

THE MISSION

JANUARY 2021

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



Photo by Torval Mork



WHAT ARE SENIORS GREATEST FEARS

We avoided COVID-19 as a health-factor at THE MANOR VILLAGE LIFE CENTERS.

- Our Exercise Therapists have launched **FALL PREVENTION TRAINING**.
- Fall Prevention Training starts with a **BALANCE TRACKING COMPUTER** that will identify the risks for falls.
- Our Exercise Therapists work with seniors with high or medium risks.



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THE MANOR VILLAGE

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Keep up to date – sign up for email updates

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 18. The theme of our AGM is celebrating our community. We had lots to celebrate even though this has been a challenging year. There was a small in person attendance and the rest were online.

The following is the new board for the next year: Bob Lang – President, Ted Knudtson – Vice President, Rick Williams – Secretary, Lucy Arellano – Treasurer, Nicole Butz - Communications Director, Lynn MacCallum – Environment Director, Marilyn Williams – Heritage Director, Zaak Karim – Planning and Development Director, Melissa Parcels – Social Director, and Kim Hoang, Brandon Hossack, Rob Jobst and Mo Saipour as Directors at Large.

You may remember that Lynn MacCallum was Environment Director a few years back. We thank her for stepping forward into this role again. Shannon Macleod and Ken Hryciw stepped down as Directors at Large. We thank both of them for their contributions to the community. They both indicated they hope to continue to volunteer. Rob Jobst moved from being Planning and Development Director to Director at Large. He has been a great asset to the community.

Twelve people were presented with a Community Hero Award. While this is higher number than normal, this has not been a normal year. More details are provided elsewhere in this issue. La Boulangerie provided delicious food at a discount. Many people helped make the last year successful, in spite of the challenges we faced. We thank everyone who helped during the last year.

Would you like to get involved with the community association?

We normally invite people attending the AGM each year to indicate if they are interested in getting involved with the community association. We did not do that this year because of the limited attendance in person. So, if you are interested, please let me know at cbmca.president@gmail.com. Please indicate what you may be interested in getting involved in.

We have things going on in planning and development, social (events), heritage, environment, and communications. The Planning and Development Committee deals with proposed new developments, proposed new uses in existing buildings, and proposed land use changes. In addition to jazz nights, social deals with special events such as, Spring/Fall Fling (date to be determined), Mission Possible / Neighbourhood Day (mid June), and pot-lucks/board game nights/trivia nights (when the virus situation improves). Heritage is involved with recognizing and protecting our historic buildings and assets. Environment deals with the Pathway and River Clean-Up (potentially in early May) and Community Clean-Up (September). Communications deals with this newsletter, updating the website, and social media. Social Media is becoming a more and more important vehicle of communication but is also labour intensive. This list is not a complete list and there are opportunities for new things.

Things continue to change in regards to our community activities.

At the time of writing this column, our community centre, along with all other community centres in Calgary, is closed. As reported in the last newsletter, we had already decided not to rent our hall to third parties until at least March 31, 2021. In addition, we cancelled our jazz events from November 28 to February 3. Things can change again, and quickly, so we encourage you to register your email address to receive updates as they occur. You register on our website www.cliffbungalowmission.com. Just go to the bottom of the first page.

New History Book on Rouleauville

A new book on the history of our community was published in 2020. The title is *Rouleauville, The Cradle of*

~continued next page~

PRESIDENT'S REPORT CONT'D

Calgary, Pre-1899 to 1907 and Beyond. It was published by our Francophone community friends – Bureau de Visibilite de Calgary (BVC). What we know as Mission, was originally a village called Rouleauville, named after the brothers Rouleau. Rouleauville existed as a village from 1899 to 1907, when it was incorporated into Calgary.

If you are interested in obtaining a copy, you can contact Suzanne de Courville Nicol at sdnicol@gmail.com or rouleauvillebook@gmail.com. Their website is www.bvcalgary.ca. The cost is \$50, which just covers the cost of publishing the book.

300 Block 25 Avenue SW

We still are waiting for the scheduling of the public hearing of City Council to consider a land use redesignation, covering 306 to 312 – 25 Avenue SW. The initially proposed land use district was MU-1 with a FAR (Floor Area Ratio) of 4.5 and a height of 24 metres. This would allow up to seven stories. Current land use allows up to five stories, 3.5 FAR, and a height of 15 metres. Four houses

(three built in 1910 and one built in 1911) would be torn down to accommodate a new building. These houses currently have several suites each. We have heard that the applicant is in discussion with the City on exactly what land use district they will apply for, and that it could be a while before this matter formally comes forward to Council.

During September 2020, we posted an online survey to find out what community residents think about building heights. This knowledge will help CBMCA as we deal with this proposed land use change. You still have an opportunity to complete this short survey and voice your opinion – go to <https://bit.ly/3hbE6FA>.

At some point, this proposed land use change will go to a public hearing of City Council, where anyone can submit written comments and can make a five-minute verbal presentation. We will send out an email when we know the date and how you can voice your opinion on this matter. Please register your email online at our website: www.cliffbungalowmission.com.

5 Excellent Reasons to Advertise in Community Newsletter Magazines

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- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
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Cliff Bungalow-Mission
Community Association

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PHOTOS FOR THE
MISSION
STATEMENT
COVER**

Send to
cbmca.editor@gmail.com

JANUARY 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 the time of writing, in early December, and is subject to change. Updates will be sent out by email. Please register 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. Doors open at or before 7:30 pm. Music starts at 8:00 pm. Performances are also online. Note that the January 6 and February 3 performances have been cancelled due to COVID-19.

Wednesday, March 3:	Wendy Lomnes
Wednesday, April 7:	Lorna MacLachlan Quintet
Wednesday, May 5:	Rick Climans Quartet
Wednesday, June 2:	Rubim de Toledo

Sometimes we do not have all the detailed information on our jazz events to publish in the newsletter. Also, sometimes the newsletter does not get delivered in time for the date of the performance. If you register your email at the bottom of the first page of the website at www.cliffbungalowmission.com, you will receive emails that provide the background information on our events.

Potlucks
Board Game Nights
Trivia Nights

Cancelled until
further notice.

This schedule can change depending on what is allowed, and the restrictions in place at that time. 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.

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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: 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: 101 17 Ave SW, \$10 off auto glass excluding rock chips and 10% off residential glass
- European Bakery: 515 – 17 Ave SW, 10% off all items
- Expedia Cruise Ship Centres: 615A – 17 Ave SW, \$50 discount towards a \$1500 Travel Package
- 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 \$30.00
- 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 so this year's renewal deadline is **November 20, 2021**. To purchase or renew your membership, just fill in this form and either:

- 1) mail it with your cheque to 462, 1811 4 Street SW, Calgary, Alberta, T2S 1W2 or;
- 2) bring to the AGM at the community hall (2201 Cliff Street SW) on November 20 (doors open at 6 pm).

<hr/>			MEMBERSHIP TYPE	
name			<input type="checkbox"/> \$10 single	<input type="checkbox"/> \$20 family
<hr/>			<input type="checkbox"/> new	<input type="checkbox"/> renewal
address			postal code	
<hr/>			card no. purchase date	
phone (home) (cell) (business)				
<hr/>			PAYMENT	
email (used only to inform you of community events and important community matters)			<input type="checkbox"/> cash	<input type="checkbox"/> cheque

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 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 2020-2021

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Ted Knudtson	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	Lynn MacCallum	cbmca.environment@gmail.com
Heritage Director	Marilyn Williams	cbmca.heritage@gmail.com
Social Director	Melissa Parcels	cbmca.socialevents@gmail.com
Communications Director	Nicole Butz	cbmca.editor@gmail.com
Directors-at-Large	Kim Hoang Brandon Hossack Rob Jobst Mo Saiepour	

Soup-er Tasty

Winter can be cold, long, and dreary. If you feel like starting a warm and fulfilling tradition, get out your favourite pots and wooden spoons, because January is National Soup Month in the United States! Get your coziest socks on, your wildest ingredients, and cook up something tasty and warm to celebrate this holiday.



Suites Available

Respite Care



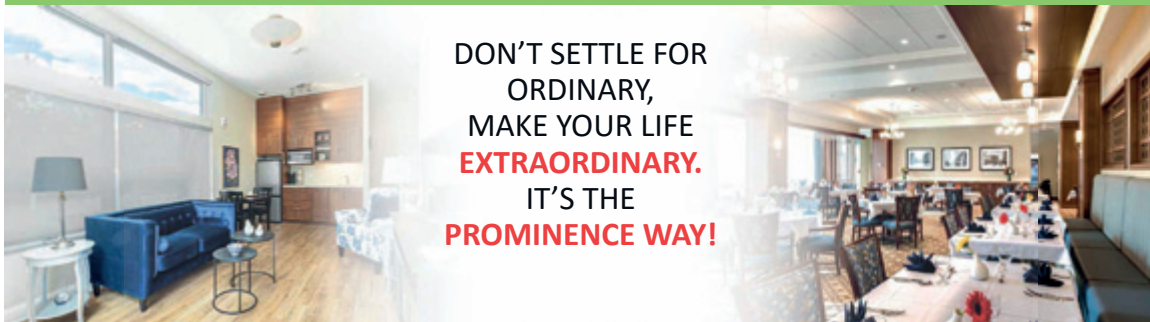
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Community Hero Award Presented at Annual General Meeting



One of the things we do at every Annual General Meeting is recognize one or more individuals who have made significant contributions to Cliff Bungalow – Mission. These awards are sponsored by Toole Peet Insurance, our

insurance broker, and are presented by the Federation of Calgary Communities, the umbrella organization for community associations in Calgary. The presentation was made by Leslie Evans, Executive Director of the Federation of Calgary Communities. The following is the text of the presentations.

Brenda Annala

Brenda Annala is our Liaison with the City of Calgary and has worked diligently to help us get our events and initiatives off the ground. Brenda is the epitome of civic dedication. Brenda helped us to access resources for our Possible Garden, helped us navigate application procedures, provided us with grant opportunities to fund our events, answered a thousand questions, and before proper funding was in place, even offered to personally donate her own money to support our Movie in the Park!

Selin Bilgin

We were approached by Selin Bilgin at the site of the new Possible Garden. This was not unusual; many folks stopped by to ask about getting a garden plot. What was out of the ordinary was that Selin was not looking for a space in the garden, she just wanted to help. "I am really inspired by what you've done here. If there is any way I can volunteer to help, I am in!" And help she did. Working with another volunteer, Selin worked to coordinate our Movie in the Park, and helped make it a model of safely held events and brought some joy into the lives of almost 100 attendees.

Lynn Gaudette

As an immigration lawyer, Lynn Gaudette is no stranger to navigating government bureaucracy. This made her a natural to head up our COVID response initiative to help Cliff Bungalow – Mission residents access financial supports in the early, uncertain days of lockdown. Lynn dropped everything to provide easy to understand, plain-language, explanations of relief program prerequisites, and application procedures, and worked one-on-one directly with residents to ensure scores of people had the financial supports they needed to survive the lockdown.

Hana Gohill

When we began to explore sites for our 'popup' Possible Garden, Hana Gohill was the first to respond to our call for help. She worked with the board to assess potential sites, often out in the rain, measuring lots and creating plans. When a suitable site was secured, Hana volunteered to take on the onerous task of garden co-manager, and participated in the garden design and building process, garden administration, mentoring our fledgling gardeners. With her strong sense of social justice, Hana worked with the garden team to identify worthy recipients of vegetables from the donation beds. She can often be found weeding the garden site by hand with a smile on her face and a kind word for all who pass by

Cayley Hanrahan

In the early days of COVID lockdown, we received an email from Cayley who felt a Movie in the Park would be a brilliant event to get residents out of their houses and safely connecting with their neighbours. She was told, "If you take the lead, we will support you", and she followed through in a big way! Cayley worked tirelessly to organize the technical aspects of the project, negotiate with service providers, recruit and train volunteers, navigate COVID prevention protocols, and ensure everything was in place to provide Cliff Bungalow – Mission residents a magical and unforgettable night of al fresco cinema.

Kim Hoang

Kim Hoang was the very first recipient of our COVID response Grocery Delivery initiative, then once out of quarantine, she became a delivery volunteer. Clever, kind, and dedicated, Kim has since taken over administration and dispatch for the program, and has it running like a well-oiled machine. Since its inception, the Grocery Delivery initiative has delivered hundreds of bags of groceries to dozens of residents in need. With Kim at the helm, the program has been so successful that talks are underway to make this a permanent service provided by the CBMCA to at-risk residents of Cliff Bungalow - Mission.

Derek Mah

At the outset of the COVID crisis, Derek Mah was one of the first volunteers approached. A truly multi-talented volunteer, Derek leapt in and applied his design talents to update the website and create our “It’s Going to Be Okay” message branding, levied his project management experience to get our fledgling initiatives off the ground, and employed his experience in federal political campaigns to wrangle volunteers. There are few CBMCA COVID Response initiatives that don’t have Derek’s fingerprints all over them.

Jill Mawer

As the Executive Assistant for Ward 8, Jill has shown the CBMCA unfailing support, be it supporting our Possible Garden with Councillor Evan Woolley (whose efforts as a member of the CBMCA board partly inspired the project), working side by side with volunteers in the River and Pathway Cleanup, helping to cut red tape when required, or guiding us to access funding for our events. EAs are some of the busiest folks in municipal administration, yet Jill always makes time for your CBMCA.

Travis ‘Red’ Oslanski and Penelope Oslanski

When we went looking for a privately-owned lot, on which to build our popup Possible Garden, most landowners showed passive interest. Red Oslanski stood out from the rest. Not only did Red willingly offer his land for the good of the community; he took an active role in the garden creation – he donated garden bed building materials (making countless trips up and down the QEII), bought supplies out of his own pocket, built bridges between neighbours, and worked side by side with volunteers, shovelling soil, mulch, and gravel in the rain. His adorable daughter Penelope has added a youthful spark, and a lovely rose bush, that keep the gardeners smiling.

Laura Ramsay and Tammy Greco

As frontline workers for Safeway, tasked with supporting the CBMCA Grocery Delivery initiative, Laura Ramsay and Tammy Greco took on the challenge of taking orders and payment, then picking the orders, all over and beyond their regular duties. They did this with grace and good humour, providing the at-risk population of Cliff Bungalow – Mission with not only safely delivered groceries, but a friendly voice in uncertain times. The groceries they helped deliver kept people fed; the time they spent on the phone patiently talking with seniors, those in quarantine, and the immunocompromised made people feel cared for.

Lindsay Seewalt

Lindsay Seewalt is the Communications Advisor for Ward 11 and is a major supporter of Calgary’s community associations. Time and time again, Lindsay has bent over backwards to further our initiatives during lockdown, by helping us to access grant funding, providing mentorship to our inexperienced teams, getting media attention for our projects, picking up garbage with Councillor Jeromy Farkas and volunteers during the River and Pathway Cleanup, and sharing our initiatives with neighbouring communities to support their efforts as well.

Amber Yeo

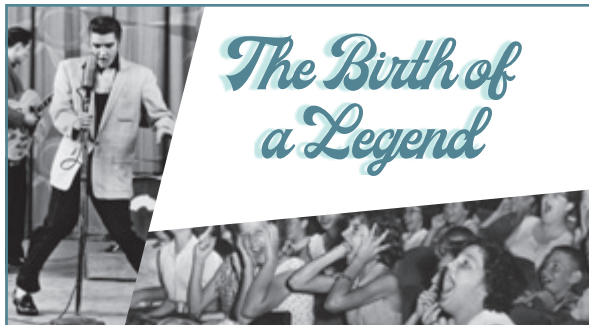
When we took on the Possible Garden project to get everyone who wanted a garden bed out of the house and gardening, Amber Yeo stepped up to offer her help. A natural leader and experienced gardener, with education in Prairie Horticulture, Amber generously assumed the role of Possible Garden co-manager, and has since worked tirelessly to help design and build the garden, to ensure smooth operations of the garden and successful yields for the gardeners, to identify deserving recipients and prepare deliveries of our donation bed vegetables, and to apply her considerable social media marketing skills to promoting the project.

Ted Knudtson

Ted Knudtson is the reason we have so many Community Hero Awards this year. When COVID-19 became our new reality, Ted jumped into action and shepherded a number of initiatives. He initiated an online information base for community people trying to figure what resources and help were available, and how to deal with the application processes. He organized a grocery delivery service with the help of our local Safeway. He liaised with a local Yoga studio and voila we had Yoga in the Park. He worked with a local landowner to create our third community garden, called Jardin Possible Garden. He filled in the Environment role to help organize the Pathway and River Clean Up, partnering with Erlton Community Association and Repsol Centre. He helped with our online Auction, which replaced our Fall Fling, which replaced our annual Spring Fling fundraiser. And last but certainly not least, he led the organizing group for the Movie in the Park, which had an attendance of over 80 people. As you can see, Ted was busy this year and we are pleased to recognize his incredible contributions to Cliff Bungalow – Mission Community in a very challenging year.

PHOTO CORNER

"Living life at the park in Mission."
Photo by Erika Ladouceur



The Birth of a Legend

Can't help falling in love with Elvis Presley's tunes? Feeling the urge to listen to that smooth, silky voice serenade your evenings? That could be because Elvis was born in January! The 8th day of January 1935 to be exact. Who would have known he was bound to be a legend?

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HEAVY CONFETTI!

Ever thought of celebrating New Year's Eve with a moose in Times Square? How about just its weight? Every year, over 2,000 pounds of confetti is released in Times Square, New York, at the ring of the bell on New Year's Eve. That is heavier than a full-grown moose!



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