

DECEMBER 2023

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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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Past President	Jessica Karpat	pastpresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
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	Whitney Punchak	
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca
Community Watch	Jocelyn Perry	communitywatch@mpca.ca

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 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.

Introducing “MPCA Artistic Expressions: A Celebration of Young Talent”

Attention all budding artists in Mount Pleasant!

We are thrilled to announce the arrival of “MPCA Artistic Expressions: A Celebration of Young Talent” a monthly showcase designed especially for you!

What is “MPCA Artistic Expressions”?

“MPCA Artistic Expressions” is your platform to shine. Inspired by the incredible talent we saw at the Neighbour Day Art Exhibit; we want to continue celebrating your unique creativity and inspiring others.

How to Participate:

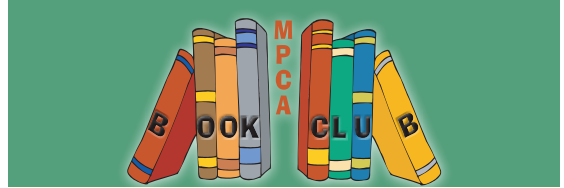
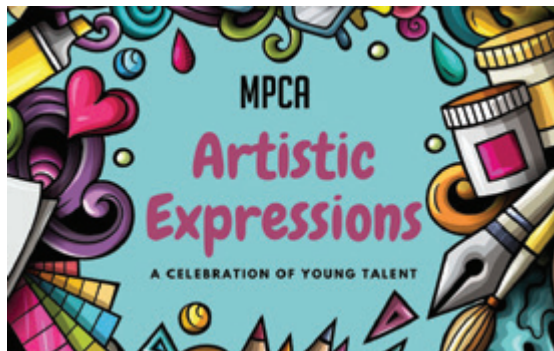
1. Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
2. Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!
3. Seek permission from your parents or guardians to share your artwork with the community.
4. Email your masterpiece to our Art Exhibit Coordinator at artist@mpca.ca, along with your name, age (0 to 18), and a brief description of your artwork.

What’s in it for you?

Your artwork could take center stage in our monthly newsletters and social media channels! We were truly amazed by the talent displayed at the Neighbour Day Art Exhibit, and we want to encourage even more youth submissions for next year’s art show!

So, young artists, are you ready to kick off “MPCA Artistic Expressions: A Celebration of Young Talent” with a bang? Send in your artwork today and let your creativity shine!

Let’s keep the artistic spirit alive in Mount Pleasant!



It’s our favourite time of year, so the Book Club members will be enjoying a relaxing dinner and chat about anything and everything. The January 23 book will be *The Theory of Crows* by David A. Robertson. This critically praised book is the winner of the Carol Shields Winnipeg Book Award.

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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ACTIVITIES AND EVENTS

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

MPCA Playgroup – Lower Hall

Select weekdays 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

Tai-Chi | All Ages – Upper Hall

Monday and Wednesday from 9:00 to 10:00 am

Sessions run from September to June

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

Members' Public Skate – Members' Stick Puck and Rings – Sportsplex

Select days. Book online.

Essentrics® with Gabrielle – Upper Hall

Tuesdays and Thursdays from 10:00 to 11:00 am

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

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

Yoga with Trish Hardy Yoga – Upper Hall

Thursdays from 7:45 to 8:45 pm

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

Mount Pleasant Community Farm Stand

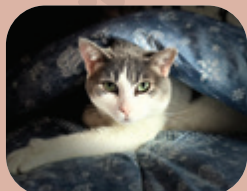
Community hall parking lot

MPCA Book Club, *The Theory of Crows* by David A. Robertson

Tuesday, January 23



Cats, Canines, & Critters of Calgary



Chiche, Douglas Glen



Guapo, Douglas Glen



Jeni, Patterson



Molly, Renfrew

To have your pet featured, email news@mycalgary.com



Craftersnoon

Arts and Crafts Sessions for All Ages

Craftersnoons are back! These two-hour classes are sponsored by MPCA. They include all materials, use of professional grade tools, with experienced artisans leading the projects. Classes take place in MPCA's Upper Hall on select Wednesday afternoons. All skill levels are welcome, no experience needed. This is an amazing opportunity to gain insight into a new medium and connect with new people.

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. Please have a current MPCA membership and pre-register online at <https://mpca.tidyhq.com> to ensure space and materials are available for you. Classes have a non-refundable price of \$10 each. If you sign up for a class and find you can't attend, please let Anne know as soon as possible. This may allow someone on the waiting list to take your place and avoid purchasing supplies that aren't used.

Registration for the December class opened on October 5. To learn about what's on tap for January, check the Events tab at <https://mpca.tidyhq.com> in early December. It's always best to set a reminder to do this early in each month as classes fill up quickly.

There's one class during the busy holiday season.

The Classic Grinch Tree, Wednesday, December 6, 1:30 to 3:30 pm

Back by popular demand, we'll spend the afternoon getting into the Christmas spirit by creating this well-loved little tree based on *How the Grinch Stole Christmas* by Dr. Seuss. Enjoy the wee tree yourself or give it as a gift.

And don't forget to set a reminder early each month to check out the Events page and find out what's happening in upcoming classes.

Monday Afternoon Games

Monday Afternoon Games in the Upper Hall happen September through June. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, 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 at yvette.v53@hotmail.com or 403-803-7697 to be advised when games afternoons are happening.



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News, Events, & More



Crime Statistics



Real Estate Statistics



BOARD REPORT

As another year draws to a close, and we stand at the brink of a new one, we take a moment to look back on the past year with hearts full of gratitude for the shared moments that have continued to make Mount Pleasant an extraordinary place to call home.

Our Annual General Meeting (AGM) on Tuesday, October 17, was a great success, thanks to your active involvement and enthusiasm. We were honoured to have Councillor Terry Wong with us, showing the strength of our connections and the positive relationship we maintain with our city.

This AGM marked a significant transition for our organization, and we want to acknowledge the dedication of Philip Carr, our Past President. We wish him all the best in his future endeavours.

Jessica Karpal, who served an extended four-year term as President, now holds the position of Past President, continuing our legacy of leadership.

We also want to congratulate Chris Best on taking on the role of MPCA President. His dedication and commitment to our community will undoubtedly contribute to our continued success.

Joining us as Vice President, Darcy Lane brings fresh insights and energy to our executive team. We look forward to the contributions Darcy will make to our community.

We are still actively seeking a Treasurer for our organization, an essential role for our smooth operation.

Continuity and growth are essential, and we are pleased to see the continuation of great work and projects initiated by Kathryn McIntosh, Jeff Gerlitz, Matt Crist, and Murray Anderson in their respective Director roles.

Murray, our Hall Director, is seeking a community member to join him in a succession plan. Murray's intention is to mentor this individual with the goal of passing on the Hall Director role. This presents a unique chance to learn from an experienced and dedicated member of our community.

As we move forward, we remain dedicated to fostering a vibrant, inclusive, and sustainable community. Your continued support and active engagement make this mission possible.

May this holiday season bring warmth and happiness to you and your loved ones. Thank you for being a part of our remarkable community.

Warm regards,

MPCA Board of Directors



Save the Date for a Festive Celebration!

Join us for Mount Pleasant's Annual Christmas Party, brought to you by the MPCA Playgroup in partnership with the Special Events Committee.

Date: December 9
Time: 10:00 am to 12:00 pm
Location: Mount Pleasant Community Upper Hall

Join us for yummy snacks, fun crafts, festive music, and a visit from Santa Claus himself – it's going to be a jolly good time for the whole family!

Want to lend a hand and spread the holiday cheer? Reach out to playgroup@mpca.ca

Let's make this holiday season merry and bright together!

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

Mount Pleasant Playgroup - Lower Hall

Ages 0 to 5 years

Weekdays | 9:00 to 11:00 am

At home with the kids and need to get out of the house? Come out and join us! Enjoy a fun outing and routine for the kids and make lasting friendships for yourself and them! Mount Pleasant Playgroup is a volunteer-run parent program that offers low-cost parent/tot playtime in a fun and child-friendly environment! Visit mpca.ca/playgroup for more information.

Sportball [3rd Party] - Upper Hall

**Sports Instruction for Kids Starting October 15, 2023
Sunday Afternoons**

For more information and registration, please contact Calgary@Sportball.ca or call 403-975-2936.

www.sportball.ca

Pleasant Heights After School Care (PHAS) [3rd Party] - Lower Hall

**Students from St. Joseph's School | Ages 5 to 12 years
Monday through Friday After School**

School-age care spots are available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 6. 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 [3rd party] - Upper Hall

Ages 4+ | Mondays | 5:00 to 6:00 pm

Ages 7+ | 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

New! Essentrics® Gentle Fitness [3rd party] | - Upper Hall

Tuesdays and Thursdays | 10:00 to 11:00 am

The Essentrics® technique simultaneously strengthens

and stretches all muscles. For information and registration, please email mauvefitnesscalgary@gmail.com or text 403-809-9363. Gabrielle Börger, level 4 certified Essentrics® instructor. Walk-ins welcome!

Aspire to Inspire Zumba [3rd Party] - Upper Hall

Mondays | 6:30 to 7:30 pm

For more information and to register, visit www.ATIZumba.com.

Call 403-975-5817 or email ATIZumba@gmail.com.

Tai-Chi [Pleasant Times] - Upper Hall

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

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Enroll for \$5 per class (full session sign-up) or \$6 drop-in. Reach out to Linda at pleasanttimes@mpca.ca for details. All are welcome!

Exercise Class [Pleasant Times] - Upper Hall and Online Options

Mondays and Wednesdays | 10:15 to 11:00 am

Fridays | 9:30 to 10:15 am

Join our inclusive fitness classes, which are suitable for all ages and fitness levels. Our sessions focus on enhancing aerobic fitness, strength, balance, and flexibility with tailored options for varying fitness levels. Attend weekly classes for \$7 each (session sign-up) or \$12 for drop-ins. Participate in person at the community hall on Mondays and Wednesdays, and Fridays from 9:30 to 10:15 am. Zoom sessions are available. 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.

Yoga in Mount Pleasant with Trish Hardy Yoga [3rd Party] - Upper Hall

Thursdays | 7:45 to 8:45 pm

For more information and to register, please contact Trish Hardy at hardytrish@gmail.com or call 403-620-4990.

www.trishhardyyoga.com.

Flow Martial Arts [3rd 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

PLAYGROUP – UPCOMING EVENTS

587-891-8108. More information can be found at www.flowma.ca.

Zumba with Andre [3rd Party] - Upper Hall
Wednesdays | 5:30 to 6:30 pm

Calgary Rakushinkan [3rd 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 [3rd Party] - Upper Hall
Friday Evenings

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

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 or email playgroup@mpca.ca.



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PLAYGROUP



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

visit mpca.ca/playgroup
or contact playgroup@mpca.ca

Transition to a Circular Economy

I recently attended a Circular Economy conference put on by the Recycling Council of Alberta, and it was so uplifting to learn about many different initiatives related to this transition. Especially timely is the move to support repair in the current economy, when many people's finances are stretched thin.

We hope you were able to attend the Green Initiatives Committee's Re-Gift Event (A Holiday Swap and Eco-Wrap Extravaganza) in November. Looking for opportunities to reuse items is a perfect example of working towards a circular economy.

We need to keep in mind our finite resources, yet we are living in a consumer society with lots of waste. Here's some exciting examples of positive change:

- Alberta has implemented new Extended Producer Responsibility regulations, to shift product end-of-life responsibility away from municipalities and taxpayers, and hopefully incentivize producers to design products more responsibly. This transition is in the early stages.
- The Hodge Podge Lodge reuse station (what a great name) is in Strathcona County (Sherwood Park area) and is a volunteer-run place (like an eclectic second-hand store) for hard-to-recycle items, where you can either donate useful things or peruse what's there, to choose what you can use yourself.
- Repair Cafés are periodic events where you can bring items you have sitting around the house that you either don't know how to fix, or just haven't got around to it. It's best if you can stay and watch the fixing, so you know how to do it yourself next time. Handy volunteers help fix all sorts of items including toys and small appliances. Check out arusha.org/repair-exchange.
- Earthware is now available at some Calgary restaurants who are trying to get away from single-use takeout containers. These reusable containers are returnable to many Calgary Bottle Depots, after which they're cleaned and inspected and used again. At end of life, they are being recycled. Canadian data from 2019 showed that 805 million single-use takeout containers were used so there's plenty of room for improvement here. Ask for Earthware at your favourite takeout place!



As the year is soon coming to an end, let's all try and think about how we can make 2024 a more circular year and embrace this transition.

If you want to get involved to help, make Mount Pleasant a greener community, please email green@mpca.ca for more information or to join our new mailing list. Please check out the Mount Pleasant Green Initiative Group on Facebook, found on the Mount Pleasant Community Association page.

Have a great month,

The MPCA Green Initiatives Committee



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.

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



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.

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☎ Call : 403- 271-9274 or 403-397-9645

Pleasant Times Social Club – For Adults of All Ages

How old would you be if you didn't know how old you were? - Satchel Paige

Adults of all ages are welcome to participate in our activities, except the monthly lunches, which are open to those aged 60 and over. All you need is an MPCA membership! 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.

Donations: Our lunches and other activities are supported by donations our volunteers source from many different companies and people. Costco has given us \$1,000 this year for our lunches and other activities; the City of Calgary paid \$200 toward the cost of our pizza in July; Steve Zacher has helped cover the cost of our day trips for many years; Paramount 24 Hr Animal Hospital makes a generous donation monthly; and, not least, members of our group have made significant individual donations. And many more of our group donate their time and energy to make our lunches and other activities happen. So many people to thank for giving us the opportunity to get out, socialize, be active, and see places and things we might otherwise miss.

Monthly Lunches: Our seniors' lunches are held on the fourth Wednesday of each month (except December) at 11:30 am, usually in the Upper Hall. Lunches are open to all MPCA members aged 60 and over who have registered to attend 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. Many thanks to MPCA for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

Our December lunch is always special. We're planning a full turkey dinner, catered by Calypso's Greek Taverna and entertainment by community treasure, Serge Soucy. Serge will bring his baby grand to sing and play Christmas and other favourite songs. He always gets us up dancing and bopping along with him.

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

Exercise Class: It's December, no time to worry about all the treats we'll be enjoying but a great time to sign up for our January to April exercise session. 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 as well on Mondays and Wednesdays (except on lunch days), with the instructor in attendance. 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 or 403 289-8390 for more information. You can try out a free class to see if this is for you.

Tai-Chi: Tai-Chi also re-starts in January. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 to 10:00 am. Monday classes will focus on beginners though all, regardless of age and experience, are welcome both days. 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 will be based on the number of people who enrol.

Day Trips: Forty-seven people had a lively outing to Jubilations Dinner Theatre in October for the matinee performance of Crocodile Rock: The Legend of Elton John. There were lots of smiles as the large cast performed many of Elton's best-known songs while telling the story of his life so far.

We're very excited that Lake Louise will be welcoming world-class ice carvers back to compete for the first time since 2020. There wasn't much information available at the time of writing, even the dates, other than it will run sometime in January/February, it will be a ticketed event

(cost not yet known), and we should be able to take our bus straight to Lake Louise. Banff is having its snow sculpture festival again in January; with any luck, the two will overlap. We're hoping to get an early start to Lake Louise to tour the ice sculptures for an hour or so, then head to Banff for lunch (buy your own or bring one) and a walk-about to view the snow sculptures or shop before heading home. More information on the cost and schedule is expected to be available in December. I hope you'll join us.

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 or 403-289-8390. People of all ages are welcome to join us.



2024 MPCA Casino: Join the Volunteer Team and Make a Difference!



Looking for a fun way to give back to your community? Join our volunteer team for the MPCA Casino on January 29 and 30 at Pure Casino, 1420 Meridian Road NE. Your participation makes a difference!

We're calling on our wonderful community to support this initiative. We're looking for volunteers to fill various roles, including General Manager, Chip Runner, Banker, Cashier, and Count room Staff.

Ever wondered where the money from our casino event goes? Here's a quick breakdown.

- Insurance Coverage: The funds raised help cover insurance costs for our essential facilities, including the Hall, Community Centre, Pool, and Sportsplex.
- Hall Cleaners: Your support ensures that our Community Hall remains clean and welcoming for all.
- Hall Supplies: We stock up on essential cleaning supplies and office materials to keep our operations running smoothly.
- Hall Utilities (excluding electricity): Your contributions help cover utility costs, except for electricity, which is included in the Sportsplex payment due to AGLC regulations.
- Hall Repairs and Maintenance: We allocate funds to maintain and repair our community spaces, ensuring they remain safe and attractive.
- Advertising and Promotion: Your involvement allows us to spread the word about our incredible community events, reaching as many residents as possible.

Ready to be part of something great? Let's come together and make the 2024 MPCA Casino a grand success, helping us raise funds for our amazing community!

Sign up for a shift (or two) and be a part of something special. Sign up here: volunteersignup.org/AT848.

Contact Michele Gole at casino@mpca.ca for more information! Your support makes our community stronger and more vibrant!

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Take Steps to Help Protect Your Household Pipes from Freezing

by City of Calgary



Every winter some Calgarians experience frozen water pipes which can result in water outages. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.



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✉ len.webber@parl.gc.ca

Help Is Here

Many Canadians find the holidays to be challenging, with more than half of Canadians saying that the holiday season can be a source of anxiety, depression, and loneliness. Fortunately, this holiday season accessing help has become easier. Beginning November 30, Canadians in crisis from coast-to-coast will be able to call or text 9-8-8 and obtain counselling free of charge.

This new three-digit number aims to provide accessible and timely support to individuals in crisis, offering hope and saving lives. I was proud to vote in favour of establishing this hotline when my Conservative colleague, Member of Parliament Todd Doherty, introduced it in 2020. Since then, Canadians have waited years for 9-8-8 to be implemented; during this time, the COVID-19 pandemic highlighted the importance of accessible mental health resources.

This easily remembered number allows individuals in distress to swiftly connect with trained professionals. 9-8-8 operates 24/7, providing immediate assistance and reducing barriers that may prevent someone from reaching out for help. Regardless of socio-economic status or geography, 9-8-8 allows for better access to support.

The Centre for Addiction and Mental Health led the coordination of services for 9-8-8 with input from Provinces and Territories, Indigenous partners, crisis services, mental health experts, individuals with lived experience, and public safety officials. 9-8-8 will save the lives of Canadians who feel they have nowhere else to turn. By providing accessible, empathetic, and immediate support, this hotline serves as a beacon of hope, reducing the barriers to seeking help and saving lives.

If you or a loved one are struggling with your mental health, know that help is more accessible than ever. Please do not hesitate to call or text 9-8-8 any time you need mental health crisis or suicide prevention intervention and be sure to share this information with anyone who may be struggling.

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CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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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, 403-269-2707.

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JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

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.



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