

JUNE 2017

DELIVERED MONTHLY TO 3,750 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**CASINO GM  
URGENTLY REQUIRED**

Page 5

**MOUNT PLEASANT  
PLAYGROUP  
YEAR END PARTY**

**JUNE 10<sup>th</sup>  
Page 8**

Calgary



## Happy Birthday, Canada

Come celebrate Canada's 150th birthday at Confederation Park between 9 a.m. to 1 p.m. on July 1.

Enjoy free family activities, including:

- A free pancake breakfast, while supplies last
- Horse-drawn wagon rides
- A variety of activities for the kids
- Live entertainment on the Stampede stage
- Opening a time capsule from 1967

After the Confederation Park activities, be sure to head downtown for a fun-filled afternoon and evening with even more Canada Day fun.

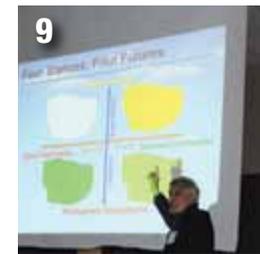
Watch for more information on [calgary.ca/Canada150](http://calgary.ca/Canada150) including a location map and details about the time capsule opening.



Tim Hortons

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## MOUNT PLEASANT COMMUNITY ASSOCIATION

602-22 Ave NW Calgary, AB - T2M 1N7  
 Phone: 403.282.1314 • www.mpca.ca • info@mpca.ca  
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### Editorial Submissions

publicity@mpca.ca  
 All editorial content must be submitted by the 10<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

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 All advertisements must be submitted by the 1st of the month for the following month's publication.

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Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Mount Pleasant Community Association and Great News Publishing.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*The Mount Pleasant Community Association and Great News Publishing 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.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information	511	
Gamblers Anonymous	403-237-0654	

## PRESIDENT'S MESSAGE

We urgently require a community member to step forward to be the General Manager of our next casino which we have been drawn to run December 5 and 6, 2017. Our past, past President and current Casino GM, Holly Sinclair, is moving to Ottawa to be closer to her family and has to resign from her post. Holly has the application all taken care of and has a list of past volunteers to contact, so most of the work has been done. Holly will be available to mentor you up until she moves, so it will be a smooth transition for anyone that would like to get involved with the community.

On behalf of the Community, I would thank Holly for all of her efforts both on the Board and running the casinos. She has done a great job and we will miss her. Good luck with your move to the nation's capital, Holly.

Mother's Day Brunch will have happened by the time you read this. I hope lots of community members come out for a great meal and entertainment. Thank you again to Connie Zerger and her committee for once again planning this fantastic annual event.

I had a report that over 100 community children enjoyed the Easter Shell Hunt and had a great time with finding shells in the snow, face painting and of course eating chocolate. Thanks again to Lina Oprea for making all the kids' Easter Sunday a great day.

Matthew Crist organized our annual Community Spring Clean Up on Sunday April 30th. The weather held up and we had the busiest clean up ever. The lumber yards must be doing well because we packed away a lot of old decks and fences into the garbage trucks. A fine job, Matthew, and all who volunteered their time to help sort and load the recycle and garbage.

Planning Director, Chris Best and myself have been busy on your behalf, representing the communities wishes as far as developments and rezoning applications are concerned. We attended a meeting at City Hall with Councillors Farrell and Carra along with four City Planning Directors to discuss our area redevelopment plan as well as rezoning and city densification. We were told that our current North Hill ARP is out dated and needs to be amended. Chris and I agreed to that and advised them that we would love to be involved with a redesign. We also pointed out that even though the ARP is

outdated it is still the by-law in place to govern redevelopment in our Community. That was not well received and we both felt that they were going to proceed with developing Mount Pleasant the way they want and our input was not warranted.

We addressed City Council a week later opposing a zoning change for the property at 2302 - 5 St. N.W. When I told the Council that our community had passed a motion at our AGM to only allow row housing on our main thoroughfares and requested to be treated the same as the new revised ARP in Capital Hill and Brentwood, it fell on deaf ears. On first reading we were defeated 9-5 and the second reading will happen when the developer applies for his Development Permit.

We feel this is a huge slap in the face for all communities in this city who want a say in how our areas are developed over the next five to fifty years. As taxpayers, I think we have a right to protect our community culture as well as our property values. So now this has become an election issue for me personally and I hope that other residents of MP will agree and support community wishes with their vote. Elect a Mayor and Councillor that will listen to the grassroots, the tax payers of this city, when they tell them what the majority of the community desires. Let's make them accountable.

As reported in the last Pulse, Marny Paul has agreed to become our new Director of Grants. Welcome aboard, Marny. That still leaves the Vice President's spot open. Please consider the role and contact me if you want some more information or would like to attend a Board Meeting to see what is involved. It takes commitment to keeping Mount Pleasant a great community to live in.

*Enjoy your spring. Until next time,  
 Murray Anderson*



# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7  
 E-Mail [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>

## EXECUTIVE

President:	Murray Anderson	403-289-5071	president@mpca.ca
Vice-President:	Philip Carr		vicepresident@mpca.ca
Secretary	Nora Spencer	403-230-1649	secretary@mpca.ca
Treasurer	Kristen Phillips		treasurer@mpca.ca
Past President	Roger Leach	403-284-1719	pastpresident@mpca.ca

## DIRECTORS

Grants	Marny Paul		grants@mpca.ca
Green Initiatives	Matthew Crist		green@mpca.ca
Hall	Murray Anderson	403-289-5071	hall@mpca.ca
Membership	Bri Verstraten		membership@mpca.ca
Planning, Transportation, and Land Use	Chris Best		ptlu@mpca.ca
Playgroup	Isla Ferrier		mpp.chair@gmail.com
Publicity	Carole Broger		publicity@mpca.ca
Soccer	Cory Costanzo		soccer@mpca.ca
Special Events	Eric Filion		specialevents@mpca.ca
Sportsplex	Roger Leach	403-284-1719	sportsplex@mpca.ca
Swimming Pool	Jamie Reid	403-992-7343	swimmingpool@mpca.ca
Hall Rentals	Nickie Brockhoff	403-282-1314	hallrentals@mpca.ca

## Wednesday Games ADULT ONLY

Our Wednesday afternoon games session will continue through June 21st also. If you enjoy a few casual games of bridge, Scrabble, cribbage, euchre, even outdoor bocce, or whatever game you wish to share with the group, please join us in the Upper Hall at 1:15 each Wednesday, whether or not you take part in the exercise program.

If you'd like to come for games, please contact Linda at (403) 289-8390 or [lohanlon@telus.net](mailto:lohanlon@telus.net).

## Mount Pleasant Board meetings

are on the **third Tuesday** of the month at 7pm Upper Hall. Any community member with a current community membership is welcome to attend.

**Deadline for submissions is 10<sup>th</sup>** of the month for the next month's issue.

If you would like to write an article for the Pulse please email your MS Word doc submission to [publicity@mpca.ca](mailto:publicity@mpca.ca). Any photos for the cover would be greatly appreciated (greater than 1-3 MB for the cover). Deadline for submissions is the 10<sup>th</sup> of the month for the next month's issue.

## ACTIVITIES AND EVENTS



### June 2017

- June 20**  
**June 27**  
**June 28**  
**Mon to Fri**  
**Mon/Tue**  
**Mon/Wed**  
**Mon/Wed**  
**Wednesday**  
**Wednesday**  
**Wednesday**  
**Thursday**  
**Thursday**  
**Mon/Wed/Fri**  
**Friday**
- Board Meeting 7pm Upper Hall  
 Book Club 7pm Lower Hall – *The Girl on the Train* by Paula Hawkins  
 Boomers & Zoomers Lunch 11:30 Upper Hall  
 to register [www.mPCA.ca](http://www.mPCA.ca)  
 Sportsball Age 2-5 to register [Calgary@sportball.ca](mailto:Calgary@sportball.ca) or [www.sportball.ca](http://www.sportball.ca)  
 Zumba 5:30pm Upper Hall [www.enoc1.zumba.com](http://www.enoc1.zumba.com)  
 Flow Martial Arts to register [www.flowma.ca](http://www.flowma.ca)  
 Active Wednesdays for Seniors and Limited Mobility 11am Upper Hall  
 Games 1:15pm Upper Hall – Adults Only  
 Adventure Yoga and Art Ages 6-8 to register [marina@jumpingjellies.ca](mailto:marina@jumpingjellies.ca)  
 All Canadian Karate Union to register [www.acku.org](http://www.acku.org)  
 Yoga - Winter Session 7:45-8:45 to register [www.trishhardyyoga.com](http://www.trishhardyyoga.com)  
 Exercise Leadership Boot Camp 9:30-10:30am to register [beeskneeswellness@gmail.com](mailto:beeskneeswellness@gmail.com)  
 Fly Right Swing Friday Night Hop 8:30 pm [www.flyrightswing.com](http://www.flyrightswing.com)

For more details visit [www.mPCA.ca](http://www.mPCA.ca).



# Mother's Day Brunch Success

Some 100 guests enjoyed our annual Mother's Day brunch. Special thanks to Murray and Diane Anderson, Gordon Pengilly, Leora, and Sandra for their full time volunteering to ensure the success of this event. Thanks also to Ellie, Amalia and Nickie for volunteering time as well.

We were supported by McDonalds (4th st.) who supplied the coffee, Shoppers (ctr. st.) for a draw donation, Safeway (Centre Street) for a draw donation, Telus for supplying gift bags for all Mothers and Craig Coolahan (MLA) for attending and giving a rose to each of the Moms.



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\*Bring in this ad to redeem discount

# Playgroup



Playgroup is now winding up the year. Thank you to the many dedicated volunteers who helped to make this another successful season.

Mount Pleasant Year End party is extended to the greater community this year! The party takes place on Saturday June 10th from 9:30 am to 11:30 am.

We'll have a petting zoo, crafts,

face painting and other outdoor events if the weather holds and more!

Come spend the morning with us and kick off the summer season!

Early registration for the 2017/2018 season will commence in June; current playgroup members will be emailed a code with which to register. General registration for the public will begin July 1, 2016, and can be done through the MPCA website.

If you plan to be part of Playgroup next season, please consider joining our board. At the time of writing, we are looking for a Treasurer, Volunteer coordinator and Chair; job descriptions are posted on the MPCA website. Or, just email Isla at [mpp.chair@gmail.com](mailto:mpp.chair@gmail.com) if you're interested or have questions.

## ACTIVE WEDNESDAYS

We're getting set for our Spring exercise session, running from May 3rd through June 21st (note new end date). The class is held from 11:00 a.m. to 11:45 (10:30 to 11:45 on seniors' lunch days) in the Upper Hall, 602 22 Ave. NW. At time of writing, we had one subsidized spot left at a cost of only \$56 for all 8 classes or \$12 per class drop-in.

This exercise program benefits not only seniors but anyone with limited mobility or a lower fitness level – really anyone who wants to laugh and have fun while getting active. If you are interested in trying it out for this shorter session, please contact Linda at 403-289-8390 or [lohanlon@telus.net](mailto:lohanlon@telus.net).

# MPCA Book Club

Our June 27<sup>th</sup> book will be *The Girl on the Train* by Paula Hawkins. Three women, three men, connected through marriage or infidelity. Each is to blame for something. But only one is a killer in this #1 New York Times best-selling psychological thriller about human frailty and obsession. Just what goes on in the houses you pass by every day? Rachel takes the same commuter train every morning and evening, rattling over the same junctions, flashing past the same townhouses. The train stops at the same signal every day, and she sees the same couple, breakfasting on their roof terrace. Jason and Jess, as she calls them, seem so happy. Then one day Rachel sees someone new in their garden. Soon after, Rachel sees the woman she calls Jess on the news. Jess has disappeared. Through the ensuing police investigation, Rachel is drawn deeper into the lives of the couple she learns are really Megan and Scott Hipwell. As she befriends Scott, Rachel pieces together what really happened the day Megan disappeared. But when Megan's body is found, Rachel finds herself the chief suspect in the case. Plunged into a world of betrayals, secrets and deceptions, Rachel must confront the facts about her own past and her own failed marriage. A sinister and twisting story that will keep you guessing at every turn, *The Girl on the Train* is a high-speed chase for the truth.

Our July 25<sup>th</sup> book will be *Still Life with Bread Crumbs* by Anna Quindlen.

We meet from 7:00 to 9:00 p.m. on the fourth Tuesday of each month in the Lower Hall, 602 22 Ave NW. Everyone is welcome to attend to enjoy discussing books (and snacks!) with those with similar interests in a fun, casual atmosphere.



## Mount Pleasant Real Estate Update

Last 12 Months Mount Pleasant  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2017	\$661,950	\$655,250
March 2017	\$589,000	\$577,500
February 2017	\$417,450	\$407,750
January 2017	\$612,450	\$584,225
December 2016	\$839,950	\$820,000
November 2016	\$450,000	\$415,000
October 2016	\$700,000	\$697,000
September 2016	\$557,400	\$545,500
August 2016	\$924,900	\$908,000
July 2016	\$475,000	\$480,500
June 2016	\$599,900	\$595,100
May 2016	\$649,500	\$625,500

Last 12 Months Mount Pleasant  
MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
April 2017	11	6
March 2017	8	6
February 2017	4	2
January 2017	8	6
December 2016	3	4
November 2016	7	5
October 2016	7	3
September 2016	9	4
August 2016	2	3
July 2016	7	7
June 2016	10	7
May 2016	10	10

To view more detailed information that comprise the above MLS averages please visit [mountpleasant.great-news.ca](http://mountpleasant.great-news.ca)



*"The one thing that unites all human beings, regardless of age, gender, religion or ethnic background, is that we all believe we are above-average drivers." – Dave Barry*

No one said our seniors aren't a forward-planning group. Ruben Nelson of Foresight Canada spoke at our April lunch on the possible things that lie in store for Alberta, our generation, and our grandchildren's. He spoke about the implications for the future of our current societal behaviours and, if we think about it, what kind of future we can create.

At our May lunch, upcoming at time of writing, we'll have our annual plant exchange as surely a great Calgary spring will have arrived by then! We'll also have a guest from the City to pass on information about the new Green Cart program and answer any questions we may still have on recycling.

If you're age 60 or over, join us in the Upper Hall on the 4<sup>th</sup> Wednesday of each month (2<sup>nd</sup> Wednesday in December) for a delicious hot meal followed by entertainment that varies each month (speaker, conversation, movie, games, etc.). Our doors open at 11:30, lunch is served around noon, and the entertainment follows. We can arrange rides to and from each lunch for people who have difficulty getting out. We want to meet you and are happy to provide this opportunity for you to socialize with your neighbours.

If you would like to be on our invitation list, please call Linda at 403-289-8390 or email [lohanlon@telus.net](mailto:lohanlon@telus.net). You can also take part if you're approaching age 60, if you wish to volunteer, or if you are accompanying a senior. Please pass this information on to anyone in the community who might enjoy the chance to get out for an adults-only social gathering.

Don't forget to save the 4<sup>th</sup> Wednesday of each month on your calendars now so you don't miss any lunches. Be sure to register in advance to ensure there's a seat available and we order enough food.

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 415,000 Households  
 152 Calgary Communities



## Business Membership in Good Standing

Alpine Insurance and Financial  
 Small Business Legal Centre

## MPCA Business Memberships

A business membership includes:

- Free listing of your business in MPCA's online business directory
- Free listing of your business in MPCA's monthly newsletter which is delivered to all community households
- The right to attend and speak at MPCA's Annual General Meeting
- The ability to ask that items be added to the agenda at MPCA's monthly Board meetings and to address those items
- One year of FREE web hosting, sponsored by Blue Ocean Interactive Marketing.



## 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 lohanlon@telus.net or 403-289-8390.



## MPCA Membership Form

Membership Year runs from date of purchase

Please complete and send with cheque payable to Mount Pleasant Community Association  
 602 22 Ave NW Calgary, Alberta, T2M 1N7  
 or Apply Online [www.mPCA.ca](http://www.mPCA.ca)

### Membership Type

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

New Resident or Life Members free \_\_\_\_\_ 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.

## Membership Benefits

### For You:

Supports your community  
 Can purchase monthly pass for the outdoor pool  
 Free public skating at the Sportsplex  
 Discounted ticket prices for community Special Events  
 Required for participation in Soccer and Playgroup  
 Vote at the annual AGM  
 Email notices for Special Events, volunteer opportunities, the AGM and City issues affecting Mount Pleasant

### For Your Community:

Brings our community together with sponsored events – Pamper your Palate and Day in the Park  
 Provides a liaison with the City of Calgary  
 Provides access to facilities for clubs like MPCA Book Club, Playgroup, Public Skating and Girl Guides.  
 Provides Community Visioning Opportunities to direct change

Cost is only \$15/year for a family – apply online [www.mPCA.ca](http://www.mPCA.ca)

**Lifetime Membership:** Are you 65 or older and been a MPCA member for 10 years? Then you qualify and do not have to pay the annual membership fee and do not need to renew each year. When you fill out your membership form indicate the you are applying for "life membership" If renewing online, chose the 'pay by cheque' option and email membership@mPCA.ca to advise you are applying for 'life membership'

**New resident to Mount Pleasant:** If you have lived in Mount Pleasant for less than a year you qualify for a free year's membership. When you fill out the form, please indicate that you are a 'new resident' and provide the date you moved into Mount Pleasant. If you renew online choose 'pay by cheque' and email membership@mPCA.ca to advise you are applying as a new resident and the date you moved into Mount Pleasant.

# MPCA Recycled at our Community Clean-Up

- 48 mattresses
- 24 car seats
- 2380 lbs of paint
- 4740 lbs electronics
- 1 full metals bin
- 10 carloads of bikes and household goods to the Syrian Refugee Group
- 2 full trucks of organics
- 3 full trucks of trash



## Hoffman INSTITUTE

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Email [shift@hoffmaninstitute.ca](mailto:shift@hoffmaninstitute.ca) to get more information on the Hoffman Process in Canada and receive a "free" book on how to live a happier life.



# Farewell to a community builder: Caresse Rutledge



Caresse Marcia Rutledge was born in Yorkton, Saskatchewan in November 1933. She spent most of her early years attending school in Nora and Yorkton, Saskatchewan. She eventually moved to Calgary where she met Bill. They enjoyed a happy marriage that lasted for over 60 years and raised a family of six children (Darrell, Kathryn, Barry, Michael, Robert, and Glenn). This was a fortunate thing for

Mount Pleasant as Caresse did so much to make it the great community it is today.

Caresse did a lot of volunteer work for Mount Pleasant as well as for others. She was the Treasurer for the Community for many years. She spent numerous hours working at the bingos the Community held and she worked at the concession stand in the hockey rink at least twice a week, making and serving coffee and hot chocolate, etc. She was extremely involved in getting an indoor arena built at what was then West Mount Pleasant. There was a small group of people, the Hurls, the Marshes, the Brauns, and the Johnsons, who were involved in this task. Together, this small group chased down donations, federal funding, and provincial funding. They also started another bingo on Friday afternoons to help raise the money needed. They held bake sales and various other fundraisers to make the dream happen. So many hours were devoted to our community in these volunteer activities. The results of their efforts allowed a lot of people to participate in hockey and figure skating indoors and there are a lot of people who still benefit from their hard work today.

Caresse passed away peacefully from cancer on April 19, 2017, surrounded by her family at the Agape Hospice. Farewell to a joyful, kind, and giving person. We'll miss her.

Thanks to Dianne and Darrell Rutledge for the information for this article.

## YOUR CITY OF CALGARY

### Responsible Pet Ownership in Parks

As we all enjoy being outside and spending time with our family, friends and pets; we want to ensure we are creating a safe place for all our neighbours. Knowing and adhering to the regulations in the Responsible Pet Ownership Bylaw 23M2006 helps to ensure that dogs are not being a nuisance in the community and dogs and citizens are safe.

City of Calgary would like to remind dog owners of the following:

- When off of their owner's property, dogs must be on a leash unless in a designated off-leash area.
- When in designated off-leash areas, dog owners must ensure their dog is under control, is within their sight and responds to commands.
- Parking lots adjacent to off-leash areas are on leash.
- Owners are responsible for picking up all waste produced by their dog.
- Dogs are not allowed in school grounds, playgrounds, sport fields, golf courses, cemeteries, wading and swimming areas, and other areas prohibited by signs.
- Dogs must be walked on the right-hand side of the pathway on a leash that is no more than two metres in length and must not interfere with other pathway users.
- Owners cannot cycle, in-line skate or skateboard on a pathway with a leashed dog.
- Dogs must not enter or swim in any body of water within a park except a river that runs through, or is adjacent to, a City park.
- Dogs must have and wear a City of Calgary licence when the dog is three-months-old

When we respect the bylaw, we contribute to a safer and healthier community.

Thank you for being responsible dog owners and valued community partners.

For more information about the Responsible Pet Ownership Bylaw, visit [calgary.ca/animalservices](http://calgary.ca/animalservices) or contact 311.



first 2000 days  
Early Childhood Development Network  
North West Coalitions

### Helping Your Children with Social and Emotional Skills for Kindergarten

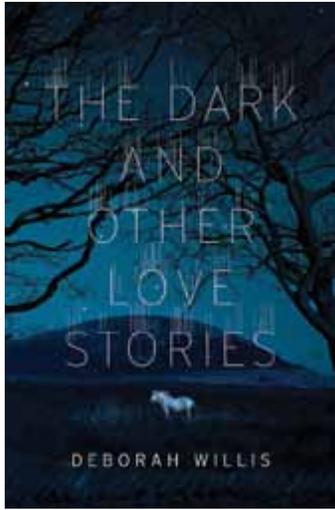
Age 5 is a "big" age as these kids are getting ready for school! Now we have to focus on getting ready for Kindergarten and learning new skills.

- Empathy is the ability to see the world from someone else's point of view and to understand another person's feelings. Such a hard task but an essential task.
- Children will follow your examples. Show an interest in other cultures by reading stories or attending multicultural events.
- Have a kindness board at home. Write down what kind things they have done during the month. Use a different color for each person.
- Allow your child to express their feelings in a safe manner and work with them to understand the feelings of others around them. It starts with a simple conversation starter such as "How do you think Johnny is feeling right now?"
- Help your child develop healthy friendships. Friendships help children learn how to behave in groups and work well with others. Acknowledge your child when they are kind, wait patiently for their turn, help a friend problem solve or when they use their imagination to contribute to the fun!
- Teach your child to apologize and to mean it. An apology is more than just a "I'm sorry". Apologies are said sincerely; acknowledge your child when they are sincere.
- Talk about what people have in common rather than what is different. Notice the positives of each person!!

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).

# Meet a Mount Pleasant Author



Our August 22<sup>th</sup> book club will be a special one, open to everyone in the community. Author Deborah Willis now resides in Mount Pleasant and has agreed to join us to read from her latest book, *The Dark and Other Love Stories*, at 7:00 p.m. in the Upper Hall, 602 22 Ave. NW. Deborah will read from her book, talk about the writing process, and answer

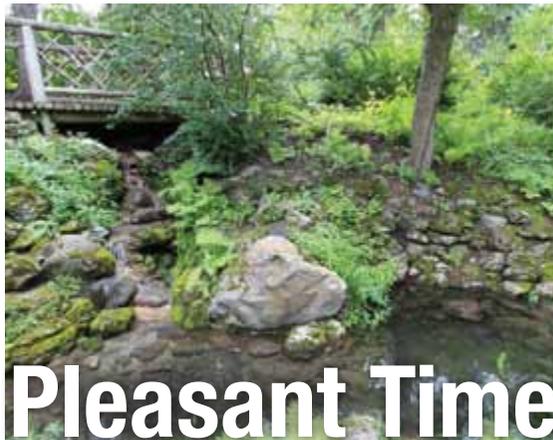
any questions you may have about any of her stories. If you missed information on Deborah in last month's Pulse, check out her web site: [deborahwillis.ca](http://deborahwillis.ca). In the meantime, pick up a copy of *The Dark and Other Love Stories* to read before joining us on August 22<sup>nd</sup>.

There's no charge for what promises to be a delightful evening but we do ask that you register in advance by emailing [lohanlon@telus.net](mailto:lohanlon@telus.net) or calling Linda at 403-289-8390. Let us know you plan on coming and we'll have coffee, tea, and cookies ready for you.



## KUDOS CANADA

Every year the Netherlands sends 20,000 tulip bulbs to Canada to thank us for our aid in the Second World War.



# Pleasant Time Day Trips

It's been a difficult year to organize day trips. Our regular tour company has cut back on its offerings and hasn't confirmed prices yet for those it is planning. I've looked for other buses to use but the cost of trips will be determined by the number of people who sign up. Here's what we have on offer:

**Wednesday, July 19, RCMP Dogs, Innisfail:** Estimated cost \$60, including lunch. 15 seats only reserved.

**September (date to be determined), Fairville Hutterite Colony, Bassano:** Estimated cost \$40 with 50 people; estimated cost with 30 people \$55, including lunch and tours. Wish the Tim Hortons bus were still available! Agreement with the Colony still required.

**Tuesday, October 3, Thanksgiving at Aspen Crossing:** Estimated cost \$80, including lunch and train. 10 seats only reserved.

**Friday, November 17, Great Canadian Barn Dance:** Estimated cost \$85, including lunch and show. 10 seats only reserved.

**Thursday, November 30, Cariboo Magi at Rosebud Theatre:** Subsidized cost with 50 people \$75; subsidized cost with 30 people \$89 (we usually get lots of people for Rosebud), including buffet lunch and show.

Payment will be requested once the costs are known. Call Linda at 403-289-8390 or email [lohanlon@telus.net](mailto:lohanlon@telus.net) to book your trips.

## SAFE & SOUND

### EMS: Window and Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

#### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. [www.windowssafety.ca](http://www.windowssafety.ca).



### School's Out: 3 Things for Canada Party!

We're celebrating Canada and the launch of our Summer Learning Program. Join us for games and food for the whole family. No registration required and all ages welcome.

All Library Locations  
June 17 | 10 am – 4 pm

### Celebrate Canada Day! at Central Library

For the first time, Central Library will be open on Canada Day and we invite you to join our indoor campfire, 150+ Acts of Reconciliation, LEGO construction site, and storytimes throughout the day.

Central Library  
July 1 | 10 am – 5 pm

### #Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit [calgarylibrary.ca](http://calgarylibrary.ca) or call 403.260.2600 to find out how you can be entered to win great prizes just for reading!

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

Contact [news@great-news.ca](mailto:news@great-news.ca)

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**NANNY POSITION:** Mount Pleasant family seeking live-out, experienced nanny for approx. 3 days/week starting mid-October 2017. Duties include newborn care and light housekeeping. Pet-friendly home. Driver's license preferred. Salary negotiable. Criminal record check and minimum two references required. Please contact Susan at 403-615-7377 or email [snkcalgary@gmail.com](mailto:snkcalgary@gmail.com).

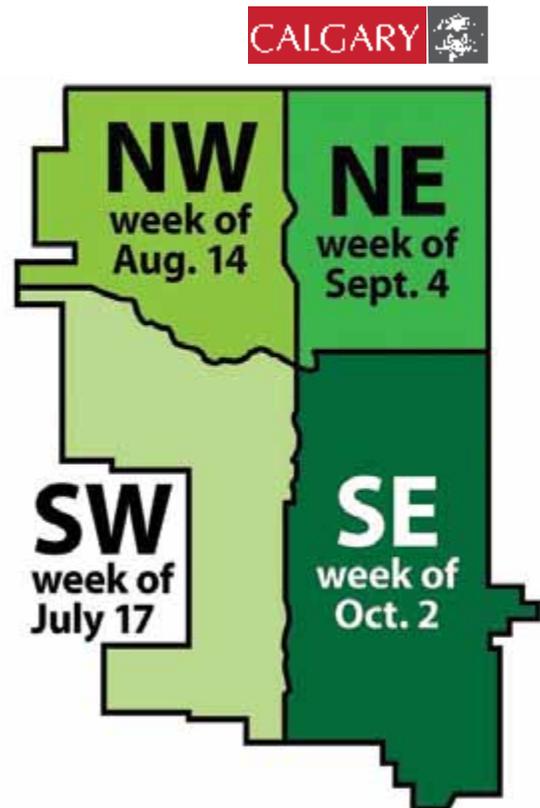
# Green Carts are coming this summer

Starting this June, green carts will be rolled out to all households for food and yard waste collection. Here are some details on the rollout.

### Green cart collection start dates

Green carts will be rolled out by quadrant. Once all residents in a quadrant have their carts, collection will begin as follows:

Quadrant	Cart delivery	Weekly green cart collection starts:
Southwest	June 5 - July 15	Week of July 17
Northwest	July 3 - August 12	Week of August 14
Northeast	August 7 - September 2	Week of September 4
Southeast	August 28 - September 30	Week of October 2



## Weekly green cart collection starts

### Three things to do when your cart arrives:

**1. Bring your cart up to your home.**

Carts will be delivered to the front of your home. Bring your cart up to your home and store it in a safe place (e.g. garage, against the side of your house or back fence).

**2. Look inside the green cart.**

Everything you need to get started is inside the cart. This includes:

- Kitchen pail and sample compostable bags.
- Sample paper yard waste bags for extra yard waste that doesn't fit inside the cart.
- Instruction guide and collection schedule.

**3. Consult your collection schedule.**

The collection schedule inside your cart explains when green cart collection starts in your quadrant along with your new collection days and schedule. You can also find out your collection days and sign up for free automated reminders at [calgary.ca/collection](http://calgary.ca/collection).

To learn more, visit [calgary.ca/greencart](http://calgary.ca/greencart).

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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.

**COMPUTER TECH:** Microsoft Certified/Sait Graduate. Solving computer problems for over 20 years. On-site home or business service. Virus removal, training, printer repairs, hardware, and software upgrades. Networking and data backup. Call Mike at 403-888-8482.

**YARD BUSTERS LANDSCAPING:** Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

**THE GUTTER DOCTOR!** We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB member. 2017 Consumers Choice Award Winner. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**NEST DESIGN:** General household repairs, interior/exterior. Over 20 years' experience. From small jobs, such as repairing holes in walls, painting, fixing doors, fence and deck repairs, to bigger projects. Free estimates. Contact David 403-830-4453 or email [dcoutay@gmail.com](mailto:dcoutay@gmail.com).

**TLC CLEANING:** Over 18 years' experience in the business! TLC Cleaning is a small and personalized cleaning company. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references, environmentally friendly options too. Let us put a little TLC into your home! Free estimates; please call Carol at 403-614-8522.

# The real way to build an emergency fund

Suzanne Smith-Demers – Consultant

It's an unsettling fact: most Canadians don't have money put away for an unexpected event. According to a 2015 survey by Pollara, 44% of Canadians have less than \$5,000 set aside for unexpected expenses, and a quarter of working Canadians are living paycheck to paycheck with no emergency cash at all.

Here's how to build an emergency fund:

**How much?** Ideally, your fund should equal three to six months of your take-home salary but at the very least, it should cover basic needs, like buying food and paying the household bills.

**How?** Build it steadily, progressively and as aggressively as your finances will allow:

- Determining how much you need in your emergency fund and how long it will take you to reach your goal using monthly contributions.
- Authorize automatic monthly payments from your chequing and/or paycheque account to your emergency fund account.
- Trim unnecessary monthly bills and put that money into your emergency fund.
- When you get a bonus or an unexpected tax refund, put some into your emergency fund and perhaps into an RRSP, and, yes, set aside a few dollars for fun.

**How not to?** Even if you have a line of credit, you still need an emergency fund. Drawing on a line of credit increases your debt and whatever you buy with it will cost even more because of the interest you'll pay. Don't be tempted to use that emergency fund for a vacation or another impulse purchase, it's for true emergencies only!

**How to make it grow?** Turn your emergency fund into an investment in a money market mutual fund or a high interest savings account.

Emergencies are a fact of life but you can cushion the effects when you're financially prepared.

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michael.t.martin@rbc.com

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Craig Coolahan**  
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403-216-5430 403-216-5432  
calgary.klein@assembly.ab.ca

Hello Calgary-Klein,

A belated happy Mothers' Day and early happy Fathers' Day to my constituents. Our government cares about Albertan families and this May, I had the honour of meeting parents and children at the Louise Dean Centre who are benefiting from our government's new \$25/day childcare program. Thirteen existing child care centres officially opened as Alberta Early Learning and Child Care Centres, and nine more will open throughout the year. All of these will provide quality child care at a cost to parents of no more than \$25 per day.

My colleagues and I are working to make life more affordable for parents by increasing access to quality, affordable, accessible child care, and I am proud to follow through on this election promise. Approximately 1,296 licensed child care spaces will be included in the program, with 714 of these as of May. Five of these centres are located in Calgary, and there will be 320 spots operating throughout the pilot program.

This support also helps families by allowing parents get back to work. By investing in quality child care, young children benefit from specialized and enriched programs, and working mothers are better able to return to work and support their families.

This is one way in which we are responding to the long-standing childcare crisis that working parents face. According to a 2016 Organization for Economic Co-operation and Development report, two-parent Canadian families spend nearly a quarter of their income on child care. That puts Canada among the most expensive countries for child care within this group of 35 wealthy countries. Single parents in Canada face an even tougher situation, spending nearly a third of their income on child care.

I believe Albertans deserve better, and our government is looking to implement a universal maximum of \$25/day quality child care as the province's finances permit.

My office is happy to hear from you, and may be reached at calgary.klein@assembly.ab.ca or 403-216-5430. I'll be available for the next *Coffee with Craig* at the Velvet Café (502 25 Ave NW) on June 10th from 10am-12pm.



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## 634 25 AVENUE NW

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