

SEPTEMBER 2023

DELIVERED MONTHLY TO 4,410 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**READY, SET, ENGAGE! ACTIVITIES AND EVENTS RETURN TO OUR COMMUNITY HALL!**



New Patients Welcome! New Convenient Office Hours.

**MT. PLEASANT DENTAL CARE**



**CONTACT FOR APPOINTMENT 403-289-4411 OR EMAIL APPOINTMENTS@MPDENTALCARE.CA**

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Calgary, AB T2M 0J7

Clinic Hours  
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WED - FRI 10AM-6PM

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[www.mpdentalcare.ca](http://www.mpdentalcare.ca)



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Dr. Lauren Vredenburg

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**COME CHECK US OUT!**

# OFFICIAL

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### MATS

Commercial mat rentals and purchases



### HOSPITALITY SERVICES

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### WORKWEAR

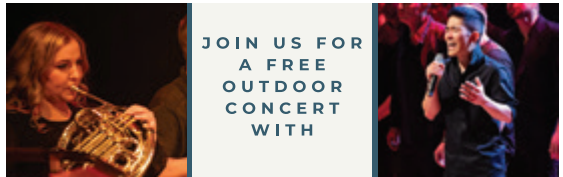
Workwear and cleaning of uniforms and coveralls



### CLEANING

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JOIN US FOR  
A FREE  
OUTDOOR  
CONCERT  
WITH



NEW WEST  
SYMPHONY  
&  
CHORUS



**SATURDAY, SEPTEMBER 30TH**

2:00PM

**NORTHSIDE BIBLE FELLOWSHIP**  
2911 EDMONTON TRAIL - PARKING LOT

PLEASE BRING YOUR OWN LAWN CHAIR AND WALK OR CARPOOL AS PARKING WILL BE LIMITED.

# 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 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: Yes \_\_\_\_\_ No \_\_\_\_\_  
 I wish to subscribe to MPCA email list \_\_\_\_\_  
 Number in Family Adults \_\_\_\_\_ Children \_\_\_\_\_

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

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





## PLAYGROUP – UPCOMING EVENTS

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 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.

The logo for 'mybabysitterlist' features two cartoon baby faces and the text 'mybabysitterlist' in a playful font.

**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.

A small, vintage-style black and white photograph of a woman, framed by ornate, decorative scrollwork.

**SAY PRUNES!**  
*It's common to be told to "say cheese" when posing for a photo as it helps you smile. Interestingly, smiling in photos wasn't always customary. In the 19<sup>th</sup> century, smiling was considered childish. People were instead told to "say prunes" as it helped to keep their mouths taut.*



## Crafternoon

### Arts and Crafts Sessions for All Ages

#### Crafternoons 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 for us to avoid purchasing supplies that aren't used.

#### September Classes

##### Acrylic Painting

**Wednesday, September 13 from 1:30 to 3:30 pm**

Crafternoon's Artist in Residence, Tracy Franks, will introduce us to the properties of acrylic paint, brushwork, and colour mixing to create a beautiful painting on canvas.

##### Mandala Rock Painting

**Wednesday, September 20 from 1:30 to 3:30 pm**

Soleil Wood grew up in our community, becoming an accomplished artist and maker. She is joining Crafternoon to teach us the art and practice of creating the meditative symbol of Mandala stones. We will paint smooth river rocks with special tools that create an intricate pattern of dots. The process is creative and soothing.

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

“Doing laundry is rarely anyone’s favourite task. But to Patric Richardson, laundry isn’t just fun; it’s a way of life. After years of running Laundry Camp at the Mall of America for thousands of eager learners, he’s ready to share his tips, tricks, and hacks, bringing surprise and delight to this commonly dreaded chore.

Sorting your laundry? It’s not all about whites and darks. Pondering the wash cycles? Every load, even your delicates, should be washed using express or quick-wash on warm. Facing expensive dry-cleaning bills? You’ll learn how to wash everything at home. And those basically clean but smelly clothes? Richardson has a secret for freshening those too (hint: it involves vodka, not soap). Changing your relationship with laundry can also change your life. Richardson’s handy advice shows us how to save time and money (and the planet!) with our laundry and he intersperses it all with a healthy dose of humor, real-life laundry stories, and lessons from his Appalachian upbringing and career in fashion.” – Good Reads

The October 24 book will be *Love in the Time of Cholera* by Gabriel Garcia Marquez.

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 on a lively discussion about a great book.

## 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.

## BOARD REPORT

Welcome to the fall season. We hope that you had an enjoyable summer, despite some smoky days. Our outdoor swimming pool had another very successful season. It was wonderful to see so many young children and families enjoying the facility. We are grateful to the volunteers who ensure that our pool remains open, and to the stellar crew of lifeguards, many of whom have returned for multiple years.

The City of Calgary worked on a number of projects in Confederation Park over the summer. First, there was an irrigation system upgrade at the main baseball diamond near the tennis courts. This work will improve efficiency and protect the field quality. Secondly, there was the installation of a drainage control project in Confederation Creek where the creek disappears from sight into the culvert by the 30 Avenue parking lot. This included the installation of a debris screen to reduce flooding issues during significant rainfalls. Thirdly, the City removed the large flower bed (shaped like the map of Alberta) that had been located on the south side of the park near 10 Street. It has now been replaced with grass. While we expect that this might result in some cost savings, it was still sad to see the flower bed disappear.

As we move into the fall season, this is an early reminder that our Annual General Meeting takes place on October 17 at the hall. Please come to meet other MPCA members, to hear updates about our programs and projects (including the hall redevelopment), and to participate in the annual elections. We have several board openings, including the role of vice-president. Contact us if you are interested in serving.

*Philip E. Carr*

Past President - MPCA

403-467-0351

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



## GREEN COMMITTEE

### Active Transportation – Who Has Time for That in a Busy World?

Concerns about environmental issues and climate change can sometimes feel overwhelming. Active transportation is one way you can reduce your environmental footprint while also receiving personal health benefits. We can think of it as replacing travel time (in a car), such as for commuting or errands, for example, with physical activity time instead! Sometimes you have to get a bit creative, and it can take a little longer, but the benefits from regular exercise built into your routine are immense.

For example, let's say you walk or bike half an hour to and from work downtown each day. That's one hour of regular exercise that you may not feel you have time for otherwise! Once you can build something like that into your routine, you definitely miss it if you have to skip a day. Even when life gets really busy and maybe you feel you don't have time for other exercise, you know you already have that hour each day to count on. And of course, there's not just biking or walking, there's also rollerblading, skateboarding, scootering, running, and other options! For simplicity, I'll stick to biking and walking, but all self-propelled methods are included.

In June last year, our Green Initiatives Committee held a family-friendly event at Horsey Park for Environment Week. Attendees were able to provide positive examples of active transportation, including ice cream outings, restaurants such as 4<sup>th</sup> Spot, grocery trips, parks, schools, the 2 Street NW cycling route, and the Mount Pleasant Pool, as well as commuting, family outings, and simply for fun. One of the concerns mentioned was not being able to securely lock up bicycles at some destinations. Please mention this, as feedback to an area school happily resulted in much-needed additional bike racks.

We've definitely seen some improvements to make biking safer, including 24 Ave NW west of 14 Street, 2 Street traffic diversion, the downtown separated bike lanes, and the less recent but very useful 10 St bike lane. Based on feedback, some sidewalks have been added where there were gaps, for example between King George and Confederation Park. The new switchbacks at the nearby park entrance have been added to improve safety for all users after the tragic accidents there over the last few years. By the time of printing, we should be able to see Balmoral Circle taking shape with completion planned for the fall.



*We-Haul bike trailer in action. Available to borrow (see MPCA website).*

Perhaps you've seen the Mount Pleasant We-Haul bike trailer out in the community. It's available for community members to borrow through the Mount Pleasant website! Check out our newest video showing one of our committee members safely using the bike trailer for a thoughtful errand! The video, a community map, and other helpful links are found under the Green Initiatives section (see top under "Programs and Initiatives") on the revamped MPCA website.

### What You Can Do to Help

- Avoid parking vehicles too close to a corner, which makes it difficult to see pedestrians crossing and for non-car users to check both ways before crossing.
- Get creative and increase active transportation in your daily life; encourage your friends and family to join you.
- Please watch out for pedestrians and other street and sidewalk users, especially for neighbourhood kids. It is wonderful to see kids out biking around the neighbourhood – the freedom to explore with friends or family... just make sure they wear a helmet! It's the law in Alberta for children under 18, including for kids in bike trailers.
- Maintain a safe speed at all times and slow down when you can't see the corners, and at our T-intersections where people could be trying to cross.

Active transportation is one of our focus areas for our committee, and we're happy to discuss ideas. If you want to get involved to help make Mount Pleasant a greener community, please email [green@mPCA.ca](mailto: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. The Facebook group is also a great place to share information and see what others are doing.

Have a great month,

*The MPCA Green Initiatives Committee*



# 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 (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 for drop-in. Reach out to Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) for details. All are welcome!

### **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).

### **Zumba with Andre (Third Party) – Upper Hall**

**Returning in September | 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/>.

## 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

### **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 for drop-in. Reach out to Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) for details. All are welcome!

### **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 – SportsPlex**

Weekdays. Book online.

### **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 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

### **MPCA Book Club, *Love in the Time of Cholera* by Gabriel Garcia Marquez**

Tuesday, October 24

## Monday Afternoon Games

Monday Afternoon Games in the upper hall returns this September. 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 when Afternoon Games is happening.

# 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



## 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



## 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.

# 10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/ pharmaceutical intervention from your doctor may also be necessary.

## PLEASANT TIMES SOCIAL CLUB

*"I don't iron. If I'm not wrinkle-free, why should my clothes be?" - Maxine*

Adults of all ages are welcome to participate in our activities, except the monthly lunches that 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; 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 that our volunteers source from many different companies and people. The Costco at 2853 32 St NE 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 Hour Animal Hospital makes a generous donation monthly. Last but not least, various members of our group have made significant individual donations. Many more of our group donate their time and energy to make our lunches and other activities happen. There are so many people to thank for giving us the opportunity to get out, socialize, be active, and see places and things that 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 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.

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. We were in luck with a sunny, if windy, day free of wildfire smoke. Many thanks to the volunteers who washed and shredded the lettuce for our Caesar salad, carried tables outdoors, fought with the wind to pin down the plastic tablecloths, and cleaned things up afterward.



In August, we're planning an old-fashioned picnic with deli meats, salads, and even baked beans! If you are aged 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or [pleasanttimes@mPCA.ca](mailto:pleasanttimes@mPCA.ca) to be added to our lunch invitation list.

**Exercise Class:** We're back to being active 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 that 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, 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 or 403 289-8390 for more information. You can try out a free class to see if this is for you.

**Tai-Chi:** We had a good turnout for our free beginners' Tai-Chi session in July and August. At the time of writing, we are asking people if they will continue classes in September. If enough people sign up, we will offer Tai-Chi in the upper hall from September to December. Classes will be scheduled twice weekly 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. 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.

**Day Trips:** At the time of writing, we're looking forward to a relaxing ride through the countryside to the Millarville Farmers' Market on August 26. What better way to spend part of your Saturday than shopping for locally produced goods. We may also travel to CrossIron Mills in November for some early Christmas shopping or perhaps a return visit to the Christmas Market at Spruce Meadows.

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



## Back-to-School Safety Tips

*A message from the Federation of Calgary Communities*

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

### Safety Tips for Your Child:

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

### The Stranger Rules

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, "code word" that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).

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## Be Heard

The most important principle in any democracy is the idea that the government is responsible to its people. This means that governments should pass legislation based on the wants and needs of its citizens. However, for a government to implement the will of its people, citizens need to be regularly consulted on their wants and needs. This takes place every time you vote. However, there are many options between elections to have your voice heard. One of the most significant ways to do this is to participate in public consultations.

Public consultations, which are regularly used by all levels of government, allow Canadians to comment in detail on government plans, laws, and regulations. It fosters open dialogue between the government and the public, promoting transparency and accountability in decision-making. It provides a platform for citizens to actively participate in shaping policies that affect their lives.

This process is particularly useful for those with interest or expertise in certain fields, especially for those that feel their perspective is not being considered. It also allows stakeholders, academics, and industry experts the opportunity to have their say. The greater the number and diversity of participants, the better these plans will reflect the needs and circumstances of individuals from across the country. This consultation process also allows the government to take unique circumstances into consideration that might not have been considered otherwise.

The Government of Canada regularly asks for feedback from stakeholders, industry experts, and everyday Canadians through the public consultation process. It is the responsibility of each of us to ensure that we are staying informed about these opportunities to participate in our democracy. Currently, there are over 900 public consultations underway across all departments of the Government of Canada. You can find these consultations at [www.canada.ca/en/government/system/consultations/consultingcanadians](http://www.canada.ca/en/government/system/consultations/consultingcanadians).

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**DEMOCRACY WORKSHOP:** To help improve our democracy. Thursday, September 28, 2023 from 9:00 am to 5:00 pm. Registration is \$25. For more information go to [www.futurepolitics.ca](http://www.futurepolitics.ca).

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**NEW WORKOUT PROGRAM BASED ON THE ESSENTRICS® TECHNIQUE:** Starting in October. Gentle exercises to increase flexibility and strength. Upper Hall in the Mount Pleasant Community Hall on Tuesdays and Thursdays from 10-11 am. \$8 per class. Teacher: Gabrielle Börger, certified Essentrics® instructor. Email: [MauveFitnessCalgary@gmail.com](mailto:MauveFitnessCalgary@gmail.com). Text: 403-809-9363. Free trial classes Oct 3 and 5.

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