

THE MISSION

MAY 2026

# STATEMENT



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THE OFFICIAL NEWSLETTER OF THE CLIFF BUNGALOW - MISSION COMMUNITY ASSOCIATION



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# Newsletter

EVENTS, FREEBIES, NEWS!



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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](mailto: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

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Vice President	Rob Jobst	<a href="mailto:cbmca.vicepresident@gmail.com">cbmca.vicepresident@gmail.com</a>
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Communications Director	Trina N. Lo	<a href="mailto:cbmca.editor@gmail.com">cbmca.editor@gmail.com</a>
Environment Director	Andrea Visser	<a href="mailto:cbmca.environment@gmail.com">cbmca.environment@gmail.com</a>
Social Director	Hannah Hahn	<a href="mailto:cbmca.socialdirector@gmail.com">cbmca.socialdirector@gmail.com</a>
Planning and Development	Rob Currie-Wood Zaak Karim	<a href="mailto:cbmca.development@gmail.com">cbmca.development@gmail.com</a>
Directors at Large	Brandon Hossack Andrea Llewellyn	Nick Kuhl
Rentals		<a href="mailto:cbmca.rent@gmail.com">cbmca.rent@gmail.com</a>

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.

# 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 management from our volunteers.

To get to the location online, click "Get Involved". Then click "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 night or a potluck. If you already have a plastic card, then bring it to a community event with your online receipt and we will update the date sticker.

## Upcoming 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.

There was only standing room available near the start of the April 1 Jazz event. The group played Latin music and songs which were very well received. In order to get a good seat, we recommend you come early and enjoy a beverage.

We have formed a new Social Committee. Would you like to join it and get involved in helping events happen? Contact Hannah Hahn at [cbmca.socialdirector@gmail.com](mailto:cbmca.socialdirector@gmail.com).

## Board Update

Ashia Saunders, one of our Heritage Directors, has stepped down from the Board. She has moved out of Calgary to near Strathmore and found the commute to meetings too difficult. We thank her for her contributions to the community.

## Lilac Festival

Lilac Festival this year is on Sunday, June 7. The Lilac Festival is the largest street event in Calgary and we helped get it started in 1990. We are registered to be near our usual location on the east side of 4 Street SW near 21 Avenue SW. We will need help setting up at 8:00am, being at our booth from 10:00am to 6:00pm and tearing down and transporting our things back

to our community centre at 6:00pm. Contact Bob at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com).

## 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. In the past, we had concurrently been renting the whole hall after 5:00pm. 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, 2025. We will still use the whole hall for CBMCA events such as jazz nights and potlucks. We will still rent out the east hall for small events like Condo AGM's.

For rental inquiries, e-mail [cbmca.rent@gmail.com](mailto:cbmca.rent@gmail.com).

## History Book Third Printing

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 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 (April) and is subject to change. Updates will be sent out by e-mail.

## Jazz Nights

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

Wednesday May 6 - Rick Climans Quartet

Wednesday June 3 – Andrea Petrity Trio – note change  
Break for summer. Restart Wednesday Sep 2

## Potlucks

Regular potlucks are held in the hall. They start at 6 pm but we need help with set up at 5 pm. Bring something to share and get to know your neighbours.

Sunday May 3 – one week before Mothers Day

Sunday June 14 – one week after Lilac Festival

## Lilac Festival

Sunday, June 7 – 10:00am to 6:00pm

We will be located near our usual location on the east side of 4 Street near 21 Avenue. We will need help setting up at 8:00am, being at our booth for 2 hour shifts 10:00am to 6:00pm, helping tear down and transporting our things back to the community centre. Contact Bob at [cbmca.president@gmail.com](mailto:cbmca.president@gmail.com).

## Picnic Potluck

Sunday, July 12 – in the park on the south side of our community centre, weather permitting. We need help setting up at 4:00pm. Event starts at 5:00pm.

## Social Events Contact

Got ideas for community social events and want to help? Join the Social Committee. Contact Hannah Hahn at [cbmca.socialdirector@gmail.com](mailto:cbmca.socialdirector@gmail.com).





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SCAN ME

# Five Early Season Gardening Tips



May is one of the most exciting times of year for gardeners in Cliff Bungalow-Mission. As the days get longer and everything starts to come back to life along the Elbow River and our tree lined streets, it's the perfect moment to get your garden going.

A few tips to set yourself up for success this month:

**Be patient with planting:** Calgary weather can still surprise us! Hold off on tomatoes, peppers, and other tender plants until after the May long weekend, but feel free to plant hardy greens like lettuce, kale, spinach, and peas now.

**Refresh your soil:** After a long winter, your garden beds will benefit from compost or fresh soil to bring nutrients back in and support healthy growth.

**Start small (or swap!):** Herbs and seedlings are a great place to begin and a perfect excuse to connect with neighbours. Easy starter options include basil, mint, chives, parsley, and cilantro, along with beginner-friendly vegetables like leaf lettuce, green onions, and cherry tomatoes (started indoors).

**Support pollinators:** Adding native or bee-friendly plants helps support our local ecosystem. Great options for Calgary include wild bergamot (bee balm), prairie crocus, yarrow, blanket flower, and asters. These are all hardy, beautiful, and loved by pollinators.

**Clean up with care:** As you clean up your yard, keep an eye out for early pollinators and insects that may still be sheltering, such as bumblebees, mason bees, ladybugs, and butterflies emerging from chrysalises. Leaving some stems or leaf litter a little longer can help protect them.

Gardening in our community isn't just about plants, it's about connection! Whether you're tending a plot in the Cliff Bungalow or Mission Community Garden, your backyard, balcony, or a few pots on your step, you're contributing to a greener, more vibrant Mission.

Happy planting!

*Andrea Visser*

Environment Committee Director, CBMCA

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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.
- **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](mailto: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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email (used only to inform you of community events and important community matters) _____		<input type="checkbox"/> cash	<input type="checkbox"/> cheque

# THE CLIFF BUNGALOW - MISSION JAZZ SERIES PRESENTS

## Jazz under the Cliff with **Andréa Petrity Trio**

Wednesday, June 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.

Following a recent solo piano performance, a patron approached Andréa to share his observations and emotions experienced throughout the evening;

he noted that amidst all the current global turmoil, music has the power to transport us to a better place. The piano's universal language allows us to transcend geographical boundaries; it can convey emotion and tell stories that resonate with people worldwide.

Andréa feels fortunate for the opportunity to make music and share it with audiences.

A diverse range of musical styles, interpretations, tempos, and moods can be anticipated for this upcoming performance.

Andrea Petrity – piano  
Robin Tufts - drums  
Stefano Valdo - base



CLIFF BUNGALOW - MISSION JAZZ SERIES PRESENTS

**Andréa Petrity** TRIO

ANDRÉA PETRITY PIANO | ROBIN TUFTS DRUMS | STEFANO VALDO BASS

WEDNESDAY  
**JUNE 3, 2026**  
DOOR @ 7:00 PM ~ MUSIC @ 8:00 PM

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# Is Your Relationship Boring? Congratulations.

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When you're in a healthy relationship, things shouldn't be constantly bothering you. No anxiously checking your phone every five minutes (or sneaking a peek at theirs), decoding texts, or wondering where you stand in the relationship daily. There are no emotional roller coasters, no high-stakes arguments that leave you questioning everything.

At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as "chemistry" is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what's missing is the anxiety, not the love.

In a healthy relationship, love doesn't spike your stress levels or leave you questioning your worth. It doesn't require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you've been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a "boring" relationship is the space it creates. You don't have to shrink yourself to keep the peace. You're not walking on eggshells. You can simply be who you are, and feel accepted in that.



No chasing, seeking affirmations, or changing who you are. That's what creates a sense of grounding and safety.

Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn't feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It's choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it's just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn't have to be loud to be deep and real.

Maybe "boring" is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn't drain, confuse, or exhaust you is incredibly valuable.



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To find a drop-off location near you, visit [calgary.ca/HHW](http://calgary.ca/HHW).

\*This program is for residential drop-off only.

## Joke of the Month

What did one ocean say to the other?

Nothing. It just waved.



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CLIFF BUNGALOW



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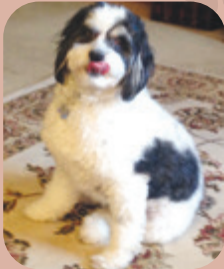
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In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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