

FEBRUARY 2021

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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DAY**





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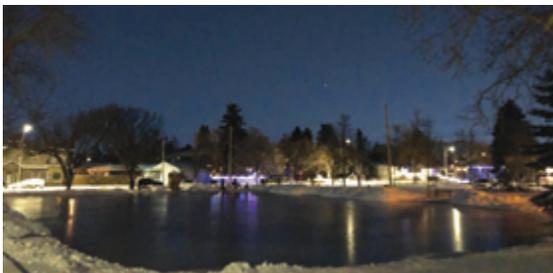


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## MESSAGE FROM THE BOARD

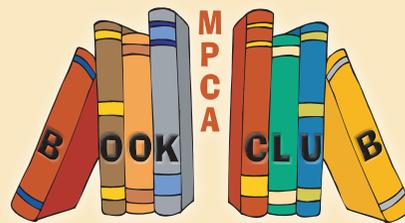


One of the results of the ongoing pandemic has been the need to seek outdoor activities. These include tobogganing and snowshoeing in Confederation Park, as well as outdoor skating. While it is impossible to know how long winter will allow the outdoor rinks to stay open, I encourage you to make use of them. Our community rink is located in what is still shown as “Horsy Park” on Google maps. This is at 30th Avenue and 5th Street NW. The name harkens back to a day when the playground equipment included toy horses to ride. Those days are long gone, but the name lives on! In November, some community members asked the Board if we would purchase a commercial snowblower to use on this outdoor rink. In light of the uncertainty surrounding when (or if) we would be able to reopen the Sportplex for indoor skating, we determined that this was a prudent use of funds. We are grateful to the community volunteers who took the initiative to bring this proposal forward. Special thanks to Shawn Stordy, who agreed to serve as the outdoor rink coordinator. Happily, we were able to obtain the snowblower just before our “exceptional” (to quote the Calgary Herald) snowstorm on December 21 to 22. Shawn reported that a group of 15 to 20 volunteers had the snowblower running for eight hours to clear the rink. Signs placed by the City show a “recommended capacity” of 55 people. There are also two large rinks in Confederation Park, beside the Rosemont Community Hall.

Given the ongoing closures, we continue to apply for available grants to mitigate our financial losses. Our current projections are for a cash shortfall of \$283,000.00 for the fiscal year 2021. If we are able to reopen our facilities, of course, this will improve.

*Philip E. Carr*

Past President MPCA | 403-467-0351



Book Club is continuing 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. For full information, please contact Brianna at [burichan@live.com](mailto:burichan@live.com) or 403-836-3626.

Our February 23 book will be, *From the Ashes* by Jesse Thistle. In this extraordinary and inspiring debut memoir, Jesse Thistle, once a high school dropout and now a rising Indigenous scholar, chronicles his life on the streets and how he overcame trauma and addiction to discover the truth about who he is.

“If I can just make it to the next minute...then I might have a chance to live; I might have a chance to be something more than just a struggling crackhead.”

*From the Ashes* is a remarkable memoir about hope and resilience, and a revelatory look into the life of a Métis-Cree man who refused to give up. Abandoned by his parents as a toddler, Jesse Thistle briefly found himself in the foster-care system with his two brothers, cut off from all they had known. Eventually the children landed in the home of their paternal grandparents, whose tough-love attitudes quickly resulted in conflicts. Throughout it all, the ghost of Jesse’s drug-addicted father haunted the halls of the house and the memories of every family member. Struggling with all that had happened, Jesse succumbed to a self-destructive cycle of drug and alcohol addiction and petty crime, spending more than a decade on and off the streets, often homeless. Finally, he realized he would die unless he turned his life around.

In this heartwarming and heart-wrenching memoir, Jesse Thistle writes honestly and fearlessly about his painful past, the abuse he endured, and how he uncovered the truth about his parents. Through sheer perseverance and education—and newfound love—he found his way back into the circle of his Indigenous culture and family. An eloquent exploration of the impact of prejudice and racism, *From the Ashes* is, in the end, about how love and support can help us find happiness despite the odds.

The March 23 book will be *The Figs* by Calgary author Ali Bryan.

The Mount Pleasant Pulse - Designed, manufactured, and delivered monthly to 4,000 Households by:

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# PLEASANT TIMES SOCIAL CLUB

*Grow old along with me!  
The best is yet to be.  
The last of life, for which the first was made.*  
-Robert Browning

At the time of writing (late December), we're still under lockdown, waiting to be able to come together again. In the meantime, here's a summary of what we hope to be doing in 2021

## Monthly Lunches

Mount Pleasant residents age 60 and over are invited to free monthly lunches. We haven't been able to hold an indoor lunch since February 2020, but did have many fun, outdoor picnic lunches over the summer. We hope to get back to being able to hold lunches in the hall soon and eventually even have after lunch entertainment!

## Exercise Class

Since early December, we've held Zoom classes three times each week. They've been a fun and healthy distraction – so good to see and hear other people again. You're welcome to join our Zoom classes. When we're able to use the community hall again, we'll continue our 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. The cost is only \$7 per class when you sign up for the session or \$12 per class drop-in.

## Tai-Chi

Classes are held twice a week, on Monday and Wednesday mornings. At this point, we're holding Zoom classes but will move back into the hall when possible. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Join us for Zoom classes for only \$3 per class if you sign up for the session or \$4 per class drop-in.

## 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.



## 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.

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.

And whatever your age, please purchase your MPCA membership. Go to [mpca.ca](http://mpca.ca) and click on the membership icon on the home page or use the membership form printed in the pulse.

## ACTIVITIES AND EVENTS

### FEBRUARY 2021

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.

**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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Calgary



# Thriving communities support a successful Calgary

The success of Calgary as a whole relies on thriving communities:

Communities as places where people can live now, regardless of income or stage of life. Communities that appeal to growing youth and provide the right amenities for a mature and aging population. Communities that attract new people and investments to our city.

Our great communities are growing more inclusive, with more housing options. They are growing more environmentally responsible, as more people live closer to amenities and services.

Calgarians needs are changing - that should be reflected in the community we live in now and the one we want to live in years from now.

See how we're working to achieve this:

- Share your community stories: [Engage.calgary.ca/guidebook](http://Engage.calgary.ca/guidebook)
- Learn about the future of our communities: [Calgary.ca/guidebook](http://Calgary.ca/guidebook)
- Read about how we're doing it: [Calgary.ca/lap](http://Calgary.ca/lap)



## 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](http://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.

# 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>

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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>

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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>
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Soccer	Kathryn McIntosh	<a href="mailto:soccer@mpca.ca">soccer@mpca.ca</a>

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## CRIME STATISTICS



### Mount Pleasant Crime Activity was Down in November 2020

The Mount Pleasant community experienced 11 crimes in November 2020, in comparison to 28 crimes the previous month, and 14 crimes in November one year ago. Mount Pleasant experiences an average of 22.5 crimes per month. On an annual basis, Mount Pleasant experienced a total of 270 crimes as of November 2020, which is down 11% in comparison to 303 crimes as of November 2019. To review the full Mount Pleasant Crime report visit [mtpl.mycalgary.com](http://mtpl.mycalgary.com)

*How To Report Crime In Mount Pleasant: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

## Volunteering is good for the soul

### 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.

# Goodbye, Joan

Joan Poulsen, a much-loved member of the Pleasant Times Social Club, passed away December 4, 2020 at age 94. Joan was always smiling, always ready to help with our events, and always young at heart. She was a long-time Mount Pleasant resident and MPCA member, who took part in and supported many community events.



When still able, she liked to walk down to the duck pond in Confederation Park to watch the activity there. Joan volunteered for other causes, especially those involving animal welfare, and helped people with genealogy research. When we're able to hold our monthly lunches in the hall again, it won't be the same not having Joan's cheery face to greet people as they arrive. We'll miss you, Joan.



## News from the Friends of Nose Hill

by Anne Burke

The goals of the 2005 City Council-approved Nose Hill Trail and Pathway Plan were to perpetuate the natural character of the landscape, while affording compatible

recreational opportunities. The report cited multi-track trails overgrown with weeds, rutted, and braided trails. Steep trails were causing erosion of the slope. Old gravel trails/roads were eroded and not maintained.

A system of upgraded trails and paved pathways was constructed to manage public use patterns. Off-leash dogs outside of the multi-use zone. Snow fences for closed trails moved or vandalized. Users ignoring snow fences and continually using closed trails. The report recommended interpretive and/or orientation signs for observed dog-by-law compliance. It also predicted day parking lot use, since the Park is closed overnight. Aerial photos showed flat terrain and grasses on the upper plateau, native grassland, and other native vegetation at the top of the escarpment.

There were 15 recommendations, with a summary of park use and routes, park amenities, and parking lot upgrades. The balance between the protection of the natural environment, while providing leisure opportunities, has proved to be challenging. Nose Hill has historical, archaeological, and other resources of natural interest, such as, wildlife species and habitat features. Habitat for rare, threatened, and endangered wildlife is significant and sensitive to general park use by dog walkers, cyclists, pedestrians, and other visitors.

Nose Hill Park is a unique urban park only five kilometres from the city centre, and a walk from neighbouring communities. An "ecological island", it is a large area of grassland bordered by John Laurie Blvd. along the south, Shaganappi Trail along the west, and 14th St. N.W. along the east. The Park contains some of the largest reserves of native fescue grasslands in Calgary.

Read more at [www.calgary.ca/csps/parks/construction/nose-hill-park-trail-and-pathway-improvement-plan.html](http://www.calgary.ca/csps/parks/construction/nose-hill-park-trail-and-pathway-improvement-plan.html).



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## GREEN INITIATIVES COMMITTEE

Winter always brings plenty of time indoors and driving to and from where we need to be. However, with spring (hopefully) just around the corner, thoughts can turn towards enjoying the fresh air, with bike rides and leisurely walks while going out and about. Did you know that green transportation is one of the Green Initiative Committee's main areas of focus? We have even seen some changes made in our very own backyard this fall that happen to support that focus.

As you may have (or may not have) seen there has been the implementation of temporary traffic calming measures along 1 Street N.E. and 2 Street N.W., including an expansion of the Balmoral Circus Park. Some of the key measures that are temporarily being used are diagonal diverters, improved pathway connections, and speed humps. These three traffic calming measures work to reduce vehicle speeds and the volume of traffic, while maintaining a safe comfortable travel space for walkers and wheelers.

Additionally, expanding the Balmoral Circus park area and closing the intersection at 2 Street and 19 Avenue supports green initiatives. This expanded green space reduces the volume of vehicles on the street, provides greater access for pedestrians, and creates a quiet outdoor community space. Ultimately, implementing traffic calming promotes green transportation by creating a community that is more accessible to walkers and wheelers, as there are fewer and slower vehicles on the road.

The City had an engagement opportunity from November 6 to December 6 regarding these temporary measures, and the feedback received will be used to make decisions regarding any permanent installations. Another engagement opportunity is expected this month so keep an eye out for a chance to provide feedback at [engage.calgary.ca/NorthHillArea](http://engage.calgary.ca/NorthHillArea).

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. As well, please check out our Mount Pleasant Green Initiative Group on Facebook! You can find us on the Mount Pleasant Community Association page.

Have a great month,

*The MPCA Green Initiatives Committee*

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# An Ounce of Treats = A Pound of Training



As I write this article during the Christmas Holiday, I've been spending quite a bit more time at St. Joseph's Park. What a tremendous addition to our community! There hasn't been a single moment I've either been at the park or looked over from my upstairs window and seen it empty.

Wait ... there was that snowstorm that thinned out a few people!

I've met quite a few new people and reconnected with lots I haven't seen in a while. And all the while our dogs get some exercise and add in some social time. Who could ask for anything more?

A moment to remind everyone that our park is located in the very heart of our community, surrounded by residents that may not appreciate dogs being overly noisy. While there is no by-law that defines an overly loud dog, I ask we all use some common sense and respect our neighbours. An occasional bark here - and a few barks there - isn't what's concerning; however, incessant barking is to those that live nearby. If your dog is 'one of those' - there are better suited dog parks that aren't situated close to people's homes, and I ask that you please consider this before spending time at St. Joseph's Park.

For those that do spend time with us, I'm seeing a lot of people training their new pooches, and there's most definitely a lot of new dog owners in our community! This is excellent work and makes for both happy dogs and owners alike. Here's a direct quotation from our Calgary Dog Bylaw when our dogs are in parks,

"Off-leash does not mean out of control. Dogs must be under control at all times in designated off-leash areas.

This means dogs must remain within the owner's site and come when called".

At any given moment, your dog must be responsive to your commands to "come here" or "heel", or whatever language you choose to have your dog obey and come when called. While you're watching your furry friend, you'll see the signs of things getting too exciting and be able to 'nip' any bad behaviour before it starts by calling them over to your side.

While dog parks are a great place to practice training, progress is expected, and repeated bad behaviour will not be tolerated. There are professional dog trainers available to help! And if you want some tips and tricks that work well - (for free!) - you can email me anytime and I'll be happy to work with you.

Drop a line anytime,

*Mark and Parker*

dogark@mpca.ca

## YOUR CITY OF CALGARY

### Keep Your Recyclables Loose

Put your recyclables in your blue cart loose. Make sure your recyclables are not packed too tightly or they will not fall out of the cart during pickup. The only recyclables that should be in bags are bagged plastic bags and bagged shredded paper.



Don't put recyclables in black garbage or blue recycling bags. The recycling facility isn't set up to unbag recyclables and they need to be loose to be sorted by the machines. For the safety of workers, garbage bags are marked as garbage and are not opened.

Visit [calgary.ca/recycle](http://calgary.ca/recycle) for more tips on how to prepare your recyclables properly.



Calgary Confederation

**Len Webber, MP**

2020 10 St NW, T2M3M2

☎ 403-220-0888

✉ [len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)



MLA Calgary-Mountain View

**Kathleen Ganley**

723 14 St NW T2N 2A4

☎ 403-216-5445

✉ [Calgary.MountainView@assembly.ab.ca](mailto:Calgary.MountainView@assembly.ab.ca)

### Important Information for You

This month I would like to bring a few items to your attention based on the calls we are receiving.

New COVID benefits are now available and a special COVID-19 Benefits Finder tool allows you to find benefits you may be entitled to by answering a few easy questions. More at [www.lenwebbermp.ca/covid-benefits](http://www.lenwebbermp.ca/covid-benefits).

If you have recently travelled on an aircraft, cruise, or train, you may have been exposed to COVID-19. The Government of Canada maintains a list of these possible exposure incidents. Recent travelers should consult this webpage regularly for 14 days following their travel. More at [www.lenwebbermp.ca/covid-exposures](http://www.lenwebbermp.ca/covid-exposures).

The Benefits Finder tool at [www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca) allows you to determine what benefits you may be entitled to by answering a few easy questions. Your responses will short-list possible benefits and information on how to apply. Many Federal-Provincial programs are also included in the search results.

Fraudsters and scammers are exploiting the ongoing pandemic to facilitate fraud, scams, and cybercrime as they look to profit off people's fears, uncertainties, and misinformation. Find out how to protect yourself from these scams. More at [www.lenwebbermp.ca/mp-report-pandemic-fraud](http://www.lenwebbermp.ca/mp-report-pandemic-fraud).

The winter season can be very difficult for those with mental health challenges and this year will be even more difficult. If you need help, please reach out and ask for it. Canada Suicide Prevention Service: 1-833-456-4566 (phone) - 45645 (text) – [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca) (chat), Kids Help Phone: 1-800-668-6868 (phone), [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (chat)

If you are seeking new employment, visit [www.jobbank.gc.ca](http://www.jobbank.gc.ca) for opportunities. A convenient mobile app is available.

Every organ donor can save up to eight lives. Register today to become an organ donor by visiting [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).

Every blood donation is the gift of life. Blood and blood products are a critical part of everyday medical care including major surgeries, medical procedures, cancer treatments, and managing disease. Blood donation times and locations are available at [www.blood.ca](http://www.blood.ca).

The launch of Alberta's Future has been a great success. This long-term project presented by Alberta's NDP Caucus engages with everyday people on a range of topics, such as, healthcare, education, technology, and energy. So far, thousands of Albertans have participated in the live online consultations and have submitted ideas that will enrich upcoming proposal documents and discussions.

I was especially proud to have hosted Picking Up Steam: Geothermal and Alberta's Energy Future, as a live online consultation on November 6. Alberta has vast geothermal resources that present an opportunity to diversify our economy, create immediate and long-term jobs, provide clean and renewable energy, and lower our GHG emissions. However, compared to the rest of the world, Alberta's geothermal energy potential is largely untapped.

Geothermal energy and hydrogen production represent two relatively new approaches to energy in this province. But the disruptions experienced in 2020 due to the COVID-19 pandemic crisis spur us to rethink every aspect of our personal and professional lives, so that we are more resilient going forward. It's been clear this past year that crises aren't experienced equally and hurt those already struggling.

A recent research paper published by the London School of Economics International Inequalities Institute looked at 50 years of data that confirmed "trickle down" tax cuts only benefit those already wealthy, and lead to higher income inequality. These cuts are often touted to create jobs, but – objectively – they don't. The trickle-down assumption underpins every conservative government's economic strategy, and it doesn't work as promised. Combined with a reluctance to invest government funds in much-needed programs and services, the "hands off" version of government isn't what Alberta needs now.

Leader of the Official Opposition Rachel Notley invites Albertans to envision a better future. The focus is building a new economy around meaningful, sustainable work for all those who can contribute. That means work in renewable energy, small businesses, technology, agriculture, healthcare research, and in many other sectors. View proposals, details of live online consultations, and feedback forms (plus sections on COVID-19 Response and Calgary's Future) at [www.albertasfuture.ca](http://www.albertasfuture.ca).

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](mailto:Calgary.MountainView@assembly.ab.ca) or 403-216-5445.

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