

APRIL 2022

DELIVERED MONTHLY TO 4,375 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



Mark your Calendars

April 27 and 28

Calling on all Mount Pleasant residents to volunteer for the upcoming Casino! 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!



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MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
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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.

Weekly Green Cart Returns End of April

Weekly green cart pickup returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you're cleaning up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart for collection.



Compost Giveaways

Compost will be available for pickup, by appointment, from April 25 to June 11. Appointment bookings will be available on calgary.ca/compost in mid-April.



News from the Friends of Nose Hill

by Anne Burke

We read about and see firefighters and grass fire units respond to fires on Nose Hill, especially during dry and windy conditions. The causes may be investigated but the follow-up story of the positive impact on vegetation will not be documented, unless by researchers. Indeed, a burning program for Nose Hill Park should be examined periodically, based on monitoring information and new scientific knowledge. These are only a few of the recommendations from The Nose Hill Park Natural Area Management Plan.

Grassland ecosystems adapted in response to climate and disturbance. Bison helped to remove dead plant material when their vast herds grazed, primarily during the fall and winter. Cultural burns were sacred Indigenous practices. Fire was a natural process on the prairies that helped shape the evolution of prairie plants and animals. There is a case to be made that it should be reintroduced in a controlled manner, when experts manage the process.

Prescribed burning could be used to manage vegetation on native and non-native grasslands. Smooth brome is the domestic species of most concern in the Park. Another is Canada thistle. Burning should occur every five to ten years on native grassland but may be planned more frequently on brome to control the density of grass cover. Burning will benefit most grassland wildlife species, including rare species.

There are protocols or burning prescriptions in Natural Parkland zones, such as when (in the early spring to avoid damage to growing plants and before excessive litter builds up), and how (supervised by the Natural Areas Management Coordinator and the Parks Superintendent). By managing the natural process of fire on the landscape, instead of preventing it, we can improve habitats for native plants and animals, and reduce the risk of out-of-control wildfires.

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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

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.



Community Field Hockey

Spring Registration
NOW Open

Everyone welcome!
Ages 7-12

fieldhockey.ab.ca/play



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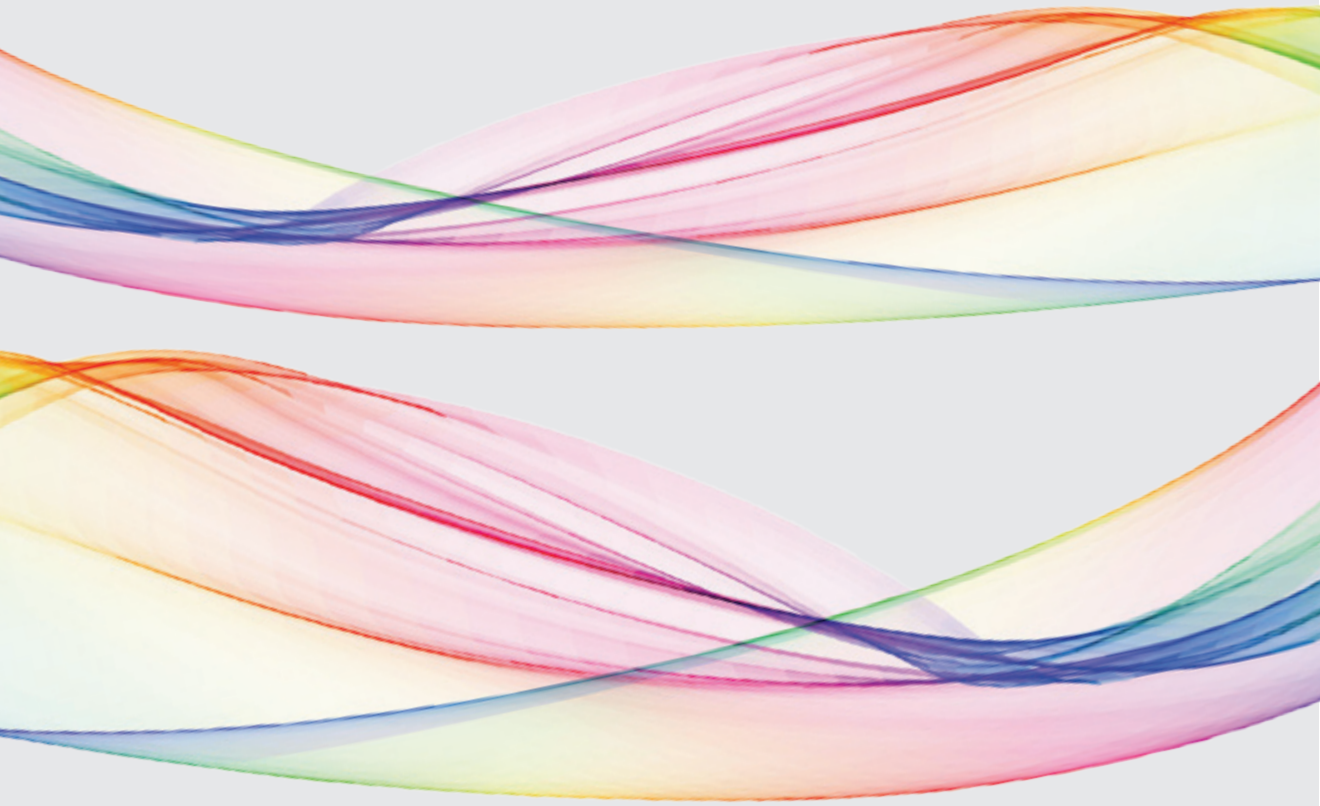
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MPCA HALL PROGRAMS

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.

How to Create Social Connection Through Conversation

Nancy Bergeron | nancy@viewpointcalgary.ca

We all long to be heard and create lasting and interesting connections. Keep in mind when practicing these conversation strategies, we should always remain conscious of the other person's mood and comfort level. Be prepared to step back when our conversational connections are not welcome. However, with a little tact, sensitivity, and a genuine interest in the people around us, we may often find that greater social connection is easily within our reach.

Here are six strategies to try implementing in your conversations for connection:

Be Curious – asking others questions about themselves, ups our likeability. We enjoy talking about ourselves, but we underestimate the benefits of letting others do the same – to the detriment of our relationships. Take the time to build on the first question asked rather than jumping from topic to topic. Ask for further clarification for deeper meaning and understanding.

Be Empathetic – but don't assume to really know how it felt for them because we may fail to differentiate between someone's experience versus a similar experience of our own. Validate the speaker's feelings – wow, that sounds like it must have been scary.

Find Common Ground – find a topic that will be something that links us and helps build further rapport. Even though we may want to share something new and exciting, it may be completely uninteresting to the person we are sharing with. Common ground deepens connection.

Use Emotional Intelligence – don't always go for mundane small talk. Ask deeper questions to create a real connection. This sends the message that we really care and have an interest in hearing their answers. It may surprise you how open individuals can be when we show a real curiosity on a deeper level than what do you do for work or how about that hockey game last night.

Choose Honesty – it goes without saying that honesty is best served with a healthy dose of diplomacy. We should think carefully about the timing of our comments, the way they are phrased and whether the person will have the opportunity to make use of the information. However, honest communication proves to be far more constructive than people tend to predict, and the benefits of candid disclosure on overall wellbeing can last beyond the actual conversation.

Listen to Understand – this is the way to tie up the entire encounter. Summarize or reflect back on what you heard the person tell you. Unfortunately, we have the tendency when we are listening, to be thinking about what we will say next instead of truly hearing the speaker. If we have to listen to summarize what they are telling us, we are more likely to listen on a deeper level and thus the speaker will really feel heard. This will create not only likeability, but connection.

All the above will take practice. Some of us are better with these skills than others. If we are longing for more connection, and deeper relationships this is a fine roadmap to get us there.



People who say they sleep like a baby usually don't have one. –Leo J. Burke

At the time of writing (end February), we're continuing to follow many health measures to limit our COVID risk: requiring vaccinations to attend lunches, and exercise and tai-chi classes, wearing masks, and volunteers plating and serving food at our lunches. We hope to be able to return to "normal" soon.

Monthly Lunches: The number attending has increased; we hope this is a positive sign of better times to come. There was a book exchange at our January lunch – a good chance to trade all of the books we've been reading over the last two years for some new ones. We enjoyed a delicious pork tenderloin lunch from Velvet Café, complete with fresh green beans, mashed potatoes, and gravy. Although we were quite full due to the generous portions, we didn't turn down the Tim Hortons doughnuts that followed. 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: Our first outing in a long time is planned for Thursday, March 24! We're off to the Calgary Farmers' Market to load up on fresh fruits and vegetables and maybe a treat or two. If you have ideas on where you'd like to go, 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.

THE SIMPSONS

Although a very well-known, stand alone show now, The Simpsons actually started as a series of short sketches on The Tracey Ullman Show in 1987. Who would have known the family would become so popular and remain relevant even 35 years later!



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.



The April 26th book will be *Hamnet and Judith* by Maggie O'Farrell. England, 1580. A young Latin tutor – penniless, bullied by a violent father – falls in love with an eccentric young woman: a wild creature who walks her family's estate with a falcon on her shoulder and is known throughout the countryside for her unusual gifts as a healer. Agnes understands plants and potions better than she does people, but once she settles on the Henley Street in Stratford, she becomes a fiercely protective mother and a steadfast, centrifugal force in the life of her young husband. His gifts as a writer are just beginning to awaken when their beloved twins, Hamnet and Judith, are afflicted with the bubonic plague, and, devastatingly, one of them succumbs to the illness. A luminous portrait of a marriage, a shattering evocation of a family ravaged by grief and loss, and a hypnotic recreation of the story that inspired one of the greatest literary masterpieces of all time, *Hamnet and Judith* is mesmerizing and seductive, an impossible-to-put-down novel from one of our most gifted writers.

The May 24th book will be *State of Terror* by Hillary Rodham Clinton and Louise Penny.

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.



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 April:

Wednesday, April 6: Part two of the felted bowl workshop with Adrienne Jenkins. This class was re-scheduled from February 16; all original participants are registered. This class is full.

Wednesday, April 13: Join Crafter Cindy Mellis as she guides us in the soothing art of paper bead crafting. This unique craft, utilising recycled paper, dates back to the Victorian Age. You will be able to create many styles and sizes from the basics acquired in this class.

Wednesday, April 20: Artist Tracy Franks will introduce us to the ethereal qualities of watercolour pigments. Through a series of exercises, we will become familiar and comfortable with this medium and go home with a lovely painting.

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; if you will help, let Anne know when you register for a class.

GREEN INITIATIVES COMMITTEE

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 a great month,

The MPCA Green Initiatives Committee

Ahhhh the first signs of spring are in the air (hopefully), and with the arrival of spring, comes that itchy feeling to get some spring cleaning done!

This is that time of year where we notice the dust, the clutter, and the stifling air in our homes more than ever. After a winter of being cooped up inside, windows shut, and stuff from the holiday season piling up, we just get the urge to purge! So, this spring-cleaning season, your Green Initiatives Committee is here to offer up some challenges to get the ball rolling and get you inspired for a fresh spring feeling.

Challenge 1: Sort through your clutter and organize it so it is ready for the community clean up on May 1st! The community clean up is a great way to get all that extra stuff you have been hanging onto donated or recycled. Acceptable items to bring to the event are: organics, usual items for donation (think clothing, books, toys etc.), electronics, mattress recycling, metal recycling, compact fluorescent (CFL) bulbs for recycling, car seats, and garbage. Unacceptable items include hazardous waste, large appliances, and commercial waste. Keep your eye out for details regarding the upcoming event so you are ready to go.

Challenge 2: Create an inventory of your belongings to see what you have not used, worn, or consumed in the last year. Are some items you are not using in great condition? Share them on the MPCA Buy/Sell/Trade Facebook group.

Tip: Go into your closet and flip all the hangers around, and then when you wear an item and it goes back into the closet, place the hanger in the opposite direction. You will quickly see what clothing items

rarely get used, and if they are in good shape, donate or sell them and stick to using your capsule wardrobe.

Challenge 3: Soon Mount Pleasant will have its very own community pantry (stay tuned for details coming out very soon!). So, while in the spirit of spring cleaning, shop for non-perishable food items in your pantry that you can donate to the community.

Challenge 4: Clear out the dust bunnies, open the windows, and spruce up your home with some all-natural cleaners.

A Recipe for All Purpose Natural Cleaner: One part distilled vinegar, one part water, aromatics (lemon rind, rosemary sprigs or, if comfortable, your favourite essential oils). Combine, pour into a spray bottle and shake. Use around the house to clean surfaces, wipe away wall smudges, and generally freshen up any space – chemical free!

While the new year is the time to create intentions and make resolutions, it is really the start of spring when we start to make meaningful changes in our habits. That makes spring the perfect time to start incorporating small everyday sustainable choices into your lifestyle.

Save the Date: Community Clean Up Event May 1, 9:00 am to 2:00 pm

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 Initiatives Group on Facebook! You can find us on the Mount Pleasant Community Association page. The Facebook group is a great place to share your completed challenges and check in to see what others are doing.

Happy spring cleaning,

The MPCA Green Initiatives Committee



Activities and Events – April

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 April - 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
April 26	MPCA Book Club - <i>Hamnet and Judith</i> by Maggie O'Farrell	
May 26	MPCA Book Club - <i>State of Terror</i> by Hillary Rodham Clinton and Louise Penny	

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.



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Calling All PARENTS
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BOARD REPORT

The Board had a very full agenda in February. We passed a motion from the Hall Development Committee to continue our pursuit of a new community hall. We will be approaching some architects to obtain preliminary proposals for the design and cost of a new hall. We are fully aware that this is a very important project for MPCA, and we will move forward in a prudent manner.

We also had a detailed review of the proposed budget for the upcoming fiscal year. We hope that this will be a more normal year for us, with most activities resuming as health restrictions allow.

We are finalizing our new three-year business plan. This includes asking each Director for three goals to accomplish over that time period; some of which may be short-term, while others could span the entire three-year period.

Finally, we approved three specific policies: one on payment of honoraria; one on conflict of interest; and one about our expectations of those who wish to serve as Board members, coordinators, or volunteers. The last of these reflects the fact that we value being inclusive, responsible, and transparent. We believe that having people from a variety of backgrounds and experiences aids in a vibrant community. We normally will ask any volunteer for a brief summary of (a) their interest in the role; (b) any qualifications or background experience they bring to the role; and (c) how long they have been part of MPCA. We do not intend to grill anyone or burden them with an onerous list of requirements. If you have any questions about any of these policies, or would like to receive a copy, please contact us and we can email a copy to you.

Philip E. Carr

Past President, MPCA

403-467-0351 | pastpresident@mpca.ca



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

TIME ZONES

There is a large cloud of mystery surrounding the concept of time across the globe. We know different places have different time zones, but did you know that due to their scattered national territories, France actually has different 12 time zones!!? Now that's a lot of time to keep track of!



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Pleasant Heights After School Care Association St. Joseph School Location

- Licensed non-profit program with provincial subsidies available.
- Care spaces for our annual summer program available.
- Program location: Mount Pleasant Community Hall
(602 - 22nd Ave. NW, Calgary, AB)
- Interested parents should contact Nancy at
403-289-8233 or 587-998-0122
nancy.bennett@phascare.com



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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.

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

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.celectric.com or call Clayton at 403-970-5441.

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FERTILIZER, WEED CONTROL, LAWN CARE: We are local! We are proud to offer our inner-city neighbours our full suite of lawn care services and fertilizer/weed control programs. Contact us for a free, no-obligation, personalized quote. info@mountpleasantlawncare.ca | 403-710-0166 | mountpleasantlawncare.ca.

THE GRASS GURUS LAWN AND LANDSCAPING: We are an owner operated company in Calgary since 2008. Reliable, honest and fairly priced. We can help you with spring cleanups (power raking, aeration), weekly lawn cuts and your other yard care needs. Call or email Tara for a free estimate tara.sleigh@thegrassgurus.ca, 403-604-4057.

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.





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