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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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# MPCA Community Association

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 Facebook <https://www.facebook.com/MountPleasantCommunity>  
 Twitter <https://twitter.com/MountPleasantCA>

## EXECUTIVES

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

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	Whitney Punchak	
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](http://www.mPCA.ca)

### Membership Type

Mount Pleasant Resident \$15/year/family \_\_\_\_\_ Senior, 65 and over \$5/year/family \_\_\_\_\_  
 Non-Resident \$25/year/family \_\_\_\_\_

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.  
 New residence have lived in Mount Pleasant for less than 1 year. Please note date you moved into Mount Pleasant

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
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 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.

## 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](http://www.sportball.ca)
- For more information and registration, please contact [Calgary@Sportball.ca](mailto: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, 22 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](mailto:zumba_king@hotmail.com)
- [www.enoc1.zumba.com](http://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](mailto:hardytrish@gmail.com) or call 403-620-4990.
- [www.trishhardyyoga.com](http://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](mailto:fma.academy.calgary@gmail.com) or call 587-891-8108. More information can be found at [www.flowma.ca](http://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](http://www.acku.org)
- Mount Pleasant Community Centre is located at 602 22 Avenue NW

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## Mural on Community Hall

A mural will be painted on the corner of the Mount Pleasant community centre. We completed community engagement within Mount Pleasant where we asked two questions: What do you love about the community and what do you hope for the future of the community. We got numerous positive responses which created the starting point for the artist to create the mural.

The responses portrayed a vision of a vibrant community where people of all ages come together in order to socialize and play. Connection to parks and nature was also a big reason why people love living here. The image of the mural included here is a conceptual vision on the mural. The mural will be painted with spray paint by a Calgary based world class artist, Conz. The mural will be painted on removable plywood so the mural can be relocated if the community hall is replaced. There will be an anti-graffiti coating over the mural to protect it from vandalism.

We will be having a celebration for the completion of the mural on Saturday, September 10. Food will be provided, stay tuned for more details. Feel free to come by and watch the artist, Conz, paint the mural on Saturday, August 27.



## YOUR CITY OF CALGARY

### Cleaning Out the Garage This Summer?

When cleaning up the garage, put that waste in the right place. Here are some tips:

- Old garden hoses, rope, and electrical cords. Put in the garbage. They can't be recycled and create major tangles at the recycling facility, causing delays and equipment damage.
- Broken patio furniture. Put smaller items like lawn chairs, stools, and side tables in your black cart.
- Chemicals, motor oil, paint, and propane tanks. Take to a household hazardous waste drop-off at City landfills or designated fire stations for safe disposal. Visit [calgary.ca/hhw](http://calgary.ca/hhw) for locations.
- Power tools, electric lawn mowers, hedge trimmers, and weed whackers. Take to a City landfill for free recycling. Visit [calgary.ca/landfill](http://calgary.ca/landfill) for locations.
- Scrap metal such as car parts, bicycle parts, metal shelving, and wheel rims. Take to a metal recycler or City landfill for recycling.

Not sure how to safely dispose of an item? Look it up at [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere).



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## 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.

### Recycling and the Circular Economy

We know that putting your recyclables into your blue cart is of course a good thing. Most of us have gotten pretty adept at knowing what goes in which bin, and if you ever need guidance, the City of Calgary has a great website – you can Google search “Calgary What Goes Where” and there’s an easy-to-use alphabetical list of items with great explanations and examples.

To complete the cycle of recycling, we also need to think about next steps. Not all products which are technically “recyclable” actually get recycled. In our current linear economy, often called the Take-Make-Use-Waste economy, many products are not designed for durability or recyclability. “Fast fashion” has been in the news a lot recently; those seemingly-bargain prices may not be the deal you think for cheap clothing that won’t last and often quickly ends up in the landfill.

As consumers, we can help drive the demand for change! For the recycling process to work, there must be a market demand for products made of recycled materials. There needs to be a sufficient demand for companies to invest the effort to create new products out of recycled materials instead of virgin materials. It’s exciting to see products popping up with labels that proudly advertise being made from recycled materials, for example, a major-brand dish soap in a bottle made of 100% recycled plastic!

**Challenge:** Next time you search for or purchase something online, make sure you include the word “recycled” in your search terms. For example, if you’re looking for office or school supplies, Staples now carries many standard products that are made of recycled materials. The more of us that search “recycled”, the more demand it shows. Sometimes you may pay a little more, but you can feel better about your purchase. As demand increases, production can become more efficient to help prices come down. As the saying goes, put your money where your mouth is.

**Challenge:** In the grocery store, take a few extra minutes to do some brand comparison shopping to look for products available in containers or packaging made of recycled materials. Look for the word “recycled”, not just “recyclable”. Also look for “post-consumer” recycled content – sometimes you can luck out and get things made of 100% post-consumer materials! This is exciting because it means those items that we so carefully recycle, are getting made into these new products! Sometimes labels will say “majority post-consumer” which likely means just over 50%... It does take a little time to carefully read labels, but it’s best to support those products and brands that are making a real effort to be part of the circular economy!

**Challenge:** Even better than recycling of course is reducing. The next challenge is to look for grocery products with the least packaging or no containers at all! For example, lots of people still like to use those clear plastic bags to bag each type of produce but think about whether you actually need to do that or not. Most items don’t each need separate bags as you’ll wash them at home anyways. Or you could bring leftover bags from home (from a previous trip) next time if you do feel the need to use extra bags.

**Challenge:** Do an audit of your garbage and think about one way you or your family could produce less garbage. If you have kids, engage them in the discussion as they’ll often have creative outside-the-box thinking! You can also look for trends in your recycling bin to see what you might be able to reduce there, or perhaps think about products with less packaging overall.

In addition to the recycling we all do, important words to think about in the Circular Economy are repair, re-use, return, and share. We need to re-think our constant desire for “new” things; sometimes less is better! With inflation driving prices up, there’s even more incentive to shop for used items to save money. And at the front end, we need to get better about designing products to be taken apart so they can be fixed, refurbished, and to allow for material recovery and recycling, and to focus on increasing use of recycled materials.

As responsible consumers, we can help reduce waste and drive the transition from a linear to a circular economy and make a positive difference for our world.

If you want to get involved in helping make Mount Pleasant a greener community, please email [green@mpca.ca](mailto:green@mpca.ca) for more information or to join our new mailing list. Please check out the Mount Pleasant Green Initiative Group on Facebook, found on the Mount Pleasant Community Association page. The Facebook group is also a great place to share your completed challenges and see what others are doing.

Have a great month,

*The MPCA Green Initiatives Committee*



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# What Can We Do About Crime and the Perception of Safety in Mount Pleasant?

I know many of you are concerned about property crime and safety in Mount Pleasant. I for one would like to continue to see our kids be able to roam our streets, see people out biking and walking and our residents talking to each other in the street while shovelling snow or gardening. When crime and safety become top of mind for residents, these things (using our neighbourhood and getting to know the people who live within it) are what will combat crime in the neighbourhood and continue to make Mount Pleasant a great place to live.

If you don't already know your neighbours, reach out. It doesn't matter if you've lived beside them for ten minutes or ten years. Reach out to those you don't know and introduce yourself. Maybe create a Facebook page for the neighbours to connect on your block. Have a block party on Neighbour Day or any other day. Attend MPCA events or volunteer and get to know people throughout the community. By connecting with each other, we are creating something way stronger than any one criminal, we are creating a network of neighbours that look out for one another.

Further, the Calgary Police are looking to have a Community Watch Coordinator on every community association. The Community Watch is an initiative that connects Calgary Police Service (CPS) members with representatives of Calgary communities to provide resources and learning materials regarding crime prevention and community safety. Community Watch is a partnership between CPS and Community Associations that will enable communities to actively engage their residents and provide resources and training videos.

Once a particular Community Association expresses interest in taking part in the Community Watch program, the first step is to establish a point person, or Community Coordinator, to be the main point of contact between the Community Association and

the CPS Community Resource Officer (CRO). This will typically be someone on the Association Board who can provide updates on community concerns and rising problems in their neighbourhood.

After a Community Coordinator is established, the CRO will provide them with a package that they can use to create their own Community Watch.

We are actively looking for a volunteer to take on this role. If you are interested, please contact Kathryn at [engagement@mpca.ca](mailto:engagement@mpca.ca).

*Jessica Karpat*

President, MPCA

## Soccer

Soccer finally returned to Mount Pleasant this spring and what a great season it was! Over 450 kids took part, ages two through 16. New Frontier Soccer Club provided support for the U4 to U10 groups, through coach training, session planning, and general soccer program support. Higher Level Sports Academy helped with the U11 to 15 groups, providing pre-season technical sessions for the kids. Both organizations were a great addition to the program.

The coaches this year were amazing! Thank you to all our volunteer coaches that took on the challenge of leading the players through the season. We heard a lot of positive feedback on the sessions, and player skill visibly improved through the season.

And thanks to all the other volunteers as well – equipment sorters, photographers, line painters, team managers, etc. We couldn't have done it without everyone's help.

A year end survey has captured suggestions and feedback from the year with a goal of building and improving the MPCA soccer program.

We're already excited for next season, hope to see you all out on the pitch again in the spring!





## News from the Friends of Nose Hill

by Anne Burke

Nose Hill is now an island habitat, surrounded by residential housing with no natural corridors leading in or out. It is also an urban park and must be managed to support high levels of visitor use. It is more difficult to prevent or slow the spread of non-native species (weeds) into and within the park, as well as to control wildlife diversity.

Native grassland is in various stages of disturbance, recovery, and maturity. Management strategies may be expensive or experimental but ought to be based on the response of vegetation and wildlife over time. The Natural Area Plan says that Nose Hill should be treated as a prairie reserve, with the remaining portions of native grassland regarded as a living museum of flora (plants) and fauna (animals); as a field laboratory where scientific observations and experiments are done so as not to injure the area.

The goal of Nose Hill Park is to perpetuate the natural character of Nose Hill landscape, its environmental features and cultural resources, while providing compatible, quality recreational opportunities. The management plan will not remain static (the same), but the entire area will be conserved now for future use by all Calgarians.

The management objectives are to preserve and enhance by encouraging conservation; provide educational and interpretive opportunities; and accommodate compatible recreational activities. Such contact should have limited effect on the natural environment and should protect the visual amenities of prairie, its unique features and resource values, as open space.

The park will continue to be a place where people can relax; escape from the pressures of city life and commune with nature; and pursue outdoor recreation and leisure activities. Any changes should have minimum impact while providing environmental protection and reasonable levels of access and safety for all Calgarians.



Our August 23 book will be *Women Talking* by Miriam Toews. This may sound familiar as it was going to be the June selection until the presenter was felled by a summer cold. On a quiet June morning in 2009, August Epp sits alone in the hayloft of a barn, anxiously bent over his notebook. Soon eight women—ordinary grandmothers, mothers, and teenagers—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 this spellbinding novel from award-winning writer Miriam Toews. 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. Acerbic, funny, tender, sorrowful, and wise, *Women Talking* is composed of equal parts human love and deep anger. It explores the expansive, timeless universe of thinking and feeling about women—and men—in our contemporary world.

The September 27 book will be *Murder on the Orient Express* by Agatha Christie. Contact Brianna at [burichan@live.com](mailto: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) in the Lower Hall. Come and join in a lively discussion about a great book.



## PLEASANT TIMES SOCIAL CLUB

*"Getting another set of teeth would be much more useful at 60 than at age 6." - Anonymous*

The summer is here and some of our programs are on hiatus until September. That doesn't mean we still aren't active and enjoying each other's company.

**Monthly Lunches:** We're continuing to get together on the fourth Wednesday of each month to chat and enjoy a delicious lunch. As always, we're thankful to MPCA for sponsoring our lunches and other activities. These opportunities to get out of our homes and catch up with our neighbours are a welcome relief these days. At time of writing (late June), we're looking forward to renewing our Pizza Picnic in the Park tradition (weather permitting). We'll meet earlier than usual for some pre-lunch bocce, take a break for pizza and salad, then get back to the friendly competition and more conversation.

If you are age 60 or over and live in Mount Pleasant, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Exercise Class:** We're on a break from the exercise class during July and August so we can enjoy Calgary's short summer, work in our gardens, go for walks, or otherwise remain active. We'll be back at it September 7 through December 16. Classes are held on Monday and Wednesday mornings from 10:15 until 11:00 am and Friday mornings from 9:30 until 10:15 am. Classes are always available on Zoom at home, and sometimes at the hall. We're working out what options will be available in September as our regular instructor will be busy giving birth that month.

You're welcome to join our classes – you can choose either one, two, or three times per week. 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 for drop-in. Thank you to MPCA for subsidizing our classes. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information.

**Tai-Chi:** Classes are held twice a week on Monday and Wednesday mornings from 9:00 until 10:00 am. During July and August classes are held outdoors in the Sportsplex parking lot but we'll be back in the hall come September. 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 through the end of August is \$3.50 per class if you sign up for all remaining classes in the session or \$4.50 per class for 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](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information.

**Day Trips:** We're planning a trip to Stage West on August 31 to sample the evening buffet and enjoy Forever Plaid. If you enjoy the close harmony of the pop hits of the 50s, this is the show for you. The cost is only \$40 per person (thank you to MPCA for subsidizing our outing). We're also trying to work out a trip to the Custom Woolens Mill and Pasu Farm on September 15. If you would like to join us on these trips or have ideas on where you'd like to go, please contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 to let her know.

### Nominate a Community Builder

Do you know someone who did a lot to make Mount Pleasant the vibrant community it is today? Let's recognize her or him now so we don't forget what others have done for us. It might even inspire us to do our bit to keep the spirit going! If you would like to nominate someone as a community builder, please contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390.

### National Waffle Day

August 24 is National Waffle Day in Canada! The day commemorates the creation of the patent for the first modern waffle iron. It's crazy to think that we're still using this invention 153 years later!

## BOARD REPORT

At the Board meeting in June, we received and reviewed the draft of our audited financial statements for the fiscal year ending February 28, 2022. These financial statements look considerably better than the ones from a year earlier. This reflects the fact that we have been able to resume revenue-generating activities at our facilities as COVID restrictions eased.

Our Sportsplex director, Jeff Gerlitz, does an excellent job maintaining the facility and pursuing opportunities for year-round usage. After the ice is removed in the spring, we move to ball hockey and lacrosse. Jeff is also looking into the possibility of having pickleball courts in the summer to provide an additional opportunity for exercise and community engagement. One of the complaints that communities have received about outdoor pickleball courts is that the sport produces a constant noise of the paddles hitting the balls, so an indoor court might be an ideal solution. It also would not be impacted by rain or wind. Interior painting took place in July when there were no public rentals. Unfortunately, a change in the engineering firms for the larger renovations and repairs has caused some delays in those projects. These will likely not take place until next year, since proceeding in the fall would inevitably impact our prime tenants.

By the time you read this, it is likely that the mural on the exterior of the hall will be in progress or completed. The Board met with the artist on two occasions to discuss our shared vision for an art project that reflects the vibrancy of our community.

Finally, here is an early reminder that our Annual General Meeting will take place on Tuesday, October 18. We do expect to have several openings for new directors and coordinators.

*Philip E. Carr*

Past President – MPCA

403-467-0351 | [pastpresident@mpca.ca](mailto:pastpresident@mpca.ca)



## Crafternoon



### Arts and Crafts Sessions for All Ages

Crafternoons will resume in September – get ready and sign up for your favourites by making sure you have a current MPCA membership. You can purchase a membership or check your membership status by going to [mpca.ca](http://mpca.ca) and clicking on the “Membership” icon. From there, you can either sign into your account or purchase a membership if you don’t have one already. Everyone taking a class must have a current MPCA membership.

We hope to have things organized to start class registrations through the membership database later in August – just click on the “events” button on the [mpca.ca](http://mpca.ca) membership page to see what’s coming up and register there for the classes that interest you. To get advance notice of upcoming classes, contact Anne at [anne.countryman@gmail.com](mailto:anne.countryman@gmail.com) or 403-282-3675.

These free-to-you classes are very popular and there is often a waiting list to attend. If you sign up for a class and find you can’t attend, you must let Anne know as soon as possible. This avoids purchasing class supplies that aren’t used or may allow someone on the waiting list to take your place.

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# Educational and Gifted Assessment

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

The school year has just ended. However, it's the perfect time to shed some light on a sometimes confusing topic: Educational and Gifted assessments. The following will help you gain an understanding as to why some children need educational or gifted assessments while others do not.

An educational assessment is used to help identify areas in which students excel or need support. Assessments offer one way to understand the learning needs and abilities of students who are underachieving or capable of learning more than expected by the standard curriculum for their grade. Formal assessments provide objective measures of a child's performance relative to their peers and help identify their unique strengths and limitations. These assessments may be used diagnostically to identify intellectual, learning, emotional and behavioural concerns affecting a child's ability to succeed in school. They may also provide support for applications to gifted programs for students who may benefit from advanced learning opportunities.

### Signs your child may benefit from an educational assessment may include:

- Indicating less interest in learning
- Complaining about or avoiding school
- Saying the work is too difficult or too easy
- Struggling to focus or being disruptive in class
- Straining to organize or complete assignments
- Expressing sadness or worries about school
- Disengaging in class or from learning or peers
- Lagging behind peers in reading, writing, or math skills

If your child is showing signs they are not reaching their potential, an assessment can provide valuable information about your child's abilities. Specific recommendations can help you understand how to improve your child's learning experiences, reduce barriers to your child's potential, and provide guidance through the next several school years. Information gathered in the assessment may also help identify learning disorders, such as ADHD, dyslexia, or dysgraphia. An assessment may also recognize emotional concerns, such as depression and anxiety, that may be affecting your child's ability to learn.



Educational assessments may be used when parents or teachers believe a student's abilities are not fully recognized within their current academic program. A formal assessment may provide information to help your child qualify for gifted (GATE Programs) or talented programs. Gifted and talented programs typically determine which tests are required for entry into their program. These tests provide scores that describe your child's performance relative to other students and indicate whether your child can maintain their program's standards. Your child's assessing psychologist may determine if other tests are necessary and will ensure that these provide information about the intellectual, academic, creative, or leadership qualities each school's programs may require.

At the end of the assessment process, the psychologist will arrange a feedback session to inform you of the assessment's overall findings. The psychologist will discuss recommendations, a plan for helping your child move forward, and provide copies of the formal written report. You may choose to share this confidential report with your child's school to help teachers understand our child's learning profile, adjust their teaching methods, and/or create an Individual Program Plan (IPP). Based on the confidential written report, your child's school may apply to modify the curriculum, access funding for extra supports, or approve academic accommodations for school and provincial exams. University students also benefit from formal assessment to allow for accommodations.

Waitlists are long and limited through the school boards. If time is of the essence, you can have your child assessed at a private clinic. The cost of a Gifted Assessment starts in the \$500 range and a full Educational Assessment starts at about \$1,900. Private clinic prices vary so make a few calls. Your child does not need a referral for an educational assessment.

# Activities and Events - August

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

## Monday and Wednesday

8:00 to 9:00 pm	Flow Martial Arts	Upper Hall
9:00 to 10:00 am	Tai-Chi	Community Hall (Outdoors weather permitting)

## Wednesday afternoons (except the fourth Wednesday of each month)

1:15 pm	Wednesday Afternoon Games	Upper Hall, 602 22 Ave NW
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## Thursdays

5:30 to 7:30 pm	All Canadian Karate	Upper Hall
7:45 to 8:45 pm	Yoga with Trish Hardy	Upper Hall

## Other dates

August 23	MPCA Book Club - <i>Murder on the Orient Express</i> by Agatha Christie
August 24	Monthly lunch for the Pleasant Times Social Club
August 31	Day Trip to Stage West to enjoy Forever Plaid
September 10	Celebration of the finishing of the mural on the Community Hall

# 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 Wednesday afternoons (except the fourth Wednesday of each month) in the Upper Hall, 602 22 Ave. NW. A variety of games are offered depending on what interests the attendees: Whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette at [yvette.v53@hotmail.com](mailto:yvette.v53@hotmail.com) or 403-284-1715 to be advised if afternoon games are happening.



### Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

#### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets or drawers where medications are stored.

#### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

#### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 911.

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



# BUSINESS CLASSIFIEDS

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**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.

## August's Three Birthstones



The birth month of August is represented by three different gemstones: sardonyx, peridot, and spinel. There are only two other months with three birthstones. Can you guess which ones?!

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SOLD @ 100% of List Price in 3 Days



**215 - 2 AVENUE NE**  
Crescent Heights | 6 Beds | 3.5 Baths  
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