

JULY 2020

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



POOL CLOSED

FOR THE SEASON...

**ONLINE RECIPE SHARING
AND MORE!**



RE-OPENING?

let us help you
**GET THE
WORD OUT.**

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



The Guidebook for Great Communities- planning great communities for everyone

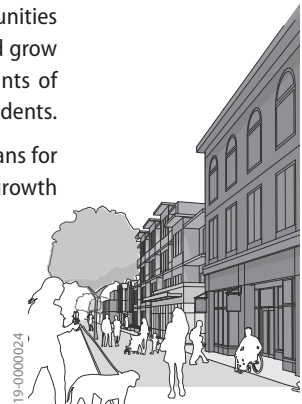
With the Guidebook for Great Communities, we're planning Calgary communities that offer people more choices to live, move, and gather. The goal is to plan and grow communities now and for the future. It's about balancing the needs and wants of current residents, while ensuring our neighbourhoods are appealing to future residents.

The Guidebook is a key tool used by citizens and The City to create local area plans for our communities. Together, The Guidebook and local area plans support future growth in communities, respecting each of their unique conditions and environments.

When our communities remain vibrant, so does Calgary.

Learn more about the Guidebook for Great Communities and local area plans:

- Share your community stories at [Engage.calgary.ca/guidebook](https://engage.calgary.ca/guidebook)
- [Calgary.ca/guidebook](https://calgary.ca/guidebook)
- [Calgary.ca/lap](https://calgary.ca/lap)



COMMUNITY BUILDERS

Shirley-Ann, Steve Zacher (and Sophie)

Shirley-Ann and Steve are familiar faces in our community. They've lived in Mount Pleasant since 1989, have been very active with the community association, and Steve has been an area ReMax realtor for 40 years.

Like many of you, they enjoy Mount Pleasant's many parks, excellent facilities, nearby restaurants, and close proximity to downtown. It is great to live in such a walkable neighbourhood with so many services nearby. They appreciate the many community association facilities, though there is a concern with the age of these and the need to be vigilant with their upkeep.

Steve was the combined Sportsplex and Hall Director for eight years. He was also part of the launch of The Pulse and looked after its distribution for several years. The passage of time has allowed Steve to see the humour in one memory of his inaugural year as Sportsplex Director. On the first day of hockey tryouts, the newly-hired arena attendant backed the Zamboni into the boards and broke off part of the machine. Steve made many desperate phone calls looking to rent a Zamboni on a Friday night. He found

one located in Morley: gas-powered, spewing out blue smoke, and was probably 30 years old. It was also the most expensive Zamboni rental ever. Steve learned a lot as Sportsplex Director and really enjoyed all the different aspects of running the arena.

Shirley-Ann also served several years on the Board as Secretary, Vice President, and later as Newsletter Liaison. Lately, she has played an important part to make sure that Mount Pleasant's annual Day in the Park celebration has continued. This is a popular event for young and old alike and we all appreciate Shirley-Ann's efforts to make it successful each year. She has organized the event, solicited sponsors, and coordinated activities on the big day. She also got Steve involved in an important way – he has sponsored all of the food and showed off his barbeque skills cooking up the delicious burgers and dogs. What's a day of fun and games in the park without these?

Shirley-Ann and Steve have been very supportive of MPCA's Pleasant Times Social Club, especially its activities for community seniors. They feel our older residents and their per-



vious efforts to build our community are too often forgotten – the seniors need to be recognized for their hard work in making our community hall, Sportsplex, and outdoor pool a reality. Steve and Shirley-Ann are happy to support the fantastic work the volunteer Pleasant Times organizers do to give seniors opportunities to get out and socialize. The group has appreciated the financial support they provide to help subsidize our day trips and the gifts donated for our annual Christmas lunch.

Thank you, Shirley-Ann and Steve, for all you've done and continue to do for Mount Pleasant. MPCA is celebrating 70 great years this month and they have contributed so much to making it successful.

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

By the time you read this article, the MPCA Board will likely be taking our break for the summer. Barring unusual circumstances, we do not normally meet in July or August. Our Board meetings for March, April, and May each took place by videoconference. It was interesting to see how quickly we embraced this change to our routine. In fact, when we switched to a different platform for our May meeting, it prompted questions such as “where is my mute button on this system?”

You will also be aware that we made the difficult decision to keep the outdoor swimming pool closed for this summer. We did not arrive at this decision lightly. We understand how much the outdoor pool means to our community. Mount Pleasant was at the forefront of forming COSPA (Calgary Outdoor Swimming Pool Association), which is the umbrella group for the outdoor pools. COSPA held a special meeting in May, and the MPCA Board also gave great consideration to this topic. However, given the uncertain landscape – at

the date of our May Board meeting, you still could not book a hair appointment in Calgary – we could not see any scenario which would allow the pool to be open. The challenges of maintaining physical distancing, and the rapidly shifting regulations, presented too great a challenge. We hope to use the downtime to consider the implementation of some maintenance and upgrades that cannot be accomplished in a normal swimming season.

As we move into the fall season, we hope that guidelines will allow us to resume in-person meetings. If that is the case, we wish to move forward with our discussions about renovations to the current hall, or a possible replacement for it. Please check the MPCA website if you wish to contribute to this process.

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.
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GREAT NEWS MEDIA

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PLEASANT TIMES SOCIAL CLUB



Next Lunch As Soon As It's Safe!

By the time you're eighty years old, you've learned everything. You only have to remember it. – George Burns

We don't know when we'll be able to get back together for another lunch. Certainly not while indoor groups are limited to no more 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.

At time of writing, we're looking for ways to get together, perhaps bringing a chair and meeting in the MPCA park or one of the parking lots for a good, old fashioned chin wag or perhaps something like Tai Chi. We do have to remember that outdoor gatherings are limited to 50 people, physical distancing must be maintained, masks and hand sanitizer are recommended, and those over age 60 and those with chronic medical conditions are at greater risk if they contract COVID-19. If you have ideas, please contact Linda at 403-289-8390 or pleasanttimes@mpca.ca.

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.

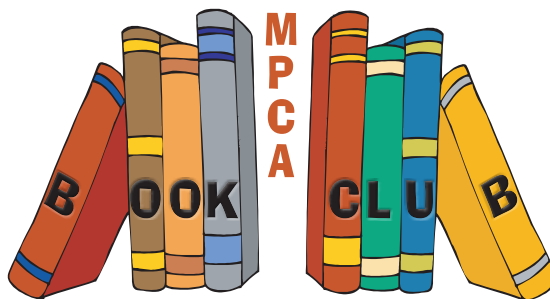
Pleasant Times would like to thank the New Horizons for Seniors grant for recognizing we will need more time to benefit from the funding received last year. The grant has been used to subsidize our monthly lunches, exercise program, and day trips. The deadline for using the grant was May 14, 2020 but 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.



Garage Sales

While the City strongly discourages citizens from having garage sales during the COVID-19 pandemic, these are currently not prohibited provincially or municipally. However, they must continue to follow all public health orders and directives from Alberta's Chief Medical Officer of Health. Alberta Health Services requires that anyone operating in a retail capacity adopt mitigation strategies, as indicated in the public guidelines online, to ensure the safety of both the retailer and their customers.

Before your sale, please read through the information provided in Alberta's Guidance for Retail Businesses document, which can be downloaded as a PDF online when you visit www.alberta.ca/bizconnect. This will help to ensure that you are taking all the necessary steps to operate your garage or yard sale in a way that supports your community's health and wellbeing.



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
 Tel: 403-282-1314 • E-Mail info@mpca.ca • Website www.mPCA.ca
 Facebook <https://www.facebook.com/MountPleasantCommunity>
 Twitter <https://twitter.com/MountPleasantCA>

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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	Phillip Holcomb	engagement@mpca.ca
Planning & Development	Alison Timmins	planning@mpca.ca
Communications	Aleah Kane	communications@mpca.ca
Soccer	VACANT	soccer@mpca.ca
Special Events	Natalia Gorobinski	specialevents@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
Playgroup	Esther Cuneo	playgroup@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 at least September. It will probably be necessary to limit attendance to no more than 14 participants plus our instructor, maintain physical distancing, and keep our hands and equipment clean. 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-moder-

ate, 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.

ACTIVITIES AND EVENTS

JULY 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



Councillor, Ward 7
Druh Farrell

✉ ward07@calgary.ca

🌐 druhfarrrell.ca

📱 @DruhFarrell 📘 Druh Farrell

While the pandemic has been an incredibly difficult time for Calgarians, I know that by working together, we can emerge stronger, kinder, and more resilient.

COVID-19 has compelled the City to think creatively, experiment, and pivot with initiatives to keep Calgarians safe and healthy. We have a proven track record of being one of the nimblest cities in North America when it comes to street conversions. You have already seen this with roadways being turned into pedestrian friendly avenues!

The long-awaited pleasant weather resulted in the overcrowding of our beautiful pathway system. The City acted quickly to ensure that Calgarians had access to additional space where they could walk with their children, ride their bikes, and go for an evening stroll while maintaining safe distance from others. Now we must turn our attention to supporting our local restaurants and shops that are the lifeblood of our neighbourhoods.

We need to make sure that we do everything possible to help the small businesses that employ so many Calgarians, and provide the goods and services in order to sustain us. Now, it is our turn to help them weather this storm.

As restrictions ease, restaurants and shops are required to limit their indoor capacity, and this is why I pushed for the City to quickly approve pop-up patios to allow restaurants and retailers to use parking spaces for extra seating and sidewalk sales. People can now enjoy their favourite haunts in a way that helps maintain safe distancing. I am optimistic that this will help many Calgary businesses stay in business!

We have to ask ourselves what kind of city we want when we emerge from COVID and I hope to see many of my favourite, local businesses survive and thrive into the future. Let us continue to pivot, experiment, adjust, and innovate during this COVID summer!



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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Calgary Confederation
Len Webber, MP
 2020 10 St NW, T2M3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca



MLA Calgary-Mountain View
Kathleen Ganley
 723 14 St NW T2N 2A4
 ☎ 403-216-5445
 ✉ Calgary.MountainView@assembly.ab.ca

How to Find Your COVID-19 Benefits

In the past few months, there have been many announcements regarding assistance for those impacted by the COVID-19 situation. I am aware that there are still many waiting for assistance, and others who are concerned that the current programs will expire while they are still in need.

To simplify the process of finding the help Canadians need, there is now a special website that allows you to answer a few questions before shortlisting the assistance programs you may be eligible for.

The website is available at www.lenwebbermp.ca/covid-benefits, and I would encourage you to share this information with others who may be in need of assistance.

As parts of our economy start to reopen and adjust to the new way of doing business, we need to make the extra effort to support the small businesses in our own community. I have visited many small business owners in the past few weeks, and they are eager to see their customers return. They have incurred additional costs to ensure both customers and staff are safe, and they look forward to seeing their old, and hopefully some new, customers returning. Your patronage can easily make the difference between these small business owners being able to survive this economic crisis or not.

I would like to thank all those who have made the extra effort to help the vulnerable and needy in our community during this pandemic. Even the smallest acts of kindness can go a long way to helping those in need.

My staff and I have continued to work full-time throughout the past few months, and we have provided much of our assistance through email and over the phone to ensure we all stay healthy. If you are in need of help, please do not hesitate to contact my office or email [len.webber.c1@parl.gc.ca](mailto:webber.c1@parl.gc.ca).

This spring, I've taken the opportunity to connect with different groups in Mountain View affected by the COVID-19 crisis, checking in to see how they're adapting to life under Alberta's new norms. Those working in education, health-care, seniors' care, and community support are finding distinct challenges but also reasons to be hopeful and resilient as we mindfully continue to reopen our province.

I was happy to participate in lively discussions with Grade 4, 6, and 9 classes at Langevin and Queen Elizabeth Schools via Zoom. Students and teachers keenly demonstrated their commitment and passion for education. As many parents have had to take a more direct role in facilitating the school day, it's heartening to see families and schools collaborating to make spring 2020 enriching to all students.

I was also grateful to speak with doctors about the difficulties they're facing due to the administrative changes brought in by the UCP government. Rural doctors have begun to leave Alberta for other provinces when they are needed here, while doctors in our cities are finding they have lay off staff or scale down their practices – at a time when reliable health services remain crucial during the pandemic. My colleagues in the NDP Official Opposition and I have called on the Alberta government to reverse the changes imposed with Budget 2020, and to work with the Alberta Medical Association to arrive at solutions that are fair and viable to our health professionals.

In my regular conversations with those providing seniors' care, I've repeatedly heard about the need for the Alberta government to provide predictable funding and ensure new regulations are followed in continuing care homes. In light of the disturbing reports describing terrible situations in long-term care facilities coming out of Ontario, we must speak out about the improved standards of care and dignity the elderly deserve in all regions. This goes hand-in-hand with fighting for better conditions for continuing care workers.

Lastly, our Donation Drive for the Women's Centre of Calgary was a great success. I delivered the donations for families in need to the Centre in late May, and thank all the constituents who participated. For upcoming community-focused initiatives, please visit: <https://www.facebook.com/KathleenGanley/>.

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

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BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 11

GREEN INITIATIVES COMMITTEE

Summer days are here, and it is a great time to get outside and (safely) explore the city. There are many different methods of green transportation you can use to get around, including everything from simple walking and cycling, to scooters, skateboards, inline skates, and more! It is not only a great way to get out and enjoy the outdoors, get some exercise, and save some money, but it can also help our neighborhood reduce our carbon footprint. For some trip ideas and planning help, check out the City of Calgary's map of all the cycling and walking routes throughout the city.

For more information cycling safety and bylaws, be sure to visit the Cycling in Calgary 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



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We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

Help desk toll free number: 1-888-855-3336



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/recipes

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.

If you have a recipe or recipes you'd like to share, please send them to pleasanttimes@mpca.ca or upload at mpca.ca/recipes. You can check out the recipes others have shared at www.mPCA.ca/recipes. At the same time, check out the new, improved community website. Thanks to Communications Director, Aleah Kane, for sprucing up and modernizing the site.

Seeing as many of us are spending more time making home-cooked meals, why not share some of your favourites!?

We have started a recipe sharing page at mpca.ca/recipes. Our goal is to build a collection of family favourites in hopes of bringing our community a little bit closer, one delicious meal at a time. Recipe submission is quick and easy – we can't wait to see what awesome recipes you all have to share!

Three Weight Watchers' Cakes

Chocolate Cherry Cake

- 1 Angel Food Cake Mix
 - ¼ Cup Cocoa
 - 1 540 ml Can Light Cherry Pie Filling
- Preheat oven to 325° F. Mix ingredients and pour into ungreased 9"x13" pan. Bake for 30 to 35 minutes.

Pineapple Orange Cake

- 1 Angel Food Cake Mix
 - 1 14 oz. Can Crushed Pineapple With Juice
 - ½ Can Mandarin Oranges, Drained and Chopped (or use the full can)
 - 1 Tsp. Coconut or Almond Extract
- Preheat oven to 325° F. Mix ingredients and pour into ungreased 9"x13" pan. Bake for 30 to 35 min.

Mock Macaroon Cake

- 1 Angel Food Cake Mix
 - 1 20 oz. Can Crushed Pineapple With Juice
 - ½ Cup Shredded Sweetened Coconut
 - 1/2 Tsp. Ground Ginger
- Preheat oven to 350° F. Mix ingredients and pour into ungreased 9"x13" pan. Bake until golden brown and a toothpick inserted in middle comes out clean, about 45 minutes. Cool in dish on a rack. If cut in 20 pieces each piece equals 2 WW points.

Tip: Use a long, serrated knife to cut these cakes. Before each cut, dip the blade into hot water then wipe dry with a clean towel.

BRAIN GAMES SUDOKU

3	4	6	7	5	1	2	8	9
9	7	2	6	8	4	1	3	5
1	5	8	2	3	9	4	6	7
4	6	3	5	7	8	9	1	2
2	1	9	4	6	3	5	7	8
5	8	7	9	1	2	6	4	3
6	3	4	8	2	5	7	9	1
7	2	1	3	9	6	8	5	4
8	9	5	1	4	7	3	2	6

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Kris L, Rosedale.

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