

JUNE 2021

DELIVERED MONTHLY TO 4,000 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



Calgary



# We're **reinventing** downtown for the new economy

Downtown is central to Calgary's economic recovery. We need a strong core to grow our economy, create jobs and help fund the City services we rely on every day. When our downtown thrives, Calgary thrives. We all benefit.

The heart of our city needs to evolve. Changes in the energy industry and in the way we work demand a new path forward.

Calgary's Greater Downtown Plan is our vision, roadmap and commitment to rebuild a thriving city centre. Our future success relies on downtown being a place people want to live, visit and set up businesses.

Calgarians have shown incredible community spirit throughout many difficult years and this persistent pandemic. Together, we'll shift downtown from vacancy to vibrancy.

**Learn more about how we're reinventing downtown at [calgary.ca/respond](https://calgary.ca/respond)**





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anita@anitamortgage.ca

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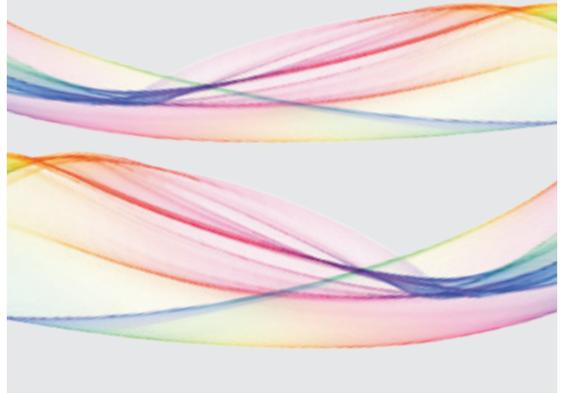


## GREAT NEWS MEDIA

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### BLOSSOM DAY HOMES WAS DESIGNED TO FULFILL THE NEED FOR GREAT CHILDCARE

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# 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>

## 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

Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement	VACANT	engagement@mpca.ca
Planning & Development	Alison Timmins	planning@mpca.ca
Communications	Aleah Kane	communications@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
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Kathryn McIntosh	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 J. Healing
- Stavros on 4th



# 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 \_\_\_\_\_

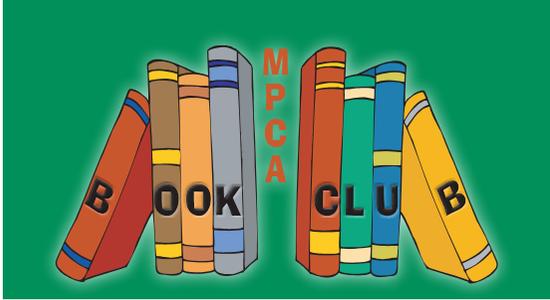
Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.  
 New residence have lived in Mount Pleasant for less than 1 year. Please note date you moved into Mount Pleasant

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.



Book Club is continuing online, on the fourth Tuesday of each month. We hope to be back together again soon - of course, there will be procedures to follow to ensure we meet all COVID-19 requirements. For full information, please contact Brianna at burichan@live.com or call 403-836-3626.

Our June 22 book will be *Mudlark* by Lara Maiklem. Long heralded as a city treasure herself, expert “mudlarker” Lara Maiklem is uniquely trained in the art of seeking. Tirelessly trekking across miles of the Thames’ muddy shores, where others only see the detritus of city life, Maiklem unearths evidence of England’s captivating, if sometimes murky, history—with some objects dating back to 43 AD, when London was but an outpost of the Roman Empire. From medieval mail worn by warriors on English battlefields to nineteenth-century glass marbles mass-produced for the nation’s first soda bottles, Maiklem deduces the historical significance of these artifacts with the quirky enthusiasm and sharp-sightedness of a twenty-first century Sherlock Holmes. Seamlessly interweaving reflections from her own life with meditations on the art of wandering, Maiklem ultimately delivers—for Anglophiles and history lovers alike—a memorable treatise on the objects we leave in our wake, and the stories they can reveal if only we take a moment to look.

## Whist Anyone?

We’re checking if there is interest in starting a few Whist tables during our games sessions once we’re able to meet again. Whether you’re a seasoned pro or someone who’d like to learn the game, please let Yvette know at yvette.v53@hotmail.com or 403-803-7697.

Whist is a classic English trick-taking card game. Although the rules are simple, there is an art, even a science, to playing it well. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends.

Once gatherings are possible again, we’ll meet at 1:15 pm every Wednesday afternoon in the Upper Hall, 602 22 Ave. NW. If Whist isn’t your cup of tea, there’s always Scrabble, bridge, cribbage, or whatever game you’d like to suggest.

## New Artwork in Horsy Park

Have you noticed anything different in Horsy Park (5th St and 29th Ave) lately? This well-used park is now the site of a large new artwork by Calgary artist Cassie Suche.

Covering an area approximately the same size as the ice rink, this abstract work was made using non-toxic dye and organic fertilizer on the grass to create an intricate pattern that will change as the months progress. At the time of installation, the bright green pattern contrasted strongly with the dry, brown grass. As spring turns to summer, the treated and non-treated grass will merge, although the treated grass may remain greener or grow faster. By the fall, the pattern will likely disappear, although traces may remain.

The work, titled “Grow,” will temporarily enliven the park with its repeating dots and complex pattern. While the work can be enjoyed for its appearance, its impermanence may also help us think about change in our world: this work will appear, grow, and change along with the seasons. It may also prompt discussion about our urban outdoor environment and our relationship to the land, and specifically to lawns. Most grass lawns require significant resources to maintain. With its use of both dye and fertilizer, Grow draws attention to the artificiality of lawns, and, as it grows out and disappears, prompts us to question whether these efforts make sense.

Grow is the result of a generous grant from the Parks Foundation and the City of Calgary. The aim of the grant was to create an outdoor experience that people could visit safely during the pandemic. The MPCA decided to use the grant to enhance Horsy Park through a temporary work of art and issued a call to artists for proposals. We received many outstanding proposals, but a jury made up of community members ultimately chose Cassie’s work. It was beautiful, inventive, and appropriate for the space. As well, it was safe and would not disrupt the normal use of the park. We hope you enjoy it!



## Pulse Recruitment

The Mount Pleasant Community Association is a non-profit group run by volunteers – they are our backbone. We rely on residents of our community to come forward, offer assistance and take part in making Mount Pleasant one of the greatest places to live in Calgary.

The following volunteer positions have come up and we need our resident to come forward and help out!

### **Membership and Volunteer Director (One person - Board Position)**

We are looking for someone who will help us find ways in which to recruit, orient, welcome and show appreciation to our volunteers. This role also manages memberships through our membership software and ensures business membership benefits are received by local businesses via coordination with the Communications Director. This role is a Board position and will require attendance at monthly meetings (Board breaks over the summer) and someone willing to take the initiative to move these items forward.

### **Casino Coordinator (One Person – Reports to the Board Treasurer)**

This role works with a hired professional Casino Consultant to manage the paperwork to organize the Casino. The Casino Coordinator also supports any tasks required to coordinate the Casino, creates a volunteer sign up (normally we use a web-based service like VolunteerSignUp.org or similar) and works with the Communications Director to recruit volunteers. Our next Casino is anticipated in the Winter of 2022.

### **Communications Committee (Multiple – Reports to the Communications Director)**

Website updates – update our WordPress website and blog with upcoming events, articles, and announcements.

Social Media liaison – keep up with social media comments, posts about community announcements, events, articles, and anything regarding planning that is happening within the neighbourhood. Post reminders and answer questions that people pose on social media and help manage our Facebook, Twitter, LinkedIn, and Instagram accounts.

### **Special Events Committee (Multiple – Reports to the Communications Director)**

The Special Events Committee works with the Special Events Director to plan and organize various events within the community. Committee members will be expected to participate in event planning meetings and may assist in event organization and execution, with other community event volunteers.

### **Youth Coordinator (Multiple – Reports to the Special Events Director)**

We are looking for an adult who is interested in starting a group that provides events or programs geared toward pre-teens and teens.

We are looking for youth to volunteer on this committee to work towards getting some fun things happening in our community that would interest them and their friends! Want to find a way to get the Mobile Skate Park to our community? A water balloon event? Late night movie nights at the pool? This is the committee where you can shape what type of events we have in the community.

Interested in doing something to make the community better and want to propose it? Just get in touch. We are always interested in new ideas that people from the community want to take on.



# Seniors for Seniors

## Pleasant Times Community Outreach

The pandemic has been a challenging time for many people. Restrictions on gatherings have limited our social interactions and led to isolation, especially for some seniors.

While we can't gather in person, we can show that we care. We will be distributing small care packages to local seniors who may be experiencing isolation. If you are a senior who is feeling isolated, or if you know a senior in Mount Pleasant who may benefit from a care package, let us know. Send the person's first name and street address to Nora at spencern@telus.net or call 403-230-1649 by June 15, 2021 and we'll send a package their way.

### "Seniors for Seniors" Arts and Crafts

Pleasant Times is pleased to announce a new programming initiative called "Seniors for Seniors."

This program is a series of free arts and crafts classes. We will share skills, learn new techniques, and when possible, gather together and socialize while we create works of art. A professional instructor will teach some sessions and others will be led by Pleasant Times members. Some sessions will be a "bring-your-own" format, where participants can bring an existing project to work on, or even just visit with peers — no project required.

The pandemic has made organizing these sessions challenging, so we are attempting to be as flexible as possible. Depending on health regulations, sessions may be held outside, in the community hall, or live streamed to your house. Any in-person gatherings will have participant limits and will conform to health regulations in place at the time. Any outdoor classes will be weather dependent and subject to health regulations. If classes must be conducted virtually and special materials are required, they will be delivered to you in advance or made available for contactless pickup.

The exact curriculum is subject to change based on where we will be working, but may include knitting, crocheting, drawing, and painting in a variety of media, sculpting, and more. Participants are also welcome to suggest activities. No previous artistic experience is necessary.

Classes will run on Wednesday afternoons from mid-May until February 2022, with pauses during the summer and at Christmas. If participants wish and volunteer facilitators are available, sessions can continue beyond this date.

If you are interested in this programming, please contact Nora at spencern@telus.net or 403-230-1649. We will add you to a potential participant list and send out information on upcoming sessions. You will then have the option to register for sessions. Registration is required so we can ensure adequate supplies and limit participant numbers

to conform to health regulations. Registration will be limited to one or two classes in advance so that we can accommodate changing health regulations. If you register and are unable to attend a class, please let us know so another participant has the opportunity to attend. It is our hope that we will be able to host larger, drop-in sessions when health restrictions are eased.

If you would like to volunteer to teach or facilitate a class or have activity ideas, please contact Nora at spencern@telus.net or call 403-230-1649 today!

## Board Report

We begin this report with an update about the proposed development in the 2400 block of 5th Street NW. The City of Calgary informed us that the development application (DP2021-1041) has been officially cancelled by the applicant. The City has advised that a new planning application will have to be submitted if the landowners decide to pursue a new redevelopment at this location.

The Horsy Park at 5th Street and 30th Avenue NW continues to be a vibrant location. The skating rink gave way to a new temporary art installation. Many thanks to our Grants Coordinator, Johanna Plant Donnelly, and the selected artist, Cassie Suche, for facilitating this project.

We had planned for a youth soccer season this year. Unfortunately, the continual shifting of health restrictions due to COVID-19 forced us to cancel the season. This was a disappointment to all of us, as we had over 300 players registered. A big thank you to our Soccer Coordinator, Kathryn McIntosh, for her hard work in setting up the season.

We retained HarGroup Management Consultants to provide us with a Community Hall Market and Economic Feasibility study.

The current Hall has served us well but continues to show its age. At our April Board meeting, we approved the expenditure to replace the HVAC units. The current units are twenty years old, and one of them failed during start-up work. We hope to relocate these units if we construct a new hall.

Finally, this is an early reminder that we plan to hold our Annual General Meeting in October. At that meeting, we will be presenting some amendments to our current Bylaws. We will provide the wording of the proposed amendments prior to the AGM.

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

## GREEN INITIATIVES COMMITTEE

Summer vacation is just around the corner everyone!

The Mount Pleasant Green Initiatives Committee wants to provide you with some tips on how to have a great sustainable and green summer.

It looks like it will be another year of sticking close to home for our vacation time. Luckily, there is so much to do in our own backyard that we are sure to be occupied. Some suggestions are to visit local attractions, rent an e-scooter and travel around, explore walkable sights in the community. Check out Mount Pleasant's interactive community map at <https://mpca.ca/communitylife/#communitymap> and soak up the sun in our beautiful parks and spend lots of time working on that garden.

There are also our beautiful Rockies nearby to check out! If you are heading out to the busy areas of Lake Louise, be sure to check out the shuttle program that is in place. Plan ahead for any road trips so that you can practice proper waste management. Fill water bottles with water at home, pack snacks in reusable containers and continue recycling on the road.

If you are planning on participating in some summer sporting activities or working on any major yard renovations, keep the sharing and reusing economy in mind; especially if any of these activities or projects only require one-time or occasional use equipment. Borrowing from a friend or neighbour can be an easy way to procure those one-time use items. If you need something new for a frequent activity or project, consider purchasing a gently used item from our local buy and sell group on Facebook.

Last but not least, if you need to stock up on summer vacation supplies also remember to shop at our neighbourhood local zero waste stores to reduce packaging and support local.

Looking forward to seeing lots of friendly community faces out and about this summer!

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.

Enjoy your summer vacation,

*The MPCA Green Initiatives Committee*

## ACTIVITIES AND EVENTS

### JUNE 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.

#### Community Clean-Up

May 9

Parking lot of the Sportsplex

#### Book Club

Fourth Tuesday of each month (Online)

June 22 book will be *Mudlark* by Lara Maiklem

#### Zoom Exercise Class

Monday, Wednesday, and Fridays

10:15 to 11:00 am

#### Zoom Tai-Chi

Monday and Wednesday

9:00 to 10:00 am



**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.

Great News Media and the Mount Pleasant Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

### 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.

*I didn't get old on purpose, it just happened. If you're lucky, it could happen to you. -Andy Rooney*

We hope to be able to resume our bi-weekly, outdoor lunches when the May weather allows – distanced and masked, of course! At this time (late March), outdoor gatherings are limited to ten people, making lunch gatherings impractical. We hope everyone continues to follow the guidelines, gets vaccinated, and the COVID situation improves to allow us to get together again soon.

If you are age 60 or over and 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](mailto:pleasanttimes@mpca.ca).

**Exercise Class:** Our classes will continue on Zoom three times each week (Mondays from 11:15 am to 12:00 pm and Wednesday and Friday mornings from 10:15 till 11:00 am until June 25. This has been a fun and healthy distraction – so good to see and hear other people again and, given the cold weather we've been experiencing, staying home for a Zoom class has been a good thing. You're welcome to join our classes, now or when we're back in the hall. When we're able to use the community hall again the class may be offered through Zoom as well for those who prefer to avoid a group setting. We enjoy introductory to moderate-high exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility. You can sign up for classes either once, twice, or three times per week while on Zoom or on Monday and/or Thursday mornings when back in the hall. The cost is only \$7 per class when you sign up for the session or \$12 per class drop-in. Thank you to MPCA for subsidizing our classes. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information.

**Tai-Chi:** Classes are held twice a week on Monday and Wednesday mornings from 9:00 until 10:00 am. At this point, we're holding Zoom classes but will move back outdoors when the weather and COVID restrictions permit. At this point, outdoor gatherings are limited to ten people, but we hope larger gatherings will be possible by July at the latest. There's also the possibility of returning to the community hall in September, perhaps with a Zoom option. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for the session or on a drop-in basis – the cost depends on the number of people enrolled. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or call 403-289-8390 for more information.

**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 Linda know at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or by calling 403-289-8390.

## ParticipACTION Community Better Challenge

The Community Better Challenge is a ParticipACTION program to encourage people to increase their physical activity through friendly competition. Throughout June, participants are encouraged to track their activity, and the city with the most activity is named "Canada's Most Active Community."

ParticipACTION offers a free app to track your minutes towards the Community Better Challenge, and even win prizes. The app also offers encouragement and advice. Get it through their website, [participaction.com](http://participaction.com), or an app store. Use it to get motivated to keep moving as we all endure this pandemic! And don't forget those prizes.

ParticipACTION also has free exercise videos on their website. Some take less than five minutes, and others are about 15 minutes long. Titles include "Get Fit as You Sit," "Family First," and "Mom and Me." There are options for many different interests and abilities.

The MPCA received a grant this year to participate in the ParticipACTION Community Better Challenge. When we applied for the grant in February, we were hoping to be able to gather in person. Now, writing this in late April, it looks like we won't be gathering outdoors any time soon. While this is disappointing, we're fortunate that ParticipACTION has allowed us to move our event to a time when it is safe to gather, hopefully in August or September. See the related article in this issue of The Pulse: Active Together.

We hope these options encourage you to keep moving!

### Active Together: an MPCA and ParticipACTION Activity Day

We're all looking forward to being able to meet our old and new friends again and MPCA and ParticipACTION want to give you an opportunity to do just that. Thanks to a ParticipACTION grant we received, MPCA is planning an outdoor activity day for August or September or whenever it's possible (and safe) to gather outdoors. It's likely we'll still need to distance and wear face masks in some situations, but we can still have a good time enjoying the fresh air and a bit of exercise.

We plan on activities such as a bocce and/or horseshoe tournament, exercise and tai-chi classes, and children's activities. What ideas do you have to make this a fun day? Please send your ideas to [grants@mpca.ca](mailto:grants@mpca.ca).

## Green Calgary Community Waste Explorations

Are you looking to be more eco-friendly this spring? Practicing sustainability should not be rocket science, and you can easily incorporate green actions starting from your home. Green Calgary is here to help! Join us for our free Community Waste Explorations Webinar to learn more about the ins and outs of waste, recycling, and organics in Calgary. Through our interactive program, you will learn more about:



- What goes where for all of your waste carts
- How you can lower your waste production
- How to do an at home waste audit
- Creating a unique action plan for your household
- Planning how to track your progress
- How to continue your plan into the future

You will receive tips and support from your Green Calgary educator and a free 'Waste Journal' to help you on your waste journey. This program is completely funded and offered at no cost. Maximum participants per session is 30 people. This program will be delivered through MS Teams, but Green Calgary is willing to facilitate through other platforms if necessary. This program is offer in non-ESL and ESL versions.

To register your community association for this program, or to inquire, please email Breanna at [breanna@greencalgary.org](mailto:breanna@greencalgary.org)!

## Building Safe Communities Program

Walking is a great form of cardiovascular exercise, but did you know it can also be an opportunity to increase safety in a neighbourhood? Walking around your neighbourhood whether it's with a neighbour, dog or by yourself can help to make your neighbourhood safe.

Walking can help you get more familiar with your community, observe new things and trouble spots in the neighbourhood. While you walk you can survey poor lit areas. Is the signage in your neighbourhood adequate? Do the sidewalks and roads need maintenance? When you go for frequent walks in your neighbourhood with these questions in mind you can easily spot areas that need attention.

Call 3-1-1 to report to City services, or in an emergency Calgary Police 9-1-1. The non-emergency line is 403-266-1234. Other resources like Safer Communities and Neighbourhoods (SCAN) about problem residential and commercial properties at 1-866-960-7226.

Walking can also help you bump into and get to know your neighbours; you can try inviting them along!

For more resources, check out the Federation of Calgary Communities website, [www.calgarycommunities.com](http://www.calgarycommunities.com) under the Building Safe Communities tab.

### City of Calgary Content

The June 2021 community newsletter content has been posted at: <https://www.calgary.ca/cfod/csc/community-newsletter-content.html>.

This month's topics are:

- Pop-up farm stands
- Backyard fire pit safety
- Understanding rights of way

## HUH?

Words are fun, but it can be challenging to use and understand them sometimes. Other times, however, it is not. The word 'Huh?' is actually the most universally understood term in the world. It is the same in 31 different languages! So, the next time you feel alone in your confusion. Don't. We all know the feeling!



# BUSINESS CLASSIFIEDS

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

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com; www.official-plumbing-heating.ca.

**MOUNT PLEASANT MORTGAGE BROKER: SAVE A BUNCH OF CASH!** As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

**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.

**LANDSCAPING, WINDOW CLEANING, AND YARD CARE:** Weekly yard care starting at \$36. Mulch, rock, and sod installation. Window and gutter cleaning starting at \$99; interior/exterior/screens. Garden beds, stone patios, walkways, raised beds, rock walls, deck and fence builds, small concrete jobs, and pressure washing. A+ Member of BBB, 4.1 Google stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**HERITAGE POINTE GOLF COURSE DREAM HOME FOR SALE:** See this executive custom-built & recently renovated bungalow with fully developed walk up basement backs onto Heritage Pointe Signature 9th Hole with views of the large pond. Visit <https://calgaryluxuryhomesearch.com/>, or call Len @ 403-606-8888 (Greater Property Group) for more information.

**JEFFREY ELECTRIC:** Friendly professional electrical service for your next residential project, large or small. City Qualified Trade, Master Electrician, insured, licensed, certified, bonded. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Sub-panels, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

**THE GUTTER DOCTOR!** Eavestrough cleaning, repairs, and installation. Fascia, soffit, cladding, roofs, siding, heat cables. For over 18 years and 50,000 projects we have done the job right – and it's always guaranteed! Fully Insured, Licensed, WCB coverage. A+ rated BBB member. Top award winner. www.gutterdoctor.ca, 403-714-0711.

**TLC CLEANING:** Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

A young girl with curly hair, wearing a blue patterned shirt, is smiling and holding a white sign. The sign contains the following text:

Girl Guide  
Registration for  
2021-2022  
Opens June 14  
Ages 5-17  
[www.girlguides.ca](http://www.girlguides.ca)  
Subsidies available

In the bottom right corner of the image, there is a logo for Girl Guides Calgary Girl Guides.



Helping you with all your real estate needs.



**907 - 25 AVENUE NW**  
*SOLD @ 98% of List Price in 9 Days*



**1431 - 1A STREET NW**  
*SOLD @ 97% of List Price in 3 Days*



**621 - 1 AVENUE NW**  
*SOLD @ 96% of List Price in 24 Days*



**726 - 27 AVENUE NW**  
*Confederation Park | 1,696 sq ft | \$780,000*



**1613 - 2 STREET NW**  
*Crescent Heights | Com. Zoned | \$465,000*



**108 CRESCENT ROAD NW**  
*Crescent Heights | 1,209 sq ft | \$2,199,000*



REAL ESTATE

**CURTIS ATKINSON**

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