

MAY 2023

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Foster's Garden Chapel CHARITY GARAGE SALE

Sunday, June 11, 2023 from 9:00am - 12:00pm

Foster's Garden Chapel

3220 - 4 Street NW, Calgary, Alberta

**Support our charity by renting a table for \$20/table
at our Charity Garage Sale.**

Funds collected from table, refreshment and "staff table" sales will be given to Buchanan Elementary School. All funds you receive from the sale of your treasures are yours!

If you would like to rent a table of your own,
please call 403-297-0888 to find out how.

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MEMORIAL

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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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| Vice-President | Chris Best | vicepresident@mpca.ca |
| Secretary | Darren Rempel | secretary@mpca.ca |
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| Casino | Michele Gole | casino@mpca.ca |
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Business Memberships in Good Standing

- Michele Gole Real Estate
- Nicastro Real Estate
- CottageCare North Central
- Resolve Legal Group
- 4.2.4 Bar. Kitchen. Social.
- Campus Preschool Calgary



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: Yes _____ No _____
 I wish to subscribe to MPCA email list _____
 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

Spring 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!



BOARD REPORT

This month, we are providing an update on our three facilities: the hall, Sportsplex, and outdoor pool.

At the hall, we are performing essential maintenance and repairs as we explore options to renovate and expand the building. We removed the exterior stairs that were located at the northwest corner of the hall in front of the mural. We were concerned that they were becoming unsafe. The City's health department has informed us that we need to remove the T-bar ceiling in the lower hall. At the March board meeting, we approved the retainer of Altus Group to provide us with renovation cost consulting services for the items on our "wants and needs list" to assist us in moving forward.

At the Sportsplex, the ice was removed at the end of March after another successful season. Our rental ice resurfacing machine was needed for most of the month due to delays in obtaining a repair technician for our Zamboni. We expect to have another busy season on the ice in the fall, as Hockey Calgary has announced that a number of Simons Valley players will be moved into McKnight Hockey, which is our local group. We anticipate a busy summer season with rentals by RHL Ball Hockey, as well as our implementation of pickleball and badminton.

For the outdoor pool, the Annual General Meeting of COSPA (Calgary Outdoor Swimming Pools Association) took place over video on March 22. The MPCA was well-represented by three participants. The COSPA board announced that an improved online booking system will be implemented this season. This will be a relief to all of us who have had to complete a lengthy form for every swimmer in a party. We expect the pool to open in mid-June.

Philip E. Carr

Past President, MPCA

Cell: 403-467-0351

Email: pastpresident@mpca.ca



Mount Pleasant Community Cleanup



When: Sunday, May 7, 2023, from 9:00 am to 2:00 pm

Where: Mount Pleasant Sportsplex (602 22 Avenue NW)

Save yourself a trip to the landfill!

These popular events are hosted by community associations with support from the City of Calgary.

Calgarians can drop off unwanted items at any community cleanup location, regardless of where they live in the city. There is no charge for putting items in City of Calgary trucks.

Keep in mind, some community associations bring in recycling services that may require a fee.

Check calgary.ca/cleanup for the list of community associations hosting cleanup events and check the community associations' website or social media page for full details on the event in each community.

Green or blue cart items, which include yard waste or recyclable items, will not be accepted at the cleanup events unless the community association has hired additional vendors). Visit calgary.ca/whatgoeswhere for items that are recyclable.

Please Don't Bring:

- Car batteries
- Glass (e.g. windowpanes, glass tabletops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbecues)
- Railway ties
- Sod or dirt
- Household hazardous waste (See calgary.ca for drop-off locations)



Arts and Crafts Sessions for All Ages

We are grateful that until now, our program has been fully funded by the Mount Pleasant Community Association. Beginning in May, we must share in some of the costs to run the classes. There will be a non-refundable ticket price of \$15 per class moving forward. These two-hour classes are sponsored by MPCA and include all instruction, supplies, and materials.

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. You can sign up to receive email notification of upcoming classes or click the 'Events' button on our website, 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.

May Classes:

Wednesday, May 10, 1:30 to 3:30 pm - Ceramic Bird House: Connie Zerger will help us make perfectly charming, functional birdhouses. Perhaps we will entice some delightful Chickadees to our yards.

Wednesday, May 17, 1:30 to 3:30 pm - Painted Terracotta Plant Pots: Get a good start on spring gardening by decorating a terracotta plant pot with acrylic paint. The finishing touch will be potting an aromatic annual.

Wednesday, May 31, 1:30 to 3:30 pm - Watercolour Pencil Crayons: Explore this compelling medium with Tracy Franks. These pencil crayons draw and colour as usual, but are water soluble, creating some unusual effects.

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

Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE
FOR THE ANSWERS!



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MOUNT PLEASANT CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Emergency Preparedness Week is May 7 to 13

from the City of Calgary



Emergencies can happen anytime, anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency. This year, Emergency Preparedness Week runs from May 7 to 13. This is an annual event that takes place across Canada every May.

During Emergency Preparedness Week, The City encourages Calgarians to take actions to prepare and protect themselves, their families, and their homes during an emergency event.

Know the Risks: Learn about the types of disasters and hazards that can occur in Calgary.

Get Prepared: Every emergency is different but having a plan will help you and your family know what to do and who to contact in different situations. Get prepared by reviewing your insurance coverage, practicing a home evacuation, and taking steps to protect your home. A fillable emergency action plan is available in various translated languages at calgary.ca/getready, along with tips to get prepared.

Know What to Do During an Emergency: It's important to stay informed by monitoring local TV, radio, and emergency alerts.

Know What to Expect After an Emergency: Cleaning up after a disaster can be hazardous. Ensure that you only enter a disaster site when it's safe and with the proper protective equipment. Remember to document all damages and contact your insurance provider as soon as possible.

Learn more about how to get prepared for emergencies and the activities taking place during Emergency Preparedness Week at calgary.ca/getready.

Hello May!

One of our focuses on the Green Initiative Committee is waste management. We implement tactical ways to redirect waste produced within Mount Pleasant and we work to communicate awareness of recycling and composting programs that are available to the community.

This month's article features a few helpful guides to the waste management options available in our community and city, shares some stats from the 2022 Sustainable Cities Index report, and ends with a revisit to a challenge from last year.

City of Calgary Waste Management Options:

- Take advantage of the City's hazardous waste recycling. Items that are accepted are automotive chemicals, batteries, motor oil, garden and chemical pests, cleaning chemicals, and home renovations. Just to name a few! For a full list please visit <https://www.calgary.ca/waste/residential/household-hazardous-waste-drop-off-program.html>. All materials must be stored, labelled, and sealed properly. There are multiple locations across the city.
- Household blue cart: These carts can accept many items but not all and sometimes it is hard to recall precisely what can go in your blue cart. The City has a helpful tool to tell you what goes where. It can be found here: <https://www.calgary.ca/waste/what-goes-where/default.html>.
- Lastly, of course, are the household green cart items that keep many things out of the black carts and can go into the City's composting facilities. Items accepted in these carts are food waste, food-soiled paper, yard waste, and even pet waste! For a full list visit <https://www.calgary.ca/waste/residential/green-cart.html>.

Also, did you know that if you are looking to learn more about waste management, you can call 3-1-1 to book a tour of a landfill, compost, or recycling facility?

Hopefully, you've taken advantage of the Community Cleanup this year. This is one of the major events that we bring to the community by partnering with the City and community vendors to redirect household items that may otherwise end up in a landfill.

While these initiatives are great to see and are also growing better each year, there is still a lot of work to do. According to the first-ever Sustainable Cities Index performed by Corporate Knights, Calgary got a D on our solid waste generated per capita rating. Also, according to this report, "Urbanization and rapid population growth is expected to result in an increase in annual waste by 70% from 2016 levels by 2050" (Corporate Knights, 2022).

A challenge we proposed last year was to conduct a waste audit in your home. It is a small step to bringing awareness to the waste that we all mindlessly produce. So, if you did not get a chance to get to it last year, and even if you did, here it is again. Keep track of the amount that goes into your black cart, (by weight, size of garbage bin or bag), write it down and make a point to reduce this every month for the rest of the year. See if you can hit a 70% reduction!

If you have ideas that you want to share on how to better waste management or 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.

Have a great month,

The MPCA Green Initiatives Committee

References: Corporate Knights. (2022, June). *2022 Sustainable Cities Report*. Retrieved from Corporate Knights: <https://www.corporateknights.com>.



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.

Monday, Tuesday, Thursday, and Friday, 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, 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, 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

Sunday, May 7, 9:00 am to 2:00 pm

Mount Pleasant Community Cleanup

Tuesday, May 23

MPCA Book Club, *The Strangers* by Katherena Vermette

Tuesday, June 27

MPCA Book Club, *Dead Wake: The Last Crossing of the Lusitania* by Erik Larson

Cats, Canines, & Critters of Calgary



Miki, Haysboro



Rigby, Huntington Hills



Riley, Dover



Whiskey, Walden

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Green Initiatives Committee Community Pantry Update

The MPCA Community Pantry has been a huge success since its installation in June 2022.

We've loved seeing the community come together and embrace sharing economy.

There are just a few things to keep in mind to ensure this project continues to be successful!

A good rule of thumb is, "If you wouldn't find it on a shelf in the grocery store - it does not go in the pantry."

Donate:

- Food purchased from approved food establishments.
- Non-perishable foods (do not need to be stored in the fridge).
- Consider the weather when donating canned or jarred foods. These foods may freeze in cold weather and become unsafe to eat or make a big mess.
- Foods stored in original, sealed containers with labels and in good condition.

Don't Donate:

- Perishable food items.
- Food without labels or in damaged packages (dented cans, bulging cans, torn packaging, cracked jars).
- Food that is contaminated by pests, chemicals, or anything else.
- Home-prepared foods, home-canned foods, or leftovers.
- Expired baby formula.
- Open food or partially consumed product.

The pantry is for non-perishable food and toiletry items only. Please do not leave clothing or other household goods. There are other initiatives that can take in donated household goods.

The most important thing is ensuring that we are adhering to AHS Health and Safety standards to ensure that our pantry remains a safe place for our community members to share with each other.



How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

- 1 Go to inaturalist.ca or download the app.
- 2 Look around your favourite park or backyard for any **insects visiting a flower**.
- 3 Take a least **2 clear photos of an insect**, preferably from multiple angles.
- 4 Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves or whole plant.
- 5 Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.
- 6 Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



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



For Adults of All Ages

Grandchildren don't make a man feel old, it's the knowledge that he's married to a grandmother that does.

– J. Norman Collie

Adults of all ages are welcome to participate in our activities, except 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: Our 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 the lunch – a speaker, movie, games, or live entertainment. In March, we had our annual book exchange with lots of interesting books on offer. Thanks to Vi for taking the leftovers to donate to the Kidney Foundation. In April and May, Jill Chambers will join us again to talk about "Advance Care Planning and Cognitive Decline and Decision Making."

Many thanks to MPCA for making our lunches possible. We ask that you donate \$5 or whatever you can afford to help support the cost.

If you are aged 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 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.

Many participants have opted to join the class via Zoom at home, but we do offer classes at the community hall on Mondays and Wednesdays in May and June,

with the instructor there. Classes are held Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays on Zoom only from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information. You can try out a free class to see if this is for you.

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. 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: We had a glitch for our trip to the Gasoline Alley Museum to take in the *We Were Here: Stories from Early Chinatown* exhibit. The GoGetters' bus wasn't willing to get up and go on that fine spring day. We managed by car pooling and sharing a cab, a good decision as the display was interesting. There was lots of time to check out the restored vehicles, learn about making it up hills without a fuel pump, have a tasty lunch, and check out the stores (especially the confectionary).

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



2023 Farm Stand Program



Coming Soon!

Dear Community Members,

The Mount Pleasant Community Association (MPCA) is thrilled to announce that we will be partnering with the City of Calgary and Lil Green Urban Farm to bring a produce stand to the Mount Pleasant community this summer. We are excited to offer our residents access to fresh, locally-grown produce and support a local business at the same time.

We are still confirming the dates for the produce stand, but we will be sharing all the details on our social media platforms soon. We encourage you to follow us on Facebook and Instagram to stay current on all the latest news and events in our community.

We want to thank the City of Calgary and Lil Green Urban Farm for their partnership and commitment to providing our community with fresh and locally-grown produce.

We can't wait to see you at the produce stand this summer!

Sincerely,

The MPCA

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.



Our May 23 book will be *The Strangers* by Katherena Vermette. "*The Strangers* brings readers into the dynamic world of the Stranger family, the strength of their bond, and the shared pain in their past. This is a searing exploration of race, class, inherited trauma, and matrilineal bonds that, despite everything, refuse to be broken. Cedar has nearly forgotten what her family looks like. Phoenix has nearly forgotten what freedom feels like. And Elsie has nearly given up hope. Nearly.

After time spent in foster homes, Cedar goes to live with her estranged father. Although she grapples with the pain of being separated from her mother, Elsie, and sister, Phoenix, she's hoping for a new chapter in her life, only to find herself once again in a strange house surrounded by strangers. From a youth detention centre, Phoenix gives birth to a baby she'll never get to raise and tries to forgive herself for all the harm she's caused (while wondering if she even should). Elsie, struggling with addiction and determined to turn her life around, is buoyed by the idea of being reunited with her daughters and strives to be someone they can depend on, unlike her own distant mother. These are the Strangers, each haunted in her own way. Between flickering moments of warmth and support, the women diverge and reconnect, fighting to survive in a fractured system that pretends to offer success but expects them to fail. Facing the distinct blade of racism from those they trusted most, they urge one another to move through the darkness, all the while wondering if they'll ever emerge safely on the other side." – Good Reads

The June 27 book will be *Dead Wake: The Last Crossing of the Lusitania* by Erik Larson. 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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THE EMERALD

The emerald is May's official birthstone. Unlike some birthstones, emerald is classified as one of four precious gemstones. Although the oldest emeralds date back 2.97 billion years and were first mined in Egypt, emeralds have been found in Canada, although they're rare. Canada's first emeralds were found in 1998 in Yukon Territory!

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