

AUGUST 2025

DELIVERED MONTHLY TO 4,450 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**CARING HANDS AND COMMUNITY SPIRIT
KEEP OUR POOL PLANTERS BLOOMING!**



403.560.2166 | connectgroupcalgary.com

Buying or Selling?
Let's talk.

NICK J.M. PROFETA | HEATHER PROFETA | ALBERT MAH | RYAN SCEVIOR

CIR REALTY

PULSE
studios

CALGARY'S DESTINATION FOR PREMIUM CLASSES IN HIP HOP & STREET DANCE

FALL REGISTRATION

SEMESTER 1

SEPT 12 - DEC 9, 2025

AGES
3 - 17



SCAN
QR CODE
FOR MORE
INFO

GET A FREE ESTIMATE
TODAY!

ASAP
WINDOWS & DOORS

Save up to \$100K!

ASAP is Matching the GST Rebate for
First-time Home Buyers

403.279.7829

www.asapwindows.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	Sharon Dean	secretary@mpca.ca
Treasurer	Leanne Palichuk	treasurer@mpca.ca

DIRECTORS

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

COORDINATORS

Web Manager	Kendra Wannamaker	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	Rosey Fattouche	playgroup@mpca.ca
Grants	Vacant	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
Casino	Vacant	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

Business Memberships in Good Standing

- Alberta University of the Arts (AUArts)
- Campus Pre-School Association of Calgary
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint



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

Yes

Adults

Cash

No

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.

BOARD REPORT

Hello neighbours,

It's hard to believe summer is already wrapping up. We hope you've had time to relax, recharge, and enjoy the sunshine. Behind the scenes, our volunteers are busy preparing for fall. Programs at the Hall will resume in September, including many of our third-party offerings that took a summer break. Be sure to visit the Hall Programs page for schedules and contact information.

Looking ahead, our Annual General Meeting is coming up in October. This is an important opportunity for residents to hear updates, ask questions, and help shape the future of our community. We'll be holding elections for a few key positions on the board this year, and we encourage anyone interested in getting involved to reach out and learn more.

The Vice-President position, part of our executive board, will be up for election at this year's AGM. This is a two-year term, with the intent that the VP will step into the President's role for an additional two years. It's a meaningful way to contribute to the direction of the MPCA and support the work of our dedicated board. To learn more, contact vicepresident@mpca.ca.

The Hall Director position is also up for election this year. This role plays a hands-on part in managing the community hall's daily operations, from budgeting and maintenance to working closely with the Hall Manager. It's a chance to directly influence how this important community space is cared for and used for events and programs that matter to our neighbourhood.

In addition to board positions, we're looking to fill two important coordinator roles: Grants Coordinator and Casino Coordinator. These are not board roles, but they are essential to our funding and operations.

The Grants Coordinator plays a key role in securing funding by identifying grant opportunities that fit MPCA programs and preparing clear applications and budgets. If you're detail-oriented and enjoy working with others to make a real impact, this role offers a chance to help grow and strengthen our community programs and facilities.

We'd like to extend a heartfelt thank you to community member, MPCA Business Member, and longtime volunteer Michele Gole for her work as Casino Coordinator since 2021. Her dedication has helped make this important fundraiser a continued success.

As Michele prepares to step away from the role, we're looking for someone to take on this key position.

The casino is one of our biggest fundraisers, and the money raised supports many essentials—facility insurance, hall cleaning, stocked supplies, non-electric utility costs, maintenance and repairs, and the promotion of community events.

If you're interested in helping out behind the scenes, reach out to engagement@mpca.ca.

We also want to take a moment to recognize longtime community member and volunteer Judy Gerlitz, who was recently awarded the Lloyd Sadd Action Grant. She has been helping care for the pool planters for 18 years, and this year's blooms were made even more beautiful thanks to the added support from the grant. A big thank you to the Gerlitz, Czuczman, and Chamney families for all their hard work and dedication in keeping our community vibrant and welcoming.

We're looking forward to a busy and engaging fall. Thank you, as always, for being part of Mount Pleasant.

MPCA Board of Directors



CALGARY FINE DENTISTRY

Dedicated to providing you with optimal dental health.



*Dr. Lauren Vredenburg,
Practice owner*

21 Ave NW

Calgary Fine
Dentistry



20 Ave NW

Come check us out!

403-284-3061

#206 1910 20th Ave, NW

www.calgaryfinedentistry.com

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee

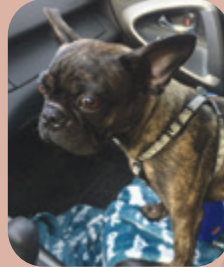


403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

Cats, Canines, & Critters of Calgary



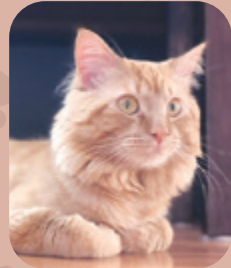
Bugsy, Dalhousie



Ella, Mount Royal



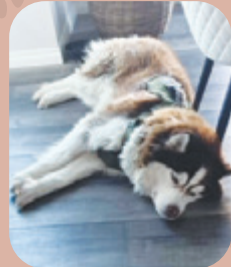
Mac, Evanston



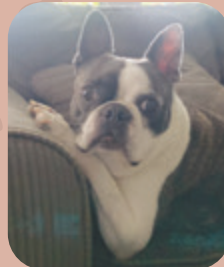
Mango, Evanston



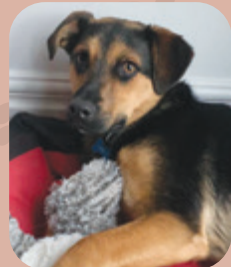
Mick and Turd,
Hidden Creek



Mishka, Evanston



Moseley, Strathcona



Winston, Sunnyside

To have your pet featured, email news@mycalgary.com



Although all our fitness classes are taking a break until September, we are already signing up for fall classes. If you're ready to plan for some indoor classes, chat with the organizers listed here.

Chair Yoga is Here (in September): Wednesday morning 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. Mount Pleasant resident Catharine will lead weekly chair yoga classes. She has been practicing yoga since the early 1980s and would love to share her passion for yoga with you.

Just wear comfortable clothing and bring a yoga mat if you have one to put under your chair. You won't be getting down on the floor, only your mat will! You will be practicing in bare feet or socks, no special shoes required.

For more information about these drop-in classes, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

Exercise Class for All Fitness Levels: September classes will continue in the Upper Hall on Monday and Wednesday mornings as well as on Zoom those days and on 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'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.

If you would like to try a free class in September to see if this class meets your needs, contact Linda (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). 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.

Tai-Chi: Tai-Chi classes will be back in the Upper Hall, 602 22 Ave NW, in September. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am. Monday classes focus on beginners while Wednesday classes are for returning students. Everyone, regardless of age and experience, is welcome both days but additional attention is not offered to new students on Wednesdays.

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 depends on the number of people enrolled but is usually around \$3.50 per class if you sign up for the session or \$6 per class drop-in.

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 at mpca.ca/programs, mpca.ca/news, and mpca.ca/specialevents.

MPCA Playgroup | Lower Hall

Select weekdays, 9:15 to 11:15 am.

Sportball | Upper Hall

Sunday afternoons.

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

Monday to Friday after school.

Afternoon Games | Adults | Upper Hall

Sessions run from September to June.

Mondays, 1:15 pm.

Aspire to Inspire Zumba | Zumba Fitness | Upper Hall

Mondays, 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, 10:15 to 11:00 am, and select Fridays, 9:30 to 10:15 am.

Tai Chi | All Ages | Upper Hall

Sessions run from September to June.

Mondays and Wednesdays, 9:00 to 10:00 am.

Flow Filipino Martial Arts | Upper Hall

Mondays, 8:00 to 9:15 pm. Wednesdays, 8:00 to 9:00 pm.

Essentrics® with Gabrielle | Upper Hall

Tuesdays and Thursdays, 10:00 to 11:00 am.

Indoor classes run from October to June.

Book Club | Adults | Lower Hall

Fourth Tuesday of each month, 7:00 to 9:00 pm.

Crafternoons Arts and Crafts | Adults (Ages 14+) | Upper Hall

Sessions run from September to June.

Wednesdays, 1:30 to 3:30 pm.

Chair Yoga | Upper Hall

Wednesdays, 11:15 am to 12:15 pm.

No classes on the fourth Wednesday of the month.

Monthly Seniors' Lunches | Ages 60+ | Upper Hall

Fourth Wednesday of each month. RSVP required.

Go Play! | Children (18 months to 7 years) | Upper Hall

Wednesdays, 4:30 pm.

Wednesday Workout with Sinead | Upper Hall

New Program!

Wednesdays, 6:45 to 7:45 pm.

Yoga with Trish Hardy Yoga | Upper Hall

Thursdays, 7:45 to 8:45 pm.

Calgary Rakushinkan | Upper Hall

Thursdays, 6:00 to 7:30 pm. Sundays, 5:00 to 7:00 pm.

Fly Right Swing Dance Lessons | Upper Hall

Friday evenings.

Members' Pickleball and Badminton | SportsPlex Rink

Select days, register online.

City of Calgary Community Farm Stand | Lil Green Urban Farms | Hall Lot

Thursdays, 2:00 to 6:00 pm.

Book Club | Lower Hall | *The Winter Sea* by Susanna Kearsley

Tuesday, August 26, 7:00 to 9:00 pm

Book Club | Lower Hall | *The Women* by Kristin Hannan

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

Pleasant Times Daytrip | Sundre | Indigenous Medicine Walk

See Pleasant Times article for details. Tuesday, August 19.

MPCA 2025 Fundraising Casino | ACE Casino | 40 Aero Crescent NE

August 7 and 8



the Gutter Doctor®
Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca

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 | 9:15 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

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.

New Program! Go Play! [3rd Party] - Upper Hall

Wednesdays Starting at 4:30 pm

GoPlay! is your new local sports club for kids 18 months to 7 years old.

For more information visit calgary.goplay.ca/. To register visit homebasehub.ca/goplay/calgary.

Adult Programs

Essentrics® Gentle Fitness - 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 [MPCA Fitness] - 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 [MPCA Fitness] - 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 or 403-289-8390 for more information. You can try out a free class to see if this is for you.

New Program! Wednesday Workout with Sinead [3rd Party] - Upper Hall

Wednesdays | 6:45 to 7:45 pm

Whether you're a fitness fanatic or just starting out, join us for a 50-minute Wednesday workout. A weekly dose of movement, connection, and good vibes. We will spend our time working through cardio and barre work, then finish off the evening with mat work and stretch. Email sineadb@shaw.ca for further questions and to reserve your spot.

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

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 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, 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 m.facebook.com/flyrightswing/.

Chair Yoga [MPCA Fitness] - Upper Hall

Drop-in classes are available on Wednesdays | 11:15 am to 12:15 pm

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. Enrol for \$8 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.

Reconnect! Discover! Square Dance Program

Intro to Today's
Square Dancing

Winston Heights Hall

520 – 27th Ave NE

Tuesday, August 5,
12, 19 & 26

6:30 PM to 7:30 PM

FREE



MOUNT PLEASANT PLAYGROUP

At the MPCA Lower Hall

COME AND JOIN US!

OPEN PLAYTIME, CRAFTS, AND
SHARED SNACKS
SELECT WEEKDAY MORNINGS
9:15 TO 11:15 AM
605 32 AVE NW, CALGARY, AB
FREE WITH MPCA MEMBERSHIP
(VOLUNTEER ROLE REQUIRED)
GO TO [MPCA.CA/PLAYGROUP](https://mPCA.ca/playgroup) FOR
MORE DETAILS

WHY PLAY WITH US?

- At home with the kids and need to get out of the house? Come join us!
- Kids enjoy free play while parents get some much needed social time!
- Being a registered group allows our members to build deeper connections than drop-in playgroups
- Questions? Visit <https://mPCA.ca/playgroup> or email playgroup@mPCA.ca





Crafternoon

Arts and Crafts Sessions (Ages 14 and Up)

Crafternoons also takes a summer break until September. Classes nourish your creative abilities and let you spend an enjoyable afternoon 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.

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 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.



The MPCA Book Club continues through the summer, sometimes enjoying an outdoor session if the weather co-operates. The August 26 book will be *The Winter Sea* by Susanna Kearsley. History has all but forgotten the spring of 1708, when an invasion fleet of French and Scottish soldiers nearly succeeded in landing the exiled James Stewart in Scotland to reclaim his crown. Now, Carrie McClelland hopes to turn that story into her next bestselling novel. Settling herself in the shadow of Slains Castle, she creates a heroine named for one of her own ancestors and starts to write. But when she discovers her novel is more fact than fiction, Carrie wonders if she might be dealing with ancestral memory, making her the only living person who can know the truth of what did happen all those years ago. This is tale of love and loyalty and ultimate betrayal.

The September 23 book will be *The Women* by Kristin Hannan.

If you'd like more information about the Book Club or if there's a book you'd like to discuss, please let Barbara know at bookclub@mpca.ca. 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. Come and join in a lively discussion about a great book.

Monday Afternoon Games

Monday Afternoon Games are on hiatus until September. Join us in the fall 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.



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"Wisdom doesn't necessarily come with age. Sometimes, age just shows up all by itself." - Tom Wilson

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 thanks to the backing 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 and you're available, please contact us for more information.

Monthly Lunches: We eased into summer at our June lunch, holding an indoor picnic of chicken shawarma, Greek salad, and ice cream sandwiches. We are hoping that the weather and wildfires co-operate to allow us to enjoy outdoor picnics in July and August, playing bocce and horseshoes.

After lunch, Shahab Alizadeh of The University of Calgary told us about a new study on Novel Ways to Study Driving of Older Adults. The study involves two visits to the University and using a driving monitor device in your vehicle for eight weeks. The goal is to test if a person's driving habits can help recognize cognitive impairment onset or progress. If you know someone who is an active driver aged 65 or older and who might be interested in taking part in this project, contact shahab.alizadeh@ucalgary.ca or call 587-973-3930.

Our seniors' lunches are held on the fourth Wednesday of each month at 11:30 am, usually in the Upper Hall. Lunches are open to all MPCA members ages 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 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 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.

Day Trips: Our July 16 outing to an evening Stage West performance of Legends of the 80s (\$60) sold out but at time of writing we haven't yet attended. The November 13 Rosebud Theatre trip to see Miracle on 34th Street is completely booked.

Spots are still available for the August 19 trip to Sundre to experience an Indigenous Medicine Walk and spend a bit of time exploring the town (\$75) or just spend the whole day exploring Sundre and its Museum and World of Wildlife, shops, and restaurants (\$30).

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.



The poster is titled "MPCA Community Pantry" in large green letters. Below the title, it states "A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING ECONOMY WITHIN THE COMMUNITY." and "LOCATION: MPCA COMMUNITY HALL (NORTH SIDE), 602 - 22ND AVENUE NW". The poster features several green and yellow callout boxes with instructions: "TAKE WHAT YOU NEED" (with a green checkmark), "DONATE WHAT YOU CAN" (in a green box), "KEEP THE DOOR CLOSED" (in a yellow box), "SPREAD THE WORD" (in a green box), "DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD" (with a red X), and "DON'T MAKE A MESS" (in a yellow box). At the bottom, it says "CONTACT GREEN@MPCA.CA TO REPORT ANY CONCERNS" and includes a small circular logo for "MOUNT PLEASANT". On the right side, there are illustrations of food items: a can of "Chicken Soup", a bag of "SAUCY SPAGHETTI", and some vegetables.

Mount Pleasant Swimming Pool Planters - Lloyd Sadd Action Grant

by Judy Gerlitz, Community Member and Volunteer

The very active, fun Mount Pleasant Outdoor Pool located at 6 Street and 23 Avenue NW, Calgary was originally built in 1953. There have been renovations since but seven of the original ten planters surrounding the outdoor pool have remained. These planters made with railway ties are approximately six feet by six feet. About 18 years ago I noticed that the planters surrounding the swimming pool were in dire need of maintenance. They had become overgrown and full of weeds since the previous volunteer gardener had retired.

I started out with just pulling a few weeds but soon got immersed in cleaning them up. These planters challenged me to remediate them as economically as possible. I soon found out that my beloved family was willing to help me. Jeannine Czuczman, my daughter has done a lot of the work alongside me. My eight grandchildren, every family member and friends have always been very willing workers when I call for help with purchasing, digging, hauling, pruning, planting, weeding, and watering at the Outdoor Pool.

We have been likened to a magpie as when a few of the houses in our neighbourhood were being torn down I would arrive with a wheelbarrow, along with Jeannine, a not so willing accomplice, to rescue perennials. The bulldozer operator would always be pleased that the beautiful old plants were being dug and hauled away. These old plants were then re-planted at the Mount Pleasant Outdoor Pool. Perennials have also been taken from gardens of my friends and my personal garden and planted in the pool planters.

Each spring for the past numerous years we have made frequent expeditions to our many neighbourhood garden centres looking for the best plants for the least amount of cash to enable us to beautify the planters. Our Community Association has reimbursed me for the cost of these purchases. The Home Depot has also provided a few gift cards to be used in their garden centre.

This winter I was one of the winners in a competition put on by the Federation of Calgary Communities and won a

\$1,000 grant that could be used to beautify the planters at the pool. With expert advice from a horticulturist friend and access to a wholesaler greenhouse, soil/ compost and plants were purchased. This cash has enabled us to hire a student to do the heavy manual labour of improving the planters. The swimming pool planters are in good shape now needing only a few annuals to brighten.

This is a rewarding volunteer position and if anyone would be interested in taking over, I would be pleased to "hand over the reins." If you are interested, reach out to engagement@mpca.ca.



Water Wise Summer

We know the summer season is short and sweet. From pool days to patio dinners, we have to make the most of the months we have. But we can't help but notice the summer days are getting hotter and drier, creating more frequent drought conditions for us to manage. This brings to mind the importance of managing our water consumption and taking steps to encourage water conservation.

Did you know that the City of Calgary has a Water Efficiency Plan that sets a water consumption target of 350 litres per capita of water per day by 2033? And while our current overall LPCD is well in line with that goal, in the dry summer months, residential water consumption can go up as much as 50%! This can put stress on our system in an already dry and wildfire-prone time. The City provides various resources to Calgarians that outline actions and strategies to help manage water consumption during the summer months. calgary.ca/water/programs/water-efficiency-strategy.html.

The first place where we can conserve water is in our home. Every time you take a shower, flush the toilet, or wash your dishes you have the opportunity to conserve water. Some quick and inexpensive ways to reduce water use in your home include:

- **Fix Leaky Taps and Toilets:** Check toilets and faucets for leaks every six months.
- **Install Low-Flow Faucets, Showerheads, and Toilets:** Low water use fixtures conserve water while maintaining the same level of performance.
- **Wash Full Loads and Skip the Extra Rinse:** Wash only full loads of laundry. Set the water level appropriately if you must wash a small load of laundry.

The second place where water conservation measures can have an impact is your yard. A water-efficient yard can save 30% to 40% of your water use in the summer. This can include:

- **Rain Barrels:** Using a rain barrel is a great way to capture and reuse rainwater in your yard. Capturing rainwater helps to reduce the amount of rainwater runoff entering the stormwater system and flowing into our creeks and rivers.
- **Be YardSmart:** YardSmart's resources and practical advice help Calgarians establish and maintain yards

and gardens that are well suited to Calgary's growing conditions and use less water. YardSmart gardens are also pollinator friendly and can provide food and habitat for bees and butterflies.

- **Limit Your Lawn:** There are more drought tolerant alternatives to traditional lawn like micro clover or fescue grasses. Alternatively, consider replacing a portion of your lawn with hardy groundcovers, beautiful perennials, or trees and shrubs to be more water wise, attract pollinators, and increase year-round interest in your garden.

If you have ideas you want to share on how to prioritize water conservation or 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 to get added to our email list; you can also find us on the Mount Pleasant Community Association page.

Have a great month,

The MPCA Green Initiatives Committee

Precision. Integrity. Results.

Prana Developments delivers meticulous craftsmanship and honest service. No surprises, no shortcuts—just quality work done right the first time.

Find out more about us at
pranadevelopments.ca • 403-561-0643



PRANA DEVELOPMENTS
Breathe new life into your space





SWOON SOCIETY

Award-affiliated INTERIOR DESIGN STUDIO

commercial | healthcare | hospitality | residential | retail

Featured in Western Living & Style at Home magazines

Mention this ad & email us at hello@swoonsociety.com
for a free one-hour pre-consultation

www.swoonsociety.com



[swoon.society](https://www.instagram.com/swoon.society)



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.
We bring you more customers.
We grow your sales.**

Call 403-720-0762 | grow@greatnewsmedia.ca



SCAN ME



GAMES & PUZZLES

Guess the Musical!

1. The 1962 version of this modern-day Romeo and Juliet story received 10 Oscars.
2. This musical of a masked, disfigured virtuoso holds the record for the most performances on Broadway.
3. Jennifer Hudson won an Oscar for her role as Effie White in this movie also featuring Beyoncé.
4. Pop sensation Dame Oliva Newton-John starred in this 1950s-inspired musical comedy.
5. Canadian actor Ryan Gosling stars in this romantic musical.
6. This heartwarming movie is based on the real-life story of the Von Trapp family.



SCAN THE QR
CODE FOR THE
ANSWERS!



Time to Renew Your Mortgage?

Don't Settle –
Discover Better Rates
and Options! Get
Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

MOUNT PLEASANT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

DRYWALL AND CEILING REPAIRS: Large or small, give Dylan a call! Clean, professional work with results that speak for themselves. Roc Doc Drywall Services Inc. has you covered and estimates are always free, call or text now 403-869-7999.

DAY HOME PROVIDER: Licensed and experienced day home provider. Spots available. Located at the corner of Edmonton Trail and 23 Ave NE. Good location, close to downtown and bus stops. Reasonable rates, subsidies available through my agency. Please feel free to contact Karima at 825-288-2340 for further information, or email papillongolf@yahoo.fr.

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

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.

GUTTER DOCTOR! Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email tlc.cleaning@shaw.ca.

**SCAN HERE TO VIEW ADDITIONAL
MOUNT PLEASANT CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



THE NICASTRO GROUP



WE HAVE ACTIVE BUYERS LOOKING FOR DEVELOPMENT LOTS!



TONY NICASTRO



403-620-3634 | tony@nicastrogroup.ca

CONDO



611 Edmonton Trail NE

**50 X 120 LOT
COMING SOON**



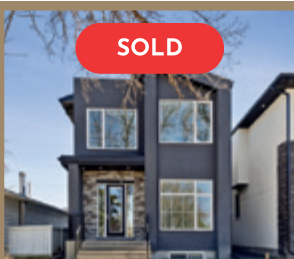
Renfrew

**CONDITIONALLY
SOLD**



2311 6 AVE NW

SOLD



2004 6 Street NE

SOLD



6 Aspen Meadows Park SW

DUPLEX



89 Edgehill Drive NW

SCAN THE QR CODE TO SEE MORE LISTINGS & SOLD PROPERTIES



TONYNICASTROYYC



NICASTROGROUP.CA

