

AUGUST 2023

DELIVERED MONTHLY TO 4,410 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**EMBRACING SUSTAINABLE TRAVEL  
MOUNT PLEASANT'S WE-HAUL BIKE  
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# MT. PLEASANT DENTAL CARE



New Patients  
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Clinic Hours  
MON - TUES  
9:00AM - 5:00PM  
WED - FRI  
10:00AM - 6:00PM

Contact For Appointment

**403-289-4411**

APPOINTMENTS@MPDENTALCARE.CA

**CONTACT US**

Mt.Pleasant Dental Care

UNIT 201

602 16th Avenue NW

Calgary, AB T2M0J7

New Patient  
Exam for  
**\$49**

# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7  
 Email [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>

## EXECUTIVES

|                |                   |  |
|----------------|-------------------|--|
| President      | Jessica Karpat    | <a href="mailto:president@mpca.ca">president@mpca.ca</a>         |
| Vice-President | Chris Best        | <a href="mailto:vicepresident@mpca.ca">vicepresident@mpca.ca</a> |
| Secretary      | Darren Rempel     | <a href="mailto:secretary@mpca.ca">secretary@mpca.ca</a>         |
| Treasurer      | Parshant Parshant | <a href="mailto:treasurer@mpca.ca">treasurer@mpca.ca</a>         |
| Past President | Philip Carr       | <a href="mailto:pastpresident@mpca.ca">pastpresident@mpca.ca</a> |

## DIRECTORS

|                           |                       |  |
|---------------------------|-----------------------|--|
| Green Initiatives         | Matthew Crist         | <a href="mailto:green@mpca.ca">green@mpca.ca</a>                   |
| Hall                      | Murray Anderson       | <a href="mailto:hall@mpca.ca">hall@mpca.ca</a>                     |
| Engagement and Membership | Kathryn McIntosh      | <a href="mailto:engagement@mpca.ca">engagement@mpca.ca</a>         |
| Planning and Development  | Estelle Ducatel       | <a href="mailto:planning@mpca.ca">planning@mpca.ca</a>             |
| Communications            | Kathy Langton         | <a href="mailto:communications@mpca.ca">communications@mpca.ca</a> |
| Special Events            | Jackie Traynor Barker | <a href="mailto:specialevents@mpca.ca">specialevents@mpca.ca</a>   |
| Sportsplex                | Jeff Gerlitz          | <a href="mailto:sportsplex@mpca.ca">sportsplex@mpca.ca</a>         |
| Swimming Pool             | Caron Gerlitz         | <a href="mailto:swimmingpool@mpca.ca">swimmingpool@mpca.ca</a>     |

## COORDINATORS

|                |                                 |  |
|----------------|---------------------------------|--|
| Web Manager    | Vanessa Gillard                 | <a href="mailto:webmanager@mpca.ca">webmanager@mpca.ca</a>       |
| Hall Rentals   | Nickie Brockhoff                | <a href="mailto:hallrentals@mpca.ca">hallrentals@mpca.ca</a>     |
| Pleasant Times | Linda O'Hanlon                  | <a href="mailto:pleasanttimes@mpca.ca">pleasanttimes@mpca.ca</a> |
| Dog Park       | Chris Rvachew                   | <a href="mailto:dogpark@mpca.ca">dogpark@mpca.ca</a>             |
| Playgroup      | Kimberley Adams                 | <a href="mailto:playgroup@mpca.ca">playgroup@mpca.ca</a>         |
| Grants         | Johanna Plant Donnelly          | <a href="mailto:grants@mpca.ca">grants@mpca.ca</a>               |
| Soccer         | Mark Schmidt<br>Whitney Punchak | <a href="mailto:soccer@mpca.ca">soccer@mpca.ca</a>               |
| Casino         | Michele Gole                    | <a href="mailto:casino@mpca.ca">casino@mpca.ca</a>               |
| Outdoor Rink   | Shawn Stordy                    | <a href="mailto:odr@mpca.ca">odr@mpca.ca</a>                     |

## 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](http://www.mPCA.ca) and pay by credit card.



### Membership Type

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

Non-Resident \$25/year/family \_\_\_\_\_

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Postal Code \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Phone \_\_\_\_\_

Payment Attached: Cheque \_\_\_\_\_ Cash \_\_\_\_\_  
 I wish to subscribe to MPCA email list Yes \_\_\_\_\_ No \_\_\_\_\_  
 Number in Family Adults \_\_\_\_\_ Children \_\_\_\_\_

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other) please specify: \_\_\_\_\_

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

## PLAYGROUP – UPCOMING EVENTS

Playgroup is a wonderful, casual place to connect with other families in your community. And a fun way for kids to interact and engage with other kids their age (ages 0 to 5).

We are a volunteer-run parent program offering 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.

Are you, or do you know anyone interested in trying Playgroup before fall registration opens?

We meet in the Lower Hall of the MPCA Community Centre on Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am.

Please reach out and come see what it's all about. We look forward to seeing you there!

Visit [mpca.ca/playgroup](http://mpca.ca/playgroup) or email [playgroup@mpca.ca](mailto:playgroup@mpca.ca).



Mount Pleasant  
Playgroup



**PLAYGROUP**

9am - 11am  
Mon, Tues, Thurs & Fri  
Mount Pleasant Community Hall

visit [MPCA.ca/playgroup](http://MPCA.ca/playgroup)  
or contact [playgroup@mpca.ca](mailto:playgroup@mpca.ca)

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

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Service Call Fee



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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



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[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

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## Crafternoon



### Arts and Crafts Sessions for All Ages

Crafternoons will return in September. Start checking the Events page, <https://mpca.tidyhq.com/public/schedule/events>, in August to see what fun skills are on offer. If you'd like to sign up for email notification of upcoming classes each month, contact Anne at [anne.countryman@gmail.com](mailto:anne.countryman@gmail.com) or 403-282-3675.

## Mount Pleasant Community Farm Stand



The MPCA is thrilled to be partnering with the City of Calgary and Lil Green Urban Farm to bring a produce stand to our community centre this summer.

We are excited to offer our community access to fresh, locally grown produce while supporting local businesses at the same time.

The Farm Stand will run on Thursdays from 2:00 to 5:30 pm at the Mount Pleasant Community Hall.

### 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](mailto:pleasanttimes@mpca.ca) or 403-289-8390.

## MPCA Seeking a Vice-President

The Mount Pleasant Community Association (MPCA) Executive Board of Directors is inviting expressions of interest for the vice-president role, which will become available when the current VP term is up for election at the AGM in October.

The vice-president plays a crucial role in the effective governance of the organization, staying informed about issues affecting the community, and actively participating in the board's discussions and decisions regarding policy, finance, programs, personnel, and advocacy. They also work to develop and maintain positive relationships among the board, committees, and community to advance the MPCA's mission and vision.

This position requires a strong commitment to the work of the organization and a passion for making a positive impact in the community. As a member of the MPCA Executive Board of Directors, the vice-president will have the opportunity to contribute to the success of the organization and help shape the future of our community.

The vice-president position is a two-year term, with the expectation that the individual will serve an additional two years in the role of president.

If you're interested in serving in this important role or would like to learn more, please get in touch with us today at [vicepresident@mpca.ca](mailto:vicepresident@mpca.ca) to express your interest. We look forward to hearing from you!

## INVITATION FOR EXPRESSION OF INTEREST

### VICE PRESIDENT ROLE





Our August 22 book is *The Poisonwood Bible* by Barbara Kingsolver. *The Poisonwood Bible* is a story told by the wife and four daughters of Nathan Price, a fierce, evangelical Baptist who takes his family and mission to the Belgian Congo in 1959. They carry with them everything they believe they will need from home, but soon find that all of it, from garden seeds to Scripture, is calamitously transformed on African soil. What follows is a suspenseful epic of one family's tragic undoing and remarkable reconstruction over the course of three decades in postcolonial Africa.

The novel is set against one of the most dramatic political chronicles of the twentieth century: the Congo's fight for independence from Belgium, the murder of its first elected prime minister, the CIA coup to install his replacement, and the insidious progress of a world economic order that robs the fledgling African nation of its autonomy. Against this backdrop, Orleana Price reconstructs the story of her evangelist husband's part in the Western assault on Africa, a tale indelibly darkened by her own losses and unanswerable questions about her own culpability. Also narrating the story, by turns, are her four daughters: self-centered, teenaged Rachel; shrewd adolescent twins Leah and Adah; and Ruth May, a prescient five-year-old. These sharply observant girls, who arrive in the Congo with racial preconceptions forged in 1950s Georgia, will be marked in surprisingly different ways by their father's intractable mission, and by Africa itself. Ultimately, each must strike her own separate path to salvation. Their passionately intertwined stories become a compelling exploration of moral risk and personal responsibility.

The September 26 book will be *Laundry Love: Finding Joy in a Common Chore* by Patric Richardson and Karin B. Miller.

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](mailto:burichan@live.com) or 403-836-3626 for more information. Come and join in a lively discussion about a great book.

## BOARD REPORT

Unless something urgent arises, the MPCA Board does not meet during the summer months. We hope you are enjoying your summer, whether at home or away.

At our June meeting, we reviewed and approved the audited financial statements for presentation to the Annual General Meeting in October. Our financial picture remains healthy, as more and more activities are resuming after the end of COVID restrictions. We also approved a request from the St. Cyprian's Scout Troop to use our lower hall while their building is undergoing renovations.

While it is a bit out-of-date now, we do wish to say "thank you" to everyone who was involved in making Neighbour Day such a huge success on June 17! The bicycle parade was an exciting reminder that MPCA is a vibrant community with many active children! We appreciate the fact that Mayor Gondek was on hand to kick off the day and that Councillor Terry Wong attended the event and brought his greetings.

We received an update from the City of Calgary about the redevelopment of the area around the North Mount Pleasant Arts Centre. Regrettably, the news was not positive for those who planned to use the community garden plots in 2023. The City's update was that there had been a further six-week delay in the project, and none of the plots would be available until late July. We have expressed our disappointment to the City's project manager, as our community gardeners already lost out on last year's growing season because of the City's schedule at that time.

Looking ahead to the fall, this is an early reminder that our Annual General Meeting will take place at the Hall on Tuesday, October 17 at 7:00 pm. Come meet your neighbours and hear updates from the Board.

*Philip E. Carr*

Past President - MPCA

403-467-0351

[pastpresident@mpca.ca](mailto:pastpresident@mpca.ca)

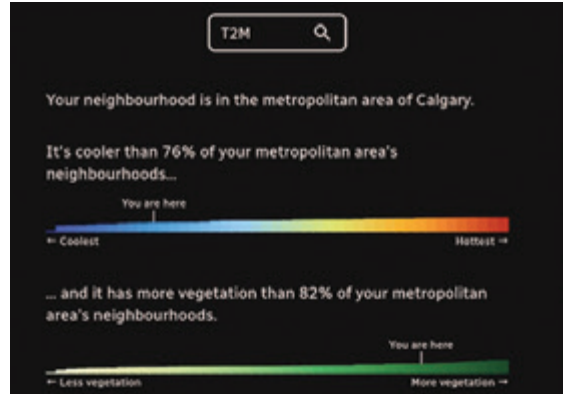


## Urban Heat Island Effect in Calgary

How many times did you wake up this year with a message from Environment Canada warning you about an extreme heat event? Heat waves are more and more common in Calgary, so we decided for the month of August to talk about the urban heat island effect, how it affects Calgary, and Mount Pleasant in particular.

In urbanized areas, the concrete, brick, and asphalt present in cities absorbs heat from the sun during the day and releases some of it during the night. On top of that, waste heat released by buildings, machinery, and vehicles make the situation even worse. The city becomes warmer, both during the day and at night. So, what is the situation in Calgary and what can we do about it?

CBC has developed an interesting tool to see where your community stands in terms of urban heat island effect. You only need to type the first three characters of your postal code to see how your neighbourhood compares to the rest of the city. Here is the result for the Mount Pleasant area:



Source: City of Calgary

Of course, increasing the tree canopy cannot always be the solution due to Calgary's geography (trees don't always grow well in prairie environments). Here are a few other options to explore:

If you are in an area where trees can easily mature, consider taking advantage of the city's "Branching Out" program to obtain free trees to plant on your properties, they will provide shade and cool the air through transpiration.

Plant shrubs, grasses, ground cover wherever possible to increase moisture released into the atmosphere and thus cool the air.

When changing your roof, consider choosing light colour materials that don't absorb heat as much as dark colours and improve the isolation of your home.

Consider adding shade structures such as pergolas and awnings, or a water fountain in a shaded area of your yard to provide shade and cool the air.

Having green roofs is a great way to reduce heat and save energy, but the City of Calgary is currently considering them appropriate only for commercial buildings.

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](mailto:green@mpca.ca) for more information or if you have any questions. Also, please check out our Mount Pleasant Green Initiatives Group on Facebook! You can find us on the Mount Pleasant Community Association page. The Facebook group is a great place to share knowledge and resources and check in to see what others are saying.

The MPCA Green Initiatives Committee

Canopy coverage by sector

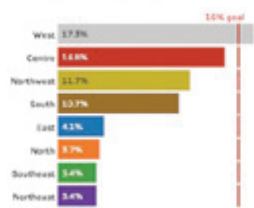


Chart: Rob Eason • Source: City of Calgary • CBC News

City-maintained trees by sector

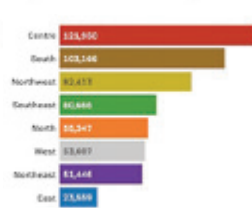


Chart: Rob Eason • Source: City of Calgary • CBC News

Source: CBC/Radio Canada "Here's who lives in your city's worst heat islands"

As we can see, Mount Pleasant is very fortunate in this regard as we have a lot of vegetation and a good tree canopy which helps keep the neighbourhood cool. We also have access to shaded areas, parks, and recreation facilities (like the Mount Pleasant Swimming pool) to shelter from the heat. Other parts of the city are not as fortunate (try different postal codes to see the difference). But there are solutions to improve that.

The percentage of tree canopy is a big factor in reducing the heat island effect. The City pledged to increase its urban tree canopy to 16% as it currently sits at 9% with big discrepancies between neighbourhoods.

## MPCA HALL PROGRAMS

Embrace an active lifestyle and discover a wide range of engaging activities at the Mount Pleasant Community Hall (602 22 Avenue NW)! Our Community Hall is open year-round, providing a vibrant hub for individuals of all ages.

### 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 [mpca.ca/playgroup](http://mpca.ca/playgroup).

#### **Sportball (Third Party) – Upper Hall**

##### **Sports Instruction for Kids**

**Tuesday Mornings and Sunday Afternoons**

For more information and registration, please contact [Calgary@Sportball.ca](mailto:Calgary@Sportball.ca) or call 403-975-2936, or visit [www.sportball.ca](http://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**

##### **Ages 7+**

**Tuesdays | 5:30 to 6:30 pm**

Fall registration is now open for ages 4+ lessons. These new classes are scheduled to start in September on Mondays from 5:00 to 6:00 pm.

Spots are filling up for this new class! Register to secure your spot! For more information and to register, please contact Eric at [efleiger@outlook.com](mailto:efleiger@outlook.com) or call Senpai Eric at 403-650-8445.

### Adult Programs

#### **Aspire to Inspire Zumba (Third Party) – Zumba Fitness - Upper Hall**

**Mondays | 6:30 to 7:30 pm**

For more information and to register, visit [www.ATIZumba.com](http://www.ATIZumba.com).

Call 403-975-5817 or email [ATIZumba@gmail.com](mailto:ATIZumba@gmail.com).

#### **Tai-Chi - Summer Outdoor Sessions – SportsPlex Parking Lot**

The Pleasant Times Social Club is pleased to offer a special summer session of Beginner Tai Chi classes suitable for all ages! Join us on Monday and Wednesday mornings from 9:00 to 10:00 am for refreshing and invigorating sessions. Best of all, these classes are free of charge and open to all members of the MPCA.

For more information, please contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390. Regular sessions will resume in September if there is enough interest. Don't miss out on this wonderful opportunity to learn and practice Tai Chi with us!

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

**Returning in September | Thursdays | 7:45 to 8:45 pm**

For more information and to register, please contact Trish Hardy at [hardytrish@gmail.com](mailto:hardytrish@gmail.com) or call 403-620-4990 [www.trishhardyyoga.com](http://www.trishhardyyoga.com).

#### **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](mailto:fma.academy.calgary@gmail.com) or call 587-891-8108. More information can be found at [www.flowma.ca](http://www.flowma.ca). You can also follow them on Instagram at [@flowmartialartsacademy](https://www.instagram.com/flowmartialartsacademy).

## Mount Pleasant Casino 2024!

Exciting News! MPCA has been approved for another casino in Q2 2024. Stay tuned – the exact date to be announced in November 2023!

This is a great volunteer opportunity! Send an email to [engagement@mpca.ca](mailto:engagement@mpca.ca) to express interest!



## ACTIVITIES AND EVENTS

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

### **MPCA Playgroup – Lower Hall**

Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am

### **Sportball – Upper Hall**

Tuesday mornings and Sunday afternoons

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

Monday to Friday after school

### **Afternoon Games – Upper Hall**

Adults, no minimum age, September to June

Mondays at 1:15 pm

### **Aspire to Inspire Zumba – Zumba Fitness – Upper Hall**

Mondays from 6:30 to 7:30 pm

### **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 from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am

### **Special Beginner Tai-Chi Free Outdoor Summer Sessions!**

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

Pleasant Times Social Club will be offering free sessions in the SportsPlex Lot on Mondays and Wednesdays (no session on August 7). Regular sessions will resume in September if there is enough interest. Contact [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) to express interest.

### **Flow Martial Arts – Upper Hall**

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

### **Mount Pleasant Children's Karate – Upper Hall**

Tuesdays from 5:30 to 6:30 pm

### **Book Club – Lower Hall**

Adults, no minimum age

Fourth Tuesday of each month from 7:00 to 9:00 pm

### **Arts and Crafts Crafternoons – Upper Hall**

Select Wednesdays from 1:30 to 3:30 pm

Open to adults, no minimum age.

Sessions run from September to June.

### **Monthly Seniors Lunches – Upper Hall**

Age 60 and over

Fourth Wednesday of each month

RSVP required

### **Zumba with Andre – Upper Hall**

Wednesdays from 5:30 to 6:30 pm

Resuming in September

### **Yoga with Trish Hardy Yoga – Upper Hall**

Thursdays from 7:45 to 8:45 pm

Resuming in September

### **Calgary Rakushinkan – Upper Hall**

Thursdays from 5:30 to 7:30 pm and Sundays from 5:00 to 7:00 pm

### **Fly Right Swing Dance Lessons – Upper Hall**

Friday evenings

### **MPCA Book Club, *The Poisonwood Bible* by Barbara Kingsolver**

Tuesday, August 22

### **Members' Pickleball and Badminton Drop-In – SportsPlex**

Select weekdays

### **Mount Pleasant Community Farm Stand – Community Hall or Pool Parking Lot**

Thursdays from 2:00 to 5:30 pm

### **MPCA Book Club, *Laundry Love: Finding Joy in a Common Chore* by Patric Richardson and Karin B. Miller**

Tuesday, September 26

## Monday Afternoon Games

Mark your calendars for September for the return of 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. There's whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette ([yvette.v53@hotmail.com](mailto:yvette.v53@hotmail.com) or 403-284-1715) to be advised of when games afternoons are happening.

## Call for Volunteers: Planning and Development Committee

We're excited to announce that Estelle Ducatel has joined the MPCA Board as our new Planning and Development Director!

With a new Director in place, the Planning and Development Committee is looking for enthusiastic volunteers who share our passion for making our neighbourhood a great place to live. If you're interested in land use, zoning, and community development and want to contribute your skills and knowledge to our committee, we would love to hear from you.

Email us at [planning@mpca.ca](mailto:planning@mpca.ca) to express your interest or to learn more about what we do.

**VOLUNTEERS  
NEEDED**

**PLANNING AND  
DEVELOPMENT COMMITTEE**



## GAMES & PUZZLES

### Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



**SCAN THE QR CODE  
FOR THE ANSWERS!**



## 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.

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

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

# 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](mailto:GREEN@MPCA.CA)  
TO REPORT ANY CONCERNS

SCAN HERE TO VIEW ADDITIONAL  
MOUNT PLEASANT CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!



## PLEASANT TIMES SOCIAL CLUB

*"In the end, it's not the years in your life that count. It's the life in your years."* - Abraham Lincoln

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are open to those age 60 and over. Most events are held during the day, Monday to Friday, with the odd exception, but if something piques your interest and you're available, please contact us for more information.

**Monthly Lunches:** Our 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. We ask that you donate \$5 or whatever you can to help support the cost.

July and August are a bit different as we hope to have our lunches outdoors, weather permitting. July was our annual pizza picnic in the park, complete with bocce and horseshoe tournaments to work up an appetite before lunch and to get moving again afterwards. In August, we're planning an old-fashioned picnic with deli meats, salads, and even baked beans!

Our May lunch was a hit thanks to a generous donation from the North Calgary Costco and to our fantastic volunteers who served up lasagna, Caesar salad, and garlic bread, all supplied by Costco. Costco even supplied ice cream sandwiches to top things off. Jill Chambers spoke after lunch about Cognitive Decline and Decision Making.

If you are age 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Exercise Class:** We take a break from our exercise class in July and August, but we'll be back at it in September. People of all ages and fitness levels are welcome to join. 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.

Many 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 in attendance (also available on Zoom). Classes are held on 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](mailto: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:** We're offering free beginners Tai-Chi in August in the Sportsplex parking lot, located at 6 Street and 23 Avenue NW. Classes are held twice a week on Monday and Wednesday mornings from 9:00 until 10:00 am. 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.

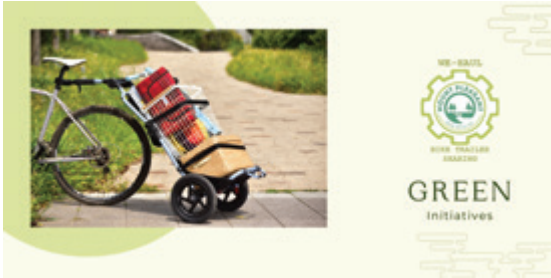
We hope to resume our Tai-Chi classes in September in the Upper Hall if enough people are interested in joining for a modest cost. The per person cost depends on the number of people enrolled for the session as the instructor charges a flat fee per class. Drop-in will be available at a slightly higher cost.

Check out the 'Events' page on the MPCA membership system or contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information.

**Day Trips:** At time of writing, we're just back from a trip to Rosebud Theatre to see *The Sound of Music*—many thanks to Steve Zacher for subsidizing the cost of this outing. The performance lived up to the excellent reviews it has received and the lunch buffet, as always, was tasty and varied. We plan to visit the Millarville Farmers' Market on August 26 for a relaxing ride through the countryside and fun shopping for locally produced goods.

We may also travel to CrossIron Mills in November for some early Christmas shopping. Day trips sell out quickly, often before the *Pulse* is delivered. If you'd like to receive email notifications of upcoming trips or have ideas for where to go next, contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages are welcome to join us.

# Embracing Sustainable Travel: Introducing Mount Pleasant's We- Haul Bike Trailer Sharing Program



In the inner-city community of Mount Pleasant, a notable initiative is gaining momentum—the We-Haul Bike Trailer Sharing Program. Spearheaded by the community's Green Initiatives Committee, this program is transforming the way we travel, promoting sustainability, and fostering a sense of community. Let's dig into the details of this innovative endeavour and discover how it's reshaping transportation norms.

## The We-Haul Program

At its core, the We-Haul program revolves around the utilization of the Burley Travoy bike trailer. This versatile trailer serves as a practical solution for all MPCA members to accomplish a wide range of tasks using their existing bicycles or even on foot, with the trailer functioning as a convenient hand cart.

## Benefits and Possibilities

The We-Haul Bike Trailer offers plenty of benefits, both for individuals and the environment. By embracing this sustainable mode of transportation, community members can enjoy the following:

- **Reducing Carbon Footprint:** Every trip made with the We-Haul bike trailer contributes to reducing carbon emissions and lessening our impact on the environment.
- **Cost Savings:** By relying less on traditional vehicles, participants can save on fuel costs and reduce their transportation expenses. It's a win-win situation for both your wallet and the planet.
- **Community Engagement:** We-Haul fosters a sense of community by encouraging individuals to connect and collaborate. Whether it's a shared grocery run, a picnic outing, or transporting equipment for a jam session, this program sparks interactions and strengthens bonds among neighbours.

## Conclusion

The We-Haul program embodies Mount Pleasant's commitment to embracing sustainable travel. By utilizing the We-Haul Bike Trailer, community members can reduce their carbon footprint while enjoying the many benefits of this innovative mode of transportation.

Are you ready to join the We-Haul program and embark on a sustainable travel journey? Visit [www.mPCA.ca/greeninitiatives](http://www.mPCA.ca/greeninitiatives) today and become a driving force for positive change in our community!

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1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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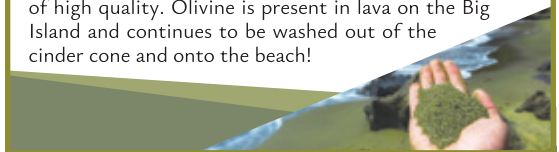
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**CHOIR OPPORTUNITIES:** Adult and youth choirs need singers. NW location, Scandinavian Centre. Adult choir meets Wednesdays from 7:00 to 9:00 pm. Youth choir, ages 8 to 14, meets Wednesdays from 5:30 to 6:45 pm. No experience needed. For more information please contact [scanctr@telus.net](mailto:scanctr@telus.net).

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