

THE MISSION

NOVEMBER 2025

STATEMENT



www.cliffbungalowmission.com

THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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NOTICE

Cliff Bungalow – Mission Community Association

Annual General Meeting

Wednesday, November 19, 2025

Community Centre - 2201 Cliff St SW
(One block west of 5 Street at 22 Avenue SW)

Doors open at 6:00 pm | Meeting begins at 7:00 pm



Purchase/Renew Your Membership online or at the door.
You can also use the membership form in the newsletter.

Learn about the community

Elect the Board

Let's Celebrate

Our Great Community and its People



THE MANGROVE TREE PRESCHOOL & DAYCARE NOW OPEN IN MISSION/CLIFF BUNGALOW!

We're excited to announce our move to a new location:

📍 **325 23 Avenue SW, Calgary AB**

📅 **Opened on November 3rd, 2025**

At The Mangrove Tree, we nurture young minds through a rich blend of educational philosophies, including *Reggio Emilia*, *Montessori materials*, *Froebelian principles*, and *Alberta's FLIGHT curriculum framework*. Our focus on outdoor play and hands-on learning helps children thrive in a warm, inclusive environment.

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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

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.

Cliff Bungalow - Mission Community Association Board List 2025

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Rob Jobst	cbmca.vicepresident@gmail.com
Secretary	Rick Williams	cbmca.secretary@gmail.com
Treasurer	Lucy Arellano	cbmca.treasurer@gmail.com
Heritage Director	Ashia Sanders	cbmca.heritage@gmail.com
Communications Director	Trina N. Lo	cbmca.editor@gmail.com
Directors at Large	Brandon Hossack Zaak Karim Kirsten Frost	Mo Saiepour Nick Kuhl Andrea Llewellyn
Environment Director	Andrea Visser	cbmca.environment@gmail.com
Planning and Development	Vacant	cbmca.development@gmail.com
Social Director	Vacant	cbmca.socialevents@gmail.com

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.

Ongoing Community Events

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

The potlucks are generally the second Sunday, although December is the first Sunday as everyone's schedules become very busy later in December. This is a great way to meet and get to know others. There is always lots of great food.

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. During the last several months, we have been in discussion with Montessori on how we might address these concerns.

At our June 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.

Annual General Meeting

Our Annual General Meeting is on Wednesday, November 19. More details in this newsletter, emails, and social media. Doors open at 6:00 pm. The meeting starts at 7:00 pm.

We will update the Board list in the January newsletter.

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 including our AGM on November 19. 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.



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COMMUNITY CALENDAR

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

The following is the latest information we have at time of writing (October) 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, November 5 - Genevieve Phillips Quartet
- Wednesday, December 3 - Half Step Trio
- Wednesday, January 7 - Wendy Lomnes 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, November 9
- Sunday, December 7
- Sunday, January 11

Annual General Meeting

Wednesday, November 19. Doors open at 6:00 pm. Meeting stars at 7:00 pm.



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 or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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



The Cliff Bungalow - Mission Jazz Series Presents Jazz Under the Cliff with Half Step Trio

Wednesday, December 3, 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.

This musical trio takes jazz standards and puts their own funky and modern twist on them. Over several years of working together and developing their friendship they formed this trio to fulfil their love of improvised music.

- Jeremy Doody - Guitar
- Curtis Phagoo - Bass
- Tyler Reimer - Drums

Our award-winning community history book will be available for purchase at this event. Still only \$30. It makes a great gift. We have sold over 700 books so far.

CLIFF BUNGALOW-MISSION JAZZ SERIES PRESENTS

HALF STEP TRIO

FEATURING

GUITAR JEREMY DOODY DRUMS TYLER REIMER BASS CURTIS PHAGOO



TICKET PRICE

CASH AT THE DOOR ONLY
\$25 General Admission
Non-Association Members
\$20 Cliff Bungalow-Mission Community Association Members & Seniors

LOCATION

Cliff Bungalow-Mission Community Hall
2201 Cliff St. SW, Calgary

WEDNESDAY, DECEMBER 3

**DOORS OPEN AT 7PM
SHOW STARTS AT 8PM**



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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.
- **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.

name _____			MEMBERSHIP TYPE	
address _____			☐ \$10 single	☐ \$20 family
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email (used only to inform you of community events and important community matters) _____			PAYMENT	
			☐ cash	☐ cheque

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



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COMMUNITY POTLUCK DINNER

Sunday, December 7, 6 pm



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For more info:

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Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services

Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!



- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!

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YOUR CITY OF CALGARY

Improve Mental Health and Wellbeing with a Visit to the New Forest Bathing Trail at the Inglewood Bird Sanctuary

by the City of Calgary



Calgarians are invited to visit the city's first forest bathing trail, located at the Inglewood Bird Sanctuary.

Designed to support the well-being of Calgary's residents and visitors alike, the self-guided trail takes users on a sensory exploration of the sanctuary. While not literal bathing, forest bathing is a chance to “bathe” and be immersed in the forest surroundings.

The idea of forest bathing (or “shinrin-yoku” in Japanese), originated in Japan in the 1980s when there was a rise in anxiety and stress-related illnesses as people in Japan were increasingly living and working in urban centers. To support the health and well-being of people living in Japan, research was conducted to determine whether spending time in forested environments was beneficial. Studies have shown nature helps reduce stress, improve mood and sleep, boost creativity and immunity, lower blood pressure, and more.

The Forest Bathing Trail at Inglewood Bird Sanctuary consists of five stations along a one-kilometer loop. Each station features an “invitation” from a certified Forest Therapy Guide. While each invitation is unique, they all encourage reflection and offer ways for people to connect with the place using their five senses. Invitations change seasonally, with a new set of invitations offered starting November 1 (meaning anyone who has already completed the trail can come back now for a new and different experience).

For more information, visit calgary.ca/forestbathing.

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THE MANGROVE TREE PRESCHOOL & DAYCARE: Moving from 4013 Stanley Road SW to 325 23 Ave SW in Mission as of November 2025. Licensed childcare. Full-time fees: \$326.25 per month. For children aged 19 months to 4+ years. Meals, outdoor play, Reggio, Montessori & Froebel. www.mangrovetreepreschool.com. Call Ms. Fathima at 403-650-1594.

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MISSION



CLIFF BUNGALOW



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