

DECEMBER 2020

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**PORCH PHOTOS
WITH SANTA
& CHRISTMAS
LIGHTS CONTEST!**



Calgary's #1 Choice For Great Childcare

BLOSSOM DAY HOMES WAS DESIGNED TO FULFILL A NEED FOR GREAT CHILDCARE.

The programs in Blossom derive from the belief that parents must have 100% peace of mind when leaving their children. We have tailored our programs so that children are safe and comfortable in their home away from home.



"Not just another day home!"

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CHRISTMAS ONLINE @northminster

This year more than ever we need to connect with the Christmas traditions, stories, and music that bring us joy and a feeling of togetherness.

Join Northminster online on Facebook!

December 13th 10:30 AM

Hear children, youth, and adults tell the Christmas Story –
"Do You Hear What I Hear"

December 18th 7:00 PM

Merry and Bright Caroling Night
Watch as Chef Craig and family make a recipe for Santa!
Then we'll hear a Christmas story and sing our favourite carols.

December 24th 6:30 PM

Stories and music to celebrate the meaning of Christmas.

northminster
UNITED CHURCH

3311 Centre Street North -YYC

403.277.0322 | www.northminster.ca

Join: facebook.com/northminsterunited
Stay in touch and keep connected!



PORCH PHOTO WITH SANTA



SAT DECEMBER 12 & SUN DECEMBER 13

9 AM - 4 PM

TAKEN ON YOUR OWN PORCH!

\$20/PER HOUSEHOLD

FOR MORE INFORMATION PLEASE VISIT
WWW.MPCA.CA



MESSAGE FROM THE BOARD

As 2020 draws to a close, we wish you a happy and healthy holiday season. We wish you a wonderful year for 2021.

As a Board, we have started reviewing our current Business Plan, which covers the period from 2018 through 2021. This is an extensive document (58 pages) which deals with a variety of topics, including the following, programs and services, human resources, marketing and communications, our facilities, and finances. A review of this plan, and developing the next one, takes a lot of work. We are grateful for the contributions of each Board member. One of the key components of a Business Plan is having accurate information about the people we are serving, so we would be pleased to hear from you if you have questions or ideas for us. The current pandemic has also shown us that good planning has its limitations. We have learned a lot about changing plans, as government health guidelines and orders arise and change.

As we approach the end of the year, we also encourage you to support local businesses when you have the

opportunity to do so. Many of them are struggling, and they are part of our community as well. Linda and I recently had dinner at a local restaurant, and we were the only customers in the establishment. This takes physical distancing to new heights, but it is not an ideal business scenario. Our server mentioned that the lack of in-person classes at SAIT, and the absence of any shows at the Jubilee Auditorium, had combined to hit them with a severe blow. To quote the words of a great Canadian philosopher, Red Green, "Hang in there. I'm pulling for you. We're all in this together."

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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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.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

Nearby Community Newsletter Magazines:

						
			<div><p>To Advertise Call 403 720 0762 Email sales@greatnewsmedia.ca</p><p>GREAT NEWS MEDIA LEADERS IN COMMUNITY FOCUSED MARKETING</p></div>			



LIGHT UP THE NIGHT CHRISTMAS LIGHTS CONTEST

Let's light up our neighbourhood with Christmas spirit! Show off the best of your Christmas lights and outside decorations for everyone to enjoy. Great prizes to be won! The prizes will be announced on our social media in the first week of December on Mount Pleasant Association Facebook & LinkedIn profile pages. To participate please email your name and address by December 8th to specialevents@mpca.ca. General map will be provided to our community to guide them to your festive Christmas Lights Show. Contest period is from December 12th to December 20th. All winners will be announced on December 22nd and they will be contacted by email. Also all winners and their spectacular Christmas Lights will be featured on our social media. Let's embrace this magical time of the year and light up the night!

FOR MORE INFORMATION VISIT: WWW.MPCA.CA

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

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Vice-President	Chris Best	vicepresident@mpca.ca
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Playgroup	Esther Cuneo	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	VACANT	soccer@mpca.ca

Business Membership in Good Standing

- Alpine Insurance and Financial
- Small Business Legal Centre
- Thorncliffe Family Dental
- Benjamin Moore Calgary North Decorating
- Amira Healing

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 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 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

DECEMBER 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

- December 12** Porch photo with Santa
December 13 Porch photo with Santa
December 12-20 Light up the night
Christmas lights contest
December 22 Book Club – Social dinner



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 SOCIAL CLUB



Next Lunch TBA

The cardiologist's diet: If it tastes good spit it out.
- Anonymous

We had big plans for our October lunch. Finally, back in the hall! A slight return to our normal life! Then the new gathering limits came out right before our scheduled lunch, but after the food was ordered. Yvette and Nora made a quick decision and reorganized the day to have people pick up their lunches in the parking lot. All were happy to come for their delicious Velvet Café sandwiches, even though there wasn't a lot of opportunity to chat. At the time of writing this, we're unsure if there will be a November lunch, or what will be possible going forward.

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 and tai-chi classes, 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. Only some of these activities are possible at this time, but get in touch to be ready when life is more normal.

Pleasant Times Day Trips

A smaller group than originally planned headed to Jubilations Dinner Theatre for 'Night at the Museum of Rock Idols.' All precautions were taken on the bus to the theatre, and Jubilations was well organized to follow all of the safety guidelines. And the show! The entertainers were marvelous. A pitch perfect Little Richard. The pathos of Janis Joplin relieved by hilarious, spot on impersonations of Mick Jagger and Bob Dylan. We hope to be back again next year for another delicious meal and lively show.

No further trips are planned for now.



Is it Christmas Yet?

Living close to our Off-Leash Area (OLA), I am thoroughly impressed with how much our park is being used. So many new people, and it looks like everyone is loving it! On nice days, it's rare to see it empty from dawn 'til dusk.

A few reminders

- You **MUST** be in complete control of your dog. If he/she is aggressive and your commands don't immediately halt bad behaviour, the off-leash park is not for you.
- Excessive barking and noise can frustrate our residents. We are an Urban Park - there are lots of OLAs in Calgary that are not close to people's homes. Consider those instead.
- Park Opens at 7:00 am and closes at 9:00 pm. Please do not use this park outside of these hours.
- Pick up after your dog. Special thanks to St. Joseph Park's closest friend, Paula Barnes, for a major pick up at the end of October. Watch your dog and pick up!

Friend's of St Joseph Park

If you haven't met Gillian and Barclay, try and stop by around 4:00 pm on most days! Barclay is a handsome, black and white Australian Sheppard, that always appears in top form. Just before it's time to go, Gillian has a signature departure -- treats for everyone!

Every time you walk through the gates at our dog park, you're experiencing the handywork of Mr. Fusion Welding. John is a local Mt Pleasant resident and does excellent work.



Come Join the Fun!

If you are a parent or caregiver of children aged 0 to 5, Mount Pleasant Playgroup might be just the outing for you! There are lots of toys and unstructured activities to choose from, despite the scaled back version this year due to the pandemic rules! It is a secure, social, and stimulating environment for your little ones, but just as important, it is a friendly community network for the parents and caregivers too! Check us out at <https://mpca.ca/playgroup/>.

A Note from Our Chair, Esther Cuneo

Wow, can you believe it's December already! We are happy to have started Playgroup last month, and it has been a success so far. Only two days a week, but it will keep everyone safe while socializing. We still have room for our Tuesday session, so please do check out our MPCA Playgroup webpage at <https://mpca.ca/playgroup/> for more information. If registration is taken down by the time this Pulse article prints, feel free to email playgroup@mpca.ca if you have any questions. Merry Christmas and have a safe and wonderful holiday!



GREEN INITIATIVES COMMITTEE

*'Twas the night after Christmas and all through the house,
Not a crumb was to be found, not even by a mouse.
All the wrapping was recycled with care,
In hopes that the city collection would soon be there.
The community was nestled all warm in their beds,
While visions of their green gifts danced in their heads.*

'Tis the season to be merry, bright and ... green! The upcoming holidays are sure to be filled with joyous festivities and all the delicious feasts. They can also be a great way to get creative with our sustainable practices and give a refresh on waste reduction tips. Every year the City of Calgary sees a large increase in their waste collection over the holidays. There is a lot we can do as a community to reduce this, with a little effort and out of the box thinking.

Firstly, think GREEN this year with your Christmas shopping. Support local businesses, give the gift of an experience with gift cards, try your hand at creating gifts (see Pinterest for inspiration!), consider regifting this year, or donating time to a cause dear to your heart.

Explore different ways to wrap those gifts with recycled items from home such as, newspaper or fabric, or even try brown paper packaging tied up with strings. And don't

forget to recycle gift wrap items properly by putting them in your blue bin. Better yet – save it all for next year!

Although the gatherings might be a little smaller this year, take time to plan the menu ahead, and prepare the right amount of food. This helps to avoid food waste. Of course, leftovers are always a given so be sure to safely store them for later enjoyment. Turkey soup anyone?

Instead of purchasing new Christmas decorations this year, see if any friends or family want to do a decoration exchange. Finally, when the day comes to take down that beautiful Christmas tree, please ensure it is composted properly.

For more information and tips on holiday recycling, please visit The City of Calgary 'What Goes Where' holiday page.

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.

Wishing everyone a safe, happy, and warm holiday season,

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:

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.



Councillor, Ward 7

Druh Farrell

ward07@calgary.ca

druhfarrell.ca

@DruhFarrell Druh Farrell

Do you love winter, or dread it? From a child's perspective, winter is magical. It's a time of year where you bundle up in a toque, scarf, and warm coat to venture outside for a day of tobogganing, skating, skiing, or a walk among the beautiful, snow-covered trees. In the evenings, you sit around a fire sipping on a warm beverage. With the right mindset, winter becomes a special time to embrace the simple joys in life.

We learned to embrace the outdoors during this pandemic. We sat on patios, went for walks, and enjoyed our own backyards. The City responded to COVID quickly and made changes to public spaces to allow for pop-up patios, and shared space on roads to stroll or bike.

I know that people are worried about the winter ahead. Now is the time for us to change our conversation around winter and find cheap and cheerful ways to gather outside safely and experience the small things that bring us light and joy. After all, Calgary is a winter city.

Cities like New York and Quebec City "get" winter! People in these cities take every opportunity to be outside. They know that outdoor dining is still possible with heated lamps, and BYOB (Bring Your Own Blanket). Winter markets light up communities and support small businesses. Public parks host cross country skiing and other winter activities.

While many Calgarians are planning their own winter backyard space, we're looking at fun opportunities for those who live in multifamily dwellings. Stay tuned for more details over the next weeks. Please remember to clean your sidewalks to help us all enjoy our neighbourhoods safely.

There is nothing "normal" about this 2020 winter. If you haven't loved winter in years past, there is an opportunity to try something new this year.

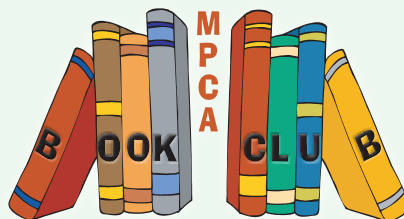
Volunteers Needed!

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.



Book Club is back 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, and 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.

December brings one of our favourite sessions – a lovely dinner to socialize and catch up on each other's news. We'll return refreshed in January for another lively book discussion.

BUSINESS CLASSIFIEDS

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

MOUNT PLEASANT MORTGAGE BROKER: Your mortgage may be costing you thousands more than you need to pay! As a local mortgage professional, I have helped your neighbours navigate their purchase, refinance, and renewal options. Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

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A UNIQUELY CREATIVE PRESCHOOL DAY HOME: New to area, accepting kids aged 1-10. Lots of fun learning games, toys, crafts, huge backyard, and organic veggies raised in garden. Friday special adventure/projects example: Certified herbalist creating moisturizing hand salve gifts for parents, finger knitting, etc. 8 years of experience. Call Miss Diamond at 778-384-7888.

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.

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.

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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Schedule your appointment by visiting YouthEmploymentCentre.ca or call 403-268-2490.

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