

JUNE 2025

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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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JUNE 21



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MPCA Community Association

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

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- Alberta University of the Arts (AUArts)



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 _____

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

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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

June is a special month in Mount Pleasant. Not only are we well into the season of outdoor fun and community connection, but this year marks an especially meaningful milestone—our 75th anniversary as a community association. As noted by the Federation of Calgary Communities, Mount Pleasant is one of Calgary's older neighbourhoods. Annexed in 1910, with development beginning in 1912, our area has grown into a vibrant and welcoming community. With Confederation Park in our northwest corner and easy access to downtown via 10 Street, we're fortunate to enjoy both natural beauty and urban convenience.

Our community hub—the triangle formed by the Community Hall, Sportsplex, and Swimming Pool—remains a lively gathering place for neighbours of all ages. These spaces host everything from skating and sports to playgroups, fitness classes, private rentals, and seasonal programming. They are the heart of our neighbourhood, where connections are made and community comes to life.

We'd like to thank and congratulate our Green Initiatives Committee for another successful Community Cleanup event, held on May 4. This annual initiative offers residents a convenient way to dispose of unwanted items without needing to make the trip to the dump. Rain or shine, the committee leads with energy and purpose, and it's always great to see so many neighbours take part. A big thank you to all the volunteers who helped make the day run smoothly—your support is truly appreciated.

We're also pleased to welcome back Little Green Urban Farm for its third season in Mount Pleasant. As part of The City of Calgary's Community Farm Stand program, they'll be set up every Thursday in the Community Hall parking lot from 2:00 to 6:00 pm. This city-supported initiative helps bring fresh, locally and regionally grown food into neighbourhoods while supporting small-scale farmers. We're proud to be one of several Calgary communities taking part and encourage you to stop by, say hello, and shop local.

Looking ahead, our Annual Neighbour Day Celebration is set for Friday, June 21, from 2:00 to 5:00 pm. This event has become a cherished tradition in Calgary since its start in 2014, a year after the 2013 floods. Neighbour

Day is all about celebrating the connections that make our community strong.

We're excited to bring everyone together for a fun-filled afternoon with food, drinks, music, and activities for the whole family. Whether you're catching up with old friends, making new ones, or just enjoying the vibrant atmosphere, there's something for everyone. Don't miss out on this great opportunity to celebrate community, connection, and all the good times we share!

Inside the hall, Crafternoons presents: Art in Action! Throughout the year, this group of volunteers shares their creative talents through classes at the hall, offering participants the chance to explore arts and crafts in a relaxed, friendly setting. But on Neighbour Day, they truly shine! In previous years, they transformed the hall into an art gallery, showcasing local artists and creators. This year, they're turning the Community Hall into a vibrant, interactive arts experience for all ages. The event features six creativity stations, where visitors can try various artistic techniques and mediums. Crafternoon leaders and volunteers will guide each station, with artists demonstrating their work and vendors selling unique, handmade pieces. Whether you're an experienced artist or just curious to try something new, stop by and discover the joy of creating. As the Crafternoons team says, everyone is an artist.

We look forward to seeing you this month—at the Farm Stand, at Neighbour Day, or simply out in the neighbourhood enjoying all that Mount Pleasant has to offer. Here's to 75 years of community and to the future we're building together. And if June isn't eventful enough, we're excited to announce that we will be hosting a Stampede Breakfast on July 6 from 8:00 am to 12:00 pm. More details to come! Watch our website and social channels for updates.

Wishing you all a fantastic start to summer and a memorable year as we celebrate 75 years of community!

The MPCA Board





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.

Wednesday, June 4 and June 18, 1:30 to 3:30 pm, Introduction to Tapestry Weaving with Doris Loewen:

We will learn how to weave a small tapestry. In this two-part class, we will warp a loom and learn a variety of weft stitches that will give our finished piece textural interest and flow. We'll create a charming wall hanging. Please commit to attending both classes, so the materials provided are not wasted.

Wednesday, June 11, 1:30 to 3:30 pm, Colour Blending and Cast Shadows with Tracy Franks:

We will create a beautiful drawing with chalk pastels, exploring colour, light, and shadow. The skills we learn are applicable to all art and craft disciplines.

This summer, gather around the table at Lina's Trattoria — Where neighbours become family over fresh, Italian flavours.

LINA'S TRATTORIA

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Book your table today!



All of our fitness classes are taking a break until September. In the meantime, go for walks, hikes, runs, and swims to stay in shape for your return to regular classes.

Chair Yoga Will Return 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: In 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.



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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.

Book Club | Lower Hall | *The Seven Sisters* by Lucinda Riley

Tuesday, June 24, 7:00 to 9:00 pm.

Book Club | Lower Hall | *Who Do You Think You Are?* by Alice Munroe

Tuesday, July 22, 7:00 to 9:00 pm.

City of Calgary Community Farm Stand | Lil Green Urban Farms

Thursdays. Returning June 4, 2:00 to 6:00 pm.

Annual Neighbour Day Celebration and Art in Action Presented by Crafternoon Group

Saturday, June 21, 2:00 to 5:00 pm.

Stampede Breakfast | Our House Parking Lot | 2411 4 Street NW

Sunday, July 6, 8:00 am to 12:00 pm.

Pleasant Times Daytrip | Stage West | Legends of the 80s

See Pleasant Times article for details. Wednesday, July 16.

Pleasant Times Daytrip | Sundre | Indigenous Medicine Walk

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

Pleasant Times Daytrip | Rosebud Theatre | *Miracle on 34th Street*

See Pleasant Times article for details. Thursday, November 13.

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.

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.



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MOUNT PLEASANT PLAYGROUP

At the MPCA Lower Hall



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SELECT WEEKDAY MORNINGS

9:15 TO 11:15 AM

602 22 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



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"I am so old that my blood type is discontinued." - Bill Dane

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 had a good variety of books to choose from at our April lunch. Many thanks to everyone who brought books to share and hearty thanks to everyone who took a few home with them. The few leftover books were donated to the MCC Thrift Store. In addition, we enjoyed a tasty chili and Caesar salad lunch catered by Leroy, a favourite of our group. The May lunch will feature our annual plant exchange.

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: At time of writing, we're looking forward to our overnight trip to Waterton National Park and the Frank Slide Interpretative Centre on May 29 to 30. This trip sold out quickly, but we have others planned:

July 16, an evening Stage West performance of Legends of the '80s, to relive our youth (or maybe slightly older) with the music of Elton John, Billy Joel, Madonna, Janet Jackson, and Lionel Richie. All this and a delicious buffet dinner for only \$60 per person.

August 19, a 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).

November 13, a matinée Rosebud Theatre performance of Miracle on 34th Street, including a buffet lunch (\$75).

We're still trying to connect with a Hutterite Colony for tours and fresh vegetables but do have a trip to the Lake Louise Ice Sculpture and Banff Snow Sculptures in late January in our plans. Day trips sell out quickly, often before the *Pulse* is delivered. If you'd like to receive email notification of upcoming trips or have ideas for where to go next, contact Linda at pleasanttimes@mpca.ca or 403-289-8390. People of all ages are welcome to join us.



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Our June 24 book selection is *The Seven Sisters* by Lucinda Riley. Maia D'Apliese and her five sisters gather together at their childhood home, Atlantis, a secluded castle situated on the shores of Lake Geneva, having been told that their beloved father, who adopted them all as babies, has died. Each sister is handed a tantalizing clue to her true heritage, a clue that takes Maia across the world to a crumbling mansion in Rio de Janeiro, Brazil. Once there, she begins to put together the pieces of her story.

Eighty years earlier in the Rio of the 1920s, Izabela Bonifacio's father has aspirations for his daughter to marry into the aristocracy. Meanwhile, architect Heitor da Silva Costa is devising plans for an enormous statue, to be called Christ the Redeemer, and will soon travel to Paris to find the right sculptor to complete his vision. Izabela, passionate and longing to see the world, convinces her father to allow her to accompany him and his family to Europe before she is married. There, at Paul Landowski's studio and in the heady, vibrant cafés of Montparnasse, she meets ambitious young sculptor Laurent Brouilly and knows at once that her life will never be the same again. This is a sweeping, epic tale of love and loss, the first in a unique, spellbinding series.

The July 22 book will be *Who Do You Think You Are?* by Alice Munroe. 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. Contact bookclub@mpca.ca for more information.



2 Plot Sizes!
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MOUNT PLEASANT
EST. 1966 - CALGARY

**MOUNT PLEASANT'S
COMMUNITY GARDEN**

Spaces are limited. If you are interested in renting a garden plot for the 2025 season, please use the link or scan the QR code to access the sign-up form:

<http://bit.ly/41MRtXj>

SCAN ME!

Questions? Email garden@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**

GREEN INITIATIVES COMMITTEE

Have you heard of the Buffalo Treaty? June is National Indigenous History Month, and the Green Initiatives Committee wanted to celebrate by drawing your attention to a project that encompasses Treaty 7, which includes Calgary, and far beyond.



Photo Credit Rewilding Magazine

The Buffalo Treaty is an agreement among many First Nations, both in Canada and the United States, to coordinate efforts at repopulating plains bison—commonly known as buffalo—especially throughout their traditional range from central Alberta to the plains of Texas.

You may know that, during the nineteenth century, buffalo were hunted to near extinction in North America. According to a report from Grist, by 1884 only a few hundred were left in the wild in the United States, with similar devastation in Canada. At times, overhunting was even encouraged by colonial governments as a way to weaken the self-sufficiency of First Nations that depended on the buffalo for food, clothing, spirituality, and much more.

While the disappearance of the buffalo was devastating for many Indigenous peoples, it also had lasting impacts on the environment. Bison are recognized as a keystone species of the prairies: their wallowing, grazing, and even their poop all spread seeds and create habitats for plants and other animal species. According to Parks Canada, when bison populations were decimated, “The native grassland ecosystems and the prairie species that depended upon bison declined with them.”

Projects led or co-led by First Nations of the Buffalo Treaty, which have included the reintroduction of bison in Banff National Park, have benefits for all of us who live in these territories. In an interview with the University of Alberta’s student newspaper *The Gateway*, Dr. Tasha Hubbard said those benefits include nurturing diverse plant and animal life, as well as carbon capture through

maintaining healthy grassland ecosystems, where plants sequester carbon in the ground through their root systems.

Dr. Hubbard has also produced a documentary called *Singing Back the Buffalo*, which was released in 2024. A short version is available on CBC’s Nature of Things (watch on CBC Gem or YouTube).

In the Gateway interview, Dr. Hubbard said, “We can use what agency we have as human beings to support and create space for [the buffalo] to return.” This month, we encourage you to learn more about the Buffalo Treaty by visiting buffalotreaty.com, and to reflect on the beauty and importance of grassland ecosystems—a major one in Calgary being Nose Hill Park.

If you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information or if you have any questions.

Have a great month,

The MPCA Green Initiatives Committee



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SAFE AND SOUND

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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