

THE MISSION

SEPTEMBER 2024

# STATEMENT



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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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](http://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](mailto: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	<a href="mailto:cbmca.president@gmail.com">cbmca.president@gmail.com</a> 403-229-2762
Vice President	Rob Jobst	<a href="mailto:cbmca.vicepresident@gmail.com">cbmca.vicepresident@gmail.com</a>
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Treasurer	Lucy Arellano	<a href="mailto:cbmca.treasurer@gmail.com">cbmca.treasurer@gmail.com</a>
Planning and Development	Zaak Karim	<a href="mailto:cbmca.development@gmail.com">cbmca.development@gmail.com</a>
Environment Director	Robin Thompson	<a href="mailto:cbmca.environment@gmail.com">cbmca.environment@gmail.com</a>
Heritage Director	Vacant	<a href="mailto:cbmca.heritage@gmail.com">cbmca.heritage@gmail.com</a>
Social Director	Vacant	<a href="mailto:cbmca.socialevents@gmail.com">cbmca.socialevents@gmail.com</a>
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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](mailto:cbmca.editor@gmail.com)

# 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 (August) and is subject to change. Updates will be sent out by email. Please register for these emails on our website at [www.cliffbungalowmission.com](http://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 4 - Deb Rasmussen Quartet
- Wednesday, October 2 - Deanne Matley Quintet
- Wednesday, November 6 - Rick Climans Quartet
- Wednesday, December 4 - John Gray 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 8, 6:00 pm
- Sunday, October 6, 6:00 pm – one week earlier because of Thanksgiving

**Community Cleanup 2024 - Swap! Drop! Donate!**  
**Sunday, September 22**

**10:00 am to 2:00 pm (don't be late!)**

**Western Canada High School. Entrance off 5A Street**

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

- collection of organics
- recycling of electronics
- metal collection
- exchange of still useful items you no longer want
- donate to Women in Need and Calgary Drop-In Centre

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

This schedule can change. 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 at [www.cliffbungalowmission.com](http://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:** 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.
- **Peking Dragon:** 15% on pick-up items on orders over \$30.
- **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](mailto: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](http://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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## Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

**Prep Time:** 12 minutes

**Cook Time:** 15 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



### Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!





**Samaritan Club  
of Calgary**

## Fall Super Thrift Sale

**Saturday, September 28**  
**9:00am-1:00pm**  
**Hillhurst-Sunnyside Community Centre**  
**1320 - 5th Avenue NW**

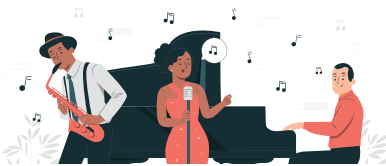
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**For More Information:**  
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### Guess the Musician!

1. This individual holds the Guinness World Record for best-selling solo artist.
2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
3. On his debut album, this musician is said to have played 27 different instruments.
4. At 1,560 words, this artist has the most words spoken in a single song.
5. This famous musician's stage name came from a popular song by the band 'Queen'.
6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.



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# Call to Local Musicians

Cliff Bungalow - Mission Community Association

is on the lookout for local talent for paid musical opportunities at our community centre.

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# The Cliff Bungalow - Mission Jazz Series Presents: Jazz Under the Cliff with Deb Rasmussen Quartet

Wednesday, September 4, 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.

The Deb Rasmussen Quartet performance will feature an exciting mixture of Deb's originals from her 2022 CD, *Unspoken* (nominated for the YYC Music Awards) and several new songs penned since then. There will also be some well-loved standards in the line-up. Jazz vocalist and songwriter Deb Rasmussen often takes a soft, understated approach to a song, but make no mistake, she can swing! She's known for her spacious, playful interpretations of standards and for the way she makes time stand still as she connects heart-to-heart with listeners.



Jon Day is a multi-instrumentalist, educator, arranger, and composer. As an accomplished trumpet player and pianist, Jon has been a featured artist in a variety of music festivals around the globe. Jeremy Coates is one of Western Canada's busiest working bass players and has traveled throughout the United States, Canada, Australia, and New Zealand, and has performed at the Montreux jazz festival. Robin Tufts is a drummer, percussionist, and dance accompanist. Robin is very active in the Calgary jazz community, playing and recording with his own Trio, Velocity and many other groups.

"She has a warm, enveloping voice, a smart sense of swing, and she's a solid songwriter ... And her trio—Jon Day on piano, Jeremy Coates on bass, and Robin Tufts on drums—is terrific." - Marc Myers, *JazzWax*.

"Poignant and powerful, *Unspoken* is a work of emotional beauty, and a treasure for connoisseurs of dulcet vocals. Highly recommended." - Midwest Book Reviewoster.



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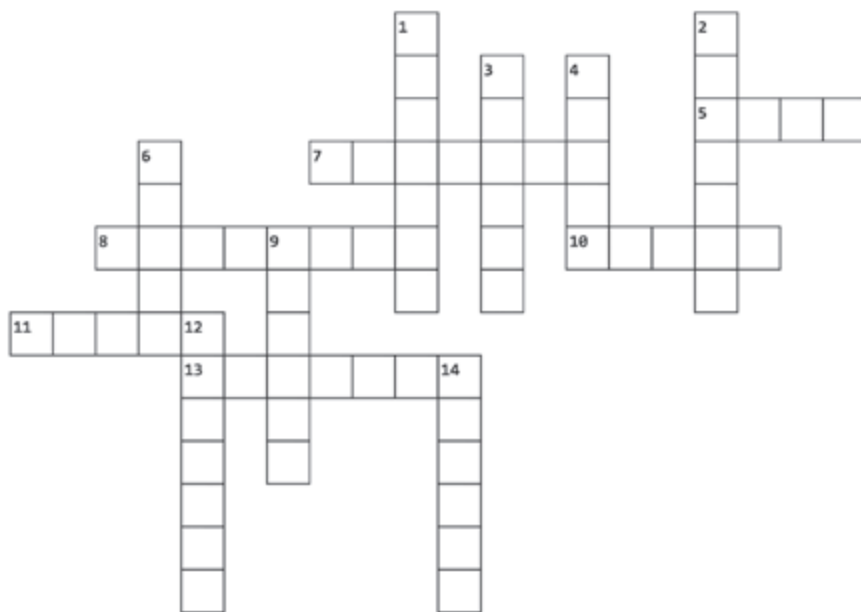


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# September Crossword



## Across

5. The first \_\_\_\_\_ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World \_\_\_\_\_ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the \_\_\_\_\_, symbolizes royalty and nobility.
10. World \_\_\_\_\_ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 \_\_\_\_\_ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, \_\_\_\_\_ was officially declared a Canadian province.

## Down

1. On September 1, 1972, Bobby \_\_\_\_\_ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, \_\_\_\_\_ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the \_\_\_\_\_ comes from the Greek word for star.
6. Treasured Canadian actor, \_\_\_\_\_ Reeves turns 60 this year on September 2.
9. September 22 is \_\_\_\_\_ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril \_\_\_\_\_ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret \_\_\_\_\_, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## 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](mailto: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](mailto: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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**CLIFF BUNGALOW**





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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

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**the Gutter Doctor**

**403-714-0711**  
**[gutterdoctor.ca](http://gutterdoctor.ca)**

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

## YOUR CITY OF CALGARY

### What is Cart Contamination?

*by the City of Calgary, Waste and Recycling Services*

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at [calgary.ca/contamination](http://calgary.ca/contamination).



## WORD OF THE MONTH

**Thaumaturgy: noun (thaw-muh-tur-jee)**

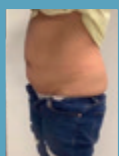
The workings of magic or miracles.

They used thaumaturgy to ensure the people felt at peace.

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