

JANUARY 2024

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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JANUARY 29 AND 30



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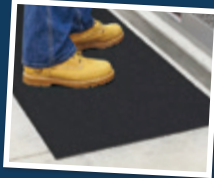
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MPCA Playgroup Winter Registration Now Open!

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!

Taste of Mount Pleasant

Calling all Mount Pleasant food enthusiasts!

We're thrilled to announce the return of the "Taste of Mount Pleasant Festival" to the Mount Pleasant Community Hall on February 24, and we need your help to make it a culinary delight!

This gastronomic celebration will showcase the best bites from local restaurants, bringing a flavourful experience to our community.

Here's where you come in: We're searching for local cafes and restaurants in Mount Pleasant and neighbouring communities to join this tasty event! If you have a favourite spot that should be part of our lineup, please message us. Let's come together to celebrate our community's culinary treasures and create a memorable foodie extravaganza!

Behind the scenes, the MPCA Special Events Committee is hard at work, diligently planning this exciting event. Stay tuned for more details as we collaborate to bring you an extraordinary experience!

Restaurant owners interested in participating, or if you know someone who might be, contact us at engagement@mpca.ca.

Save the date and stay tuned for updates on our website and social media channels as we work together to make this festival an extraordinary culinary experience!



TASTE OF MOUNT PLEASANT

JOIN US ON FEBRUARY 24TH AND INDULGE IN DELIGHTFUL LIBATIONS AND SAVOURY DELICACIES FROM LOCAL EATERIES WHILE MINGLING WITH FRIENDS AND NEIGHBOURS!

FOR MORE INFORMATION AND TICKETS, PLEASE VISIT OUR WEBSITE AT MPCA.CA



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

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>

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	Vacant	treasurer@mpca.ca

DIRECTORS

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

COORDINATORS

Web Manager	Vanessa Gillard	webmanager@mpca.ca
Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
Pleasant Times	Linda O'Hanlon	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

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- 4.2.4 Bar. Kitchen. Social.
- Campus Preschool Calgary



MPCA Membership Form

Membership Year runs from date of purchase

Please complete and send with cheque payable to Mount Pleasant Community Association 602 22 Ave NW Calgary, Alberta, T2M 1N7 or apply online at www.mPCA.ca and pay by credit card.

Membership Type

Mount Pleasant Resident \$15/year/family _____ Senior, 65 and over \$5/year/family _____

Non-Resident \$25/year/family _____

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.

Name

Address

Postal Code

E-Mail

Phone

Payment Attached:

Cheque _____ Cash _____

I wish to subscribe to MPCA email list

Yes _____ No _____

Number in Family

Adults _____ Children _____

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

please specify: _____

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

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

Attention all budding artists in Mount Pleasant!

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

What is “MPCA Artistic Expressions”?

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

How to Participate:

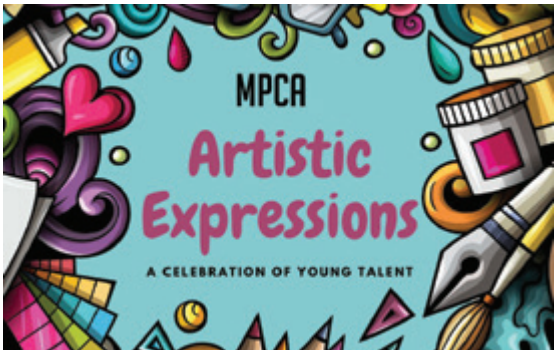
1. Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
2. Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!
3. Seek permission from your parents or guardians to share your artwork with the community.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

What’s in it for you?

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

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

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



Happy New Year, Mount Pleasant

As we embrace the new year, the MPCA extends warm wishes for a happy and prosperous year ahead. Your engagement and support have been instrumental in fostering Mount Pleasant’s vibrancy. We are looking forward to another year of community growth.

We’re currently seeking a Treasurer to join the MPCA Executive Board of Directors. If you, or someone you know, has a passion for community, we encourage you to consider this opportunity — no financial background is required. Your contribution can significantly impact the sustainable growth of Mount Pleasant. For details, contact us at president@mpca.ca.

This month, we’re also gearing up for an essential fundraising event with our upcoming Casino on January 29 and 30. Volunteers are still needed to make this event a success. Visit our website for more information on how you can be a part of this event or reach out to casino@mpca.ca.

The Taste of Mount Pleasant is returning on February 24. This event provides the perfect opportunity to sample delicious bites from all around the community. We are still accepting local cafes and restaurants to join us. Please reach out to engagement@mpca.ca if you would like to participate.

Warm regards,

MPCA Board of Directors



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.



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 January class opened on December 5. 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.

The January classes are:

Wednesday January 10, 1:30 to 3:30 pm, Textile Decoupage: Along with Tracy Franks we will create a bowl made of decoupage fabrics and embellishments.

Wednesday January 17, 1:30 to 3:30 pm, Introduction to Alcohol Inks: Connie Zerger will explain the properties of this fascinating medium and how to apply it to create ethereal images.

Wednesday January 31, 1:30 to 3:30 pm, Hand-build Ceramic Vessel: Connie Zerger will discuss various techniques such as coil building, slab, and pinch for forming a bowl of clay.

If you have any questions, please contact Aileen at crafternoonailen@gmail.com or text/call 403-862-1759. And don't forget 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.



SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



ACTIVITIES AND EVENTS

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

MPCA Playgroup – Lower Hall

Select weekdays from 9:00 to 11:00 am

Sportball – Upper Hall

Tuesday mornings and Sunday afternoons

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

Monday to Friday after school

Afternoon Games – Upper Hall

Adults, no minimum age, September to June

Mondays at 1:15 pm

Aspire to Inspire Zumba – Zumba Fitness – Upper Hall

Mondays from 6:30 to 7:30 pm

Exercise Program

Adults, no minimum age, September to June.

Always available on Zoom or, Mondays only, in the Upper Hall with the instructor.

Mondays and Wednesdays from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am

Tai-Chi | All Ages – Upper Hall

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

Sessions run from September to June

Flow Martial Arts – Upper Hall

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

Mount Pleasant Children's Karate – Upper Hall

Tuesdays from 5:30 to 6:30 pm

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

Select days. Book online.

Essentrics® with Gabrielle – Upper Hall

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

Book Club – Lower Hall

Adults, no minimum age

Fourth Tuesday of each month from 7:00 to 9:00 pm

Arts and Crafts Crafternoons – Upper Hall

Select Wednesdays from 1:30 to 3:30 pm

Sessions run from September to June

Monthly Seniors' Lunches – Upper Hall

Age 60 and over

Fourth Wednesday of each month

RSVP required

Zumba with Andre – Upper Hall

Wednesdays from 5:30 to 6:30 pm

Yoga with Trish Hardy Yoga – Upper Hall

Thursdays from 7:45 to 8:45 pm

Calgary Rakushinkan – Upper Hall

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

Fly Right Swing Dance Lessons – Upper Hall

Friday evenings

Mount Pleasant Community Farm Stand

Community hall parking lot

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

Tuesday, January 23

MPCA Casino – Pure Casino – 1420 Meridian Rd NE

January 29 and 30

MPCA Book Club, *Mexican Gothic* by Sylvia Moreno-Garcia

Tuesday, February 27

CLEARWASH EXPRESS DETAIL & CAR WASH

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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 for more information.

Sportball [3rd Party] - Upper Hall

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

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

www.sportball.ca

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

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

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

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

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

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

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

Adult Programs

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

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

The Essentrics® technique simultaneously strengthens

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

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

Mondays | 6:30 to 7:30 pm

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

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

Tai-Chi [Pleasant Times] - Upper Hall

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

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

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

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

Fridays | 9:30 to 10:15 am

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

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

Thursdays | 7:45 to 8:45 pm

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

www.trishhardyyoga.com.

Flow Martial Arts [3rd Party] - Upper Hall

Mondays | 8:00 to 9:15 pm

Wednesdays | 8:00 to 9:00 pm

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

PLAYGROUP – UPCOMING EVENTS

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

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

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

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

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

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

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

Playgroup is a wonderful, casual place to connect with other families in your community. And a fun way for kids to interact and engage with other kids their age (ages 0 to 5).

We are a volunteer-run parent program offering low-cost parent and tot playtime in a fun and child-friendly environment. Join us and meet new people in a relaxed, non-structured environment. Kids can play, make crafts, paint, use play dough, or have a snack while parents relax and chat with neighbours.

Are you, or do you know anyone interested in trying Playgroup before fall registration opens?

We meet in the Lower Hall of the MPCA Community Centre on Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am.

Please reach out and come see what it's all about. We look forward to seeing you there!

Visit mpca.ca/playgroup or email playgroup@mpca.ca.

An advertisement for Great News Media. The background is a dark image of hands holding and lighting sparklers, creating bright, glowing bursts of light. At the top, the text "Get Noticed" is written in a large, elegant, cursive font. Below this, in a smaller, bold, sans-serif font, is the text: "ACQUIRE AND RETAIN NEW CUSTOMERS. Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites. Call 403-720-0762 | sales@greatnewsmedia.ca". In the bottom left corner, there is a QR code with a white "SCAN ME" button below it. At the bottom center, the text "GREAT NEWS MEDIA" is written in a bold, sans-serif font, with "LEADERS IN COMMUNITY FOCUSED MARKETING" in a smaller font below it.An advertisement for Mount Pleasant Playgroup. The background is a bright, colorful illustration of six diverse children of various ethnicities and ages smiling and waving. Above them is a large, vibrant rainbow. The word "PLAYGROUP" is written in a large, bold, blue, sans-serif font across the top. Below the children, the text "9am - 11am" is written in a bold, sans-serif font, followed by "Mon, Tues, Thurs & Fri" and "Mount Pleasant Community Hall". At the bottom, the text "visit mpca.ca/playgroup or contact playgroup@mpca.ca" is written in a smaller font.

Pedalling Towards Sustainability: Amsterdam's Biking Infrastructure as a Model for Calgary

Welcome to a new year, Mount Pleasant! The Green Initiatives Committee is looking forward to bringing another year of sustainable stories and ideas to the community. For 2024, we would like to take you on a virtual tour around the world! As we travel around the globe, we will take a look at other communities to get inspiration on initiatives we can bring to our own Mount Pleasant.

Pack your bags and travel with us to our first stop...Amsterdam!



Amsterdam

Amsterdam, a city renowned for its progressive urban planning and robust biking infrastructure, offers valuable lessons for our pursuit of green living. In this article, we will explore how Amsterdam's biking culture has become an integral part of its identity and suggest ways in which we can bring this closer to home.

Often referred to as the "Bike Capital of the World," Amsterdam boasts an impressive cycling culture deeply embedded in its urban planning. As a result of deliberate policy choices, Amsterdam saw a shift from being a car-dependent city in the 1970s to now seeing a staggering 60% of all trips within the city made on bicycles. Of course, the city's flat terrain, mild climate and extensive network of dedicated bike lanes contribute to the ease and popularity of cycling.

In Amsterdam, there are more bicycles than residents! This high level of bike ownership reflects the widespread reliance on cycling as a primary mode of transportation. Amsterdam also has an extensive network of over 400 kilometres of dedicated bike lanes, providing cyclists with safe and efficient routes throughout the city. These lanes are often physically separated from vehicular traffic, enhancing safety for cyclists. The city provides ample cycling facilities, including secure bike parking spaces, guarded bike storage, and bike repair stations. These amenities contribute to the convenience and accessibility of cycling, encouraging more residents to choose bikes for their daily commute.

There are a few lessons we can bring home from Amsterdam:

- Allocating resources to the construction and maintenance of a comprehensive network of dedicated bike lanes is crucial. These lanes should be strategically designed to connect residential areas with business districts and popular destinations.
- Expanding Calgary's bike-sharing programs that we currently have to make biking more accessible to Calgarians. Well-placed bike-sharing stations near transit hubs and key locations can encourage the seamless integration of cycling into daily routines.
- Launch extensive education and awareness campaigns that highlight the environmental, health, and economic benefits of cycling.
- Enhancing existing infrastructure to accommodate cyclists is essential. Installing bike racks, secure storage facilities, and amenities such as repair stations can contribute to a more bike-friendly environment. We are happy to report that there are a few bike repair stations in our area and beyond, like at the U of C campus and this one pictured in Canmore.
- Encouraging businesses to support biking initiatives by providing incentives for employees who choose to commute by bike can further promote sustainable transportation.



Canmore

Amsterdam's biking success is not just a product of its infrastructure but also a reflection of a cultural shift towards sustainable living. As we continue to look for ways to become a greener community, we have the potential to learn from and adapt Amsterdam's model in a way that will suit Calgary's climate and city structure.

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.

Happy New Year,

The MPCA Green Initiatives Committee

Green Initiatives Committee Community Pantry Update

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

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

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

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

Donate:

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

Don't Donate:

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

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

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

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.

MPCA Community Pantry

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

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

TAKE WHAT YOU NEED

DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD

DONATE WHAT YOU CAN

DON'T MAKE A MESS

KEEP THE DOOR CLOSED

SPREAD THE WORD

CONTACT GREEN@MPCA.CA TO REPORT ANY CONCERNS

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anita@anitamortgage.ca

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Pleasant Times Social Club – For Adults of All Ages

People ask me what I'd most appreciate getting for my eighty-seventh birthday. I tell them a paternity suit
- George Burns

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are open to those aged 60 and over. All you need is an MPCA membership! Most events are held during the day, Monday to Friday, with the odd exception, but if something piques your interest and you're available, please contact us for more information.

Donations: Our lunches and other activities are supported by donations our volunteers source from many different companies and people. 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 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 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.

At time of writing, we're looking forward to our special Christmas lunch: a full turkey dinner, catered by Calypso's GreekTaverna, entertainment by community treasure, Serge Soucy, and dancing. Serge will bring his baby grand to sing and play Christmas and other of our favourite songs. He always gets us up dancing and bopping along with him.

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

Exercise Class: Our January to April exercise session is up and running, a fun way to shed any extra pounds earned during the holidays. 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 on Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information. You can try out a free class to see if this is for you.

Tai-Chi: Tai-Chi also re-started in January. Classes are 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 is based on the number of people who enrol.

Day Trips: We were very excited that Lake Louise will be welcoming world-class ice carvers back to compete for the first time since 2020 but now very disappointed that entry is restricted to a few weekend evenings. We are working with Banff and Lake Louise Tourism to find an option that works for our seniors' group. Banff Snow Days, with snow sculptures throughout the downtown happens at the same time. We're hoping to get an early start to Lake Louise to tour the ice sculptures for an hour or so then head to Banff for lunch (buy your

own or bring one) and a walk-about to view the snow sculptures or shop before heading home. It's hoped our negotiations will have been settled early in December.

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.

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



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

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

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

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

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

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

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



Our January 23 book will be *The Theory of Crows* by David A. Robertson. This critically praised book is winner of the Carol Shields Winnipeg Book Award. Deep in the night, Matthew paces the house, unable to rest. Though his sixteen-year-old daughter, Holly, lies sleeping on the other side of the bedroom door, she is light years away from him. How can he bridge the gap between them when he can't shake the emptiness he feels inside? Holly knows her father is drifting further from her; what she doesn't understand is why. Could it be her fault that he seems intent on throwing everything away, including their relationship?

Following a devastating tragedy, Matthew, and Holly head out onto the land in search of a long-lost cabin on the family trapline, miles from the Cree community they once called home. But each of them is searching for something more than a place. Matthew hopes to reconnect with the father he has just lost; Holly goes with him because she knows the father, she is afraid of losing won't be able to walk away.

When things go wrong during the journey, they find they have only each other to turn to for support. What happens to father and daughter on the land will test them, and eventually heal them, in ways they never thought possible. This is a poignant and evocative novel about the bonds of family and the gifts offered by the land.

The February 27 book will be *Mexican Gothic* by Sylvia Moreno-Garcia.

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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