

# THE MISSION STATEMENT

FEBRUARY 2026



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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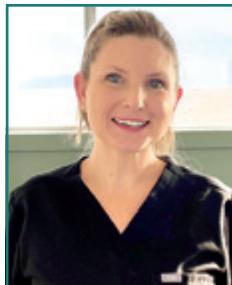
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# The Mission Statement

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  
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[www.cliffbungalowmission.com](http://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](mailto:cbmca.editor@gmail.com) with your full name and description of the photo content.

# The Cliff Bungalow - Mission Jazz Series Presents Jazz Under the Cliff with Tina Hartt Quartet

**Wednesday, March 4, 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.

Known as Calgary's "jazz singer with a French twist", Tina Hartt returns to Cliff Bungalow-Mission Jazz Series to share a performance full of "joie de vivre" that is both intense and mischievous. You'll hear funky bilingual originals, romantic French chansons, a fresh take on jazz standards, and an abundance of Latin grooves. Locking in the rhythm are Chris Tauchner on piano, Jason Clarke on bass, and Jon May on drums.

The poster features a woman with brown hair singing into a microphone. To her left, the text reads: "CLIFF BUNGALOW-MISSION JAZZ SERIES", "presents", "TINA HARTT QUARTET", "FEATURING", "Les Gardiens du Rythme". Below the singer, the text reads: "WEDNESDAY MARCH 4, Cliff Bungalow - Mission Community Hall, 2201 Cliff St SW, Calgary", "DOORS OPEN 7:00 PM, SHOW STARTS 8:00 PM", "No Reservations ~ Rush seating only ~ Cash bar", and "COVER \$25 CASH (\$20 CBMCA Members & Seniors)".

## 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 (January) and is subject to change. Updates will be sent out by email.

### Jazz Nights

First Wednesday from September to June. Doors open at or before 7:15 pm. Music starts at 8:00 pm.

- 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, February 8
- Sunday, March 8

*Discounts for  
Community Members*

### Happy Furry Tail

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



# PRESIDENT'S REPORT

## New Membership Portal

There is a new online membership portal at [www.cliffbungalmision.com](http://www.cliffbungalmision.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.

When you purchase online, you will get a receipt that acts as a membership card. You can download this to your phone. If you wish to have a plastic membership card, just bring your online receipt to a community event such as jazz or potluck. If you already have a plastic card, bring it to a community event with your online receipt and we will update the date sticker.

## Ongoing Community Events

At the moment, we have two monthly ongoing events. One is the Jazz concerts from September to June. The second is the Potlucks from September to July (the latter is in the park, weather permitting). Check out the Community Calendar elsewhere in this newsletter.

Here are a couple pictures from the January 11 potluck. You can see some of the delicious food.

We will be exploring other community events in the weeks ahead.



## 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](mailto: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.

# COMMUNITY POTLUCK DINNER

Sunday, February 8, 6 pm



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US!**

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# Ina's Story: "Mission... It Was Just the Place to Be."



"Ina reflected on her time in Mission Calgary while we sat together and looked through photographs she took back in the 1980s and 1990s. She lived just off 4th street on 23rd Ave SW. Her memories of the neighbourhood all shined through her stories as if we were walking around the streets and experiencing the neighbourhood firsthand. During her time in Mission, Ina took photographs of the buildings, the streets, and anything that caught her artistic eye, as shown in the photographs taken. Ina mentioned that in Mission, people cared for each other, the neighbours all helped each other, and above all they cared for the neighbourhood with a sense of pride.



Ina shared some of her daily routines, from walking down to the river to sit on the bench in Lindsey Park, to grabbing lunch every day at a small bakery that served some of the best French bread she has tasted.

Ina also had great experiences visiting the festivals on 4th street and visiting yearly a gentleman that sold fun-coloured socks which she wore as it would make others smile or catch their attention on the #3 bus. Ina enjoyed



going to sit by the river where she could unwind, meditate, and reflect while listening to the sound of the river. On one of her trips to the river, a beaver was sitting right beside her in peacefulness while the sounds of the water relaxed them both.

The shops were all in beautiful buildings, from the Mac's on 4th, the old location of Paros Greek Restaurant on 4th, to the old Tivoli building. They all had character and the shops inside were always changing with new vendors.

She remembers how busy it was in a good way, all the restaurants did well on the street, and it had many, and you could even see the Calgary tower from 4th street. She enjoyed walking through the neighbourhood and her favourite restaurant was a wonderful French restaurant named La Chaumiere, where she would visit frequently for the wonderful food and friendly, welcoming environment.



Ina travelled across Western Canada and up to Alaska, but after all the travels she still says that Mission has always been special to her. "It was just the place to be."

# Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit [calgary.ca/stormwater](http://calgary.ca/stormwater).



*Interview conducted between Mr. T. Speechly and Ms. Ina Roos on December 14, 2025, and transcribed by Mr. T. Speechly. Photographs were taken by Ms. Ina Roos (a photographer) in the 1980s.*

# Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

#### **1. Separate “preferences” from “deal-breakers”**

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

#### **2. Replace fantasy with reality statements**

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

#### **3. Translate irritation into meaning**

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

#### **4. Use compassion without justification**

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

#### **5. Practice present-tense acceptance language**

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

#### **6. Stop future-bargaining**

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

#### **7. Name your choice clearly**

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

#### **8. Practice grief, not resistance**

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

#### **9. Anchor acceptance in boundaries**

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

#### **10. Use curiosity over judgment.**

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

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**MISSION**



**CLIFF BUNGALOW**



## 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.
- **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.
- **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](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. 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](http://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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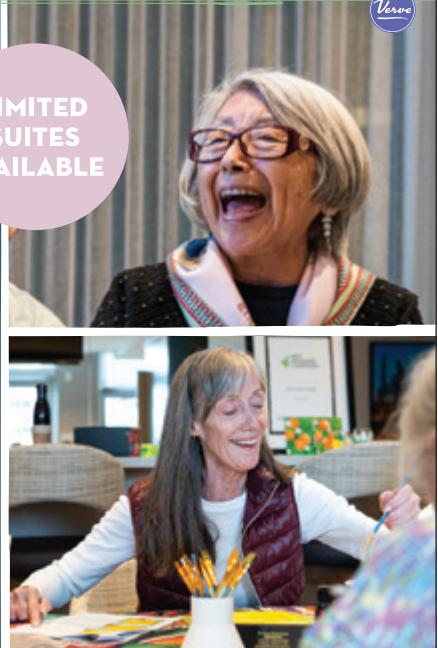
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