

# THE MISSION STATEMENT

JANUARY 2026



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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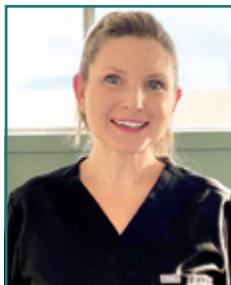


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# The Mission Statement

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  
403-245-6001  
[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.



## Cliff Bungalow - Mission Community Association Board List 2026

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

## CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



## SUBMIT YOUR PHOTOS

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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 Deb Rasmussen Quartet

Wednesday, February 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.

The Deb Rasmussen Quartet performance will feature an exciting mixture of Deb's originals and well-loved standards. 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 Review.



## THE DEB RASMUSSEN QUARTET

Presented by the  
Cliff Bungalow-Mission Jazz Series  
Wed, February 4

Doors 7:00 Show 8:00 PM

Cliff Bungalow-Mission Hall

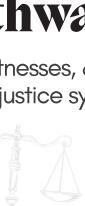
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# PRESIDENT'S REPORT

## New Membership Portal

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

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.

## Annual General Meeting

The Annual General Meeting was held on Wednesday, November 19. The theme of our AGMs is celebrating our community. As usual, we have lots to celebrate.

The following is the new board for the next year: Bob Lang – President, Rob Jobst – Vice President, Curtis Keding – Secretary, Mo Saiepour – Treasurer, Trina Lo – Communications Director, Andrea Visser – Environment Director, Ashia Sanders and Kaeleigh Doherty – Co-Heritage Directors, Hannah Hahn – Social Director, Zaak Karim and Rob Currie-Wood – Co-Planning and Development Directors and Directors at Large Kirsten Frost, Brandon Hossack, Nick Kuhl, and Andrea Llewellyn.

Six people were presented with Community Hero Awards. More details are provided elsewhere in this issue.

Many people helped during the last year. We thank everyone who helped make this a successful year.

## Celebrating 47 Years

The community association was incorporated as a registered Society on November 29, 1978. So, we celebrated 47 years of community service in November 2025. Many volunteers over the years helped do all the things we have done and accomplished during the last 47 years. Thanks to all who have contributed.

FYI - In September 1988, we took over a portion of Cliff Bungalow School which serves as our Community Centre. So, we have had a Community Centre for

37 years, just ten years after the incorporation of CBMCA. We share the building with Montessori School of Calgary.

## St. Mary's High School Celebrating 140 years

On December 9, there was a Global News report on the 140th anniversary of St. Mary's High School. Cliff Bungalow – Mission is home of two high schools with St Mary's being one of them. St Mary's was the first Catholic school formed in the province (then Northwest Territories) and was the forerunner to the formation of a Catholic school district. In fact, that was one of the objectives of Father Lacombe when he got the land grant which is now the Mission district (east of 4th Street SW). So, congratulations to St Mary's High School.

## Casino 2025 – Net Proceeds

We had a two-day casino event on August 29 and 30. On November 17, just before the AGM, we received our share of the pooled net proceeds of the third quarter casinos, \$90,925.60. Our previous casino was held in January 2024 and the net proceeds from that casino was \$79,907.30. So, this year's casino net proceeds were over \$11,000 higher. Our next casino will take place in the second quarter of 2027. Thank you to the volunteers who made this possible. This is the largest fundraiser available to us.

## Great Potluck on December 7

One of our ongoing community events is potlucks. Attendance is up from a year ago. The food is great and conversations are interesting. Potlucks are a great way to meet and get to know others who attend.

The potluck held on December 7 was definitely great. In addition to the great food, we had a sing along led by Ellis and Murray Hiebert. They do this every December potluck. We sadly said goodbye to the Warby family, Frank, Rosie, and their daughter Tilly. They are moving to Tasmania, Australia. They promised to come back and visit.

## 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

# COMMUNITY CALENDAR

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

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.



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The following is the latest information we have at time of writing (December) and is subject to change. Updates will be sent out by email. Please register for these emails on our website, [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. 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, January 11
- Sunday, February 8



**B-A-N-A-N-A-S**

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!

# Community Hero Awards 2025

Each year we recognize the contributions of some wonderful volunteers. Leslie Evans, Executive Director of the Federation of Calgary Communities, presented these Community Hero Awards at our Annual General Meeting on November 19.



## Rick Williams

Rick Williams has filled several board positions over the years since he and his wife Marilyn moved to Cliff Bungalow – Mission Community in 2005. At the 2005 AGM, he asked why we did not have a Heritage Director. From that time, we have had a Heritage Director position. Since then, he has been a Director at Large, President, Planning and Development Director, and more recently Secretary. He has also been an active part of the Planning and Development Committee. Rick continues to have a major interest in Heritage, and he is part of Calgary Heritage Initiative. We thank Rick for his contributions to this community and wish to recognize him as a Community Hero.

## Lucy Arellano

Lucy Arellano has also held several board positions since she joined the board in 2019. First, she was a Director at Large. Then in 2021 she took over the Treasurer position. From 2022 to 2024 she was also concurrently Social Director leading Spring Flings, a fun fundraiser. Another example of one of the fun events she organized was pre-Halloween events. During all this she opened a business in our community that led to flu shot clinics at our community centre. As you can see, she is very busy with all this activity. That is why she is stepping down from the board. We will miss her and we wish to recognize her as a Community Hero.

## Natasha Kuzmak

Natasha Kuzmak started gardening in the Cliff Bungalow Community Garden in 2019. She helped with the expansion of the garden in 2021. She was the Garden Coordinator from 2022 to 2024. Our community is the only one with two community gardens under the umbrella of a community association. Volunteers like Natasha are critical for a community garden to be successful. We wish to recognize Natasha as a Community Hero.

## Curtis Keding

Curtis Keding has lived in Cliff Bungalow-Mission for 18 years and worked for 20 years as a Registered Nurse at the Rockyview Hospital's emergency department until his recent retirement.



Curtis has been involved with the Mission Community Garden for about as long as he has lived here in the neighbourhood. He is an avid gardener but says that it has been the connection with the friends he has made through the garden that has been the most rewarding aspect of his volunteer experience. Curtis has collaborated with Georgina Jameson and Ian Miller—a recipient of the Community Hero Award last year—with general garden maintenance as well as contributing many of the plants that people see in the beautiful planting beds surrounding the community garden.

Curtis dove into volunteering almost immediately after moving to our community and has spent almost two decades maintaining Calgary's best community garden and beautifying William Aberhart Park for the enjoyment all who either use the park or simply pass by.

For the untold number of hours he has dedicated to the benefit and improvement of our neighbourhood, we are pleased to recognize Curtis Keding as a Cliff Bungalow-Mission Community Hero.

## Kris Morin

Kris Morin suggested we adopt a new online membership system, one that would issue an electronic receipt/membership and keep a membership list. Because we are a volunteer organization, we had trouble responding in a timely manner using the old online system that did not do these things. Kris did the research and provided three options to the board. One option was Communal, a local organization which we approved to adopt. Kris volunteered taking on implementing this option. It took a little longer to do this but Kris persevered and got the new system up and running. We thank Kris and wish to recognize him as a Community Hero.

## The Warby Family

This is the first time we have recognized a family as a community hero. They are Frank, Rosie, and their daughter Tilly.



After the 2013 flood, Rosie and Frank helped to clean houses and did other things to help those impacted by the flood.

They started attending potlucks in 2014. Their daughter Tilly was born February 4, 2016. So, Rosie was pregnant when attending potlucks prior. Tilly started to attend potlucks three months after birth. She now helps set up at our potlucks.

They have participated in Mission Possible events, Spring Flings, and Community Cleanups.

Frank has also volunteered at our casinos.

The family will be moving to Tasmania, Australia in January. We will miss them but before they go, we want to recognize them as Community Heroes.



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# Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



### Emotional Strategies (Inner Work and Regulation)

#### 1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

#### 2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

#### 3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

#### 4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

#### 5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

#### 6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

#### 7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

### Situational Strategies (Practical Boundaries and Care Structures)

#### 1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

## 2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

## 3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

## 4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

## 5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

## 6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

## 7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

## 8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

## 9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

## 10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

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# COMMUNITY POTLUCK DINNER

Sunday, January 11, 6 pm



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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).
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- **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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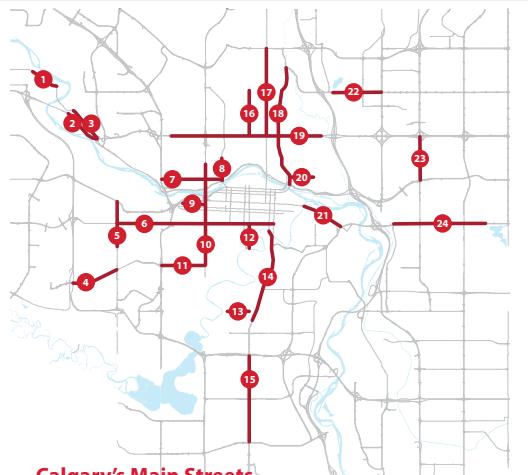


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- 5. 37 Street SW
- 6. 17 Avenue SW
- 7. 10 Street NW
- 8. 10 Avenue SW
- 9. 10 Avenue SW
- 10. 14 Street SW
- 11. 33 and 34 Avenue SW
- 12. 4 Street SW
- 13. 50 Avenue SW
- 14. Macleod Trail S (North)
- 15. Macleod Trail SE
- 16. 4 Street NW
- 17. Centre Street N
- 18. Edmonton Trail NE
- 19. 16 Ave N
- 20. 1 Avenue NE
- 21. 9 Avenue SE
- 22. 32 Avenue NE
- 23. 36 Street NE
- 24. 17 Avenue SE

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