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MPCA Community Association

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Business Membership in Good Standing

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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:

I wish to subscribe to MPCA email list

Number in Family

Cheque _____

Yes _____

Adults _____

Cash _____

No _____

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.

MPCA HALL PROGRAMS

We are open!

The Mount Pleasant Community Association offers something for everyone to keep you busy. 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 22 Avenue NW



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Understanding Rights-of-Way and Your Property

Did you know that part of your yard is made up of rights-of-way, and your property line doesn't begin at the edge of the road or sidewalk closest to your home?



The City of Calgary is responsible for managing access to municipal rights-of-way in Calgary. A right-of-way is an area that gives The City space to install infrastructure (e.g., street light poles and trees), while also giving shallow utilities (i.e., power, gas, and telecommunications providers) a place to install and maintain their critical infrastructure. When utility work is required in your community, crews can apply for the permits required to access the right-of-way to install infrastructure, both above and below ground. All properties contain a road right-of-way, but only some properties have a utility right-of-way on them. In most cases, the utility right-of-way starts at your property line and extends inward, toward your home. The space the right-of-way takes up in a yard will vary and it can also be located along the side of your home or at the back.

As a homeowner, you are responsible for mowing and general maintenance, but it is technically the road right-of-way and is considered public land.

For more information or to learn where the right-of-way is located on your property, visit [Calgary.ca/row](https://calgary.ca/row).

Show Appreciation for Seniors June 6 to 12

June 6 to 12 is Seniors' Week, and it's a great opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities, and by supporting family members and friends.

This year's theme is 'Move & Groove - finding inspiration that moves you.' It aims to inspire Calgarians to find joy through dance, music, and different cultural experiences. A variety of free events will be held in-person, with some online options as well. Events include music and dance performances, drop-in fitness classes, nature walks, cultural celebrations, presentations, and more. Participating Seniors' Week partners include Studio Bell National Music Centre, Calgary Zoo, Telus Spark, the THIRD ACTION Film Festival, and various senior serving organizations.



Visit calgary.ca/seniorsweek for a complete list of activities taking place during Seniors' Week, as well as the Government of Alberta's website to learn more about the events planned throughout the province in recognition of older adults.

Seniors' Week has been recognized since 1986 to celebrate and acknowledge the contributions seniors make to enhancing the quality of life in Alberta.

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 difference.

Considering Our Transportation Choices:

As the weather is warming up and the days are getting long, it's so nice to get outside more! This is typically the time of year when it can be easier to convince people to try active transportation methods. Many people who live in Mount Pleasant already walk, bike, and use other methods to get around instead of using a car, and it's great to live in a like-minded community where people care about the environment. Overall, in Canada, statistics show one road motor vehicle registered for every 1.3 Canadian adults; that's a lot of cars!

Challenge 1: Estimated costs for owning a car are between \$8,000 and \$13,000 each year, with most falling around the \$10,000 range, which often surprises people. If you own a car, you can track your expenses (car payments, maintenance, gas, parking, insurance) for a month or two to see for yourself. For interest, compare this to the cost of a decent commuter bicycle and Calgary transit passes: \$112 per calendar month for an adult pass or \$1,344 if you buy one every month for a year.

Challenge 2: A scary US statistic shows that all the car trips of less than a mile long add up to a total of 10 billion miles a year, according to the US Environmental Protection Agency (2009, US National Household Transportation Survey). Just think of the positive health impact and reduction in pollution if many of those people decided to walk these short trips! With the nicer weather, challenge yourself not to use the car for a few short trips this month when you typically would. Just remember to allow yourself some extra time, but hopefully you can get some fresh air and exercise along the way!

Challenge 3: Imagine what you would do if you woke up in the morning and didn't have a car. This is a more realistic proposition in our community than in the suburbs! There's more incentive for shopping local and supporting neighbourhood stores. Think about two or three ways that you could alter your usual habits to help make this easier to adopt.

Challenge 4: The Mount Pleasant Community Association now proudly owns a bicycle cargo trailer! The We-Haul Bike Trailer Sharing Program will be available imminently (if not already) to Mount Pleasant community members. Check out the photo and just imagine what you could use this for, and if you like, you can post your most creative ideas to our Facebook page! There will be an online sign-out process for the trailer which will be available to all Mount Pleasant members with informative videos explain how to use it. Watch for our launch on the community website (www.mpca.ca). Or you can come check it out in-person at our Environment Week event at Horsy Park on Saturday June 4 from 1:00 to 4:00 pm.



New Burley Cargo Bike Trailer is available to borrow in Mount Pleasant through the We-Haul Bike Trailer Sharing Program!

However, even if you were to use transit regularly, some taxi or Uber rides, pay more frequently for deliveries and use a carshare or rental vehicle, you would probably still be below the annual cost of owning your own vehicle, and without the stress of maintenance and repairs. And of course, you can always carpool with friends (can chip in for gas/expenses if you're not driving). Or perhaps if your family owns more than one vehicle, you can consider whether you really need that other one, or if, with some extra planning and creativity, you could do without it. Used cars are in high demand these days so it could be a lucrative time to sell a vehicle!

With the warmer June weather, now is the perfect time to reduce vehicle use and enjoy the outdoors!

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. 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 to see what others are doing.

Have a great month,

The MPCA Green Initiatives Committee

Idling Vehicles - Did You Know...?

According to Natural Resources Canada, "As a practical guideline, balancing factors such as fuel savings, emissions and component wear, if you're going to be stopped for more than 60 seconds it's best to turn the engine off." This is consistent with guidance in the Netherlands, but for comparison, Italy and France recommend a 10-second interval while Austria and Germany recommend 20 and 40 seconds respectively. In the United States, the EPA's Smartway and DriveWise programs recommend that you turn the engine off if you're going to be stopped for more than 30 seconds. And think of it this way, it often seems that you end up waiting longer than you're expecting, so it's best to shut that engine off and avoid idling completely! Perhaps someday we could even make Mount Pleasant an Idle-Free Community!



Garage Sale Cancelled

My apologies for not announcing in The Pulse that the Garage Sale was cancelled due to lack of interest and volunteers. Of course, once it was cancelled, a few people did express interest in purchasing a table. We hope that people will instead organize block garage sales with their neighbours.

Spectrum of Light

Did you know that there are actually only seven named colours in the spectrum of visible light according to Newton? They are red, orange, yellow, green, blue, indigo, and violet.

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Neuro-Diverse Relationships

by Nancy Bergeron | nancy@viewpointcalgary.ca



Neuro-diverse couples are more common than we realize. There are many high-functioning adults who are undiagnosed with what we used to call Asperger syndrome (now included as Autism Spectrum Disorder-ASD) or possibly neuro-atypical (NA) individuals. Having worked with children with ASD and children that are neuro-atypical (NA), I am now seeing more relationships with neurological diversity; an ASD/NA partner with a neuro-typical (NT) partner.

Pursue a diagnosis

A diagnosis can be important to acknowledge ND traits that might be causing relationship problems. Understanding how ASD/NA traits affect the relationship can remove the blame, frustration, shame, pain, and confusion felt by both partners.

Once a diagnosis is confirmed, working with an ASD/NA specific couples' therapist can be very helpful. Individuals with ASD/NA can be loyal, honest, highly intelligent, hardworking, generous, and funny. Accepting their strengths and weaknesses as part of their natural brain wiring can help with acceptance in relationships.

Understand how ASD/NA impacts the individual

Individuals with ASD/NA are at increased risk for depression, anxiety, OCD, ADHD. Undiagnosed or

untreated, these can have serious negative consequences for both partners. NT partners can sometimes experience their own mental health issues such as anxiety, depression, ADHD, Affective Deprivation Disorder, and PTSD, as a result of being in a relationship with an undiagnosed ASD/NA partner. Implementing ASD/NA-specific strategies to address certain issues in the relationship can help alleviate these symptoms for both partners.

Self-awareness for the NT partner and for ASD/NA individual

The NT partner can often be a rescuer or considered controlling. Their own traits and family of origin issues can help them understand why they chose their partner with ASD/NA. Learning the part they play in the conflicts with their partner and what to do about it is important.

The individual with ASD/NA tends to have a weak theory of mind (TOM) meaning they may have trouble understanding, predicting, and responding to a person's thought-feeling state. They may unintentionally say and do things that can come across as insensitive and hurtful to their partner. They can develop a better TOM by becoming more aware of how they are likely to offend their partner. They may also learn to better express positive thoughts, affirm, and compliment their partner.

Create a relationship schedule

Due to the executive functioning and social-emotional reciprocity adults with ASD/NA are challenged with, keeping a calendar is crucial. A relationship schedule can help the couple plan for conversations, sex, and quality time in order to stay connected.

The partner with ASD/NA may either want a lot of sexual activity, little, or none at all. Scheduling the sexual needs of both partners can help couples regulate their sex-life. The individual with ASD/NA might be mechanical and unemotional in bed, or struggle with sex due to sensory sensitivities. They may need to learn ways to maintain a daily emotional connection both in and out the bedroom.

An individual with ASD/NA may go days, weeks, or months engrossed in work and their interests. This "parallel play" can leave their partner feeling lonely and abandoned. Common activities that might have brought the couple together when dating can abruptly stop after commitment. This is in part due to their challenges in initiation, reciprocity, planning, and organizing. Scheduling playing

together such as long walks, biking, hikes, and travel can help bridge the parallel play gap.

Cope with sensory overload

Individuals with ASD/NA often experience distress due to sensory sensitivities. The individual's senses may be either hypersensitive or hyposensitive: a caress can feel like burning fire, or a needle prick can have no effect. Managing sensory triggers such as sound or touch can help prevent blow-ups due to sensory overload. Individuals with ASD/NA can often feel more stressed out by being in social situations than their NT counterparts. Planning time to be alone and recover from social situations is essential.

Improve communication and manage expectations

Communication is often a major challenge for the individual with ASD/NA. They may have difficulties reading facial cues, vocal intonations, and body language. They can often monopolize and have difficulty initiating conversations or keeping them flowing. Their NT partner might feel frustrated by the lack of communication and reciprocity. Scheduling daily conversation time, and direct and step by step communication strategies can be useful.

Adjusting expectations based on ability and neurology is important for both partners. Working hard to improve the relationship with the strategies listed here can bring about real change.

Specialized couples therapy

Sometimes the NT partner may be so depressed, angry, and disconnected from their mate, that they do not have the desire to salvage the relationship. It can be difficult to get the relationship back on track. Focusing on the positive in the relationship and the traction made by implementing new skills and strategies can help both parties to stay motivated.

Working with a neuro-diverse couples' therapist can help the couple to make rapid gains, stay motivated, and feel encouraged about their relationship. A well-trained therapist can teach both partners about neurodiversity. The therapist can help the couple create and implement strategies to better their relationship. The issues and challenges that some neuro-diverse couples face can seem similar, but every individual with neurodiversity is unique and so is every relationship. Customized therapy is a must.



The June 28 book is *Women Talking* by Miriam Toews. "The sun rises on a quiet June morning in 2009. August Epp sits alone in the hayloft of a barn, anxiously bent over his notebook. He writes quickly, aware that his solitude will soon be broken. Eight women—ordinary grandmothers, mothers and teenagers; yet to August, each one extraordinary— will climb the ladder into the loft, and the day's true task will begin. This task will be both simple and subversive: August, like the women, is a traditional Mennonite, and he has been asked to record a secret conversation.

Thus begins Miriam Toews' spellbinding novel. Gradually, as we hear the women's vivid voices console, tease, admonish, regale and debate each other, we piece together the reason for the gathering: they have forty-eight hours to make a life-altering choice on behalf of all the women and children in the colony. And like a vast night sky coming into view behind the bright sparks of their voices, we learn of the devastating events that have led to this moment.

Acerbic, funny, tender, sorrowful and wise, *Women Talking* is composed of equal parts humane love and deep anger. It is award-winning writer Miriam Toews' most astonishing novel to date, containing within its two short days and hayloft setting an expansive, timeless universe of thinking and feeling about women—and men—in our contemporary world." - Knopf Canada

On another note, *All My Puny Sorrows*, by Miriam Toews has been made into a fantastic Canadian movie. It's in theatres now (at least it was in April, when this was written) – don't miss it! *Women Talking* will also be adapted by film. It stars Frances McDormand, Rooney Mara, Claire Foy, and Jessie Buckley.

The July 26 book is *Little Fires Everywhere* by Celeste Ng. Contact Brianna at burichan@live.com or 403-836-3626 for more information. 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 us in a lively discussion about a great book. One day, there will be snacks again too!

PLEASANT TIMES SOCIAL CLUB

"Today's 3-year-olds can switch on laptops and open their favourite apps. When I was 3, I ate mud." -Anonymous

Spring is here and we're eagerly awaiting summer when we can do more things outdoors: picnic lunches, bocce, tai-chi in the Sportsplex parking lot, maybe even an outdoor exercise class. For now, here's what we've been up to:

Monthly Lunches: April's lunch was smaller than usual but still a good chance to get out of the house. Numbers were down due to many of our regulars volunteering at MPCA's casino that day. We had a special Ukrainian themed lunch of perogies, cabbage rolls, and ham sausage, and attendees had the opportunity to learn about the Calgary chapter of Humanitarian Aid Response Teams (HART). This is a non-profit charitable group dedicated to alleviating poverty and injustice in Eastern Europe by working in partnership with local Christian churches, giving them the tools to build a better world for themselves, their communities, and their countries. HART is currently concentrating its efforts to help Ukrainian refugees. Many thanks to Phyllis Haskewich for recommending this group for our donations to support Ukraine.

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 Spring 2022 exercise classes run through Friday, June 24. The instructor will be in-person at the Community Hall on Wednesday mornings from 10:15 to 11:00 am (with a Zoom option if you prefer to exercise at home). On Mondays and Fridays, only Zoom is available. Monday's class runs from 10:15 to 11:00 am and Friday's runs from 9:30 am to 10:15 am. We take July and August off to garden or otherwise enjoy Calgary's short summer, but we'll be back at it in September.

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 to 10:00 am in the Upper Hall. During May and June, we'll meet in the Upper Hall; July and August classes are held outdoors in the Sportsplex parking lot. 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 summer cost is \$3.50 per person per class if you sign-up for all remaining classes in the session or \$4.50 per class drop-in. Many thanks to The City of Calgary's Ward Community Event Fund and MPCA for subsidizing the cost. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

Day Trips: If you have ideas on where you'd like to go, please let Linda know at pleasanttimes@mpca.ca or 403-289-8390. Is it time for another trip to Stage West? Jubilations Dinner Theatre? Rosebud? A Hutterite Colony for tours and fresh vegetables? Or something new? We want to hear your ideas!

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 (yvette.v53@hotmail.com or 403-284-1715) to be advised if games afternoons are happening.

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.

BOARD REPORT

We planned to have our April board meeting in person, but Calgary's winter decided that what we really needed was another blast of wet, heavy snow. There were no objections when we transitioned to Zoom once more.

At the meeting, we voted to keep the Marc Boutin Architectural Collaborative Inc. (MBAC) in charge of the Architectural Feasibility Study for our proposed new community hall. We are grateful to our Hall Redevelopment Committee for the hard work of obtaining and reviewing proposals from architectural firms.

The Board also voted to renew our contract with Benchmark Projects Ltd. to continue to manage the Sportsplex for us. Benchmark has experience working with facilities in numerous communities, including years of assisting COSPA with the annual opening and closing of outdoor pools.

Speaking of the outdoor pool, we are excited that the Mount Pleasant Outdoor Pool will be opening this month. We are continuing the practice that we started last year of having you book your time slot at the pool in advance. This practice maximizes the opportunity for all to enjoy a swim on hot summer days; we hope for many of those!

We are pleased to announce that Alberta's Corporate Registry has now accepted and filed the amendments to our Bylaws which were approved at last year's Annual General Meeting. Our thanks go to our secretary, Darren Rempel, for his diligence and persistence in dealing with corporate registry.

Finally, we make brief mention of two projects planned by the City of Calgary. The first is the redevelopment of the community garden and green space at the North Mount Pleasant Arts Centre. The second is a bicycle pump track which will be built in West Confederation Park, just west of 19 Street. While this is not located in Mount Pleasant, it might be of interest to some of our cyclists.

Philip E. Carr

Past President, MPCA

403-467-0351 | pastpresident@mpca.ca



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 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 June:

Wednesday, June 1: We will continue our exploration of artistic mediums by creating a collage using pieces of papers in a variety of different colours, weights, and textures.

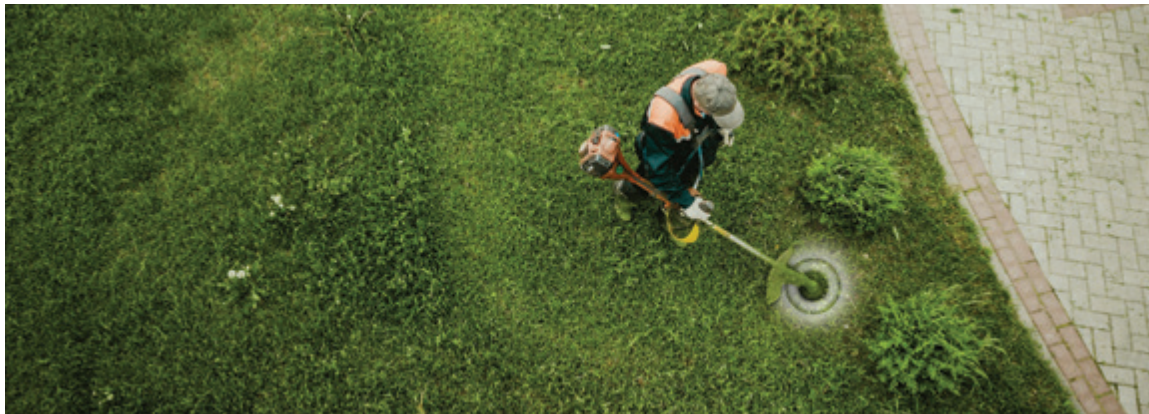
Wednesday, June 8: Needle Felting with Adrienne Jenkins. This class will create a two-dimensional picture by felting coloured wool roving onto a flat surface. Some of you who participated in the felted bowl project may prefer to embellish your bowl instead. Please let Anne know when registering.

Wednesday, June 15: European Impressionists embraced a painting technique coined Pointillism. We will walk in the footsteps of artists such as Van Gogh and Seurat with Tracy Franks as we create a painting full of light and colour.

These classes often fill up before the Pulse is delivered. To register, or to be added to the email list to receive advanced information on upcoming classes, please contact Anne at 403-282-3675 or anne.countryman@gmail.com. Volunteers are always needed; if you can help, let Anne know when you register for a class.

Scheduled Crafternoons will resume in September 2022. There may be occasional drop-in outdoor classes in July and August. Please watch your inbox for announcements.

Finding the Right Landscaping and Lawn Care Pro Can Save You Time and Money



A beautiful lawn can be both appealing and environmentally friendly, but it can take a lot of work and be a tricky project to do yourself. Caring for a yard under the best of circumstances can still be challenging; extended periods of extreme weather, dull lawnmower blades, bugs, pests, and heavy foot traffic can all lead to a lawn that needs extra care.

Lawn care generally falls into three categories: landscaping, lawn maintenance, and sprinkler systems. Before selecting a business, evaluate your needs. Some businesses specialize in one area, while others offer a variety of services.

The BBB offers the following tips when considering hiring a lawn care professional:

Research and gather information. Once you have decided what services you need and your budget, get recommendations from friends and neighbours with lawns you admire.

Ask for a lawn inspection. Services that quote a price without seeing your lawn cannot be sure what your lawn might need.

Have a clear scope of work before asking for estimates. This includes defining the area to be worked on and what you want done. When getting bids, don't compare apples with oranges.

Ask for references and pictures of other jobs they installed or maintained. Ask the references about their experiences before, during, and after the work is done.

Get specifics on prices and be clear on what services are included. Are you paying for a specific project or ongoing maintenance? Do you pay by the mow or by the month? If you are maintaining the landscaping yourself, ask for detailed instructions and be prepared to follow them.

Check to see if the lawn care provider needs a license to work in your area. In particular, they may need a license to apply pesticides. Ask for a certificate of insurance from the business's insurance agent.

Look for membership in a professional organization. A service's membership in one or more professional lawncare associations and active participation in the local community is a positive sign.

Get everything in writing and read all agreements and contracts carefully. Make sure the contract contains all topics discussed and promises made.

Ask about timing and safety. Will the work be done while you are home or away? Are there safety precautions you need to take during or after the work? If pesticides are being used, do you need to protect your family or pets?

Get receipts for any money paid. It's better to pay by check or with credit card, but if you make full payment in cash, be sure to obtain written verification from the business with a list of labor and material charges covered by the payment.

Find out more at [bbb.org](https://www.bbb.org).

Activities and Events – June

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
Wednesday Afternoons, 1:15 pm (Excluding the fourth Wednesday of each month)	Wednesday Afternoon Games	Upper Hall
Wednesdays in June - 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
June 28	MPCA Book Club - <i>Women Talking</i> by Miriam Toews	



AND THE WINNER IS

Nowadays colour films are typically the standard and Academy Awards are a hot topic of conversation. But did you know that the first colour film to win an Academy Award was *Gone with the Wind* which received the Academy Award for Best Picture in 1939.

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**Pleasant Heights
After School**

**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.
- Our program location is in the Mount Pleasant Community Hall (602 - 22nd Ave. NW, Calgary, AB)
 - Interested parents should contact Nancy at 403-289-8233 or 587-998-0122 or 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 Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, 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.cejelectric.com or call Clayton at 403-970-5441.

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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.

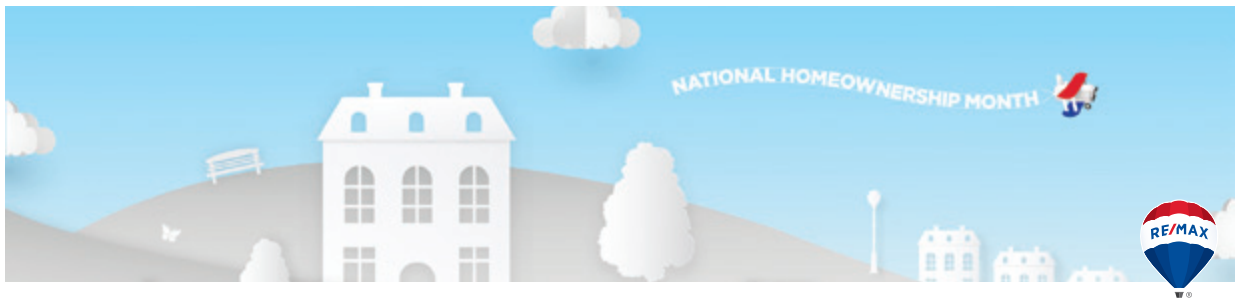


**mybabysitterlist**

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

Calling All PARENTS
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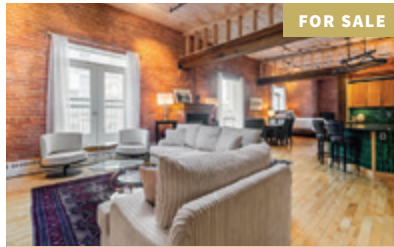


1/2 Billion in Sales



1435 - 6 STREET NW

Rosedale | Sold @ 108% of List Price in 5 Days



#504, 535 - 10 AVENUE SW

The Hudson Penthouse | 2 Beds | 1 Bath



9 CAWDER DRIVE NW

Triwood | Sold @ 100% of List Price in 14 Days



1612 - 18 AVENUE NW

Capitol Hill | Sold @ 100% of List Price in 11 Days



1402 - 2 STREET NW

Crescent Heights | 5 Beds | 2.5 Baths



1408 CRESCENT ROAD NW

Rosedale | Sold @ 95% of List Price in 20 Days



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