

AUGUST 2024

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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# 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	Chris Best	president@mpca.ca
Vice-President	Darcy Lane	vicepresident@mpca.ca
Past President	Jessica Karpat	pastpresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Leanne Palichuk	treasurer@mpca.ca

## DIRECTORS

Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement and Membership Planning and Development	Kathryn McIntosh	engagement@mpca.ca
Communications	Vacant	planning@mpca.ca
Special Events	Kathy Langton	communications@mpca.ca
Sportsplex	Jackie Traynor Barker	specialevents@mpca.ca
Swimming Pool	Jeff Gerlitz	sportsplex@mpca.ca
	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	pleasanttimes@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Kimberley Adams	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
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
- Resolve Legal Group
- Mount Pleasant Dental Care
- 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.



# Crafternoons

## Arts and Crafts Sessions for All Ages

Classes are on hiatus for the summer but will be back in September to nourish your creative abilities and to let you have a great time with others at the same time. These two-hour Crafternoon 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.

Please watch out for the September schedule announcement in your inbox and on the Events page of MPCA's membership database. Have a wonderful summer!

## Monday Afternoon Games

Monday Afternoon Games in the Upper Hall will return in September. 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 (yvette.v53@hotmail.com or 403-803-7697) to be advised when games afternoons are happening.



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

Attention all budding artists in Mount Pleasant!

We are thrilled to announce “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:

- Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
- Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!
- Seek permission from your parents or guardians to share your artwork with the community.
- Email your masterpiece to our Art Exhibit Coordinator at [artist@mpca.ca](mailto: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!

## 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 - Upper Hall**

Mondays and Wednesdays in the Upper Hall and on Zoom.

Friday sessions over Zoom.

Sessions run from September to June.

Mondays and Wednesdays from 10:15 to 11:00 am and select 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 Filipino Martial Arts – Upper Hall**

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

### **Essentrics® with Gabrielle – Upper Hall**

Returning to hall in October

### **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

### **Chair Yoga – Upper Hall**

Coming in September!

Wednesdays from 11:15 am to 12:15 pm

No classes on the fourth Wednesday of the month.

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

Age 60 and over

Fourth Wednesday of each month

RSVP required

### **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**

Thursdays from 2:00 to 6:00 pm

### **MPCA Book Club, *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan – Lower Hall**

Tuesday, August 27, 7:00 to 9:00 pm

### **MPCA Book Club, *How the One-Armed Sister Sweeps Her House* by Cherie Jones – Lower Hall**

Tuesday, September 24, 7:00 to 9:00 pm

### **Pleasant Times Day Trip - Yamnuska Wolfdog Sanctuary**

Thursday, September 5, 9:00 am to 4:00 pm

Contact [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca)

### **Pleasant Times Day Trip - Rosebud Theatre, Christmas On The Air**

Thursday, November 28, 10:00 am to 5:00 pm

Contact [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca)



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**SALES AND SERVICES**

## BOARD REPORT

Dear Neighbours,

We hope everyone is having a great summer! While the board takes a break from monthly meetings, and many of our programs are on hiatus for July and August, we'll return to our regular schedule in September.

If you've been around the Mount Pleasant Art Centre recently, you may have noticed the long-awaited return of the Mount Pleasant Community Gardens! These gardens promote environmental sustainability by enabling community members to grow their own food and provide an opportunity for gardeners to connect with each other.

We're thrilled to announce the results from our Mount Pleasant Casino event held on January 29 and 30, 2024. Thanks to the efforts of our dedicated volunteers and the leadership of Casino Coordinator Michele Gole, we raised an impressive \$79,907.30. These funds will play a crucial role in supporting essential community needs such as insurance coverage for the Hall, Community Pool, and Sportsplex, as well as hall maintenance, utilities, repairs, and promotional activities for our events. Your participation in this event has made a significant impact on our community, and we are truly grateful for your support.

We would like to express our gratitude to everyone who attended Neighbour Day on June 15. Despite the stormy weather, your support, as usual, was incredible! Your resilience and unwavering commitment to our community are truly inspiring.

The Second Annual Art Exhibit and Sale was a massive hit and dazzled with local talent, showcasing our community's creativity.

Our Green Initiatives Committee hosted the Repair Exchange in partnership with the Arusha Centre, promoting sustainability and bringing neighbours together to learn and share.

It was a day that showcased the spirit of Mount Pleasant. Thanks to everyone for making this day truly special! Stay tuned for information on our Jump into Fall Celebration!

Thank you all for your ongoing commitment to our community! Enjoy the remainder of your summer, and we look forward to reconnecting with you in the fall.

Warm regards,

*Mount Pleasant Community Association*

## VOLUNTEER OPPORTUNITY

# SECRETARY

MPCA Executive  
Board of Directors



The role of Secretary will be up for election at the upcoming Annual General Meeting in October! Serving as a 2-year volunteer on our Executive Board, this role plays a critical part in our community.

If you are passionate about fostering community connection and collaboration, consider becoming our Secretary.

Email [president@mPCA.ca](mailto:president@mPCA.ca) to express interest.



## Mount Pleasant Community Farm Stand Program

The MPCA is thrilled to continue our partnership with the City of Calgary and Lil Green Urban Farm for another Community Farm Stand Program season. Building on last year's success, we're excited to offer our community access to fresh, locally grown produce while continuing to support local businesses.

Join us at the Mount Pleasant Community Hall every Thursday from 2:00 to 6:00 pm to enjoy the bounty of the Farm Stand. This partnership allows us to connect with neighbours, support our farmers, and indulge in delicious, healthy food options.

For more information about local food initiatives in Calgary, visit [www.calgary.ca/localfood](http://www.calgary.ca/localfood).





Chair Yoga is coming in September! Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles.

Starting Wednesday, September 11, Mount Pleasant resident Catharine will lead weekly chair yoga classes. Catharine has been practicing yoga since the early 1980s and would love to share her passion for yoga with you.

All you need is your MPCA membership (just \$5 per family per year for anyone age 65 and over) and comfortable clothing. You will be practicing in bare feet or socks only, no special shoes required. If you have a yoga mat, please bring it to put under your chair. You won't be getting down on the floor, only your mat will!

Drop-in classes are available on Wednesdays (except the fourth Wednesday of each month) starting September 11, 2024, for just \$8 a class. Class time is 11:15 am to 12:15 pm. All classes will take place in the Upper Hall, 602 22 Ave NW. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

**Tai-Chi:** Tai-Chi will be back in September with classes scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. 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 depend on the number of people who sign up but usually it is around \$4 per class for the session and \$5 per class drop-in.

**Exercise Class for All Fitness Levels:** Our exercise class takes July and August off, but we'll be back at it come September. If you're a fan of high-intensity burpees, mountain climbers, lunges and much more, this class may be just what you're looking for. If you'd like a more laid-back class to increase your fitness level or just get in some physical activity, you can accomplish that, too. The instructor accommodates all fitness levels with easier and more challenging variations to meet all goals. And it's available on Zoom Monday, Wednesday, and Friday mornings. This is a convenient way for people who work from home or have children to get in a workout during the day without leaving home.

If you would like to try a free class to see if this class meets your needs, please contact Linda at pleasanttimes@mpca.ca or call 403 289-8390. People of all ages and fitness levels are welcome, whether you want a low, moderate, or high intensity work out. The classes are designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. 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.

Classes are held September through June on Monday and Wednesday mornings from 10:15 to 11:00 am (in the Upper Hall and on Zoom) and Friday mornings from 9:30 to 10:15 am (Zoom only but we are experimenting with Zoom classes at the hall for those who like to socialize too). If you are new to the class, please come to the hall initially to allow the instructor to assess your fitness level and speak with you about your goals.



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# 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](http://mpca.ca/playgroup) for more information.

### Sportball [3rd Party] - Upper Hall

#### Sports Instruction for Kids

#### Sunday Afternoons

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

[www.sportball.ca](http://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.

## Adult Programs

### Essentrics® Gentle Fitness [3rd party] - Upper Hall

**Tuesdays and Thursdays | 10:00 to 11:00 am until end of May, moving outside in June!**

The Essentrics® technique simultaneously strengthens and stretches all muscles. For information and registration, please email [mauvefitnesscalgary@gmail.com](mailto: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](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 drop-in. Reach out to Linda at [pleasanttimes@mpca.ca](mailto: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. Enroll for the full session or drop-in. 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](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.

### 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](mailto:hardytrish@gmail.com) or call 403-620-4990.

[www.trishhardyyoga.com](http://www.trishhardyyoga.com).

### Flow Martial Arts [3rd Party] - Upper Hall

**Mondays | 8:00 to 9:15 pm**

**Wednesdays | 8:00 to 9:00 pm**

Join Flow Martial Arts for traditional Filipino martial arts training in a supportive community. We offer Arnis stick fighting, unarmed applications and a great workout. Develop discipline, respect, and skill with our team. No experience is necessary!



Call Jeff at 587-891-8108 or check out [flowma.ca](http://flowma.ca) to start your martial arts journey today!

### **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](mailto:rakushincalgary@gmail.com), 403-401-8257, or visit [www.calgaryrakushinkan.com](http://www.calgaryrakushinkan.com).

### **Fly Right Swing Dance Lessons [3rd Party] - Upper Hall**

**Friday Evenings**

For more information, please go to [m.facebook.com/flyrightswing/](https://m.facebook.com/flyrightswing/).



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## **MPCA Playgroup Registration Now Open!**

Engage in delightful parent/tot playtime filled with laughter and discovery. Our volunteer-run program is designed to provide a wonderful mix of fun outings and regular activities, creating the ideal environment for your little ones to thrive.

Children up to five years old, accompanied by their caregivers, are warmly invited to join us. It's a chance to build friendships, connect with other parents, and create relationships that stand the test of time. Plus, it offers kids the valuable opportunity for some much-needed social interaction.

For more details and to register, visit: [mpca.ca/playgroup](http://mpca.ca/playgroup).

Don't miss out on this wonderful opportunity to create lasting memories for your family this winter with MPCA Playgroup!

**AGES 0-5**

**MOUNT PLEASANT PLAYGROUP**

AT HOME WITH KIDS AND NEED TO GET OUT OF THE HOUSE? WE ARE A VOLUNTEER-RUN PROGRAM OFFERING A LOW-COST PARENT AND TOT PLAYTIME! JOIN US AND MEET NEW PEOPLE IN A RELAXED NON-STRUCTURED ENVIRONMENT.

WINTER REGISTRATION OPEN NOW!

MON, TUES, FRI, 9 AM TO 11 AM

MPCA Lower Hall - 602 22 Ave NW, Calgary, AB

For more information, go to [mpca.ca/playgroup](http://mpca.ca/playgroup)

Questions? Email [playgroup@mpca.ca](mailto:playgroup@mpca.ca)

### Pleasant Times Social Club – For Adults of All Ages



*You know you're getting older when a recliner and a heating pad is your idea of a hot date - leanintree.com*

Pleasant Times Social Club is a great way for people to get out of the house, socialize with old and new friends, be active, see places and things we might otherwise miss, and build support systems. Our activities are possible due to the support of MPCA, the fees people pay to participate, and the generous grants and donations we receive from various Calgary businesses, The City of Calgary, and community members. None of our programs would be possible without the many members of our group who donate their time and energy to make them happen. So many people to thank for giving us these opportunities.

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are only open to those age 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, please contact us for more information.

**Monthly Lunches:** We took advantage of KFC's Tuesday deal for our June lunch: two pieces of chicken and fries plus Ruby and Marie made the coleslaw on the side. After lunch, the Acting Our Age Comedy Troupe entertained us with some humorous skits they wrote and performed themselves. Between sketches, singer Slim Chance and his guitar entertained us. "Acting Our Age" has been an acting troupe for over six years. They are a mix of retired people who have moved on to

what they truly love to do: act and entertain! They have performed in numerous venues throughout Calgary and beyond. They usually do comedy sketches but can also offer sketches that deal with the serious nature of being a senior (issues like elder abuse and scams).

We hope to enjoy picnics in July and August, weather permitting, along with some outdoor games to keep us moving before and after lunch.

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 to attend. 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, conversation and games, or live entertainment. Many thanks to MPCA, Paramount 24 Hr Animal Hospital, Costco, Co-op, and The City of Calgary for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

If you are 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.

**Day Trips:** Our outing to an evening performance of *A Closer Walk with Patsy Cline* at Stage West on August 28 is sold out with people on the waiting list but here is some good news on our upcoming trips.

**Yamnuska Wolfdog Sanctuary and free time in Cochrane** (think MacKay's ice cream!), Thursday, September 5, 9:00 am to 4:00 pm, just \$60 per person: The Sanctuary is a non-profit dedicated to promoting awareness and education about wolfdog ownership. It is located near Cochrane on 160 acres of land and currently has 55+ permanent wolfdogs. We'll start our visit with a Private Intro Tour for our group. This will be held in a viewing structure inside a wolfdog enclosure; we'll be able to watch the wolfdogs and guides and take pictures without the obstruction of the fences but won't be in contact with them. The guide will tell us about wolves and wolfdogs and interact with the wolfdogs. After, we'll have time to walk around the Sanctuary's other enclosures, take in a Wolfdog Wisdom Session Q&A while a guide provides some enrichment

for the wolfdogs, and visit the Information Centre and gift shop. Next, we'll head to Cochrane where you can buy lunch or bring a picnic from home, visit the shops, and check out the latest flavours at MacKay's Ice Cream.



**Rosebud Theatre, Christmas On The Air**, Thursday, November 28, 10:00 am to 5:00 pm, just \$70 per person. We'll enjoy a comfortable ride through the countryside to Rosebud, arriving in time to enjoy their usual extensive buffet and lunch entertainment before heading to the theatre for the play. Christmas On The Air tells the story of a 1940s family-run radio station, moments from going live with their annual Christmas Eve broadcast full of familiar holiday carols and yuletide stories. In the booth, young love sparks between Kitty, the weather reporter, and Danny, the sound effects operator, but Kitty has a secret that could put her job in jeopardy. All of this unfolds under the watchful eyes of Danny's parents, owners of the radio station, and a live studio audience, resulting in a chaotic and hilarious "on-air" Christmas.

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](mailto:pleasanttimes@mpca.ca) or 403 289-8390. People of all ages are welcome to join us.

Please keep watch for the September schedule announcement in your Inbox and on the Events page of MPCA's membership database. Have a wonderful summer!



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## Trees – Nature’s Filters

Writing this article on technically the first day of summer, it’s hard to know what this summer will bring. Parts of Ontario and Quebec are in the midst of dangerous heat waves, while Calgary weather just seems to be getting nice.

With heat records being broken in recent years, it’s likely we’ll see some hot weather again this summer. As weather extremes become less “extreme” and more the norm, vegetation becomes even more important to help moderate temperatures and reduce the urban heat island effect. “Urban heat islands”<sup>1</sup> can result when natural land cover is replaced by dense concentrations of pavement, buildings, and other artificial surfaces which retain and absorb heat, for example in cities. Shade from mature trees becomes very sought-after in the heat of summer and helps keep your house naturally cooler too of course.

It seems like a lot of older trees have come down in our community to make way for new developments, and sometimes the new plantings appear quite sparse. We need to look for opportunities to maintain and augment the beautiful greenery in our community. Trees and bushes help filter out pollutants, including those from forest fires which also seem more prevalent these days. They also help manage stormwater runoff and reduce flooding, as their roots take up water and help create conditions in the soil that promote infiltration.

A study in Gothenburg, Sweden<sup>2</sup> investigated the effect of trees on air pollution, focusing on polycyclic aromatic hydrocarbons (PAHs – in traffic exhaust), which haven’t been extensively studied but some are believed to be harmful to human health. Results showed that trees play a role in improving air quality in cities.

The City of Calgary offers free trees annually through the Branching Out tree program, which increases Calgary’s urban tree canopy. Program registration is closed for 2024 but check back in early spring next year for information at <https://www.calgary.ca/parks-rec-programs/nature/branching-out.html> on the City website. Calgary’s current tree canopy coverage is just over 8% (including trees on both public and private property) however the city is working to expand this

coverage to 16%. Now is a good time to look at your yard and start thinking about where you might want to add a tree or more! A limited number of tree species are offered so you can get ideas by looking at the 2024 tree species list on the website above although they can change between years. Guidance is also provided for planting and maintenance to help you take care of your new tree.

If you want to get involved in helping to make Mount Pleasant a greener community, please email [green@mpca.ca](mailto:green@mpca.ca) for more information. Also check out the Mount Pleasant Green Initiative Group on Facebook, found on the Mount Pleasant Community Association page.

### References


- 1.) <https://www.epa.gov/green-infrastructure/reduce-urban-heat-island-effect#:~:text=Trees%2C%20green%20roofs%2C%20and%20vegetation,releasing%20moisture%20into%20the%20atmosphere.>
- 2.) <https://www.gu.se/en/news/trees-are-important-for-cleaner-air-in-cities.>

BRAIN GAMES

SUDOKU

7					9			4
	3		4				1	
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	4						8	
		2						6
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SCAN THE QR CODE FOR THE SOLUTION



## 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

- TAKE WHAT YOU NEED
- DONATE WHAT YOU CAN
- KEEP THE DOOR CLOSED
- SPREAD THE WORD
- DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD
- DON'T MAKE A MESS

CONTACT GREEN@MPCA.CA  
TO REPORT ANY CONCERNS

Chicken Soup, SAUCY SPAGHETTI

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Our August 27 book will be *Mad Honey* by Jodi Picoult and Jennifer Finney Boylan.

Olivia McAfee knows what it feels like to start over. Her picture-perfect life living in Boston, married to a brilliant cardiothoracic surgeon, raising a beautiful son Asher, was upended when her husband revealed a darker side. She never imagined she would end up back in her sleepy New Hampshire hometown, living in the house she grew up in, and taking over her father's beekeeping business.

Lily Campanello is familiar with do-overs, too. When she and her mom relocate to Adams, New Hampshire, for her final year of high school, they both hope it will be a fresh start. And for just a short while, these new beginnings are exactly what Olivia and Lily need. Their paths cross when Asher falls for the new girl in school, and Lily can't help but fall for him too. With Ash, she feels happy for the first time. Yet at times, she wonders if she can trust him completely.

Then one day, Olivia receives a phone call: Lily is dead, and Asher is being questioned by the police. Olivia is adamant that her son is innocent. But she would be lying if she didn't acknowledge the flashes of his father's temper in him, and as the case against him unfolds, she realizes he's hidden more than he's shared with her. *Mad Honey* is a riveting novel of suspense, an unforgettable love story, and a moving and powerful exploration of the secrets we keep and the risks we take in order to become ourselves

The September 24 book will be *How the One-Armed Sister Sweeps Her House* by Cherie Jones. 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 [bookclub@mpca.ca](mailto:bookclub@mpca.ca) or 403-836-3626 for more information. Come and join in a lively discussion about a great book.



## YOUR CITY OF CALGARY

# Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a "Free" label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.



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**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/ Drop-Off Service Available.

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**CAPSTONE ENGINEERING ACADEMY:** Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: [www.capstoneacad.ca](http://www.capstoneacad.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.

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# WHAT'S NEW IN OUR NEIGHBOURHOOD



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**Eau Claire Athletic Club**, Calgary's new private athletic facility, slated to open in early 2025, in the former YMCA building

Sign up for Emails and Membership Details at [ECAthleticClub.ca](https://www.ECAthleticClub.ca)



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