

MAY 2020

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

Thank
you!

TO ALL THE FRONT-LINE
WORKERS DURING
COVID-19



TO ALL THE PEOPLE WHO MADE SURE OUR ESSENTIAL SERVICES KEPT GOING, WE THANK YOU.

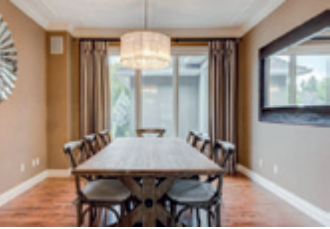




LEN T. WONG
& ASSOCIATES
G P G
GREATER PROPERTY GROUP

LIVE THE DREAM ON THE HERITAGE POINTE GOLF COURSE SIGNATURE HOLE

TEXT 9285 TO 555000 FOR VIRTUAL TOUR & FULL LISTING

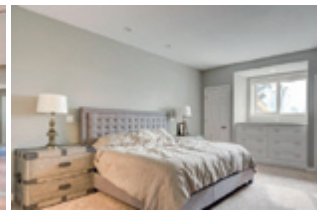


Executive custom-built & recently renovated bungalow with fully developed walk up basement backs onto Heritage Pointe Signature 9th Hole with views of the large pond. Total of 3 bdrms & 3 baths, formal dining/flex rm, gourmet maple kitchen with centre island, granite countertops & stainless-steel appliances, open to large eating area with built-in desk. Large great rm with 12-foot ceilings, fireplace & built-ins. Patio doors leading out from eating area to large south dura deck with metal railings & glass panels with beautiful landscaped south backyard with firepit. Large master bdrm with 5-pc spa like ensuite with large soaker tub, O/S shower & walk in closet. Staircase leading downstairs to large family rm with media centre, fireplace, 2 bdrms, 3-pc bath with steam shower, workout rm & playrm all with radiant in floor heat. Walk-up onto the patio from the family room. O/S triple attached garage. Pride of ownership shown throughout. Ideal for empty nester, professional or older family. Exceptional Value!

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Text 9285 to 555000 for virtual tour & full listing



PLAYGROUP



The MPCA Playgroup has been pretty quiet this spring! Well ahead of provincial recommendations to close group gatherings and childcare facilities, the Playgroup executive agreed upon closing the space to support our neighbors and prevent the potential spread of the COVID-19 virus. Uncertainty remains as to when/whether the playgroup will be open again to families this spring, as well as whether the year-end gathering on June 12th will go ahead. Please consult the Playgroup website and calendar and your email for any messages from the communications team regarding Playgroup matters.

We are certain that by the fall of 2020, Playgroup will be back to its old rhythms and that registrations will be open over the summer. Please stay tuned as the season progresses! If you have any questions in the meantime, please contact our Playgroup Chair, Esther Cuneo, via playgroup@mPCA.ca.

If you are interested in Playgroup for the fall and are looking for more information, here is our website link: <https://www.mPCA.ca/our-community/mount-pleasant-playgroup.html>. Until we see you all again, have a great May long weekend!

Emeralds Are a Girl's Best Friend

Emerald is the birthstone for May, and despite its name, the stone is not always emerald green; the stones can range from deep to pale green. Although we have been told that diamonds are a girl's best friend, emeralds are among the rarest of all gemstones, and are often more expensive than diamonds.

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BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 10

KIDNEY DONOR NEEDED

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Kidney Health Awareness

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email info@needkidney.ca if you wish to donate.

Website
NEEDKIDNEY.CA

MESSAGE FROM THE BOARD

In two recent editions of the Pulse, I said that we made a road trip to another community to look at its newly-completed Community Hall. That was our plan when I wrote the report, but the escalation of the COVID-19 virus during the second week of March forced us to change plans. We were not able to make this visit, and our March Board meeting took place through the modern miracle of videoconference. We had excellent participation, including occasional comments from Jessica's cat and Aleah's bird. (One of our Board members used the chat feature to suggest that we needed "more chat and less cat"!)

Given the early deadlines needed for the print edition of the Pulse, I will not try to provide up-to-date information about COVID-19 here. I know it will be out of date, and (if you are like me) you are probably getting weary of hearing about this anyway.

At our March meeting, we welcomed Phillip Holcomb as our new Engagement Director. We appreciate Phillip's

willingness to join us in this important portfolio. We also wish to express our thanks and appreciation to Esther Cuneo for her service in this role and for her ongoing assistance in some matters.

We have also been working on finalizing a sublease between MPCA and the Pleasant Heights After School Program ("PHAS"). PHAS has been an important subtenant for a number of years, so this sublease is intended to confirm and clarify the relationship. We hope it won't be too long before our various rental partners can return to using the Hall.

Finally, we passed a Motion empowering our President to take an active role in responding to the City's revised plans for the Green Line. We believe that the line must be placed underground as it proceeds north on Centre Street towards (and eventually across) 16th Avenue North.

Philip E. Carr

Past President - MPCA, 403-467-0351

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- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
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- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
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GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Thinking of Gardening?

I'm sure we're all hoping the snow stops falling and the temperature rises so we can enjoy our gardens. If you're thinking of some garden renovations, consider checking with Serge Soucy, Mount Pleasant's resident musician. His regular bookings have been cancelled while we're staying home to stop coronavirus' spread. To fill his time, he's making beautiful wood garden boxes. If you can help keep Serge busy and out of trouble, we'd appreciate it. He has always been willing to entertain us at our December lunches and we'd like to return the favour.



Nominate a Community Builder

Do you know someone who did a lot to make Mount Pleasant the vibrant community it is today? Let's recognize her or him now so we don't forget what others have done for us. It might even inspire us to do our bit to keep the spirit going! If you would like to nominate someone as a "community builder", please contact Linda at lohanlon@telus.net or 403-289-8390.



MPCA Community Association

602 22 Ave NW Calgary T2M 1N7

E-Mail info@mpca.ca Website www.mPCA.ca

Facebook <https://www.facebook.com/MountPleasantCommunity>

Twitter <https://twitter.com/MountPleasantCA>

EXECUTIVE

President	Jessica Karpat	president@mpca.ca
Vice-President	Chris Best	vicepresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Tamara Flindell	treasurer@mpca.ca
Past President	Philip Carr	pastpresident@mpca.ca

DIRECTORS

Grants	VACANT	grants@mpca.ca
Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement	Pending confirmation	engagement@mpca.ca
Planning, Transportation, and Land Use	Alison Timmins	ptlu@mpca.ca
Playgroup	Esther Cuneo	playgroup@mpca.ca
Communications	Aleah Kane	communications@mpca.ca
Soccer	Vacant	soccer@mpca.ca
Special Events	Natalia Gorobinski	speialevents@mpca.ca
Sportsplex	Roger Leach	sportsplex@mpca.ca
Swimming Pool	Jamie Reid	swimmingpool@mpca.ca

COORDINATORS

Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Mark Atkinson	dogpark@mpca.ca

Business Membership in Good Standing

- Alpine Insurance and Financial
- Small Business Legal Centre
- Thorncliffe Family Dental
- Benjamin Moore Calgary North Decorating

MPCA EXERCISE PROGRAM



Sign Up Now for the Fall Session

Like everything else, our exercise class is on hiatus until September. Our winter session was cut short and May-June's cancelled. That doesn't mean you can't be thinking of getting more active come September. If you're anything like me, you've been eating well while staying home and want to start burning more calories than you're take in.

If you'd like to **improve your strength, flexibility, balance, and aerobic fitness**, contact Linda at 403-289-8390 or pleasanttimes@mpca.ca for more information. The workout level varies from **introductory to high-moderate**, depending on your fitness level and the

effort you want to make on any particular day. Our instructor will give different exercise options to fit your circumstances.

Classes are held Monday and Thursday mornings from 10:00 till 10:45 (Tuesday at noon if Monday is a statutory holiday). You can sign up for twice per week classes (30 in total) or for 15 classes to be taken either once per week or however it fits your schedule. The cost if you enroll for the session is just \$7 per class (\$105 for 15 classes or \$210 for 30). Come for a **free** drop-in session at 10:00 am, any Monday or Thursday, to check things out. The usual drop-in cost is \$12 per class. Thanks to MPCA for use of the hall and the City of Calgary Ward Event Fund for subsidizing the cost.



Pleasant Times Day Trips

We were able to make our trip to the Calgary Farmers' Market on March 7th. We came home laden with fresh fruits and vegetables and maybe even a few decadent things from the bakery. Those who went on this outing were very pleased and voted to make it an annual affair.

We weren't as fortunate for planned trips to Jubilations Theatre for an evening performance of Night at the Museum of Rock Idols and Rosebud Theatre for a matinée performance of Glorious!

We are hoping that Jubilations' show will go on at a later date, so we won't miss what sounds like an entertaining show, sure to bring back many memories.

Once again, thank you to the New Horizons for Seniors program for extending our deadline for using the grant. This will allow us to enjoy these outings as soon as the theatres re-open.

Pleasant Times Community Garage Sale

It doesn't look promising for our June Garage Sale at the Community Hall. If June doesn't work, we're looking at Saturday, September 12th instead. That just gives you more time to find those hidden gems in the back of your closets. Tables are only \$5 for a card table and \$15 for a 6' table. If you prefer a boot sale, set up in the hall parking lot and sell from your vehicle's trunk for only \$5. The door will be open for set up at 9:00 and the public will be invited to browse from 10:00 until 4:00. We need to be packed up and out the door by 4:30 to make room for the evening renters. Please contact Linda (pleasanttimes@mpca.ca or 403 289-8390) if you'd like to reserve a table and/or volunteer to help with organizing. We'll need people to make and set out signs, set up

tables, and clean up afterwards. Please take everything you don't sell home with you!

Pleasant Times Social Club - Next Lunch as Soon as It's Safe

One should never trust a woman who tells one her real age. A woman who would tell one that would tell one anything.

~Oscar Wilde

As I sat down to write something for the May Pulse, the April edition landed in our mailbox. Ah, the good old days! It promised an Easter egg hunt, movie night, even a garage sale. Things changed quickly but I'm sure this too shall pass, and we'll be able to schedule our monthly lunches again. It will be such a pleasure to be able to meet our friends and neighbours once more for a pleasant lunch and a catch-up on all the news we've missed.

In the meantime, let's get prepared. If you are age 60 or over, live in Mount Pleasant or if you know of someone like this, please get in touch with Linda at 403-289-8390 or pleasanttimes@mpca.ca. You'll learn about our lunches, day trips, exercise class, book club, and games session – all good ways to expand your world. If you need a ride, we'll arrange that for you. We look forward to seeing new as well as familiar faces at our get-togethers.

Pleasant Times would like to thank the New Horizons for Seniors grant for recognizing we will need more time to benefit from the funding received last year. The grant has been used to subsidize our monthly lunches, exercise program, and day trips. The deadline for using the grant was May 14, 2020 but this has now been extended due to the COVID-19 pandemic. We're grateful to still be able to enjoy some lower-cost events once the world opens up again.

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BUSINESS CLASSIFIEDS

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 at 403-720-0762 or sales@greatnewsmedia.ca

Albertans are pulling together and fighting hard to stop the spread of COVID-19. Precautions and public health orders set out to prevent the transmission of the virus require altering our habits and routines. Our everyday lives are disrupted, and many plans have to be put on hold.

The opportunities to reconnect with each other, our communities, and the natural world that Albertans usually look forward to after the long, cold winter have been changed in ways that might seem strange and stressful. While these changes are difficult for everyone, following best practices benefits our society and keeps our friends, family, and neighbours healthier and safer.

I'm proud that in March, I stood with the Leader of the Opposition, Rachel Notley, and my colleagues in the New Democrat Caucus in calling on Premier Kenney to ban evictions for those unable to pay rent during this public health emergency. On March 27, Kenney announced that new protections would be in place for renters, including that tenants could not be evicted for non-payment of rent or utilities before May 1, 2020. I appreciate that my colleagues continue to advocate for renters, as well as homeowners and businesses across the province. For the most up-to-date information on COVID-19 and available supports, you can visit the Government of Alberta website: <https://www.alberta.ca/covid19>.

Albertans' dedication to one another is apparent in these challenging times, especially demonstrated by our front-line workers. These workers in Alberta are more than just heroes to praise and thank – although it's certainly encouraged! Like all workers, they deserve a dignified wage, reliable benefits, and safe working conditions. We have to be "all in this together" by genuinely supporting workers in essential services and in the public sector, especially those in healthcare and education, now and going forward.

We will never stop fighting for these workers. Just like we will never stop fighting for you, your family, and all Albertans.

As always, I'm happy to hear from constituents. Please keep in touch through my constituency office: Calgary. MountainView@assembly.ab.ca or 403-216-5445.

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BRAIN GAMES SUDOKU

8	1	7	5	9	2	4	3	6
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MPCA Membership Form

Membership Year runs from date of purchase

Please complete and send with cheque payable to Mount Pleasant Community Association 602 22 Ave NW
Calgary, Alberta, T2M 1N7 or Apply Online www.mPCA.ca



Membership Type

Mount Pleasant Resident \$15/year/family _____ Senior, 65 and over \$5/year/family _____

New Resident or Life Members free _____ Non-Resident \$25/year/family _____

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.

New residence have lived in Mount Pleasant for less than 1 year. Please note date you moved into Mount Pleasant

Name _____
Address _____
Postal Code _____
E-Mail _____
Phone _____

Payment Attached: Cheque _____ Cash _____
I wish to subscribe to MPCA email list Yes _____ No _____
Number in Family Adults _____ Children _____

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other)
 please specify: _____

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

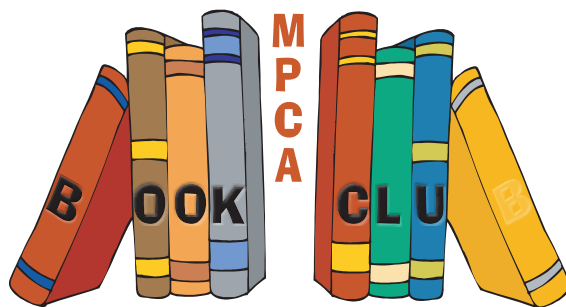
ACTIVITIES AND EVENTS

MAY 2020

All events and activities cancelled pending the COVID-19 pandemic

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- Mon.** Sportball www.sportball.ca
Zumba www.enoc1.zumba.com
Flow Martial Arts www.flowma.ca
- Tue.** Sportball www.sportball.ca
All Canadian Karate www.acku.org
- Wed.** Adult Only Games 1:15pm, Upper Hall
Zumba www.enoc1.zumba.com
Flow Martial Arts www.flowma.ca
- Thur.** All Canadian Karate www.acku.org
Trish Hardy Yoga www.trishhardyyoga.com
- Fri.** Fly Right Swing www.flyrightswing.com



Our next book will be *When Will There Be Good News?* by Kate Atkinson, we just don't know the date yet. We were supposed to discuss this book in March, but things happen. It tells the interwoven stories of Joanna, who witnessed the brutal murders of her mother, brother and sister; their killer who has been released from prison; her husband, Neil, and his shady business dealings; her infant son's nanny, Reggie, who is dealing with her brother's dangerous life style; a train wreck; and much more. There's a lot going on in the book but, of course, it all comes together by the final page.

Our following book will be *And the Birds Rained Down* by Jocelyn Saucier.

We'll meet again
Don't know where
Don't know when
But I know we'll meet again some sunny day.

Thanks to Ross Parker and Hughie Charles. And I do know where and when (sort of) we'll meet again - from 7:00 to 9:00 p.m. on the fourth Tuesday of some month soon in the Lower Hall, 602 22 Ave NW. Everyone is welcome to attend to enjoy discussing books (and snacks!) with those with similar interests in a fun, casual atmosphere. If you'd like further information, please contact Brianna at burichan@live.com or 403-836-3626.



It will probably be September before we can get together for games again. If you'd like to learn more about our casual games of Scrabble, bridge, cribbage, etc., contact Yvette at 403-284-1715 or yvette.v53@hotmail.com. We meet in the Upper Hall at 1:15 each Wednesday (except the 4th Wednesday of each month). **We're not competitive** – we're there for fun, conversation, and some light refreshments. And feel free to invite your friends, whether or not they live in Mount Pleasant.

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admirable thing, but
it is well to remember
from time to time that
nothing that is worth
knowing can be taught.

~Oscar Wilde



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Overall Client Rating



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