

THE MISSION

STATEMENT

MARCH 2023



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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The Mission Statement

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Contact us

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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.



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Medieval New Year

In the northern hemisphere, March signals the start of spring, and traditionally, planting season. As a result, in many European countries, March 25 was once the start of the new year. It wasn't until 1752 that Protestant countries like England adopted January 1 as New Year's Day. Can you imagine?!

St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?

- a. Canada
- b. Ireland
- c. Scotland

2. According to Irish lore, what did St. Patrick drive out of Ireland?

- a. Snakes
- b. Rats
- c. Witches

3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

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Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



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.

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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, 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.

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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Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

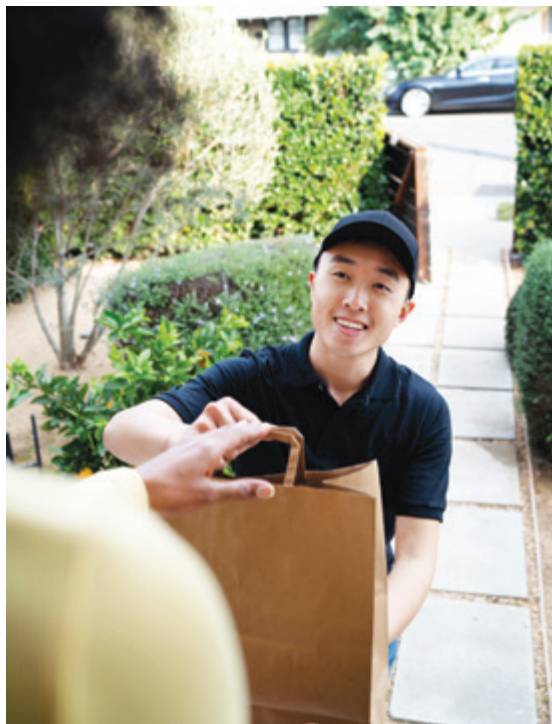
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

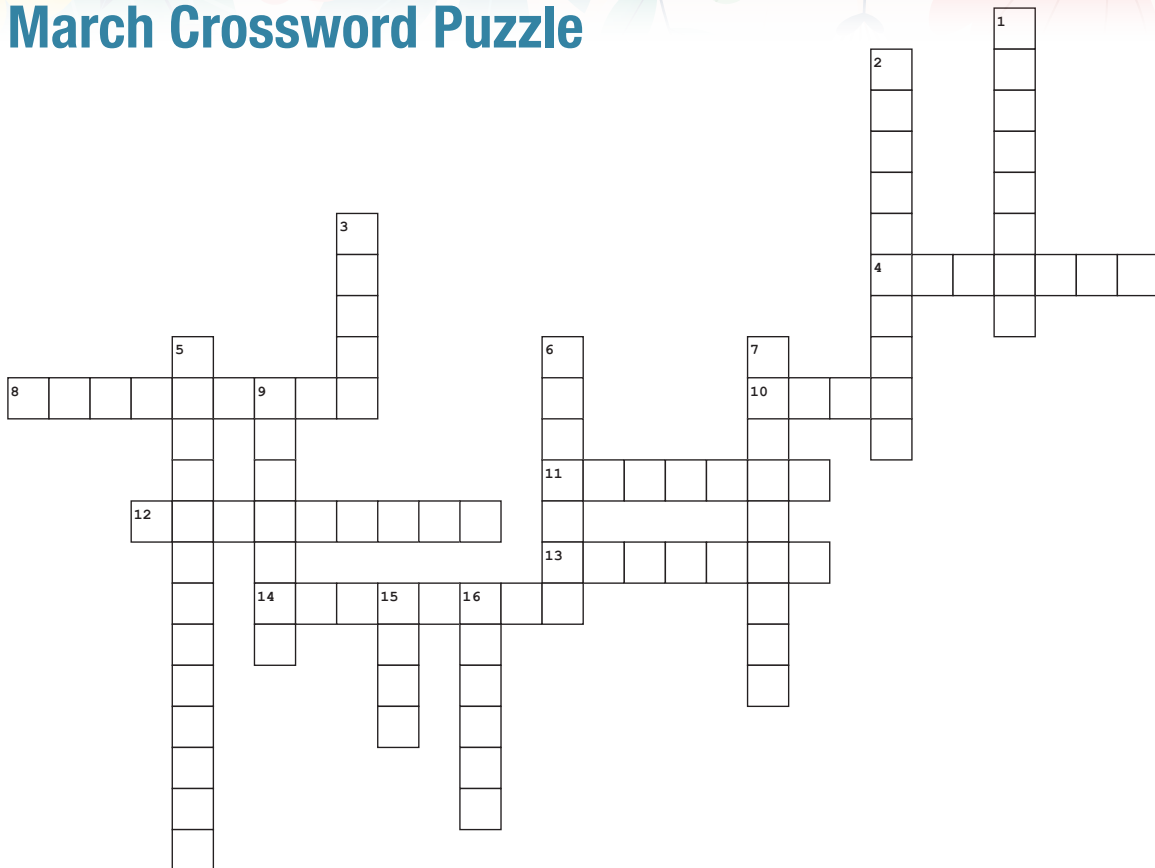
- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

- 1 lb organic rainbow carrots
- 2 tbsps olive oil
- 2 tsps sugar
- 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!

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MISSION



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CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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Send us your photos for the
Mission Statement

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

Ride the Wave of Daylight Savings

from Alberta Health Services

The daylight savings time change aims to enhance our lives by simply adding more sunlight in our day. However, as many of us have likely experienced, this one-hour shift can truly impact us both mentally and physically.

We all live with a circadian rhythm or 'internal clock' that helps us get up in the morning and fall asleep at night. It is dependent on the exposure of light in our environment. This clock of ours likewise impacts our mood, energy levels, mental illness, and regulation of our digestive and hormonal systems.

So... if you are feeling restless, sad, or tired with the loss of time, remember that this is a completely normal response as our internal clock is adjusting for the change.

Here are some things you can do to adapt as we 'spring' forward in time:

Sleep Soundly: We need between seven to nine hours of restful sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and considering taking a short nap as needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

Physical Activity: Adding movement of at least 30 minutes a day can help manage stress and boost mood. Take a walk around your neighborhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

Routine: Keeping ourselves in check with our regular daily activities is important. It can promote a sense of organization and accomplishment, which in turn can support stress management. Perhaps some of these self-care tips can be incorporated into your daily routine.

Involvement: Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!



Nourishment: Our gut health is important. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those that you truly enjoy. It is all about balance!

Giving Back: People who are kind, generous, and compassionate see clear benefits to their wellbeing and happiness. Lend a helping hand by running errands, shoveling the driveway of a neighbour, or volunteering with a local organization. Give back in a meaningful way that resonates with you.

Our internal clocks are all different, but you can make a plan that allows you to give and thrive with change!

The Imposter Syndrome: What It Is, Why It Matters, and How to Overcome It

by Lynn C. Cox

I remember the first time I came to understand what imposter syndrome is and I'll never forget it, even though it was over 15 years ago. I was early in my career as a public relations professional, and I had landed my dream job as an agency consultant with a well-respected international firm. I was so very green and desperate to succeed. I was worried about impressing my bosses, clients, and colleagues. And I was terrified that at any moment, the penny would drop and my bosses who hired me would 'figure out' that they made a mistake in hiring me.

My three former bosses are outstanding human beings and phenomenal coaches. They were being mentored by two prominent business leaders in corporate Calgary – one oil and gas executive and the other, a president of a public relations firm. The PR executive was a trailblazing woman in the field, and it was rumoured that she was behind the strategy of some of the most profitable companies. I was in very good hands.

One day, when I must have been expressing my lack of confidence in my abilities to perform, one of my bosses told me something I will never forget. She told me that her mentor (the ball-busting, PR maven genius who had been rocking the industry for at least 20 years) had confided this to her and I will quote second hand: "You know, after all of this time, I still have a fear that one day the phone is going to ring and the person on the other end is going to tell me that they know that I don't know what the hell I'm doing."

What?! I couldn't believe my ears that a widely respected, industry leader with decades of proof under her belt could possibly feel that way! How could that be, I wondered?

Enter The Imposter Syndrome...

That poised, intelligent, accomplished, and capable PR executive was like nearly 70 to 80 % of high achievers. They too, suffer from this feeling of being found out to be a fraud, an imposter, and don't think they deserve the accolades, prestige, salary, or opportunities that they, in reality, worked so hard for.

These people who suffer from the imposter syndrome will attribute their success to others potentially, or just dumb luck. Or they'll think that others around them who admire and respect them have simply been fooled by their confident exterior and made an error in judgement. And it couldn't be further from the truth.

So, Why Does Imposter Syndrome Matter?

It matters a lot because it is downright debilitating. It causes stress, anxiety, low self-confidence, shame, and in some cases, even depression. Those are the mental, emotional, and psychological impacts. We also now know that our mental and emotional state is directly correlated to our physical health; this Imposter syndrome can now impact your health.

And, what about other areas of your life such as career and relationships? If you don't feel that you have much to offer; how likely are you to put yourself forward for career-growing projects, assignments, and promotions?

If you feel that there is something inherently wrong with you and it's just a matter of time before the phone rings and the sinister voice on the other end says, "I've got your number, I know you're a fraud," how willing are you going to be to be brave and vulnerable in your relationships? Imposter syndrome matters. And it matters a lot!

So Why Do So Many of Us Experience Imposter Syndrome?

Essentially, all of the issues we experience, from imposter syndrome to addictions to anxiety and phobias, have a root cause belief underlying them. Here are the three most common:

1. I am different and what I want isn't available to me.
2. I am different and can't connect/don't believe.
3. I am not enough.

I am quoting the wisdom of my teacher, Marisa Peer. In her experience, every issue boiled down to those three core beliefs, and always, always, #3 – I'm not enough. In my experience, I've seen the same. So, can you see how if one or more of your core underlying beliefs about yourself is #1, #2, #3, or all of them, how you just might, maybe, experience the imposter syndrome? I thought so.

Beliefs Guide Actions, Actions Reinforce Beliefs

Here are a few more reasons why and how this occurs.



Our beliefs, always, always guide our actions and who we think we are in the world. Some of us are better at hiding feelings of inadequacy (e.g., high achievers who experience imposter syndrome), but rest assured, that imposter syndrome is being expressed in other ways (e.g., stress, anxiety, retreating).

The Antidote

It's simpler than you think, and this is most often the case. The most effective solutions are the most elegant and simple. You have to do a few things and only a few.

- 1. Get real and honest with yourself.** Honestly admit to yourself: "I feel like an imposter at times." It's helpful to jot down a few recent examples of when you felt that way.
- 2. Understanding is power.** You cannot overcome what you don't understand. There, I just told you what you need to know in the paragraph before this.
- 3. Take action to change your beliefs and your perception of yourself.** There are many ways to do this. Meditation, writing, affirmations, exercise, coaching, therapy, Rapid Transformational Therapy, and hypnotherapy.

Summary

- It's normal to experience imposter syndrome – you are not alone.
- It's messing with you, even if you don't think so. Emotionally, psychologically, intellectually, or physically.
- Understanding is power,
- Changing your beliefs and perceptions is the antidote.

To your health, joy, and success!



South Calgary Community

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Mission Real Estate Update

Last 12 Months Mission

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
February 2022	\$ 290,000	\$ 270,000

Last 12 Months Mission

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	7	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
February 2022	11	11

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
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
February 2022	\$ 299,900	\$ 287,500

Last 12 Months Cliff Bungalow

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	2	9

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**9 PM
ROUTINE**


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

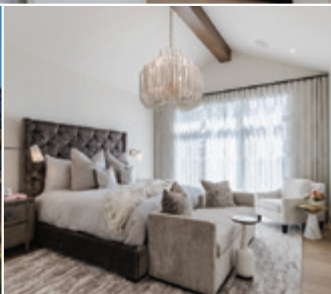


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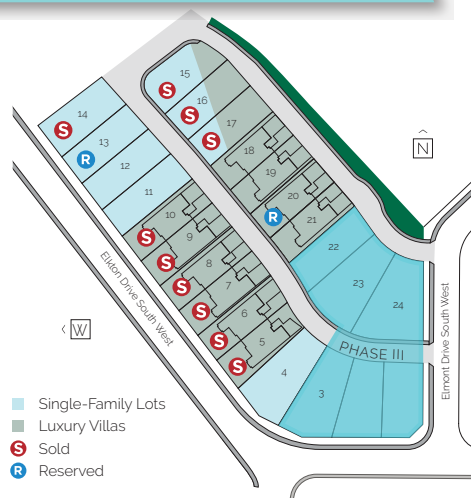
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