

MARCH 2022

DELIVERED MONTHLY TO 4,375 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**GREEN INITIATIVES
CHALLENGE
& MUCH MORE!**



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.

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.getintheloopyy.ca

Edelweiss Preparatory School



Serving families for 34 years

Fees starting at \$161

14 years in the Best Preschool category

Preschool, Jr. Kindergarten & Kindergarten

www.epschool.ca

403-282-4220

Oreo's 110th Birthday



Did you know that the Oreo cookie is turning 110 this year? The world's best-selling cookie has 90 ridges, 12 flowers, 12 dashes, and 12 dots on each side. Celebrate the world's (and milk's) favourite cookie on National Oreo Day this year on March 6th!



MG
MICHELE GOLE

(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!

exp
REALTY

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

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	Asia Walker	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	Yvette Vanberg	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
Social Media	Natalia Gorobinski	
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

Business Membership in Good Standing

- Resolve Legal Group
- Michele Gole Real Estate
- Stavros on 4th
- Nicastro Real Estate



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 _____

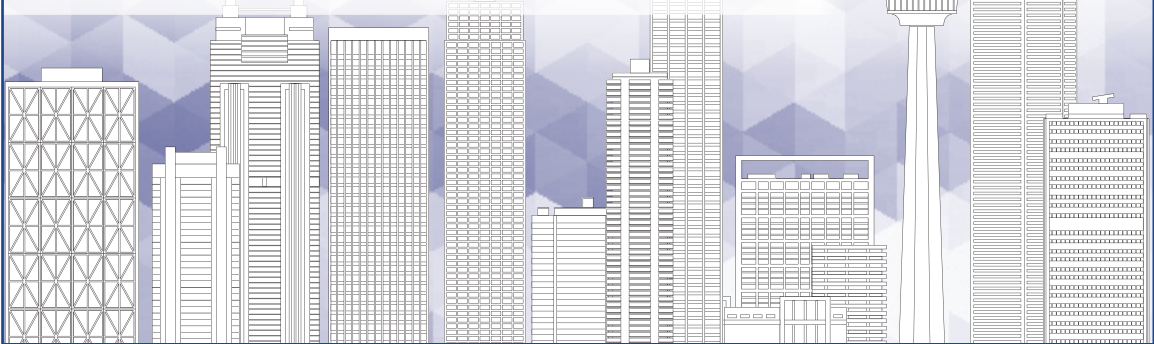
Payment Attached: Cheque _____ Cash _____
 I wish to subscribe to MPCA email list Yes _____ No _____
 Number in Family Adults _____ Children _____

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

  @gnmyyc

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING



Mount Pleasant Playgroup

**Winter 2022 Registration
Now Open**

Spots still available!

Ages 0-5

Monday, Tuesday & Friday's 9am-11am

A nonprofit, volunteer-run, unstructured play environment.

Plenty of toys, crafts, activities for children to enjoy and great socializing for parents and caregivers.

Visit mpca.ca/playgroup
for more information & register today

the shamrock

The shamrock, a three-leaf-clover, has been an Irish symbol for centuries. It was considered to be a scared plant that symbolized the arrival of spring for the Celts. Legend has it that St. Patrick used the shamrock as a visual guide to explain the Holy Trinity.



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.



Why I Want To Know Your Whole Story

Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca

From our earliest relationships, some of us may learn from our families of origin that putting others first is our prescribed role within the family system. For others, our role might have been highly restricted, leading to frustration, stress and difficulty stating our needs and standing up for ourselves. Maybe some of us may have experienced patterns of family dynamics where we were often placed in submissive roles, stunting us from showing our capabilities. Some individuals may recognize the ways cultural or religious scripts influenced the people who came before them in past generations to take more of a backseat when sharing our feelings and input. Perhaps if our caregiver was the authority figure who made all the decisions with little or no say from us, we may be carrying subconscious belief patterns that we should not have a say or that others are better suited to have the last word. All of these different presentations play into the dynamics of how we relate to others as the individuals we are today.

Adverse Childhood Experiences (ACEs) in early development, including being around caregivers who did not provide us consistent emotional validation, can leave many of us feeling unseen. As we grow into adulthood, we may still find ourselves doing everything we can to earn the validation and attention of the same people who disregarded our feelings. This can be so confusing. If we experienced inconsistent “hot and cold” parenting as a child, we may find ourselves making unstoppable efforts to secure emotional bonds in our relationships throughout our life, even with people who may not fit into it. It is common to experience a compelling need to provide satisfaction in a partnership, and avoid at all costs, vulnerable or awkward moments that may be viewed as less than favorable to others. This can also lead to a diminished interest in exploring who we are, and more interest in learning about what others want us to be. We can refer to this as the chameleon effect—when we habituate to change our presentation to fit in or please those we come in contact with.

Another way inconsistencies in early childhood manifest later in adulthood is if we endured a childhood where our caregiver was absent, neglectful, or unreliable and now we find ourselves fiercely independent. Do you



know someone who is always pulling away from others and wanting to do it all on their own? That tendency can lead us to withdraw in the face of future trauma or in the possibility of being let down by others. Here, we are protecting ourselves, which is a very normal response to have and although there’s nothing wrong with autonomy and solitude, it leads to missing out on meaningful connection. On the flipside, fearing the displeasure of others can be a form of not acknowledging our own needs and it can also be a way to self-serve. We may feel we receive validation from others because of pleasing them, which feels good because we can finally attain that validation we strived for so long as a child. While there is importance in holding space and showing up for others, it is important to have awareness and not neglect our own needs. Sometimes too much of an emphasis on another person’s needs while ignoring our own can breed resentment and anger. How can we as individuals learn to show up for others without eliminating our own needs? What would it look like to give ourselves a permission slip to let our needs take up space?

One of the most powerful components to the therapeutic relationship is being encouraged to look at the totality of our experiences and how they can be consciously or unconsciously present in us and our environment. Working with someone who can help us become more aware of how we think and feel about our needs is powerful. The messaging and sometimes even trauma we have received by our primary caregivers has influenced who we are. A significant goal in therapy is to help get us back to a place of who we really are, our authentic self. This is why I want to know your whole story.

MPCA HALL PROGRAMS

We are open!!

The Mount Pleasant Community Association offers something for everyone to keep you busy this winter! Come join us!

Children and Youth Programs

MPCA Playgroup – Lower Hall

- 0 to 5 years
- Weekdays, 9:00 to 11:00 am.
- For more information and to register, please visit our website at <https://www.mPCA.ca/our-community/mount-pleasant-playgroup.html>.

Sportball [Third Party] – Upper Hall

- Sports Instruction for Kids
- Tuesday morning and Sunday afternoons.
- www.sportball.ca
- For more information and registration, please contact Calgary@Sportball.ca or call 403-975-2936.

Pleasant Heights After School Care (Students from St. Joseph's School) [Third Party] - Lower Hall

- 5 to 12 years
- Monday through Friday after school.
- School age care spots available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22nd Ave. NW) for children in kindergarten through grade 6. Our school age care program is licensed and accredited with many long-term staff.
- For more information please contact: 403-289-8233 or 403-220-1212. Call and reserve your spot today.

Adult Programs

Zumba with Enoc [Third Party] – Upper Hall

- Monday and Wednesday, 5:30 to 6:30 pm.
- For more information and registration, please contact Enoc at zumba_king@hotmail.com.
- www.enoc1.zumba.com

Yoga in Mount Pleasant with Trish Hardy Yoga [Third Party] – Upper Hall

- Thursdays, 7:45 to 8:45 pm.
- For more information and registration, please contact Trish Hardy at hardytrish@gmail.com or call 403-620-4990.
- www.trishhardyyoga.com

Flow Martial Arts [Third Party] – Upper Hall

- Monday, 8:00 to 9:15 pm and Wednesday, 8:00 to 9:00 pm.
- For more information and registration, please contact Jeff Estrada at fma.academy.calgary@gmail.com or call 587-891-8108. More information can be found at www.flowma.ca.

All Canadian Karate [Third Party] – Upper Hall

- Thursday 5:30 to 7:30 pm.
- For more information and registration, please contact 403-232-0228 or visit www.acku.org.
- Mount Pleasant Community Centre is located at 602 22nd Avenue NW.

Do You Need Quality School Age Child Care For 2022?



Pleasant Heights After School is now accepting inquiries from parents whose children are in am Kindergarten to Grade 6 for fun, quality school age childcare in a quality and caring environment. Care spaces for our annual summer program will be available after March 15, 2022. The afterschool location is in the Mount Pleasant Community Hall (602-22nd Ave. NW, Calgary). Interested parents should contact Nancy at 403-289-8233 or 587-998-0122 or by email at nancy.bennett@phascare.com.

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

By the time you're 80 years old you've learned everything. You only have to remember it. –George Burns

We're continuing our activities during the current COVID 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. The numbers attending have reduced and some things have transferred to Zoom, all due to concern over the Omicron variant. This is being written at the end of January with the hope things will be much better by the time you're reading it.

On a sadder note, we've lost some of our long-term residents over the last couple of years. We miss the cheery smiles and quick wits of Joan Poulsen, Kwong Chow, Nina Sedorova, and Herb Allard.

Monthly Lunches: Our January lunch was a good time to get reacquainted with some of our group while enjoying a delicious lasagna, Caesar salad, and garlic toast meal catered by Leroy. We continue to follow the BizConnect guidelines, with our volunteers plating and serving the food. We hope to be able to have another plated lunch in future months with larger numbers. 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 remaining classes in 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 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 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 or 403-284-1715 to be advised if games afternoons are happening.



mybabysitterlist

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.





The March 22 book will be *Breath: The New Science of a Lost Art* by James Nestor. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Award-winning science journalist, James Nestor, travels the world to find out what went wrong in our evolution of breathing — and how to fix it. Modern research in pulmonology, psychology, biochemistry, and human physiology is showing us that making even slight adjustments to the way we inhale and exhale can help jump-start athletic performance, rejuvenate internal organs, halt snoring, allergies, asthma, and some autoimmune disease, and even straighten spines. None of this should be possible, and yet it is.

The April 26 book will be *Hamnet and Judith* by Maggie O'Farrell.

The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except December) either on Zoom or in the Lower Hall. 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.



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 waiting list. 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 March:

Wednesday, March 2 and 9: A two-part knitting workshop with Val Murdoff. Due to escalating Omicron, this workshop was re-scheduled to March from January. All original registrants are confirmed for the new date. These classes are full.

Wednesday, March 16: Continuing our pursuit of the fine arts, artist Tracy Franks will guide us in exploring a variety of drawing mediums, such as oil and chalk pastels, on an assortment of surfaces.

Wednesday, March 23: Come and learn a unique method of dyeing Easter eggs, based on an old Russian recipe. *NOTE* Each student must bring a carton of white-shelled eggs.

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.

Could Spring be in the Air Soon? Green Initiatives Challenge

Hello everyone! One way to brighten your days is to take on a new challenge! For 2022, the Green Initiatives Committee has developed a series of monthly challenges to help us all make some simple changes for a “greener” lifestyle. We are hoping that some of our ideas will interest you, because lots of us making small changes can add up to a big difference.

So please look for the new article and challenges each month in the Pulse.

Have you noticed that the days are starting to feel a little longer? Soon we might be looking for the first signs of spring and thinking about the upcoming growing season. It's never too early to start planning!

A 2020 Forbes article called “Digging in the Dirt Really Does Make People Happier” (what a great title!) includes references to scientific papers which discuss the positive impacts of gardening, including improved mental health. Other outcomes included reductions in depression and anxiety along with increases in quality of life and sense of community.

One way to make a positive environmental impact is to grow food in your yard, since everyone needs to eat! Growing your own food saves on transportation costs and emissions, provides a sense of pride, and allows you to enjoy incredibly fresh seasonal produce and often saves money in the process.

If you have kids, it is a wonderful experience to teach them about growing plants and especially food. Fresh carrots, baby tomatoes, and shelling peas are often favourites. You can involve your kids in all the steps including picking out seeds, digging and planting, and of course watering when needed. Even the youngest kids love to water plants.

If you're interested in adding a tree to your yard, make sure you check out the “Branching Out Tree Program” which is back again for 2022. The City of Calgary is working to increase tree canopy coverage and is providing some trees to Calgarians at no cost.

Challenge – Try growing a new edible plant this year! Even if you don't have much room at all, herbs can be

grown in pots. Rarely do many of us need the whole amount of fresh herbs when the purchase quantity is a big bunch. If you grow your own, you can pick a bit at a time, as you need it! And talk about super-fresh!

Challenge – Spend 5 to 10 minutes online looking up information about pollinators. Find one thing you can do to make your yard more attractive to pollinators such as bees and butterflies. The City of Calgary website suggests planting native wildflowers with varying bloom shapes, sizes, and flowering periods. Apparently, bees are most attracted to blue, yellow, white, and purple flowers. Once native plants are established, they usually require very little maintenance.

Challenge – Talk to a neighbour about their garden or something they're growing. For example, if you've noticed they have some colourful flowers that you like, you can ask what they're called. Most gardeners like to talk to other people about plants! And if you don't know much or just want to get started, many people are often willing to help or provide advice. Take the time to compliment a neighbour on their nice plants. For example, if you loved their tall purple flowers from last summer, tell them! Many of us look forward to spring and like to anticipate the new growing season.

If you've never tried growing anything before, maybe this could be the year! Or if you already like gardening, you could try to think of one small thing you could do differently this year to make your yard or garden more environmentally friendly. Perhaps you could hook up a rain barrel if you don't already have one. Or use your new knowledge about pollinators that you gained in the challenge to consider adding bee or butterfly-friendly native plants.

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. The Facebook group will be a great place to share your completed challenges and check in to see what others are doing.

Have a great month,

The MPCA Green Initiatives Committee

Activities and Events – March

Please check our website for up-to-date information on programs and events.

Weekdays 9:00 - 10:00 am	MPCA Playgroup	Lower Hall
Weekdays After School	Pleasant Heights After School Care	Lower Hall
Mondays, Wednesdays, and Fridays	Excercise Classes	
Monday and Wednesday - 8:00 to 9:00 pm	Flow Martial Arts	Upper Hall
Monday and Wednesday - 9:00 to 10:00 am	Tai-Chi at the Community Hall	
Monday and Wednesdays - 5:30 to 6:30 pm	Zumba with Enoc	Upper Hall
Tuesday Mornings and Sunday Afternoons	Sportball for Kids	Upper Hall
1:15 pm Wednesday Afternoons (Excluding fourth Wednesday of each month)	Wednesday Afternoon Games	Upper Hall - 602 22 Ave. NW
Wednesdays in March - 1:30 to 3:30 pm	Crafternoon Arts and Sessions - All Ages	
Thursdays - 5:30 to 7:30 pm	All Canadian Karate	Upper Hall
Thursdays - 7:45 to 8:45 pm	Yoga with Trish Hardy	Upper Hall
March 22	MPCA Book Club - <i>Breath: The New Science of a Lost Art</i> by James Nestor	
April 26	MPCA Book Club - <i>Hamnet and Judith</i> by Maggie O'Farrell	

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 coordinate 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.

Lost at Sea



In 1992, almost 30,000 rubber ducks were lost at sea when a cargo ship container opened, and its contents fell into the North Pacific Ocean. These duckies have revolutionized our understanding of ocean currents and are still washing up on beaches around the world today!

BOARD REPORT



Essential numbers for seniors in Calgary

At our January meeting, we reviewed a Lifecycle Engineering Consulting Program (ECP) report about our Sportsplex. This facility was built in 1972 and needs substantial work to bring it up to today's standards. We are applying for a Capital Conservation Grant of \$300,000 and expect MPCA to pay \$132,000 for the necessary work. Some of the improvements will be immediately noticeable (shower tiles, lighting, replacing the water fountain with a water bottle filling station), while some will be behind-the-scenes structural work. We hope to begin the work in 2022 after the ice has been removed for the summer.

We also received an update about planned changes to our community garden, which is located near the North Mount Pleasant Arts Centre. The City of Calgary is planning major improvements to this site, including a complete redesign of the space. Unfortunately, this will cause a disruption to the existing garden this season. We are exploring options, including the potential for a temporary garden area this year.

Following an excellent presentation by Veronica Greenly, we approved the creation of a Mount Pleasant Community Pantry to assist residents who are having issues with food supply. We received helpful comments from our neighbours at Capitol Hill, who operate a successful pantry in their community.

We remind you that MPCA is scheduled to run a casino on April 27 and 28. The money raised through casinos allows us to provide many programs and activities to our community. We require a total of 38 volunteers for this event, so please sign up to help us if you can do so.

Finally, we offer our condolences to the family of the Honorable Herbert A. Allard, (1926 – 2022). Judge Allard served Calgary as a Provincial Court Judge for many years. He was likely the oldest and longest resident of Mount Pleasant.

Philip E. Carr

Past President, MPCA

403-467-0351 | pastpresident@mpca.ca

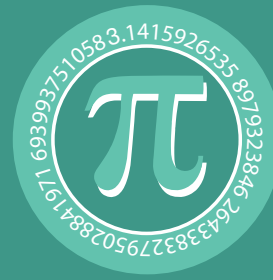


9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

National Pi Day

National Pi Day is on March 14th! Pi Day recognizes the mathematical constant π , also known as pi, as the first three and most recognized digits are 3.14. Eat a pie, memorize some of the infinite numbers of pi, and don't forget, the best way to visualize infinity is with a pi chart!





The Mighty Bumblebee

Did you know that bees can fly higher than Mount Everest? Scientists found that Alpine bees can fly higher than 29,525 feet above sea level! That is almost 500 feet higher than Mount Everest, which has an elevation of 29,031.69 feet.

THE VETERANS ASSOCIATION THRIFT STORE

50% RED FRIDAYS

Thrift store is open to the public
Every cent spent here goes back into helping our Veterans

Open Mon. to Sat., 10AM - 5PM | Closed Sundays
640 28 ST. NE, Calgary, AB T2A 6R3
www.veteransassociationfoodbank.ca/thrift-store



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

Shine a light on the dark web.



The dark web is a hidden layer of the internet where cyber criminals find and sell information.



Scan to find out if your info has been compromised.



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.

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

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.

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

social media advertising | management
geofenced digital | video advertising
community magazine advertising
app | web | seo | ad words

info@greatnewsmedia.ca



**McKnight Square
Dental**
Dental Centre & Implant Clinic
Dr. Rahul Bihola, PhD, DDS

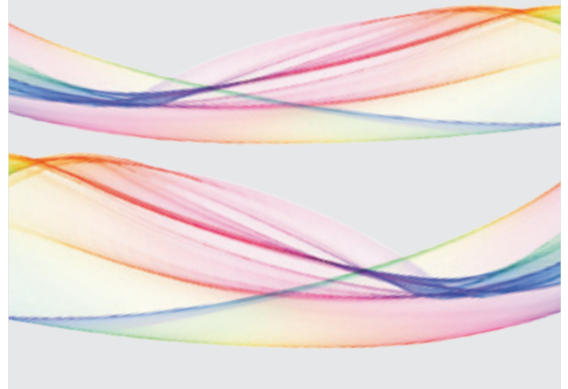
509B McKnight Blvd NE
Calgary, AB T2E 8P1



Services:

- Family Dentistry
- Implants & Dentures
- Cleaning & Polishing
- Root Canal Therapy
- Crowns & Bridges
- Botox & Fillers
- Teeth Whitening and More

403-407-1958





Consistent Performance Matters



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



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



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



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



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



#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



curtisatkinson.ca

*In Closed Transactions 2019.