

DECEMBER 2022

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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SAVE A BUNCH OF CASH

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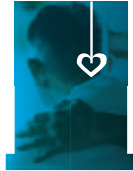
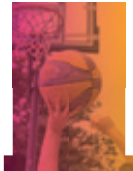
Marilyn
North Peigan

CALGARY-KLEIN



🏠 MarilynNorthPeigan.albertandp.ca
✉️ MarilynNorthPeigan@albertandp.ca

Calgary



Building hope. Building strength.

One in five Calgary households find it difficult to pay for housing. The City of Calgary is working with government and other organizations to create more affordable housing in Calgary.

Find out who is helping now.

calgary.ca/respond



MPCA Community Association

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

EXECUTIVES

President	Jessica Karpat	president@mpca.ca
Vice-President	Chris Best	vicepresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
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Past President	Philip Carr	pastpresident@mpca.ca

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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
- CottageCare North Central



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

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 residents 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.



JOIN US FOR AN AFTERNOON OF

Christmas Caroling!

Saturday, December 17, 2022
3 - 5pm
MPCA Community Hall

Christmas Cookies
Hot Chocolate Bar
Drinks for the adults too!



Green Initiatives



Hello everyone! One way to brighten your days is to take on a new challenge! For 2022, the Green Initiatives Committee 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.

'Tis the season to be green! Or at least, the Mount Pleasant Green Initiatives Committee has some challenges for you to be green this holiday season.

Challenge #1: Decoration Exchange. If you are looking to spruce up your holiday decorations, plan to exchange them with a friend, family member, or neighbour instead of buying new ones. You can also go hunting in our Facebook Buy/Sell/Trade group for decorations to either purchase, use, or trade.

Challenge #2: Zero Waste Gift Wrap. Reusable cloth gift wrap is trendy right now! These fun colourful cloths can make for a gift itself. However, some even more sustainable ideas would be to use dish towels or jars that can be used again later. A really sustainable idea would be to use newspapers or other papers that you have around the house instead of recycling them. Remember to save your gift wrap, bags, and boxes to reuse next Christmas and for other celebrations.

Challenge #3: Properly Recycle Your Christmas Tree. The City of Calgary's steps to composting your real Christmas tree is to remove all lights, ornaments, tinsel, tree stand, and to cut your tree into small pieces before placing it in your green cart. Keep your eye on various Christmas tree drop-off locations throughout the city as well.

Challenge #4: Food Waste Reduction. Refer to our food waste reduction challenges in October when planning for those holiday meals. It might be tempting to cook an abundance of dishes, but unless there is a plan for all the leftovers, keep the amount to a regular serving for everyone attending.

Challenge #5: Plan Re-Gifts for Gift Exchanges. When it comes to gift giving this year, shop within your own home. Maybe there are books, puzzles, toys,

board games, appliances etc. in your home that are just sitting, collecting dust – we bet these would make for wonderful gifts!

That's a wrap on our year of 2022 challenges! We hope you have enjoyed following along and that you got to try a few out for yourself. We would love to hear about any of the challenges you completed and what topics you would like to see covered in 2023! Send us an email or post in our Mount Pleasant Green Initiatives Facebook group.

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.

Merry Christmas!

The MPCA Green Initiatives Committee

OFFICIAL

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Boiler Repair

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Service Call Fee



403-837-4023
info@officialplumbingheating.ca
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PLAYGROUP – UPCOMING EVENTS

Christmas Party for Everyone

Our annual Christmas Party will be held on Saturday, December 10, from 9:00 to 11:00 am in the Upper Hall and is open to everyone! This fun event is organized by

Mount Pleasant Playgroup volunteers and generously sponsored by the Mount Pleasant Community Association – thank you! It is a fun time with lots to do; we look forward to seeing our neighbours there!



DEC 10

9 TO 11 AM

Everyone welcome! Free event!
ENTERTAINMENT | SNACKS | CRAFTS
MPCA Upper Hall, 602 22 Ave NW
GO TO [HTTPS://TINYURL.COM/352X64VS](https://tinyurl.com/352X64VS) OR
SCAN QR CODE TO RSVP



Winter 2023 Registration is Now Open!

We are a volunteer-run parent program offering a low-cost parent and 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 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 that the kids can enjoy at our parties.

We meet in the Lower Hall of the MPCA Community Centre on weekdays from 9:00 to 11:00 am. Visit mpca.ca/playgroup for more information and to register!



**Mount Pleasant
Playgroup**



AGES 0-5

MOUNT PLEASANT PLAYGROUP

AT HOME WITH KIDS AND NEED TO GET OUT OF THE HOUSE? WE ARE A VOLUNTEER-RUN PROGRAM OFFERING A LOW-COST PARENT AND TOT PLAYTIME! JOIN US AND MEET NEW PEOPLE IN A RELAXED NON-STRUCTURED ENVIRONMENT.

WINTER REGISTRATION OPEN

JANUARY TO JUNE
WEEKDAYS, 9 AM TO 11 AM

MPCA Lower Hall - 602 22 Ave NW, Calgary, AB

For more information, go to mpca.ca/playgroup

Questions? Email playgroup@mpca.ca

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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 mornings and Sunday afternoons

For more information and registration, please contact Calgary@Sportball.ca, call 403-975-2936, or visit 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.

Mount Pleasant Children's Karate [Third Party] - Upper Hall

Tuesdays | 5:30 to 6:30 pm

For more information and to register, please contact Eric at efleiger@outlook.com or call Senpai Eric at 403-650-8445.



Purple Carrots

Carrots are typically orange, although you might notice different shades at the farmers' market like white, yellow, or purple. Believe it or not, but before the seventeenth century, purple carrots were the norm! The plump, orange carrots of today are thought to have been bred from mutant yellow and white carrots. Now that's food for thought!

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 or call 403-975-5817 or email 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, call 403-620-4990, or visit 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 or call 587-891-8108. More information can also be found at www.flowma.ca.

Zumba with Andre [Third Party] - Upper Hall

Wednesdays | 5:30 to 6:30 pm

Calgary Rakushinkan [Third Party] - Upper Hall

Thursdays | 5:30 to 7:30 pm

For more information, please contact Josh at rakushincalgary@gmail.com.

Fly Right Swing Dance Lessons [Third Party] - Upper Hall

Friday evenings

For more information please go to <https://m.facebook.com/flyrightswing/>.

To View Additional Community Content

INCLUDING

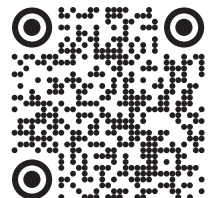
► News and Events

► Real Estate Statistics

► Crime Statistics

and More...

SCAN HERE



ACTIVITIES AND EVENTS

Weekdays, 9:00 to 11:00 am

MPCA Playgroup - Lower Hall

Tuesday Mornings and Sunday Afternoons

Sportball - Upper Hall

Monday to Friday After School

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

Mondays, 6:30 to 7:30 pm

Aspire to Inspire Zumba - Upper Hall

Thursdays, 7:45 to 8:45 pm

Yoga with Trish Hardy - Upper Hall

Mondays, 8:00 to 9:15 pm, and Wednesdays, 8:00 to 9:00 pm

Flow Martial Arts - Upper Hall

Tuesdays, 5:30 to 6:30 pm

Mount Pleasant Children's Karate - Upper Hall

Wednesdays, 5:30 to 6:30 pm

Zumba with Andre - Upper Hall

Thursdays, 5:30 to 7:30 pm

Calgary Rakushinkan - Upper Hall

Friday Evenings

Fly Right Swing Dance Lessons - Upper Hall

Mondays, 1:15 pm

Mondays Afternoon Games - Upper Hall

Mondays and Wednesdays, 9:00 to 10:00 am

Tai-Chi - Upper Hall

December 10, 2022

Christmas Party! The Playgroup will host a community wide Christmas Party on Saturday, December 10, from 9:00 to 11:00 am at the community hall. Save the Date!

December 17, 2022

Join us for an afternoon of Christmas caroling at the MPCA community hall on Saturday, December 17, from 3:00 to 5:00 pm.

January 24, 2023

MPCA Book Club - *Murder on the Orient Express* by Agatha Christie.



December is the Book Club's time to relax at a favourite restaurant and chat about anything and everything, even books!

The January 24 book will be *Murder on the Orient Express*, Agatha Christie's most famous Hercule Poirot mystery.

"Just after midnight, the famous Orient Express is stopped in its tracks by a snowdrift. By morning, the millionaire Samuel Edward Ratchett lies dead in his compartment, stabbed a dozen times, his door locked from the inside. One of his fellow passengers must be the murderer. Isolated by the storm, detective Hercule Poirot must find the killer among a dozen of the dead man's enemies, before the murderer decides to strike again."

– agathachristie.com

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) in the Lower Hall. Come and join in a lively discussion about a great book.



Hey, need some help with that summer weight you put on? Looking for an inexpensive support group that is men only? Need something close to home?

Contact for details:
403-590-5060 (Wally)
or topsdude@live.ca



PLEASANT TIMES SOCIAL CLUB



*"Being of sound mind,
I spent all the money."*
– Arthur Bland

Adults of all ages are welcome to participate in our activities, except the monthly lunches. They're held during the day from Monday to Friday, with the odd exception, but if something piques your interest and you're available, please contact us for more information.

Monthly Lunches: We've had some delicious lunches thanks to MPCA: Emerald Garden in October, Velvet Café planned for November, and our usual turkey dinner feast, prepared by Leroy's Catering, set for December. Local musical wizard Serge Soucy will entertain us once again at our special December 14 Christmas lunch. As usual at this time of year, we'll hold a Food Bank donation drive with prizes promised by Steve Zacher.

Jill Chambers of Financial Concierge joined us at the October lunch to present on "Aging in Place: My Home." Jill was an entertaining speaker and gave us many ideas on what to consider when deciding whether to stay in our homes. Are there services, friends, and family close by so I don't feel isolated? Can I afford to stay in my home given current and future costs? Can I pay for services like cleaning, lawn care, and snow removal? What are the safety risks in my home and am I able to make the necessary changes? If I need aids such as a walker, grab rails, extra stairway railing, will my home allow for these changes? What if I need a wheelchair? What are my options? How do I reduce my belongings if I need to move? Jill will join us once again in November with information on the options available if we wish to leave our homes and the differences among them.

If you are age 60 or over, 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: People of all ages are welcome to join our exercise class. We enjoy moderate-high intensity exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. Options are given to accommodate all fitness levels and any physical concerns participants have. 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.

Most participants have opted to join the class via Zoom at home, but we do offer classes at the community hall on Mondays, with the instructor there. Classes are held Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am. 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. Everyone is welcome, regardless of age. We hope to be able to have enough people interested to have a beginners' class on Mondays and a continuing beginners' class on Wednesday in January. 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 for the Fall 2022 session is \$4.25 per person per class if you sign up for all remaining classes in the session or \$6.00 per class drop-in. Many thanks to MPCA for subsidizing the cost. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

Day Trips: We returned to Stage West on October 19 for a lunch time performance of *Driving Miss Daisy*. Thank you to Steve Zacher for subsidizing the cost of this outing. Not only was the play entertaining and the actors superb, we were also treated to a White Hat ceremony for the play's star, Joseph Marcell (he played the butler, Geoffrey, on *Fresh Prince of Bel-Air*).

COVID-19 and winter road closures permitting, we next plan to travel to Chateau Lake Louise for the ice sculptures competition on Tuesday, January 24, 2023. We'll pick up a boxed lunch from Laggan's Bakery and Deli in Lake Louise before continuing on to the Chateau to view the always amazing ice sculptures. Lunch can be eaten either on the bus or outdoors if the weather cooperates. We plan to leave Calgary at 9:30 am and return by 4:30 or 5:00 pm. The \$40 per person cost covers motor coach transportation, lunch, all tips, and GST.

Our day trips sell out quickly, often before *The Pulse* is delivered. If you'd like to receive email notification of upcoming trips, contact Linda at pleasanttimes@mpca.ca or 403-289-8390. People of all ages are welcome to join us.

Board Report

We thank everyone who attended the Annual General Meeting (AGM) on October 18, 2022. The deadline for our November edition did not give us time to write about the meeting. Angela Williams, our neighbourhood partnership coordinator (NPC – City of Calgary liaison) commented that she was very impressed by our strong attendance. We are grateful that our councillor, Terry Wong, attended the meeting and provided us with an update. The AGM allowed community members to express their views about some proposed developments in Mount Pleasant and the future of our community. We also had an overview of conceptual drawings for a possible new hall.

We thank our newly elected and retiring board members. We are grateful that Darren Rempel agreed to take on another term as our secretary. Caron Gerlitz was elected as outdoor pool director. She replaces Jamie Reid, who served as director (and on the Board of COSPA) for many years. Kathy Langton is taking on the role of communications director. She replaces Aleah Kane, who steered us through many important projects, including updating the MPCA website. Jackie Traynor-Barker was elected as the special events director, replacing Jen Malzer.

We are still seeking a treasurer. This is a very important role. You do not need an accounting designation to serve as treasurer. MPCA has a paid bookkeeper who reviews the invoices, prepares the cheques, and coordinates the required signatures. If you are interested in serving in this capacity, or would like more information, please contact us. We were also unable to fill the role of planning and development director. We understand that people have strong views on this topic. The board is exploring the best path forward for this challenging role.

We wish you all the best for 2023,

Philip E. Carr, MPCA Past President

403-467-0351 | pastpresident@mpca.ca



Crafternoon



Arts and Crafts Sessions for All Ages

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. You can sign up to receive email notification of upcoming classes or click the 'Events' button at https://mpca.tidyhq.com/public/membership_levels to check what classes are on tap. Adults of all ages are welcome to attend but you must have a current MPCA membership and register in advance. If you sign up for a class and find that you can't attend, please 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. Classes are provided at no charge thanks to MPCA.

The December class happens on Wednesday, December 7. Artist Tracy Franks will lead the class in hand painting a set of Christmas ornaments. Finished ornaments will be suitable for a gift, to hang on your tree, or as a fridge magnet.

For further information or to sign up for email notifications, contact Anne at anne.countryman@gmail.com or 403-282-3675.

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.



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
TO REPORT ANY CONCERNS



Monday 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 Monday afternoons 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 when Afternoon Games is happening.



Holly is one of December's official birth flowers and its association with this time of year goes way back! As one of the few plants that remains colourful in the winter, Celtic Druids saw it as a symbol of fertility and eternal life. They believed that cutting down a holly tree would bring bad luck but that hanging holly inside a home would bring good luck and protection.



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How to Have a Mindful Holiday Season

by Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



What exactly is mindfulness? Being mindful is about living in the present moment. Our lives are made up of many moments, but our tendency is to always be looking ahead at what we need to do next or what we forgot to do. Being truly present helps us to master our anxious thoughts and steer away from depressive ones. Mindfulness requires the use of all of our 5 senses: touch, taste, sight, sound, and smell. After the past two years of pandemic holidays, wouldn't it be wonderful to be present and fully embrace all the wonder of the season like we could do as a child?

Start like this:

Choose your favourite Christmas cookie...

- Take a moment to concentrate and fill your mind with what is happening right now; use all of your senses.
- Look at it. What do you see? Does it bring any memories to mind? Is it perfectly decorated or just messy goodness?
- Smell it. What does it smell like? Chocolate, vanilla, peppermint?
- Take a bite. Does it taste how it smells? Is it crunchy or soft and chewy? Is it making your mouth water because it's just so yummy?
- What can you hear as you chew? Crunching? Are you smacking your lips trying to keep all the yummy in?
- How does it feel? Was it kind of crisp on the outside and soft in the centre? Did sprinkles stick to your fingers or was it sticky gooey goodness?

Are you getting the gist of the exercise? Now, be intentional with all the things that make up the holidays:

- Walking in the snow, watching the snow fall, and all the decorations everywhere.
- Wrapping gifts, looking at Christmas lights, baking cookies, cooking the holiday feast, and listening to Christmas music.
- Watching holiday movies, decorating the tree, hearing the kids playing and laughing, their excitement of the season, and opening their gifts.
- Watching as the family intermingles after two years of no gatherings, and even shopping at the mall over the season.

Slow down and pay attention to everything your senses are taking in. What are you hearing, seeing, smelling, tasting, touching? Slow it all down and be fully present in each precious moment, right here, right now. Feel everything and allow the present moment to wash over you with all of its feelings... sad, happy, bitter-sweet, longing, joy, nostalgia, and maybe even loss. It's okay to feel. Allow the feelings to visit and then pass through. Feel the calm? Notice how things seem to soften? Now you've got it. The holidays are about being present, not the presents.

Wishing you and yours all the wonders of the holiday season, and good health and happiness in 2023.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

MOUNT PLEASANT MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a 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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, 4.2 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.

LARRY KWONG

Hailing from Vernon, BC, Larry Kwong was the first non-white hockey player in the NHL. In 1948, Larry made history by playing alongside the New York Rangers. Later, he became the first Chinese Canadian coach of a professional hockey team. Despite facing racial discrimination on and off the ice, Larry has helped make it possible for other marginalized players to follow his lead.



AVON WITH DONNA: 40+ years of experience as a Skin Care Consultant/Beauty Advisor. Are you interested in purchasing things for yourself, family, and friends with a discount? Reach out if this is an opportunity you want to explore. Visit my e-store to view the full collection or to register for an account: www.avon.ca/boutique/donnaevangelista. 403-605-7305. BeautyBizwithDonna@shaw.ca.

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HAPPY HOLIDAYS!



IT'S ESSENTIAL THAT WE KEEP IN TOUCH, ESPECIALLY AROUND THE HOLIDAY SEASON, SO I'M ADDING A DOSE OF LOVE AND HOPE FOR THIS HOLIDAY SEASON. MY WISH FOR YOU & THOSE MEANINGFUL IN YOUR LIVES, IS THAT YOU WILL BE BLESSED WITH CONTINUED GOOD HEALTH, GREAT HAPPINESS, & SUCCESS IN ALL YOUR ENDEAVOURS.

MAY THE MAGIC OF THIS CHRISTMAS SEASON BE YOURS
THROUGHOUT THE YEAR.

MERRY CHRISTMAS & HAPPY NEW YEAR TO YOU & YOUR LOVED ONES!



CHEERS TO 2022 & HELLO TO A HAPPY 2023!



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