

THE MISSION

MAY 2023

STATEMENT



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MISSION



CLIFF BUNGALOW



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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 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 2022-2023

President	Bob Lang	cbmca.president@gmail.com 403-229-2762
Vice President	Vacant	cbmca.vicepresident@gmail.com
Secretary	Rick Williams	cbmca.secretary@gmail.com
Treasurer	Lucy Arellano	cbmca.treasurer@gmail.com
Planning and Development	Zaak Karim	cbmca.development@gmail.com
Environment Director	Robin Thompson	cbmca.environment@gmail.com
Heritage Director	John Mikhayel	cbmca.heritage@gmail.com
Social Director	Lucy Arellano	cbmca.socialevents@gmail.com
Communications Director	Vacant	cbmca.editor@gmail.com
Directors at Large	Brandon Hossack Catherine Carlyle	Mo Saiepour

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

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:** 305 – 2204 2 St SW (Holy Cross Centre), Tel 587-317-2040, 10% off tax and bookkeeping services.
- **Clear Float Spa:** 105 – 1800 4 St SW, 10% discount (except for the Theta Membership).
- **Economy Glass:** 112 17 Ave SE, \$10 off auto glass excluding rock chips and 10% off residential glass.
- **Element Cafe:** 331-17 Ave SW, 10% discount.
- **European Bakery:** 515 – 17 Ave SW, 10% off all items
- **Famoso Neapolitan Pizzeria:** 105 – 2303 4 St SW, 10% off food and beverages.
- **4th Street Liquor & Wine:** 1809 – 4 St SW, 10% off all items.
- **Landmark Centre Second Cup:** 506 – 17 Avenue SW, 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:** 515 – 17 Ave SW, 10% off on pick up orders and 5% off on delivery orders.
- **Momentum Health Mission:** 909 – 2303 4 St SW, \$25 off initial assessment (includes massage), 15% off all products they sell, free gait assessment.
- **Peking Dragon:** 105 – 601 17 Ave SW, 15% on pick Up items on orders over \$30.
- **Rideau Pharmacy:** 1801 – 4 St SW, 15% off front store items (excludes prescriptions).
- **The Spa Wellness:** 2206 — 2 St SW, 10% off members for all treatments.
- **UPS Store:** 1811 – 4 St SW, 5% off all products and services (excludes Canada Post products).
- **Without Co:** 103 – 2115 4 St SW, 10% discount.
- **Yann Haute Patisserie:** 329 – 23 Avenue SW, 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 23, 2022. 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.

name _____			MEMBERSHIP TYPE	
address _____			<input type="checkbox"/> \$10 single	<input type="checkbox"/> \$20 family
postal code _____			<input type="checkbox"/> new	<input type="checkbox"/> renewal
phone (home) _____	(cell) _____	(business) _____	card no. _____	purchase date _____
email (used only to inform you of community events and important community matters) _____				
			PAYMENT	
			<input type="checkbox"/> cash	<input type="checkbox"/> cheque

President's Report

Keep up to Date – Sign Up for Email Updates

Things can and do change, and quickly. The newsletter is not frequent enough to communicate things that are changing on short notice in regards to the community association, the community centre, and community events.

So, in order for us to keep you up to date, please register your email address near the bottom of the first page of our website. Our email list is then updated to include your email address. The website address is www.cliffbungalowmission.com.

Recruiting a Couple Positions

The Vice-President and Communications Director positions were not filled at the AGM. If anyone is interested in exploring these positions, please contact me at cbmca.president@gmail.com.

Lilac Festival 2023

This year's Lilac Festival is on Sunday, June 4 from 10:00 am to 6:00 pm. We will have a table and need volunteers for the set up (8:00 am), during the event (10:00 am to 6:00 pm, two-hour shifts), and take down (6:00 pm). Please contact me at cbmca.president@gmail.com.

Mission Possible 2023

Mission Possible 2023 will take place on Saturday, June 17. This is an outdoor event with food and entertainment. Of course, if it rains, we will be inside the hall. Either way, it is a fun event that celebrates our community. It started in 2013 as a result of the flood.

Mission Possible is our equivalent of Neighbour Day that started in 2014. We basically were the forerunner of this City-wide day. More details via email closer to the event. Would you like to help? Contact Lucy at cbmca.socialevents@gmail.com.

Movie in the Park 2023

This year's Movie in the Park is scheduled for Saturday, July 22. More details closer to the event. Would you like to help? Contact Lucy at cbmca.socialevents@gmail.com.

Bulletin Board is Another Source of Upcoming Events

There is another source of upcoming events; it is the new bulletin board on the north side of the community centre. The cover shows a picture of it with recent event posters (thanks to Rick Williams).

We Need Pictures of the Community

You may have noticed that recent covers of our newsletter have not had pictures of the community. If you see a great picture subject and have a high-resolution camera, please take a picture and send it to cbmca.editor@gmail.com. We will acknowledge your submission if used.

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.



Violet King

In 1919, John and Stella King, descendants of black American settlers, moved to Calgary's Hillhurst-Sunnyside. In 1929, their daughter Violet was born. She would later attend the University of Alberta and become Canada's first black woman lawyer. An advocate for women and racialized individuals, Violet's many accomplishments live on today.



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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 (February) and is subject to change. Updates will be sent out by email. Please register for these emails at the bottom of our website at www.cliffbungalowmission.com.

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.

- **Wednesday, May 3** - Pat Belliveau Quartet
- **Wednesday, June 7** - Mari Jo de Waal Quintet

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.

Lilac Festival 2023

Sunday, June 4 from 10:00 am to 6:00 pm

*Plus set up at 8:00 am and take down at 6:00 pm

Want to help? Contact Bob at cbmca.president@gmail.com.

Mission Possible 2023

Saturday, June 17

More details to follow. Want to help? Contact Lucy at cbmca.socialevents@gmail.com.

Movie in the Park 2023

Saturday, July 22

More details to follow. Want to help? Contact Lucy at cbmca.socialevents@gmail.com.

This schedule can change. We will update as new information is available. To receive updates via email, register your email address online near the bottom of the first page of our website, www.cliffbungalowmission.com.



RESIDENT PERSPECTIVES

Stargazing with Pat J

How Come We Don't Have a Lunar or Solar Eclipse Every Month?

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Let's take a trip down memory lane and imagine that our solar system is an old-style music record album with the Sun in the middle and each song representing a planet's orbit.

As the planets formed at the same time, about 4.6 billion years ago, they were all pretty much level with each other. Astronomers refer to this flat disk as the ecliptic plane.

Now, considering its traumatic birth was the result of a Mars-sized object smashing into Earth, our Moon has never been one to follow the crowd.

First off, over the course of each month, the Moon's orbit around Earth varies from 5 degrees above the ecliptic plane to 5 degrees below.



A full moon takes place when the Earth is between the Moon and the Sun. If the Sun, Earth, and Moon all line up perfectly, with the Moon smack dab on the ecliptic plane, the Moon will enter the Earth's shadow and a lunar eclipse will occur.

Conversely, a new moon happens when the Moon is between the Earth and the Sun. If all three align, with the Moon on the ecliptic, the Moon's shadow will move across the surface of the Earth and a solar eclipse will occur.



The reason we don't have a lunar or solar eclipse every month is because most of the time, the Moon's orbit is either above or below the ecliptic plane, which causes the Moon to miss Earth's large shadow or Earth to miss the Moon's tiny shadow.

A lunar eclipse occurs about three times a year while a total solar eclipse only happens every 18 months.

CLIFF BUNGALOW - MISSION JAZZ SERIES

PRESENTS:

the MJ de Waal Quintet

WEDNESDAY JUNE 7, 2023

CLIFF BUNGALOW - MISSION COMMUNITY HALL

2201 Cliff Street SW Calgary

Doors open at 7:15 pm Show starts at 8:00 pm

Tickets are **cash** at the door only and are \$15 for Cliff Bungalow-Mission Community Association members and seniors - \$20 for non-members

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SAX & FLUTE

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BASS

JOHN DE WAAL
DRUMS



Recruiting a New CBMCA Vice-President

We are recruiting a new Vice-President. If you would like to explore taking on this important role, please contact Bob Lang at cbmca.president@gmail.com.

The Vice-President:

- Is part of the Board of Directors of Cliff Bungalow – Mission Community Association
- Is a position that is elected annually at the Annual General Meeting or is appointed by the Board in between AGMs
- Is an ex officio member of all committees
- Fills in the role of the President when the President is not available
- May take on leading special projects
- May take on other matters and activities that may be requested by the Board



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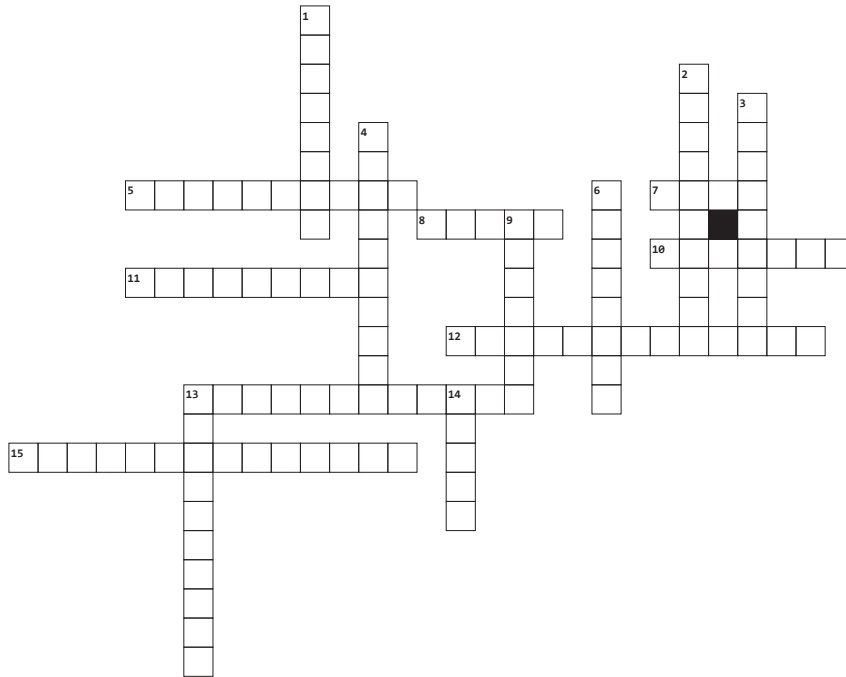
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May Crossword Puzzle



Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World _____ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved _____'s theory of general relativity.
9. Canada's first _____ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of _____ was taken.

SCAN THE QR CODE FOR
THE ANSWER KEY



Understanding Our Natural Supports

from Alberta Health Services

Social connection positively impacts our health and wellbeing in many ways! It can boost our mood, assist with emotional regulation, increase self-esteem and empathy, and even improve our immunity.

The concept of Natural Supports captures all the mutually beneficial connections present in our life. It acknowledges that connection can grow in a variety of ways and helps us understand different kinds of relationships. These can be on a closer level with family and friends but can also be found on a broader level with neighbours and community organizations. There are different types of connecting; it can be in the moment (social snacking) or planned (mentoring). Whether it is one-on-one or in a group, all connections add value to our support network.

Take a moment to reflect on where you find meaningful connection with others in your life. See if you can find examples of the following:

Social Snacking: Although they are usually easy and casual, social snacking adds to happiness, identity, and our sense of belonging. Examples include saying “hi” to people you pass on your walk, smiling at others as you wait in line for coffee, or chatting with your new neighbour.

Naturally Supportive Communities: Living in naturally supportive communities helps people cope with difficult challenges life may throw at us. It takes a group effort between individuals, organizations, and businesses to develop a sense of belonging and connectedness. This can include coming together to map out current opportunities for connection, set collective goals, and share resources.

Mentorship/Mentoring: This relationship is between a caring individual that assists a young person with support, advice, friendship, and constructive role modelling. This connection commonly grows through coaching or getting involved in local youth groups.



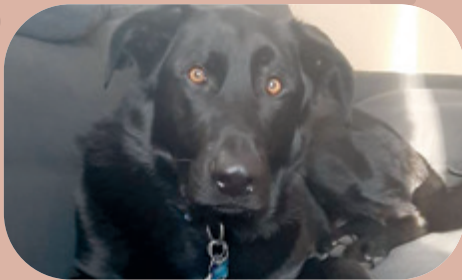
Professionals Facilitating Natural Supports: This is a planned type of support that links individuals with professionals to ensure wellbeing and connection. These professionals can also help individuals bond with their closer natural supports. For instance, a social worker can support the reconnection between members of extended family.

Natural supports look different for everyone in terms of their strength, how they enhance our life, and how they develop over time. However, the key thing to always remember is that connectedness is essential!

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Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

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Recruiting a New CBMCA Communications Director

We are recruiting a new Communications Director. If you would like to explore taking on this important role, please contact Bob Lang at cbmca.president@gmail.com.

The Communications Director:

- Is part of the Board of Directors of Cliff Bungalow – Mission Community Association
- Is a position that is elected annually at the Annual General Meeting or is appointed by the Board in between AGMs
- Leads the Cliff Bungalow – Mission Community Association's communications with the community
- Oversees our newsletter, website, and social media communication vehicles
- Takes an active role in putting out the monthly newsletter (published by Great News Media)
- Encourages Board members and community members to contribute to the monthly newsletter, including articles and pictures
- May form and chair a Communications Committee
- Provides support to other CBMCA committees on communication-related matters
- Keeps the Board of Directors updated on communication-related matters



THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!

GAMES & PUZZLES

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE
FOR THE ANSWERS!



BRAVEHEART



This May marks 28 years since the release of the Mel Gibson directed film, *Braveheart*. The film, which portrays the Scottish revolt against the British in the 13th century, was nominated for ten Academy Awards, five of which it won. *Braveheart* was such a success that it increased tourism in Scotland!



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Tuna Tostadas

by Jennifer Puri



To fold or not to fold is the difference between a tostada and a taco.

The decision to stuff toppings into a taco or pile toppings on a tostada is up to you.

The early Mexicans determined that the best way to extend the shelf life of a stale tortilla was to toast it. It appears that avoiding food waste was as important then as it is now.

There are many popular Mexican food options, but the taco is an international favourite, and there are few better ways to achieve a combination of flavours in one bite.

A tortilla fried or toasted is a delicious crunch base and can be topped with refried beans, cheese, Mexican rice, lettuce, tomatoes, ground beef, shredded chicken, or ahi tuna used in the recipe for tuna tostadas.

Prep Time: 20 minutes

Cook Time: 8 minutes

Servings: 4

Ingredients:

- 500 gm ahi tuna
- 2 cups thawed mango chunks
- 1 jalapeno pepper, seeded and chopped
- 3 tbsp. chopped coriander leaves
- ½ cup red onion, finely chopped
- 1 cup chopped cucumber
- 3 tbsp. extra virgin olive oil
- 2 tbsp. freshly squeezed lemon juice
- 6 tbp. mayonnaise
- 2 chipotle peppers in adobo sauce, finely chopped
- 4 x 6-inch corn or flour tortillas
- 4 tbsp. vegetable oil

Directions:

- Slice ahi tuna into bite size pieces and set aside.
- Cut mango chunks into half-inch pieces and place in a medium size mixing bowl. Add chopped, de-seeded jalapeno, red onion, cucumber, coriander leaves, lemon juice, and olive oil. Now add ahi tuna pieces and gently blend together, cover, and set aside.
- Prepare the adobo mayo dressing by combining the chopped chipotle peppers and a little of the adobo sauce with the mayonnaise.
- In a heated frying pan or skillet, place a tablespoon of vegetable oil and one tortilla. Fry tortilla, flipping once or twice until crispy, approximately one to two minutes. Remove from pan and place on paper towel to drain of any excess oil. Repeat process with remaining tortillas.
- Place individual tostadas on dinner plates and top with ahi tuna mixture. Garnish with a tablespoon of adobo mayo dressing, a few coriander leaves, and serve.

Bon Appétit!





Mission Real Estate Update

Last 12 Months Mission
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2023	\$ 295,000	\$ 287,800
February 2023	\$ 294,900	\$ 292,000
January 2023	\$ 299,900	\$ 293,000
December 2022	\$ 375,750	\$ 371,250
November 2022	\$ 299,999	\$ 295,000
October 2022	\$ 304,450	\$ 297,500
September 2022	\$ 384,900	\$ 366,250
August 2022	\$ 349,900	\$ 342,000
July 2022	\$ 299,800	\$ 315,000
June 2022	\$ 345,000	\$ 340,000
May 2022	\$ 325,950	\$ 314,000
April 2022	\$ 309,900	\$ 298,750

Last 12 Months Mission
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2023	20	17
February 2023	26	15
January 2023	9	7
December 2022	4	4
November 2022	4	13
October 2022	13	12
September 2022	14	12
August 2022	13	14
July 2022	14	11
June 2022	15	11
May 2022	26	22
April 2022	23	14

To view more detailed information that comprise the above
MLS averages please visit miss.mycalgary.com

Cliff Bungalow Real Estate Update

Last 12 Months Cliff Bungalow
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2023	\$ 345,000	\$ 355,000
February 2023	\$ 219,000	\$ 208,000
January 2023	\$ 259,900	\$ 255,000
December 2022	\$ 219,900	\$ 210,000
November 2022	\$ 257,900	\$ 249,000
October 2022	\$ 799,900	\$ 792,500
September 2022	\$ 314,000	\$ 308,950
August 2022	\$ 474,900	\$ 462,450
July 2022	\$ 299,900	\$ 297,500
June 2022	\$ 178,000	\$ 178,000
May 2022	\$ 225,000	\$ 220,000
April 2022	\$ 260,000	\$ 252,000

Last 12 Months Cliff Bungalow
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2023	3	7
February 2023	10	3
January 2023	2	3
December 2022	4	3
November 2022	3	5
October 2022	2	3
September 2022	9	6
August 2022	5	4
July 2022	4	4
June 2022	10	5
May 2022	6	5
April 2022	5	3

To view more detailed information that comprise the above
MLS averages please visit cliff.mycalgary.com

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How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

1

Go to **inaturalist.ca** or download the app.

2

Look around your favourite park or backyard for any **insects visiting a flower.**

3

Take a least **2 clear photos of an insect**, preferably from multiple angles.

4

Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves/whole plant.

5

Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.

6

Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



Alberta is home to hundreds of different pollinators – more than 330 kinds of bees, as well as flies, beetles, wasps, and other insects that are critical to our local food supply. We want to get to know the pollinators that call Calgary home and what plants best support them, and you can help! **Community science** involves the collaboration between scientists and the general public to collect and analyze data. The data you uploaded to iNaturalist can be used in research around the world, and close to home!



✉ sustain@ucalgary.ca | [@dollecology](https://www.instagram.com/dollecology)