MOUNT PLEASANT

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER







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News from the **Friends of Nose Hill**

by Anne Burke

Would you support a bylaw that prohibits feeding and/ or teasing wildlife on private property?

It is prohibited to feed or tease wildlife in Calgary Parks. There are no bylaws against doing this on private property. "Teasing" means to annoy the animals by irritating them or causing them harm. It also means to disturb them by interfering with their normal function or causing the animals anxiety. If such a bylaw is passed, there may be some exceptions.

- 1. Feeding birds benefits them since food sources can be scarce in colder months. It brings joy to people. Feeding squirrels should also be exempt, with use of proper feeders.
- 2. There should not be exceptions to the bylaw due to concerns for the welfare of wildlife when they rely on humans for food. It jeopardizes the animal's life and wellbeing, with the potential to draw more dangerous wildlife to residential areas.
- 3. Allow property owners to feed wildlife for rescue purposes. Sometimes interventions are required to rescue animals in distress on private property. It should involve wildlife officials or rescue organizations.
- 4. Having different rules and consequences in the bylaw means that teasing can be animal cruelty. Behaviours, such as "shooing" an animal off the property, should not be considered teasing.

The City is exploring a voluntary dog "early warning" system (DEWS), in on-leash areas and off-leash parks. A bandana colour program uses one (or more) of the colours of traffic lights. It is intended to give owners the opportunity to indicate to others how (or if) their dogs should be approached.

The Responsible Pet Ownership Bylaw: Phase 2 is at www. calgary.ca/petbylaw. Public input will help the City make recommendations to Council, in spring/summer 2021.



Book Club is back, if only online, on the fourth Tuesday of each month. We hope to be back together again soon. 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. Also 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 403 836-3626.

Our January 26 book is an old favourite, Pride and Prejudice by Jane Austen, a romantic novel, published anonymously in three volumes in 1813. A classic of English literature, written with incisive wit and superb character delineation, it centres on the turbulent relationship between Elizabeth Bennet, the daughter of a country gentleman, and Fitzwilliam Darcy, a rich aristocratic landowner. The story follows the main character as she deals with issues of manners, upbringing, morality, education, and marriage in the society of the landed gentry of the British Regency. Although set in the early 19th century, these themes still resonate today.

The February 2021 book will be From the Ashes by Jesse Thistle.



MESSAGE FROM THE BOARD

Despite the challenges of 2020, we did end the year with several items of positive news. Our Communications Director, Aleah Kane, was successful in applying for a grant from Google. Our Treasurer, Tamara Flindell, obtained a second quarter grant to alleviate some of our losses due to the COVID pandemic. Tamara also applied for the grants for the third quarter and fourth quarter, but at the deadline for this article we had not heard the results.

We have also been encouraged by the increase in the purchase of community memberships. As of our November meeting, there had been more than 280 new members in that month alone. Thank you for your part in helping to build community spirit in a challenging year.

Our Special Events Coordinator, Natalia Gorobinski, continues to be creative in thinking of events that meet the changing health and safety guidelines. The porch photos with Santa was a huge success, with all available time slots booked shortly after registration opened. Given Santa's especially busy schedule this year, Natalia did an amazing job in securing his time for us.

Our Board end of year social event, held over Zoom, was a success. Thanks to President Jessica Karpat for her creativity, and for planning this event. (I am happy to say that the food and beverages were real and enjoyed on an individual basis. Only the conversation was held in a virtual setting!)

We were able to open the Sportsplex for our community skating slots by asking people to register in advance. Unfortunately, we were only able to hold two of these events before a new set of restrictions forced us to hit the pause button. As the guidelines change rapidly, please consult the website for the latest news.

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

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ACTIVITIES AND EVENTS

JANUARY 2021

Mon. Sportball www.sportball.ca

Zumba www.enoc1.zumba.com

Flow Martial Arts www.flowma.ca

Tue. Sportball www.sportball.ca

Thur.

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

All Canadian Karate www.acku.org

Trish Hardy Yoga www.trishhardyyoga.com

Fri. Fly Right Swing www.flyrightswing.com

Hall is closed due to COVID-19 Restrictions. Please check our website for up to date information on our programs based on current health restrictions.

Book club continues, but online. See our website for more information.



Wednesday Afternoon Games

This is a great way to get out of the house, socialize with old and new friends, and work your brain. If you'd like to know when we're able to get together again, contact Yvette at 403-284-1715 or yvette.v53@hotmail.com.



PLEASANT TIMES SOCIAL CLUB



Old age is when you resent the swimsuit issue of Sports Illustrated because there are fewer articles to read.

- George Burns

The fight to control COVID-19 has meant we haven't been getting together for our activities for a while. In the meantime, there are some pictures in this month's Pulse to remind us of happier times. Here's an update on what we hope for future.

Monthly Lunches

Mount Pleasant residents age 60 and over are invited to free monthly lunches. We weren't able to hold a lunch in either November or December, and they've been much different since last March. We hope to get back to being able to hold lunches in the hall soon, and eventually even have after lunch entertainment!

Day Trips

We've had so much fun on past outings, both in and outside Calgary. Theatre performances, mystery tours, Hutterite colonies, Lake Louise ice sculptures, and much more. If you have ideas on where you'd like to go once travel is possible again, please let me know.

MPCA Memberships and Pleasant Times Communications

MPCA has introduced a new membership and communication system that Pleasant Times will be using to provide information on our activities. If you haven't done so already, please go to mpca.ca and click on the Membership button on the right-hand side. Because it's a new system, you need to do this even if you purchased a membership within the past year. You must be on TidyHQ with a current membership to learn about and participate in our activities. You also can use the Membership button to check if you're already enrolled and when your membership expires.

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

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EXERCISE PROGRAMS FOR ALL AGES



When we're able to use the community hall again, we'll have introductory to moderate-high exercise sessions. Come join us to improve your aerobic fitness, balance, strength, and flexibility. You can sign up for classes either once or twice per week, on Monday and/or Thursday mornings.

Tai-Chi: Classes are held twice a week on Monday and Wednesday mornings, starting once the hall is open and continuing until June. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration.

GREEN INITIATIVES COMMITTEE

It is a brand-new year, and The Mount Pleasant Green Initiatives Committee is ready to get a start on our new year's resolution. But first, we need to hear from you!

Back in 2019 we issued a survey to try and get a sense of what the community would like to see out of a green initiatives committee. We got some great input then, and now the committee feels its time to refresh that survey to see what might have changed.

We want to know where you hear from the community association the most, what types of green initiatives you are interested in, or what would you like to learn more about and how would you like to participate.

There are many areas of green initiatives, and we want to place importance on the ones that this community is most interested in, and feel will benefit from. With your input, we can choose the most popular areas to focus our resources and time on.

Along with hearing about your top green interests, we want to know how you like to participate or learn! The sky's the limit right now, from webinars to Zoom parties, and (one day) in person community events. Since there are so many ways to interact with each other, let us know what your ideal choices are so we can continue to plan and create events that match.

To participate please follow the link on the Green Initiatives page found at https://mpca.ca/ greeninitiatives/#gic (the Mount Pleasant Community Association website). The link will also be shared in our Facebook group, so be sure to keep a lookout. Your feedback is most appreciated and welcome. Results of the survey will be shared in the Spring.

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 guestions.

Happy New Year!

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** F-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.



With our new normal, COVID-19 has even changed getting a puppy. In our isolation, and stuck at home, people want a puppy yesterday. Finding puppies has become more difficult, and this has led to many not making careful decisions. Some individuals are playing on our desperation. I watched a news release from Ontario where more than one person selling a puppy set up meetings in parking lots with prospective owners, only to be accosted by thieves there to steal the puppies. COVID-19 won't last forever, but with luck, this puppy will be with you for the next fifteen years, so... slow down and wait to get what you want.

Purebred versus mixed breed. With a purebred dog, you will know what to expect regards to size and behavior. Genetic screening of the parents for flaws improves your chance of a healthy pet, but is not a guarantee. A puppy cannot legally be sold as purebred without registration papers, and it is also against Canadian Kennel Club rules to charge a premium for those papers. Some breeders will replace puppies with genetic problems, but few families will give up the pet that's become a family member. Current market demand has led to a lot of less reputable breeders producing lots of puppies with serious health issues. Mixed breeds tend to be less expensive, except for some of the crosses that have become popular such as, Labradoodles or Yorkipoos. Many of these designer breeds, rather than having hybrid vigor, have the genetic issues of both breeds.

Buying a puppy from a private home or breeder, you should be able to see at least the mom, if not both parents, and get some idea of the temperament and appearance of the adult animal your pup will grow into. Leave the kids at home (Mom too, if necessary)! The first time you see the puppies, try to make a well thought out decision with your head, not your heart. Having said this, some of the brightest most business-like people I have met in my life are fundamentally incapable of thinking with anything but their heart when faced with a puppy.

Avoid single puppy litters if possible. A single puppy might not be adequately socialized, but this is usually not an issue if other dogs are in the household. For this same reason, avoid taking your puppy before seven or eight weeks of age or later. Most puppies are weaned earlier, but this socialization within the litter and with mom will affect your puppy's behavior for the rest of his life.

Look around. How clean is the whelping box and area? The dirtier a puppy's surroundings, the harder it will be to housetrain. Puppies raised in clean surroundings and taken out several times a day to urinate and defecate are well started on their training. They have already learned not to foul the area they eat, drink, and sleep. They have often been introduced to a crate. I start taking my four-week-old puppies outside in Calgary winters to poop and pee, but only for a brief supervised minute.

Has the puppy received its first vaccinations and been dewormed? This should be done between six to eight weeks by a veterinarian who will do a full physical examination. All reputable breeders will have done this. Make sure you can return the puppy if it fails a health check at a veterinarian of your choosing. This is heartbreaking to do, but it can be emotionally and financially devastating to have a puppy with a congenital problem.

Consider an adult dog.... There are several great rescue organizations in Calgary, including the Calgary Humane Society, who'd love to hook you up with an adult dog needing a home. Read, ask questions of knowledgeable people, and be tough at this stage, and with a little luck, the perfect furry family member will be in the house soon, and for a long time to come.



As we celebrate the holidays and look forward to 2021, we look back at 2020 - sure to be remembered as one of one of the most challenging years, in many people's lives, the world over. The ongoing COVID-19 pandemic crisis has deeply impacted how we work, play, rest, communicate, and advocate for the things that matter most. We have a wide range of issues competing for our attention. As such, these issues are often presented as separate on one another, even actively opposed.

A ready example of a false dichotomy: preventative COVID-containing measures vs. the economy. In fact, the health of a region's people and the health of its economy are strongly linked. Framing trade-offs between the two is at best ineffective, and at worst, a way to ensure further struggle and suffering. As Leader of the NDP Official Opposition, Rachel Notley has said, "Failing to contain the virus risks lives, jeopardizes our health system, and endangers our economy. We must do better."

My colleagues in Alberta's NDP Caucus and I, continue to offer well-researched suggestions for effective measures to protect Albertans during this time; workers, caregivers, and entrepreneurs. We call for substantial government support for individuals, organizations, and businesses, as well as decisions that demonstrate leadership. Rolling half-measures will only lead to harsher restrictions later on since, after all, the virus cannot be halted with a laissez faire attitude.

I invite you to visit the COVID-19 Response section of Alberta's Future, a project that's sparking conversations about new directions for Alberta – in the future and in the present moment at https://www.albertasfuture.ca/covid-19-response.

As the winter season rolls on, I encourage Mountain View residents to stay active, support community initiatives, and look out for one another. Check with your local community association for markets (following COVID protocols), outdoor activities, and virtual events. Or take advantage of the City of Calgary's volunteer-run rinks and new fire pit options, intended to foster neighbourly spirit.

As always, I'm happy to hear from you. I'm grateful to Calgary-Mountain View constituents. Please keep in touch through my constituency office at Calgary. MountainView@assembly.ab.ca or 403-216-5445.



Calgary Confederation Len Webber, MP 2020 10 St NW. T2M3M2

403-220-0888

≥ len.webber@parl.gc.ca

There is Help

Suicide takes the lives of far too many Canadians each year, but it is preventable. On average, ten Canadians die from suicide every single day. It's the second leading cause of death for those aged 20 to 29.

The Canadian Mental Health Association has verified that the pandemic has caused intense stress and disruption for all people in Canada, and is causing pronounced mental health concerns, including, suicidal thoughts and feelings. Increased rates of substance abuse have also added to the suicide problem.

Too often, those who need help cannot find it in a timely fashion. My colleague, Conservative MP Todd Doherty, has proposed Canada adopt the 9-8-8 phone number as a quick, easy-to-remember number for mental health services. This service will be available in the United States starting in 2022.

This is real, concrete action, that will save Canadian lives. Help should only be three digits away.

Currently, those looking for help can call the National Suicide Prevention Hotline 24/7 toll free at 1-833 456-4566 or text 45645 (from 2:00 to 10:00 pm). Youth can call Kids Helpline 24/7 toll free at 1-800-668-6868, text 686868, or by using Facebook Messenger and searching for Kids Help Phone. Help is available!

As I said in the House of Commons, "I am sure we all know of someone who committed suicide. Many just do not talk about it. We all know someone who tried to commit suicide. We just do not talk about it. We all know that more needs to be done to prevent and treat suicide. We just do not talk about it. This has to change, and that is why I am very happy that we are discussing this here today. I want those who need help to reach out for it, to demand it."

I am confident easy access to help through a 9-8-8 service would save many lives.

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.

In this time of social distancing...

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Councillor, Ward 7
Druh Farrell

ward07@calgary.ca

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Affordable Housing

What would life be like if you didn't know where you would sleep next month, next week, or even tonight? How much harder would it be to go to work, be a parent, be a kid, or stay safe during this pandemic. Every human being has a right to secure housing, and to live with dignity. It's the first step to allow people to focus on all other aspects of life.

More affordable housing ensures people at all income levels can live and work in our city. People in affordable housing have greater chances to find and keep jobs, to learn and build skills, and be active participants in their communities. Affordable housing also helps boost the local economy. When people can focus less on paying the bills for basic needs, they have more disposable income, and employers have a more stable workforce. Providing housing for just one person experiencing homelessness saves about \$34,000 in public funds annually. It costs less to have someone in affordable housing than living on the streets.

Affordable housing is important to Calgarians. The 2020 Citizen Satisfaction Survey demonstrated that citizens want to see an increased investment in affordable housing for low-income families. Currently, Calgary needs 2,000 to 2,500 new affordable homes each year, and behind each of these numbers are real people and families. Over the last 10 years, only an average of 300 affordable homes per year have been completed.

Affordable Housing is important to Calgarians. It is, and should remain, a top priority to mitigate the impacts of this pandemic. During the pandemic, people have been told to stay home and away from others to slow the virus spread. This is simply impossible for those who do not have a place to live, or who live in overcrowded conditions, and as a result significant outbreaks have occurred in homeless shelters throughout this pandemic. We can and must do better.

Not only is affordable housing needed now, but investment in affordable housing could play a key role in Calgary's economic recovery, and a resilient future.

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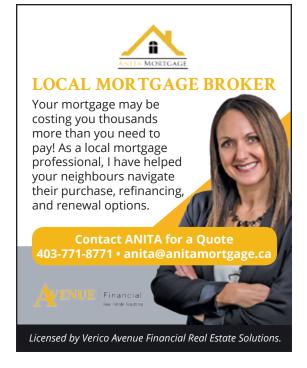
NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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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