

FEBRUARY 2023

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**SOCCER REGISTRATION
OPEN FEBRUARY 1 TO 28!**



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Expert advice | Excellent rates
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Registration now OPEN!

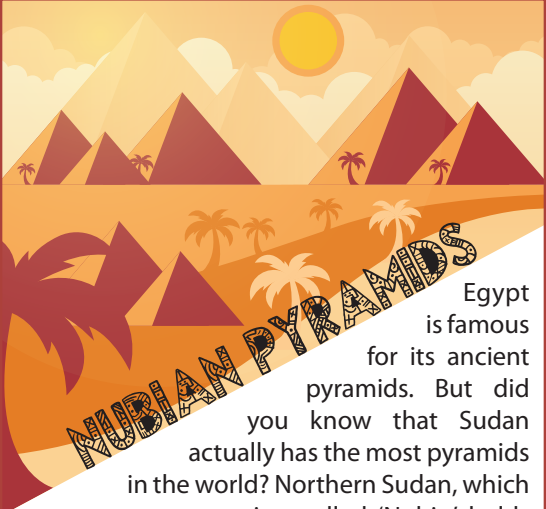
Foothills Little League offers baseball to girls and boys aged 4-16. All skill levels are welcome!

Spring season runs from mid-April to mid-June.
www.foothillslittleleague.org

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



NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

BOARD REPORT

by Philip E. Carr

Past President – MPCA

403-467-0351 | pastpresident@mPCA.ca

The City of Calgary has provided an update concerning the improvements outside the North Mount Pleasant Arts Centre. For many of our residents, the key component of this project is the community garden space. We were not able to offer the community garden plots in 2022, as the original schedule said that this work would take place during the summer. Work on the site commenced on October 10, 2022. By November 1, 2022, the City's contractor had completed demolition, some preparation work, and partial irrigation system installation for the new community garden. Work was halted for the year on November 2, 2022, due to a cold front and a large snowfall. The contractor will return to the site when the weather permits in the spring. We hope that a portion of the community garden space will be available for residents this year, although it might be a shortened season. Additional work in the area will include new pathways and an area for outdoor events.

We are also hopeful that the improvements at the Sportsplex will be completed this year. It is hard to schedule all of the work while allowing participants to access the facility for booked activities. We remind you that there are three sessions each week for members to enjoy skating at the Sportsplex: Sundays from 3:30 to 4:30, and Wednesdays and Thursdays from 2:45 to 3:45. If you are working from home, consider taking a recreation break during those times. The ice is well maintained, the facility looks great, and one day when I was skating there, the "crowd" topped out at three people. There is also a session for sticks/pucks/rings on Mondays from 2:45 to 3:45 pm. Register for your session on the website.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

Join us for Children's
Sunday School **THE GOSPEL PROJECT**
FOR KIDS



Crescent Heights Baptist Church
1212 1 St N.W.
Grades K - 5
10:30am - 11:30am

Bible stories, lessons, crafts, & games!

Registration is available online, and sign-in is at the welcome table when you enter the church.



WWW.CRESCENTHEIGHTSBAPTIST.COM



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**2023/2024
REGISTRATION
NOW OPEN**

Please contact us to
book a facility tour

Capitol Hill Community Centre
www.campuspreschool.com

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

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	Whitney Punchak	
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Outdoor Rink	Shawn Stordy	odr@mpca.ca

Business Memberships in Good Standing

- Resolve Legal Group
- Michele Gole Real Estate
- Nicastro Real Estate
- CottageCare North Central



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



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.

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.

GREEN COMMITTEE

Last year, we shared a variety of monthly challenges for you to partake in, to bring a focus on green initiatives into your everyday life. This year the Green Initiatives Committee (GIC) wants to broaden that focus into our community and our city. We want to share with you the successful changes our community and city have already incorporated, and what the main challenges are going forward from a Green Initiatives perspective. The best place to start is Education. Education is a powerful tool when it comes to incorporating change into our lives. We do better when we know more and can acquire new skills. Learning how our actions make a difference and knowing what they affect creates more responsibility and accountability. So, what is available in Calgary for education on climate impact?

The Mount Pleasant Community is fortunate to have a volunteer committee that is dedicated to both learning themselves and educating our residents on Green Initiatives. The committee can share knowledge and resources with the community through our Pulse articles and events as well as work to implement changes. Just this last year we were able to start up the We-Haul Bike Trailer Share program, install a community pantry, and host a World Environment Week event that shared a variety of environmental education information with the community. There will also be a quarterly newsletter coming out this year – send an email to green@mpca.ca if you would like to sign up!

Within our city, there are a few great organizations that provide ongoing climate change education through events, newsletters, and initiatives. Green Calgary (<https://www.greencalgary.org>) and Calgary Climate Hub (<https://www.calgaryclimatehub.ca>) are two to check out. These organizations host frequent webinars and events on climate change – check them out at the websites above or follow our GIC Green Initiatives Facebook page where we share as many as possible.

On a high level, The City of Calgary has resources available to its citizens on climate change. Did you know that in 2021 the City of Calgary voted to declare a Climate Emergency? Visit <https://www.calgary.ca/environment/climate/climate-change.html> to learn more about the actions the City of Calgary is taking. There is even a checklist you can download to educate yourself on actionable items you can take: <https://www.calgary.ca/environment/climate/actions-you-can-take.html>.

The above opportunities are valuable and great for those looking to seek out climate change education. However,



the GIC would like to see more daily and easier-to-access education to help remind us of our climate impact.

One of our committee members wanted to share this example from their hometown. In Grenoble (France), the City “repurposed” an old, very visible monument (la Tour Perret) to inform citizens about air quality. Every day, from 7:00 pm to 11:00 pm, the tower is illuminated (using LED lights) to indicate the expected air quality for the next day (six different color codes, ranging from good to extremely bad).¹ The same color-coding message is also visible at bus and tram station shelters. The goal is to inform citizens so they can decide to use public transportation rather than individual vehicles or to adapt their plans for the following day. In a city like Grenoble, air pollution can be very bad (the city is surrounded by mountains and air becomes stagnant), and being informed about air quality without having to check websites or apps is an easy and efficient way to adapt our behavior to the expected air quality. This can help to preserve our health (skip strenuous activities on that day for example) but it can also help improve air quality as citizens will make different choices as not to contribute to the pollution.² In addition, on days where the air quality is extremely bad, the City limits the circulation of the most polluting vehicles (all vehicles have a sticker, showing their level of pollution) and also applies a flat day fee for public transportation.

We would love to hear your thoughts on what you want to see in the community to encourage climate change education!

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 knowledge and resources and check in to see what others are saying.

The MPCA Green Initiatives Committee

PLAYGROUP – UPCOMING EVENTS

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

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 notifications 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 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.

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

LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

SOCCER REGISTRATION OPEN!

Registration for U4 - U15 outdoor soccer will be available
from February 1 - 28, 2023.

For the latest information, visit:

www.mpca.ca



#soccerseason2023

MPCA HALL PROGRAMS

We are open!

The Mount Pleasant Community Centre is located at 602 22 Avenue Northwest.

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 11:00am

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 or call 403-975-2936, or visit www.sportball.ca.

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

Ages 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 six. 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 at 6:30 in the Upper Hall. More information and to register, go to ATIZumba.com, call 403-975-5817 or email ATIZumba@gmail.com.

Tai-Chi – Upper Hall

Monday and Wednesday mornings from 9:00 until 10:00 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. Sign up for one or both classes each week, or come on a drop-in basis. The cost is just \$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 MPCA for subsidizing the cost. Contact Linda at pleasanttimes@mPCA.ca or 403 289-8390 for more information.

Yoga in Mount Pleasant with Trish Hardy Yoga (Third Party) – Upper Hall

Thursdays | 7:45 pm 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 | 8:00pm to 9:15pm

Wednesdays | 8:00 pm 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. You can also follow them on Instagram at [@flowmartialartsacademy](https://www.instagram.com/@flowmartialartsacademy).

Mount Pleasant Children's Karate (Third Party) – Upper Hall

Tuesdays | 5:30 pm to 6:30pm

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

Zumba with Andre (Third Party) – Upper Hall

Wednesdays | 5:30 to 6:30 pm.

Calgary Rakushinkan (Third Party) – Upper Hall

Thursdays | 6:00 to 7:30pm

Sundays | 5:00 to 7:00 pm

Japanese Martial Arts with Calgary Rakushinkan: learn Japanese sword and other martial arts - kenjutsu, iaijutsu, aikijujutsu, aikido, and more.

Adults and youth 14+. For more information and registration, please contact rakushincalgary@gmail.com, 403-401-8257, or visit www.calgaryrakushinkan.com.

Fly Right Swing Dance Lessons (Third Party) – Upper Hall Friday Evenings

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

Coming in March!

Yoga en Espanol - Spanish Hatha (English: No Worries) (Third Party) – Upper Hall

Sunday Evenings | 7:30 pm

An easy-going approach to Hatha Yoga for beginner/intermediate. Class is in Spanish, with translation when necessary. For more information, call Kevin at 403-607-5082

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

February 28, 2023

MPCA Book Club, *Little Fires Everywhere* by Celeste Ng

Coming in March

Yoga en Espanol - Spanish Hatha (English: No Worries) (Third Party) - Upper Hall

Sunday Evenings | 7:30 pm

An easy-going approach to Hatha Yoga for Beginner/Intermediate Class is in Spanish, with translation when necessary. For more info, call Kevin at 403-607-5082.



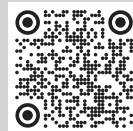
The February 28 book will be *Little Fires Everywhere* by Celeste Ng. In Shaker Heights, a placid, progressive suburb of Cleveland, everything is planned, from the layout of the winding roads, to the colors of the houses, to the successful lives its residents will go on to lead. No one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules. Enter Mia Warren, an enigmatic artist and single mother, who arrives in this idyllic bubble with her teenaged daughter, Pearl, and rents a house from the Richardsons. Soon, Mia and Pearl become more than tenants: all four Richardson children are drawn to the mother-daughter pair. But Mia carries with her a mysterious past and a disregard for the status quo that threatens to upend this carefully ordered community.

Little Fires Everywhere explores the weight of secrets, the nature of art and identity, and the ferocious pull of motherhood - and the danger of believing that following the rules can avert disaster.

Our March 28 book hadn't been nominated at time of writing. Why not contact Brianna at burichan@live.com or 403-836-3626 with the book you'd like to share with the group? The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 (except December) in the Lower Hall. Come and join in a lively discussion about a great book.



SCAN HERE



**To View Additional
Mount Pleasant Content**



June Read

June Read is a serial volunteer! Even while raising a family with her husband, John, and working full-time, June gave and continues to give time to various organizations: THIRD Action Film Festival, SAIT, Calgary Immigrant Women's Association, and many more.

Of great importance to us, June was MPCA's President in the 1980s. This period involved a threat to the survival of our outdoor pool, needed hall renovations, and the 1988 Calgary Winter Olympics. The fun part was being invited to various Olympic events; the hard work and time commitments came from convincing The City not to demolish the pool.

The pool was built in 1949 and needed expensive renovations to repair the cracked tank and heating system. The City believed maintaining the pool wasn't necessary as there were other pools surrounding our neighbourhood; the Y pool, Renfrew, Highwood, and West Hillhurst. June spent many hours developing arguments against closure and waiting to speak at Council meetings. Using a map showing the locations and ages of nearby pools, June showed that those pools were also subject to closure in the near future. The City agreed to give Mount Pleasant responsibility for maintaining and operating the pool. Fundraising began

for the repairs, Roger Leach and others painted, and the pool was reopened. It had the highest attendance of any of Calgary's outdoor pools that year and continues to be a popular spot till this day.

It was during this time that the fence around the pool was moved further out, and a berm built to increase the sitting area. When the pool reopened, the grass surrounding the pool was filled with picnickers. It remains a great spot for people to read, chat, and sunbathe.

June and the Board at that time also worked to convince McDonald's not to close our neighbourhood outlet. It was the first one in Calgary, the second in all of Canada, and a popular meeting spot for many community residents. Their request was honoured, and the restaurant revamped, one of the wisest decisions McDonald's has made.

June grew up in Capitol Hill and remembers visiting the pool as a child. When she and John returned to Calgary, they found an affordable house in Mount Pleasant. Our community was attractive as June knew the area; it is close to Confederation Park, and it offered opportunities for their children to enjoy figure skating, hockey, and the outdoor pool. They continue to enjoy the close neighbourhood ties, block gatherings, and the way new residents are welcomed.

June believes if she wants something fixed, she can't complain without volunteering to make change happen. This is a valuable lesson for all of us to learn. We thank June for all she has done and continues to do for Mount Pleasant and Calgary.



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www.bmroyaledu.com | 1501- Centre B Street NW

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.

PLEASANT TIMES SOCIAL CLUB

For Adults of All Ages

Almost all my middle-aged and elderly acquaintances, including me, feel about 25 — unless we haven't had our coffee, in which case we feel 107 - Martha Beck

Adults of all ages are welcome to participate in our activities, except the monthly lunches, which are open to those age 60 and over. Most events are held during the day, 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: Our December lunch was a festive affair – a full turkey lunch provided by Leroy's Catering, great music by local musician Serge Soucy, and a draw for gifts donated by Steve Zacher. Many thanks to all the volunteers who worked hard to make this lunch a success, Steve for the fabulous gifts, and MPCA for footing the bill! As usual, at this time of year, we held a Calgary Food Bank donation drive that raised \$1,318 – thank you to everyone for your generous donations.

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, and Fridays from 9:30 to 10:15. 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 in the Upper Hall. Everyone is welcome, regardless of age. Tai-Chi is a



great way to improve your balance, flexibility, memory, and concentration. Sign up for one or both classes each week, or come on a drop-in basis. The cost is just \$3.50 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 MPCA for subsidizing the cost. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

Day Trips: At time of writing, we're looking forward to a jaunt to Banff SnowDays, on January 24, to view the snow sculptures and take in Banff's many museums, shops, and restaurants. More on this next month. We are planning an outing to visit the new northern Calgary Farmers Market in March. Where will we spend more time – fresh fruits and vegetables or one of the bakeries?

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.

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



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*

- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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.





Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**

A support group for 2SLGBTQ+ seniors



- Friendships*
- Social Events*
- Picnics*
- Role Models*
- Companionship*
- Coffee & Cookies*
- Movie Nights*
- Connecting with Youth*
- Making a Difference*
- Being Proud*
- Celebrations*

Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca





Calgary Confederation
Len Webber, MP
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Under Our Flag

The National Flag of Canada, distinguished by its red maple leaf, was inaugurated on February 15, 1965, after over 40 years of searching for a unique Canadian design. This February 15, you can celebrate Flag Day by learning more about proper flag etiquette.

The national flag should always be flown alone on its flagpole.

Regardless of its material, the flag should be displayed only in a manner befitting its importance. It should never be used as decoration, draping, a curtain, or to cover a platform, podium, statue, monument, or plaque for unveiling. The flag should not be signed, marked, used as apparel, or have anything pinned or sewn to it. It should not be burned in effigy, stepped on, or flown upside down (except as a signal of extreme distress).

When the flag is raised or lowered, or when it is carried past in a parade or review, everyone should face the flag, remove their hats, and remain silent. Those in uniform must salute. Any Canadian may choose to have their casket draped with the flag; this honour is not solely reserved for the funerals of soldiers, veterans, and dignitaries.

The flag should not be flown in a discoloured or tattered condition.

When a flag is no longer suitable for use, it should be disposed of in a dignified manner. Flags made of natural fibres should be burned in a dignified manner, privately and without ceremony. Flags made of synthetic material should not be burned due to environmental and fire hazard. They should be torn into single-colour strips, so that the pieces do not resemble a flag. The pieces should then be placed in a bag for disposal. They should not be re-posed.

Most importantly, fly the flag with pride and respect.



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