

THE MISSION

FEBRUARY 2025

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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MISSION



CLIFF BUNGALOW



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The Mission Statement

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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.

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SUBMIT YOUR PHOTOS

Send us your photos for the
Mission Statement

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

Stay Safe, Stay Off Storm Ponds

by *The City of Calgary*

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit calgary.ca/rinks.



BRAIN GAMES

SUDOKU

	1					6		
		3						4
4		5		1	9			
	5				6		3	1
	3		1	2	7			
8		1	3				7	
			9	6	8	3		7
3						8		
		8					2	

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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 20, 2024. 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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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 (December) 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, February 5 - Lush Vocal Jazz-Glennis Houston
- Wednesday, March 5 - Mark DeJong Trio
- Wednesday, April 2 - Jim Hutchison Jazz Works
- Wednesday, May 7 - Eric Allison, Cheryl Fischer
- Wednesday, June 4 - Aimee-Jo Benoit

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, February 9, 6:00 pm
- Sunday, March 9, 6:00 pm



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

The Cliff Bungalow - Mission Jazz Series Presents Jazz Under the Cliff with Lush Vocal Jazz

Wednesday, February 5, 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.

Professional vocalists and instrumentalists comprise Lush Vocal Jazz, western Canada's professional four-voice vocal jazz group. Formed in late 2019, the group had just found their fourth member and rehearsed only a few times together before being shut down by the onset of the COVID-19 pandemic. When they were able to meet again, they restarted the rehearsal process of learning complex jazz vocal charts and creating their own arrangements of jazz standards and pop tunes.

Lush derives inspiration from groups like The New York Voices, Manhattan Transfer, and the Hi-Lo's. In their few years together, they have headlined for Calgary's International Jazz Day festival, have worked with one of Calgary's top big bands, and have done numerous shows in Calgary to appreciative capacity crowds. Lush Vocal Jazz is debuting at the Cliff Bungalow – Mission Jazz Series on February 5, 2025, and will be recording their first album in the near future.



Lush
VOCAL JAZZ

Elliott Steinberg ♦ Kim Szabo ♦ Dave Kletke ♦ Glennis Houston
with
Kodi Hutchinson (Bass) ♦ Chris Tauschner (Piano) ♦ Robin Tufts (Drums)

*An evening of Lush Harmonies
and masterful Vocal Arrangements*

Presented by the
Cliff Bungalow-Mission Jazz Series
WEDNESDAY FEB 5, 2025

Doors Open 7:15 PM
Showtime 8:00 PM
Cliff Bungalow-Mission Hall
2201 Cliff Street SW, Calgary, AB

\$20 Cash at the door
\$15 CBMCA Members & Seniors

The Great Joni Mitchell

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.



February Is Heart Month

by Alberta Health Services



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.

How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

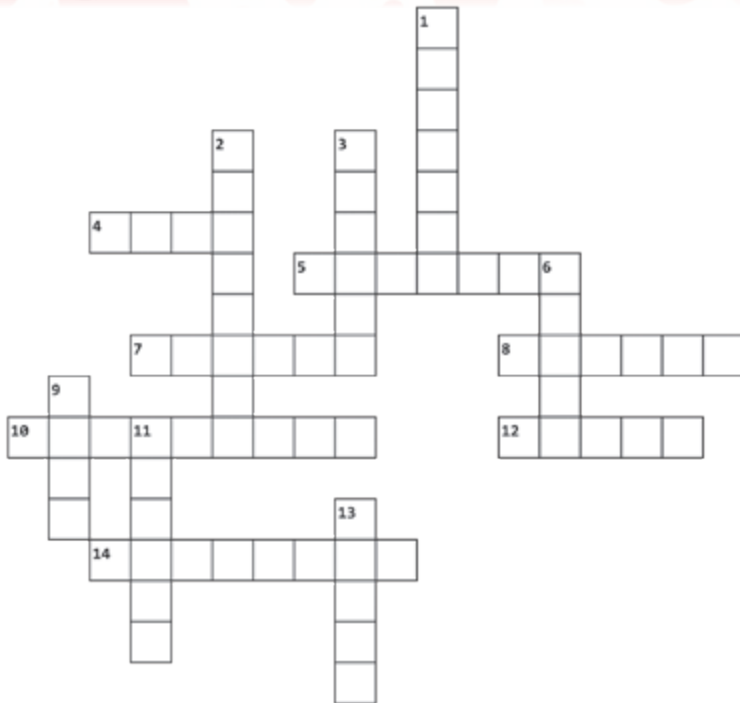
If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.





Mission Real Estate Update

Last 12 Months Mission
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$244,950	\$235,000
November 2024	\$329,900	\$317,500
October 2024	\$309,900	\$301,000
September 2024	\$350,000	\$345,000
August 2024	\$324,900	\$322,000
July 2024	\$279,900	\$276,000
June 2024	\$345,000	\$352,500
May 2024	\$319,900	\$332,000
April 2024	\$359,450	\$359,025
March 2024	\$364,500	\$360,500
February 2024	\$332,250	\$316,750
January 2024	\$420,000	\$405,000

Last 12 Months Mission
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2024	9	6
November 2024	12	7
October 2024	19	23
September 2024	24	15
August 2024	16	13
July 2024	18	11
June 2024	20	23
May 2024	30	25
April 2024	20	26
March 2024	27	20
February 2024	15	12
January 2024	13	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
December 2024	\$271,950	\$261,000
November 2024	\$299,900	\$293,000
October 2024	\$229,900	\$215,000
September 2024	\$319,900	\$315,000
August 2024	\$210,000	\$218,500
July 2024	\$199,950	\$196,500
June 2024	\$329,950	\$342,500
May 2024	\$287,500	\$308,500
April 2024	\$341,250	\$342,000
March 2024	\$224,950	\$223,200
February 2024	\$502,450	\$502,450
January 2024	\$182,900	\$168,400

Last 12 Months Cliff Bungalow
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2024	3	4
November 2024	2	5
October 2024	11	5
September 2024	11	5
August 2024	7	5
July 2024	6	4
June 2024	15	10
May 2024	10	10
April 2024	9	10
March 2024	13	8
February 2024	9	2
January 2024	4	2

To view more detailed information that comprise the above
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