

JANUARY 2022

DELIVERED MONTHLY TO 4,375 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**HAPPY  
NEW YEAR  
2022!**



# 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 start again on January 10!

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

Tai-Chi at the Community Hall.

## **Wednesdays in December from 1:30 to 3:30 pm**

Crafternoon Arts and Crafts Sessions for all ages.

## **January 25**

MPCA Book Club will be *Love in Lowercase* by Francisc Miralles.



Centrally located en route to downtown in the Highland Park Community Hall.

Non-profit, parent operated, traditional preschool for 3 & 4 year olds with excellent teachers that love what they do!

**3716 2nd Street NW**

**Register Now for September 2022!  
Space still available for January 2021**

Visit our website to learn more

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**

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**GIRLS ROCK CAMP CALGARY**

**PLAY IN A BAND!  
WRITE A SONG!  
GET IN THE STUDIO!  
GET ON STAGE!**

**SPRING BREAK EDITION  
MARCH 21-26 2022**

**WWW.GIRLSROCKCAMPCALGARY.COM**

# 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 community seniors who are alone or shut-in 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, and Connie for making the deliveries and 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](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	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 & 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](http://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 \_\_\_\_\_

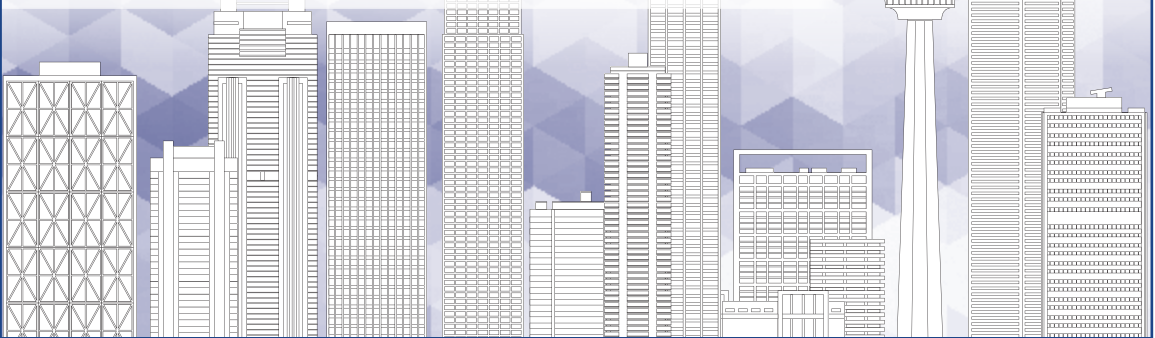
Payment Attached: Cheque \_\_\_\_\_ Cash \_\_\_\_\_  
 I wish to subscribe to MPCA email list Yes \_\_\_\_\_ No \_\_\_\_\_  
 Number in Family Adults \_\_\_\_\_ Children \_\_\_\_\_

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](mailto:news@greatnewsmedia.ca) | 403-720-0762 | [sales@greatnewsmedia.ca](mailto: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  
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# GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING





The MPCA Book Club is able to be back in the Lower Hall, following all COVID requirements, of course. Depending on how things go, Zoom is also an option for the group. The December “meeting” was a delightful, fun-filled dinner at Stavros on 4th.

The January 25 book will be *Love in Lowercase* by Francesc Miralles. This is a feel-good novel for fans of *A Man Called Ove* and *The Rosie Project*, about an eccentric, language-loving bachelor and the cat that opens his eyes to life’s little pleasures. When Samuel, a lonely linguistics lecturer, wakes up on New Year’s Day, he is convinced that the year ahead will bring nothing more than passive verbs and un-italicized moments until an unexpected visitor slips into his Barcelona apartment and refuses to leave. The appearance of Mishima, a stray, brindle-furred cat, becomes the catalyst that leads Samuel from the comforts of his favorite books, foreign films, and classical music to places he’s never been (next door) and to people he might never have met (a neighbor with whom he’s never exchanged a word). Even better, the Catalan cat leads him back to the mysterious Gabriela, whom he thought he’d lost long before, and shows him that sometimes love is hiding in the smallest characters.

The February 22 book will be *Year of Wonders: A Novel of the Plague* by Geraldine Brooks.

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](mailto: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](mailto:pleasanttimes@mpca.ca) or 403-289-8390.

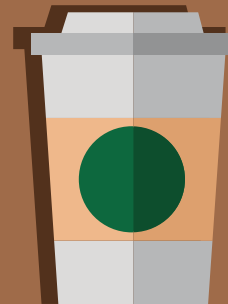
## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 13

## The First Store

Have you ever seen the white and green logo? Do you know the popular mermaid that serves millions of people coffee a day? That’s right – We’re talking Starbucks! Did you know that the first ever Starbucks store was in Seattle, Washington? Thank God they expanded to share the joy with us!



## GREEN INITIATIVES COMMITTEE

Happy New Year!

Did you know that southern Alberta is one of the sunniest locations in Canada, and therefore it has the highest solar potential? Is solar energy something you have considered for your home or in the community? In the spirit of new year's resolutions, the Green Initiatives Committee thought it might be a great way to start 2022 with a little fresh knowledge! So here are five quick facts you might have not known about solar energy:

The Earth receives enough sunlight in one hour to power the electricity needs of every human being for one year! If that sounds like a lot of renewable clean energy to you – you would be right. At the moment we are not capable of harnessing all that energy just yet, but it means there is a huge potential for thousands of years to come.

Solar panels can lower your energy bill and boost the value of your home. Every dollar invested in solar for your home can return up to \$20 in added home value and energy savings! To learn more about your home's solar energy potential, check out this tool from the City of Calgary. <https://maps.calgary.ca/SolarPotential/>.

While the pandemic had negative impacts on many industries around the world, the solar industry actually had record-breaking growth in 2020. With there being a shift towards renewable energy sources this growth is expected to continue.

Solar panels (surprisingly!) do not need direct sunlight to work! Because of the way solar panels get electricity from the light of the sun, not the heat, they can operate on cloudy winter days as well as those clear summer skies. Of course, the amount of energy produced will depend on direct or indirect sunlight.

The idea of solar energy has been around as early as the 15th century! It might sound like a newer concept with its growing popularity, but predictions and thoughts about it have been around for centuries. In fact, the first solar cell was developed in the 19th century. It is exciting to think how far we have come with solar energy potential and how far we have yet to go!

We hope you learned a few new things about solar energy. If this topic has piqued your interest, stay tuned to our Facebook page for more resources and great information. Also don't forget you can always pop into a Green Initiatives meeting to discuss solar energy potential for our community!

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.

We hope you have a wonderful start to the new year,  
*The MPCA Green Initiatives Committee*

### Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

**Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!**

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## It's a New Year!

Nancy Bergeron, RPsych | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

How about making some resolutions that you can keep and that are great for your mental well-being? You can achieve this in three ways:

First, pick up a copy of Daniel Goleman's Emotional Intelligence: Why it Can Matter More Than IQ. Emotional intelligence is a set of skills, including impulse control, self-motivation, empathy, and social competence in interpersonal relationships. It's a good time to become aware of our emotional intelligence after a possibly stressful holiday season. This is our opportunity to make some changes in ourselves in order to create better family gatherings in the future.

Second, clear clutter. Research has found that chaotic surroundings make it harder to focus than an organized, tidy setting. Clutter causes our senses to work overtime on stimuli that aren't necessary or important. It also makes us feel like there's always work to do and creates feelings of guilt. If it's something you use frequently, find a spot for it. If you haven't used it or worn it in the past year, box it up and take it to a local thrift shop

so someone else can enjoy it. Try Marie Kondo's best-selling book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* to get you started.

Third, practice gratitude every day. Studies show that gratitude can make you 25% happier. Think about that for a second... you can be 25% happier simply by taking the time to count your blessings and think of all the good things in your life! Being grateful will also help you to overcome adversity, improve the quality of your sleep, and allow you to get along better with others. For next year, resolve to be more grateful.

Research shows that the best way to accomplish your goals is to start by clearing the clutter: mentally, physically, spiritually, and emotionally. To make a lasting change in our life, we must find the energy that is causing us to be stuck in the unwanted pattern/situation in the first place and release it. We shower to wash daily dirt and grime off the outside of our bodies, but no one teaches us how to clean up on the inside. If we clear out our spiritual grime, we can create a new pathway to positive change in our mental and physical daily life.





# HAPPY HOLIDAYS & A HAPPY NEW YEAR

FROM THE MOUNT PLEASANT COMMUNITY ASSOCIATION BOARD





## Crafternoon



### 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](mailto: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 are very popular and 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](mailto:anne.countryman@gmail.com).

#### Here is the schedule for January:

**Wednesday, January 5 and Wednesday, January 12:** Join Val Murdoff as she builds on our basic knitting skills and teaches us how to incorporate the classic cable stitch. We will come away with a warm headband in luxurious yarn. Perfect for winter walks!

**Wednesday, January 19:** Join our neighbour and artist Connie Zerger as she introduces the medium of oil paint. Connie will explain the properties of oil pigment and guide us as we paint.

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](mailto: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.

## TAKE ON WELLNESS

### Gentle Intentions

by Alberta Health Services



This year, be kind to yourself and consider setting some "gentle intentions". Instead of focusing on big, overwhelming changes, gentle intentions reflect on small things we can do each day to improve our wellbeing. Don't confuse the size of the action with its ability to create positive, lasting change... because they are smaller and more reasonable, gentle intentions are more likely to last and make a meaningful difference in 2022!

#### Here Are a Few Gentle Intentions to Consider in the New Year:

- **Sleep:** Create habits that help you get a good night's sleep. Stop looking at screens before bed, write your thoughts about the day in a journal, read a good book, or taking a mindful moment to relax before getting some Zzz's.
- **Nutrition:** You have to nourish to flourish! To take care of others, you must take care of yourself. Learn how you can use and/or contribute to local food banks, healthy food boxes, or community fridges.
- **Helping Others:** Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Volunteer. Surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!
- **Supportive Connections:** Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening more than you talk.
- **Physical Activity:** Even though it may be cold, snowy, or slippery, try to enjoy winter. Dress warm and get outside, visit your community skating rink, or simply take a beautiful winter stroll while enjoying a hot cocoa.



# 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.

## PLEASANT TIMES SOCIAL CLUB

No matter how old a mother is, she watches her middle-aged children for signs of improvement.

– Florida Scott-Maxwell

We're following the requirements of the Restrictions Exemption Program (REP) for all of our activities. This means that people must have received two COVID vaccinations at least two weeks prior to the event they're attending. Masks and distancing are also required indoors except when eating or drinking.

**Monthly Lunches:** We're holding our lunches under new guidelines from BizConnect. This means we're able to serve hot meals again, plated and served by our merry band of volunteers. Serge Soucy was out of town this year, so we didn't get to enjoy his fine playing and singing. Christmas music over the AV system provided by our New Horizons filled the bill. Lunch was a modified turkey pot pie and baklava from Calypso's Taverna, and mincemeat tarts. Our numbers are reduced these days, but the conversation level indicates people are just happy to get out and socialize again. 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) to be added to our lunch invitation list.

**Exercise Class:** Our Winter 2022 exercise classes run from Monday, January 10 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 for 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 in the Upper Hall. The Winter 2022 session runs from January 10 to 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 estimated to be just \$3.50 per class if you sign up for the session or \$4.50 per class for drop-in. The final cost will depend on how many people are enrolled. Contact Linda at [pleasanttimes@mpca.ca](mailto: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 outdoors. The hope is we'll be able to get out and about in the new year. 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](mailto:pleasanttimes@mpca.ca) or 403-289-8390.

**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 on 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](mailto:yvette.v53@hotmail.com) or 403-284-1715 to be advised when game afternoons are happening.

## BLAST That Music

We have all heard the name "Alicia Keys". She is an incredible singer and performer born in New York, USA, and her birthday is actually in January! I can't think of a better way to celebrate than blasting your favourite Keys album this month!





## BOARD REPORT

As we turn the page to a new year, we wish you a happy 2022, and we will make this article one of good news. First, we are pleased to report one new addition to the Board of MPCA. Our newest Board member is Kathryn McIntosh, who has been appointed by the Board as our Engagement and Membership Director. This appointment will be in effect until the next Annual General Meeting in October. By way of correction: in the December issue, I said that Jen Malzer had been elected to the Engagement portfolio. In fact, Jen was elected as our Special Events Director.

We applied for COVID Relief funding for the third quarter of 2021, but our application was declined. While this might seem to be bad news, the reason for being declined was that our own revenue streams had returned to the extent that we did not need the external funding. We are grateful for the hard work of our contractors and volunteers for this great result.

The outdoor swimming pool had an exceptional year on all fronts. In part, the financial picture was bolstered by the implementation of pre-booked swimming time slots. MPCA, in conjunction with COSPA, is considering continuing this practice in 2022 even if there are no COVID restrictions in place. The allocated time slots allow sufficient time for most people to enjoy a good swim, while ensuring that all are able to enjoy the facility, since we no longer hit capacity and stay there before some customers arrive. Moreover, the admission price charged for these slots was lower than the usual entry fee. We therefore see this as a “win-win” situation. If you have any comments on this option, please contact us.

*Philip E. Carr*

Past President, MPCA

403-467-0351

## Capricornus



One of the Zodiac signs for January babies is the Capricorn. The word ‘Capricornus’ means goat in Latin, which may be why the symbol for the Capricorn is the sea goat. This blend of animals represents these individuals’ ability to climb from the farthest depths to the highest heights.



## News from the Friends of Nose Hill

*by Anne Burke*

There are upgrades to the parking lot at 14th Street NW across from North Haven community. A Natural Areas Integrated Pest Management (IPM) Technician at the City, who was a student in agriculture at Olds College and has held various positions, was in charge of the project. The site features 17 parking stalls in the high/top parking area which offers a panoramic view of the city. Check out the plan for parking off the lower access road too, with wider turning angles, as well as the new post and cable fence.

Closed since August 2021, the reopening of the lot was delayed from mid-October to late November. To ensure Nose Hill Park is accessible for everyone to enjoy, improvements were made by work crews to increase parking capacity, by re-grading of the lower access road, with paving of a gravel road, as well as a dirt path, and other amenities. [www.calgary.ca/csps/parks/construction/Nose-Hill-Park-14-Street-parking-improvements.html](http://www.calgary.ca/csps/parks/construction/Nose-Hill-Park-14-Street-parking-improvements.html).

The city was certified as a Bird Friendly City by Nature Canada and will designate an official bird representative. Bird Friendly Calgary initiated a contest. Treaty 7 First Nations and local environmental groups, such as ours, were asked to nominate bird species. The deadline for submissions was December 6. Each nominator could send up to three bird species. The five to receive the most nominations will make up the short list and Calgarians will vote on them. This will take place in the spring of 2022. The bird species which receives the most votes will then be presented to City Council for official approval. Calgary (like Toronto, Vancouver, and London) holds World Migratory Bird Day events on the second Saturday in May and in October, has a Bird Team, and does promotion on the Municipal website. Visit [naturecanada.ca/news/press-releases/first-canadian-bird-friendly-cities/](http://naturecanada.ca/news/press-releases/first-canadian-bird-friendly-cities/).



# ROSEDALE PLAYSCHOOL

We are a community, reggio-inspired, non-profit playschool with over 30 years of experience. Our indoor/outdoor programs are suitable for children aged 3 to 5.

**Open House - January 18th 2022**

[www.rosedaleplayschool.com](http://www.rosedaleplayschool.com)



## mybabysitterlist

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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](http://www.getintheloopyyc.ca)

## BRAIN GAMES

# SUDOKU

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

## CALGARY FINE DENTISTRY

Dedicated to providing you optimal dental health



Dr. Lauren Vredenburg

[CalgaryFineDentistry.com](http://CalgaryFineDentistry.com)  
1910-20th Ave NW, Suite 206 • 403-284-3061

**COME CHECK US OUT!**



MLA Calgary-Mountain View  
**Kathleen Ganley**

723 14 St NW T2N 2A4

📞 403-216-5445

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



Calgary Confederation  
**Len Webber, MP**

2020 10 St NW, T2M3M2

📞 403-220-0888

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

Every new year, we look forward to the possibilities of the year before us. We hope that with the appropriate response and cooperation within our communities, we will be able to overcome the challenges from the last year. The past year was marked by rising COVID numbers and hardships for many Albertans, especially those left behind without proper supports. You can rely on the Official Opposition to continue calling our government to account and asking for better.

The Alberta NDP Caucus has proposed three actions to help address the current and upcoming issues Albertans may experience with long-haul COVID. We are proposing a Long COVID Task Force. It could be structured as a Strategic Clinical Network, such as the ones that already exist for cancer care, cardiovascular health, and other conditions.

The task force should provide guidelines to the Department of Community and Social Services that assist Albertans with long COVID to qualify under the Disability-Related Employment Supports and Services Regulation. This will unlock income support and human rights protections. The United States made moves in a similar direction, so that those with long-haul COVID would have access to the same accommodations and resources accessed by people with disabilities.

Lastly, Jason Kenney and the Health Minister must publicly acknowledge long-haul COVID in the Legislature, to dispel the mystery and stigma of this condition, and lay out their plans to support Albertans who are living with it. I am proud to continue to stand with my colleagues in the official opposition in our continued calls for better supports for Albertans.

As always, I'm happy to hear from constituents. Please keep in touch through my constituency office at Calgary. [MountainView@assembly.ab.ca](mailto:MountainView@assembly.ab.ca) or 403-216-5445.



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YOUR CITY OF CALGARY



## Online Map Shows Calgary's Snow and Ice Control Priority Routes

With winter in full force, snow is inevitable here in Calgary. The City of Calgary has a Snow and Ice Control Priority Routes map that outlines which Calgary streets are priorities for snow removal. Priority 1 routes are cleared within 24 hours, while priority 2 routes are cleared within 48 hours following a snowfall. Knowing which routes are cleared and when will help ensure a safer commute. This map is located at <https://maps.calgary.ca/SNICPriorityRoutes/>.

To view more City of Calgary maps, please visit the Map Gallery at [maps/calgary.ca](https://maps.calgary.ca).

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