

JULY 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	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

## 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

### **Pickleball – SportsPlex**

Select Days. Register online.

### **MPCA Book Club, *The Stone Angel* by Margaret Laurence – Lower Hall**

Tuesday, July 23, 7:00 to 9:00 pm

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

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





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## BOARD REPORT

Dear Neighbours,

As we embrace the upcoming summer season, we encourage you to immerse yourself in the beauty of our city and all its offerings while enjoying precious moments with loved ones. To those staying for the Calgary Stampede (July 5 to July 14), we wish you safe and happy stampeding!

Pickleball remains a beloved pastime at the SportsPlex, welcoming seasoned players and newcomers alike to stay active and foster community connections.

Please note that several of our Hall Programs will be taking a brief hiatus during July and August, with plans to resume in September.

Exciting news awaits! Chair Yoga will be introduced to the MPCA Fitness Programs in September, offering a serene opportunity to rejuvenate body and mind as we transition into autumn.

Looking ahead, the role of Secretary on our Executive Board of Directors will be open for election at the AGM this October. If you're interested in taking on this pivotal position and contributing to our community, please express your interest to [president@mPCA.ca](mailto:president@mPCA.ca).

Don't forget to drop by the Hall every Thursday from 2:00 to 6:00 pm to support the Community Farm Stand, where you can stock up on fresh produce for your summer BBQs!

Here's to a fantastic summer filled with sunshine, laughter, and cherished memories with loved ones.

Warm regards,

*Mount Pleasant Community Association*

### Cleaning Services

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## 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](mailto: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](mailto: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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SALES AND SERVICES

# 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

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

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:** Our May lunch was another delicious feast from Emerald Garden followed by a much-enjoyed Chair Yoga demonstration led by Mount Pleasant resident Catharine. Many people expressed interest in introducing weekly Chair Yoga classes at the hall so that's what we're doing! Starting September 4, classes will be offered Wednesdays (except the fourth Wednesday of each month, of course) from 11:30 am to 12:30 pm. More information is available under "MPCA Fitness" in this month's *Pulse*.

June's lunch will feature the Acting Our Age comedy troupe. Acting our Age is an amateur senior comedy/drama group consisting of fun-loving retired people from Calgary. They put on many shows at seniors' events, bringing laughs to many. July and August will give us a chance to get outside for picnic lunches, bocce and horseshoe tournaments, and good conversation. Fingers crossed for warm, but not too warm, and clear weather.

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 who is, please get in touch with Linda at 403-289-8390 or [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Day Trips:** Finding a Hutterite Colony for tours, lunch, and produce proved to be impossible this year but we'll try again in 2025. 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.

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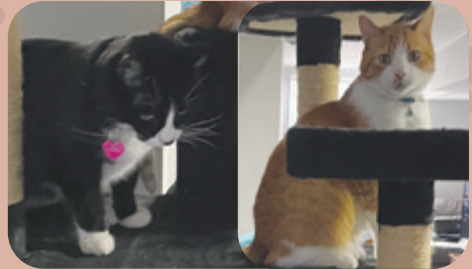


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## Cats, Canines, & Critters of Calgary



*Leo and Toby, Coach Hill Patterson Heights*



*Oreo and G, Thorncliffe*



*Riley and Ozy, Coach Hill*



*Sir Gawain and Sir Tristan, Woodbine*

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

# Montreal: A Haven of Public Spaces

Hello Mount Pleasant Neighbours,

Let's continue our virtual green initiatives adventure by bringing it a little closer to home and arriving back in Canada this month.

Montreal, renowned for its rich cultural heritage and vibrant urban life, is making waves as a leader in sustainable development through the innovative use of public spaces. Montreal stands out with how it has turned its public spaces into hubs of green innovation, fostering community engagement, and setting an inspiring example for sustainable urban living.

Montreal's commitment to sustainability is vividly reflected in its extensive network of parks, green roofs, and urban gardens. The city's public spaces are not merely areas for recreation but are thoughtfully designed ecosystems that promote biodiversity, reduce urban heat islands, and enhance the overall quality of life for its residents. By integrating green initiatives into urban planning, Montreal is transforming its public spaces into living examples of sustainability.

At the heart of Montreal lies an expansive green area called Mount Royal Park. Designed by the famous landscape architect Frederick Law Olmsted, the park offers lush green spaces and diverse wildlife, providing residents with a peaceful retreat from the bustling city. Mount Royal Park serves as a vital "lung" for Montreal, contributing to cleaner air, offering ample recreational opportunities, and creates an opportunity for the community to connect with nature.

We've talked about the urban gardens in Victoria, but Montreal is another city that has implemented this initiative well. Community gardens are scattered across the city, allowing residents to cultivate their own fruits, vegetables, and herbs. One specific example of this is the "Santropol Roulant" rooftop garden, which transforms unused rooftop space into a thriving urban farm. This project demonstrates how even the most unexpected urban spaces can be leveraged to support and promote sustainability.

In its quest to maximize green space, Montreal has embraced the concept of green roofs and vertical

gardens. These innovative installations can be found on buildings throughout the city, transforming rooftops and walls into verdant landscapes. Green roofs help insulate buildings, reducing energy consumption for heating and cooling, while also managing stormwater runoff and improving air quality. Vertical gardens add a touch of nature to the urban environment, enhancing aesthetic appeal and promoting biodiversity.

Montreal's public spaces are seamlessly integrated with its sustainable transportation network, encouraging residents to adopt greener modes of travel. The city's extensive network of bike paths, pedestrian-friendly streets, and efficient public transit system makes it easy for residents to navigate the city without relying on cars. Initiatives such as BIXI, Montreal's bike-sharing program, further promote cycling as a sustainable and healthy mode of transportation, reducing traffic congestion and lowering carbon emissions.

Central to Montreal's green transformation is the active involvement of its residents. The city regularly hosts workshops, public forums, and educational programs to engage the community in sustainability initiatives. By empowering citizens with knowledge and opportunities to participate, Montreal fosters a sense of ownership and collective responsibility for the environment.

Montreal's innovative use of public spaces demonstrates that sustainability and urban living can go hand in hand. Through creative green initiatives and a strong focus on community engagement, the city is transforming its public spaces into vibrant, sustainable environments that enhance the quality of life for all residents. We can take inspiration from Montreal and expand our public spaces to become hubs of green innovation of our own.

If you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email [green@mpca.ca](mailto:green@mpca.ca) for more information 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*

## 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.



Image source: [https://lh3.googleusercontent.com/p/AF1QipPCFT8V\\_3EFTQKGI8\\_VMCzpkK85tdaDZuP74cbf=s1360-w1360-h1020](https://lh3.googleusercontent.com/p/AF1QipPCFT8V_3EFTQKGI8_VMCzpkK85tdaDZuP74cbf=s1360-w1360-h1020)

## GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!



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**



## Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



Our July 23 book will be *The Stone Angel* by Margaret Laurence. Vivid, evocative, and moving, *The Stone Angel* celebrates the triumph of the spirit, and reveals Margaret Laurence at the height of her powers as a writer of extraordinary craft and profound insight into the workings of the human heart.

*The Stone Angel* is Margaret Laurence's most celebrated novel. It introduced readers to one of the most memorable characters in Canadian fiction, Hagar Shipley. She is stubborn, querulous, self-reliant, and, at ninety, with her life nearly behind her, she makes a bold last step towards freedom and independence. As her story unfolds, we are drawn into her past. We meet Hagar as a young girl growing up in a prairie town; as the wife of a virile but unsuccessful farmer with whom her marriage was stormy; as a mother who dominates her younger son; and, finally, as an old woman isolated by an uncompromising pride and by the stern virtues she has inherited from her pioneer ancestors. This is a Canadian classic we all should read.

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



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# F

## Face

is it drooping?

# A

## Arms

can you raise both?

# S

## Speech

is it slurred or jumbled?

# T

## Time

to call 9-1-1

## Beat stroke

## Call 9-1-1 **FAST**

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