

AUGUST 2020

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CLOSED
FOR THE SEASON**

The
**Brenda
Strafford** Cambridge
Foundation Manor

Opening
2020

WELCOME HOME TO CAMBRIDGE MANOR

Renowned for award winning care, The Brenda Strafford Foundation is proud to be opening Calgary's newest seniors' wellness community in the University District this fall. Enjoy a rich and full life with the comfort and security of a true aging-in-place experience, from independent and assisted living to enhanced care and memory care.

MOVE IN THIS FALL - NOW ACCEPTING RESERVATIONS!
Cambridge Manor | University District
403-536-8675
cambridge@theBSF.ca
Visit us online at: cambridgemanor.ca | theBSF.ca



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



Pawsitively Started!

Hi there, Mount Pleasant and Friends,

After two years of discussions, planning, and engagements, the shovels have broken ground. Our green space between 5th and 6th St NW, on 20th Ave NW, is starting to transform! With an estimated finish time in mid-August, Phase 1 of the City of Calgary's Affordable housing project has begun.

<https://engage.calgary.ca/mountpleasant>
<https://www.calgary.ca/cs/olsh/affordable-housing/mount-pleasant-affordable-housing-development.html>

Here's a note from City of Calgary Planning and Development:

"Calgary Parks has finalized the procurement for the construction of the Park space and will be working with their contractor (Wilco Contractors Southwest Inc.) to prepare for mobilization to site and initiation of the park improvement works. The tentative date for the initiation of Construction is scheduled for some time dur-

ing the week of June 15 and the project is expected to take roughly 6 ½ to 7 weeks to complete.

The contractor has committed to keeping a portion of the park space open to allow use of the park during the duration of construction activities. A small portion of the granular pad (future location of the affordable housing development) will be used as part of the staging area for the park improvement works. The Contractor has also committed to limiting closures to the sidewalks (adjacent to the park space) and ensuring as minimal disturbance as possible to the community during construction activities.

Lastly, the Name of the Park space has now officially been changed to St. Joseph Park."

The Community is looking to have a dedication and opening sometime in September. Look for updates next month, right here in The Pulse, along with more Dog Park News and Events.

Mark and Parker, dogpark@mpca.ca

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.



MESSAGE FROM THE BOARD

This has been a summer for finding new ways to be creative and celebrate. We hope you are finding the joy in this season. Congratulations, and a huge thank you, to our Special Events Director, Natalia Gorobinski, and all of the artists who participated in the MPCA Art Walk on the weekend of June 19 to 21! My wife and I enjoyed our walk around the community. I think we saw almost all of the displays in our travels. It was inspiring to see all of the different forms of creativity alive in Mount Pleasant! We saw watercolours, oil paintings, tapestry, sculpture, ceramics, glass blowing, photography, and poetry written in calligraphy. Two of the artists we spoke with expressed their appreciation for the courses they took at ACAD (now known as Alberta University of the Arts), which is located just outside the boundaries of MPCA at SAIT. A special thank you to the children who displayed their art work, including the chalk art displays! I am sure our sidewalks have never looked so beautiful.

We hope you found ways to enjoy Canada Day and what should have been Stampede week! Our family did enjoy

some of the traditional food events, even though we were limited to a drive-through experience. We are trying to balance the effect on our waistlines by our increase in gardening and by walking in Confederation Park.

As a Board, we are continuing to look at safe reopening strategies. Because the guidelines change rapidly, please look at the MPCA website for the most up-to-date information. We thank our NPC (City representative) Catherine Gulinao, our Communications Director, Aleah Kane, and our Treasurer, Tamara Flindell, for their hard work during these challenging times.

Philip E. Carr

Past President - MPCA | 403-467-0351



5 Excellent Reasons to Advertise in Community Newsletter Magazines

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Next Lunch as soon as it's safe

You know you are getting old when the little old gray-haired lady you helped across the street is your wife.

– Anonymous

We're planning on enjoying Calgary's warm, sunny, summer weather by getting together for some outdoor boxed lunches in the community park. These should have started July 9, if all went as expected, then continue every second Thursday throughout August and into September. People need to bring their own chair, hat, and insect repellent, and stay home if it's raining. Some of our great volunteers have promised to deliver lunches to homes if the weather doesn't cooperate.

We're also looking forward to tai-chi in the community park each Tuesday and Thursday. People are invited to bring a chair and lunch, if they want, at 11:30 on Thursdays we don't have a boxed lunch planned to enjoy some conversation with their neighbours.

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.

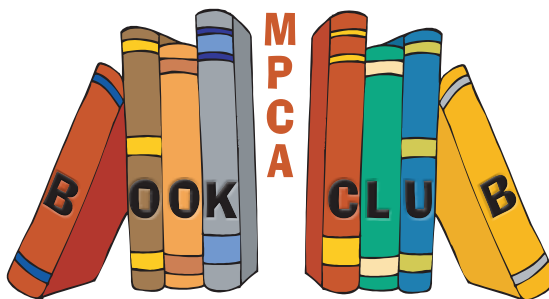
Pleasant Times would like to thank the New Horizons for Seniors grant for recognizing we will need more time to benefit from the funding received last year. The grant has been used to subsidize our monthly lunches, exercise program, and day trips. The deadline for using the grant was May 14, 2020 but 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
 E-Mail info@mpca.ca Website www.mPCA.ca
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 Twitter <https://twitter.com/MountPleasantCA>

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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

AUGUST 2020

June 19 to 21 – Neighbourhood ArtWalk

Weekend

.....

- 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

🌐 druhfarrell.ca

📧 @DruhFarrell

📘 Druh Farrell

Green Line Update

On June 16, Council voted 14-1 to approve the revised alignment for the Green line LRT. This transformational project will create jobs, stimulate the economy, connect Calgarians to employment and amenities, help curb suburban sprawl, combat congestion, help us tackle the climate crisis, and help build a more equitable city.

The revised alignment will travel from 16 Av N at surface on Centre St before crossing the Bow River on a new bridge. A surface level 9 Av N station in Crescent Heights was also approved for this section. After crossing the Bow River, the line will enter a station within the redeveloped Eau Claire Market before entering a tunnel through the Downtown and the Beltline. The line will reemerge from the tunnel as it crosses the Elbow River into Ramsay.

There is still much work to do as the project moves into detailed design and construction. The project team will now work on streetscape designs, a high-quality bridge design, business access management, and community traffic calming along the line. These were all conditions to my support for the revised alignment and all of them were included in the recommendations approved by Council. The project team also reaffirmed their commitment to my previous motion to develop a business support program to assist businesses along the line before, during, and after construction.

Thank you to everyone who participated in the process to date. I hope you will all continue to share your views as we enter the next phases of design and engagement. That especially goes for those still concerned about how Green Line will fit into our communities. Your feedback is still key to getting the details right.

For more details on Green Line and to sign up for newsletter updates, visit www.DruhFarrell.ca.



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.

Great News Media and the Mount Pleasant Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



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!



As you may know, our current community hall is very old and in need of significant upgrading if we are to continue using it in the future.

We have surveyed our residents and discussed this as a Board, and feel it likely makes more sense (financially and programs wise) to move toward replacing the existing hall with a new hall.

In order to fully assess and execute that, the Community Board would like to form a volunteer Hall Redevelopment Committee to drive the initiative.

This committee would report to the Board and work with professional consultants to deliver a detailed plan (timelines, budget, funding, issues, etc.) for developing a new Community Hall.

We would like a variety of community members to form the committee, some with long tenure in the community, some new to the community; some older residents and some with young families. Experience with design, planning, construction, project management, legal, fundraising, grants, etc. would also be welcome.

If you are interested in understanding the work of this committee more fully and potentially volunteering, please contact either:

Chris Best – Vice President – vicepresident@mpca.ca or Murray Anderson – Hall Director - halldirector@mpca.ca



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.mzca.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.





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

No Opportunity Like It!

There is a way to get your post-secondary education for free. In fact, those eligible can also be paid a full-time salary, with benefits and a pension plan, while they get their free education and training.

This offer is available for careers that range from doctors and accountants to mechanics and air traffic controllers. These opportunities are available across Canada and offer the opportunity for travel.

The Canadian Armed Forces is one of Canada's largest employers and provides Canadians with hundreds of career options in every career field imaginable.

Many think of a career in the Forces as being a soldier, a pilot, or a sailor, but the reality is that most jobs resemble the careers we see every day in our communities. There are accountants, lawyers, cooks, dentists, psychologists, social workers, welders and every job in between. There are also careers that do not require any post-secondary education because specialized training is provided by the Forces.

If you are looking for part-time jobs, they offer those too through the Reserves. The Reserves provide a unique way for Canadians to serve their country while maintaining a professional career in their community. This is also a great option for those who are also working on completing their education.

The Forces offer many advantages to its members including three years of guaranteed employment following initial training and on-going career development. Given the size of the organization and its variety of roles, there are endless opportunities for growing or changing your profession while staying in the Forces in the years ahead.

Visit www.forces.gc.ca to see the hundreds of career opportunities available today. You can speak to a recruiter by calling the Recruiting Center at 403-974-2900 or emailing info.calgary@forces.gc.ca. A recruiter will walk you through the entire process and answer any questions you may have.

In the past few months, we've seen Albertans come together and look out for one another to a degree never required before. From individual acts of kindness during periods of prolonged isolation to efforts preparing our shared spaces for safe reopening, we can be proud that our values guide our actions.

The COVID-19 pandemic crisis has encouraged countries and cities around the world to think of new ways of living, working, and using our resources in light of current challenges. The mayor of Paris, France has plans to pedestrianize the city center, while many Canadians support higher wages for private sector service workers on a permanent basis, instead of short term "hero pay".

The stage has been set for not just a relaunch for Alberta, but recovery. Even before the first COVID-19 cases emerged, Albertans faced the uncertainty of economic shifts, with heavy job losses and companies folding or relocating out of our province.

It's unfortunate to see that Jason Kenney and the UCP government's Economic Recovery Plan, unveiled at the end of June, seems to offer nothing new in terms of ideas and less than nothing for everyday Albertans. The UCP doubled down on cutting corporate taxes by dropping the rate from 10% to 8% days after the announcement - a year and a half earlier than originally planned. However, the UCP's previous lowering of the corporate tax rate from 12% to 10% in mid-2019 did not lead to job creation, new investment, or diversification. In fact, 50,000 jobs were lost before the pandemic hit, proving that lowering corporate tax rates only benefits profitable corporations instead of working people.

Rounding out the plan, the additional promised investments don't restore the funding amounts that the UCP government had already cut from preexisting industry-specific initiatives meant to diversify our economy.

While Albertans have achieved much in 2020, greater challenges lie ahead as the government continues its attacks on the public sector and adds new targets for privatization like community lab services. I believe that we must rally to protect and improve healthcare, education, seniors' care, childcare, municipal projects, and programs for marginalized and racialized people.

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.

GREEN INITIATIVES COMMITTEE

Get ready to learn how to green your home! The MPCA Green Initiatives Committee will be hosting the 12 Steps to a Greener Home webinar, presented by Green Calgary, on Tuesday August 25, 2020 from 6:30 pm to 7:30 pm. The webinar will focus on learning about reducing waste in your home, how to reduce energy and water consumption, learning to spot “greenwashing” in cleaning products, and other green home tips. Best of all, this webinar will be open (and free of charge) to all Mount Pleasant residents! To register, please complete the form here (<https://forms.gle/yVLossCAF7QYeniA8>) before August 14 in order to receive your email invite and link prior to the event.

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 or if you have any questions. Or join our Facebook page “Green Initiatives” under the Mount Pleasant Community page to get more information on our event.

See you all at the webinar!

Sincerely,

The MPCA Green Initiatives Committee



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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.

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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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YOUR CITY OF CALGARY

Use Grass Clippings as Mulch on Your Lawn

The next time you mow your yard, leave your grass clippings on the lawn instead of putting in the compost.

Grass clippings will quickly break down, returning nutrients to the soil for a healthy yard. Grass mulching will help you save time and effort from bagging up grass clippings, buying paper yard waste bags or needing to apply fertilizer to your lawn.

- Cut grass when the surface is dry and keep mower blades sharp.
- Follow the 1/3 rule: mow your lawn often enough so that no more than 1/3 your grass is cut. You may need to raise the height of your mower. This frequent mowing will produce short clippings that will break down quickly.
- You can leave clippings on the lawn with almost any mower (push, electric or gas). Using your existing mower, simply remove the bag and leave the clippings on the lawn. Mulching mowers cut grass blades into smaller pieces, allowing the clippings to settle into your lawn without clumping. They are sold at most yard and garden stores, nurseries and home supply stores.

For more tips, visit calgary.ca/grassclippings.

REAL ESTATE

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