

MARCH 2021

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER





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MESSAGE FROM THE BOARD

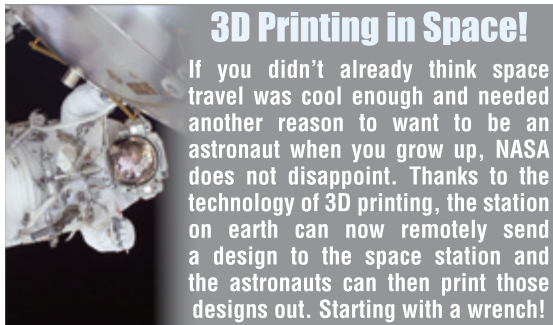
Your Board continues to meet by Zoom each month. We are dealing with many uncertainties, including when (or if) the Sportsplex will be allowed to reopen and whether we will be allowed to open the outdoor swimming pool this season. We hope that the pool will be able to open, even if it is with reduced capacity and a reservation system in place. All we can do is make our plans and hope for the best. As part of this work, we spent January and February working on budgets for the fiscal year. This work is made more difficult since we do not know what numbers can realistically be used for the income side of the equation!

We are also working on an update to our Strategic Plan. The current three-year plan will expire at the end of 2021. We are evaluating what we have been able to accomplish, as well as what we hope to achieve in the next three years. We welcome your comments and ideas for this document. Please contact us if you have a passion or an idea for something to improve life in Mount Pleasant.

We continue to see proposals for development in Mount Pleasant. Our Planning and Development Committee (chaired by Alison Timmins and Asia Walker) review these proposals. We draw your attention to a significant development proposed for the 2400 block of 5th Street NW. This is immediately across from the parking lot for the Hall and Sportsplex. The proposal is for post-treatment affordable housing. The apartment building would be operated by Fresh Start Recovery Centre. There is a billboard with a possible rendering on the site. Please visit www.2400block.ca for more information.

Philip E. Carr

Past President MPCA | 403-467-0351



3D Printing in Space!

If you didn't already think space travel was cool enough and needed another reason to want to be an astronaut when you grow up, NASA does not disappoint. Thanks to the technology of 3D printing, the station on earth can now remotely send a design to the space station and the astronauts can then print those designs out. Starting with a wrench!

Pet Licences and Responsible Pet Ownership



from your friends at St. Joseph's Park and OLA

Hi Everyone!

As I sit and talk to each of you, it's creeping up to 0 degrees Celsius, with the sun shining bright. As you're reading this, it's March, and I hope we're all doing as well as can be expected with a hint of spring in everyone's thoughts.

If you haven't already done so, please get your dog licensed with the City of Calgary.

- Here's the link – safe and easy online: <https://pets.calgary.ca/Public/Login.aspx>
- Or by Phone – dial 311 and ask for Animal Services
- Dogs (and cats) three months or older are required to have a City of Calgary licence

"Calgary pet licenses are your lost cat or dog's ticket home. Licences give (the City) the information needed to return your pets safely.

Licensing fees pay for all sorts of animal welfare programs in our city. Thanks to pet licensing, Calgary has the highest return-to-owner and lowest euthanization rates in North America." -calgary.ca

Did You Know?

If properly licensed and recovered by City of Calgary Peace Officers, your pet's first ride home is free! When our friends at By-Law Enforcement find your lost pet, through the Pet Drive Home Program our friendly Peace Officers will bring your pets directly to your home. With proper licencing, your lost (and likely confused and stressed) dog will avoid getting impounded. Nice service City of Calgary!

Bottom Line – license your dog and make sure they wear their tags.

We openly encourage our Peace Officers to attend St. Joseph's Off Leash Dog Park at all times to encourage positive relationships with dog owners and local residents alike. We'll be asking the City of Calgary to engage in education sessions and are excited to welcome the Puppy Program in the coming spring months.

Stay shiny people - spring is almost here!

Mark Atkinson and Parker the Boxer | dogpark@mpca.ca

MPCA Community Association

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- Small Business Legal Centre
- Thorncliffe Family Dental
- Benjamin Moore Calgary North Decorating
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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: 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: _____

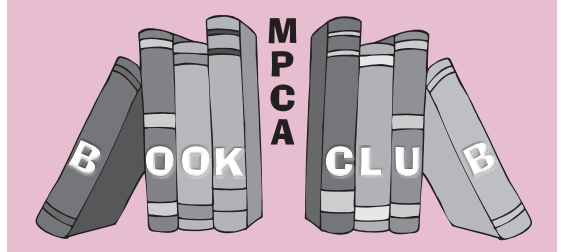
MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

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.



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 or 403-836-3626.

Our March 23 book will be *The Figgs* by Calgary author Ali Bryan. Meet the Figgs. June, the family's matriarch, looks forward to a quiet retirement - if only she can get her three adult children to finally, finally, move out of the house. But her dreams are shattered when her son Derek unexpectedly becomes a single father. Now there's a newborn baby at home, and Derek's older siblings are showing no sign of going anywhere either. In the midst of the chaos, June's husband, Randy, has a shocking revelation.

With family life flying fast and furious around her, June finds herself thinking about her parents, both adoptive and biological. Where did she come from? Will her new grandson be traumatized without his mother? And why in the world are all the kids still at home anyway?

The Figgs combines the quirkiness of Miriam Toews, the startling humour and fierce energy of Heather O'Neill, the heart of *Little Miss Sunshine*, and the unruly family dynamics of Jonathan Tropper's *This Is Where I Leave You* into one hilarious, immensely fun novel.

The April 27 book will be *A Gentleman in Moscow* by Amor Towles.

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.

BRAIN GAMES SUDOKU

2				8				4
		9	5					
1	6		3			5		
4					5	9		
		3	4		1	7		
		5	2					8
		1			2		9	5
					3	4		
6				5				2

FIND SOLUTION ON PAGE 6

PLEASANT TIMES SOCIAL CLUB

"The secret of staying young is to live honestly, eat slowly, and lie about your age."

-Lucille Ball

At time of writing (late January), 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 soon, either in the hall or outdoors in the MPCA greenspace, and eventually even have after lunch entertainment!

Exercise Class

Since early December, we've held Zoom classes three times each week (Monday, Wednesday, and Friday mornings from 10:15 until 11:00 am). They've 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 only 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.

The Green Stream

Everybody loves to get in the festive spirit when a holiday comes around, and Chicago is no exception when it comes to St. Patrick's Day. Every year the Chicago River is dyed green for the day! The Chicago Plumbers Union originally had the idea for the tradition that still continues today.

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 into the hall when possible, 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.

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.

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.

BRAIN GAMES

SUDOKU

2	5	7	1	8	9	6	3	4
3	4	9	5	6	7	2	8	1
1	6	8	3	2	4	5	7	9
4	1	6	8	7	5	9	2	3
8	2	3	4	9	1	7	5	6
9	7	5	2	3	6	1	4	8
7	3	1	6	4	2	8	9	5
5	8	2	9	1	3	4	6	7
6	9	4	7	5	8	3	1	2

Suites Available

Respite Care



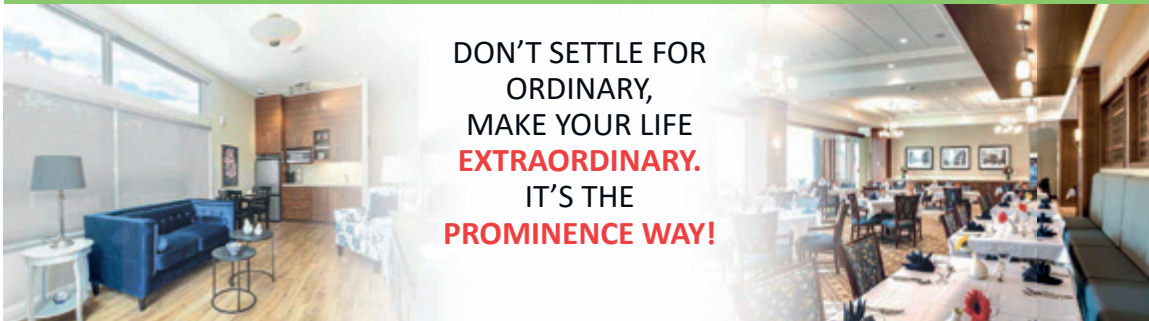
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GREEN INITIATIVES COMMITTEE

Pretty soon the snow will be melting, flowers will be blooming, and the birds will be chirping. Spring is nearly here! While spring brings the promise of brighter days and many exciting activities, there is always that pesky task we like to call Spring Cleaning.

Not to worry though, The Green Initiatives Committee is here to help by sharing some green and sustainable spring-cleaning tips.

Did you know that it's pretty easy to use some common household products to create natural cleaners? Ingredients as basic as vinegar and baking soda can do wonders around the house. You can even add in a few drops of your favourite essential oils to get that fresh clean scent in the air. Search up "natural cleaner" recipes online and you are sure to get endless options.

If you are not into making your own cleaners, consider purchasing green natural cleaners from your local shop (make sure to thoroughly read through the ingredients and packaging as green labels can be deceptive). Better yet – visit a local zero waste refill store to stock up and refill all those empty jars/containers you have sitting around. While visiting one of these stores, make sure to grab some sustainable and zero waste cleaning supplies as well! Ditch the single use paper towels or sponges.

Before tossing away unwanted goods, check out The City of Calgary for all their different recycling options. From your blue cart to community recycling depots, and even

electronic recycling, there are many options. More details can be found at <https://www.calgary.ca/categories/subcategory-recyclinginfo-grid.html>.

And if the City does not have a recycle option that suits your needs, check out other programs that might just be a better option than throwing out your items.

Once all that cleaning and organizing is done – you might just feel like your place needs a fresh look. Remember to keep sustainable buying in mind. Instead of going on a new shopping spree, think about shopping second hand or even arranging a swap with friends and family to change things up.

Last but not least, keep an eye out for our community clean up event (COVID pending) this May! This clean up event will provide great opportunities to easily clean up and recycle all those big unwanted items. Details to be announced.

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

Happy Cleaning,

The MPCA Green Initiatives Committee

ACTIVITIES AND EVENTS

MARCH 2021

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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

Fourth Tuesday of each month online
March Book is *The Figgs* by Calgary author Ali Bryan.

Zoom Exercise Class

Monday, Wednesday, and Friday's 10:15 to 11:00 am

Zoom Tai-Chi

Monday and Wednesday 9:00 to 10:00 am

Volunteering is good for the soul

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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.

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St. Patrick's Favourite Colour

St. Patrick's Day means the streets fill with green. Clothing, food, festivities, all in hues of green! You may have even gotten pinched if you didn't join in. But did you know that the original colour associated with St. Patrick was blue?! The colour green only became popular for the holiday because of the shamrock and its leafy green colour.

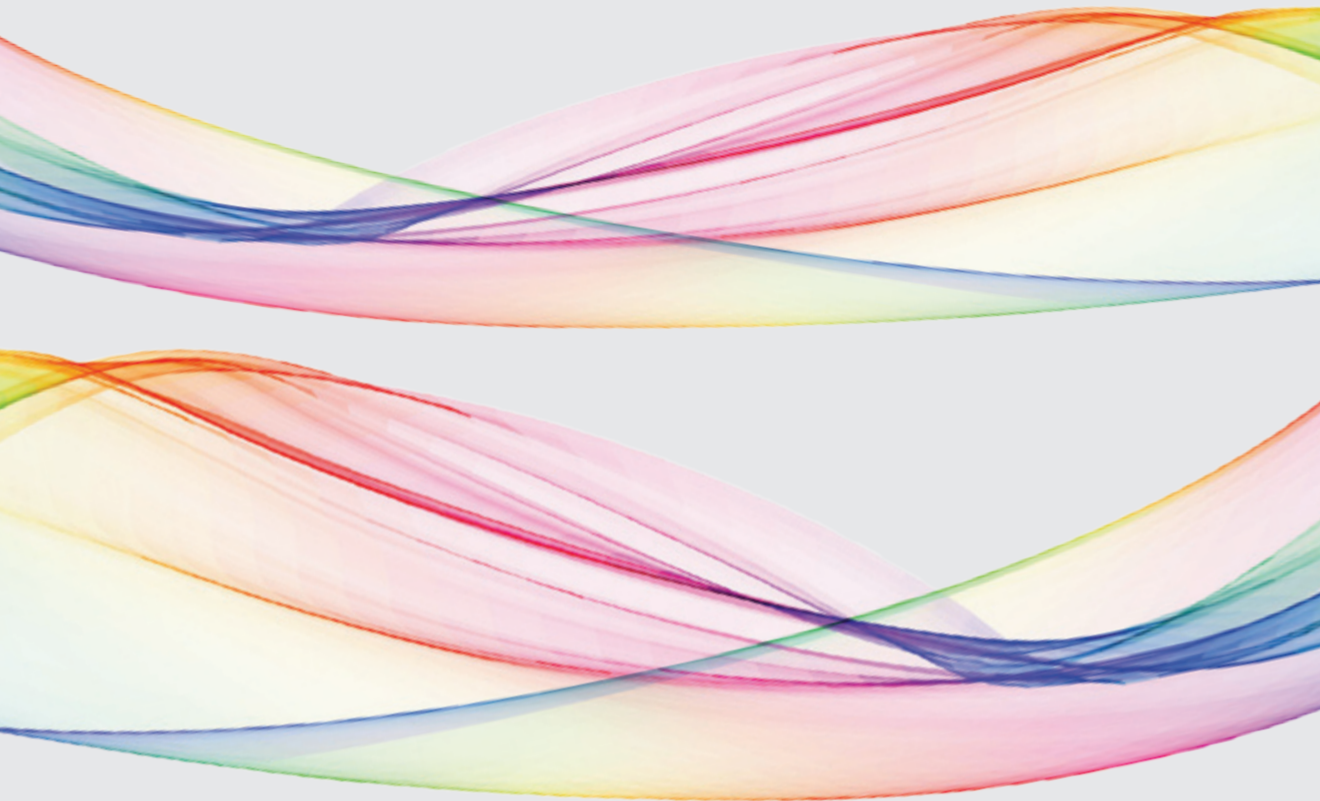
A plate of green shamrock-shaped cookies is shown in the bottom right corner of the advertisement. The cookies are decorated with white icing and are arranged on a white plate. The background of the advertisement is a dark green color with a white dotted border.

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How Low Can He Go?

Have you ever tried to sing as deep and low as you possibly can, and maybe even shocked yourself with how low that was? Well, Tim Storms holds the record for the lowest note produced by a human. The lowest note he can hit cannot even be heard by the human ear!



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We want to hear from you

Have you immigrated to Canada in the last five years?

If yes, we would like to know who or what helped you as you settled into life in Calgary.

The survey will take 10-15 minutes to complete and is available in 12 languages. Completed survey responses will be placed in a draw for one of ten \$50 gift cards.



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73 Cattail Run
SOLD @ 98% of List Price in 20 Days



SOLD

163 Rosery Drive NW
SOLD @ 96% of List Price in 9 Days



SOLD

524 Crescent Road NW
\$2,690,000 | 2,732 sq ft | 3 Beds | 3.5 Baths



SOLD

239 - 31 Avenue NW
SOLD @ 100% of List Price in 8 Days



SOLD

525 - 30 Avenue NW
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SOLD

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