

THE MISSION STATEMENT

DECEMBER 2025



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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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 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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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 with your full name and description of the photo content.

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.

Annual General Meeting

The Annual General Meeting was held on Wednesday, November 19. At the time of writing, it is before the AGM so we cannot report on what happened until the January newsletter. However, our AGMs are always great as we celebrate our accomplishments and the people who help make them happen. We thank everyone who helped during the last year.

Ongoing Community Events

We have ongoing jazz and potlucks in the community centre. Jazz is normally the first Wednesday of the month. There is a different jazz group each month. It is an affordable night out and the jazz groups are very good.

The attendance at our jazz events has been very good. We suggest you come early, enjoy a beverage, and get a good seat.

The attendance at our potlucks has increased. The December potluck is on Sunday, December 7 and the January potluck is on Sunday, January 11. This is a great way to meet and get to know others. There is always lots of great food.

We have a new person taking over the Social Director role so there may be some new events starting in 2026.

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. Over several months, we had discussions with Montessori on how we might address these concerns.

At our June 2025 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. We will still rent out the east hall for small events like Condo AGMs.

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

History Book Is a Great Gift

We have the third printing of our award-winning history book. It is one of the most successful community books in Calgary. It is available for purchase at all our events at the community centre. Cost is still \$30 (cost recovery). This is a great way of learning the history of the community in which you live. They are great as gifts.



Discounts for Community Members

Happy Furry Tail

- 40% off Dog Training Package
- 15% off Pet Sitting





STAY UPDATED!

Newsletter

EVENTS, FREEBIES, NEWS!



www.cliffbungalowmission.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 (November) 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. Doors open at or before 7:15 pm. Music starts at 8:00 pm.

- Wednesday, January 7 - Wendy Lomnes Quartet
- Wednesday, February 4 - Deb Rasmussen Quartet
- Wednesday, March 4 - Tina Hartt Quartet
- Wednesday, April 1 - Klave Latin Band (Tricia Edwards)
- Wednesday, May 6 - Rick Climans Quartet
- Wednesday, June 3 - Varnia Henry

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, December 7
- Sunday, January 11



It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary

In foothills west a silent night

The constellations fill the sky

Forever sharing starry light

The whitetail deer in Nose Hill Park

Prancing over city's glow

Sweet homes of dancing candlelight

Gentle as the falling snow

And high on top of every tree

The stars and angels overlook

For bleak and icy winter hearts

The melting grace of warm chinook

It's Christmastime in Calgary

Though heights of mountains cold in snow

Our gifts stay warm beneath the trees

Wrapped with love by River Bow

ALBERTAWOOD

Hollywood isn't the only location to shoot great films; Alberta has become a popular backdrop for many beloved films over the years. Most recently *Die My Love* was filmed here but other blockbusters include *Brokeback Mountain*, *Jumanji: The Next Level*, *Cool Runnings*, *Inception*, *Interstellar*, *Legends of the Fall*, *The Revenant*, *Ghostbusters: Afterlife*, and many, many more!



The Cliff Bungalow - Mission Jazz Series Presents: Jazz Under the Cliff with Wendy Lomnes Quartet

Wednesday, January 7, 8:00 pm

Cliff Bungalow – Mission Community Centre

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

Calgary jazz vocalist Wendy Lomnes is known for her mellow treatment of jazz standards from beloved composers like Cole Porter, Jerome Kern, and Antonio Jobim mixed with some musical theatre and occasional pop tunes spanning much of the 21st Century from the 20s and 60s.

She is joined by Morgan McKee on piano, Jason Clarke on bass, and Jeff Sulima on drums.

Wendy Lomnes - Vocals

A native Albertan and former geologist, retirement has given Wendy a chance to explore her love of "The Great American Songbook" music from the 20s to the 70s. In addition to Calgary venues, Wendy has performed at Port Townsend, WA and the Gotham Jazz Festival, NY City. Her first CD, *Jazz in Koi-land* was recorded in 2014 and she presently is a vocalist with the Wednesday Night Big Band.

Morgan McKee - Piano

Morgan is a Berklee grad that has toured the continent and worked all over the globe. He has played jazz, pop, and theatre gigs all over Canada and the US and is an in-demand theatre conductor and composer.

Jason Clarke - Bass

Jason is a jazz performance grad from Vancouver's Capilano University. He has performed in international jazz festivals in Vancouver and Regina and on live broadcasts from CBC's Vancouver studio. He is now based in Calgary, playing both upright and electric bass.

Cliff Bungalow–Mission JAZZ Series Presents:
Wendy Lomnes Quartet



Jan 7, 2026
show 8pm
doors 7:pm



Jeff Sulima
drums



Morgan McKee
keys



Jason Clarke
bass

Cliff Bungalow
Mission
Community Hall
2201 Cliff St. SW
Calgary

Tickets: cash only at door
\$20 Community Assoc. Mbr + Sr
\$25 non-members
www.wendylomnes.com

Jeff Sulima - Drums

Jeff is a Calgary native and an in-demand drummer on the Calgary jazz scene. Living in Zurich for several years offered him opportunities to play in numerous European cities. Presently, he plays regularly with the Red Line Trio.

JOKE OF THE MONTH



Why did the football coach
go to the bank?

To get his quarter back.

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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Pedestrian Safety in the Winter

by Courtney Harron, Red Cross First Aid Instructor

Winter is an exciting season full of snow, sledding, and fun! But with snow and ice also comes slippery sidewalks, darker days, and reduced driver and pedestrian visibility. That means we all need to be extra careful when we're walking or crossing the street. A few smart choices can help you stay safe all winter long!

Take Your Time, Be Bright, and Be Seen!

Take Your Time. Everything moves a little slower in winter, walking, driving, even getting out the door! Ice and snow make slipping easier, so move slowly and carefully. Give yourself extra time when walking to school or playing outside and never run across the street. Slow and steady keeps you safe!

Look, Listen, and Wait. Crossing the street in winter can be tricky. Snowbanks might block a driver's view, and cars can take longer to stop when the roads are slippery.

Here's what to remember every time you cross:

- Stop and stay at the edge of the sidewalk. Look left, right, and left again, checking the side where cars will be closest to you last (left).
- Wait until every car comes to a complete stop before stepping onto the road.
- Make eye contact with the driver. If you can see them, they can see you.
- Even if the light says "walk," look left, right, and left once more before crossing.

Be Bright and Be Seen. Winter days are short, and it gets dark early. Sometimes it's hard for drivers to see people. Make it easy for them to spot you, the brighter you are, the safer you are!

Wear reflective clothing or add reflective stickers or patches to your jackets or backpacks.

Wear fluorescent or bright colours like red, yellow, or orange.

If it's really dark, carry a flashlight or wear a headlamp.

Watch for Slippery Spots. When it's icy, it's not just cars that can slide; people can too! Watch for shiny or wet-looking patches on the sidewalk and walk carefully. Keep your hands out of your pockets to help you balance and break your fall in case you slip. Try the "Penguin Walk":



keep your feet slightly apart, toes pointing out, and take small, careful steps, just like a penguin waddling on ice.

Safe Drivers and Smart Walkers Work Together.

Drivers try their best to go slowly in the winter, but they need your help too. When you follow safety rules, drivers can see you and stop in time. Working together keeps everyone safe!

Winter can be one of the best seasons of the year, so let's all stay safe. Take your time, be seen, and always wait for cars to stop before crossing. A few extra seconds can make a big difference. Bundle up, watch your step, and enjoy the snowy season safely!

Sunday, January 11, 6:00 pm



2201 CLIFF STREET SW

JOIN US!

Come with friends & family and bring a dish to share with your neighbours.

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Self-Care Through the Holiday Season

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

The holiday season often arrives with a mix of excitement and exhaustion. Between family gatherings, financial pressures, and the weight of expectations, it's easy to lose sight of your own well-being. Yet caring for yourself—body, mind, and spirit—is one of the most meaningful ways to experience the season with more peace and joy.

Here are some simple ways to stay grounded and well through the holidays.

1. Slow Down and Simplify

The holiday rush can make even meaningful traditions feel like chores. This year, consider doing less so you can enjoy more.

Ask yourself:

- What truly brings me joy or connection?
- What could I let go of this year?

Simplifying plans, menus, or gift lists can make space for rest, laughter, and moments of genuine presence.

2. Nourish Your Body with Care

Cold weather, busy schedules, and rich food can leave you feeling depleted. Instead of striving for perfection, focus on gentle balance.

Eat regularly, stay hydrated, and make time for movement—even a short walk outside helps reset your nervous system. Rest when you can. Your body is not a machine; it's your home.

3. Set Emotional Boundaries

The holidays often highlight complicated relationships. You have the right to protect your emotional energy.

It's okay to say "no", leave early, or change plans that don't feel right.

Boundaries aren't unkind—they're how we create safety and preserve the capacity to show up with love where it matters most.

4. Stay Connected to What Matters

Amid the noise and marketing, take moments to remember what feels meaningful to you.



That might be spiritual reflection, gratitude, giving, or time in nature. Meaning doesn't come from doing more—it comes from doing what aligns with your heart.

5. Mind Your Inner Dialogue

Many people carry silent stress about doing the holidays "right." Notice the voice of pressure or guilt and replace it with compassion.

Instead of, "I should be happier," try, "It's okay to feel however I feel today."

Self-kindness softens expectations and makes room for authentic joy.

6. Create Restorative Moments

Small, intentional pauses can have a big impact:

- Light a candle and breathe deeply for one minute.
- Step outside and notice the winter air.
- Write down one thing you're grateful for each day.
- These simple rituals help your mind and body reset amid the busyness.

7. Ask for Support When You Need It

If the holidays stir up grief, loneliness, or old wounds, you don't have to face it alone. Reach out to a trusted friend, support group, or therapist.

Sometimes the bravest thing you can do is acknowledge that you're struggling and allow others to meet you there.

8. End the Year with Reflection, Not Resolution

Before jumping into goals for the new year, pause to reflect.

What did you learn? What moments mattered most? What are you ready to release?

Reflection honours your growth and sets the stage for gentle, sustainable change—no pressure required.

Create More Memories and Less Waste This Holiday Season

by The City of Calgary - Waste and Recycling Services



The holidays bring joy—and extra waste. We generate about 25% more this time of year from wrapping paper, packaging, and leftover food. Small changes can make a big impact:

- Give experiences instead of things. Time together creates lasting memories.
- Make or repurpose gifts. Handmade or passed-down items tell a story.
- Wrap creatively. Reuse bags, bows, or wrap with fabric.
- Shop with purpose. Plan ahead and choose thoughtful gifts.
- Reduce food waste. Stick to a grocery list, use leftovers, or send extras home with guests.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options:

- Green Cart Pickup: Remove decorations, cut into small pieces, and place in your green cart.
- Drop-Off (until January 31): Take your undecorated, unbagged tree to a designated site.

Find locations at calgary.ca/christmastree.

Holiday Collection Changes

Please note blue, black, and green cart pickup date changes in your community!

- Thursday, December 25 moves to Monday, December 22.
- Thursday, January 1 moves to Monday, December 29.

Regular Thursday collection resumes January 8. Check your schedule at calgary.ca/cartschedule.

Thank you for helping keep Calgary clean and green. Happy holidays!

How Does Your Main Street Measure Up? Take The Short Survey Now

by The City of Calgary

Successful main streets bring people together. To help understand how Calgary's main streets are doing, The City of Calgary conducts an annual Main Street Metrics survey, which collects and tracks data related to how our main streets:

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Let us know how Calgary's main streets support communities and businesses in these areas by completing our short survey. Your feedback will help inform future main street improvements.

Visit calgary.ca/mainstreets to complete the short survey.

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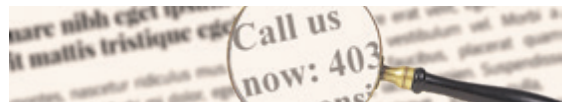
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MISSION



CLIFF BUNGALOW



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