

APRIL 2023

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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

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VOLUNTEER WEEK**
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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>

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Business Memberships in Good Standing

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



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: _____
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.

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

BOARD REPORT

At our February meeting, the Board approved the overall Community Association budget and the associated program budgets for the upcoming fiscal year. We also appointed Parshant as Treasurer. Since this is a mid-term Board appointment, the position of Treasurer will be on the ballot at the Annual General Meeting in October.

Our Sportsplex continues to be busy. Unfortunately, our Zamboni broke down in January, resulting in the cancellation of five adult recreational hockey games. We were able to rent another machine on short notice to get up and running again. When the ice is removed at the end of the season, we will be open for summer activities, including (for the first time) pickleball and badminton. We plan to have a pickleball court at each end of the facility, with a badminton court in the middle. You will require a valid MPCA membership to book a spot. We do not plan to charge a fee at this time because we want to first test out the level of engagement. These courts will be available during set time slots from May until July 21.

March saw the Annual General Meeting of COSPA (Calgary Outdoor Swimming Pools Association), of which MPCA is a member. Outdoor pool season is not that far away!

We continue our research into redevelopment options for the hall. Due to the rapid increase in price for materials, we are now leaning towards some form of modification to the current hall. We are committed to keeping the total expenditure at a level we can reasonably afford. We continue to spend on maintenance and lifecycle items as needed. For example, we have recently refinished the floors in the main hall.

Philip E. Carr

Past President - MPCA

403-467-0351 | pastpresident@mpca.ca

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.

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How to Meet Your Neighbours

A message from the Federation of Calgary Communities



Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way to meet new friends and establish good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from

or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events, and even great local businesses or restaurants.

2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional pie, a cup of coffee, some flowers, vegetables from your garden, or even an invite to dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!

3. After introducing yourself, make the effort to wave, greet, and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

Community Association Welcoming Committees

Welcoming committees are a team of people who welcome new residents as they move to the community. Usually, they create welcome kits full of community association information on programs and services, business cards of local shops and restaurants, My Neighbour cards, emergency information and services, and maybe some small gifts like coffee cards. Upon moving into a home in the community, Welcoming Committees present these to new neighbours! Check with your community association to see if they have a welcoming committee, and if not, offer your help to develop one. One way to help distribute welcome kits is by asking local realtors, rental management companies, apartment managers, and landlords to inform the committee of new additions to the community. Then, you and your committee can deliver the packages!

Being welcoming can be very easy but it can be intimidating crossing cultural barriers. Keep in mind that good neighbours can be of all cultural backgrounds. Having an open heart and wanting to learn from new neighbours can make your community a diverse cultural hub. Be interested in getting to know your new neighbours, celebrating cultures, and sharing your family's own traditions.



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.

April Classes Are:

Wednesday, April 5, 1:30 to 3:30 pm |

Printmaking: We will learn about different methods of printmaking with Tracy Franks. We will then make a monoprint block and pull a series of unique prints.

Wednesday, April 12, 1:30 to 3:30 pm | Ceramic

Tile: Connie Zerger will guide us in preparing the clay to create a ceramic tile that you may use for a trivet or garden ornament.

Wednesday, April 19, 1:30 to 3:30 pm | Papier-Mâché:

Let's get messy! Tracy will show us how to create a lovely, functional bowl using the fun method of layering tissue dipped in medium.

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

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News, Events, & More



Crime Statistics



Real Estate Statistics



GREEN COMMITTEE

Happy Spring!

With nicer weather upon us and all that cooped-up winter energy, April makes for a great month to get out and about in our community. April is also when National Volunteer Week takes place. This year it is from April 16 to 22. In the spirit of volunteering, we have shared some ideas on how to get involved in activities focused on sustainability in this community and the city overall. We also wanted to emphasize the importance of community action and spirit, not only to advance towards sustainability goals but to create a truly sustainable community, one that has its future at heart and is actively participating in the realization of that vision.

We are very lucky to live in a city where we can take action on matters that directly affect our everyday lives. Our community associations give us the possibility to shape our neighbourhoods; why not use this opportunity? We have a chance to be active builders of our community, not just spectators. By actively participating in community life, you not only influence the community's path but also participate in creating a vibrant community, where people care. No matter your views or your goals, there is always an area where you can have a meaningful impact. And when people care about their community, when they feel it's theirs, part of their identity, it becomes sustainable and resilient.

Sometimes community involvement means the difference between success and failure. An example of that was a community regeneration project in Malmö, Sweden. The city was working on regenerating a neighbourhood built in the 1940s. Instead of imposing its vision, the city involved the community in all the phases of the project: from design to implementation. Inhabitants had the opportunity to have their voices heard on what they wanted their community to look like. The city contracted community members as much as possible in the implementation phase (construction, landscaping, etc.). This experience made the inhabitants feel even closer to their community and more involved in its future, which meant success for the community, even after undergoing an important transformation.

What makes a great community is the people, so we want to take this opportunity, in the spirit of volunteer week, to say thank you to all the amazing people in Mount Pleasant that participate in making it so vibrant!

So, if you want to take part in community building, here are some ideas on how to take action:

Volunteer with the community association! If sustainability is close to your heart, MPCA Green Initiatives is always looking for new members.

A big event in our community to start thinking about is the Community Cleanup; please consider volunteering for this event. If you have any items in your house that need to be recycled or donated – this event is for you. This year it will be held on May 7 from 9:00 am to 2:00 pm at the Mount Pleasant Community Association. Acceptable items to bring to the event are organics, usual items for donation (think clothing, books, toys, etc.), electronics, mattress recycling, metal recycling, compact fluorescent (CFL) bulbs for recycling, car seats, and garbage. Unacceptable items include hazardous waste, large appliances, and commercial waste. Keep your eye out for details regarding the upcoming event so you are ready to go.

Participate in the Pathway and River Cleanup with the City of Calgary! This year it will be held from May 5 to 7, 2023, but there is also an option to organize one with a group of people on your own. Make a family outing or team-building activity out of it! <https://www.calgary.ca/volunteer/pathway-river-cleanup-registration.html>.

Volunteer with a grassroots movements group like Calgary Climate Hub or Sustainable Calgary. These groups provide education and tools to take sustainability to a community level and really get involved in a way that pushes initiatives forward. The GIC works with these groups often.

If you want to get involved and make Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information or if you have any questions. Please also 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.

Have a great month,

MPCA Green Initiatives

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 11:00 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 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.

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.

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 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. 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 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.

Zumba with Andre (Third Party) – Upper Hall

Wednesdays | 5:30 to 6:30 pm.

Calgary Rakushinkan (Third Party) – Upper Hall

Thursdays | 6:00 to 7:30 pm

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/>.

Flow Martial Arts (Third Party) – Upper Hall

Mondays | 8:00 to 9:15 pm

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 be found at www.flowma.ca. You can also follow them on Instagram at [@flowmartialartsacademy](https://www.instagram.com/flowmartialartsacademy).



ACTIVITIES AND EVENTS

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

Weekdays, 9:00 to 11:00 am

MPCA Playgroup - Lower Hall

Tuesday Mornings and Sunday Afternoons

Sportball - Upper Hall

Mondays, Friday After School

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

Mondays, 1:15 pm

Afternoon Games - Upper Hall (Adults, no minimum age, September to June)

Mondays, 2:45 to 3:45 pm

Members Stick & Puck/Ring (Sportsplex). Members must register on website.

Mondays, 6:30 to 7:30 pm

Aspire to Inspire Zumba - Upper Hall

Mondays and Wednesdays, 10:15 to 11:00 am, Fridays, 9:30 to 10:15 am

Exercise Program (adults, no minimum age, September to June)

Always available on Zoom or, Mondays only, in the Upper Hall with the instructor

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

Tai-Chi - Upper Hall (all ages welcome)

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

Fourth Tuesday of Each Month, 7:00 to 9:00 pm

Book Club (adults, no minimum age) - Lower Hall

Select Wednesdays, 1:30 to 3:30 pm

Arts and Crafts Crafternoons - Upper Hall (adults, no minimum age, September to June)

Fourth Wednesday of Each Month

Monthly Seniors Lunches (age 60 and over) - Upper Hall - RSVP Required

Wednesdays and Thursdays, 2:45 to 3:45 pm, Sundays, 3:30 to 4:30 pm

Members Public Skate (Sportsplex) Members must register on website.

Wednesdays, 5:30 to 6:30 pm

Zumba with Andre - Upper Hall

Thursdays, 7:45 to 8:45 pm

Yoga with Trish Hardy Yoga - Upper Hall

Thursdays, 5:30 to 7:30 pm, Sundays, 5:00 to 7:00 pm

Calgary Rakushinkan - Upper Hall

Friday Evenings

Fly Right Swing Dance Lessons - Upper Hall

Wednesday, April 5, 1:30 to 3:30 pm

Crafternoon Printmaking (Members must register on website)

Wednesday, April 12, 1:30 to 3:30 pm

Crafternoon Ceramic Tile (Members must register on website)

Wednesday, April 19, 1:30 to 3:30 pm

Crafternoon Papier-Mâché (Members must register on website)

Tuesday, April 25

MPCA Book Club, *1984* by George Orwell

Tuesday, May 23

MPCA Book Club, *The Strangers* by Katherine Vermette

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.

A top-down view of a wooden surface covered with an assortment of cleaning supplies. The items include several spray bottles in white, blue, yellow, and pink; a variety of sponges in colors like orange, yellow, blue, and pink; brushes with white bristles; a pair of orange rubber gloves; and a pair of pink gloves. The supplies are scattered across the light-colored wood grain background.

We would also like to kindly remind residents to clear snow off their blue cart lid and keep the lid closed to ensure that paper and other recyclables stay dry from snow or rain.

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



PLEASANT TIMES SOCIAL CLUB

For Adults of All Ages

"Everything slows down with age; except the time it takes cake and ice cream to reach your hips." - John Wagner

Adults of all ages are welcome to participate in our activities, except for the monthly lunches, which are open to those aged 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: We had a fantastic lunch in February, starting with a delicious Greek feast from Calypso's Taverna. Things just got better though when the Balzac Kitchen Party String Band took the stage after lunch. One of our Tai Chi participants brought his musical friends to entertain us with a mix of Celtic and Canadian folk music. They play fiddle, banjo, guitar, Irish penny whistle, accordion, and upright bass. Instead of charging a fee to perform, the band asked that MPCA make a donation to The Salvation Army Community Services (Calgary).

Our free seniors' lunches are held on the fourth Wednesday of each month (except December) at 11:30 am in the Upper Hall. Lunches are open to all MPCA members aged 60 and over who have registered in advance. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after lunch – a speaker, movie, games, or live entertainment. Many thanks to MPCA for making our lunches possible.

If you are age 60 or over, or if you know of someone who is, 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 to 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. In May and June, we expect to offer both Monday and Wednesday classes at the hall, as well as on Zoom. 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. 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. There has been more interest from beginners; we're hoping more will try out a free class to help them decide to join the group on a regular basis.

Day Trips: At the time of writing, we're looking forward to a trip to the Gasoline Alley Museum on March 14 to take in the *We Were Here: Stories from Early Chinatown* exhibit. Also planned are outings to Stage West on May 3 for the matinée performance of *9 to 5, The Musical* and to Rosebud Theatre on June 29 for *The Sound of Music*.

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



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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.



27 Ways to Say No

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something

else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.



Our April 25 book will be *1984* by George Orwell. "This classic is a profound anti-utopian novel that examines the dangers of totalitarian rule. The book is set in 1984 in Oceania, one of three perpetually warring totalitarian states (the other two are Eurasia and Eastasia). Oceania is governed by the all-controlling Party, which has brainwashed the population into unthinking obedience to its leader, Big Brother. The novella follows the life of Winston Smith, a low-ranking member of the Party, who is frustrated by the omnipresent eyes of the party and its ominous ruler Big Brother."

The May 23 book will be *The Strangers* by Katherine Vermette. 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. Contact Brianna at burichan@live.com or 403-836-3626 for more information. Come and join in a lively discussion about a great book.



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