

OCTOBER 2025

DELIVERED MONTHLY TO 4,450 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



AGM
OCTOBER 21
7:00 TO 9:00 PM



403.560.2166 | connectgroupcalgary.com

Buying or Selling?
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Charlie, Copperfield



Cody, Glenbrook



Dobby, Huntersen Place



Guzel, Huntersen Place



Nelly, Dalhousie



Poppy, Tuxedo Park



Sugar, Signal Hill



Todd, Lake Chaparral

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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>

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 Communications	Kathryn McIntosh	engagement@mpca.ca
	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	Rosey Fattouche	playgroup@mpca.ca
Grants	Kristi Meckelberg	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.

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.

BFlowLatino | 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.

Wednesday Workout with Sinead | Upper Hall

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.

Member Skating | SportsPlex Rink

Select days, register online.

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

Thursdays, 2:00 to 6:00 pm.

AGM | Upper Hall

Tuesday, October 21, 7:00 to 9:00 pm.

Book Club | Lower Hall | *Before The Coffee Gets Cold* by Toshikazu Kawaguchi

Tuesday, October 28, 7:00 to 9:00 pm.

Book Club | Lower Hall | *The Martian* by Andy Weir

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

Green Initiatives Committee | Upper Hall | Third Annual Re-Gift: Holiday Swap and Eco-Wrap Extravaganza!

Saturday, November 29, 8:00 am to 4:00 pm.



BOARD REPORT

As we move into October, the changing seasons remind us that transitions are a natural and necessary part of community life. Along with the cooler weather and shifting colours, MPCA is preparing for our own season of change with the upcoming Annual General Meeting on Tuesday, October 21.

This year, the Vice President role is up for election. Our current Vice President will be stepping into the President role after completing a two-year term, and this transition opens the door for a new volunteer to join the Executive team. The Vice President is an important support to the President and Board. This role includes chairing meetings if the President is absent, substituting for the President at events when requested, ensuring required insurance policies are maintained, carrying out other duties as assigned by the Board, and attending monthly Board meetings. It is a meaningful opportunity to learn about the leadership of our community association and contribute to the direction of MPCA.

We are also looking for a new Hall Director, another board role up for election. The Hall Director oversees the operation and upkeep of the Hall, provides guidance to the Hall Manager, prepares budgets for the Hall's operations, coordinates with the Grants Director for applications related to the Hall, reports to the Board, and attends monthly meetings. This role is vital in keeping one of our busiest community spaces running smoothly.

In addition, we are seeking two coordinators to strengthen our team. The Grants Coordinator position is ideal for someone passionate about making a difference and skilled at writing. This role involves matching MPCA programs with grant opportunities, preparing clear and concise applications and budgets, providing updates to the Board and financial team, and managing reporting. Your work would directly support the growth of our programs, enhance our facilities, and help us give back to our community.

We are also looking for a Casino Coordinator. The casino is one of our biggest fundraisers, and the funds raised support many essentials such as facility insurance, hall cleaning, supplies, utility costs, maintenance and repairs, and the promotion of community events. Helping to organise this fundraiser is a great way to ensure our community continues to thrive.

If you are interested in volunteering for any of these roles, please email engagement@mpca.ca. This season of transition is a wonderful time to step forward and make a lasting impact in Mount Pleasant.

MPCA Board of Directors

VOLUNTEER ROLE

MOUNT PLEASANT
COMMUNITY ASSOCIATION

GRANTS COORDINATOR



We're looking for a Grants Coordinator to join our team!

This vital role involves securing funding, managing grant applications, and supporting our community programs.

If you're detail-oriented and passionate about making an impact, we'd love to hear from you.

Email engagement@mpca.ca to express interest



INVITATION FOR EXPRESSION OF INTEREST

VICE PRESIDENT ROLE



The MPCA is extending an invitation for expressions of interest for role of Vice President.

The current term for the role ends in October, and the position will be up for election at the AGM (Annual General Meeting)

We would love to hear from you if you want to contribute your skills and knowledge to the Executive Board of Directors

Email vicepresident@mpca.ca to express interest or learn more



INVITATION FOR EXPRESSION OF INTEREST

HALL DIRECTOR



We're looking for a passionate volunteer to serve as Hall Director

This role oversees the operation and upkeep of the Hall, supports the Hall Manager, prepares budgets, works with the Grants Director on applications, reports to the Board, and attends monthly Board meetings.

Email engagement@mpca.ca to express interest



AGM

MOUNT PLEASANT COMMUNITY ASSOCIATION



OCTOBER 21 , 2025

7 PM - 9 PM

Wine and Cheese to Follow
Members and Invited Guests

604 22nd Avenue NW

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.

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!

BFlowLatino [3rd Party] - Upper Hall

Mondays | 6:30 to 7:30 pm

For more information and to register, email BFlowLatino@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

Monday Afternoon Games return this September. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, on select 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.



Quirky QWERTY

Have you ever wondered why keyboards are not in alphabetical order? Before modern keyboards, typewriters were the way to go! Typewriters were mechanically slower so when the keys were typed too fast, the mechanics could get jammed. To slow down typing speed and prevent such jams, Christopher Sholes designed the QWERTY keyboard to keep commonly used letter combinations separate.



Nase Creek Concerts

Calgary



PICKING UP THE PIECES *The Songs of Gordon Lightfoot*

SUNDAY, OCTOBER 26

Winston Heights-Mountview Community Centre

3pm Concert - 2pm Doors/Food/Bar

Tickets: \$25 (14 & under free)

www.winstonheights.ca/events



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"Wrinkled was not one of the things I wanted to be when I grew up." - 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: Another summer has come and gone but our lunches continue on. August brought our "old fashioned" picnic, just indoors to escape the heat. It's time to start thinking of after lunch entertainment ideas. Do you have a speaker you'd like to hear, a movie to watch, or an entertainment group?

Our seniors' lunches are held on the fourth Wednesday of each month (except December when it's the second Wednesday) at 11:00 am, usually in the Upper Hall. Lunches are open to all MPCA members age 60 and over who have registered in advance to attend. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after the lunch—a speaker, movie, conversation and games, or live entertainment. Many thanks to MPCA, Paramount 24 Hr Animal Hospital, Costco, Co-op, and The City of Calgary for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

If you are 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 August 19 trip to Sundre to experience an Indigenous Medicine Walk was a great success. We were split into two groups, so all had a chance to see the



plants being discussed. The sacred plants in this region are sage, sweetgrass, tobacco, and cedar although cedar had to be obtained through trade. The tour began with a tobacco offering as a way of leaving something for the land when something is taken. This is a reminder not to take too much from the land or too many animals and not to be wasteful.

The first plant discussed was kinnikinnick or bearberry. The berries are good for both bears and humans and can be used to flush parasites out of our bodies. Our next stop was at a common juniper bush. The ripe (second year blue) berries can be used to make a tea to treat a UTI. Spruce trees and their many uses were also discussed. The fresh or dried needles can be used to make a tea for vitamin C and to counter the effects of drinking dirty water. Chew spruce gum to counter cold symptoms and use spruce roots as roots. Other plants and how to prepare moose hides were also discussed.

Our guides were a Métis couple who ended the tour with information on their nation, history, and sashes. The sashes were originally sold at high cost by the Hudson's Bay Company to the coureurs de bois for their many uses such as warmth, carrying heavy loads, even hernia support. The Métis soon learned to weave the sashes themselves and incorporated the bright colours over time. After the walk, we travelled to downtown Sundre for lunch and our return to Calgary.

The November 13 Rosebud Theatre trip to see *Miracle on 34th Street* is completely booked with a wait list. 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.



Crafternoons

Arts and Crafts Sessions (Ages 14 and Up)

Crafternoon classes are back to nourish your creative abilities and to 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.

Registration for October classes opened Tuesday, September 9. 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, October 8, 1:30 to 3:30 pm, Part Two Ceramic Fish with Connie Zenger: We will paint and adorn our bisque fired ceramic fish during this second class. We will use a variety of acrylic-based paints along with glittery, shimmery, pearlescent, and shiny topcoats. If you made a ceramic fish, you have already registered for this class. Do not register again.

Wednesday, October 15, 1:30 to 3:30 pm, Teacup Floral with June Read: Traditional tea parties may be fading into the past. This craft is a wonderful way to honour the nostalgic teacups you may have stashed away. Please bring your favourite sentimental teacup from home and learn how to make a charming floral arrangement using fresh flowers and greenery. If you don't have a teacup, we will have some on hand that you may borrow.

Wednesday, October 29, 1:30 to 3:30 pm, The Art of Paper-Weaving with Leigh Ellen Caro: Simple techniques of weaving strips of patterned, plain, and imaged papers create stunning pieces with a pentimento effect. We will provide frames and backing and assistance in framing.

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.

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Our fitness classes started up again on September 8, you're welcome to join any or all of our classes for the session. Classes run from September 8 through December 12 inclusive in the Upper Hall, 602 22 Ave NW.

Chair Yoga: 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.

Classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the fourth Wednesday of each month). Classes are drop-in only and cost \$10 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

Exercise Class for All Fitness Levels: People of all ages are welcome in the MPCA exercise class, 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, two, or three classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the session or \$12 per class drop-in. If you would like to try a free class to see if this class meets your needs, contact Linda (pleasanttimes@mpca.ca or call 403-289-8390).

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. Zoom 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.

Tai-Chi: Tai-Chi classes happen in the Upper Hall 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.



Is Your Home Energy Efficient?

Happy October!

As we move into the final few months of 2025, now is a great time to look back on the past year and assess how your home did throughout all the various weather conditions that nature threw at it. Did your house stay warm and comfortable on those cold winter nights? Was it able to stand up against the extreme heat? Were your energy bills manageable throughout the year? If you answered no to any of those questions, now may be the time to take action! This begs the question: "What actions can you take?"

In the spirit of Energy Efficiency Day, which is a globally recognized day and celebrated on the first Wednesday of October each year, let's have a look at some actions you can take to boost the efficiency of your home. It can start with simple actions around the house, like managing your thermostat. Using a programmable thermostat to adjust the temperature when you're not home or turning down your thermostat to 17°C (63°F) when you're not home for more than three hours or when you're asleep are great ways to save energy on heating. Being energy efficient can also involve making upgrades to your home, ranging from easy things like installing weatherstripping for any gaps around doors or windows, all the way to undertaking renovations like installing new windows or insulation.

For the more complicated actions, be sure to check out all the resources available to support you through your upgrade journey, like financing, incentives, education resources, and more! Visit calgary.ca/environment/programs.html to learn more about what the City of Calgary has to offer and greencalgary.org/programs/green-homes-communities/energy-efficient-future for additional resources as well!

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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SCAN ME

BRAIN GAMES SUDOKU

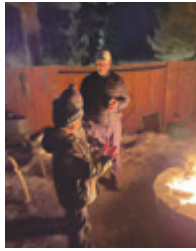
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SCAN THE QR CODE
FOR THE SOLUTION



Community Builder: Ian Strachan

Ian Strachan is the neighbour we'd all hope to have. Although a senior himself, he mows his neighbour's lawn, just because he's a few years younger. Ian also offers his backyard each Friday night for a gathering around his firepit, year-round, and who cares what the weather is (well, maybe not if it's raining).



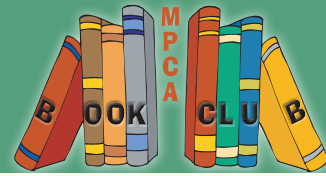
These evenings started in October 2020 during COVID, six feet distancing and all, as a way to give people a chance to gather. It was also a way to use up dry firewood Ian collected while working in his backyard. There were five people that first night; there were 22 people in August, just before I spoke with Ian. The word spread among friends and neighbours, and the numbers grew. People and dogs are welcome. The only rules are no politics and no religion. People bring their own snacks, sometimes there's a potluck, and sometimes Ian, who enjoys cooking, offers up his famous meatballs.



As well as meeting new people, Ian enjoys playing golf and collecting sports cards and original art. His other main volunteer activity is looking after his and Dawn's grandchildren a few days each week.

Ian was a fireman for 30 years, mainly at the airport. He has lived in Mount Pleasant for 35 years, 30 of them on 29 Avenue. He enjoys our central location and easy access to everywhere in and outside Calgary. Ian likes that people are out and about in Mount Pleasant, able to walk to places, and are generally friendly. People will stop to chat when they walk by and he's working in his front yard. His only beef is with the increasing density and the problems and changes he believes it will bring to our community: we won't know our neighbours as well and our community resources will be stressed.

Ian is honoured to have been nominated but thinks he's just a "typical" Mount Pleasant resident. We're happy he's chosen our community and honoured to have him. Thank you, Ian, for all you do for Mount Pleasant.



Our October 28 book will be *Before The Coffee Gets Cold* by Toshikazu Kawaguchi. In a small back alley of Tokyo, there is a café that has been serving carefully brewed coffee for more than one hundred years. Local legend says that this shop offers something else besides coffee—the chance to travel back in time. Over the course of one summer, four customers visit the café in the hopes of making that journey. But time travel isn't so simple, and there are rules that must be followed. Most important, the trip can last only as long as it takes for the coffee to get cold.

Prepare to meet four visitors, each of whom is hoping to make use of the café's time-travelling offer in order to:

- confront the man who left them;
- receive a letter from their husband whose memory has been taken by Alzheimer's;
- see their sister one last time; and
- meet the daughter they never got the chance to know.

Heartwarming, wistful, mysterious, and delightfully quirky, Toshikazu Kawaguchi's internationally bestselling novel explores the age-old question: What would you change if you could travel back in time?

The November 25 book will be *The Martian* by Andy Weir. 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.



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