

JANUARY 2026

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



2026

**HAPPY NEW YEAR! MAY 2026 BRING JOY AND
COMMUNITY SPIRIT TO MOUNT PLEASANT**



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

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warmth, joy, and
a bright start to
the new year.**

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Giant Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!



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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 | Darcy Lane | president@mpca.ca |
| Vice-President | Vacant | vicepresident@mpca.ca |
| Past President | Chris Best | pastpresident@mpca.ca |
| Secretary | Sharon Dean | secretary@mpca.ca |
| Treasurer | Leanne Palichuk | treasurer@mpca.ca |

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| | | |
|-------------------|---------------------------------|--|
| Green Initiatives | Claire Serdula Matthew Crist | green@mpca.ca |
| Hall Director | Murray Anderson | hall@mpca.ca |
| Communications | Kathy Langton | communications@mpca.ca |
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| | | |
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| Playgroup | Rosey Fattouche | playgroup@mpca.ca |
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| Soccer | Mark Schmidt Whitney Punchak | soccer@mpca.ca |
| Casino | Elisa Woodard | casino@mpca.ca |
| Outdoor Rink | Shawn Stordy | odr@mpca.ca |

Business Memberships in Good Standing

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



MPCA Membership Form

Membership Year runs from date of purchase

Please complete and send with cheque payable to Mount Pleasant Community Association 602 22 Ave NW Calgary, Alberta, T2M 1N7 or apply online at www.mPCA.ca and pay by credit card.

Membership Type

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

Non-Resident \$25/year/family _____

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

Name _____

Address _____

Postal Code _____

E-Mail _____

Phone _____

Payment Attached:

I wish to subscribe to MPCA email list

Number in Family

Cheque _____

Yes _____

Adults _____

Cash _____

No _____

Children _____

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other)

please specify: _____

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

BOARD REPORT

Happy New Year, neighbours! We hope your holidays were full of warmth, laughter, and a few quiet moments to savour the season. As we step into 2026, we're excited for all the opportunities ahead to connect, create, and celebrate together as a community.

If one of your resolutions this year is to be more involved, there are many ways to make it happen. Our executive board is looking for a Vice President to help guide the community through another year of growth and fun. We're also seeking a Hall Director to oversee our community space and a Casino Coordinator to support one of our major fundraising events.

We're also hoping to launch a Community Neighbourhood Watch, an initiative that sparked a lot of interest at our AGM in October. Our committees are buzzing with plans and ideas and would welcome new members ready to bring fresh energy to the table! If you'd like to get involved with this program or any other role in the community, please reach out to engagement@mpca.ca.

This year is also a great time to learn the ropes if you've ever been curious about community communications. The Communications Director role will be up for election in October, and we're hoping to connect with someone who enjoys social media, newsletters, and helping promote the many activities happening in Mount Pleasant. It's an opportunity to work alongside us through 2026 and step into the role with confidence in the fall. Reach out to communications@mpca.ca if you are interested in any of these areas!

The Green Initiatives Committee is also rebuilding its communications support after their amazing comms team moved abroad, and they would be grateful for someone interested in helping share their projects, events, and sustainability efforts with the neighbourhood. Reach out to green@mpca.ca if you are interested in joining the GIC.

Have an idea for something completely different? We'd love to hear it! There are grants available from the City to support new projects and initiatives, and we're always excited to explore ways to make your ideas happen. Reach out and let's see how we can work together to bring something fresh to the community.

Being part of the community doesn't have to stop at volunteering. Whether you want to move, create, or connect, there are options for every season. Through the colder months, you can lace up for Member Skate Days at the SportsPlex or enjoy the outdoor rink at Horsy Park. As spring arrives, look forward to Pickleball returning and soccer sign-up for families eager to get kids out on the field. When summer comes, the outdoor pool is always a highlight, especially with its popular swimming lessons.

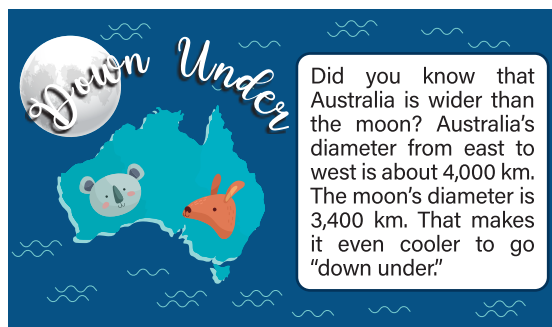
If you're feeling creative, Crafternoons offer a chance to dive into curiosity and hands-on exploration, with projects that invite you to try something new and make something delightful. The Pleasant Times Social Club brings people together with seniors' lunches, day trips, afternoon games, and a book club. Families with little ones can enjoy Playgroup, a welcoming way for toddlers, parents, and caregivers to meet and play.

And of course, keep an eye on our website and social channels for seasonal celebrations and special events. From our Annual Community Cleanup to Taste of Mount Pleasant, and other community celebrations throughout the year, there's always something bringing neighbours together.

As we welcome 2026, let's embrace it as a year full of possibility. Every connection, every idea, every shared moment strengthens the spirit of Mount Pleasant. Here's to a year of curiosity, creativity, and community! Let's make it one to remember!

Happy New Year!

Mount Pleasant Community Association



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.

Select 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.

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

Wednesdays, 5:00 to 6:15 pm.

Yoga with Trish Hardy Yoga | Upper Hall

Thursdays, 7:15 to 8:15 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.

Book Club | Lower Hall | *What I Know About You* by Éric Chacour

Tuesday, January 27, 7:00 to 9:00 pm.

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

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

Pleasant Times Day Trip | Stage West | *Sister Act*

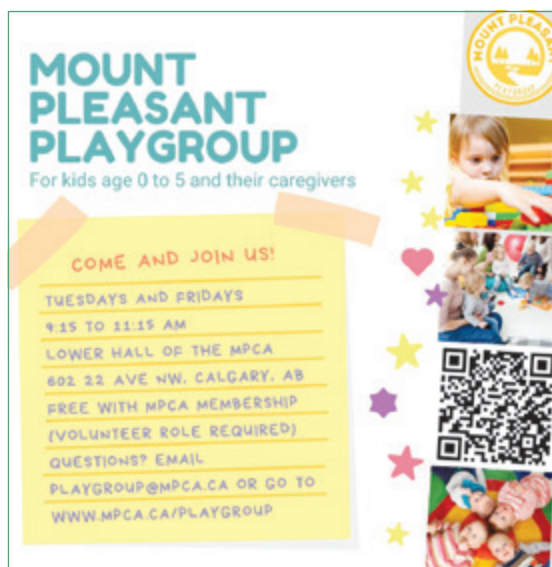
January 21. Contact Linda at pleasanttimes@mpca.ca.

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

April 29. Contact Linda at pleasanttimes@mpca.ca.

Pleasant Times Day Trip | Stage West | *Beehive*

August 5. Contact Linda at pleasanttimes@mpca.ca.





Our fitness classes resume on January 5. Don't delay. Start your fitness journey today by popping over to the hall any Monday or Wednesday morning.

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.

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.



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"I'm at that age where my back goes out more than I do."
- Phyllis Diller

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: We're looking forward to our favourite lunch of the year: a full turkey dinner from Leroy's Catering with entertainment by Mount Pleasant resident Serge Soucy. Serge brings his baby grand piano to play and sing Christmas favourites and take song requests from the group. We also collect donations for the Calgary Food Bank at this lunch and each year hope to top our previous year's donation total.

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: A full bus of happy people travelled to Rosebud Theatre on November 13 to see *Miracle on 34th Street*. The play was well received, and we were all happy to know that Santa Claus really exists. The play was entertaining with lots of laugh, enough to keep everyone awake, even after a bountiful buffet lunch.

We're now looking forward to our 2026 outings, including three Stage West productions: *Sister Act* on January 21, *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. Unfortunately, a trip to Jasper is not in the cards this year but perhaps an overnighter to Lethbridge and the many Southern Alberta attractions is.

Day trips sell out quickly, often before the *Pulse* is delivered. If you'd like to receive email notifications of upcoming trips or have ideas for where to go next, contact Linda at pleasanttimes@mpca.ca or 403-289-8390. People of all ages are welcome to join us.



Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

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.

Rakushinkan Kids! [3rd Party] - Upper Hall

Wednesdays | 5:00 to 6:15 pm

Calgary Aikido Kids classes. Japanese martial arts practice for kids.

Visit 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 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.

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@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.

Just a Quick Zip

The shortest commercial flight in the world is from Westray to Papa Westray. Flights on this route are between one to one-and-a-half minutes long. The record fastest flight on this route was 53 seconds long. Can you imagine?!



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 January classes opened December 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.

January classes are:

Wednesday, January 7, 1:30 to 3:30 pm, Acrylic Painting with Tracy Franks: Tracy will guide us in creating an acrylic painting celebrating the magnificent Northern Lights we see in Alberta.

Wednesday, January 14, 1:30 to 3:30 pm, Needle Felted Flowers: Aileen will show us the steps for making needle felted flowers; sunflowers, daisies, or any coloured flowers you can imagine. You can make your finished flowers into pins, barrettes, fridge magnets, or simply a bouquet. Add some joyful colour to brighten your winter!

Green Initiatives Committee Wishes You All a Happy and Green New Year!

We're looking forward to a New Year and a new series of environmental-themed articles. For 2026, we're planning to showcase what we're doing here in Canada related to green initiatives.

We're also hoping to re-grow our committee this year. After a few years of steady growth, great engagement and enthusiastic volunteers, we've bid (a perhaps temporary) farewell to several committee members who have been blessed with new babies, and others who have moved to Europe. So, we would happily welcome community members who would like to learn more and/or bring some new ideas. Please contact us at green@mpca.ca if you have questions or would like to try out one of our monthly meetings (one hour online).

In the spirit of New Year's Resolutions, here are some easy tips that can help you with everyday tasks for a greener planet, such as some waste and recycling reminders for the Calgary curbside system.

Recycling Challenges with Lids

Plastic lids from coffee cups and fountain drinks need to go in the garbage, even though they typically have a recycling symbol on them, and the same with domed lids. They're too small and light to be properly sorted and end up contaminating other materials at sorting facilities¹. The same goes for those little sauce containers (and their lids) that come with takeout food—no need to rinse them as they need to go in the garbage. Try to remember to bring your reusable mug instead, if you're going out for coffee, or choose a place with reusable dishes when you have time to stay there.

Lids from larger containers such as yogurt, sour cream, and margarine can be recycled. The general rule is that if the plastic lid is the size of the palm of your hand (about 7.5 cm/3 inches in diameter), it can be recycled¹. A similar palm-sized rule can be used for metal lids, although since they're heavier, they can be recycled starting at 5 cm/2 inches in diameter¹.



Plastic lids from coffee cups and fountain drinks, along with domed lids, need to go in the garbage (black bin). Credit City of Calgary website¹.

Flexible Plastic Film

Global market demand for flexible plastic film is expected to grow significantly in the coming years. However, this material stream also typically has very low recovery rates for recycling; there is definitely room for improvement here. Examples of recyclable films are most plastic bags used for bread and tortilla shells at the grocery store and Ziploc-style bags. The tip is to check if the plastic stretches—if it does, it can be recycled in Calgary when collected together (see below). Crinkly plastic and bags/pouches that don't stretch cannot currently be recycled here; examples are granola bar wrappers and cereal box liners.

Bubble wrap and similar plastic mailing envelopes can be recycled if you simply cut off any paper mailing labels. However, to avoid these light-weight flexible plastic materials flying around and wreaking havoc with the sorting machines, they need to be combined together into a stretchy bag and closed with a double knot. We usually have an empty potato bag under the sink that we stuff these into, then add to our blue cart when we decide it's sufficiently full.

Disposal of Small Items

Currently our sorting facilities cannot handle small items, although this is an aspect undergoing further research in Canada. Paper or cardboard smaller than a business card needs to go in the garbage.

Cumulative Transformations

Remember that small changes over a large scale can add up to a major difference! A great example is the cardboard bread bag closures from Bimbo Canada, Canada's largest and oldest bakery². This company transitioned from using plastic closures to those made from 100% recycled cardboard in 2022 and estimated this would save 200 metric tonnes annually.

of single-use plastic waste². This product is such a small item, but with the huge number of products sold in Canada, the effect is significant. The cardboard closures are compostable in municipal systems and also help increase the market for recycled paper feedstock. Increasing demand for products made of recycled materials helps close the loop towards a circular economy.

References:

1. calgary.ca/waste/what-goes-where/default.html
2. bimboCanada.com/news/bimbo-canada-transitioning-compostable-cardboard-clips-our-bread-bags



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 CONCERNS**





Our January 27 book will be *What I Know About You* by Éric Chacour. As a boy in 1960s Cairo, Tarek knows that his entire life is written in advance. He'll be a doctor like his father, marry, and have children. Under the watchful eyes of his mother and his sister, he starts to do just that, until Ali enters his life and turns it upside down. The two men, from very different worlds, embark on an unsayable relationship that threatens to tear apart Tarek's family. Years later, as Tarek is living a solitary life in Montreal, someone starts writing about him and to him, piecing together a past he wants only to forget. But who is the writer of this tale? And will he figure it out in time?

A bestseller in its original Quebec edition, and the recipient of several awards, including the Prix Femina des Lycéens, *What I Know About You* is poised to be an international sensation. "This novel is a searing love story that moves between Egypt and Montréal, that shifts between hearts, highlighting the sacrifices the characters feel they have to make for the ones they love. Romantic, surprising, mesmerizing, and so devastating, *What I Know About You* examines the terrible costs of family secrets and toxic shame." – Suzette Mayr, author of *The Sleeping Car Porter*.

The February 24 book will be *Klara and the Sun* by Kazuo Ishiguro. 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.





News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.



4-H INTRO CLUB

Grow Something New This Winter With 4-H Intro Clubs



Have you heard of 4-H? Many know 4-H for its long history in rural and agricultural communities, but today 4-H is thriving in cities, including right here in Northwest Calgary. Alongside our traditional, year-long 4-H clubs, we also offer a short-term program designed for families who want to explore 4-H before making a longer commitment.

4-H Intro Clubs are a six-week program for youth ages 9 to 15 that provides a hands-on introduction to the 4-H experience. These are not traditional clubs. During intro clubs, youth attend once a week for two hours, learn all about running meetings and try a different hands-on activity each session, giving them a fun and friendly way to explore what 4-H has to offer.



One popular winter activity is the Potato Pet Hair Garden, where youth learn about seeds, plant growth, and patience in a silly and hands-on way. Using a potato, paper towel, water, and chia or alfalfa seeds, participants create a "potato pet" with sprouting hair, then track growth over the week. Along the way, they practice observation skills, explore plant life cycles, and get a taste of science in action, all indoors during the cold winter months.

Try It at Home: Create your own Potato Pet Hair Garden:

- Wrap a potato in a damp paper towel or cotton strip.
- Draw a face and add googly eyes.
- Place it on a jar of water so the bottom touches the water.
- Spread chia or alfalfa seeds on top, like hair.
- Mist daily and watch the sprouts grow in four to seven days!

Learn more about intro clubs starting in January by visiting 4hab.com/member.

Send us your potato head photos or ask us a question at introclubs@4hab.com.

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SINGING KIDS MUSIC CLUB! New program in your community starting in February! Class Options: Toddler Music & Movement: Focused on playing with instruments and engaging in movement to music. Singing & Acting Classes: Fun, musical-theatre-style classes (K-G6). French Music Group: Supports French learning through songs and music activities. Tuesdays or Thursdays, starting at 11:15 am. singingkidsmusicclub@gmail.com.

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

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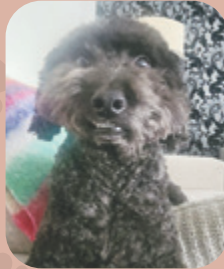
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Teffy, Mount Pleasant



Toulouse, Killarney

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



On Deerfoot Trail

by Garth Paul Ukrainetz

On Deerfoot Trail the potholes grow
A little larger every day
They never seem to fill them in
We zig and zag along the way

On Deerfoot Trail bad tempers show
The need for speed in rush hour mess
The faster lane ain't always faster
The quicker route ain't always best

On Deerfoot Trail the snow plows blow
They clear the slushy slop away
But cars still slide into the ditch
On icy road there's hell to pay

On Deerfoot Trail the tail lights glow
Like blood cells flow within a vein
The city's major artery
Bright Stampede Red this freeway train

On Deerfoot Trail a rodeo
Corralled commuters, Calgary
Bronc riding on this road together
Until we exit, until we're free

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