

FEBRUARY 2024

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



SOCGER REGISTRATION OPENS FEBRUARY 1!



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MPCA Playgroup Winter 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.

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

MPCA Soccer Registration Opens February 1, 2024

Attention Soccer Enthusiasts! We're gearing up for another fantastic season of community soccer.

Clear your schedules because on February 1, 2024, registration opens for the 2024 outdoor soccer season for children U3 to U15 in Mount Pleasant. Don't forget to register online by February 28!

Stay tuned for updates through the registration portal as we kick off the 2024 soccer season: mpca.ca/whats happening/mpca-soccer/.



SOCCER REGISTRATION OPEN!

Registration for U3- U15 outdoor soccer will be available from February 1 - 28, 2024. For the latest information, visit: www.mpca.ca



#soccerseason2024



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



Questions? Email playgroup@mpca.ca



mybabysitterlist

Calling All BABYSITTERS
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Calling All PARENTS
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MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
 Email info@mpca.ca Website www.mpca.ca
 Facebook https://www.facebook.com/MountPleasantCommunity
 Twitter https://twitter.com/MountPleasantCA

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Past President	Jessica Karpat	pastpresident@mpca.ca
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Treasurer	Vacant	treasurer@mpca.ca

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	Whitney Punchak	
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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
- 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 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: _____

I wish to subscribe to MPCA email list _____

Number in Family _____

Cheque _____ Cash _____

Yes _____ No _____

Adults _____ Children _____

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other)

please specify: _____

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

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

Attention all budding artists in Mount Pleasant!

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

What is “MPCA Artistic Expressions”?

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

How to Participate:

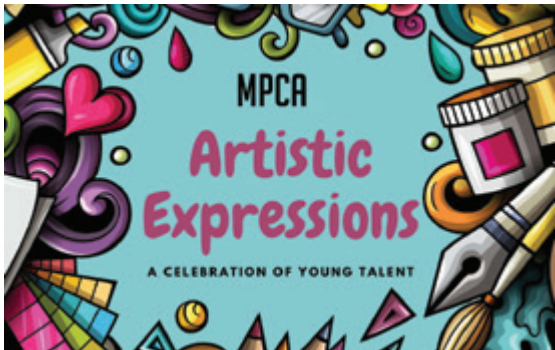
1. Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
2. Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!
3. Seek permission from your parents or guardians to share your artwork with the community.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

What’s in it for you?

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

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

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



Community Updates

With spring on the horizon, we’re gearing up for soccer season! Soccer registration opens on February 1 and is a fantastic chance to stay active and participate in friendly competition.

Our recent Casino event was a great success (more details to follow), and we extend a heartfelt thank you to all the dedicated volunteers who played a crucial role in making it happen. A special shout-out goes to Casino Coordinator Michele Gole for organizing this essential fundraising event.

The funds raised from the Casino event are instrumental in supporting various aspects of our community, including facility insurance, maintenance of the Community Hall, cleanliness initiatives, supplies stock, non-electric utility costs, maintenance and repairs, and the promotion of community events.

Your continued support ensures that Mount Pleasant remains a welcoming and well-maintained community for all. We appreciate your involvement in making our neighbourhood thrive.

As we look forward to the upcoming season of community engagement, we express our gratitude for the unity and camaraderie that define Mount Pleasant.

Warm regards,

MPCA Board of Directors



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SALES AND SERVICES



Crafternoon

Arts and Crafts Sessions for All Ages

These two-hour Crafternoon classes are sponsored by MPCA. They include all materials and 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 is 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 www.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 Aileen know as soon as possible. This may allow someone on the waiting list to take your place and avoid purchasing supplies that aren't used.

Registration for the February class opened on January 9. To learn about what's on tap for February, check the Events tab at www.mpca.tidyhq.com in early January. It's always best to set a reminder to do this early in each month as classes fill up quickly.

February classes are:

Wednesday, February 7, 1:30 to 3:30 pm, Valentine Cookies: In anticipation of Valentine's Day, we will decorate half a dozen scrumptious cookies with icing and sprinkles. Connie Zerger will provide techniques and inspiration.

Wednesday, February 14, 1:30 to 3:30 pm, Ted Harrison Project: Ted Harrison is a beloved British Canadian painter. Doris Loewen will introduce us to the period Harrison spent in Yukon, and we will create a joyful art piece with a twist on his iconic style.

Wednesday, February 21, 1:30 to 3:30 pm, Colour Exploration with Tracy Franks: Tracy will teach us the basics of colour theory. Through a series of exercises, we will learn tips to use colour successfully in our own art.

If you have any questions, please contact Aileen at crafternoonailen@gmail.com or text/call 403-862-1759. And don't forget to set a reminder early each month to check out the Events page and find out what's happening in upcoming classes!

Monday Afternoon Games

Monday Afternoon Games in the Upper Hall happen September through June. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, Monday afternoons in the Upper Hall, 602 22 Ave. NW. A variety of games are offered depending on what interests the attendees: there's Whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette at yvette.v53@hotmail.com or 403-803-7697 to be advised when games afternoons are happening.



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.

ACTIVITIES AND EVENTS

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

MPCA Playgroup – Lower Hall

Select weekdays from 9:00 to 11:00 am

Sportball – Upper Hall

Tuesday mornings and Sunday afternoons

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

Monday to Friday after school

Afternoon Games – Upper Hall

Adults, no minimum age, September to June
Mondays at 1:15 pm

Aspire to Inspire Zumba – Zumba Fitness – Upper Hall

Mondays from 6:30 to 7:30 pm

Exercise Program

Adults, no minimum age, September to June.
Always available on Zoom or, Mondays only, in the Upper Hall with the instructor.
Mondays and Wednesdays from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am

Tai-Chi | All Ages – Upper Hall

Monday and Wednesday from 9:00 to 10:00 am
Sessions run from September to June

Flow Martial Arts – Upper Hall

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

Mount Pleasant Children's Karate – Upper Hall

Tuesdays from 5:30 to 6:30 pm

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

Select days. Book online.

Essentrics® with Gabrielle – Upper Hall

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

Book Club – Lower Hall

Adults, no minimum age
Fourth Tuesday of each month from 7:00 to 9:00 pm

Arts and Crafts Crafternoons – Upper Hall

Select Wednesdays from 1:30 to 3:30 pm
Sessions run from September to June

Monthly Seniors' Lunches – Upper Hall

Age 60 and over
Fourth Wednesday of each month
RSVP required

Zumba with Andre – Upper Hall

Wednesdays from 5:30 to 6:30 pm

Yoga with Trish Hardy Yoga – Upper Hall

Thursdays from 7:45 to 8:45 pm

Calgary Rakushinkan – Upper Hall

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

Fly Right Swing Dance Lessons – Upper Hall

Friday evenings

Mount Pleasant Community Farm Stand

Community hall parking lot

MPCA Soccer Registrations Opens

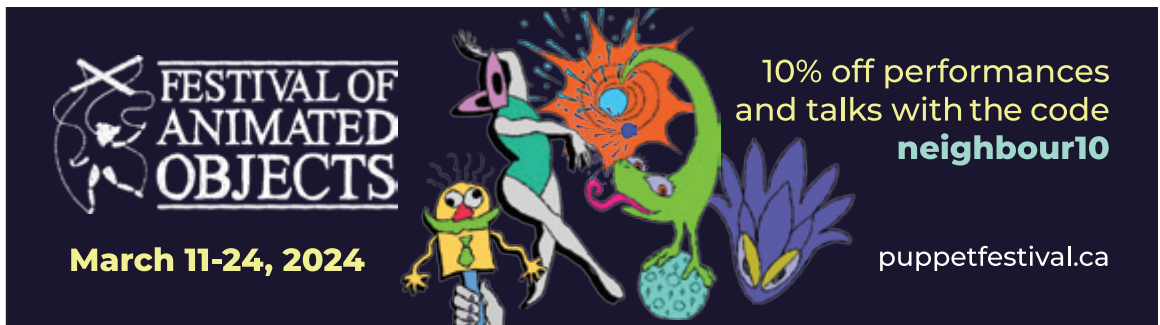
Thursday, February 1

MPCA Book Club, Mexican Gothic by
Sylvia Moreno-Garcia

Tuesday, February 27

MPCA Book Club, Watershed by
Doreen Vanderstoop

Tuesday, March 26



FESTIVAL OF ANIMATED OBJECTS

March 11-24, 2024

10% off performances and talks with the code **neighbour10**

puppetfestival.ca

The banner features a dark blue background with white text. On the left is a stylized white logo of a puppet. In the center are several colorful, whimsical puppets: a green one with a yellow tie, a blue one with a pink tongue, and a purple one. On the right, there is a large orange and red puppet with a blue eye.

MPCA HALL PROGRAMS

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

Children and Youth Programs

Mount Pleasant Playgroup - Lower Hall

Ages 0 to 5 years

Weekdays | 9:00 to 11:00 am

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

Sportball [3rd Party] - Upper Hall

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

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

www.sportball.ca

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

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

School-age care spots are available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 6. Our school-age care program is licensed and accredited with many long-term staff. For more information, please contact 403-289-8233 or 403-220-1212. Call and reserve your spot today.

Mount Pleasant Children's Karate [3rd party] - Upper Hall

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

Ages 7+ | Tuesdays | 5:30 to 6:30 pm

For more information and to register, please contact Eric at efleiger@outlook.com or call Senpai Eric at 403-650-8445.

Adult Programs

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

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

The Essentrics® technique simultaneously strengthens

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

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

Mondays | 6:30 to 7:30 pm

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

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

Tai-Chi [Pleasant Times] - Upper Hall

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

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

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

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

Fridays | 9:30 to 10:15 am

Join our inclusive fitness classes, which are suitable for all ages and fitness levels. Our sessions focus on enhancing aerobic fitness, strength, balance, and flexibility with tailored options for varying fitness levels. Attend weekly classes for \$7 each (session sign-up) or \$12 for drop-ins. Participate in person at the community hall on Mondays and Wednesdays, and Fridays from 9:30 to 10:15 am. Zoom sessions are available. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information. You can try out a free class to see if this is for you.

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

Thursdays | 7:45 to 8:45 pm

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

www.trishhardyyoga.com.

Flow Martial Arts [3rd Party] - Upper Hall

Mondays | 8:00 to 9:15 pm

Wednesdays | 8:00 to 9:00 pm

For more information and registration, please contact Jeff Estrada at fma.academy.calgary@gmail.com or call

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

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

Calgary Rakushinkan [3rd Party] - Upper Hall
Thursdays 6:00 to 7:30 pm
Sundays 5:00 to 7:00 pm

Japanese Martial Arts with Calgary Rakushinkan. Learn Japanese sword and other martial arts - Kenjutsu, Iaijutsu, Aikijujutsu, Aikido, and more.

Adults and youth 14+. For more information and registration, please contact rakushincalgary@gmail.com, 403-401-8257, or visit www.calgaryrakushinkan.com.

Fly Right Swing Dance Lessons [3rd Party] - Upper Hall
Friday Evenings

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

Chaos
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AGES
4 & UP

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February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Pleasant Times Social Club – For Adults of All Ages

I used to know a couple who grew fruit trees together. They lived to a ripe old age. – Anonymous

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are 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, but if something piques your interest and you're available, please contact us for more information.

Donations: Our lunches and other activities are supported by donations our volunteers source from many different companies and people. In 2023, the Costco at 2853 32 St. NE gave us \$1,000 for our lunches and other activities; the City of Calgary paid \$200 toward the cost of our pizza in July; Steve Zacher has helped cover the cost of our day trips for many years; Paramount 24 Hr Animal Hospital makes a generous donation monthly; and, not least, members of our group have made significant individual donations. And many more of our group donate their time and energy to make our lunches and other activities happen. So many people to thank for giving us the opportunity to get out, socialize, be active, and see places and things we might otherwise miss.

Monthly Lunches: Our seniors' lunches are held on the fourth Wednesday of each month (except December) at 11:30 am, usually in the Upper Hall. Lunches are open to all MPCA members aged 60 and over who have registered to attend in advance. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after the lunch – a speaker, movie, games, or live entertainment. Many thanks to MPCA for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

We had a fabulous Christmas lunch in December: a full, homemade turkey dinner, catered by Calypso's GreekTaverna, entertainment by community treasure, Serge Soucy, and dancing (well, not too many of the males could be convinced to dance). A record crowd of 80 people attended, and the hall was filled with great music, good conversation, and laughter. Don't miss your chance to join us at these fun lunches.

December was the month for our annual Calgary Food Bank donation drive. Thank you to everyone who attended and donated a total of \$1,875. And thank you to Steve Zacher who gave generous prizes for our gift draw.

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

Exercise Class: Our January to April exercise session is up and running. People of all ages and fitness levels are welcome to join, 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. Options are given to accommodate all fitness levels and any physical concerns participants have. You can sign up for one or more classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the remaining classes in the session or \$12 per class drop-in.

Many participants have opted to join the class via Zoom at home, but we do offer classes at the community hall as well on Mondays and Wednesdays (except on lunch days), with the instructor in attendance. Classes are held Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information. You can try out a free class to see if this is for you.

Tai-Chi: Tai-Chi also re-started in January. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 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 is only \$5 per class when you sign up for the remaining classes in the session or \$6 per class drop-in.

Day Trips: We're hoping to get to Banff on Tuesday, February 6, to check out this year's snow sculptures and, if Chateau Lake Louise approves, we'll get there also to see the ice sculptures. We were very excited that Lake Louise was welcoming world-class ice carvers back to compete for the first time since 2020 but then very disappointed



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that entry was restricted to a few weekend evenings. We've communicated with Banff and Lake Louise Tourism and Chateau Lake Louise to find an option that works for our seniors' group. Banff Snow Days, with snow sculptures throughout the downtown happens at the same time. If things work out, we'll get an early start to Lake Louise to tour the ice sculptures for an hour or so then head to Banff for lunch (buy your own or bring one) and a walk-about to view the snow sculptures or shop before heading home. At time of writing, we're still hoping our negotiations will reach a happy end.

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.



Word of the Month

Besotted: adjective (be-sot-ted)

To be blindly or completely infatuated.

After 50 years of marriage, he is still as besotted with his wife as the first day he met her.

Lessons from Living in Vauban, Germany to Boost Calgary's Energy Efficiency

Hello, Mount Pleasant Neighbours!

Are you ready for another virtual trip with the Green Initiatives Committee? This month, we are taking a short hop over from Amsterdam and heading to a little town in Germany called Vauban. Known as "The Greenest Town in Europe," Vauban sets the bar high when it comes to energy efficiency and has some cool ideas that might just work for us right here in Calgary.

Vauban's Green Scene:

So, here's the scoop. Vauban, located in the southwest of Germany, decided to become the green superhero of the town planning world by keeping green initiatives at the core of their community design. Picture this: solar panels on rooftops, energy-efficient homes, abundant green spaces, and a co-op power system.

Solar Panels Galore:

Vauban's rooftops are like a mini-solar panel paradise. They're all about harnessing the power of the sun, and just like this town, we've got our fair share of sunshine here! Imagine our roofs decked out in solar panels, soaking up that Alberta sun and cutting down our energy bills.

Energy-Efficient Homes:

Vauban homes are like the superheroes of energy efficiency. They are super-insulated, use natural light, and are designed to keep energy consumption to a minimum. These are all great ideas to keep in mind when designing and renovating homes in our neighbourhood.

Green Spaces Everywhere:

Vauban is all about the green scene. Parks, gardens, you name it. Green spaces aren't just pretty; they support sustainability in a variety of ways. What if we transformed more of our unused spaces into community gardens or parks? Imagine picnics, community events, and a little more nature in the heart of our city.

Community Power:

Here's a cool twist – Vauban residents are part of a co-op that manages their own energy! Homes in this

town either consume as much energy as they make or produce even more energy than consumed that goes back into the community. Imagine if we, too, became a community where we're not just energy consumers but energy creators!

So, there you have it – a little green initiative inspiration from Vauban! If you want to dig a little deeper into this cool town, visit this link: www.greencitytimes.com/europe-s-most-sustainable%20-%20city/.

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 for more information or if you have any questions. As well, 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.

Have a great month,

The MPCA Green Initiatives Committee



"Residences in the Sun Ship." Green City Times, October 30, 2023

An Abundance of Sudoku

What is the significance of the number 6,670,903,752,021,072,936,960? And how do you even say it? This is the total number of solvable Sudoku puzzle layouts. It is six sextillion, 670 quintillion, 903 quadrillion, 752 trillion, 21 billion, 72 million, 936 thousand, 960. Try saying that five times fast! Super easy right?



Green Initiatives Committee Community Pantry Update

The MPCA Community Pantry has been a huge success since its installation in June 2022.

We've loved seeing the community come together and embrace sharing economy.

There are just a few things to keep in mind to ensure this project continues to be successful!

A good rule of thumb is, "If you wouldn't find it on a shelf in the grocery store - it does not go in the pantry."

Donate:

- Food purchased from approved food establishments.
- Non-perishable foods (do not need to be stored in the fridge).
- Consider the weather when donating canned or jarred foods. These foods may freeze in cold weather and become unsafe to eat or make a big mess.
- Foods stored in original, sealed containers with labels and in good condition.

Don't Donate:

- Perishable food items.
- Food without labels or in damaged packages (dented cans, bulging cans, torn packaging, cracked jars).
- Food that is contaminated by pests, chemicals, or anything else.
- Home-prepared foods, home-canned foods, or leftovers.
- Expired baby formula.
- Open food or partially consumed product.

The pantry is for non-perishable food and toiletry items only. Please do not leave clothing or other household goods. There are other initiatives that can take in donated household goods.

The most important thing is ensuring that we are adhering to AHS Health and Safety standards to ensure that our pantry remains a safe place for our community members to share with each other.

MPCA Community Pantry

A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING ECONOMY WITHIN THE COMMUNITY.

LOCATION: MPCA COMMUNITY HALL (NORTH SIDE), 602 - 22ND AVENUE NW



Nominate a Community Builder

Do you know someone who did a lot to make Mount Pleasant the vibrant community it is today? Let's recognize her or him now so we don't forget what others have done for us. It might even inspire us to do our bit to keep the spirit going! If you would like to nominate someone as a community builder, please contact Linda at pleasanttimes@mpca.ca or 403-289-8390.

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Our February 27 book will be *Mexican Gothic* by Sylvia Moreno-Garcia. After receiving a frantic letter from her newlywed cousin begging for someone to save her from a mysterious doom, Noemí Taboada heads to High Place, a distant house in the Mexican countryside. She's not sure what she will find. Her cousin's husband, a handsome Englishman, is a stranger, and Noemí knows little about the region.

Noemí is also an unlikely rescuer. She's a glamorous debutante, and her chic gowns and perfect red lipstick are more suited for cocktail parties than amateur sleuthing. But she's also tough, smart, and has an indomitable will. She is not afraid: not of her cousin's new husband, who is both menacing and alluring; not of his father, the ancient patriarch who seems to be fascinated by Noemí; and not even of the house itself, which begins to invade Noemí's dreams with visions of blood and doom.

Her only ally in this inhospitable abode is the family's youngest son. Shy and gentle, he seems to want to help Noemí but might also be hiding dark knowledge of his family's past, for there are many secrets behind the walls of High Place. The family's once colossal wealth and faded mining empire kept them from prying eyes, but as Noemí digs deeper, she unearths stories of violence and madness. And Noemí, mesmerized by the terrifying yet seductive world of High Place, may soon find it impossible to ever leave this enigmatic house behind.

The March 26 book will be *Watershed* by Doreen Vanderstoop.

The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except December) in the Lower Hall. Contact Brianna at burichan@live.com or 403-836-3626 for more information. Come and join in a lively discussion about a great book.



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