

OCTOBER 2022

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7  
 Email [info@mpca.ca](mailto:info@mpca.ca) Website [www.mpca.ca](http://www.mpca.ca)  
 Facebook <https://www.facebook.com/MountPleasantCommunity>  
 Twitter <https://twitter.com/MountPleasantCA>

## 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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Special Events	Jen Malzer	specialevents@mpca.ca
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Swimming Pool	Jamie Reid	swimmingpool@mpca.ca

## COORDINATORS

Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
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Playgroup	Esther Cuneo	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
Social Media	Natalia Gorobinski	
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

## Business Memberships 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 at [www.mpca.ca](http://www.mpca.ca)



### Membership Type

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

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Postal Code \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Phone \_\_\_\_\_

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

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other) please specify: \_\_\_\_\_

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

# MPCA HALL PROGRAMS

We are open!

Mount Pleasant Community Centre is located at 602 22 Avenue NW.

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**

**Ages 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**

For more information and registration, please contact [Calgary@Sportball.ca](mailto:Calgary@Sportball.ca), call 403-975-2936, or visit [www.sportball.ca](http://www.sportball.ca).

**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

**Aspire to Inspire Zumba - Upper Hall**

**Mondays | 6:30 to 7:30 pm**

Zumba Toning with Aspire to Inspire  
Fun cardio and muscle toning in one. Try it for free on Mondays, 6:30 pm in the Upper Hall  
For more info and to register, go to [ATIZumba.com](http://ATIZumba.com) or call 403-975-5817 or email [ATIZumba@gmail.com](mailto:ATIZumba@gmail.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), call 403-620-4990, or visit [www.trishhardyyoga.com](http://www.trishhardyyoga.com).

**Flow Martial Arts [Third Party] - Upper Hall**

**Mondays, 8:00 to 9:15 pm and Wednesdays, 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 also 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).

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MPCA

# Community Pantry

A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING  
ECONOMY WITHIN THE COMMUNITY.

LOCATION: MPCA COMMUNITY HALL (NORTH SIDE), 602 - 22ND AVENUE NW



TAKE WHAT YOU NEED

DON'T LEAVE OPEN ITEMS OR  
HIGHLY PERISHABLE FOOD



DONATE WHAT YOU CAN

DON'T MAKE A MESS

KEEP THE DOOR CLOSED

SPREAD THE WORD



CONTACT [GREEN@MPCA.CA](mailto:GREEN@MPCA.CA)  
TO REPORT ANY CONCERNS





## REGISTER ONLINE NOW!

### MOUNT PLEASANT PLAYGROUP

We are a volunteer-run parent program offering a low cost parent - tot playtime in a fun and child friendly environment!

Join us and meet new people in a relaxed non-structured environment. We have a child friendly designated area with lots of new toys, an indoor play structure and a snack/ craft area. Kids can play, make crafts, paint, use play dough or have a snack while parents relax and chat with neighbours.

During the year we hold a number of parties and events, which are all run by our parent volunteers. Face painting, bouncy castles, crafts and a visit from Santa are some of the activities the kids can enjoy at our parties.

We meet in the Lower Hall from 9:00 - 11 :00 am and the program runs Monday to Friday. Visit the MPCA website, look for playgroup (under Our Community) and register to join us!



[mpca.ca](http://mpca.ca) › Our Community › Playgroup

# How To Avoid Ticketmaster Lookalike Scams

From the Better Business Bureau



Concerts are back! Bands are touring again, and ticket spending is back to pre-COVID-19 levels. This fact hasn't gone unnoticed by scammers, though. Recent reports to BBB Scam Tracker indicate that con artists are preying on concertgoers by pretending to represent popular ticket seller Ticketmaster.

### How the Scam Works

You are looking to buy tickets to an upcoming concert or need to transfer tickets for a show that was postponed due to COVID-19. You do an internet search for your question, which brings up results for Ticketmaster. You click through to the website, and everything looks normal.

The website prompts you to enter your personal information and a credit card number. However, as soon as you complete a transaction, you notice some suspicious activity. You might receive tickets with someone else's name on them, or you may never receive your tickets at all. In other cases, you get the tickets, but the site charges you a much higher rate than advertised.

Upon closer inspection, you realize you were not on the Ticketmaster site at all! It was a lookalike site with a similar name. When you call the customer service number, they are either unreachable, unhelpful, or downright aggressive.

One ticket buyer reported this experience: "They sent me two tickets with someone else's name on them, and they also charged me three times the amount [of] the ticket price. I have no way to get a refund and no customer service to contact (except by email) because they do not answer their phone."

### How to Avoid Event Ticket Scams

Purchase from the venue. The safest way to purchase event tickets is to go directly through the venue, either in person or through their official website. The venue's website may point you to Ticketmaster or another provider to complete your purchase, but you can be sure of having the correct website URL.

Check out the seller. If you purchase from a third-party company, make sure that they are a reputable ticket vendor or reseller, not a ticket scalper. Check reviews on BBB.org.

Watch out for fake websites. Take a close look at the website's URL to ensure that there are no slight misspellings. Impostors like to make lookalike websites with domain names that are similar to well-known business names. This makes them hard to spot.

Use a safe payment method. Always make online purchases with your credit card. You can dispute fraudulent charges and have a better chance of getting your money back.

### For More Information

Review BBB's tips about ticket insurance and learn how to spot fake events.

If you are the victim of a ticket scam, whether you lost money or not, report it! By sharing your experience at BBB.org/ScamTracker, you can help other concertgoers avoid common ticket scams.



# Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

**COLOURING  
PAGE**

by Nicole Rocher







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# Adoption Event

In collaboration with:

**EJ Rescue  
Foundation**



**Come meet adoptable  
dogs & puppies!**

**Saturday,  
October 22**  
1pm - 5pm



7026-2060 Symons  
Valley Pkwy NW  
587-230-3188  
petvalu.ca

## Mount Pleasant Playgroup Fall 2022 Registration is Open!

We are a volunteer-run parent program offering a low-cost parent-tot playtime in a fun and child-friendly environment.

Join us and meet new people in a relaxed, non-structured environment. Kids can play, make crafts, paint, use Play-Doh, or have a snack while parents relax and chat with neighbors.

During the year, we hold a number of parties and events, which are all run by our parent volunteers. Face painting, bouncy castles, crafts, and a visit from Santa are some of the activities the kids can enjoy at our parties.

We meet in the Lower Hall of the MPCA Community Centre from 9:00 to 11:00 am and the program runs on Mondays, Thursdays, and Fridays. Visit [mpca.ca/playgroup](http://mpca.ca/playgroup) to register!

## 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.

## International Day of the Girl

October 11 is International Day of the Girl. The aim of this day is to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face. This October, let's take some time to acknowledge these strong individuals!



## Crafternoon



This popular volunteer-run program is sponsored by MPCA to give people of all ages an opportunity to gather, socialize, and learn a bit about a new art or craft. Crafternoons happen a couple of Wednesday afternoons each month, from 1:30 to 3:30 pm, in the Upper Hall (602 22 Ave NW).

To attend a class, you must have a current MPCA membership and pre-register for the class through your MPCA membership account. Go to [mpca.ca](http://mpca.ca) and click on the Membership icon to sign into your account, or purchase or renew your membership and check out the upcoming Crafternoon classes (click on Events). Register for the class on the Events page.

These classes are very popular and often fill up before The Pulse arrives at your home. To get quicker notice of upcoming classes, check the Events page regularly. September's classes will feature creation of a canvas shopping bag, decorated by you, and watercolour painting.

We look forward to seeing you! If you have questions, please contact Anne Countryman at [anne.countryman@gmail.com](mailto:anne.countryman@gmail.com) or 403-282-3675.



### Calling All BABYSITTERS

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

### Calling All PARENTS

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

# Building Trust After Betrayal

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



How do I trust myself since it feels like my instincts were so wrong? In the aftermath of a betrayal, looking inward and identifying what we need in order to regain trust, starts with learning to trust ourselves. This is where wisdom is gained. Trusting ourselves after a betrayal is a skill we have to practice until we get strong enough to make empowered decisions based on the connection to our trained instinct, rather than impulsive reactions rooted in anxiety. Trusting ourselves can look like knowing what we need and operationalizing that by seeking honesty and accountability from our partner. Learning what healthy boundaries are and honing that sixth sense or gut instinct is key. This can be helpful even if we are not ready to trust our partner again. Only we have the power and control to decide our limits and who and what can exercise power over us.

For the betrayer, this is what rebuilding trust needs to look like, and what we will be looking for from you:

**Empathy** – Put yourself in your partner’s shoes and try to imagine what the pain of betrayal feels like and how their world has been shattered to the core.

**Time** – Allowing your partner time. Feelings and memories do soften with the passage of time.

**Reciprocity** – There must be a give and take within the relationship moving forward. Your partner’s emotional bank account is starting at a deficit.

**Action** – Saying “I’m sorry” is not enough, true remorse requires a change in behaviour. Seek professional help if you’re not sure what this should look like.

**Accountability** – Full disclosure of the betrayal and taking ownership immediately when there is a lapse. In addition to doing what you say you are going to do, being on time, making that call if you’re running late, etc.

**Rigorous Honesty** – When asked, come clean immediately, the lies are always worse than the action after trust has been broken.

**Complete Transparency** – No omissions if not asked directly, offering up information, sharing passwords for devices, etc.

Recovering from betrayal can be a daunting process. The trauma of betrayal is real and can cause some people to become stuck. There is help and hope. Please reach out to a trained professional to help you define your needs, learn to create healthy boundaries, and flex that innate gut instinct.

# Favourite Season

by Joni Righthand

Now selling books!

To get in touch with Joni, please email [punctassoc@hotmail.com](mailto:punctassoc@hotmail.com)



## 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, 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.*







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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](http://www.communitymediation.ca), 403-269-2707.

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## Heterochromia

Have you ever seen a person or animal with two different eye colours? Heterochromia is the medical term for this phenomenon. It's caused by a lack of the pigment melanin in one eye or a portion of it. Interestingly, heterochromia is more common in animals than humans!



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