

NOVEMBER 2020

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER





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Volunteers Needed!



We are in need of a Casino Coordinator and a Soccer Coordinator for Mount Pleasant. We need your help. If you, or someone you know, is interested please contact us.

The Casino Coordinator works with a partner consultant, who does most of the coordination directly with the Casino and volunteer training on site. Working with the board, they need to fill out all forms and assist with volunteer recruitment with support from the engagement and communications director. There is an online volunteer sign up that we have used in the past. We do not have firm dates for the Casino, but it will be in Q2/2021. In total, it's about 20 to 30 hours of volunteer time.

The Soccer Coordinator role has changed from the past. We now have a budget in place to hire someone to run the soccer program. This role is mainly to liaise between the board and the business who will assist in running the soccer program and parents. Registrations are completely online and just needs a bit of an update year to year. The soccer coordinator will update the board on the preparations for registration, liaise with the soccer program consultant to update on registrations, and volunteer requirements for the MPCA and the soccer program.

If you are interested, please contact us at enngagement@mpca.ca.

Meaning of the Month



November's name comes from the Latin "novem", meaning "nine". This is because in the Roman calendar, November was the ninth month of the year out of ten. With the addition of January and February at the hands of Julius Caesar, November became the eleventh month of the year, as we know it today.



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MESSAGE FROM THE BOARD

Thank you to all who participated in our Annual General Meeting (AGM) in October. We knew that this year's meeting would be a challenge, and very different from the social gatherings we have enjoyed in prior years. I know that many of us missed the opportunity for our traditional wine and cheese! We are grateful that all Directors whose terms were expiring agreed to let their names stand for another term. We look forward to another productive year, and hope that Zoom meetings will soon be a memory.

We have implemented a new system for the purchase of memberships on our website. If you are not yet a member, please consider signing up to be part of your community association. It can be done online from our website with a credit card and is only \$15 per family and free the first year in the community. We understand that this year has been a challenging one, and we have not been able to hold many of the events that we enjoy as a community. However, we will return to these events as it becomes safe and possible to do so and want to be able to connect with as many of our community residents as possible.

In that regard, we are hoping to start our community skating times at the Sportsplex this month. Traditionally,

those have been on Tuesday and Sunday afternoons. Please check the MPCA website for updates and details. We will take all required precautions under COVID-19. This includes having contact tracing in place, and so it is likely that you will need to pre-register, or perhaps scan in with a QR code, rather than just dropping in to skate. At the time of writing, the City regulations require you to wear a face covering when you enter the building, but not when you are skating. Also, as a reminder, you do require a current MPCA membership to take advantage of this opportunity.

Philip E. Carr

Past President, MPCA, 403-467-0351

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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Go Ahead ... Lay on the Floor with Your Dog!



Is it a coincidence we've had one of the best-weather fall seasons on record and Mount Pleasant gets on off-leash area to enjoy? Count your blessings... we've sure got 'em!

Here's 3 straight forward steps to help control your dog:

1. Keep Control of Your Dog

When your dog runs out the back door, it's a little late to close the door! Keep your dog on a lead and don't let the situation get out of control. You'll know when it's time to let them loose... when you have them under control!

2. Focus on Desired Behaviour

Oftentimes I see people focused on the behaviour they don't want. Positive behaviour gets a reward, and more times than not, a delicious treat is involved. Keep a package of treats with you and use them often! Not only will it work, but you'll also be every dog's best buddy in the park.

3. Early, Not Later

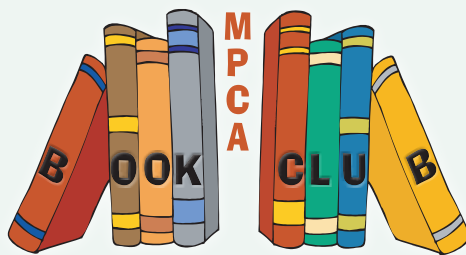
Step in quickly when undesired behaviour occurs. Do not let bad behaviour persist. Be firm and calm. Watch for precursor behaviour that leads to unwanted action and be proactive. Remember, you are in control, you are responsible, and follow up with rewards for positives.



Best Friends of St. Joseph Park

Paula Barnes has lived in Mount Pleasant for 6 years. You can set your watch against Paula and Sadie's arrival for 7:00 am and 4:00 pm park visits. Like clockwork, Paula brings the 'blue (water) bucket' for their afternoon visits, and all of Sadie's friends to share. Both Paula

and Sadie have a long list of friends at the Dog Park, and we all extend a great big thank-you for being a big support in our park's transition!



Book Club is back in the Upper Hall on the fourth Tuesday of each month. Of course, there are procedures to follow so all COVID-19 requirements are met. These include reviewing the health checklist at <https://www.surveymonkey.com/r/CR6VNWQ> before coming. It also includes not attending if you answer "yes" to any of the questions, putting on a mask before entering the building, using hand sanitizer upon arrival and before leaving, and providing your contact information if follow-up is required. For full information, please contact Brianna at burichan@live.com or at 403-836-3626.

Our November book will be *The Invention of Wings* by Sue Monk Kidd. Hetty "Handful" Grimke, a slave in early nineteenth century Charleston, yearns for life beyond the suffocating walls that enclose her within the wealthy Grimke household. The Grimke's daughter, Sarah, has known from an early age she is meant to do something large in the world, but she is hemmed in by the limits imposed on women. Kidd's sweeping novel is set in motion on Sarah's eleventh birthday, when she is given ownership of ten-year-old Handful, who is to be her handmaid. We follow their remarkable journeys over the next thirty-five years, as both strive for a life of their own, dramatically shaping each other's destinies, and forming a complex relationship marked by guilt, defiance, estrangement, and the uneasy ways of love. Inspired by the historical figure of Sarah Grimke, Kidd goes beyond the record to flesh out the rich interior lives of all of her characters, both real and invented, including Handful's cunning mother, Charlotte, who courts danger in her search for something better.

December is usually reserved for the Book Club's annual Christmas dinner. If you'd like further information about the book club, please contact Brianna at burichan@live.com or at 403-836-3626.

MPCA Community Association

602 22 Ave NW Calgary T2M 1N7

E-Mail info@mpca.ca Website www.mPCA.ca

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

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

EXECUTIVE

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

EXERCISE PROGRAMS FOR ALL AGES



Sign Up Now for the Fall and Winter Sessions

Christmas, with all its treats, and New Years, with all its good intentions, are coming. If you'd like to get a head start on improving 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 am to 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 \$7 per class. Come for a free drop-in session at 10:00 a.m. any Monday or Thursday to check things out. The usual drop-in cost is \$12 per class. Thanks to MPCA for subsidizing the cost for use of the hall.

ACTIVITIES AND EVENTS

OCTOBER 2020

-
- 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.

Volunteering
is good for the soul

PLEASANT TIMES SOCIAL CLUB



Next Lunch, Wednesday, November 25

You know you're getting old when the candles cost more than the cake. - Bob Hope

We were back in the park for an outdoor boxed lunch for our regular September lunch. The weather was lovely, no snow, no frost, and everyone had opportunities to catch up with all the news in the neighbourhood. At time of writing, we hope to be back in the hall for the October lunch and all future ones. 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 at 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.



REGISTER ONLINE NOW!

Mount Pleasant Playgroup

Registration is Open!

Playgroup may look a little different with AHS approved health protocols in place, but the fun and supportive environment remains the same.

WHAT: We are a volunteer-run parent program offering a low-cost playtime in a fun and child friendly environment.

WHEN: Tuesdays and Fridays
9-11 am

WHERE: Upper Hall* of the
MPCA Community Centre
602- 22 nd Ave NW

Register Online: [MPCA.CA](https://mpca.ca) ›
Programs & Events › Playgroup

*Note new location!

mpca.ca › Programs & Events › Playgroup



Mount Pleasant is hosting a Community Climate Conversation!

The Mount Pleasant Green Initiatives Committee and the Calgary Climate Hub are proud to be hosting the final Digital Community Climate Conversation event of 2020! Tune in to our Community Zoomcast from your own cozy space and engage in real conversations with a host of climate experts on topics like renewable energy, permaculture, and building climate resilience (and pandemic resilience!) into great Calgary communities like this one. We'd love a great turnout from Mount Pleasant residents and any other interested guests. This conversation goes from 7:00 pm to 9:00 pm on November 24 and you can RSVP via the following link (https://www.calgaryclimatehub.ca/mount_pleasant_digital_climate_conversation).

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.

For more information on the Calgary Climate Hub, please visit their website at <https://www.calgaryclimatehub.ca/>.

See you all at the event!

Sincerely,

The MPCA Green Initiatives Committee

Did You Crow?

Crows have been known to hold grudges against people! Although humans have a difficult time telling crows apart, crows can easily remember and recognize human faces. This is called The Crow Paradox.



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:

I wish to subscribe to MPCA email list

Number in Family

Cheque	_____	Cash	_____
Yes	_____	No	_____
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.

The Who, Why, and What of Seeking Therapy

by Nancy Bergeron, RPsych

While mental health is in the forefront of media these days, many do not seek help. Some may feel their 'problems' may not be big enough, important enough, or perhaps unsolvable. Others may think therapy is just for those suffering from a mental illness. Hopefully this article will shine a light on who seeks therapy, why people go to therapy and what therapy can be like.

Who goes to therapy:

- People wanting to learn why they self-sabotage (what's the story behind the behaviour)
- People Wanting to work through relationship issues
- People making life transitions like divorce, having a baby, empty nesting, or retirement
- People who want to vent about life events
- People who are determining if they are ready to make a change
- People who need support when making difficult changes
- People who experience anxiety, depression or other mental/emotional issues
- People who are struggling with global events
- People dealing with a loss or trauma
- Therapists, coaches and leaders
- People of all types

Why go to therapy:

- To cry without being prompted to stop or cheer up
- To have someone to hold space for your difficult emotions
- To learn more about yourself
- To talk about people in your life who need therapy but won't go
- To have someone sit with you through difficult times
- To hear yourself talk without having to listen to another person talk about themselves
- To process your life events
- To share things that other people don't have time to or want to hear about
- To have manage physical pain
- To get a new viewpoint or unbiased perspective

What therapy might be like:

- You won't hear things like "it's going to be okay" "I know how you feel" or "you'll get over it"
- Your feelings will be validated
- You will feel empathized with instead of pitied or judged
- You get an entire hour to talk about whatever you want

guilt-free

- You get to 'think' out loud as this helps you understand thoughts in a different way
- A therapist helps you develop insight and coping skills
- There is no competition in dialogue, a therapist won't talk about their problems or make their problems bigger than yours
- You will feel like you are not alone in your challenges
- The only normal is that we are all abnormal

As you can see, anyone can go to therapy. Many people have a therapist just as they have a doctor and a dentist. The sooner you can seek some extra perspective on things that may be troubling you, the better you will have the skills to cope with other things that come along. Sometimes just a few sessions can do a world of good. Please consider your mental health as important as your physical health. Just an FYI, you do not need a doctor's referral to see a therapist. Wishing you all good mental health and wellbeing.



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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.

SNOW REMOVAL, CHRISTMAS LIGHTS & 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.

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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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"We have worked with Curtis for several years and through a number of transactions. We have found him to be knowledgeable, forthright, and professional. We would not hesitate to recommend him, and would certainly work with him again in future."

Kris L, Rosedale.

*Not intended to solicit properties that are currently for sale.