THE MISSION -

NOVEMBER 2023

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION







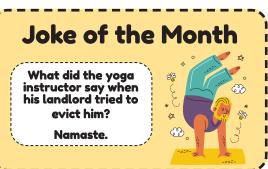
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Dr. Bunny Virk

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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, 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.

Ongoing Community Events

We have ongoing jazz and potlucks in the community centre. Jazz is normally the first Wednesday although 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 potlucks are generally the second Sunday, although December is the first Sunday as everyone's schedules become very busy later in December. This is a great way to meet and get to know others. There is always lots of great food.

History Book is a Great Gift

We have the third printing of our award-winning history book. It is available for purchase at all our events at the community centre including our AGM on November 22. This is a great way to learn the history of the community in which you live. They are great as gifts.

Annual General Meeting – Wednesday, November 22

The date of our 2023 AGM is Wednesday, November 22. More details elsewhere in this newsletter. We will also send out an email to the community email list.

We will update the board list in the January newsletter.

Adieu 4th Street Wine and Liquor

4th Street Wine and Liquor closed on September 11. They were our first liquor store and our first membership affinity business. In the early days when we were publishing the newsletter, we put a coupon in each newsletter. In recent years, our member cards served that purpose. I am sorry to see them go. They were a great community business.

West Elbow Local Area Plan

In our October newsletter, you would have seen an ad from the City on the West Elbow Local Area Plan (page three). It includes 16 community districts including Cliff Bungalow and Mission. A booklet was delivered to all addresses in the area. There are also some in what look like little libraries in the park south of Cliff Bungalow School (our community centre) and in William Aberhart Park.

The new plan will replace all Area Redevelopment Plans including Cliff Bungalow ARP and Mission ARP. So, the impact could be significant depending on the resulting document. I urge you to take advantage of all opportunities to provide the City with our community perspectives.

Casino – We Need Volunteers

We have a casino on Sunday, January 21 and Monday, January 22. This is the largest fundraiser available to us. We need volunteers to fill approximately 32 shifts. There is one daytime shift between 11:00 am and 7:00 pm. There is an evening shift between 7:00 pm and a little after close (3:00 am). Then there is a late evening Countroom shift that is from 11:00 pm to a little after close. Volunteer positions per shift include one Banker, two Cashiers, two Chip Runners, and six people for the Countroom. No experience is required. We need to submit our application at the end of November, so please contact me ASAP at cbmca.president@gmail. com. We can arrange for rides. No charge for food and non-alcoholic beverages.





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







Lorna MacLachlan Quintet

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

Cliff Bungalow-Mission Jazz

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

The Cliff Bungalow - Mission Jazz Series Presents Jazz under the Cliff with Lorna **MacLauchlan Quintet**

Wednesday, December 6 | 8:00 pm

Cliff Bungalow - Mission Community Centre Cover: \$20 (Seniors, Students, and CBMCA Members \$15) Ticket sales start around 7:00 pm | Music starts at 8:00 pm

No reservations taken; rush seating only. We recommend you come early, enjoy a beverage, and get a good seat.

Lorna MacLauchlan Quintet will be introducing new music on December 6. Lorna's style falls between jazz, classical, and folk, and is brilliantly crafted and brought to life by wonderful musicians. There will be a variety of instrumental pieces as well as vocal selections. They look forward to seeing you on Wednesday, December 6.

The group will include Richard Harding on Saxophones, Andre Wickenheiser on trumpet, Jeremy Coates on bass, Jon McCaslin on drums and, of course, Lorna on keys and vocals.

Notice

Cliff Bungalow - Mission Community Association **Annual General Meeting**

Wednesday, November 22, 2023

Community Centre 2201 Cliff St SW (1 block west of 5th St at 22nd Ave SW)

> Doors open at 6 pm Meeting begins at 7 pm

Purchase / Renew Your Membership at the door If you have not received your card, bring your receipt to the AGM You can also use the membership form in the newsletter

> Learn about the community Elect the Board

Let's Celebrate **Our Great Community and its People**





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 (October) 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, November 1 Neil McVey
- · 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 Petrity 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, November 12, 6:00 pm
- Sunday, December 3, 6:00 pm note this is one week earlier because of busy December holidays and events.

CBMCA AGM

Wednesday, November 22

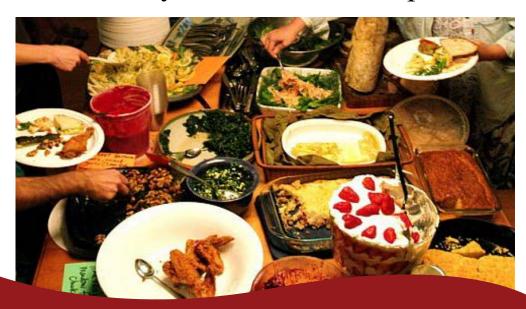
Doors open at 6:00 pm. Meeting starts at 7:00 pm.

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.



COMMUNITY POTLUCK DINNER

Sunday, November 12, 6 pm



CLIFF BUNGALOW-MISSION
COMMUNITY CENTRE
2201 CLIFF STREET SW



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

For more info: cbmca.socialevents@gmail.com

Vietnamese Chicken and Pork Balls

by Jennifer Puri

"Yerba Bueno" or the Good



Herb refers to the dark green leaves of mint which are packed with nutrients, particularly Vitamin A which is essential for eye health and night vision.

Mint is big business and is used across the globe in everything from chutneys to mojitos. Commercial mint oils have become associated with toothpaste, candies, gum, chocolates, fragrances, and skin products.

We associate fresh mint flavour with oral hygiene, but for thousands of years we have also used it to clean our skin and as a "stomach soother". Fresh mint leaves are edible cooked or raw. Cooking can help add flavour, but it can also be added to water, smoothies, herbal teas, salads, dips, sauces, and chocolate chip cookies. Peppermint tea is the perfect calorie and caffeine-free tea to drink any time of the day.

A generous portion of fresh mint and coriander leaves have been used in the preparation of this delicious version of Vietnamese Chicken and Pork Balls. Enjoy!

Prep Time: 35 minutes

Cook Time: 22 minutes

Servings: Four to six

Ingredients:

- 1/2 lb. ground chicken
- ½ lb. ground pork
- 2 eggs
- 1 cup finely ground bread crumbs
- 3 garlic cloves, minced
- 1 tbsp. fresh ginger, minced
- 3 green onions, finely sliced
- 1 pale yellow lemon grass stalk (located under the tough outer leaves), finely chopped (optional)
- 1/2 tsp red pepper flakes
- 4 tbsp. fish sauce
- 3 tbsps. fresh mint leaves, finely sliced
- 3 tbsp. of fresh coriander leaves, finely sliced

- ½ cup un-salted peanuts
- 8 oz. cooked vermicelli noodles
- 2 butterleaf lettuce heads
- Pickled vegetables
- Sweet chilli sauce
- Thai dipping sauce
- · Coriander leaves for garnish

Directions:

- Preheat oven to 400 degrees Fahrenheit.
- In a medium mixing bowl, gently combine ground chicken, pork, eggs, fish sauce, garlic, ginger, green onions, lemon grass, bread crumbs, cilantro, and mint.
- Use wet hands to form golf ball size balls (approximately 18 to 22) and arrange on a foil-lined baking sheet, taking care to leave space between each ball. Bake for approximately 20 minutes, flipping once during cooking or until balls are cooked through.
- To serve, place a spoonful of vermicelli in each lettuce cup and sprinkle with Thai fish sauce. Top with chicken and pork balls, pickled veggies, sweet chilli sauce, peanuts, and coriander leaves to taste.
- Alternatively, serve chicken and pork balls on a platter attached to a toothpick and fresh or canned pineapple pieces. Garnish with pickled veggies and sweet chili sauce.

Bon Appétit!







The Residential Parking Permit Program

limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

calgary.ca/rpp



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

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

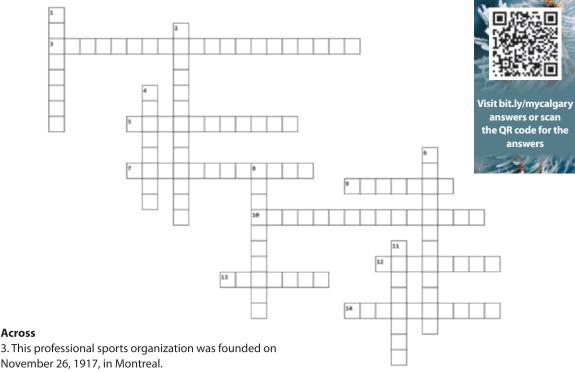
TIME TO RENEW YOUR MEMBERSHIP!

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.

			MEMBERSHIP T	MEMBERSHIP TYPE	
name			─ □ \$10 single	☐ \$20 family	
			_ new	☐ renewal	
address		postal code			
			card no.	purchase date	
phone (home)	(cell)	(business)	_		
			PAYMENT		
email (used only to inform you	u of community events and i	mportant community matters)	— 🔲 cash] cheque	

November Crossword



Across

- November 26, 1917, in Montreal.
- 5. Born on November 12, 1980, but he's just Ken.
- 7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript - minimum 50,000 words.
- 9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____
- 10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
- 12. This month is the only month used in the 26-letter NATO phonetic alphabet.
- 13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.
- 14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

- 1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
- 2. November's official flower, which originates from Fast Asia.
- 4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
- 6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
- 8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
- 11. The reason people grow moustaches in November.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

PROFESSIONAL ACCOUNTANTS IN MISSION/CLIFF BUNGALOW: Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 – 10 Street SW, Calgary, AB T2R 1E8, or go to www.padgettcalgary.com for more information.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

Word of the Month

Opine: verb (oh-pahyn)

To have an opinion.

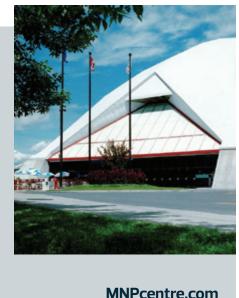
Dentists opine brushing your teeth is important for good dental hygiene.



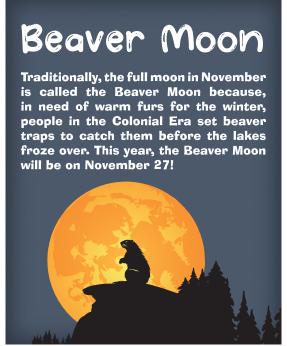
Thank you to the Calgary communities who have stood by our side and collaborated with us throughout the last four decades. Your unwavering commitment and steadfast support have played an integral role in shaping a fitness and sport community where everyone can feel at home.



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