#### THE MISSION

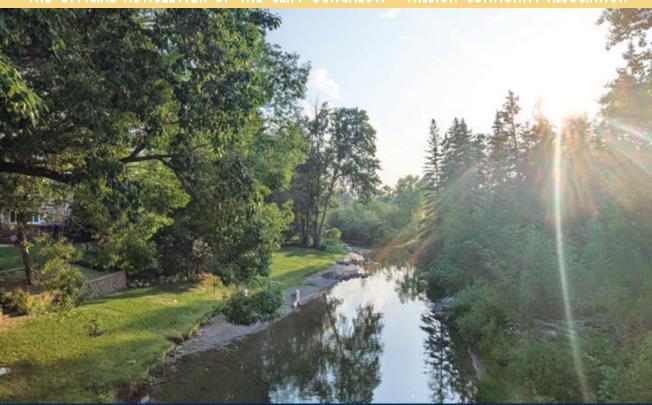
#### **AUGUST 2025**

# STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION







Jennifer Everingham

403.614.8772



jennifereveringham.com

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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 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 2025

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
Heritage Director	Ashia Sanders	cbmca.heritage@gmail.com
Communications Director	Trina N. Lo	cbmca.editor@gmail.com
Directors at Large	Brandon Hossack Ted Knudtson Zaak Karim	Mo Saiepour Nick Kuhl Andrea Llewellyn
Environment Director	Vacant	cbmca.environment@gmail.com
Planning and Development	Vacant	cbmca.development@gmail.com
Social Director	Vacant	cbmca.socialevents@gmail.com

**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

#### **New Membership Portal**

There is a new online membership portal at www. cliffbungalowmission.com. It has more capabilities than the previous system and it will require less volunteer time to manage.

To get to the location online, click on "Get Involved". Then click on "Memberships". The new membership portal link is at the bottom of that page.

#### New Season of Jazz Events Starts September 3

Our jazz season goes from September to June. The next season starts on Wednesday, September 3. There has been a change in entrance fees which will increase by \$5. The entrance fee has not changed for many years and during that time there has been a lot of inflation. Other jazz venues already charge more than our new prices. We share the door money with the jazz group, with the community getting a small portion.

#### **New Potluck Season Starts September 14**

Potlucks start up on Sunday, September 14. This is a free event. You just bring something to share. Potluck starts at 6:00 pm but we need help setting up at 5:00 pm.

#### Community Cleanup - Sunday, September 28

Swap! Drop! Donate! will take place this year on Sunday, September 28 from 10:00 am to 2:00 pm. Location is still the parking lot of Western Canada High School. Please contact cbmca.environment@gmail.com to volunteer.

#### **Changes to Our Hall Rentals**

Our community hall was created from two classrooms. There is a folding door that can divide the hall back into two rooms. For many years the Montessori School of Calgary has been renting our hall space and using

the west half as a classroom on school days. We have concurrently been renting the whole hall after 5:00 pm. In most cases that has meant the school would remove their things (on wheels). This has caused various concerns for the school. During the last several months, we have been in discussion with Montessori on how we might address these concerns.

At our June board meeting, our board decided we would stop renting the whole hall to outside groups starting September 1. We will still use the whole hall for CBMCA events such as Jazz and Potlucks, and we will still rent out the east hall for small events like Condo AGMs. Rental costs will be adjusted for the smaller space.

For rental inquiries, email cbmca.rent@gmail.com.

#### **Recruiting A Couple Positions**

The Social Director and Environment Director positions are vacant. If you are interested in exploring these positions, please contact me at cbmca.president@gmail.com.

#### Annual General Meeting – Save the Date

Our Annual General Meeting is on Wednesday, November 19. More details via future newsletters, emails. and social media.

#### **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. Cost is still \$30 (basically cost recovery). Copies are available at all events at the community centre. This is a great book for summer reading.



#### Two Big Wins for the Community

by Rob Jobst

#### New Duplex Development - 1925 5a St SW

Earlier this year we reported that the Cliff Bungalow-Mission Community Association (CBMCA) opposed this application due to the loss of a 'century home' on a largely intact heritage streetscape as well as a design for the new building that did not "respect the historic style of homes in Cliff Bungalow or incorporate elements of the original building styles common to the community." The City, nonetheless, approved the development application and the CBMCA responded by filing a notice to appeal that approval.

CBMCA's Zaak Karim put together a very detailed and compelling presentation that, in a nutshell, argued that the new building should look more like the existing Edwardian-era homes on the street. The Appeal Board also heard submissions from two neighbours who supported our appeal. In April we learned that we had won our appeal – the decision of the Development Authority was overturned, and a development permit would not be issued for that application.

The developer has now submitted a new application to the City and the architecture has certainly been improved. We have concerns, however, about the front setback not being in alignment with the 'contextual setback' of the majority of homes on that block – i.e. it's too close to the street – as well as a considerably deficient amount of landscaped area. So, a big win for the community (despite the loss of another heritage home) but we'd still like to see some changes before this new project fully respects and complements the character of what is arguably Cliff Bungalow's loveliest street.



The initial proposal for 1925 5A St SW, which the CBMCA opposed, and the latest submission, which is more in alignment with the existing Edwardian houses on that block.



#### Repositioning of Existing House and Construction of an Adjoining Home – 601 22 Ave SW

This proposal would have seen the existing house on the southwest corner of 5th Street and 22nd Avenue lifted up and turned 90 degrees clockwise (so it would then be facing 5th) and the construction of a new addition onto the north side of the existing house. The CBMCA opposed this strange development, citing its negative impact on neighbouring properties and concerns about contextual setbacks, excess height, and failing to respect the scale and architecture of the existing heritage homes on this block within Cliff Bungalow's historical conservation area. The City approved the development application and the CBMCA appealed that decision.

We hired a lawyer to lead our appeal, believing that the matter was of such importance to the community that the considerable expense was justified. In addition to the CBMCA, four community residents made oral submissions to the appeal board in opposition to the project.

This was a complicated case, with arguments about zoning, setbacks, building form and mass, context, and compliance with a number of City of Calgary policy documents.

In the end the Appeal Board found that "the Appellant provided compelling evidence to convince the Board that the proposed development is not compatible with the adjacent dwellings or the neighbourhood... It is obtrusive and does not blend into the scale and form of the existing adjacent dwellings." So, as with that other case, the earlier decision to grant the project a development permit was overturned.

These were two very significant victories for preserving the integrity of our heritage streetscapes at a time when we have recently lost so many of our older buildings to new developments. We would like to thank those residents who supported our appeals and whose efforts were instrumental in achieving those important outcomes.





#### **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 (July) and is subject to change. Updates will be sent out by email. Please register for these emails on our website, 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, September 3 Shari Chaskin Quartet
- Wednesday, October 1 Viviane Martin Quartet
- Wednesday, November 5 Genevieve Phillips Quartet
- Wednesday, December 3 Tina Hartt 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, September 14
- Sunday, October 5 (one week earlier due to Thanksgiving)

#### Community Cleanup 2025 (Swap! Drop! Donate!)

The date of this year's Community Cleanup is Sunday, September 28, 10:00 am to 2:00 pm. Contact cbmca. environment@gmail.com.

#### Casino 2025

Our next Casino is August 29 and 30, a Friday and Saturday. This is a major fundraiser for us as the money is used to pay for our community centre expenses. We need volunteers for these two days. Email Bob Lang at cbmca.president@gmail.com. Subject line should include the words "CBMCA Casino 2025".

#### **Annual General Meeting**

Wednesday, November 19. Save the date!



#### **Community Cleanup 2025**

Sunday, September 28, 10:00 am to 2:00 pm Swap! Drop! Donate!

Western Canada High School (Entrance off 5A Street)

This is your chance to drop off unwanted things that would normally go to the dump, but the dump trucks come to our community to receive such items.

There is also:

- Recycling of electronics
- Metal collection
- Exchange of still useful items you no longer want
- · Donate to women in need

Note – the City trucks leave promptly at 2:00 pm so don't be late.

For further information and to volunteer, contact cbmca.environment@gmail.com.

# SWAPIDROP! DONATE SUNDAY SEPTEMBER 28 10 TO 2 Western Canada High School

CLIFF BUNGALOW
MISSION
ERLTON
RIDEAU-ROXBORO

Community Cleanup

**SWAP!** Bring items for others to use and take things you need.

**DROP!** Stuff too big for your bins plus metal and electronics recycling.

**DONATE!** Clothing and thrift store items for the Women in Need Society and Calgary Drop-In Centre.

Hosted by the community associations of Cliff Bungalow-Mission, Erlton and Rideau-Roxboro, with City of Calgary Waste and Recycling Services and Community Standards

#### **HAMMERSPACE**

Have you ever wondered how Tom can just pull a bat out of thin air to try to get Jerry with? Or where exactly Bugs Bunny keeps all his goodies that seem to just "appear." Funny enough, there is a name for this magical place where things pop out from. This imaginary extradimensional storage area is called hammerspace.

#### **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.
- European Bakery: 10% off all items.
- Famoso Neapolitan Pizzeria: 10% off food and beverages.
- Firehouse Subs: 10% discount.
- 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. However, you can purchase a membership any time during the year.

To purchase or renew your membership, visit our website at www.cliffbungalowmission.com/memberships by scanning the QR code or complete the form below and mail with a cheque to 462, 1811 4 Street SW, Calgary, AB, T2S 1W2.

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email (used only to inform	you of community events and i	mportant community matters)	— 🔲 cash	] cheque		

#### The Cliff Bungalow - Mission Jazz Series Presents Jazz Under the Cliff with Shari Chaskin Quartet

Wednesday, September 3, 8:00 pm Cliff Bungalow – Mission Community Centre

Cover: \$25 (Seniors, Students, and CBMCA Members \$20) \*Note price change

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.

Shari's enchanting voice possesses the rare power to transport the listener to a world of pure emotion and resonance. She is delighted to present the music of American composer, songwriter, record producer, and pianist Burt Bacharach! He composed a legendary catalogue through his lifetime with Hal David, and Shari has chosen some of her favourites to interpret alongside some standards and original selections.

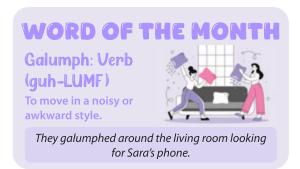
She has performed on stages across Canada and the USA and is continuously collaborating with Calgary's finest musicians. Among her special live performances have been events also featuring Celine Dion, Al Jarreau, Chantal Kreviasuk, PJ Perry, Tommy Banks, Oliver Jones, and many more.

Shari features Jon Day, her musical director, pianist, and arranger with her in this beautiful quartet and joining them on stage are the talented Rob Hutchinson on bass and Tyler Hornby on drums. They will bring forth their heartfelt chemistry for an elegant evening of music for the soul where you will hear many of their jazz influences.

**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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#### Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

#### **Chronic Means Ongoing, Not Just Inconvenient**

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

#### We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to "cheer us up" or push us to be more positive, it helps us feel seen and validated.

#### We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



#### What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to "fix" it. Simple statements like "I'm here," "That sounds really hard," or "You're not alone" go a long way.

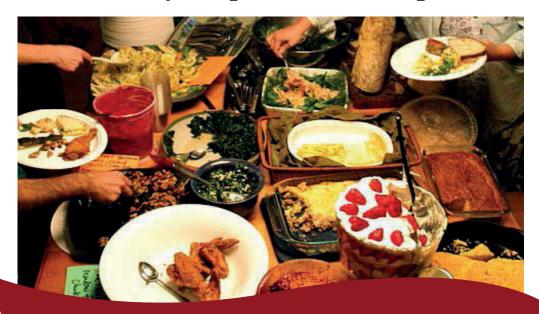
#### **Support Looks Like Consistency and Flexibility**

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, "Can I drop off dinner?" or "Would a short visit work today?" rather than, "Let me know if you need anything." The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.

# COMMUNITY POTLUCK DINNER

Sunday, September 14, 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





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