

THE MISSION STATEMENT

FEBRUARY 2023



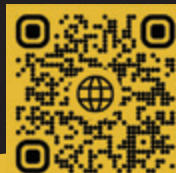
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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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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 2021-2022

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Vacant	cbmca.vicepresident@gmail.com
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Treasurer	Lucy Arellano	cbmca.treasurer@gmail.com
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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.

To receive email updates from us, please register your email address near the bottom of our website: 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.

Ongoing Community Events

We currently have two ongoing events: jazz and potlucks. The jazz events feature local jazz musicians who often play their own original music. They are inexpensive nights out and are within walking distance in your own community. The potlucks are a great way for you to meet other people from the community. Just bring a dish to share.


We will be working on other special events during the year.

We Are Working with U of C Students on a Class Project

Our community was chosen to work with 12 to 15 U of C students on a class project and our community is the subject of their class. This project will take around four months and there will be a couple opportunities for community residents to participate. We will let you know about these opportunities as details are finalized.

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. The cost is still \$30 (basically cost recovery). Copies are available at all events at the community centre.



**9 PM
ROUTINE**

CALGARY
POLICE
SERVICE

☒ **CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light



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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:** 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. This year's AGM is 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 _____	
email (used only to inform you of community events and important community matters) _____			PAYMENT	
			<input type="checkbox"/> cash	<input type="checkbox"/> cheque

An Exercise in Building Intimacy

by Nancy Bergeron, RPsych | info@nancybergeron.ca



The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future.

We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?
13. If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?

COMMUNITY CALENDAR

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

21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling _____."
26. Complete this sentence: "I wish I had someone with whom I could share _____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?
33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Now that you are done asking and answering questions, look into each other's eyes for four minutes (try not to giggle too much).

The formal activity is complete. Now, talk about how this exercise made you both feel.

The following is the latest information we have at time of writing (January) 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, February 1** - Rick Climans Quartet
- **Wednesday, March 1** - Tina Hart Quintet
- **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. The next one is Sunday, February 12, 6:00 pm.

This schedule can change. We will update you 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.

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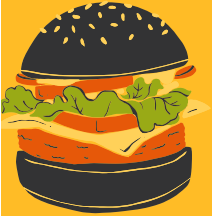
POTLUCK DINNER

FEBRUARY 12, 2023 | 6 PM

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FOR MORE INFO: CBMCA.SOCIALEVENTS@GMAIL.COM



Mardi Gras

On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!





SUBMIT YOUR PHOTOS

Send us your photos for the
Mission Statement

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

Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

The Cliff Bungalow-Mission Jazz Series Presents: Jazz Under the Cliff with Tina Hartt Quartet

The Tina Hartt Quartet is excited to be invited back as part of the Cliff Bungalow-Mission Jazz Series!

Tina's voice has been described as "rich and expressive" and is recognized as "a striking song stylist and improviser" by her peers. Her unique repertoire along with her sincere delivery have resulted in her "captivating and engaging" audiences everywhere she goes. The show will feature songs from her latest album: a selection of catchy originals, bilingual jazz standards, and romantic French chansons.

If you like intimate performances, romantic melodies, and Latin rhythms then this evening is right for you!

CLIFF BUNGALOW-MISSION JAZZ SERIES

presents

TINA HARTT QUARTET

KONRAD PLUTA ~ PIANO
ROB HUTCHINSON ~ BASS
JEFF FAFARD ~ DRUMS

WEDNESDAY MARCH 1,
Cliff Bungalow – Mission Community Hall,
2201 Cliff St SW, Calgary

DOORS OPEN 7:15 PM, SHOW STARTS 8:00 PM
No Reservations ~ Rush seating only ~ Cash bar

COVER \$20 CASH (\$15 CBMCA Members & Seniors)

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.

RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.





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To discover more, please contact us!
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www.rainbowelderscalgary.ca







Mission Real Estate Update

Last 12 Months Mission

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
February 2022	\$290,000	\$270,000
January 2022	\$314,500	\$302,000

Last 12 Months Mission

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	11	11
January 2022	12	13

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
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
February 2022	\$299,900	\$287,500
January 2022	\$149,900	\$128,500

Last 12 Months Cliff Bungalow

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	2	9
January 2022	4	1

To view more detailed information that comprise the above
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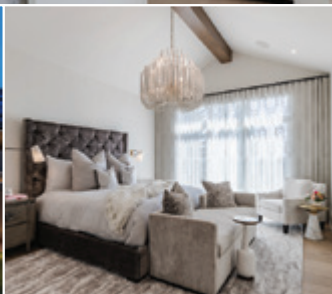
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A graphic banner with a warm, orange and yellow color palette. It features stylized pyramids, palm trees, and a sun. The text 'NUBIAN PYRAMIDS' is written in a large, stylized font across the top. Below it, a white triangular area contains text about Nubian pyramids in Sudan.

NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.



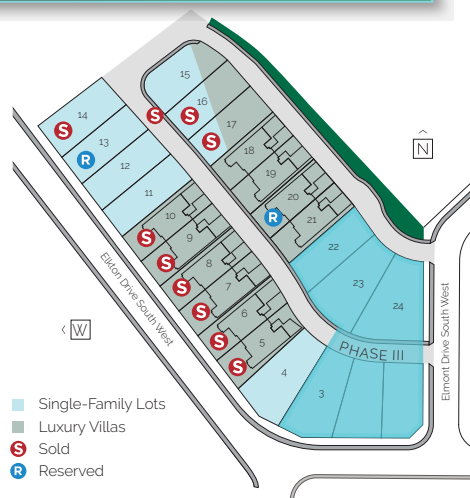
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