AMOUNT PLEASANT

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER











MAPLE

INDEPENDENT LIVING IN UNIVERSITY DISTRICT

Maple, the ultimate address for 55+ adult living; featuring one or two bedroom options complete with full kitchen, in-suite laundry and private outdoor patio space. Inside the community, residents will find a wealth of amenities and activities in partnership with the Brenda Strafford Foundation's Cambridge Manor, intended to entertain and keep the mind and body agile. Interested in learning more about Maple, and what makes it unique? Book your private Show Suite tour today at www.LiveAtMaple.com

Contact us for more information:

Sales Manager

Ken McArthur | (403)921-1747 ken.mcarthur@trumanhomes.com

University District Discovery Centre 4410 University Ave N.W.

Show Suite Hours

Tuesday-Friday Saturday-Sunday Monday

1pm-7pm Noon-5pm Closed



Active Day in the Park – August 21!

We're ready, set, go! for Active Day in the Park on Saturday, August 21, from 10:00 am until 3:00 pm.

There will be fun for all! Bocce and horseshoe "tournaments" with fabulous prizes; exercise and taichi classes for you to participate in or watch, you can check out the swimming pool, and there will be kids' games. There will be food trucks to buy your lunch and a refreshing drink, or you're welcome to bring a picnic lunch to enjoy.

Go online to https://bit.ly/3yku3hk to register your bocce and horseshoes teams - one to four people for bocce and one or two people for horseshoes. All ages are welcome for both. We'll supply the "rules" for both games to ensure everyone is playing the same way.

We hope that COVID restrictions don't apply but we do want everyone to feel comfortable. Please bring your masks for when distancing isn't possible. We'll supply hand sanitizer and wipes to disinfect high touch areas.

If you have any questions or would like to volunteer, you can contact Nickie on Tuesdays and Thursdays at info@ mpca.ca or 403-282-1314.





Centrally located en route to downtown in Highland Park Community Hall Non-profit, parent operated, traditional preschool offering high quality programs for 3&4 year olds with excellent teachers that love what they do! 3716 2nd Street NW

Accepting Registrations for Sept 2021!

Morning Classes

Mon/Wed/Fri - 9am-11:30am - \$180 per month

Tues/Thurs - 9am-11:30am - \$140 per month

Afternoon Classes

Mon/Wed/Fri - 1pm-3:30pm - \$180 per month

preschool@hpca.ca 403-276-6969

www.hpca.ca/preschool

MPCA Community

602 22 Ave NW Calgary T2M 1N7 E-Mail info@mpca.ca Website www.mpca.ca Association Facebook https://www.facebook.com/MountPleasantCommunity Twitter https://twitter.com/MountPleasantCA

		Twitter inteps., / twitter.com/mounts reasonice
EXECUTIVE		
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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
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Volunteer Director		
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Communications	Aleah Kane	communications@mpca.ca
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Swimming Pool	Jamie Reid	swimmingpool@mpca.ca
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Dog Park	Mark Atkinson	dogpark@mpca.ca
Playgroup	Esther Cuneo	playgroup@mpca.ca
Grants	Johanna Plant Donne	elly grants@mpca.ca
Soccer	Kathryn McIntosh	soccer@mpca.ca

Business Membership in Good **Standing**

- Alpine Insurance and Financial
- Resolve Legal Group
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- Benjamin Moore **Calgary North** Decorating
- Amira J. Healing
- Stavros on 4th



GREEN INITIATIVES COMMITTEE

Summer ... it feels like we wait for it all winter and then before we know it, it is gone in the blink of an eye, and we are gearing up for the fall. For many of us, this means back to school!

There are plenty of ways we can create a greener back to school for the community. Some of these being green transportation to school, zero waste lunch bags, and reusing/sharing economy for back-to-school supplies.

We talk about green transportation a lot here, but it really is a way to make a great contribution to a more sustainable lifestyle. When weather allows, walking or biking to and from school is the best option. It is also such a great way to get some activity every day. When the weather does not permit (winter already!), carpooling is another helpful way to mitigate impacts on the environment.

Lunches! There are so many reusable container and snack bag options out there right now that Ziplock bags can become a thing of the past. Including some with very cute and trendy designs! Buying items in bulk and then packing them up in reusable containers or bags is also a better alternative to all the single use packaging snacks out there. If those lunch bags come home with uneaten food, remember to compost.

Our last suggestion for a greener back to school is practicing sharing economy, reusing and recycling for back-to-school shopping. The Mount Pleasant Buy/Sell/ Trade/Share Facebook group is in full swing and a great place to start your shopping. This might be a particularly great place for backpacks, clothes, and other gear! When buying school supplies, look for sustainable and eco-friendly options, such as compostable stationary.

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 and Buy/Sell/Trade/Share group on Facebook! You can find us on the Mount Pleasant Community Association page.

Enjoy the rest of summer.

The MPCA Green Initiatives Committee



Board Report

Except for urgent issues, the Board does not meet in July and August. At our June meeting, we reviewed the audited financial statements, and approved them for presentation to the membership at the AGM in October. We are grateful for the hard work done by our Treasurer, Tamara Flindell, and our bookkeeper, Michelle Melski, in meeting with the auditor and ensuring that everything went smoothly. As expected, the issues around COVID-19 impacted our financial results. Our revenue was down by approximately \$500,000, but our expenses were also down by approximately \$285,000, so we remain in a relatively good position, all things considered.

In accordance with AHS directives, our facilities (outdoor pool, hall, sportsplex) gradually resumed operations. While it has been necessary to make some adjustments in the operations at the outdoor pool, we are pleased that a successful season was possible. Thank you to our pool director, Jamie Reid, all of the pool staff, and to COSPA, for assistance in making this season a reality. We know how much everyone missed the pool last summer! We have reopened the hall to most activities, but it is not surprising that many of our rental groups have decided to wait until September to return to full operations and return to the hall. The sportsplex was able to resume some summer activities, such as ball hockey and lacrosse. While it might be hard to believe now, the ice will likely be back in place before the end of August.

This month we will participate in a virtual session with Hargroup Consultants, the company retained to conduct the feasibility study about the possible construction of a new community hall. We intend to make a presentation about the results at the AGM in October.

Philip E. Carr | Past President, MPCA 302-467-0351



Volunteer Opportunities

Planning and Development Community Liaison

The Planning and Development (P&D) Committee is looking for a Community Liaison to assist with providing updates and information on the roles and responsibilities of the P&D Committee to Mount Pleasant residents. This would involve identifying and writing social media posts and newsletter articles.

The Community Liaison would work closely with both the P&D Board Member and the Communications Board Member and would need to attend both P&D Committee meetings and Communications Committee meetings. If you are interested in this position, please reach out to Alison Timmins at planning@mpca.ca.

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, post 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.

Interested in getting involved to help communicate with the community? Email communications@mpca.ca.

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.

Interested in getting involved to help with some special events? Email specialevents@mpca.ca.

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 also 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 getting involved to help with the youth in our community? Email specialevents@mpca.ca.

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.





PLEASANT TIMES SOCIAL CLUB

Youth is the gift of nature, but age is a work of art.- Stanislaw jerzy lec

We're planning our first outdoor picnic lunch of the year for July 28 and hope to be able to report next month that it was a grand success. We may stay outdoors in August or return to the hall. 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.

Exercise Class: Our classes continued on Zoom three times each week; Monday, Wednesday, and Friday mornings, through the end of June. We're taking a break in July and August to concentrate on our gardens and other fun summer activities. September will bring a return to class, with a combination of Zoom and in person classes. This has been a fun and healthy distraction; it is so good to see and hear other people again. You're welcome to join our classes. We enjoy introductory to moderate-high exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility. You can sign up for one or more classes per week or come on a drop-in basis. 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 or 403-289-8390 for more information.

Tai-Chi: Classes are held twice a week on Monday and Wednesday mornings from 9:00 to 10:00 am. We moved back outdoors in July and August but will move into the community hall at some point in September. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for the session or on a dropin basis - the cost depends on the number of people enrolled. Contact Linda at pleasanttimes@mpca.ca or 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 now that it seems travel is possible again, please let Linda know at pleasanttimes@mpca.ca or 403-289-8390.

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, Wednesday afternoons (except the fourth Wednesday of each month) 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.

"Seniors For Seniors" and Arts and Crafts

Many thanks to Nora for coming up with these programs, Johanna for applying for the grant that made them possible, and Anne for organizing the arts and crafts programs. And a big thank you to Service Canada for the New Horizons for Seniors grant.

The COVID care packages were a great success. Nora purchased and organized the gift baskets and Anne and Johanna delivered them to 16 happy recipients. The most rewarding part was the many phone calls expressing how grateful people were to have been remembered. All said how much it brightened their days to receive the treats, plant, and much more in the baskets. A good reminder to be kind to our neighbours.

This program also includes 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 for things like specific knitting projects, felting, painting, seasonal wreath making (September 8), card making, whimsical birdhouse making (September 15), glass mosaics, and ceramics will include all supplies needed for the project. Of course, everyone is invited to attend bring your own project or just come to socialize.

Classes will run on Wednesday afternoons, outdoors in the summer and in the community hall in the fall, until February 2022. If participants wish, and volunteer facilitators are available, sessions can continue beyond this date.

If you are interested in this programming, 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 with any 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 as health restrictions are eased.

If you would like to volunteer to teach or facilitate a class, or have activity ideas, please contact Anne at anne. countryman@gmail.com or 403-282-3675.



The MPCA Book Club meets on the fourth Tuesday of each month, for now either online, outdoors at the community hall, or in the Lower Hall; all dependent on what restrictions are in place and the participants' comfort level. As of the end of June, we haven't picked a book for August. It's just too hot to think of what to nominate! For current information on plans for the August 24 book club and location, please contact Brianna at burichan@live.com or 403-836-3626.

Our September 28 book will be Jonny Appleseed by Joshua Whitehead. "You're gonna need a rock and a whole lotta medicine" is a mantra that Jonny Appleseed, a young Two-Spirit/Indigiqueer, repeats to himself in this vivid and utterly compelling debut novel by poet Joshua Whitehead. Off the reserve and trying to find ways to live and love in the big city, Jonny becomes a cybersex worker who fetishizes himself in order to make a living. Self-ordained as an NDN glitter princess, Jonny has one week before he must return to the "rez" - and his former life - to attend the funeral of his stepfather. The seven days that follow are like a fevered dream: stories of love, trauma, sex, kinship, ambition, and the heartbreaking recollection of his beloved kokum (grandmother). Jonny's life is a series of breakages, appendages, and linkages; and as he goes through the motions of preparing to return home, he learns how to put together the pieces of his life. Jonny Appleseed is a unique, shattering vision of First Nations life, full of grit, glitter, and dreams.

ACTIVITIES AND EVENTS

AUGUST 2021

Please check our website for up-to-date information on our programs based on the current health/ COVID restrictions.

Active Day in the Park

August 21, Saturday, from 10:00 am to 3:00 pm at the community hall park

Outdoor Tai-Chi

Monday and Wednesday 9:00 to 10:00 am

Book Club

Fourth Tuesday of each month (Online)

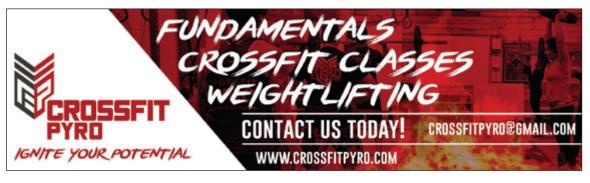
August 24 - Please see the website for updated information

September 28 book will be *Jonny Appleseed* by Joshua Whitehead



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.



BUSINESS CLASSIFIEDS

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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 for 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.

READING TUTOR: Brain Friendly Reading tutor with 20 years of education experience. Ages Pre K - grade 12. For more information, please contact Gina Hinds at 403-471-0271.

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 SNOW REMOVAL: 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.

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.

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Learn to Knit! What Else?

Although our program is called "Seniors for Seniors", everyone is welcome to attend. We want to encourage everyone to get to know their neighbours and be mentored by our community seniors in some "lost" arts like knitting. If you have a specific interest in a skill that you'd like to learn or improve, please contact Anne at anne.countryman@gmail.com or 403-282-3675.

ALL ABOUT NASA

The Vehicle Assembly Building (VAB) at the NASA Kennedy Space Center is so large that it actually has its own weather! We always talk about the amazing things that NASA is doing in outer space, but how about this, on our very own planet! Incredible!





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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TONY IS 91 IN AUGUST 2021

Happy Birthday Tony!

Please read the new book about Tony, a Mount Pleasant resident of Calgary, Alberta

Super Hero Tony Maksymetz Hammer Dulcimer

The book (available in paper or e-book format) highlights patience, stamina, and expertise.

We can all learn from Tony who May 24th completed building his 24th 110 String Hammer Dulcimer.

Available on Amazon.ca FREE SHIPPING WITH AMAZON PRIME



SAFE & SOUND

Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof.
 They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden

Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414

In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival



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1410 - 5 STREET NW Sold @ 99% of List Price in 7 Days



1606 - 6 STREET NW SOLD @ 100% of List Price in 1 Day



SOLD @ 101% of List Price in 14 Days



1434 CRESCENT ROAD NW Rosedale | 2,229 sq ft | \$1,250,000



1430 CRESCENT ROAD NW Rosedale | 50 ft Lot | Fab. Location | \$850,000



215 - 2 AVENUE NE Crescent Heights | Full City Views | \$1,525,000



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