

FEBRUARY 2025

DELIVERED MONTHLY TO 4,450 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

HELP SHAPE THE FUTURE OF
MOUNT PLEASANT - VOLUNTEER
FOR IMPORTANT ROLES!



Cover Photo by Judy Gerlitz



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THE WINSTON
GOLF CLUB

JOB OPPORTUNITY

The Turf Care department at The Winston Golf Club is now hiring for the upcoming golf season. The Winston Golf Club is one of the oldest golf courses in Calgary, just minutes away from the heart of downtown.

If you are an energetic individual who enjoys working outdoors, we may have a position for you on our team. All positions require the availability to work early mornings and weekends. Both full-time and part-time positions are available. Retired and semi-retired individuals are welcome. These positions are seasonal, with employment commencing approximately the beginning of April and completing at the end of October.

The Winston offers a professional and enjoyable working environment, free golf privileges, and Golf Shop and meal discounts.

Contact csteiner@thewinstongolfclub.com if you are interested in joining our team.
www.thewinstongolfclub.com • (403) 984-1713 • 2502 6th Street NE

GOLF MEMBERSHIP

Our memberships are the perfect way to join our golfing community.

SHAREHOLDER AND TRIAL OPPORTUNITIES AVAILABLE

New Clubhouse Coming in 2025!



CONTACT US TODAY



UNLIMITED GOLF



CLUB CLEANING AND STORAGE



7-DAY ADVANCE TEE-TIME BOOKING



UNLIMITED USE OF DRIVING RANGE AND PRACTICE FACILITIES



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	Vacant	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	specialevents@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	Kimberley Adams	playgroup@mpca.ca
Grants	Vacant	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

- Campus Pre-School Association of Calgary
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nicastro Real Estate
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint
- Resolve Legal Group
- Cyndy D. Morin



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.

BOARD REPORT

Hello Mount Pleasant!

As February arrives, we're excited to continue celebrating the 75th anniversary of the Mount Pleasant Community Association! Since 1950, MPCA has been at the heart of our neighbourhood, fostering connections and making Mount Pleasant a wonderful place to live.

This milestone wouldn't be possible without the dedication of our volunteers, members, and neighbours. Thank you for everything you do to support our vibrant community!

Looking ahead, we're inviting more residents to join us in shaping the future of Mount Pleasant. We currently have several exciting volunteer opportunities available:

The Secretary is a vital member of our Executive Board of Directors, serving a two-year term. Responsibilities include recording accurate minutes of meetings, maintaining Member records, managing Board correspondence, and ensuring timely filing of documents as required by the Societies Act. If you're organized, detail-oriented, and passionate about community service, this is your chance to make a meaningful contribution.

The Assistant Hall Director will shadow the current Hall Director for the next year, gaining hands-on experience in managing daily operations, assisting with budgeting and financial management, overseeing Hall maintenance, and collaborating with the Grants Coordinator on funding applications. This role transitions into the Hall Director position in October 2025, providing a unique opportunity to take on a leadership role in our community.

The Grants Coordinator plays an essential role in securing funding for MPCA programs and initiatives. In this position, you'll match programs with grant opportunities, write grant applications and proposed budgets, provide updates to the Board, and complete grant reporting. This is a great fit for someone detail-oriented, skilled in writing, and passionate about enhancing community life. Your efforts will directly support vibrant programming and facilities for our neighbourhood.

Whether you're ready to take on a full-time role or contribute your skills in other ways, we'd love to have you join our team. Not ready for a long-term commitment? That's okay too. If you have ideas or want to lend a hand, reach out to us at engagement@mpca.ca.

We're excited to celebrate this anniversary year with you through events, activities, and programs that honour Mount Pleasant's past, present, and future. Stay tuned for more details, and let's make 2025 a year to remember!

Mount Pleasant Community Association



*The Great
Joni Mitchell*


Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.

BRAIN GAMES

SUDOKU

	1					6		
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4		5		1	9			
	5				6		3	1
	3		1	2	7			
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			9	6	8	3		7
3						8		
		8					2	

SCAN THE QR CODE
FOR THE SOLUTION



Crafternoons



Arts and Crafts Sessions (Ages 14 and Up)

Crafternoons are back and our crafters are happy! 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.

To learn what classes are upcoming as early as possible, check the Events tab at mpca.tidyhq.com regularly. It's always best to set a reminder to do this early in each month as classes fill up quickly.

Registration for the following February classes opened Tuesday, January 7.

Wednesday, February 12, 1:30 to 3:30 pm, Alcohol Ink Exploration with Connie Zeger: Come and learn about the amazing properties of this fluid medium or build on the basic techniques you have already acquired. An afternoon filled with colour!

Wednesday, February 19, 1:30 to 3:30 pm, Portraits: Tracy Franks will share the basics of drawing a human face beginning with proportions. After the face is sketched, we will add colour to create shadows and highlights.

Cats, Canines, & Critters of Calgary



Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles, *McKenzie Towne*



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

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



Chair Yoga is here! Chair yoga returned on Wednesday, January 8. It 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. Catharine 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 only, no special shoes required.

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

Exercise Class for All Fitness Levels: Our January to April exercise classes run from January 6 through April 30 inclusive. 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 drop by the community hall, 602 22 Ave NW, any Monday or Wednesday morning (but not the fourth Wednesday of the month) by 10:15 am or contact Linda (email 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 also returned on January 8, continuing through April 30 inclusive for the winter 2025 session. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Monday classes 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 depends on the number of people who sign up, usually about \$4 per class if you sign up for the session and \$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.

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.

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

New Program!

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.

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 Public Skate | Members Sticks, Pucks, and Rings | SportsPlex Rink

Select days, register online.

Book Club | Lower Hall | *The Alchemist* by Paulo Coelho

Tuesday, February 25, 7:00 to 9:00 pm.

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

Tuesday, March 25, 7:00 to 9:00 pm.

Monday Afternoon Games

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.



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 Starting October 6

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 <https://calgary.goplay.ca/>. To register visit <https://www.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.

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.

SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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AGES 0-5

MOUNT PLEASANT PLAYGROUP

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 TOO!
 FREE WITH MPCA MEMBERSHIP

FALL REGISTRATION OPEN NOW!

MON, TUES, FRI, 9:15 TO 11:15 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 Pantry

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

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

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

CONTACT GREEN@MPCA.CA TO REPORT ANY CONCERNS

February Is Heart Month

by Alberta Health Services



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

Common Signs of a Heart Attack

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

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

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

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

What To Do When Seconds Count

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

PLEASANT TIMES SOCIAL CLUB

Perk of aging: your supply of brain cells is finally down to a manageable size. – 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 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: The food committee volunteers are planning another delicious year of lunches and fun entertainment. Our ever-popular December turkey dinner, catered by Calypso's Taverna, was as popular as ever with 84 happy participants. Mount Pleasant's Serge Soucy was a big hit again, singing and playing Christmas carols and classic tunes. We raised a record \$2,135 in donations for the Calgary Food Bank and Steve Zacher provided Safeway gift cards for a prize draw. Special thanks are owed to the many volunteers who worked so hard to make this lunch and the donation drive so successful.

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 group enjoyed a trip to the Airdrie Festival of Lights on December 13, including a visit by the CPKC Holiday Train. The train was a delight to see with its many lights and decorations. We were a bit late due to the QE2 traffic but got there in time to have a good look at the train. Many thanks to the local staff

who provided a golf cart to ferry people to the lights and even around the different paths. And thank you to Judy G. for the gorgeous photo of skaters and the lights reflected on the pond.

Our 2025-day trips are being planned currently. We're looking forward to a couple of Stage West shows and some out-of-town adventures. It's never too late to submit your ideas. A summer journey to Banff? Another great play at Rosebud or Jubilations? Maybe an overnight trip to the Frank Slide Interpretive Centre and Waterton Lake? A day in Diamond Valley (formerly Black Diamond and Turner Valley). What are your ideas? We want to go where you want to go!

Day trips sell out quickly, often before the *Pulse* is delivered. If you'd like to receive email notifications 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.

Stay Safe, Stay Off Storm Ponds

by The City of Calgary

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit calgary.ca/rinks.



Our February 25 book selection is *The Alchemist* by Paulo Coelho. Combining magic, mysticism, wisdom, and wonder into an inspiring tale of self-discovery, *The Alchemist* has become a modern classic, selling millions of copies around the world and transforming the lives of countless readers across generations. Paulo Coelho's masterpiece tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different, and far more satisfying than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts, of recognizing opportunity and learning to read the omens strewn along life's path, and, most importantly, to follow our dreams.

The March 25 book selection is *The Women* by Kristin Hannah. 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 for more information. Come and join in a lively discussion about a great book.



50 WORDS

Most people are familiar with the imaginative children's author Dr. Seuss, but did you know that one of his popular stories, *Green Eggs and Ham* actually came from a bet! Dr. Seuss was challenged that he wouldn't be able to write a good book for kids using only 50 different words... guess he proved them wrong!



GREEN INITIATIVES COMMITTEE

After a year spent writing about sustainable projects around the world, the Green Initiatives Committee is going to keep it local and focus on Calgary. Each month, we will highlight a project or an initiative to shine a light on what Calgary is doing to take action on climate and advance towards a sustainable future.

This month we want to highlight a great initiative that's making fresh, locally grown produce and other home goods more accessible: The City of Calgary's Farm Stand Program. This program supports nine local farms by bringing farm stands to community centres throughout the city, and Mount Pleasant has been a participant for the past two years.

From May to October, The Mount Pleasant Community Centre hosts a weekly farm stand with Lil Green Urban Farm where you can typically find a variety of fruits, vegetables, and handmade goods like jams, honey, and soaps, all sourced from local farmers and producers. The farm stand opens on certain days of the week and is located by the community centre.

Why It Matters

This program highlights the importance of making sustainable choices in our everyday lives. By shopping at the farm stand, you're not only getting fresh, high-quality food but also contributing to a more sustainable and connected community.

Here's how it makes a difference:

1. **Fewer Food Miles:** The food you buy here hasn't travelled long distances, resulting in reduced fuel use, fewer emissions, and fresher produce.
2. **Support for Local Farmers:** Spending your money locally helps small-scale farmers thrive and encourages sustainable farming practices.
3. **Less Packaging Waste:** Many items at the farm stand are minimally packaged, helping to reduce single-use plastics.
4. **Community Connection:** Building relationships with local growers and makers fosters a stronger sense of community.

How You Can Get Involved

Supporting this initiative is simple—just drop by, bring your reusable bags, and shop for your groceries. If you're interested in sustainability, you can also support this

initiative by promoting the stand, spreading the word will help strengthen the program.

The City of Calgary's Farm Stand program is a positive step toward sustainability and healthy living. Programs like this show how small, local actions can contribute to a larger impact. Let's support it and help make it a success in Mount Pleasant.



For more information about the City of Calgary's Farm Stand program or to see the schedule for other locations, visit the City of Calgary's Farm Stand Program website: <https://www.calgary.ca/environment/events/transit-pop-up-farm-stands.html>.

We can't wait to meet you at the farm stand this coming season!

We hope that you will enjoy staying with us as we tour Calgary this year and 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. If you'd like to get added to our email list, or if you have any questions, you can find us on the Mount Pleasant Community Association page as well.

Have a great month,

The MPCA Green Initiatives Committee

Word of the Month

Eudaemonia: noun (yoo-di-moh-nee-uh)

Happiness, well-being, good spirit.

*We are all trying to experience
Eudaemonia.*



News from the Friends of Nose Hill

by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.



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Are You Registered?

Canada will have a federal election this year, but its timing is uncertain. We may be in the middle of one by the time you read this.

When an election is called, Elections Canada provides information about when and where you can vote. To do this, the non-partisan government agency maintains the federal electors list.

The electors' list, the Register, is continually updated with information from a variety of sources, but there is a chance your information is not up-to-date, especially if you have moved since the last federal election in 2021.

You can verify if you are registered to vote by visiting www.elections.ca. You must be at least 18 years of age and a Canadian citizen to vote. If you do not have access to the internet, you can call 1-800-463-6868 for assistance.

You can register at the polls when you go to vote, but, if you register in advance at the right address, you will receive a voter information card in the mail when a federal election is called. The voter information card tells you when, where, and the ways to vote. An up-to-date registration will also make the voting process faster.

Maintaining the list is a mammoth job as the Register contains records for almost 28 million voters.

Each year, over 13% of all eligible elector information changes. In addition to address changes, electors turning 18 and new Canadian citizens are added to the Register, and the names of deceased electors are removed.

Canadians living abroad can vote in a Canadian election if they are registered on the International Register of Electors. More information on registering here and learning how to cast your vote from outside Canada is available at www.elections.ca.

Your participation in our elections is critical to our democracy. Please vote!

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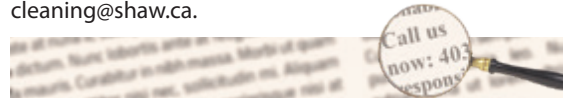
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The Little Month

We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.

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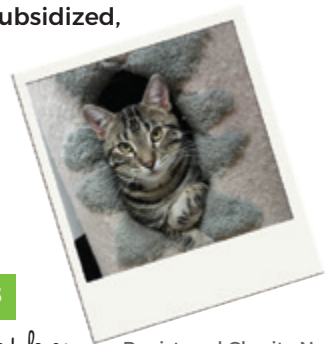
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