

FEBRUARY 2026

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

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## MOUNT PLEASANT

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Legacy location on the park in highly desirable West Mount Pleasant. This is a unique opportunity to own a brand new home with warranty in a coveted neighbourhood and location by a quality builder - Saville Homes.



## MOUNT PLEASANT

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Attractive raised bungalow sitting on a 50 x 120 south-facing lot. This large and well maintained home offers potential with 1,370 sq. ft. above grade including 3 beds and 2 baths up. The basement features an illegal suite.



## HIGHLAND PARK

BRAND NEW TOWNHOME  
#2, 440 32 AVENUE NW

Newly built 3 bedroom, 3.5 bathroom townhome spanning nearly 2,000 sq. ft. of total developed living space + a fully finished basement, with 9 foot ceilings throughout. The property was constructed by MountainPoint Homes.



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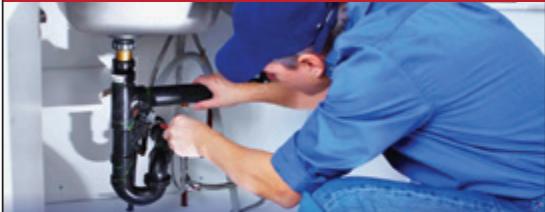
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# MPCA Community Association

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

## EXECUTIVES

President	Darcy Lane	<a href="mailto:president@mpca.ca">president@mpca.ca</a>
Vice-President	Vacant	<a href="mailto:vicepresident@mpca.ca">vicepresident@mpca.ca</a>
Past President	Chris Best	<a href="mailto:pastpresident@mpca.ca">pastpresident@mpca.ca</a>
Secretary	Sharon Dean	<a href="mailto:secretary@mpca.ca">secretary@mpca.ca</a>
Treasurer	Leanne Palichuk	<a href="mailto:treasurer@mpca.ca">treasurer@mpca.ca</a>

## DIRECTORS

Green Initiatives	Claire Serdula	<a href="mailto:green@mpca.ca">green@mpca.ca</a>
	Matthew Crist	
Hall Director	Murray Anderson	<a href="mailto:hall@mpca.ca">hall@mpca.ca</a>
Communications	Kathy Langton	<a href="mailto:communications@mpca.ca">communications@mpca.ca</a>
Sportsplex	Jeff Gerlitz	<a href="mailto:sportsplex@mpca.ca">sportsplex@mpca.ca</a>
Swimming Pool	Caron Gerlitz	<a href="mailto:swimmingpool@mpca.ca">swimmingpool@mpca.ca</a>

## COORDINATORS

Engagement and Membership	Kathryn McIntosh	<a href="mailto:engagement@mpca.ca">engagement@mpca.ca</a>
Special Events	Jackie Traynor Barker	<a href="mailto:specialevents@mpca.ca">specialevents@mpca.ca</a>
Web Manager	Kendra Wannamaker	<a href="mailto:webmanager@mpca.ca">webmanager@mpca.ca</a>
Hall Rentals	Nickie Brockhoff	<a href="mailto:hallrentals@mpca.ca">hallrentals@mpca.ca</a>
Pleasant Times	Linda O'Hanlon	<a href="mailto:pleasanttimes@mpca.ca">pleasanttimes@mpca.ca</a>
Dog Park	Chris Rvachew	<a href="mailto:dogpark@mpca.ca">dogpark@mpca.ca</a>
Playgroup	Rosey Fattouche	<a href="mailto:playgroup@mpca.ca">playgroup@mpca.ca</a>
Grants	Kristi Meckelberg	<a href="mailto:grants@mpca.ca">grants@mpca.ca</a>
Soccer	Mark Schmidt	<a href="mailto:soccer@mpca.ca">soccer@mpca.ca</a>
	Whitney Punchak	
Casino	Elisa Woodard	<a href="mailto:casino@mpca.ca">casino@mpca.ca</a>
Outdoor Rink	Shawn Stordy	<a href="mailto:odr@mpca.ca">odr@mpca.ca</a>

## 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](http://www.mpca.ca) and pay by credit card.

### Membership Type

Mount Pleasant Resident \$15/year/family \_\_\_\_\_ Senior, 65 and over \$5/year/family \_\_\_\_\_

Non-Resident \$25/year/family \_\_\_\_\_

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Postal Code \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Phone \_\_\_\_\_

Payment Attached: Cheque \_\_\_\_\_ Cash \_\_\_\_\_  
 I wish to subscribe to MPCA email list Yes \_\_\_\_\_ No \_\_\_\_\_  
 Number in Family Adults \_\_\_\_\_ Children \_\_\_\_\_

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other)  
 please specify: \_\_\_\_\_

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

## BOARD REPORT

It is hard to believe how quickly the year is already moving along. As we settle into the months ahead, we want to pause and recognize something that truly defines our community: the people who show up.

Volunteers make Mount Pleasant work. They are behind the scenes setting up chairs, filling shifts, serving on committees and boards, and lending their skills in ways both big and small. They are also the familiar faces at events, programs, and drop-in activities. Quite simply, our association could not function without this shared effort.

One standout example is our Community Casino, held August 7 and 8, 2025 at ACE Casino. Thanks to a dedicated group of volunteers, the casino raised \$93,062.77 for our community. We would like to extend a huge thank you to Michele Gole, our longtime Casino Coordinator, whose leadership was instrumental to its success. Michele is now passing the torch to community member Elisa Woodard, who will coordinate our next casino in Q2 of 2027.

Casino funds support many of the less visible but essential parts of running our association, including facility insurance, Community Hall cleaning, supplies stock, non-electric utility costs, maintenance and repairs, and promotion of community events. These supports help keep our spaces running smoothly and available for everyone to enjoy.

We would also like to highlight Mount Pleasant Playgroup, a volunteer-run program for children ages 0 to 5 and their parents or caregivers. Playgroup offers space for kids to explore and play, while adults connect and build friendships with other families in the community and beyond. Winter and spring registration is now open, and Playgroup is free with an MPCA membership. The program continues to thrive thanks to families who give their time to create a supportive and welcoming environment.

We are also continuing to look for community members interested in stepping into leadership roles. We are currently seeking someone to join the board as Vice President, and we are hoping to find a volunteer to take over the Hall Director position. If either of these roles sounds like a good fit, please reach out to [engagement@mPCA.ca](mailto:engagement@mPCA.ca).

Our Communications Team is also proactively seeking someone who may be interested in stepping into the Communications Director role when it comes up for election at the AGM in October. If you are curious about social media, newsletters, or digital communications, we would love to hear from you at [communications@mPCA.ca](mailto:communications@mPCA.ca). This is a great opportunity to gain hands-on experience while contributing to the community.

In closing, we are truly grateful for everyone who continues to show up, whether by volunteering, attending events, supporting hall programs, using the Sportsplex, enjoying Horsy Park, or spending time at the pool. We are looking forward to the year ahead and all that we will do together.

Warmly,

*Mount Pleasant Community Association*



**MPCA**

# Community Pantry

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

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

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

**CONTACT GREEN@mPCA.CA**  
TO REPORT ANY CONCERN

## PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

*"People ask me what I'd most appreciate getting for my eighty-seventh birthday. I tell them, a paternity suit."*  
- George Burns

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 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, but if something piques your interest and you're available, please contact us for more information.

**Monthly Lunches:** December's lunch was a glorious time: a full turkey dinner from Leroy's Catering with entertainment by Mount Pleasant resident Serge Soucy. We also collected \$1,940 donations for the Calgary Food Bank at this lunch. This year Paramount 24 Hr Animal Hospital generously provided two lovely gift baskets and a variety of other prizes for our annual December gift draw.

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.

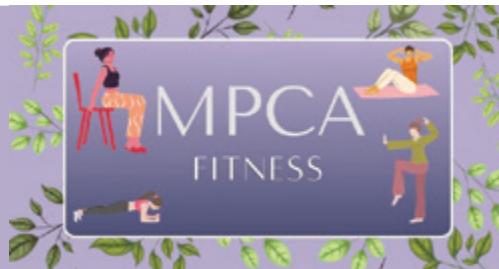
If you are age 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390

or [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Day Trips:** *Pulse* submissions are made over a month in advance of issue; it's still December and we're looking forward to a trip to Stage West for a matinée performance of *Sister Act* on January 21. We have two more Stage West outings planned (*New Sound in Town* on April 29 and an evening performance of *Beehive* on August 5). Some of these are already sold out but you can join the wait list. An overnight trip to Lethbridge is in the works. We plan on visiting the Alberta Birds of Prey Foundation in Coaldale, Fort Whoop Up in Lethbridge, the Empress Theatre in Fort Macleod, and Head Smashed In Buffalo Jump. We'll be a tired but happy crew when we arrive back in Calgary.

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](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages are welcome to join us.





Our fitness classes started up again on January 5 (January 12 start for Tai-Chi). You can enjoy a free try-out class at any point in a session. Don't delay. Start your fitness journey now by popping over to the hall any Monday or select Wednesday mornings.

**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](mailto: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 remaining classes in the session or \$12 per class drop-in.

Classes are held from early September through late June with a break from mid-December until after the New Year. Monday and Wednesday morning classes

are held from 10:15 to 11:00 am (in the Upper Hall and on Zoom) and Friday morning classes are 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.

If you would like to try a free class to see if this program meets your needs, contact Linda ([pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca)). Just dig out some comfortable exercise clothes and shoes, dust off any weights and resistance bands at the back of your closet, and pop over to the hall for a fun and energetic time.

**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. To see if this program meets your needs, contact Linda ([pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca)).

## ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events at [mpca.ca/programs](http://mpca.ca/programs), [mpca.ca/news](http://mpca.ca/news), and [mpca.ca/specialevents](http://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 select Mondays from September to June with a break in December.

Select Mondays, 1:15 pm.

### **BFlowLatino | Zumba Fitness | Upper Hall**

Mondays, 6:30 to 7:30 pm.

### **Exercise Program | Adults | Upper Hall**

Mondays and select Wednesdays in the Upper Hall and on Zoom. Friday sessions over Zoom only.

Monday and select Wednesdays, 10:15 to 11:00 am - Hall and Zoom sessions.

Fridays, 9:30 to 10:15 am - Zoom session.

### **Tai Chi | All Ages | Upper Hall**

Sessions run from September to June with a break in December.

Monday and select 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 select Wednesdays from September to June with a break in December.

Select 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.

### **Rakushinkan Kids! | Calgary Aikido Kids Classes | Ages 7+**

Wednesdays, 5:00 to 6:15 pm.

### **Calgary Rakushinkan | Upper Hall**

Wednesdays, 6:15 to 7:45 pm. Sundays, 5:00 to 7:00 pm.

### **Yoga with Trish Hardy Yoga | Upper Hall**

Thursdays, 7:15 to 8:15 pm.

### **Fly Right Swing Dance Lessons | Upper Hall**

Friday evenings.

### **Member Skating | SportsPlex Rink**

Select days, register online.

### **Book Club | Lower Hall | *Klara and the Sun* by Kazuo Ishiguro**

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

### **Book Club | Lower Hall | *The Dictionary of Lost Words* by Pip Williams**

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

### **Pleasant Times Day Trip | Stage West | *New Sound in Town***

April 29. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca).

### **Pleasant Times Day Trip | Stage West | *Beehive***

August 5. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca).

**MOUNT PLEASANT PLAYGROUP**  
For kids age 0 to 5 and their caregivers

COME AND JOIN US!

TUESDAYS AND FRIDAYS  
9:15 TO 11:15 AM  
LOWER HALL OF THE MPCPA  
602 22 AVE NW, CALGARY, AB  
FREE WITH MPCPA MEMBERSHIP  
(VOLUNTEER ROLE REQUIRED)  
QUESTIONS? EMAIL  
[PLAYGROUP@MPCA.CA](mailto:PLAYGROUP@MPCA.CA) OR GO TO  
[WWW.MPCA.CA/PLAYGROUP](http://WWW.MPCA.CA/PLAYGROUP)



## 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](http://mpca.ca/playgroup) for more information.

#### Sportball [3rd Party] - Upper Hall

#### Sports Instruction for Kids

#### Sunday Afternoons

For more information and registration, please contact [Calgary@sportball.ca](mailto:Calgary@sportball.ca) or call 403-975-2936.

[www.sportball.ca](http://www.sportball.ca)

#### Pleasant Heights After School Care (PHAS) [3rd Party] - Lower Hall

#### Students from St. Joseph's School | Ages 5 to 12 years

#### Monday through Friday After School

School-age care spots are available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 6. Our school-age care program is licensed and accredited with many long-term staff. For more information, please contact 403-289-8233 or 403-220-1212. Call and reserve your spot today.

#### Rakushinkan Kids! [3rd Party] - Upper Hall

**Wednesdays | 5:00 to 6:15 pm**

Ages 7+. Calgary Aikido Kids classes. Japanese martial arts practice for kids.

Visit [www.calgaryrakushinkan.com/rakushinkan-kids](http://www.calgaryrakushinkan.com/rakushinkan-kids).

### 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](mailto: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](mailto:BFlowLatino@gmail.com).

#### Tai-Chi [MPCA Fitness] - Upper Hall

**Mondays and select Wednesdays | 9:00 to 10:00 am**

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Monday sessions are beginner friendly, and Wednesdays focus on returning students. Reach out to Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) for details. All are welcome!

#### Exercise Class [MPCA Fitness] - Upper Hall and Online Options

**Mondays and select 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 or on Zoom Mondays and select Wednesdays and Zoom only on Fridays from 9:30 to 10:15 am. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) for more information or to try a free class!

#### Yoga in Mount Pleasant with Trish Hardy Yoga [3rd Party] - Upper Hall

**Thursdays | 7:15 to 8:15 pm**

For more information and to register, please contact Trish Hardy at [hardytrish@ymail.com](mailto:hardytrish@ymail.com) or call 403-620-4990.

[www.trishhardyyoga.com](http://www.trishhardyyoga.com).

#### Flow Martial Arts [3rd Party] - Upper Hall

**Mondays | 8:00 to 9:15 pm**

**Wednesdays | 8:00 to 9:00 pm**

Join Flow Martial Arts for traditional Filipino martial arts training in a supportive community. We offer Arnis stick

fighting, unarmed applications and a great workout. Develop discipline, respect, and skill with our team. No experience is necessary!

Call Jeff at 587-891-8108 or check out [flowma.ca](http://flowma.ca) to start your martial arts journey today!

### **Calgary Rakushinkan [3rd Party] - Upper Hall**

**Wednesdays | 6:15 to 7:45 pm**

**Sundays | 5:00 to 7:00 pm**

Japanese Martial Arts with Calgary Rakushinkan. Learn Japanese sword and other martial arts - Kenjutsu, Iaijutsu, Aikijujutsu, Aikido, and more.

Adults and youth 14+. For more information and registration, please contact [rakushincalgary@gmail.com](mailto:rakushincalgary@gmail.com), 403-401-8257, or visit [www.calgaryrakushinkan.com](http://www.calgaryrakushinkan.com).

### **Fly Right Swing Dance Lessons [3rd Party] - Upper Hall**

#### **Friday Evenings**

For more information, please go to [m.facebook.com/flyrightswing/](https://m.facebook.com/flyrightswing/).

### **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 \$10 per class. For more information, please contact Catharine at [cathdurst@hotmail.com](mailto:cathdurst@hotmail.com) or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.



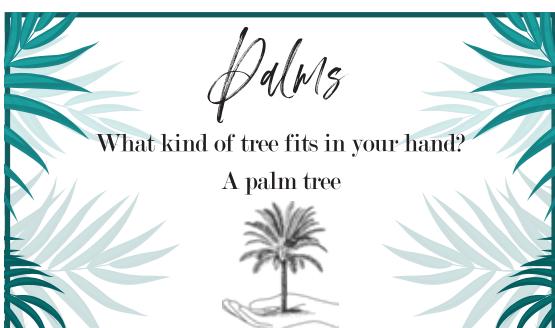
## **News from the Friends of Nose Hill**

by Anne Burke

The Calgary area has been the subject of many geological studies in scientific papers, field guides, and monographs, including glacial mapping of Nose Hill. The top of Nose Hill contains gravel deposited by the ancient Bow River, also carrying sand and mud, flowing east out of the mountains and reaching the level of the present hilltop. There may have been as many as 20 major glacial advances and retreats in what is now the Calgary area.

During the last one to two million years of earth history, ice sheets shaped the landscape. The continuous plain to the north, and on the east and west flanks of Nose Hill, were shaped by glacial meltwater from nearby ice. As the modern Bow River developed, it created a broad valley and the southern flanks of the Hill. A large lake was produced by an ice dam on the River. On its North and East, Nose Hill is bounded by Beddington and Nose Creeks. To the west, Big Hill Springs Coulee is what remains of the earlier glacial spillway system.

Nose Hill provides spectacular views from which to interpret the geological history of the Bow River Valley and its tributaries, as well as the uplands across the valley to the south. The boundary between eastern and western ice sheets is the result of a landslide from Mt. Edith Cavell. As the valley glacier advanced it was deflected southward by eastern ice and glacial erratics (large boulders) mark its former path.



# 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](http://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.

Check the Events tab at [mpca.tidyhq.com](http://mpca.tidyhq.com) to see what is planned for February. It's always best to set a reminder to do this early in each month as classes fill up quickly.

## Monday Afternoon Games

Monday Afternoon Games returned in January. 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](mailto:yvette.v53@hotmail.com) or 403-803-7697) to be advised when games afternoons are happening.



After a fun and delicious evening at Our House in December, we are back to enjoying good books. Our February 24 book is *Klara and the Sun*, the magnificent new novel from Nobel laureate Kazuo Ishiguro, author of *Never Let Me Go* and the Booker Prize-winning *The Remains of the Day*.

From her place in the store, Klara, an Artificial Friend with outstanding observational qualities, watches carefully the behaviour of those who come in to browse, and of those who pass in the street outside. She remains hopeful a customer will soon choose her, but when the possibility emerges that her circumstances may change forever, Klara is warned not to invest too much in the promises of humans.

In *Klara and the Sun*, Kazuo Ishiguro looks at our rapidly changing modern world through the eyes of an unforgettable narrator to explore a fundamental question: what does it mean to love?

The March 24 book will be *The Dictionary of Lost Words* by Pip Williams. If you'd like more information about the book club or if there's a book you'd like to discuss, please contact Barbara at [bookclub@mpca.ca](mailto: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.





## 4-H INTRO CLUB

### Youth “Learn to Do by Doing” with 4-H Intro Clubs

The 4-H motto is “learn to do by doing.” That is the idea behind 4-H Intro Clubs for youth aged 9 to 15. These six-week clubs give young people a chance to try new activities, learn practical skills, and explore their interests in a hands-on, low-pressure way. Youth get a taste of what it would be like to be a member of a traditional 4-H Club in these short programs, but the impact can be significant.

Intro Club members also have access to bonus events. Past events like the University of Calgary Vet Science Day and SAIT workshops in cooking and welding have allowed participants to explore careers, skills, and hobbies in a real-world setting. These events give youth experiences they may not get at school or at home.

Many bonus events include exposure to agriculture. Farm tours and projects let youth see where food comes from, learn about animals, and understand the work involved in growing plants or raising livestock. For children in the city, this connection to the local food system and community is especially valuable.

New bonus events are planned, including a microgreens workshop, a farm tour, an equine therapy workshop, and family tours at 4-H on Parade. Once a youth registers in an Intro Club, they can sign up for any available bonus events, most of which are free. These opportunities help children stay curious and learning outside regular club meetings.

Through Intro Clubs and bonus events, youth practice skills, explore interests, and gain experiences that help them make informed choices about hobbies, school projects, and future goals. At the same time, they connect with their community and learn about the role of agriculture in everyday life.

#### Try This at Home: Track Your Food

Pick one food item in your home and trace how it gets from farm to table. Who grows it? How is it processed or packaged? Why is it important to your community? This simple activity helps youth understand where food comes from and connects them to the local food system.



Learn more about Intro Clubs and bonus events at [4hab.com/member-program/](http://4hab.com/member-program/) or email [introclubs@4hab.com](mailto:introclubs@4hab.com).

# AI and the Environment

### The Situation

With the rise and massive expansion of generative AI comes huge opportunities but also brings big environmental challenges. The lifeblood of AI is large scale data centres running millions of processors. Amazon alone has over 100 data centres each with around 50,000 servers. Every single one of these servers requires manufacturing, consumes electricity, generates heat, and requires cooling. In 2026 the global power consumption of data centres is expected to reach 1,050 terawatt-hours of electricity, this is nearly twice the power consumption of all of Canada! (622 terawatt-hours in 2023). Researchers have estimated that a ChatGPT query consumes five times the electricity as a simple web search. AI also consumes a large volume of water, used for evaporative cooling of servers. Researchers have estimated that a single conversation with ChatGPT could use half a litre of water!

### What Can I Do?

As AI becomes more prevalent, most of us will find AI impossible to avoid. However, if you want to reduce its negative impacts there are still some things you can do. Use AI mindfully, before running a query consider if AI is truly beneficial. Is this something that can be done better without AI or could a simple google search suffice. In order to search the web without AI try using an alternative search engine such as DuckDuckGo ([noai.duckduckgo.com](https://noai.duckduckgo.com)). Consider which AI provider you use; some providers have committed to reduce water use and to become carbon neutral. If you use AI at work, encourage your company to track emissions from all business activities (including AI) and create plans to reduce those emissions.

On the bright side, AI is also being used to help solve some of our climate issues through climate modelling as well as research and designing innovative climate solutions. This type of science will likely help to mitigate some of AI's negative impacts in the future.

If you have ideas you want to share on the responsible use of AI or if you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email [green@mpca.ca](mailto:green@mpca.ca) for more information or if you have any questions.

Have a great month,

*The MPCA Green Initiatives Committee*

### References:

- [news.mit.edu/2025/explained-generative-ai-environmental-impact-0117](https://news.mit.edu/2025/explained-generative-ai-environmental-impact-0117)
- [energy-information.canada.ca/en/energy-facts/clean-power-low-carbon-fuels](https://energy-information.canada.ca/en/energy-facts/clean-power-low-carbon-fuels)
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# Customer Review Period (January 14 to March 23) Is Your Opportunity to Review and Ensure the Accuracy of Your 2026 Property Assessment

by The City of Calgary

Your 2026 property assessment is mailed out January 14. The 2026 Customer Review Period (CRP) runs from January 14 to March 23. CRP is your opportunity to review and ensure the accuracy of your 2026 property assessment and learn more about how your assessment was determined.

What to look for when reviewing your assessment:

- Is your market value assessment a reasonable estimate as of July 1, 2025?
- Are the property details we have on record, correct?
- Is your assessment fair when compared with others in your neighbourhood?

Each year, The City and the Province separately set a budget and decide how much money they need from property tax. Your share of property tax is based on your assessment class and the assessed value of your property. Your 2026 property tax bill will be mailed in May, but you can get an estimation of it now by visiting [calgary.ca/taxcalculator](http://calgary.ca/taxcalculator).

To help you review your property assessment we offer general resources on [calgary.ca/assessment](http://calgary.ca/assessment) and property specific tools through the secure log in feature of [calgary.ca/mytax](http://calgary.ca/mytax). By logging onto myTax you can:

- Check your property details and ensure they're correct. \*Incorrect property details can result in your assessment not accurately reflecting the value of your property.
- Compare your property's assessed value to similar properties in your area.
- Review real estate market trends and learn how your property was assessed.

Questions? Visit [calgary.ca/assessment](http://calgary.ca/assessment) or call 3-1-1. Customer Review Period ends March 23.

# Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit [calgary.ca/stormwater](http://calgary.ca/stormwater).





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