

JUNE 2023

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**MOUNT PLEASANT  
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JUNE 17, 2:00 TO 5:00 PM**



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**4.2.4 BAR. KITCHEN. SOCIAL. PROVIDES AN ATMOSPHERE THAT CREATES COMFORT, COMMUNITY, AND ENERGY BY PUTTING YOU AND OUR GUEST EXPERIENCE FIRST.**



**4.2.4** #101 - 2411 4<sup>TH</sup> STREET NW  
 CALGARY, AB T2M 2Z8

**HALF PRICE APPETIZER OR WINGS**  
 VALID SUNDAY THROUGH WEDNESDAY.

\*SOME CONDITIONS APPLY. ASK SERVER FOR DETAILS. DINE IN ONLY. MUST BRING IN COUPON TO USE. EXPIRES JUNE 30, 2023.

# 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	president@mpca.ca
Vice-President	Chris Best	vicepresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Parshant Parshant	treasurer@mpca.ca
Past President	Philip Carr	pastpresident@mpca.ca

## DIRECTORS

Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement and Membership	Kathryn McIntosh	engagement@mpca.ca
Planning and Development	Estelle Ducatel	planning@mpca.ca
Communications	Kathy Langton	communications@mpca.ca
Special Events	Jackie Traynor Barker	specialevents@mpca.ca
Sportsplex	Jeff Gerlitz	sportsplex@mpca.ca
Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

## COORDINATORS

Web Manager	Vanessa Gillard	webmanager@mpca.ca
Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
Pleasant Times	Linda O'Hanlon	pleasantt看times@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Esther Cuneo	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt Whitney Punchak	soccer@mpca.ca
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@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](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

Hello spring! We are halfway through the season, and we'd love to invite new members to come to try out Playgroup.

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).



## BOARD REPORT

We are pleased to announce that Estelle Ducatel has been appointed as our Planning and Development Director. We appreciate Estelle's willingness to serve in this challenging portfolio. Estelle has served as a member of the Planning and Development Committee and is passionate about this topic. As this was a Board appointment, this position will be up for election at the Annual General Meeting in October.

We continue our work on possible large-scale renovations for the hall. In the interim, we are performing the required maintenance. We removed the decaying exterior stairs (thank you, Murray Anderson, Hall Director). Another recent project is the replacement of ceiling tiles in the lower hall at a cost of approximately \$2,500.

At our April meeting, we had a presentation from Darrel Wernham, founder of the "Gift of Music" program. This program provides guitars and guitar lessons for students (ages nine and up) who otherwise would not be able to afford them. We will be working with Darrel to make space available for this program to operate at the hall in the fall.

We are grateful that Michelle Gole has again volunteered to coordinate the MPCA Casino. AGLC has informed us that our casino will be in the second quarter of 2024. We require a large number of volunteers to fill the positions at the casino, so please consider assisting.

We are looking forward to the upcoming "Neighbour Day" events at the park on June 17; this is also the opening day for our outdoor pool. We were successful in our application for funding from the Canada Summer Jobs Program to assist us in hiring staff at the pool. Thanks to Johanna Plant Donnelly (Grants Coordinator) and Caron Gerlitz (Pool Director) for their work in achieving this.

*Philip E. Carr*

Past President - MPCA

403-467-0351 | [pastpresident@mpca.ca](mailto:pastpresident@mpca.ca)



# Mount Pleasant Neighbour Day

June 17

Let's celebrate the power of community and neighbourly love together! You're invited to join us at Mount Pleasant on June 17 for the 10th Annual Neighbour Day.

We've got a jam-packed day of fun-filled activities, including a BBQ, beer garden, art exhibition and sale, live music performances, bike parade, and fun activities for the kids. The event is free to attend, but we'll gratefully accept cash or tap donations for the food.

Neighbour Day first launched in June 2014 to commemorate the incredible acts of support and kindness shown by neighbours after the 2013 floods. It's a time to come together, strengthen neighbourly bonds, and celebrate the strength and resilience of our community.

Don't miss out on this wonderful opportunity to connect with your neighbours and have a blast! Mark your calendar for June 17, and we'll see you there!

Please note this event is open to community members and invited guests.



## Arts and Crafts Sessions for All Ages

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. You can sign up to receive email notifications of upcoming classes or click the 'Events' button at [https://mpca.tidyhq.com/public/membership\\_levels](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.

The cost is just \$10 per class (non-refundable), including all materials, use of professional-grade tools, with experienced Artisans leading the projects.

### June Classes:

**Wednesday, June 7, 1:30 to 3:30 pm, Card Making:**  
Create a portfolio of six lovely greeting cards with that very special message for the people in your life. Along with Connie Zerger, we will explore the hallmarks of an effective greeting card, including illustration, decoration, and lettering of your sentiment.

**Wednesday, June 21, 1:30 to 3:30 pm, Felted Bowl:**  
This relaxing, low-impact wet felting method takes much less time than a standard wet felting process. You will be delighted at how quickly you can create an art bowl with complex colours and fibres. Display on its own or use it to keep your wee treasures.

This will be our last class until September. The Crafternoon committee wishes you all a chill, creative summer! See you in the fall.

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

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

## SAFE & SOUND

### Backyard Play Safety

*from Alberta Health Services*

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

#### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

## GREEN COMMITTEE

Isn't June wonderful in Mount Pleasant? Tree-lined streets, beautiful yards, outdoor activities, and, more often than not in the last couple of years, veggies growing in a multitude of displays! From planter boxes to pots or front yard "foodscaping," there are a lot of interesting ways to grow food in Mount Pleasant and get inspired.

Growing your own fruits and veggies often brings a sense of pride, but we also quickly realize how tricky it can be to produce food in Calgary and why we rely so much on imported food. With cold nights, hailstorms, hot days, or pests, it is very easy to lose the fruit of your labour overnight. Mount Pleasant is, however, very fortunate, as we still have some options to grow food ourselves.

Our community garden is a wonderful place to start and the go-to place to receive some advice from seasoned gardeners (hopefully, the garden will open up again next year), or you can try to plant some veggies in flowerpots or flowerbeds and create edible landscapes in your own yard. If you are not committed to a full veggie garden, why not try foodscaping? It's an aesthetic way to integrate veggies into your landscape. Several houses in the neighbourhood are already doing this, maybe try and spot them on your next walk! The Calgary Zoo is also a good place for inspiration as they often use herbs and veggies as part of their landscape (did you know that parsley looks great as a border crop?).

As more and more people are interested in growing their own food, it's also a great opportunity to talk to your neighbours and exchange seeds, seedlings, or fresh produce. If you don't know any gardeners around you, why not ask on our Mount Pleasant Calgary Buy/Sell/Trade/Give Facebook group?

With the price of food soaring over the last year, it has become clear that regional food resilience is now a priority. Despite an increase in local food production, Calgary is still very dependent on the global food system. The City of Calgary is taking action on food resilience through the Calgary Food Action Plan – Calgary Eats! The goal is to provide more places to grow and sell local food in order to increase access to local or regional food in Calgary. If you are interested in the current projects (such as the urban hen or urban beekeeping programs), visit the City's website ([Calgary.ca/major-projects/food-action-plan.html](http://Calgary.ca/major-projects/food-action-plan.html)). It is also possible to request a permit for boulevard gardening if you want to extend your growing space (contact 311 to learn about the approval process).

The City is also working with community partners and offers programs that promote a circular food economy in Calgary, such as EcoCooks with Elements Society, Spill the Beans with Green Calgary, or the Seed to Table program with the Calgary Horticultural Society. Programs are also in place to boost food production in Calgary, such as the Highfield Urban Farm (on the location of the former Blackfoot Farmer's Market) or the Farm Stand program that brings fresh farm produce to community centres. One of those stands will be set up at the Mount Pleasant community centre over the summer; stay tuned for more information!

If you are interested in the subject of urban food resilience, check the Resilient Cities Network program "Urban Eats," and see what other cities around the world are doing (Calgary is featured in one of those articles). A lot is happening in Calgary, and there are many ways to strengthen our food resilience, from starting a "kitchen garden" to getting a plot in a Community Garden, or taking advantage of the City's or community programs that support local food production and distribution.

**Fun Fact:** Did you know that food will be produced in the Calgary Tower? A company is using vertical farming to find a new use for empty commercial space at the bottom of the tower!

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, if you have any questions, or if you would like to get on our email list. 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.

Happy growing!

*The MPCA Green Initiatives Committee*



**mybabysitterlist**

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



# 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](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**

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

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 – 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](http://ATIZumba.com), call 403-975-5817 or email [ATIZumba@gmail.com](mailto: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](mailto: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](mailto:hardytrish@gmail.com), call 403-620-4990, or visit [www.trishhardyyoga.com](http://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](mailto:rakushincalgary@gmail.com), 403-401-8257, or visit [www.calgaryrakushinkan.com](http://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](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 – 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 - Upper Hall**

All ages welcome  
Mondays and Wednesdays from 9:00 to 10:00 am  
Season will end in June, and classes will resume in September if there is continued interest. End of season info added.

### **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.  
June 21 is the last class of the season. Sessions will resume in September. End of season info added.

### **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

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

Tuesday, June 27

### **MPCA Book Club, *The Sleeping Car Porter* by Suzette Mayr**

Tuesday, July 25

## GAMES & PUZZLES

### **Guess That Book!**



1. A nurse accidentally time travels to the 18<sup>th</sup> century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

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



## 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



Are you interested in land use, zoning, and community development? The Planning and Development Committee is looking for enthusiastic volunteers who share our passion for making our neighbourhood a great place to live.

We would love to hear from you if you want to contribute your skills and knowledge to our committee.

Email [planning@mpca.ca](mailto:planning@mpca.ca) to express interest or learn more



## 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.

## SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

News, Events,  
& More



Crime  
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# 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

## Cats, Canines, & Critters of Calgary



Squeeks, Mount Pleasant



Ravioli, Lower Mount Royal



Tegan, Bowness



Umer, Calgary

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## For Adults of All Ages

*"A hangover is the wrath of grapes"* -Maxine

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 not 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 ages 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.

April's lunch featured a delicious meal catered by Emerald Garden followed by an informative presentation on Advanced Care Planning by Jill Chambers of Financial Concierge. Jill will join us again in May to speak about Cognitive Decline and Decision Making. Also, we had our annual plant exchange in May. We're assessing our gardens to see what we can offer to our neighbours and what new plants we hope to take home.

If you are age 60 or over, or if you know of someone who is, please get in touch with Linda at 403-289-8390 or [pleasanttimes@mpca.ca](mailto: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.

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 June with the instructor there. Classes are held on 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](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:** 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 \$3.25 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](mailto: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. We'll take a break in July and August and hope to start again in September.

**Day Trips:** Our outings to Stage West on May 3 for the matinée performance of *9 to 5, The Musical*, and to Rosebud Theatre on June 29 for *The Sound of Music* were sold out.

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.



### Want to Homeschool?

Phoenix Foundation offers BlendEd, Online, Kindergarten and Home Education programs for grades K-9. Amazing classes, events and field trips.

**403-265-7701**

**[www.phoenixfoundation.ca](http://www.phoenixfoundation.ca)**

# Pleasant Times: Advanced Care Planning

by Jill Chambers

You don't need to be of advanced age to have an advanced care plan. You never know when you'll meet the proverbial bus or have an unexpected health event. Advanced Care Planning helps you to think about, talk about, and document your health care wishes in the event you become incapable of making your own care decisions. This will bring peace of mind to your family and those who may have to make healthcare decisions on your behalf and will ensure your wishes are honoured.

It is important that you think about your own values and wishes, choose someone to make decisions for you when you can't, communicate this information, and document it. Choose someone who will follow your wishes even though the decisions required may be difficult. And let that person know they have been named and what your wishes are.

Many of these forms can be obtained from your doctor or online at Alberta Health Services (<https://myhealth.alberta.ca/HealthTopics/Advance-Care-Planning>). The AHS website will also assist with things you should consider and options.

## Goals of Care Designation

Gives guidance to your health practitioner on specific and general medical care intentions, preferred location of care, and transfer opportunities for current and future care.

## Green Sleeve

This is a plastic pocket that includes your important medical care documents (Personal Directive, Goals of Care Designation, list of your prescribed medications and drug allergies, Guardianship Orders, etc.). Keep this on top of your fridge – that is where paramedics called to your home will look for it.

## Personal Directive

<https://www.alberta.ca/personal-directive.aspx>.

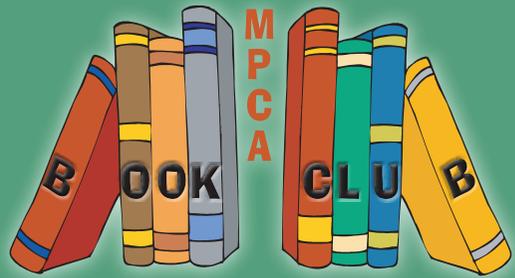
This is a legal document you create while capable of making your own decisions. It allows you to name a decision-maker and provides written instructions in the event you can't make your own decisions.

## Enduring Power of Attorney

<https://www.alberta.ca/enduring-power-of-attorney.aspx>.

This document provides instructions for managing personal finances if you are incapacitated.

This article is meant to give you basic information only. It is important that you research what steps are required and discuss options with your family, doctor, and maybe your lawyer. Thank you to Jill Chambers for sharing this introductory information to get us started on our planning journey.



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

"On May 1, 1915, with WWI entering its tenth month, a luxury ocean liner sailed out of New York, bound for Liverpool, carrying a record number of children and infants. The passengers were surprisingly at ease, even though Germany had declared the seas around Britain to be a war zone.

For months, German U-boats had brought terror to the North Atlantic. But the Lusitania was one of the era's great transatlantic "Greyhounds"—the fastest liner then in service—and her captain, William Thomas Turner, placed tremendous faith in the gentlemanly strictures of warfare that for a century had kept civilian ships safe from attack. Germany, however, was determined to change the rules of the game, and Walther Schwieger, the captain of Unterseeboot-20, was happy to oblige.

Meanwhile, an ultra-secret British intelligence unit tracked Schwieger's U-boat, but told no one. As U-20 and the Lusitania made their way toward Liverpool, an array of forces both grand and achingly small—hubris, a chance fog, a closely guarded secret, and more—all converged to produce one of the great disasters of history. Gripping and important, *Dead Wake* captures the sheer drama and emotional power of a disaster whose intimate details and true meaning have long been obscured by history."

- Good Reads

The July 25 book will be *The Sleeping Car Porter* by Suzette Mayr. 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.



## Do You Have a Drug House in Your Neighbourhood?

*A message from the Federation of Calgary Communities*

Drug houses don't just happen in other neighbourhoods. There are drug houses in all types of neighbourhoods. "Drug houses" are homes that are used for the production of illegal drugs, such as methamphetamines, marijuana, and cocaine. Due to the hazardous chemicals used and the fire hazards posed, drug houses are a serious threat to the community.

Drug dealers look for locations where neighbours do not communicate and isolate themselves. This makes it easy to intimidate those neighbours that do notice drug activity. Drug dealers like neighbourhoods that say, "It can't happen here."

### How Can You Identify a Drug House in Your Neighbourhood?

Most drug houses have similar identifying characteristics. Watch for the following:

- **Strange Odours.** Smells to be aware of include ammonia, acetone, acid, and solvents.
- **Frequent and Unusual Traffic Flow – stop, enter, leave.** Watch for frequent visits by different cars, at any time of the day or night. Be suspicious of vehicles with obscured or absent license plates. Watch for excessive foot traffic to and from the house or property and loitering in or around the house.
- **Property Alteration.** This includes covering windows and patio doors with items other than curtains or drapes, barricading windows and doors, and disconnecting fire alarms.
- **Bright Interior Lights.** High-intensity, 1,000-watt lamps are commonly used in the production of methamphetamines and cannabis.
- **Constant Humming Noises.** Like that of a fan or a transformer on a hydro pole.
- **Tenants Who Own Expensive Items.** Especially if they appear to be unemployed. Expensive cars, cell phones, home entertainment systems, etc.

- **Extensive Security Measures.** Beyond typical home security. This includes fencing, guard dogs, lookouts, etc.
- **Little Property Maintenance.** Unkempt yard, little to no furniture.
- **Increased Noise and Crimes.** Loud voices, fights, gunfire, radios, especially at night. Increase in crimes like auto burglaries, robbery, vandalism, and assault, as well as active prostitution in or around the neighbourhood.

Prevention is the best way to stop drug houses!

You can reduce the chance that a drug house moves into your neighbourhood. Meet and get to know your neighbours and your Police Community Liaison Officers. As problems develop in the neighbourhood, work with law enforcement to resolve them quickly.

### What Should You Do If You Suspect a Drug House in Your Neighbourhood?

- **Communication is Key.** Talk to anyone and everyone: neighbours, the police, the SCAN Unit (Safer Communities and Neighbourhoods), local Crime Stoppers, anyone in the government who can help you get rid of the drug house. You will not solve the problem yourself - the only way to shut down a drug house is through teamwork.
- **Keep Records.** Set up a calendar and a log to take down license plate numbers, car colour and make of suspicious vehicles, date and time of activity. Record the time and date of incidents surrounding the drug house, such as shots fired, screaming, burglaries, vandalism, etc. Report this information to the police.
- **Be Patient.** Police have to work within the law, and so do you. It may take time to gather enough evidence to shut down the drug operation legally, so don't be discouraged.

### Phone Numbers to Call to Report Drug House Activity:

- Emergencies: 911
- Calgary Police Service: 403-266-1234
- SCAN Unit (Safer Communities and Neighbourhoods): 1-866-960-7226

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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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# U/D SUMMER EVENTS

Join us for some fun,  
family activities!

UNIVERSITY  
DISTRICT  
— CALGARY —



The U/D Night Market is back with more vendors on the last Wednesday of each month. Join us for an evening filled with live music, entertainment and a diverse collection of local artisans. In partnership with Marketspot.

MAY–SEPT, 5–9 PM  
(last Wednesday of each month)

## Tails & TREASURES

Our popular pooch-friendly event is back. Bring out Fido and your friends for an afternoon of fun in the park. With music, entertainment and activities the whole family can enjoy.

JUNE 18, 1-5 PM

Visit the events page at [myuniversitydistrict.ca](http://myuniversitydistrict.ca) for more details.



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