

FEBRUARY 2022

DELIVERED MONTHLY TO 4,375 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**SOCCER REGISTRATION
COMING THIS MONTH**



Mark your Calendars

April 27 and 28

Calling on all Mount Pleasant residents to volunteer for the upcoming Casino! We need 36 spots filled by the end of February. Positions include General Manager, Banker, Cashier, Chip Runners, and Countroom Staff. Please contact Michele Gole at casino@mpca.ca or 403-850-2357 for more information and to sign up!



DISCLAIMER

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 or the 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 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.

Activities and Events

Please check our website for up-to-date information on the programs that have returned and restriction with regards to COVID.

Mondays, Wednesdays, and Fridays

Exercise Classes.

Monday and Wednesday, 9:00 to 10:00 am

Tai-Chi at the Community Hall.

Wednesday Afternoons, 1:15 pm (except the fourth Wednesday of each month)

Wednesday Afternoon Games in the Upper Hall, 602 22 Ave. NW.

Wednesdays, 1:30 to 3:30 pm

Crafternoon Arts and Crafts Sessions for All Ages.

February 22

MPCA Book Club book will be *Year of Wonders: A Novel of the Plague* by Geraldine Brooks.

March 22

MPCA Book Club book will be *Breath: The New Science of a Lost Art* by James Nestor.

Paying too much tax?

Complicated tax matters?

Accounting Power

Corporate & Personal Taxes

403-269-5453

services@accountingpower.ca

www.accountingpower.ca



Suite 17, 41 Chelsea St. NW Calgary, AB T2K 1P1

Amaryllis Gifts for Seniors

Many thanks to Connie Zerger for suggesting we supplement our New Horizons for Seniors "COVID Care" program. Her brilliant idea was to deliver amaryllis bulbs to give community seniors a pick-me-up at Christmas. We're sure these beautiful flowers will brighten many people's lives over the coming months and years. And thanks to Johanna, Anne, Linda, and Connie for making the deliveries and Connie for writing the cards that accompanied the bulbs. Thank you, as well, to the New Horizons program for funding this effort.



MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
 Email info@mpca.ca Website 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	Clarissa Han	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 and Membership	Kathryn McIntosh	engagement@mpca.ca
Planning and Development	Alison Timmins	planning@mpca.ca
Communications	Aleah Kane	communications@mpca.ca
Special Events	Jen Malzer	specialevents@mpca.ca
Sportsplex	Jeff Gerlitz	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
- Resolve Legal Group
- 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



Membership Type

Mount Pleasant Resident \$15/year/family _____ Senior, 65 and over \$5/year/family _____

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.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Design | Graphics

Cecilia Cho
Katie Prosser
Darlan Stables

Magazine Editors

Kyla McDonald
Krystle McGrath

Advertising Sales

Nikki Poglitsch
Kathleen Reynoso
Jocelyn Taylor

news@greatnewsmedia.ca | 403-720-0762 | sales@greatnewsmedia.ca

5 EXCELLENT REASONS

TO ADVERTISE IN COMMUNITY NEWSLETTER MAGAZINES

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** Even distribution of baby boomer, millennial, and Gen X readers.
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns, and target your audience by advertising in specific community magazines.

To advertise with us, call 403-720-0762
or email sales@greatnewsmedia.ca

 @greatnewsmedia

  @gnmyy

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



BUY & SELL ZONE

Did you know you can use Calgary Police Service district office parking lots to facilitate property transactions arranged online? Follow the tips below for a safer buy and sell experience.

-  When buying or selling, you should meet in-person safely to thoroughly inspect the product before exchanging funds.
-  Meet in a public place, such as a Calgary Police Service district office parking lot. Police will not actively monitor buy and sell interactions, but will be close by if help is needed.
-  If possible, bring a friend or a family member with you.
-  Don't use wire money services, consider using cash or a trusted e-transfer service.
-  Do not give out personal or banking information (e.g. social insurance number, bank account number or address) to strangers.
-  Inform the buy/sell site of any attempted fraud or suspicious emails, ads, or other activity.
-  In the case of suspected fraud, file a police report.
-  Use common sense. If something sounds too good to be true, it probably is.

GREEN INITIATIVES COMMITTEE

There is no time like the present to start living a more sustainable and greener lifestyle. Maybe you have been thinking of changing things up this year and are ready to take the plunge. Or maybe changing things up feels daunting. There are lots of things to learn and deciding where to start can feel tough. The Green Initiatives Committee is here to give you some simple ideas to get you started!

The biggest advice we can give is that instead of focusing on the whole big picture narrow it down to one small start. The GIC has gathered ideas that we have all done in our own households to give you some ideas.

Choose one room or area in your house to make greener:

- For the laundry area you could switch over your laundry detergents to cleaner products that can be refilled and consider dryer balls over fabric sheets.
- In the bathrooms place multiple bins in the washrooms to sort out actual rubbish from items that can be recycled or composted.
- Add extra insulation to your front and back door areas to prevent heat loss.

Choose one aspect of your daily routine to make more sustainable:

- Meal planning ahead so that you utilize what you have in your house contributes to less food waste and less trips to the grocery store. Planning ahead also encourages you to take food out of the freezer to defrost in the fridge which helps to keep the fridge cool and uses a microwave less!
- Use distilled vinegar as a multi use household cleaner. It is great for cleaning windows and mirrors and those pesky shower doors.
- Collect left over water from half empty water bottles to use for watering your plants.

Choose one product in your house to make more sustainable:

- Save paper that has only been used once for small notes.
- Use reusable Ziploc bags and containers rather than single use plastic ones.
- Instead of using paper towels to clean up messes purchase reusable cloths, or better yet use old rags.
- Replace all lightbulbs with high efficiency LEDs – (this saves energy and money!)

The idea here is just to start with one step to get you on your way. Maybe it is one change a month or one every season. The important thing to remember is that it does not matter where or how you start but just that you took that first step! It is quite possible that many things will simply snowball from that first choice.

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.

Have a great month,

The MPCA Green Initiatives Committee

A decorative graphic for 'The Mystery of Valentine's Day' featuring hearts, flowers, and a blue leafy branch.

THE MYSTERY OF
Valentine's Day

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. The day as we have come to know it, contains traces of both Christian and ancient Roman traditions but the saint behind the legend remains to be an unknown figure with a sympathetic, heroic, and most importantly, romantic reputation. Who do you think the real Saint Valentine is?

SOCCER REGISTRATION COMING FEBRUARY 2022

Mark your calendars! Registration for U4 - U15 outdoor soccer will be available from 1 - 28 February 2022. For the latest information, visit www.mpca.ca



#soccerseason2022

YOUR COMMUNITY NEEDS YOUR HELP



**THE CASINO IS OUR BIGGEST FUNDRAISER FOR
THE COMMUNITY. WE NEED VOLUNTEERS!**

DATES - APRIL 27 & 28, 2022

LOCATION - CASINO CALGARY, 1420 MERIDIAN ROAD NE

WHAT - WE WILL NEED 18 VOLUNTEERS/DAY FOR VARIOUS

POSITIONS - 36 VOLUNTEERS TOTAL



WHO TO CONTACT -

MICHELE GOLE,

CASINO@MPCA.CA OR

403.850.2357

FOR MORE INFO: WWW.MPCA.CA

PLEASANT TIMES SOCIAL CLUB

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." - George Burns

We're hoping to soldier through with our activities during the current Omicron wave by following the requirements of the Restrictions Exemption Program (REP), limiting attendance to those who have received two COVID vaccinations at least two weeks prior to the event they're attending, and wearing masks and distancing indoors except when eating or drinking. This is being written at the end of December with the hope things will be much better by the time you're reading it.

Monthly Lunches: Our December lunch was held under new guidelines from BizConnect. This meant we were able to serve a delicious, modified turkey pot pie prepared by Calypso's Taverna, followed by baklava and mince tarts. Lunches were plated and served by our merry band of volunteers to people seated at tables once more. Our numbers are reduced these days, but the conversation level indicates people are just happy to get out and socialize again. We hope to be able to have another plated lunch in January and future months. 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 to be added to our lunch invitation list.

Exercise Class: Our Winter 2022 exercise classes run through Friday, April 29 inclusive. The instructor will be at the community hall in person on Wednesday mornings from 10:15 to 11:00 am (with a Zoom option if you prefer to exercise at home) and at the hall via Zoom on Mondays at the same time. Friday classes, 9:30 to 10:15 am, will be on Zoom to your home only. You're welcome to join our classes. We enjoy introductory to moderate-high exercise sessions

designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. 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 until 10:00 am in the Upper Hall. The Winter 2022 session runs through April 27 inclusive. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for one or both classes each week or come on a drop-in basis. The cost is just \$3 per class if you sign up for the session or \$4 per class for drop-in. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

Day Trips: We're waiting for the COVID situation to calm down before planning any outings. The hope is we'll be able to get out and about soon. We'll probably start with quick trips in town such as to the Farmers' Market or to a dinner show at Stage West or Jubilations. If you have ideas on where you'd like to go when travel is possible again, please let Linda at pleasanttimes@mpca.ca or 403-289-8390 know.

Wednesday Afternoon Games: Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm Wednesday afternoons (except the fourth Wednesday of each month) in the Upper Hall, 602 22 Ave. NW. A variety of games are offered depending on what interests the attendees: Whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette at yvette.v53@hotmail.com or 403-284-1715 to be advised when games afternoons are happening.



The Queen of Comedy

Born on January 17, 1922, Betty White worked longer in television than anyone else, with her career spanning 82 years from 1939 to 2021. She was one of the first women producers in Hollywood, writing and producing her first television series, *Life with Elizabeth* together with George Tibbles. Her co-stars throughout her acting career knew her to love junk food, specifically, licorice, hot dogs, and diet coke.



The February 22 book will be *Year of Wonders: A Novel of the Plague* by Geraldine Brooks. When an infected bolt of cloth carries plague from London to an isolated village, a housemaid named Anna Frith emerges as an unlikely heroine and healer. Through Anna's eyes we follow the story of the fateful year of 1666, as she and her fellow villagers confront the spread of disease and superstition. As death reaches into every household and villagers turn from prayers to murderous witch-hunting, Anna must find the strength to confront the disintegration of her community and the lure of illicit love. As she struggles to survive and grow, a year of catastrophe becomes instead annus mirabilis, a "year of wonders." Inspired by the true story of Eyam, a village in the rugged hill country of England, *Year of Wonders* is a richly detailed evocation of a singular moment in history. Written with stunning emotional intelligence and introducing "an inspiring heroine" (The Wall Street Journal), Brooks blends love and learning, loss, and renewal into a spellbinding and unforgettable read.

The March 22 book will be *Breath: The New Science of a Lost Art* by James Nestor.

The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except December). Come and join in a lively discussion about a great book. And one day there will be snacks too! For more information, contact Brianna at burichan@live.com or 403-836-3626.

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 pleasanttimes@mpca.ca or 403-289-8390.

Crafternoon



Wednesday, February 9 and Wednesday Arts and Crafts Sessions For All Ages

This program includes a series of free arts and crafts classes, made possible by a grant from Service Canada's New Horizons for Seniors Program. Although organized by and mainly for seniors, all ages are welcome. We want to encourage you to get to know your neighbours and be mentored by our community seniors in some "lost" arts like knitting. Or learn any of the skills on offer. If you have a specific interest in a skill you'd like to learn or improve, please contact Anne at anne.countryman@gmail.com or 403-282-3675.

You must pre-register to ensure space and materials are available for you. If you register for a class then find you can't attend, let Anne know as soon as possible. These sessions are very popular and there's usually a waitlist. Cancelling allows someone else to attend and avoids wasting the supplies bought for you.

These classes often fill up before the Pulse is delivered. To get advance notice of upcoming classes, contact Anne at 403-282-3675 or anne.countryman@gmail.com.

Here is the schedule for February:

Wednesday, February 2: Artist Tracy Franks will help us kick off this romantic month by exploring the sweet medium of cookies with piped and painted icing! We will create some delicious heart-shaped masterpieces to share with your best Valentines.

February 16: Artist Adrienne Shymansky Jenkins returns for a two-part workshop to take our felting skills to a new level. She will guide us in creating felted bowls from wool. The finished vessel will be perfect for a special treasure.

To register or to be added to the email list to receive advance information on upcoming classes, please contact Anne at 403-282-3675 or anne.countryman@gmail.com. Volunteers are always needed to help with setup and cleanup. If you will help, let Anne know when you register for a class.



Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts so you can easily walk between and around them.
- Store carts in a sheltered spot and move out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing to the inside of your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.

Due to the deadlines for the print edition of the Pulse, I am writing these words at the end of December. As this is shortly after the unwanted arrival of a guest called "Omicron", it is hard to know what the situation will be when you read this article. Our annual end-of-year Board dinner did proceed at 4th Spot, but attendance was reduced. Those of us who were able to attend were grateful for the opportunity to socialize in person and learn a bit more about each other.

The outdoor rink at Horsey Park continues to be popular. I have had the opportunity to skate there, and we appreciate the dedicated group of volunteers who do the hard work to set up and maintain this ice surface. If you have not visited, take the opportunity to drop by and have a look. It is located at 5th Street and 30th Avenue NW. As an old hockey fan, and a lover of puns, I enjoyed the whimsy in the name of the equipment shed at the park. It bears a sign identifying it as "Eddie's Shack".

If you have questions or comments for us, the Board members are happy to hear from you. The contact information for each director and coordinator is found in every print edition of the Pulse. Please contact the appropriate director for your specific area of inquiry. We continue, for example, to hear from you about various development proposals. Those will be reviewed by our Planning and Development Committee, and they are the best resource for you.

We wish you a happy Alberta Family Day. We hope that you will have the opportunity for some celebration with those who make up your Alberta family!

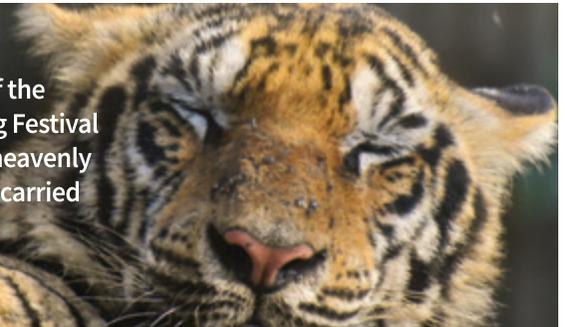
Philip E. Carr

Past President, MPCA

403-467-0351

Chinese New Year

February 1, 2022 marks the beginning of the Year of the Tiger. Tied to the Chinese lunar calendar, the Spring Festival was traditionally a time to honour household and heavenly deities, as well as ancestors. Many of the traditions carried out during the period until the full moon were meant to bring good luck to the household and long life to the family.



Community Garage Sale – Is This The Year?

If your life's been anything like mine lately, you've had time to go through your cupboards to find those useful items that, for you, are just taking up space. Is this the year we finally have our community garage sale?

Set aside Saturday, April 30, to join your neighbours at the community hall for a profitable day of selling your "good junk". There is a variety of tables to choose from: round and rectangular for \$10 each and card table size for \$5. Or reserve a spot in the parking lot for free and sell out of your trunk.

We hope to co-ordinate our garage sale with the Community Clean-up. If there are clean items in good repair that you don't sell but would like to donate to a charity like Women In Need, leave them behind. But please take all other items home with you!

To reserve a table, get further information, or volunteer to help with signage and setup, please contact Linda at pleasanttimes@mpca.ca or 403-289-8390.

SAFE & SOUND

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



ANITA MORTGAGE

SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages

AVENUE | Financial
Real Estate Solutions

ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

DAYLIGHTING CONFEDERATION CREEK

Elliot Lindsay – Friends of Confederation Creek

The Friends of Confederation Creek (FOCC) are a volunteer-led society concerned with the preservation, protection, and restoration of the Confederation Creek watershed. This year, thanks to Watershed Stewardship Grant funding administered by the Land Stewardship Center of Canada, we have launched the “Uncovering Confederation Creek” project. This work seeks to tell the story of streams in this watershed; past and present and generate interest and discussion on the future of these important and underappreciated streams. We encourage anyone interested in learning more and getting involved to contact us at friendsofconfederationcreek@gmail.com and to follow us on Facebook. Check out our December article, introducing the project and background of the watershed, in several Great News community newsletters for NW Calgary.

The Confederation Creek watershed (drainage area) covers an area of 2700 hectares of NW Calgary, encompassing communities from Shaganappi Trail NW, all the way to Edmonton Trail NE on the south side of Nose Hill; from Brentwood and Varsity to Highland Park and Thorncliffe Greenview. While some sections of Confederation Creek, Queen’s Park Creek, and several springs remain above ground where they can be enjoyed by the public, much of the length of these streams were buried in concrete stormwater pipes beginning in the 1950’s. In addition, much of the watershed area has been converted to pavement, rooftops, roads, and hard surfaces, sending runoff rushing into concrete pipes preventing the slowing, filtering, and settling that happens in natural stream corridors and their floodplains. Fortunately, there are alternatives that many cities around the world are implementing to bring these buried streams back to life, and in doing so gain the valuable ecosystem services they provide. This exciting opportunity is commonly referred to as daylighting, and there is perhaps no better place to implement this than right here in the Confederation Creek watershed.

The organization *American Rivers* defines stream daylighting as a process which “...revitalizes streams by uncovering some or all of a previously covered river, stream, or stormwater drainage.” While there is some debate as to the true first daylighting project, some of the earliest efforts included the San Francisco Bay area’s

Napa Creek project in 1970, and later the Strawberry Creek project completed in 1984 in Berkeley, California. Not long after in 1988, Zurich, Switzerland introduced a municipal policy in accordance with the “Bachkonzept” or “stream concept”, which has supported the daylighting of over 21 kms of streams!

Some cities such as Yonkers, New York, have implemented stream daylighting projects right in the heart of downtown, removing several blocks worth of aging pavement and infrastructure to reveal and restore sections of the Saw Mill River, bringing migratory fish species back and improving urban life, fostering greatly increased investments along the restored river corridor and creating new and improved park spaces for citizens to enjoy. With so much of Confederation Creek and its tributaries buried beneath green spaces, the opportunities to implement stream daylighting are not only feasible, but also a real possibility. We hope to further explore this exciting topic and its potential here in the watershed, in another article this winter. Stay tuned!



Pictured: Confederation Creek flowing through Confederation Park, a happier vision of what could be for many buried streams in this watershed.

Photo credit: Patrick Saunders





Calling All BABYSITTERS
 Enroll free at mybabysitter.ca and choose the
 Calgary communities you would like to babysit in.

Calling All PARENTS
 Visit mybabysitter.ca and find available babysitters
 in and around your community.



KARATE

Mount Pleasant Community Centre

602 22nd Ave NW

Calgary, AB

Thursdays

Ages 4, 5, & 6 | 5:45 - 6:15 PM

Ages 7+ | 6:15 - 7:15 PM



Like us on
Facebook



ALL CANADIAN KARATE UNION

www.acku.org | 403-232-0228



(403) 850-2357 michelegole.com

michele@michelegole.com

Considering a move? Work with a real estate agent
 who *knows* and *loves* Mount Pleasant. Call today!



This is not intended to solicit properties already listed for sale or to breach an existing agency relationship.



Unstoppable Gig Internet.

Now from \$89/mo*.

telus.com/gigabit



*Available to TELUS Mobility customers who purchase qualifying TELUS Home Services product(s). A \$10/month discount will be applied to the Home Services bill for 24 months (or as long as the eligibility requirements are met). Eligible Home Services products include TELUS Home Internet 15 and higher, Optik TV, Home Phone or combination thereof. Offers subject to change without notice. Available to residential customers who have not subscribed to TELUS Internet in the past 90 days. For customers signing up on a 24 month term, the Internet rate plan price is guaranteed to remain the same for the duration of the 24 month term. Prices of features and add-ons such as unlimited internet data, are not guaranteed during the 24 month term and subject to change anytime. Offer includes Gigabit internet. From month 1-24, a \$36/mo discount applies. Regular price, currently \$135/mo, applies after the 24-month term. All prices do not include applicable taxes. \$0 unlimited data offer is only available to customers signing up on a 2 year internet service agreement. Regular pricing for Unlimited Data add-on applies at month 25, regular price is currently \$20 per month and is subject to change without notice. Minimum system requirements apply. Final eligibility for the services will be determined by a TELUS representative. A cancellation fee applies to the early termination of your internet service agreement, which will be the sum of \$360, declining by \$15 for every month of internet service and reducing to \$0 at the end of your 2 year term. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. Maximum speeds require optimal network conditions on a wired connection. Internet access speeds may vary depending on location, usage within the home network, internet traffic, applicable network management or server configurations. Concurrent data streams, including combinations of uploads and downloads, may be required to access maximum speeds. Maximum speeds may not be achievable using a single device. TELUS, telus.com, the TELUS logo, TELUS PureFibre and let's make the future friendly are trademarks of TELUS Corporation, used under licence. © 2021 TELUS. 21-1252.

It's FREE to explore, discover and shop local. Scan to download and access discounts, offers and promotions from amazing local businesses!



GET in the LOOP



www.getintheloopyyc.ca

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 info@officialplumbingheating.ca; 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 for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

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.



Join us for Children's
Sunday School

10:30am - 11:30am

Crescent Heights Baptist Church
1212 1 St N.W.

For all children Grades K - 5

JOIN US AS WE CONTINUE TO EXPLORE THE
ROCKY RAILWAY CURRICULUM! KIDS WILL LEARN THAT
TRUSTING JESUS PULLS THEM THROUGH LIFE'S UPS AND
DOWNS.

YOU CAN EXPECT BIBLE ADVENTURES,
CRAFTS, IMAGINATION, SNACKS AND GAMES!

FOR MORE INFORMATION, VISIT OUR WEBSITE
WWW.CRESCENTHEIGHTSBAPTIST.COM



H ME

RE/MAX



Consistent Performance Matters



SOLD

1440 CRESCENT ROAD NW
Rosedale | Sold @ 98% of List Price



SOLD

610 CRESCENT RD NW
Rosedale | Sold @ 100% of List Price in 1 Day



SOLD

231 - 13 AVENUE NW
Crescent Heights | 3 Beds | 3.5 Baths
2,098 sq ft | \$1,100,000



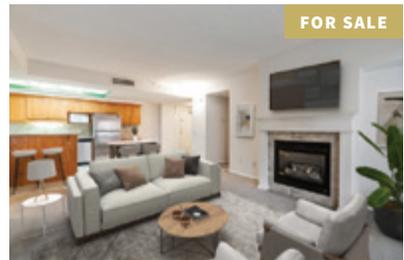
FOR SALE

#410, 5720 - 2 STREET SW
Near Chinook | 1 Bed | 1 Bath | \$158,900



C/S

1421 - 2A STREET NW
3 Beds | 3.5 Baths
1910 Character Home | \$949,000



FOR SALE

#308, 114 - 15 AVENUE SW
Victoria Park | 2 Beds | 2 Baths
1,100 sq ft | \$309,000



REAL ESTATE

CURTIS ATKINSON

#1 RANKED INDIVIDUAL REALTOR®

403.616.6556



#1 OFFICE WORLDWIDE
RE/MAX
REAL ESTATE (CENTRAL)

RE/MAX
REAL ESTATE
(CENTRAL)

curtisatkinson.ca

*In Closed Transactions 2019.