

OCTOBER 2020

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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



ANNUAL GENERAL MEETING

OCTOBER 20, 2020

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ANNUAL GENERAL MEETING

• 7 pm - 9 pm •

OCTOBER 20, 2020

MOUNT PLEASANT COMMUNITY HALL
602 - 22nd Avenue NW

UPDATE FROM YOUR MOUNT PLEASANT COMMUNITY ASSOCIATION

ELECTION OF THE BOARD

Virtual attendance information will be examined, however, those attending virtually will not be able to vote due to the MPCA Bylaw and recent withdrawal of the exemption the Province applied to non-profits under the Societies Act.

Masks, hand cleansing stations and physical distancing protocols will be in place to allow for the safe attendance of all members of the community. Those who are feeling signs of illness or who have travelled in the past 14 days are asked not to attend.

Please purchase your memberships in advance or purchase from your phone. No membership payments will be accepted at the community hall due to COVID-19

www.MPCA.ca



MountPleasantCommunity



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MESSAGE FROM THE BOARD

Elsewhere in this edition, you will see details of the upcoming Annual General Meeting (AGM) for MPCA. It will be held on October 20 at the Hall. As the Province of Alberta has ended the opportunity to either delay holding an AGM or to hold it in some virtual format, we are required to conduct this meeting before October 31. That date is set out in our Bylaws. You can be assured that we will follow all applicable safety and health guidelines set out for COVID-19. However, we understand that some members might not feel comfortable attending this meeting, and we respect your decision.

At some point in the near future, we will be considering possible amendments to the Bylaws. Such amendments might include the option for virtual meetings. However, under section 15 of the Societies Act, Bylaws can only be amended by a Special Resolution of the Society. Further, the amendments do not take effect until they have been registered with the government, and the Registrar does have the option to refuse to register amendments. Therefore, it is not possible to have these amendments in place this year.

We are pleased to announce that Johanna Plant Donnelly has agreed to take on the role of Grants Coordinator for MPCA. Johanna and her family are in the final stages of completing the construction of their new home in the community. It is very encouraging to see new families moving into MPCA and getting involved in our activities. Johanna has already been reviewing some possible grants being provided to assist communities as they seek to reopen after closures imposed due to COVID-19.

Philip E. Carr
Past President, MPCA, 403-467-0351

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Are We There Yet?

Every week we're getting closer and closer. Who knew it would take the entire summer to build a playground and an enclosed OLA? Lets give a big shout-out to **Wilco Contractors!** They've really been a big part of something special in our community.

For all of us 'OG' park-goers, one look at these very special St. Joseph Park gates will bring you back to May 2018. We met John in our park on a cool day in May two years ago with his headphones either on or around his neck tossing the ball for one of his three dogs. It was easy striking up a conversation as we chatted about our dogs, what we did for living, and where we were from. Another park conversation in the books with a friendship on the other side.

Tell us a little history about John Lapointe

Born with a love for being 'hands on', I love tackling almost any type of job. As early as age 13, I shingled my parents' garage roof solo. Arriving in Alberta at 22, I was working as a chem/microbio lab tech. After being laid off, I decided to pursue a trade where I could continue using my hands, explore some creativity, and problem solve. With a strong desire to be my own boss, the recent pandemic gave me a sign...and that sign was *do it*. It's been a month and a

half on my own, and I haven't looked back.

What does a typical day look like now that you run your own business?

It might start with sketching a design for a potential customer, then selecting and pricing out material. Daily, I'm likely learning something a bit different (must be a jack of all trades), and of course, fabricating.

How long have you been fabricating?

About 12 years now total, less than 2 months trying to make it work on my own as Mr. Fusion Welding.

Tell us about the dogs in your life.

Currently, I have two dogs – Walter, 4 years, and Smudge, 15 years. At a time, we've had four dogs in the house. Roxie and Beasley unfortunately passed away, and the paw prints on the gates are slightly enlarged imprints taken from Roxie and Beasley, respectively. These gates are a way for me to honour and remember my friends.

When do you usually show up at The Park?

I'm pretty random with my dog park appearances. I like coming when the sun is low in the sky, usually during evenings. I've been coming to the park since I moved to Mt. Pleasant in 2015.



YOUR CITY OF CALGARY



Starting October 1, remember to tag your extra garbage bags

Starting October 1, if you have an extra bag of garbage that won't fit in your City black cart, you'll need to buy a garbage tag. Tags are \$3 each and available at participating convenience and grocery stores or online. See the full list at calgary.ca/garbagetag.

How to use garbage tags:

1. Fill your black cart first.
2. Place extra garbage in a bag and wrap a tag around the knot on top of the bag.
3. On collection day, set the bag 0.5 metres (2 feet) from your black cart.

We encourage everyone to look at what you are buying and throwing away to find ways to reduce waste. Sorting materials correctly helps maximize the use of all three carts (blue, green, black).

Learn more at calgary.ca/garbagetag.

MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
 E-Mail info@mpca.ca Website www.mPCA.ca
 Facebook <https://www.facebook.com/MountPleasantCommunity>
 Twitter <https://twitter.com/MountPleasantCA>

EXECUTIVE

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

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Swimming Pool	Jamie Reid	swimmingpool@mpca.ca

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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
Soccer	VACANT	soccer@mpca.ca

Business Membership in Good Standing

- Alpine Insurance and Financial
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- Thorncliffe Family Dental
- Benjamin Moore Calgary North Decorating

MPCA EXERCISE PROGRAM FOR ALL AGES



Sign Up Now for the Fall Session

We were able to return to the Upper Hall in September for a shortened session. 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 10:15 till 11:00 (Tuesday at noon if Monday is a statutory holiday). You can sign up for twice per week classes or weekly classes. The cost if you enroll for the remainder of the session is just \$10 per class. Unfortunately, we didn't qualify for another grant to allow the cost to be subsidized this session, hence the cost increase. 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.

ACTIVITIES AND EVENTS

OCTOBER 2020

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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



Adults-Only Afternoon Games On Hold

We won't be able to offer our games sessions until physical distancing and not sharing equipment is no longer required. 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. When possible, we'll 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.

Pleasant Times Day Trips

No further trips are planned for now. At time of writing, we're looking forward to our September 30th outing to Jubilations Dinner Theatre for Night at the Museum of Rock Idols. It sounds like an entertaining show, sure to bring back many memories.

PLEASANT TIMES SOCIAL CLUB



Next Lunch, Wednesday, Oct 28

Most people don't think I'm as old as I am until they hear me stand up. – Anonymous

We held outdoor boxed lunches in the community park until September 3 when we received word the Upper Hall was reopening and that we could retain our 4th Wednesday time. It was great to see our friends and neighbours again, even if it wasn't quite as easy as before. We will continue to maintain COVID restrictions such as bringing our own chairs, wearing masks when not eating, enjoying individual boxed lunches instead of family style dining, and, of course, maintaining six-foot physical distance whenever possible.

We hope to be able to watch a movie on MPCA's new AV equipment. Many thanks to Ray Lord for identifying qualified vendors, arranging meeting times with them, reviewing the hall and requirements with vendors, and evaluating their proposals. This purchase was possible thanks to another New Horizons for Seniors grant for which the Pleasant Times group applied and received this year. The new motorized screen and mounted projector will make movie watching easier and more enjoyable for all groups that will be using them.

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.



SEVERAL COORIDANTOR POSITIONS OPEN

• *Be a Neighbourhood Super-Star* •

WE NEED YOUR HELP

We are looking for a **Soccer Coordinator and a Casino Coordinator** for the Mount Pleasant Community Association.

Visit our website for more information, WWW.MPCA.CA

We are always looking for volunteers. If you are interested please message us and we would love to fit you into an experience that suits you and your interests.



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 Of-

ficer 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.

You have the Power!

A great way to reduce the overall environmental footprint for both your own home and the community as a whole is to generate your own energy. Micro-Generation Solar Photovoltaics (PV) involves the installation of solar panels directly on the roof of your homes, garages, and even some of our community buildings, which then generates green energy that can be used on-site or fed back into the grid. Generating your own electricity can save (or even earn!) you money by reducing the amount of energy you consume from the grid and can make your home more resilient to unplanned outages.

How do you find out if solar is right for you? Check out the City of Calgary's Solar Potential Map (<https://maps.calgary.ca/SolarPotential/>), which acts as a start-

ing point to show the viability of solar as an energy source for any property in the city! If you find you have a high solar potential and want to pursue it further, the City also has plenty of resources around financing and how to navigate the permitting and approval process (<https://www.calgary.ca/cs/iis/solar-panel/solar-energy.html?redirect=/solar>).

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.

Sincerely,

The MPCA Green Initiatives Committee



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 _____

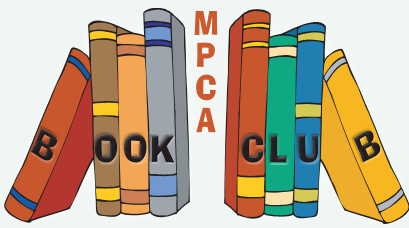
I wish to subscribe to MPCA email list Yes _____ No _____

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.





We're hoping to find a time to use the Upper Hall for book club once it's too cold to continue meeting in the parking lot. This will allow people to bring their own chairs and physically distance while still enjoying each other's company. If this doesn't work out, there is also the possibility of an on-line meeting.

Our October book will be *Washington Black* by Esi Edugyan. Eleven-year-old George Washington Black—or Wash—a field slave on a Barbados sugar plantation, is initially terrified when he is chosen as the manservant of his master's brother. To his surprise, however, the eccentric Christopher Wilde turns out to be a naturalist, explorer, inventor, and abolitionist. Soon Wash is initiated into a world where a flying machine can carry a man across the sky, where even a boy born in chains may embrace a life of dignity and meaning, and where two people, separated by an impossible divide, can begin to see each other as human. But when a man is killed and a bounty is placed on Wash's head, they must abandon everything and flee together. Over the course of their travels, what brings Wash and Christopher together will tear them apart, propelling Wash ever farther across the globe in search of his true self. Spanning the Caribbean to the frozen Far North, London to Morocco, *Washington Black* is a story of self-invention and betrayal, of love and redemption, and of a world destroyed and made whole again.

I'm sorry the information for date, time, and place isn't available at time of writing. If you'd like further information about the book club, please contact Brianna at burichan@live.com or 403-836-3626.



Anything Is Paw-sible with a Dog!

Hi Everyone!

Our 20th Ave green space is continuing to evolve into what will soon be officially known as St. Joseph Park. The amenities space now has some structure and the future Off Leash Area will shortly have a new fence. Soon to have only one entrance/exit from the north side, look forward to double gates allowing a more relaxed entry and a much safer exit, being so close to the roadway. The alley entrance will disappear, and some great signage will soon be installed.

As we approach opening day, here are some Park Rules to follow closely:

- Dogs must have and wear a current City of Calgary license
- Dogs must not be left unattended
- Dogs must be under control at all times. No aggressive, sick or overly loud dogs are allowed.
- Dog owners must pick up and dispose of feces immediately in an appropriate manner. Failure to comply will result in a \$250 fine.
- Children must be supervised at all times
- No glass containers allowed
- Two dogs per person maximum

St. Joseph Park is a much anticipated and supported community space. When it's complete, it will be a great place to bring your dog, meet new people, and spend some time socializing. Be mindful to do so safely with some distance, with safety of others top of mind.

A few parting words – while most people love our dogs, others prefer a quieter lifestyle. We all want to respect each other and their wishes, and I ask we all respect our neighbours. And let's keep the park clean while we're at it!

Stay up to speed at <https://mpca.ca/> and join us on the NextDoor App - Mount Pleasant Dog Park (OFFICIAL). We're planning a Grand Opening event sometime in September!

Stay cool y'all,

Mark and Parker, dogpark@mpca.ca

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For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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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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SNOW REMOVAL, YARD CARE & LANDSCAPING: Snow removal starting at \$130. Christmas light installation, window cleaning, or gutter cleaning, \$99. Pressure washing starting at \$99. Conditions apply. BBB member. 4.2 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

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.

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