

THE MISSION

MAY 2020

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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LEARN ABOUT NEIGHBOURHOOD WATCH IN CLIFF BUNGALOW - MISSION

TUESDAY SEPTEMBER 29, 2020 @ 7:00 PM
CLIFF BUNGALOW – MISSION COMMUNITY CENTRE
2201 CLIFF STREET SW

Join us for an information session and learn about how the CBMCA is working to implement a new Neighbourhood Watch program.

Meet our team, Community Resource Officer from CPS and your neighbours as we discuss ways to ensure a strong and safe community in 2020 and beyond.

Please register for this event by visiting
http://cbmca_neighbourhood_watch.eventbrite.com?s=120340407

For more information please contact us at
cbmca.watch@gmail.com

We look forward to seeing you on April 28!



VICE PRESIDENT'S REPORT

Pandemic 2020: What Legacy Will It Leave?

by Ted Knudtson

It is the beginning of April as I write this. The initial shock of the pandemic and resulting social isolation has passed, and people are grimly coming to terms with this new reality and grappling with the uncertainty it brings. How long will this last? When will we be back to work? When will things get back to normal? *Will* things get back to normal?

I wish I could say we will all get through this, but sadly this just isn't the case. As this cruel virus preys upon our elders, our sick, and our most vulnerable populations, it will leave many who will not live to see the end of this crisis. There will be businesses that close, never to re-open. There will be industries that struggle to recover. There will be a loss of innocence as we are reminded how fragile life can be, and emotional trauma that will linger long after the pandemic is under control.

Furthermore, this pandemic has brought into sharp relief the inequities extant in our society. COVID-19 is

not some great equalizer, as some have suggested. The effects of the pandemic are profoundly gendered (domestic violence has skyrocketed), classist (as evidenced by the deepening poverty and desperation of the poor and working class unable to work from home or distance in suburban homes), and racist (as seen in the disproportionate death rates of black people in the United States and in the dehumanizing treatment of refugees and immigrants throughout the world).

Amidst all of the doom and gloom, however, there could be positive change, as well.

People will have a renewed belief in the need for, and power of, connection with friends, family, and community, for it will be these things that get us through these dark days. Parents are eating breakfast regularly with their kids for the first time many can remember. People are leveraging video conferencing tools to re-engage with far-flung family, having game nights and gatherings from across continents. Community members are reaching out to their neighbours and volunteering with

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community associations, finding renewed hope in the connection these actions bring.

There will be less focus on material wealth, possessions, and status, for surely we have all seen how little those things sustain us through troubled times. As this crisis fell upon us, many sought a sense of control by spending what they could on food and supplies, only to realize a mountain of toilet paper could not make them feel safe. Instead, as our ability to consume was removed, it was our ability to learn, to experience, to sing, to dance, to love, and to laugh that gave us hope.

For many, the current crisis will encourage reflection on the negative impact human activities have on nature and the planet. As industries grind to a halt, might we see rivers running clean and skies clearing of pollution for the first time any can remember? If so, people will hunger for more, and really believe change is possible. No, the dolphins have not returned to the canals of Venice... but maybe they could!

Never again will anyone be able to dispute the need for a robust, publicly-funded healthcare system. This pandemic has proven all of us are vulnerable and need reliable, accessible healthcare. COVID-19 affects both rich and poor, and it is plain to see that dismantling or diluting the quality of healthcare we have access to will be done at peril to us all.

We will come to understand which professions truly deserve our admiration, support, and fair remuneration. We will truly value our healthcare workers, emergency service providers, and front-line staff in a lasting, meaningful way, and not just when we need them. We will come to know the true heroes in society are not pop stars and elite athletes, but grocery store clerks, social workers, truck drivers, utilities technicians, custodial staff, and every other worker who keep our society running, keep us fed, and keep us safe. And we will pay them accordingly.

This pandemic has shone a light on inequities in our society and made us aware of continuing injustices. Could this be the time we confront these inequities unflinchingly and address them? The truth is we do not all suffer equally, and it is those with more who need to rise to this occasion and play an active role in protecting those with less. As Gandhi said, "The true

measure of any society can be found in how it treats its most vulnerable members."

We will realize that we are, all of us, interconnected and interdependent. We will understand that to serve others is to serve ourselves, and we will do so willingly, selfishly (because it feels good!), and joyfully. We will understand the value of a human life, and we will look upon others and know that there but for the grace of chance or God or fate or circumstance or the universe or dumb luck go I.

There will be many legacies to come of this unprecedented time, some we can imagine, some which are as yet unknowable. But there is one thing of which I am certain: We have the power, each one of us, to start writing these legacies now.

Will this be a time where we devolve into individualism, or will we come together? Will we learn the lessons this pandemic has to teach us, or will we return to our old habits the moment we are able? Will you look back on this time with pride, knowing you rose to the challenge and did all you could support and safeguard those around you? You have the power to decide, right here, right now.

Stay safe, be well, and know that no matter how challenging things may get, it's going to be okay.

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 and the Cliff Bungalow-Mission 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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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, 2020**. 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).

name _____			MEMBERSHIP TYPE	
address _____			<input type="checkbox"/> \$10 single	<input type="checkbox"/> \$20 family
postal code _____			<input type="checkbox"/> new	<input type="checkbox"/> renewal
phone (home) _____	(cell) _____	(business) _____	card no. _____	purchase date _____
email (used only to inform you of community events and important community matters) _____				
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Consider Our Community Hall For Your Next Event

2201 Cliff Street SW

Hosting a meeting or special event? Our beautiful, conveniently-located heritage building might be just what you're looking for!

Featuring huge windows on two sides and heritage brick, the hall can be used as one large space or divided by a rolling partition. It can accommodate 104 people standing or 80 seated (chairs and tables are included). Facilities include a kitchen (with stove, oven, fridge and microwave), a wet bar (with double, glass door fridge) and a big screen to use for presentations and films.

Rental fees range from \$75 (for charitable organizations) to \$200.

For more information, contact our hall rental coordinator, Zahra, at zahra_minoosepehr@hotmail.com. Please provide two or more dates and times, in order of preference, and indicate what your intended use will be.



MAY

COMMUNITY CALENDAR

All events are at the Cliff Bungalow – Mission Community Centre (2201 Cliff St SW) unless otherwise noted.

Due to COVID-19, we have had to cancel or reschedule most events that were originally scheduled to June 30. The following is the latest information we have at time of writing (early April).

Jazz Nights

Wednesday, April 1, May 6, June 3: Rescheduled to Saturday, September 26, October 24, November 28.

Potlucks

May 3, June 14: Cancelled. Scheduled to restart on September 13.

Heritage Meeting

April 15: To be rescheduled.

Board Game Nights

May 23: Cancelled. Scheduled to restart on September 19.

Neighbourhood Watch

April 28: Rescheduled to September 29.

Trivia Nights

Scheduled to restart on September 24.

Spring Fling

May 2: Rescheduled to September 12 (Fall Fling).

Pathway and River Clean-Up

May 3: Rescheduled to September 19

Safeworks Information Meeting

May 4: To be rescheduled.

Lilac Festival

June 7: Rescheduled to September 20.

Mission Possible

June 20: Exploring new options for neighbour day with the city. Stay tuned

Picnic Potluck - Cancelled

Jazz Nights

Wednesday, September 2: Start of new jazz season from September 2020 to June 2021.

Community Clean-Up

September 12: All events in 2020 cancelled by the City, including ours.

We will update as required. To receive updates via e-mail, register your e-mail address online near the bottom of the first page of our website, www.cliffbungalowmission.com.



That Bites!

With summer on the way, mosquitos are becoming more and more prevalent. No one likes being bitten, but there is a simple way to defend yourself. Did you know that mosquitos are twice as attracted to the colour blue, as opposed to any other colour? Seems like the perfect time to bust out those bright, light summer clothes.

Look for us on Facebook, Twitter and Instagram (#cbmca)



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 2018-2019

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	Rob Jobst	cbmca.development@gmail.com
Environment	Kristyn Laird	cbmca.environment@gmail.com
Heritage	Marilyn Williams	cbmca.heritage@gmail.com
Social	Melissa Parcels	cbmca.socialevents@gmail.com
Communications	Nicole Butz	cbmca.editor@gmail.com
Directors-at-Large	Shannon MacLeod Mo Saipour	Brandon Hossack Shauna De'Andrea Ted Knudtson



Red Means Stop... For Six Months

Hitting red lights when driving is inevitable, and when you're in a hurry, these waits can feel like an eternity. Studies have shown that roughly 20% of ones time driving is spent sitting at red lights. Over the course of a lifetime behind the wheel, it is estimated that 6 months of time will have been wasted waiting for the return of the green light.

MEMBERSHIP AFFINITY PROGRAM

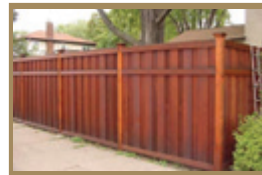
Did you know that you can save money by showing your Cliff Bungalow – Mission Community Association membership card at local businesses? The shops and restaurants listed below offer discounts and special offers to CBMCA members. Just show your up to date membership card!

- 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."



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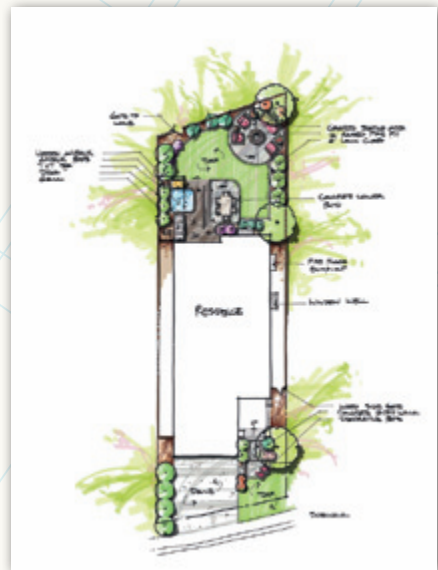


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About Wine

by Nik Rasula

About Wine features wines not typically on one's shopping radar; unique wines with a story - of people, place or style. It tells of artisans making reasonably priced wines (under \$50 retail) while demonstrating careful Earth consideration.

2017 Massaya Blanc, Faqra - Mt. Lebanon, Lebanon (www.massaya.com)

About the Backstory: Fleeing the 1975 Civil War, the Ghosn family abandoned Lebanon and escaped abroad. Returning seventeen years later, their now-adult son Sami discovered squatters occupying the family Beqaa Valley estate. Immediately, he set about the extended task of reclaiming, then rehabilitating the family property; and executed on a vision to produce great wines at the fringes of winemaking geography.

About Collaboration: In 1998, after a chance encounter with prominent winemaking families the Hebrards of Bordeaux and the Bruniers of the Rhône Valley, the Ghosns partnered with both French dynasties. Assessing Lebanon's landscape; the trio strategized planting aspect, varietal selection, and vineyard management; planting select whites on the cooler mountainside slopes, with reds set in the valley below.

About Terroir: Situated at 1,700 metres in the chalky schist of Mt. Lebanon, the tiny (two-hectare) Faqra Vineyard sits amongst the highest elevations of any in the northern hemisphere. Here, long and gentle summers (average 25C) enable gradual grape development, prevailing breezes maintain vine health, cool evenings enhance grape character, and high-altitude snowfall supplies the required moisture.

About the Wine: A blend of equal parts Obeidi, Clairette, Rolle (Vermentino), Sauvignon Blanc, and Chardonnay; the light golden pour precedes aromas of nettle, honey-suckle and fresh star fruit. In the mouth, the glycerin palate features flavours of quince, papaya and ripe golden apple preceding the long and stony finish.

About Obeidi: A native grape well suited to the hot Beqaa Valley, Obeidi is the only grape of the blend not grown on the mountain. Sourced from growers in the valley below, it provides texture and exotic fruit character to the Massaya Blanc blend. Obeidi is the traditional grape used in the making of the popular Lebanese spirit Arak.


About Pairing: Moussaka, fowl with apple/pecan dressing, white fish, creamy cheeses.

About Sustainability: Eschewing formal certification, the Ghosn/Hebrard/Brunier partnership produces all-natural wines. Grown without the use of synthetic agents, Massaya wines are fermented with indigenous yeasts and bottled without filtration.

About Price: C\$28

About Alcohol Level: 13% abv

About Availability: Check liquorconnect.com (call the listed store too) confirming availability. CSPC #814301



Emeralds Are a Girl's Best Friend

Emerald is the birthstone for May, and despite its name, the stone is not always emerald green; the stones can range from deep to pale green. Although we have been told that diamonds are a girl's best friend, emeralds are among the rarest of all gemstones, and are often more expensive than diamonds.

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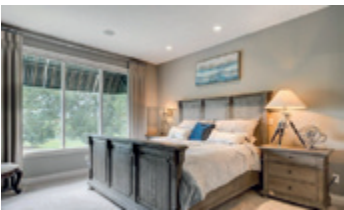
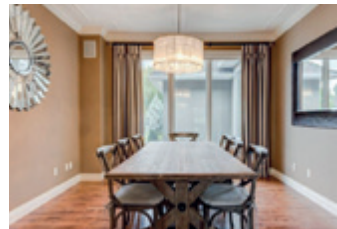


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Exploring Nature Together While Apart

by Simone Lee

Calgary River Valleys is a non-profit organization dedicated to building a strong and effective voice for river valley protection and water quality in Calgary. We consider ourselves to be “the voice of our rivers.” While our group activities are temporarily suspended, Calgary River Valleys is continuing to plan for our upcoming river-bank restorations. In the meantime, Calgary River Valleys encourages you to get outside, at a safe social distance abiding by any updated provincial and federal guidelines, and enjoy our beautiful urban waterways.

From West Nose Creek in the north to Pine Creek in the south, Twelve Mile Coulee to the west and Forest Lawn Creek to the east, Calgary has an abundance of fresh water. Our rivers and streams are also a haven for wildlife who depend on these special areas for their habitats and food. Some of the animal species to be found within the City are beavers, muskrats, cougars, deer, raccoons, eagles, porcupine, bobcats and black bears. Northern flying squirrels and pine marten have also recently been observed.

In May, migrating birds that return to the North include warblers, kinglets, song sparrows, Franklin’s gulls, and swallows. You may also observe spring indicator plant species like aspen poplar, pussy willows, and saskatoon bushes have bloomed in our river and creek valleys, and green has returned to our part of the world.

While you are out, don’t forget to bring a camera along to capture what you see around you. While the City Nature Challenge is now over, Calgarians can contribute to the iNaturalist (<https://www.inaturalist.org/>) community at any time to document our City’s beauty and biodiversity. Every observation can contribute to biodiversity science, from the rarest butterfly to the most common backyard weed. iNaturalist shares your findings with scientific data repositories like the Global Biodiversity Information Facility (<https://www.gbif.org/>) to help scientists find and use your data. All you have to do is observe, take a picture, and upload it, noting the location of where you saw that species.

For the more artistically inclined, each year, beginning on May 1, the Friends of Fish Creek Provincial Park Society, offers their Capture Nature photo contest (<https://friendsoffishcreek.org/programs/capturenature/>) as a fun and creative opportunity for park users to engage with their natural surroundings. The contest



Swallow Nests at Weaselhead, Elbow River
Photo by Susan Ryan



Photo by Lindsay Krause

is also part of the Friends’ “Social Enterprise” programming, with all proceeds contributing to their ongoing stewardship and education programming in Fish Creek Provincial Park. All submissions must be images taken in Fish Creek Provincial Park.

There are 3 new contest themes this year that they hope will spark some creativity, encourage you to visit the park often and get you to think outside of the box! These 3 themes are: “A Bug’s Eye View”, “Power & Grace”, and “Weather or Not.”

Are you up for the challenge? There is a \$25 registration fee for adults, but the program is free for youth 17 years of age or under. Register through Eventbrite starting on May 1. <https://www.eventbrite.ca/e/capture-nature-friends-of-fish-creek-photography-contest-tickets-95520098185> Please be sure to read the contest Rules and Regulations prior to registering.

We would love to see and share your photographs (with full credit) on our Facebook (@CalgaryRiverValleys) and Twitter (@clgrivervalleys) too. You can also email us at calgaryrivervalleys@outlook.com.



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Dear Friends,

The grass has turned greener and the sun is shining. As we look to brighter days as we work through the difficulties we have faced through this global pandemic of COVID-19, I am confident that we can move forward together with both gratitude for living in such a geographically beautiful place and the confidence to know that nothing can keep Calgarians down.

Even when going through tremendous hardship – from the 2013 flood, to economic hardships, to this most recent pandemic – Calgarians continue to demonstrate that they are resilient. They are also generous.

Thank you to the many of you who have taken the time to share your stories of compassion over the last couple of months. I have cherished every phone call, email and letter that has told the story of how you fought through the isolation to find ways to keep connected, how you looked out for the seniors and most vulnerable in your communities, or how you found creative ways to teach your children while comforting them through this time.

You have done this all while heeding the advice of Alberta's extraordinary Chief Medical Officer, Dr. Deena Hinshaw, to maintain physical distance when in public and to stay home when unwell. Many of you have done this while facing tremendous financial strain, job losses, and uncertainty. Today and each day, Calgary, my hat is off to you for shining your light through the darkness.

As we head toward our seventh anniversary of the June 20, 2013 flood, I know this time carries painful memories for many and uncertainty for all. I am still pushing for municipal flood mitigation projects and advocating on behalf of our city to the federal government for long-term solutions.

Please check out our Facebook LIVE events, every Thursday at 7:05 pm (to accommodate the 7:00 pm nightly homages to first responders during this time). We will continue to do these until our in-person monthly Town Halls are safe to resume, which we will keep updated at www.calgary.ca/ward11.

Reach out to my office anytime through ward11@calgary.ca if there is anything I can assist you with.

Respectfully,

Jeremy Farkas, Palliser resident and Ward 11 Councillor

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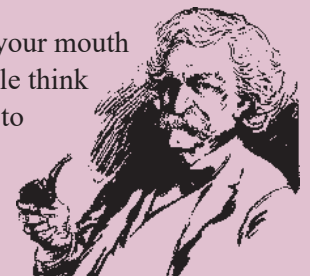
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It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.

~ Mark Twain





Healthy Indoor Air

Submitted by Carla Berezowski

Ever consider who is responsible for the safety and health in your home?

- Food: Health Canada assures food safety
- Water: Your municipality purifies your water, unless you are on a well
- Shelter: Your municipality assures compliance to codes; utility providers look after gas & electricity
- Air: You are responsible for the air quality inside of your family's home

So, How Healthy is Your Home's Indoor Air?

Is it disinfected? Sterilized? Outside, Mother Nature constantly purifies the air we breathe. Rain, wind, and lightning purify outdoor air by removing particles and other impurities. Ultraviolet energy from the sun purifies air by removing germs, odours, gases and other contaminants. The result is clean, pure, healthy air. These processes are not present in our homes. In fact, in chasing energy efficiency, we sealed our homes and prevented Mother Nature from coming in.

Without proper ventilation and air cleaning systems, pollutants get trapped inside of our homes and circulate all day long. A typical central heating and cooling system like the one in your home recirculates over a million cubic feet of air each day, air which includes dust, germs and viruses that we breath over and over again. The warm and humidified environment inside of your home tends to be an incubator for organisms. On average, a person takes up to 23,000 breaths each day. That's

a lot of contaminated air filling your lungs and affecting your body.

On a side note, did you know that disinfecting wipes actually require 10 minutes of dwell time to kill bugs as advertised? Also, according to the Centres for Disease Control and Prevention, hand washing mechanically removes pathogens, while laboratory data demonstrate that 60% ethanol and 70% isopropanol inactivates viruses that are genetically related to, and with similar physical properties as, the 2019-nCoV.

Back to air, how can you disinfect or sterilize the air that recirculates through your home? The solution is to treat the cause, not the symptoms, with a complete indoor air cleaning strategy controlling all kinds of airborne contaminants, creating cleaner, fresher and healthier indoor air environment.

Part of the solution relies on the continuous application of a botanical (ie. non smelly, harmless to your family) disinfectant to your heating and cooling system. Another element relies on using high output specialized ultraviolet energy systems that sterilize bugs dead. This is the same technology as cities use to treat water and hospitals use to sterilize. There is more!

With components added to your existing system, a proper air cleaning system will provide clean air inside your home just like Mother Nature does outside: safe, healthy and reliable indoor air to enjoy with your family and friends.

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