

THE MISSION STATEMENT

JULY 2025



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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- Provision of food, water, and weather appropriate clothing
- Reducing unnecessary and inappropriate use of CPS and EMS when these interventions are not needed



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Word of the Month

Lugubrious: Adjective
(loo-GOO-bree-us)

Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.



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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, 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 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

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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

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.

Many thanks to Kris Morin who got this new system operational.

New Look for Our Website

The first page of our website has a new look, thanks to our Communications Director, Trina Lo. Check it out: www.cliffbungalowmission.com.

High Turnouts at Jazz This Year

Five out of six jazz events in 2025 have seen high turnouts. All available chairs were occupied. The next season starts on Wednesday, September 3.

Record Turnout at Potluck on June 8

There was a record turnout at our potluck on Sunday, June 8. Historically we have set up four tables for sitting. On June 8, we set up six tables. There is room for more. The next regular potluck is on Sunday, September 14.

Picnic Potluck 2025

This year's picnic potluck is on Sunday, July 13. Weather permitting, this is held outdoors in the park on the south side of the community building. If the weather is bad, it will be held indoors. Set up is at 4:00 pm and the event is at 5:00 pm.

Summer Break

After the Picnic Potluck, we will be taking a summer break for the rest of July and August. Things start again in September. September events include Jazz, Potlucks, and the Community Cleanup.

Recruiting A Couple Positions

The Social Director and Environment Director positions are vacant. If anyone is interested in exploring these positions, please contact me at cbmca.president@gmail.com.

Another Successful Lilac Festival

Even though it was a bit cooler, lots of people attended this year's Lilac Festival. Elsewhere in this newsletter is a list of the people who helped at our community table.

History Book Available at Community Events

We have sold over 650 copies of our award-winning history book. Learn about the history of your community in a very readable text with lots of pictures and maps. Cost is still \$30 (basically cost recovery). Copies are available at all events at the community centre. This is a great book for summer reading.





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ALL ARE WELCOME



POTLUCK PICNIC

● ● *in the* **PARK** ● ●

Sunday, July 13, Starts at 5:00 PM
Arrive by 4:00 PM if you can help set up!

2201 Cliff Street SW

WE'LL HAVE

- Playground for kids
- Hoops for teens & adults
- Tables and chairs under trees
- Indoor space in case of rain

BRING

- Games
- A dish to share
- Musical instruments
- Friends or Family!



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 (June) 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 (second Wednesday in January). Doors open at or before 7:15 pm. Music starts at 8:00 pm.

Jazz will restart Wednesday, September 3 with Shari Chaskin 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.

Regular potlucks will restart on Sunday, September 14.

Picnic Potluck – Sunday, July 13 at 5:00 pm. At the park on the south side of the community centre building, weather permitting. If raining or threatening rain, we will set up inside. Set up at 4:00 pm, come then if you can. Like the regular potlucks, bring something to share and get to know your neighbours.

Casino 2025 - Our next Casino is August 29 and 30, a Friday and Saturday. This is a major fundraiser for us as the money is used to pay for our community centre expenses. We need volunteers for these two days. Email Bob Lang at cbmca.president@gmail.com. Subject line should include the word "Casino".

BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!



Lilac Festival 2025

Lilac Festival 2025 was held on Sunday, June 1. The weather was variable – cool in the shade and warm in the sun. While the attendance may have been a little less than last year, there were still a lot of people. CBMCA had a table near 21 Avenue SW. We would like to thank the people who helped load Brandon Hossack's vehicle on Saturday, set up early Sunday, those who were at the booth during the event, and those who help take our stuff back to the community building. We gave out a lot of walking tour booklets. We also sold quite a few history books. All in all, a good day.

Thank You

- Lynn Becker
- Thomas Fielding
- David Frishman
- Eilis Hiebert
- Murray Hiebert
- Georgia Hoffman
- Brandon Hossack
- Ken Hryciw
- Rob Jobst
- Wayne Kennedy
- Ted Knudtson
- Allan MacInnes
- Kaili McCallum
- Terry McCallum
- Kris Morin
- Ashia Sanders



Left to Right – Bob Lang, Kris Morin, Lynn Becker, Murray Hiebert, Eilis Hiebert, Ken Hryciw, Brandon Hossack. Photo Credit – Rob Jobst.

CBMCA Casino 2025 – We Need Volunteers

Cliff Bungalow – Mission Community Association has a casino on August 29 and 30, a Friday and Saturday. This is a major fundraising activity. The net proceeds we receive are used for specific types of expenses approved by AGLC such as the operating and maintenance expenses of our community centre.

We need volunteers for us to be able to do this casino. You can volunteer for a shift on one or both days or evenings. There are three shifts per day: one from around 11:00 am to a little after 7:00 pm, one a little before 7:00 pm to a little after closing, and the count room from around 11:00 pm to a little after closing (3:00 am).

The casino venue is Elbow River Casino located at 218 – 18 Ave SE. This venue is close to our community. While it is walking distance, we can arrange for transportation.

You can put food and non-alcoholic beverages on our tab. You are not allowed to gamble during our two-day event. You are not allowed to consume alcoholic beverages before or during your shift.

If you can help, please fill out the volunteer form as soon as possible as we need to submit a formal application two months ahead. You can get the form by emailing Bob Lang at cbmca.president@gmail.com. Get the form back to Bob Lang via email or by mail. The mailing address is 1811 – 4 Street SW, Suite 462, Calgary T2S 1W2. This address is the UPS Store so you can also drop the form off there.

Do not fill in the position box. Indicate via email or on back of the form your position and shift preferences and date availability if known. Bob will contact you to confirm these details. Also provide your email address if you are mailing the form.

If you have a friend or two that might be able to help, please contact them to see if they will and get them to fill out the volunteer form as well.

You can email Bob at cbmca.president@gmail.com or phone him at 403-229-2762.

Thanks so much.

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Keep being you **Love your ears**

Community Cleanup 2025

Swap! Drop! Donate!

Saturday, September 6

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, but instead the dump trucks come to our community to receive such items.

There is also:

- Recycling of electronics
- Metal collection
- Exchange of still useful items you no longer want
- Donate to women in need

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

For further information and to volunteer, contact cbmca.environment@gmail.com.



WE WANT YOU!
- Join Our Team -

Open Positions:

- **Environment Director**
- **Social Director**



Send Your CV and Letter of Intent to:
cbmca.president@gmail.com

Cliff Bungalow-Mission • Ertton • Rideau-Roxboro
Community Associations

SWAP!
DROP! 2025 COMMUNITY CLEAN UP
DONATE!

Saturday, September 6, 10:00 AM to 2:00 PM

Western Canada High School (641 -17 Ave SW, back parking lot.

SWAP! Bring gently used items and take home something you need.

DROP! City trucks will take the stuff that doesn't fit in black bins, and we'll recycle your metal and electronics.

DONATE! The Women in Need Society will be on-site for your donations of clothing for their clients and items for their thrift store.



It's Our Mission!

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has approved this research (REB25-0445)**
Please contact Dr. Robyn Mae Paul for any questions or clarifications:
robyn.paul@ucalgary.ca

In Partnership with the Cliff Bungalow Mission Community Association

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. Last year's AGM was Wednesday, November 20, 2024. 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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Ever wonder where the phrase “best thing since sliced bread” comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!



Call to Local Musicians

Cliff Bungalow - Mission Community Association

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

Please reach out to cbmca.editor@gmail.com

What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

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