

THE MISSION

DECEMBER 2023

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION

CLIFF BUNGALOW - MISSION A HERITAGE COMMUNITY

Discover the rich history of the Cliff Bungalow and Mission districts. For hundreds of years, First Nations peoples visited the area in their travels along the Elbow River. In 1875, missionary priests arrived, settling near present-day St. Mary's Cathedral, securing land for development of the Mission district, and attracting transporthean settlers who have left a rich legacy still alive in the community. In the early 1900s, a new neighbourhood was developed just west of the Mission district. Now known as Cliff Bungalow, it blended socially, economically and geographically with the Mission district so that from early days, the two districts have been regarded as a single community.

Fourth Street businesses have long served Cliff Bungalow-Mission as well as Erlton, Rideau, Rosboon, Parkhill, and Mount Royal. Now the location of many fine dining sites, the area draws people from across the city especially during the annual Lilac Festival with attendance of over 100,000.

You'll enjoy reading about the St. Mary's and Western football team rivalry, the Battle of Mission Hill, and of the classroom teacher who read the newspaper and smoked a cigarette while his students solved math problems!

This is a fascinating story of history, transition and change that continues today.



CLIFF BUNGALOW - MISSION: A HERITAGE COMMUNITY

CLIFF BUNGALOW - MISSION



— A HERITAGE COMMUNITY —



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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 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 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.

Annual General Meeting

The Annual General Meeting was held on Wednesday, November 22. At the time of writing, it is before the AGM so we cannot report on what happened until the January newsletter. However, our AGMs are always great as we celebrate our accomplishments and the people who help make them happen. We are celebrating our 45th anniversary this year. We thank everyone who helped during the last year and during those 45 years.

Ongoing Community Events

We have ongoing jazz shows and potlucks in the community centre. Jazz is normally the first Wednesday but the January one is on the second Wednesday. There is a different jazz group each month. It is an affordable night out and the jazz groups are very good.

The December potluck is on Sunday, December 3 and the January potluck is on Sunday, January 14. This is a great way to meet and get to know others. Plus, there is always lots of great food.

We will be working on some special events in the new year, including the Spring Fling. If you would like to be on the Social Committee, contact Lucy at cbmca.socialevents@gmail.com.

Halloween Warm-Up Event

On Saturday, October 28, we had our second annual Halloween Warm-Up. We had pizza and some tasty cocktails for this special event. Here are a couple pictures from that event:



Bruno Frost, his wife Kirsten, their new son Kai, Ken Hryciw, and Brandon Hossack.



Brandon Hossack, Bruno Frost, Lucy Arellano, and myself.

Flu Shot Clinic

Another annual event was the Flu Shot Clinic held on Saturday, October 22. We partnered with PrimeCare Pharmacy and Compounding who are in the community. People appreciated the convenience of this event.

History Book Third Printing Available

The third printing of our award-winning history book will be available for purchase at all our events at the community centre, including the AGM. This is a great way of learning the history of the community in which you live. They are great as gifts. We have sold over 650 books so far. Still only \$30.

Bronze Plaques Have Been Replaced

The historical bronze plaques that were stolen along 26 Avenue SW have been replaced with materials that are unlikely to attract thieves. There is also a new plaque recognizing Goose Park, a name the City finally approved. It was created by Ted and Bette Best.

Casino on January 21 and 22

We have an important casino fundraiser on Sunday, January 21 and Monday, January 22. There are usually last-minute changes that create volunteer vacancies that need to be filled. For more information, contact Bob at cbmca.president@gmail.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

Look for us on Facebook, not to mention X (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	Sameena Darr	cbmca.editor@gmail.com
Directors at Large	Brandon Hossack Catherine Carlyle Bruno Frost	Mo Saiepour Nick Kuhl

CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



SUBMIT YOUR PHOTOS

Send us your photos for the
Mission Statement

Email high resolution images to cbmca.editor@gmail.com

Cold Weather Preparations

by Alberta Health Services

Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's Important to Remember a Few Things During Extreme Cold Warnings:

Try to Stay Indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada, or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof, and windproof layers, scarves, neck warmers, or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be Careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing, or those outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in body temperature and, in some serious cases, can cause hypothermia.

What Is Hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion, and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 9-1-1 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces.

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support Is Available

Other supports are available for those experiencing unstable housing. Call 2-1-1 and press 3 for non-emergency support for shelter or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.



Lorna MacLachlan Quintet

Richard Harding, saxophones Andre Wickenheiser, trumpet
Jeremy Coates, bass Jon McCaslin, drums

Cliff Bungalow-Mission Jazz Series

Wednesday, Dec. 6th
Doors open at 7:15 Show at 8 pm
Cliff Bungalow-Mission Hall
2201 Cliff Street SW, Calgary
\$20 cash at the door, \$15 CBMCA Members and Seniors

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

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, December 6 - Lorna MacLachlan
- Wednesday, January 10 - TBA
- Wednesday, February 7 - Shari Chaskin Quartet
- Wednesday, March 6 - Shane Statz-Continuum
- Wednesday, April 3 - Ben Tizzard Quartet
- Wednesday, May 1 - Andréa Petritty Trio
- Wednesday, June 5 - Wendy Lomnes Quartet

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.

- Sunday, December 3, 6:00 pm - note this is one week earlier because of busy December holidays and events.
- Sunday, January 14, 6:00 pm

CBMCA Casino

Sunday, January 21 and Monday, January 22

We usually need last minute replacements. Please contact Bob at cbmcc.president@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.



CBMCA

JAZZ

SERIES

winter 2023-spring 2024

PERFORMANCE BY

WED DEC 6 -

Lorna MacLachlan

WED JAN 10 -

Sherry Kennedy Quartet

WED FEB 7-

Shari Chaskin Quartet

WED MAR 6-

Shane Statz-Continuum

WED APR 3 -

Ben Tizzard Quartet

WED MAY 1-

Andréa Petrity Trio

WED JUNE 5 -

Wendy Lomnes Quartet

\$20

**\$15 SENIORS &
MEMBERS**

ENTRY



2201 CLIFF ST SW

DOORS OPEN AT 7PM

SHOW AT 8PM

CLIFFBUNGALOWMISSION.COM

VOLUNTEERS NEEDED



CBMCA CASINO FUNDRAISER

SUN & MON
JAN 21 & 22, 2024

ACE CALGARY AIRPORT

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SHIFT PM 7-CLOSE

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MISSION



CLIFF BUNGALOW



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Photo Corner



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

Call to Local Musicians

Cliff Bungalow - Mission Community Association

is on the lookout for local talent for paid musical opportunities at our community centre.

Please reach out to cbmca.editor@gmail.com



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.
- **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

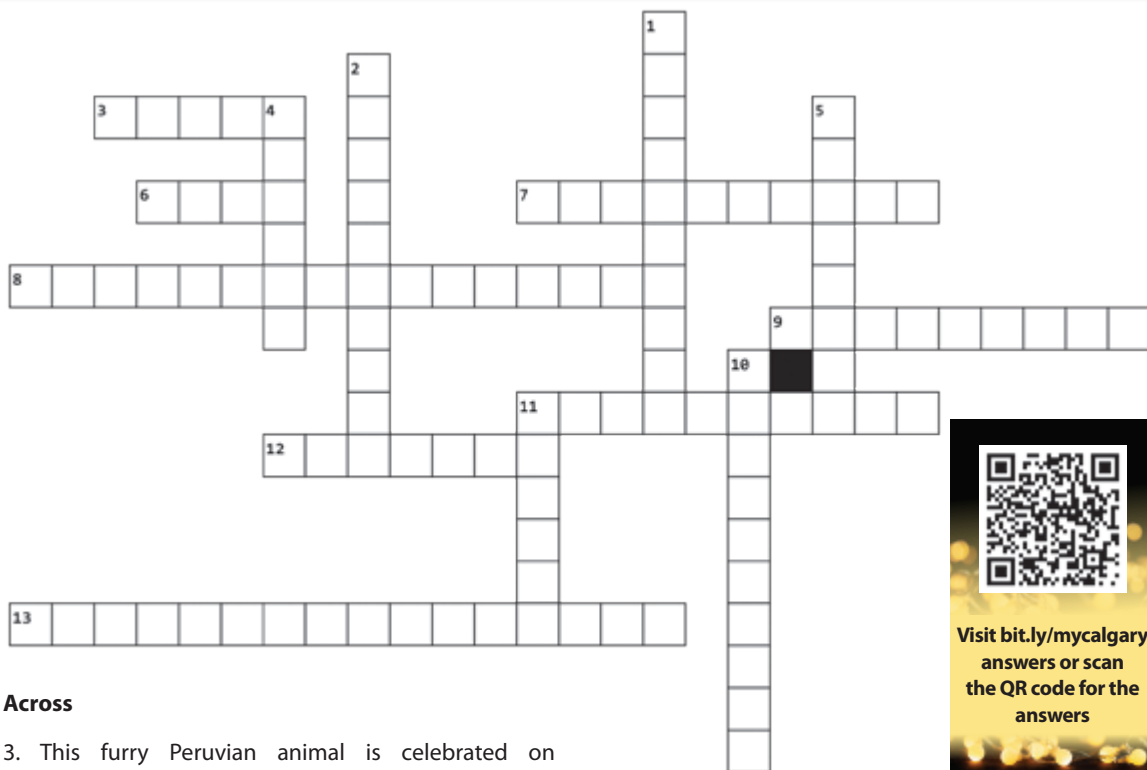
TIME TO RENEW YOUR MEMBERSHIP!

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.

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December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.

6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.

7. This sweet Canadian export has its own national day on December 17.

8. In December of 1982, TIME Magazine named this popular object Man of the Year.

9. This famous holiday candy is made to resemble a shepherd's staff.

11. This Schitt's Creek star was born on December 17, 1946.

12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.

13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.

2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.

4. The highest grossing film of all time was released on December 18, 2009.

5. On December 17, 1903, the Wrights' first powered _____ was successfully used.

10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.

11. Canadians drink just under six million litres of this beverage in December.



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Winter Car Seat Safety

by Alberta Health Services



Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter:

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three, or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.



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