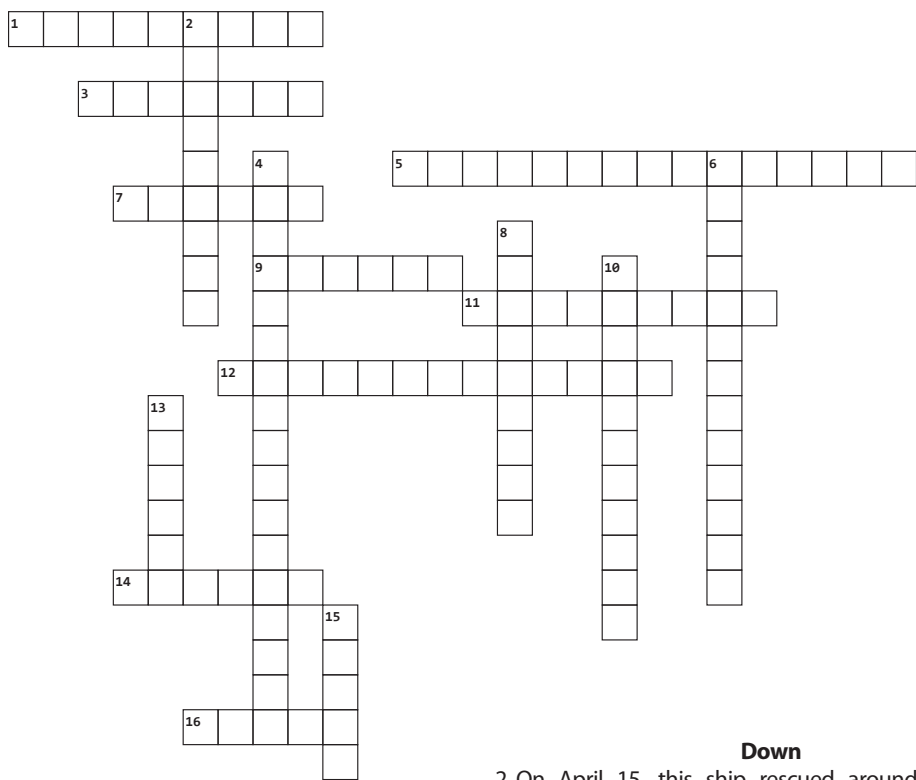
Visit JamesWhitehouse.ca or
Contact Fernando.Ponce@nbc.ca







April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist’s painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word ‘April.’
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April’s birth flowers that comes from the Old English phrase ‘dægese-eage’.

SCAN THE QR CODE FOR THE ANSWER KEY



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:** 112 17 Ave SE, \$10 off auto glass excluding rock chips and 10% off residential glass.
- **Element Cafe:** 331-17 Ave SW, 10% discount.
- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **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.
- **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. Last year's AGM was Wednesday, November 23, 2022. However, you can purchase a membership any time during the year.

To purchase or renew your membership, just fill in this form and mail it with your cheque to 462, 1811 4 Street SW, Calgary, Alberta, T2S 1W2.

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) _____	(business) _____	card no. _____	purchase date _____
PAYMENT				
email (used only to inform you of community events and important community matters) _____			<input type="checkbox"/> cash	<input type="checkbox"/> cheque

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 (February) and is subject to change. Updates will be sent out by email. Please register for these emails at the bottom of our website at www.cliffbungalowmission.com.

Jazz Nights

First Wednesday from September to June (second Wednesday in January). Doors open at or before 7:15 pm. Music starts at 8:00 pm.

- **Wednesday, April 5** - Viviane Martin
- **Wednesday, May 3** - Pat Belliveau Quartet
- **Wednesday, June 7** - Mari Jo de Waal Quintet

Potlucks

Regular potlucks are held in the hall. They start at 6:00 pm but we need help with set up at 5:00 pm. Bring something to share and get to know your neighbours.

U of C School of Architecture, Planning, and Landscape - Community Consultations

Open House | Evening, Saturday, April 15

Details will be provided via email.

Spring Fling 2023

Evening, Saturday, April 15

Fun event with music, food, refreshments, and silent auction.

Details via email.

To get involved, contact Lucy at cbmca.socialevents@gmail.com.

Mission Possible 2023

Saturday, June 17

More detail to follow.

Want to help? Contact Lucy at cbmca.socialevents@gmail.com.

Movie in the Park 2023

Saturday, July 22

More details to follow.

Want to help? Contact Lucy at cbmca.socialevents@gmail.com.

This schedule can change. We will update as new information is available. To receive updates via email, register your email address online near the bottom of the first page of our website, www.cliffbungalowmission.com.

GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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President's Report

Keep Up to Date – Sign Up for Email Updates

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

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

Recruiting a Couple Positions

The Vice-President and Communications Director positions were not filled at the AGM. If anyone is interested in exploring these positions, please contact me at cbmca.president@gmail.com.

Attendance at Jazz Has Been Great

The attendance at our last four jazz events (December, January, February, and March) has been great. We have more jazz events during the current series – April 5, May 3, and June 7. They go from September to June each year. We are one of the better-known jazz venues in Calgary. We have jazz groups booked well over a year in advance. Each event features a different Calgary jazz group, and the music can be quite different at each one. They are inexpensive nights out and are within walking distance in your own community.

Spring Fling 2023 is on Saturday, April 15

We are working on Spring Fling 2023. We have not had one for three years. The date is Saturday, April 15. This is a fun event that includes music, food, refreshments, and a silent auction with many great items from businesses in our community. The very popular Ad Hoc band is back again to perform! A portion of the net proceeds will be donated to the Red Cross Ukraine Humanitarian Crisis Appeal. Entrance is only \$10. Would you like to be involved? Contact Lucy at cbmca.socialevents@gmail.com.

Update on the U of C Students' Class Project

We hosted a workshop on Saturday, February 11 with the U of C Architecture, Planning, and Landscape students who are studying our community as a class project. At the time of writing, they are planning to unveil their planning ideas for our community the evening of Spring Fling on Saturday, April 15. This could change. In any event, we will send out details via email.

Two More Special Social Events Are in the Planning Stages

We are working on two additional fun events. One is Mission Possible 2023 on Saturday, June 17. This is an outdoor event with food and entertainment.

The second event is Movie in the Park on Saturday, July 22, also outdoors. Bring your lawn chair and/or blanket.

More details to follow. Would you like to help? Contact Lucy at cbmca.socialevents@gmail.com.

Have You Noticed the New Bulletin Board?

We have been working on a new outdoor bulletin board for some time now. It is the brainchild of our former Heritage Director, Marilyn Williams. COVID slowed progress with supply chain issues and like everything else recently, inflation. A grant from the City and casino funds paid for this new, beautiful addition to the community centre area. See the attached picture (thanks to Rick Williams).



Community Building Featured in Provincial Government Ad

If you pay attention to ads on TV, you would have noticed that our 1920 community building was featured on an Alberta Government ad about the temporary removal of the gasoline tax. For the record, we were not aware this would happen and did not receive any compensation.

We Need Pictures of the Community

You may have noticed that recent covers of our newsletter have not had pictures of the community. If you see a great picture subject and have a high-resolution camera, please take a picture and send it to cbmca.editor@gmail.com. We will acknowledge your submission if used.

History Book Available at Community Events

We have sold over 650 copies of our award-winning history book. Learn about the history of your community in a very readable text with lots of pictures and maps. Cost is still \$30 (basically cost recovery). Copies are available at all events at the community centre.

Recruiting a New CBMCA Communications Director

We are recruiting a new Communications Director. If you would like to explore taking on this important role, please contact Bob Lang at cbmca.president@gmail.com.

The Communications Director:

- Is part of the Board of Directors of Cliff Bungalow – Mission Community Association
- Is a position that is elected annually at the Annual General Meeting or is appointed by the Board in between AGMs
- Leads the Cliff Bungalow – Mission Community Association's communications with the community
- Oversees our newsletter, website, and social media communication vehicles
- Takes an active role in putting out the monthly newsletter (published by Great News Media)
- Encourages Board members and community members to contribute to the monthly newsletter, including articles and pictures
- May form and chair a Communications Committee
- Provides support to other CBMCA committees on communication-related matters
- Keeps the Board of Directors updated on communication-related matters



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DOLLARS & SENSE

Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau

Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at BBB.org.



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27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.

- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

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Mission Statement

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Mission Real Estate Update

Last 12 Months Mission
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$294,900	\$292,000
January 2023	\$299,900	\$293,000
December 2022	\$375,750	\$371,250
November 2022	\$299,999	\$295,000
October 2022	\$304,450	\$297,500
September 2022	\$384,900	\$366,250
August 2022	\$349,900	\$342,000
July 2022	\$299,800	\$315,000
June 2022	\$345,000	\$340,000
May 2022	\$325,950	\$314,000
April 2022	\$309,900	\$298,750
March 2022	\$354,850	\$340,500

Last 12 Months Mission MLS Real Estate Number of Listings Update		
	No. New Properties	No. Properties Sold
February 2023	25	15
January 2023	9	7
December 2022	4	4
November 2022	4	13
October 2022	13	12
September 2022	14	12
August 2022	13	14
July 2022	14	11
June 2022	15	11
May 2022	26	22
April 2022	23	14
March 2022	21	20

To view more detailed information that comprise the above
MLS averages please visit miss.mycalgary.com

Cliff Bungalow Real Estate Update

Last 12 Months Cliff Bungalow
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$219,000	\$208,000
January 2023	\$259,900	\$255,000
December 2022	\$219,900	\$210,000
November 2022	\$257,900	\$249,000
October 2022	\$799,900	\$792,500
September 2022	\$314,000	\$308,950
August 2022	\$474,900	\$462,450
July 2022	\$299,900	\$297,500
June 2022	\$178,000	\$178,000
May 2022	\$225,000	\$220,000
April 2022	\$260,000	\$252,000
March 2022	\$242,000	\$240,000

Last 12 Months Cliff Bungalow MLS Real Estate Number of Listings Update		
	No. New Properties	No. Properties Sold
February 2023	10	3
January 2023	2	3
December 2022	4	3
November 2022	3	5
October 2022	3	3
September 2022	9	6
August 2022	5	4
July 2022	4	4
June 2022	10	5
May 2022	6	5
April 2022	5	3
March 2022	8	5

To view more detailed information that comprise the above
MLS averages please visit cliff.mycalgary.com



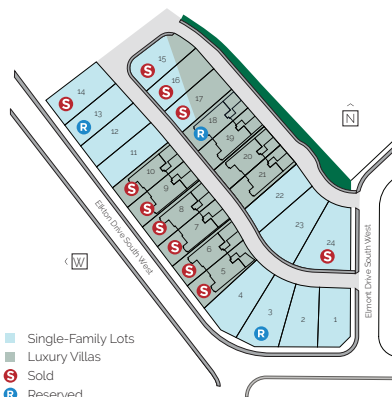
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Recruiting a New CBMCA Vice-President

We are recruiting a new Vice-President. If you would like to explore taking on this important role, please contact Bob Lang at cbmca.president@gmail.com.

The Vice-President:

- Is part of the Board of Directors of Cliff Bungalow – Mission Community Association
- Is a position that is elected annually at the Annual General Meeting or is appointed by the Board in between AGMs
- Is an ex officio member of all committees
- Fills in the role of the President when the President is not available
- May take on leading special projects
- May take on other matters and activities that may be requested by the Board

CLIFF BUNGALOW - MISSION
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Friends,

In February, the Government of Alberta entered into an agreement with the Government of Canada to increase federal transfers for health care by approximately \$2.4 billion per year. This is a significant increase from the \$5.3 billion that was previously transferred and will result in the federal government contributing approximately 31% of Alberta's healthcare funding through the Canada Health Transfer.

Originally, each of the provinces and federal governments paid 50% of all healthcare costs. In 1995, Prime Minister Jean Chretien had to deal with a structural budget deficit and reduced the federal share of health spending to 23%. This meant that provinces were left to pay for most of our health care expenses.

Over those 28 years, healthcare spending in Alberta has risen from \$4 billion to over \$24 billion. (Inflation alone would have seen that number rise to about \$6.6 billion.) Recognize that this sector's costs are increasing far more quickly than most other expenses, partially due to demographics. As a percentage of provincial government expenditures, it has risen from 30% to 38%.

Out of 30 OECD countries, Canada spends the highest percentage of its GDP (at 12.9%) on health care spending. Unfortunately, this does not mean that Canada produces the best health outcomes:

Canada is ranked 28 out of 30 countries for the lowest number of physicians per 1,000 people at 2.8 physicians.

In 1993, the median wait time from a general physician to a specialist was 3.63 weeks, then a further 6.9 weeks from a specialist visit to receiving treatment. In 2022, the average wait time to see a specialist after a GP referral is 14.1 weeks, then 19.2 weeks from specialist to treatment.

Let's recognize that our metrics on health care are moving in the wrong direction. Increasing backlogs do not reflect proper patient care, and often lead to worse health outcomes for patients. More funding is required, and we need to consider this in light of the mounting debts our federal government is incurring – because 'kicking the can down the road' will hinder our next generation from being able to pay for their own healthcare with their tax dollars.

Rest assured I will continue to advocate for structural solutions that lead to better patient care outcomes.

Please contact me at Greg.McLean@parl.gc.ca or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, GregMcLeanMP.ca.

Sincerely,

Greg McLean

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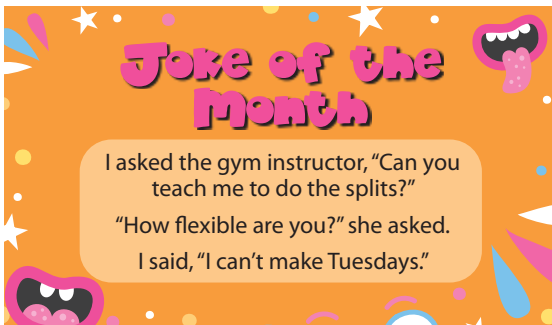
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