

JUNE 2020

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

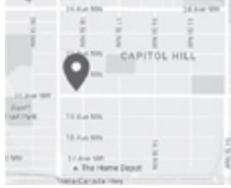
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WARM WEATHER?**

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The Brenda Strafford Foundation was proudly awarded 'Accreditation with Exemplary Status' (Accreditation Canada) and 'Innovator of the Year' (Alberta Continuing Care Association) in 2018.

Inspiration for You and Your Preschooler

Contributed by Campus Pre-School

Looking for some ideas to keep preschool aged children busy during your extra time at home?

1. Have your child practice dressing themselves, including the difficult pieces of clothing like underwear and socks. Start with one or two items and build as your child is ready until he or she is getting all dressed independently. Make it a game if your child is reluctant - hide and seek (find each piece hidden in your room, then put it on when you've found it), colour find (name a specific colour for each piece of clothing, and have them choose one out of their drawer/closet to put on) or be silly with it (have them try to put the clothes on the wrong parts of their body - socks on hands, pants on arms, etc - and then have them show you how they can do it properly).
2. During the spring weather we may experience rain, snow, melting, puddles, etc. Take some time to explore water! Get a piece of paper wet, draw on the wet paper with markers, or drop food colouring onto the wet paper. Freeze the paper, then draw on it with markers. Leave a picture outside in the rain; what happens? Paint on the sidewalks with water.
3. While reading to your child every day, encourage them to look closely at the words and find the first letter of their name.



4. Work on some fine motor skills and hand-eye coordination by threading beads onto a pipe cleaner, string, shoelace, ribbon, etc. Extend this activity by asking your child if they can make a simple pattern while they thread.
5. Make thank you cards to distribute to workers working outside of their homes, such as front-line medical workers, grocery store employees, or delivery services. Or bring your cards to a seniors residence that may be under lockdown.
6. Play grocery store. Save food packaging to set up a grocery store in your home.
7. Play a board game, work on a puzzle or bake together. It is a great way to spend time working on one project together and an opportunity to practice turn taking as well as following directions.

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.



BOARD REPORT

In these unsettling times, I open with a paraphrase of a quote that I heard on the radio this week. "What we see as a great interruption may turn out to be a good invitation." This applies to the current work of your MPCA Board. We have made use of the current interruption. It has been our invitation to deal with some important items which get pushed to the backburner when we are busy with a full slate of activities.

First, we are reviewing and revising the rental agreements for the three facilities that we operate: the hall, the outdoor pool, and the Sportsplex. As the initial restrictions from COVID-19 arose, we realized that our rental agreements only contained provisions for what happens if a prospective renter cancels the rental agreement. We had not addressed what happens if MPCA does the cancelling, or if we are required to close by order of government or health authorities. We are also drafting a uniform Rental Policy for all facilities. There will be some differences in the contracts

based upon the unique features of each facility – the outdoor pool is the only one likely to close in a thunderstorm – but the basic Rental Policy will be the same across the board.

Secondly, we have been discussing how we can improve access to our facilities for those who are using them and monitor unauthorized access by unwelcome intruders. At this stage, we are still obtaining quotes from various suppliers. We are considering what will be the best balance to respect the interests of our community and others who use our facilities, while maintaining watch over our facilities.

We know that COVID-19 has presented unprecedented challenges for everyone. Please be assured that the MPCA Board is working hard in your best interests. We appreciate your continued patience and understanding.

Philip E. Carr

Past President - MPCA, 403-467-0351

5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 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.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

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Next Lunch as Soon as It's Safe

Two things are infinite: the universe and human stupidity; and I'm not sure about the universe.

– Albert Einstein

We don't know when we'll be able to get back together again. Certainly not while groups are limited to fewer than 15 and physical distancing requirements are in place. We're looking forward to seeing familiar and new faces as soon as it's safe.

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 to May 14, 2021. We're grateful to still be able to enjoy some lower-cost events once the world opens up again.

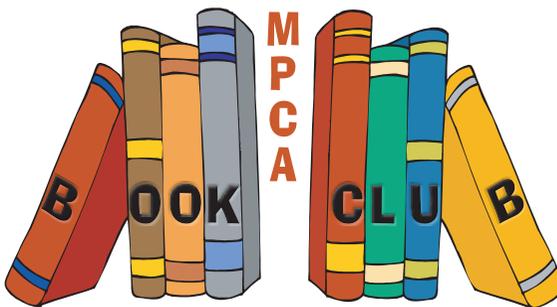
Pleasant Time Community Garage Sale – Next Spring?

It seems like we should give ourselves more time to search our homes for what to put in a garage sale. More to follow when it's possible to make more definite plans. If you will volunteer to help with organizing, making signs, setting up tables, etc., please contact Linda at pleasanttimes@mpca.ca or 403-289-8390.

Pleasant Times Day Trips

No trips are planned for now but we're hoping that Jubilations Dinner Theatre will be able to put on *Night at the Museum of Rock Idols* when it opens up again. It 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.



We're still not meeting to discuss our books, but some are investigating having online chats about what we're reading during this down time. Also, Brianna let us know that Calgary Wordfest is hosting Online Happy Hour conversations with authors on Mondays and Thursdays at 5:30 pm. Check out <https://wordfest.com/year-round> to see a list of the upcoming authors and to get information on how to tune in.

We hope to be able to get together again from 7:00 to 9:00 pm on the fourth Tuesday of some month (in the fall?) 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.

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>

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- Alpine Insurance and Financial
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MPCA EXERCISE PROGRAM



Sign Up Now for the Fall Session

Like everything else, our exercise class is on hiatus until at least 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 until 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.

Coping with COVID

by Jennifer Chen, Age 10

These few months have been tough for everyone. Doctors and nurses working fulltime to support communities, scientists are working hard to find a cure, while everyone's staying indoors as much as possible to flatten the curve. We even see acts of kindness and compassion roaming around communities from strangers. But there are still lots of people stuck at home with nothing to do. If you are one of those people, then this article is just for you! Everyone else, you can still enjoy these both indoor and outdoor activities while flattening the curve and social distancing.

1. Plant Something

Gardening is a pretty calming activity. You don't even have to have a garden! All you need are some seeds, plant pots, soil, a nice sunny spot for your plant, and energy. The great thing about this activity is that you can continue it every day, pandemic or no pandemic.

2. Make a Hobby

Hobbies are great for when you're bored. You'll know exactly what to do. It can be anything! Crafting, baking, maybe even doing the dishes (even though I don't think anyone would want to do that)!

3. Read a Book

It might seem boring, but once you snuggle up with a (interesting enough) book, you'll feel amazingly relaxed. You still have to keep your brain running and NOT turn into a brain-eating zombie!

4. Take Time to Study

Even if schools out and you don't have to go to work every day, that is not an excuse to not keep learning. You have to keep on giving fuel to your brain, or else when you go back to work and/or school, you won't know what to do or what your teacher and/or boss is talking about. That would be a big yikes!

5. Write About Something

You can start a story or an informative text. You can continue it every day. You can choose whatever topic you want to write about, and you can make as many texts as you want. Best of all, you might be able to publish it in the future! Now imagine that!

6. Go Outside

There is some lovely weather outside so there is no excuse to not want to go outside. You can just walk around in your backyard or just take a walk in the park. Don't forget to social distance, though!

7. Stay in Touch with Friends and Family

During this difficult time, we should be there to lend a hand to friends and family. You can take it a step further and help food donation companies or help at a senior care center (if you want, though).

8. Have Some Time to Hang Out with Your Family

You and your family can have one of the best times in your life during this cruel time of need. If your family doesn't have time, then make time. Find a day that you and your family can have some free time together and arrange it. Just a short amount of time with your family can create a stronger bond with them.

9. Do Chores

This may sound boring and straight forward, but at least it's better than doing nothing!

10. Do Some Arts and Crafts

Doing crafts is an amazing activity to do at home and there are even people that are already doing it! If you don't have any glue or markers, etc., then simply draw or make your own craft that you have the supplies to make. Doing arts and crafts can help your imagination and creativity grow.

I hope this list of activities was helpful to you or else I would not know what the point in making this article if it didn't help anyone and thank you!



NEIGHBOURHOOD ARTWALK WEEKEND

YOUNG OR OLD, SHARE THE JOY OF YOUR ART!

FRIDAY, JUNE 19 - SUNDAY, JUNE 21
11:00AM TO 4:00PM

Paintings, sculptures, craft, ceramics, wood-work - **whatever you got we want to see it!**

Display your art on your front steps or your front porch and let your neighbours enjoy its beauty. Relax on your lawn chair with a cup-of-joe or a glass of vino and say hello to people who will walk by to see your art.

Email us your street/avenue location few days in advance so we can guide our community members. specialevents@mpca.ca

You can also post the pictures of your artwork tagging Mount Pleasant's Facebook page and tag #mountpleasantpride



ACTIVITIES AND EVENTS

JUNE 2020

June 19 to 21 – Neighbourhood ArtWalk

Weekend

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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

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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Adults-Only Afternoon Games

Adults-Only Afternoon Games – On Hold

It will probably be September at the earliest before we can get together for games again. If physical distancing is still in effect, games will have to be delayed (unless the weather allows for bocce). 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 fourth 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.

Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Mount Pleasant Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Gearing up for Summer 2020!

With our hot summer days just around the corner, it is important to keep our water use in mind. In order to conserve water, only water your lawns, gardens, and plants twice a week and be sure to water early in the morning when the air is cooler and usually still. Watering in the middle of the day causes water loss due to quick evaporation. The best time to water is before 10:00 am and after 4:00 pm. Another great way to keep your water use (and water bill!) down is to recycle rain water with a rain barrel for your yard. Finally, it's also important to keep your landscaping in mind. Planting trees or shrubs that offer more shade, as well as including some drought-tolerant plants in your yard will go a long way in reducing the amount of water you'll need to keep your yard looking green and healthy. For more information and tips on caring for your yard this summer, visit the YardSmart page at calgary.ca.

If you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information.

Sincerely,

The MPCA Green Initiatives Committee

Weekly Green Cart Pickup is Back!

Weekly green cart pickup will resume the week of May 19. Your green cart will continue to be picked up on the same day on a weekly basis. There is no change to your collection days.

You can see your updated scheduled online at calgary.ca/collection. Make sure to sign up for free reminders or download the Calgary Garbage Day app so you receive the latest service updates and tips.

Your green cart pickup will remain at once every two weeks in the interim. Staffing challenges due to the impacts of the COVID-19 pandemic resulted in the postponement of the start of weekly green cart service. Thank you for your patience as we work to maintain blue, black, and green cart services for Calgarians.



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.



Online at mpca.ca

Just about everyone I've spoken with seems to be worried about weight gain during these COVID-19 times. I can certainly add my name to that list. Let's help each other out by sharing our favourite tasty, yet healthy, recipes. And we should reward ourselves, too, so perhaps some comfort food and sweets recipes wouldn't hurt.

Go to mpca.ca/recipes to upload your recipe(s) and to see what others have shared. At the same time, check out the new, improved community web site. Thanks to our Communications Director, Aleah Kane, for sprucing up and modernizing the site. If you don't have internet access, please contact Linda (403-289-8390) with your recipe details.

To get things started, here's a **Tangy Peppercorn Chicken** recipe, thanks to *Canadian Living's Best Chicken* recipe book.

Tangy Peppercorn Chicken

- 8 chicken pieces (recipe says thighs, I prefer breasts)
- ¾ cup balsamic or red wine vinegar (175 ml)
- 3 tbs olive oil (45 ml)
- 2 tbs Dijon mustard (30 ml)
- 6 cloves garlic, minced
- 1 tbs coarsely cracked black peppercorns (15 ml)
- 2 tsp each, dried thyme and oregano (10 ml)
- ½ tsp salt (2.5 ml) – I skip this

Place chicken in large shallow dish. Whisk together vinegar, oil, mustard, garlic, peppercorns, thyme, oregano, and salt; pour over chicken. Cover and marinate in refrigerator for at least 2 hours or up to 8 hours, turning occasionally. Let stand at room temperature for 30 minutes before cooking.

Reserving marinade, place chicken on greased grill over medium heat; cook, basting occasionally with marinade, for about 20 minutes on each side or until juices run clear when chicken is pierced. Makes 8 servings.

This is also good baked in a 350° F (175° C) oven when it isn't BBQ weather – summer thoughts in winter.



Councillor, Ward 7

Druh Farrell

ward07@calgary.ca

druhfarrell.ca

@DruhFarrell Druh Farrell

What do we want Calgary to look like after COVID-19?

I want to thank everyone for what has been an unusual few months. If I could give you a hug without breaking physical-distancing rules, I would. My heart especially goes out to those Calgarians who have lost loved ones to COVID-19.

While incredibly stressful and taxing, our self-isolation has, at the end of the day, been a collective and extraordinary display of love – love for our co-workers, our friends and family, our neighbours, and for strangers we may never meet. By staying home, we're helping each other and ensuring as few of us as possible get sick.

It's been a strange and difficult few months. I've found myself reflecting and recognizing the enormity of the COVID-19 crisis is exposing what's working and what's not working in our society. I believe we have an opportunity to rethink what we hold dear, what we take for granted, and to work together to rebuild our society for the common good.

I encourage you to think about what you've learned in recent months, what silver linings you've found, and what you hope to see in Calgary, post-pandemic. These reflections can be as little or big as you like.

For example, many of our worlds have shrunk. I've heard from Calgarians who say they're enjoying exploring their neighbourhoods and loving the fact front windows have been turned into children's' art galleries, and they'd love to see this continue post-pandemic.

I've also had conversations with people about big ideas and big changes, such as re-thinking how we design our cities to be more equitable and cost-effective, or re-thinking how and where we care for seniors within our society.

When Calgary was hit by the 2013 flood, we learned to pivot, experiment, adjust, and innovate. I'd like to see this momentum continue in the wake of COVID-19. What are you hoping comes out of all of this?

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