

SEPTEMBER 2020

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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## Calgary Wordfest

Calgary Wordfest continues to host Online Happy Hour conversations with authors (at least in August). I hope you caught the conversation with Emma Donoghue about her new book, *The Pull of the Stars*, in August. Check out <https://wordfest.com/year-round> to see a list of the upcoming authors and to get information on how to tune in.

If you'd like further information about the book club, please contact Brianna at [burichan@live.com](mailto:burichan@live.com) or 403-836-3626.



# Neighbourhood Streets

## North Hill Area



Book Club is back! We met in the shady east parking lot on July 27th to discuss our March book, *When Will There Be Good News* by Kate Atkinson. It was a joy to see people again, catch up on what others have been doing, and test our memories of a book most had read many months ago. The discussion was lively and far-ranging, a good reminder of why we enjoy our sessions so much.

Weather permitting, we were back in the east parking lot (5th Street at 23rd Avenue NW) in August for our April book, *And the Birds Rained Down* by Jocelyn Saurier. On September 22, we hope to discuss *Where the Crawdads Sing* by Delia Owens. We're not sure if we'll still be able to meet outside or if the Lower Hall will be open again. *Where the Crawdads Sing* follows two timelines that slowly intertwine. The first timeline describes the life and adventures of a young girl named Kya as she grows up isolated in the marsh of North Carolina from 1952 to 1969. The second timeline follows a murder investigation of Chase Andrews, a local celebrity of Barkley Cove, a fictional coastal town.

As part of the Neighbourhood Streets Program, the North Hill Area project will be implementing temporary traffic calming measures, improved crossings, and park improvements along 1 Street NE, 2 Street NW, and 24 Avenue N to support travel choice and safety.

This project will include:

- Installation of temporary traffic calming measures late this summer or early fall.
- Completing pathway connections and improving crossings at high volume intersections with permanent materials this summer.
- Park expansion at Balmoral Circus, transforming the paved intersection at 2 Street and 19 Avenue NW into park space and limiting vehicle access with temporary materials.

Following installation of temporary materials, the City will monitor and engage the community about these traffic calming measures and Balmoral Park, followed by permanent measures being implemented in 2021 and onward as resources allow.

Visit [calgary.ca/NorthHillArea](http://calgary.ca/NorthHillArea) for project updates, upcoming engagement opportunities, and to sign up to receive email updates.

## 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](mailto:lohanlon@telus.net) or 403-289-8390.



## MESSAGE FROM THE BOARD

As we move into the fall, we hope you found some ways to enjoy summer in this very different year. Linda and I walked around the community often, and we appreciated the opportunity for physically distanced chats with our neighbours. We also noticed how many people were enjoying Confederation Park. By the time you read this, there could be a new park space available. Work is progressing at St. Joseph Park, located on the south side of 20th Avenue between the off-leash dog area and the upcoming affordable housing development.

Over the summer, the Board Executive met through virtual technology. Other Board Members were welcome to attend, if available. One benefit of virtual meetings is that they allow people to participate even if they are away from Calgary on vacation; however, not everyone necessarily sees that as a benefit!

We finalized arrangements to purchase a better sound system and projection screen for the Hall with funds we were granted through the New Horizons for Seniors Program (NHSP). We hope we will be able to make use of it before too long!

We also worked on our reopening plans for the various facilities, keeping in mind the new health and safety requirements. We express our thanks to each of the following, who helped us out: Our Hall Manager, Nickie Brockhoff; Our City representative, Catherine Gulinao; and our neighbours at the Capitol Hill Community Association.

At the Sportsplex, staff returned on August 11 to start the process of reinstalling the ice surface. We hope that the upcoming season is able to proceed, although we know that there will be some restrictions on players and spectators due to physical distancing and safety requirements.

At the Hall, some of our rental groups are eager to return, while others wish to hold off for now. We understand that this is a very personal decision and that everyone's situation is unique as we work through re-opening in a safe and respectful way.

*Philip E. Carr*

*Past President – MPCA | 403-467-0351*

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## PLEASANT TIMES SOCIAL CLUB



### Next Lunch, Thursday, September 3

"Where there is not community, trust, respect, (and) ethical behavior are difficult for the young to learn and for the old to maintain." – Robert K. Greenleaf, *The Servant As Leader*

We held outdoor boxed lunches in the community park in July and August and are planning to continue them every second Thursday at 11:30 am, as long as the weather holds. Thursdays were chosen as many of us come to the tai-chi class on Tuesday and Thursday mornings from 10:30 to 11:30. It was great to see our friends and neighbours again, even if it wasn't quite as easy as before. We were all careful, keeping 6' distance, using hand sanitizer, and not touching any boxes that weren't for our enjoyment. Everyone brings their own chair, hat, and insect repellent. If and when we're allowed back into the hall, we'll continue to bring our own chairs, as physical distancing will still be required. Thanks to the New Horizons for Seniors grant we received, we have been able to supply lunches to those of us who are housebound.

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](mailto: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](http://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.



### Outdoor Tai-Chi for All Ages

Pleasant Times Social Club is back to getting active! We've held beginners' tai-chi sessions in the Sportsplex parking lot on Tuesday and Thursday mornings since July 2. Classes are open to people of all ages who wish to improve their concentration, memory, and balance, and reduce any stress we might be feeling these days. We hope to be able to continue on Wednesday afternoons if the Upper Hall is available when the weather gets colder. For further information, please contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403 289-8390.

# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7

E-Mail [info@mpca.ca](mailto:info@mpca.ca) Website [www.mPCA.ca](http://www.mPCA.ca)

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

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

## EXECUTIVE

President	Jessica Karpat	<a href="mailto:president@mpca.ca">president@mpca.ca</a>
Vice-President	Chris Best	<a href="mailto:vicepresident@mpca.ca">vicepresident@mpca.ca</a>
Secretary	Darren Rempel	<a href="mailto:secretary@mpca.ca">secretary@mpca.ca</a>
Treasurer	Tamara Flindell	<a href="mailto:treasurer@mpca.ca">treasurer@mpca.ca</a>
Past President	Philip Carr	<a href="mailto:pastpresident@mpca.ca">pastpresident@mpca.ca</a>

## DIRECTORS

Grants	VACANT	<a href="mailto:grants@mpca.ca">grants@mpca.ca</a>
Green Initiatives	Matthew Crist	<a href="mailto:green@mpca.ca">green@mpca.ca</a>
Hall	Murray Anderson	<a href="mailto:hall@mpca.ca">hall@mpca.ca</a>
Engagement	Phillip Holcomb	<a href="mailto:engagement@mpca.ca">engagement@mpca.ca</a>
Planning & Development	Alison Timmins	<a href="mailto:planning@mpca.ca">planning@mpca.ca</a>
Communications	Aleah Kane	<a href="mailto:communications@mpca.ca">communications@mpca.ca</a>
Soccer	VACANT	<a href="mailto:soccer@mpca.ca">soccer@mpca.ca</a>
Special Events	Natalia Gorobinski	<a href="mailto:specialevents@mpca.ca">specialevents@mpca.ca</a>
Sportsplex	Roger Leach	<a href="mailto:sportsplex@mpca.ca">sportsplex@mpca.ca</a>
Swimming Pool	Jamie Reid	<a href="mailto:swimmingpool@mpca.ca">swimmingpool@mpca.ca</a>

## COORDINATORS

Hall Rentals	Nickie Brockhoff	<a href="mailto:hallrentals@mpca.ca">hallrentals@mpca.ca</a>
Pleasant Times	Linda O'Hanlon	<a href="mailto:pleasanttimes@mpca.ca">pleasanttimes@mpca.ca</a>
Dog Park	Mark Atkinson	<a href="mailto:dogpark@mpca.ca">dogpark@mpca.ca</a>
Playgroup	Esther Cuneo	<a href="mailto:playgroup@mpca.ca">playgroup@mpca.ca</a>

## 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](mailto: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

# SEPTEMBER 2020

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



Councillor, Ward 7  
**Druh Farrell**

ward07@calgary.ca

druhfarrrell.ca

@DruhFarrell f Druh Farrell

At the time of writing, the Government of Alberta just announced its relaunch plan for the fall school term. Many children, parents, and educators will be entering an uncertain and stressful part of the year. Unfortunately, COVID-19 isn't the only thing generating stress for back-to-school.

Every year, September marks a significant uptick in calls to the City about traffic safety. Mostly that comes from parents who worry whether their children will be safe to walk to school or bike through their own communities.

Fortunately, Council endorsed a reduction of the 50 km/h unposted speed limit to help improve the safety of our neighbourhood streets. Those are the streets in front of your homes and the streets that your kids walk on to school. Council will debate this fall whether the new default for neighbourhood streets is 30 km/h, 40 km/h, or a combination.

The World Health Organization reports that pedestrians are 90% likely to survive when struck by automobiles travelling at 30 km/h, 60% at 40 km/h, and less than 20% at 50 km/h. Lower speeds also reduce the likelihood of collisions occurring in the first place.

We also know there is a massive financial cost to collisions in Calgary. 10,250 collisions happen on neighbourhood streets annually, contributing roughly \$300 million toward Calgary's overall \$1.19 billion in societal costs from collisions.

A speed limit reduction would cut up to 2,530 collisions and \$74.3 million in societal costs, annually. It will make our neighbourhood streets more liveable. It will reduce costs to society. It will mean that fewer of your neighbours are killed or injured as a consequence of simply walking, cycling, or driving on our streets. It will make it safer for your kids to walk to school and to have greater independence in exploring their communities.



## 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](http://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!



### Online at [mpca.ca/recipes](http://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](mailto:pleasanttimes@mpca.ca) or upload at [mpca.ca/recipes](http://mpca.ca/recipes). You can check out the recipes others have shared at [www.mPCA.ca/recipes](http://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.



## News from the Friends of Nose Hill

by Anne Burke

In July, the Glenbow Museum asked Albertans to submit letters, photos, and drawings or illustrations. "Dear Glenbow" was a project intended to record personal testimonies as a way for us (and future generations) to understand this unprecedented period. "During the worldwide pandemic, what are the things you have experienced over the past few months? What is important to you right now? What are your hopes for the future? Your letter can be as long or as short as you need it to be." If you sent a submission as part of this project, it will be incorporated into the Glenbow's permanent collection.

When we put out a call, we asked our supporters to share their thoughts. "Perhaps interested users of Nose Hill could compose a short piece about their experiences when using the Park. What did you observe during the 'lockdown/stay home' period, in the latter part of March through late May? Do you have stories about nature, wildlife, people enjoying their time on the Hill? How can you transform that into a perspective from the Hill?"

A natural area is a park or portion of a park where the primary role is the protection of an undisturbed or relatively undisturbed area of land with a natural or native plant community. The Natural Areas Management Plan provides guidance. Maintenance methods like mowing and weed control will be different for natural habitat areas than for ornamental parks. As well, people and pets may be restricted to certain parts of natural environment areas in order to protect the plants and animals native to the site. Increasing park usage where it is unsustainable is prohibited. Where recreational use and the long-term survival of significant habitats conflict, protection of the resource will take precedence.



## GREEN INITIATIVES COMMITTEE

Welcome fall 2020!

With autumn just around the corner, yard and garden clean ups are coming up fast, and it is important to be Green Cart Smart during this time of year. When doing your clean up, be sure to only put City of Calgary approved items in your carts. These items include:

- Leaves, cones, needles, and berries
- Plants, tree fruits, and flowers
- Branches, twigs, and hedge prunings
- Grass clippings, sod, and weeds
- Garden soil and untreated mulch
- Hay, straw, and coconut planter liners

If you are going to use bags for green cart yard waste, be sure they are City of Calgary approved compostable! More information on this and all things compost is available on the City's Green Cart web page. Utilizing your green cart for all of your acceptable yard waste keeps it out of our landfills and allows it to be properly broken down and reused throughout our city. Which all serves to make our city a better, more sustainable place to live.

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](mailto: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.

Sincerely,

*The MPCA Green Initiatives Committee*

## Sorry, I'm Allergic

Some cats do not seem to like their human companions; however, this may be warranted. Did you know that cats can be allergic to humans? Some felines are allergic to their skin cells or dandruff, which can cause cats to have breathing troubles.



## MPCA Membership Form

Membership Year runs from date of purchase

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Calgary, Alberta, T2M 1N7 or Apply Online [www.mPCA.ca](http://www.mPCA.ca)

### Membership Type

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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

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Number in Family Adults \_\_\_\_\_ Children \_\_\_\_\_

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

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The City of Calgary Bylaw 26M2020



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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](http://www.communitymediation.ca), 403-269-2707.

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