

THE MISSION

DECEMBER 2024

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



Mary Thompson by Robin Thompson

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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 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 2024

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Rob Jobst	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	Vacant	cbmca.heritage@gmail.com
Social Director	Vacant	cbmca.socialevents@gmail.com
Communications Director	Sameena Darr	cbmca.editor@gmail.com
Directors at Large	Brandon Hossack Ted Knudtson	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

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 20. 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 thank everyone who helped during the last year.

Ongoing Community Events

We have ongoing jazz 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 November jazz event was a full house with all seats filled. It featured Rick Climans who is the person who schedules the jazz groups. We suggest you come early, enjoy a beverage, and get a good seat.

The December potluck is on Sunday, December 1 and the January potluck is on Sunday, January 12. This is a great way to meet and get to know others. There is always lots of great food.

Flu Shot Clinic

The third annual Flu Shot Clinic was held on Saturday, October 19. We partnered with PrimeCare Pharmacy and Compounding who are in the community. People appreciated the convenience of being close to home. The attendance has been growing as people become aware of this event.

History Book Third Printing Available

The third printing of our award-winning history book is available for purchase at all our events at the community

centre. 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 700 books so far. Still only \$30.

Casino 2025

Our next casino will be scheduled in the third quarter of 2025 (July, August, September). We will let you know the dates when AGLC release the dates to us. This is an important fundraiser, and we need many volunteers.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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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:** 10% off tax and bookkeeping services.
- **Clear Float Spa:** 10% discount (except for the Theta Membership).
- **Economy Glass:** \$10 off auto glass excluding rock chips and 10% off residential glass.
- **Element Cafe:** 10% discount.
- **European Bakery:** 10% off all items.
- **Famoso Neapolitan Pizzeria:** 10% off food and beverages.
- **Landmark Centre Second Cup:** 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:** 10% off on pick-up orders and 5% off on delivery orders.
- **Mission Wine & Liquor Merchants:** 5% off regular priced items.
- **Momentum Health Mission:** \$25 off initial assessment (includes massage), 15% off all products they sell, free gait assessment.
- **Rideau Pharmacy:** 15% off front store items (excludes prescriptions).
- **The Spa Wellness:** 10% off members for all treatments.
- **UPS Store:** 5% off all products and services (excludes Canada Post products).
- **Without Co:** 10% discount.
- **Yann Haute Patisserie:** 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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RECRUITING DIRECTORS
2024-2025



SOCIAL DIRECTOR
HERITAGE DIRECTOR
CONTACT BOB LANG

Send CV & Letter of Intent to
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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 and go to the bottom of the first page to register.

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 4 - John Gray Quartet
- Wednesday, January 8 - Lorna MacLachlan Quintet
- Wednesday, February 5 - Lush Vocal Jazz-Glennis Houston
- Wednesday, March 5 - Mark DeJong Trio

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 1, 6:00 pm – one week earlier because of a busy December
- Sunday, January 12, 6:00 pm
- Sunday, February 9, 6:00 pm



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ALL I WANT FOR CHRISTMAS IS YOU

On December 21, 2019, Mariah Carey officially 'defrosted' when her song "All I Want for Christmas Is You" finally topped the Billboard Hot 100 chart for the first time since its release in 1994. Talk about a Christmas miracle – 25 years in the making!

JAZZ UNDER THE CLIFF PRESENTS

JOHN GRAY QUARTET



04 DEC
2024
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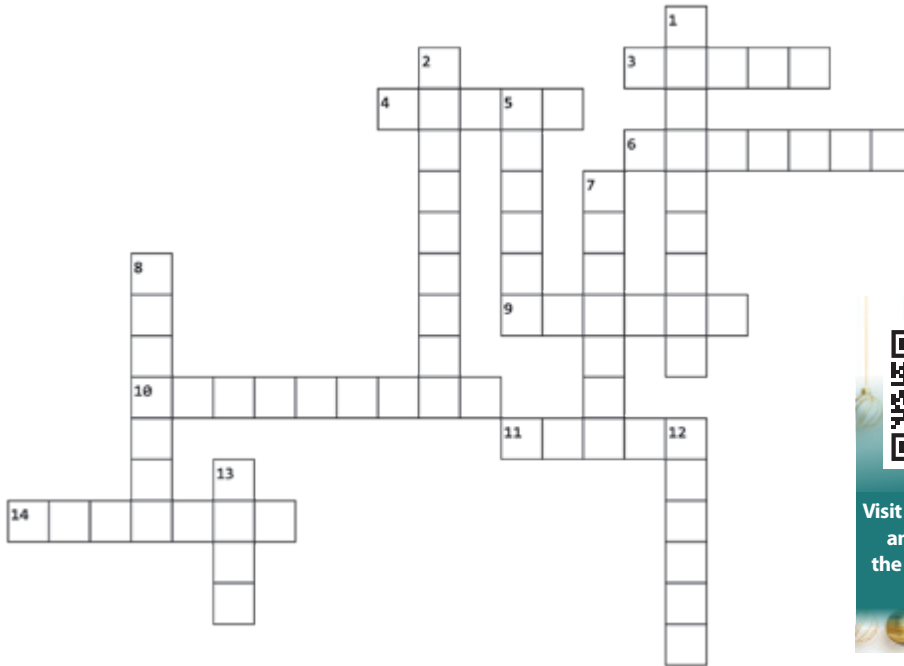


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December Crossword



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Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.

Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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SCAN ME

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The Cliff Bungalow - Mission Jazz Series Presents Jazz Under the Cliff with The Lorna MacLachlan Quintet

Wednesday, January 8, 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 is Bach! Oops, she means, back!

She is returning to the Cliff Bungalow-Mission Jazz series with new material.

There is nothing better than being able to present new music to an appreciative audience. The audience at Cliff Bungalow-Mission has always been so supportive and she loves playing there in any capacity.

Lorna's music is uniquely hers; a blend of all the influences in her life from classical to jazz to pop all rolled up with a single purpose; to express the significance and poignancy in being human. There is no better time.

We hope you will mark January 8 on your calendar to come and hear Lorna's new tunes as brought to life

by some of Calgary's finest. Lorna on keys and vocals; Richard Harding on saxophones - like no other; Jon McCaslin will be firing it up on drums; Adam Pettigrew will be laying it down on bass; and David Lavoie will be adding his amazing talent to the show on trumpet. Lorna really enjoys playing with this band.



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



Recruiting a New CBMCA Heritage Director

Cliff Bungalow – Mission is a historic community, and the Heritage Director plays a key role in raising awareness of the community's history.

Our Heritage Director has stepped down. So, we are recruiting a replacement. If you would like to explore taking on this important role, please contact Bob Lang at cbmca.president@gmail.com.

The Heritage Director:

- Is part of the board of directors of Cliff Bungalow – Mission Community Association.
- Is a position that is elected annually at the Annual General Meeting or is appointed by the board in between AGMs.
- Leads the Cliff Bungalow – Mission Community Association's efforts to identify, recognize, and protect the community's heritage built and natural environment including its people, places, and history.
- Identifies and encourages implementation of heritage-related guidelines in the City of Calgary's planning documents as they relate to Cliff Bungalow – Mission.
- Supports the addition of historic resources to the Municipal Inventory of Evaluated Historic Resources.
- Promotes awareness of the community's heritage through various means such as heritage plaque installations and articles in the community newsletter.
- Chairs the Heritage Committee.
- Provides support to other CBMCA committees on heritage-related matters such as the Planning and Development Committee.
- Keeps the board of directors updated on heritage-related matters.
- Presents a heritage report at the Annual General Meeting.



Recruiting a New CBMCA Social Director

The Social Director plays a key role in bringing the community together to celebrate our community. It is the "fun" portfolio of the board.

Our Social Director has stepped down. So, we are recruiting a replacement. If you would like to explore taking on this important role, please contact Bob Lang at cbmca.president@gmail.com.

The Social Director:

- Is part of the Board of Directors of Cliff Bungalow – Mission Community Association.
- Is a position that is elected annually at the Annual General Meeting or is appointed by the board in between AGMs.
- Leads the Cliff Bungalow – Mission Community Association's efforts to provide community-oriented social event programming.
- Utilizes the community centre as a hub for social event programming.
- Supports awareness raising of the community's social events through various means.
- Chairs the Social Committee.
- Keeps the Board of Directors updated on social event related matters.
- Presents a social report at the Annual General Meeting.

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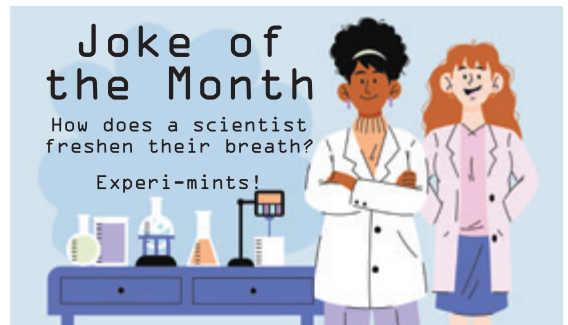
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The festive season is almost upon us, and I hope you enjoy the time with your family and friends.

Modern societies create silos of knowledge and perspectives, but democratic processes should combine these to achieve better outcomes, acknowledging necessary trade-offs. Above all, our democracy must not be compromised for any narrative. If everything else fails, the foundation of our self-governance must endure.

As the Liberal government enters its final year, many Canadians recognize their divisive messaging. Our role as His Majesty's Loyal Opposition is to hold the government accountable, respecting parliamentary rules and the supremacy of Parliament. Executive authority and judicial speculation do not override Parliament's responsibilities. We have lost much in governance over the past decade, and we must not let democratic norms be the next casualty.

My Conservative colleagues and I will uphold these norms, even if it is a lonely effort. In this final year of Parliament, the government will continue to try and shift the narrative to gain voter support. After all, 'tis their final season to do so. We must remain aware of these efforts and ensure manufactured divisions do not lead to a more fractured nation.

As we approach the holiday season, let us reflect on the values that unite us as a nation. Despite our differences, we share a common goal of creating a better future for our children and grandchildren. Our democratic governance is one of the core building blocks from which we have grown a great society. Let's ensure we keep that cornerstone.

Warmest wishes for the holidays to you and your loved ones. May this season bring you joy, peace, and a renewed sense of hope for the future.

Greg McLean, MP



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Cliff Bungalow - Mission Community Association

— Community —

Sunday Potluck

Join us in the New Year 2025
Meet your neighbours!

JAN | Starts at | **2201 Cliff St.**
12 | 6:00 pm | **SW**

cbmca.socialevents@gmail.com

JAZZ UNDER THE CLIFF PRESENTS

GLENNIS HOUSTON LUSH VOCAL JAZZ



05 FEB
2025

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