AMOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER









We're improving stormwater drainage in your community

Homes and streets in your area are prone to flooding from stormwater. We're fixing that by investing in drainage improvements over the next few years.

Starting this summer, you'll see crews upgrading the underground infrastructure that will help move stormwater out of your neighbourhood more quickly during intense rainfalls, reducing flooding to streets and homes in your area and nearby communities.

To learn more, visit calgary.ca/sunnysidecdi



Active Day in the Park

We have our fingers and toes crossed at time of writing (late May) that the community will be able to gather outdoors safely in August. Thanks to a grant from ParticipACTION and MPCA's support, we're planning Active Day in the Park for Saturday, August 21, in the community park.

There will be fun for all: bocce and horseshoe tournaments with fabulous prizes, exercise, and tai-chi classes for you to participate in or watch, maybe the pool will be open, and kids' games. We're not sure what food will be offered, whether BBQ or food trucks, but you're welcome to bring a picnic lunch to enjoy.

Register your bocce and horseshoes teams online at mpca. ca – one to four people for bocce and one or two people for horseshoes. All ages are welcome for both. We'll supply the "rules" for both games to ensure everyone is playing the same way.

We'll follow all of the COVID guidelines in place at the time. Please bring your masks for when distancing isn't possible. We'll supply hand sanitizer and wipes to disinfect high touch areas.

If you have any questions or would like to volunteer, please contact Nickie at info@mpca.ca or 403-282-1314 (Tuesdays and Thursdays).

Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets - one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at https://www. facebook.com/groups/albertapethelp for more information, and to sign up today!



5-26 years. If you are interested in volunteering or registering your child, please visit our website at myscouts.ca for information and group locations. We are an inclusive organization and financial assistance is available.

Help desk toll free number: 1-888-855-3336

MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
E-Mail info@mpca.ca Website www.mpca.ca
Facebook https://www.facebook.com/MountPleasantCommunity
Twitter https://twitter.com/MountPleasantCA

		<u> </u>
EXECUTIVE		
President	Jessica Karpat	president@mpca.ca
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Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Mark Atkinson	dogpark@mpca.ca
Playgroup	Esther Cuneo	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Kathryn McIntosh	soccer@mpca.ca

Business Membership in Good Standing

- Alpine Insurance and Financial
- Resolve Legal Group
- Thorncliffe Family Dental
- Benjamin Moore Calgary North Decorating
- Amira J. Healing
- Stavros on 4th



Please complete and send with cheque payable to Mount Pleasant Community Association602 22 Ave NW
Calgary, Alberta, T2M 1N7 or Apply Online www.mpca.ca

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I wish to subscribe to MP	CA email list	Yes	No		
Number in Family		Adults	Children		
Reason for Purchase (Soc please specify:	cer, Community Garde	n, Skating, Pla	aygroup, Special Events, F	Pool, Other)	

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

GREEN INITIATIVES COMMITTEE

Hello community!

All of us from the Mount Pleasant Green Initiatives Committee hope you have been enjoying some sun, relaxation, and time with loved ones so far this summer.

This month, the GIC wants to talk a little bit about sharing economy and why it is so important to a sustainable lifestyle and how we can promote this in our community.

Let's go back to when we were all young and just learning the ropes of life. Do you recall being taught the importance of learning to share? Well, just like many of the things we learned when we were young, sharing has just an important part to play in our day to day lives if we want to try to live as "green" as possible.

Sharing (or a more technical term of circular) economy involves sharing, leasing, reusing, repairing, refurbishing, and recycling existing products for as long as possible so that the life cycle of the product is extended. Most of us are probably already familiar with this model as we have many online platforms, such as Facebook Marketplace, that promote the sale of gently used goods amongst a community. Going one step further from the sale of goods, there are other options in place such as an app called RentBridge that promotes the renting of equipment, tools, electronics, and other larger items people may only wish to use one or a few times.

By promoting and investing in a sharing economy lifestyle, we support sustainability. The ability to increase the life cycle of goods by sharing it across the community has positive environmental impacts as it reduces resources required to produce consumer goods and helps to reduce carbon footprints. It is also a great way to stay connected with our neighbours and community!

So, on that note, be sure to check out our new Buy/ Sell/ Trade Facebook Group found under the main Mount Pleasant Facebook page. It is here that we hope to start a movement in our community where we can re-use items amongst ourselves that we no longer want instead of buying new. It is also here that we hope to start a trading/ sharing/ borrowing platform among neighbours who may only need a larger item here and there at a time.

Transportation is another aspect of the sharing economy that the GIC is looking at pursuing. We already see this within the city with the return of the e scooters! However, wouldn't it be great to have a community cargo bike just for us to use? Stay tuned! We may also be able to provide some cargo trailers that attach to your own bike, so that you can have more fun, and get more done, on two wheels.

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. As well, please check out our Mount Pleasant Green Initiative Group on Facebook! You can find us on the Mount Pleasant Community Association page.

Happy sharing,

The MPCA Green Initiatives Committee



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FIND SOLUTION ON PAGE 11

Volunteer Recruitment

The Mount Pleasant Community Association is a non-profit group run by volunteers – they are our backbone. We rely on residents of our community to come forward, offer assistance and take part in making Mount Pleasant one of the greatest places to live in Calgary.

The following volunteer positions have come up and we need our resident to come forward and help out!

Membership and Volunteer Director (One person - Board Position)

We are looking for someone who will help us find ways in which to recruit, orient, welcome and show appreciation to our volunteers. This role also manages memberships through our membership software and ensures business membership benefits are received by local businesses via coordination with the Communications Director. This role is a Board position and will require attendance at monthly meetings (Board breaks over the summer) and someone willing to take the initiative to move these items forward.

Casino Coordinator (One Person – Reports to the Board Treasurer)

This role works with a hired professional Casino Consultant to manage the paperwork to organize the Casino. The Casino Coordinator also supports any tasks required to coordinate the Casino, creates a volunteer sign up (normally we use a web-based service like VolunteerSignUp.org or similar) and works with the Communications Director to recruit volunteers. Our next Casino is anticipated in the Winter of 2022.

Communications Committee (Multiple – Reports to the Communications Director)

Website updates – update our WordPress website and blog with upcoming events, articles, and announcements.

Social Media liaison – keep up with social media comments, posts about community announcements, events, articles, and anything regarding planning that is happening within the neighbourhood. Post reminders and answer questions that people pose on social media and help manage our Facebook, Twitter, LinkedIn, and Instagram accounts.

Special Events Committee (Multiple – Reports to the Communications Director)

The Special Events Committee works with the Special Events Director to plan and organize various events within the community. Committee members will be expected to participate in event planning meetings and may assist in event organization and execution, with other community event volunteers.

Youth Coordinator (Multiple – Reports to the Special Events Director)

We are looking for an adult who is interested in starting a group that provides events or programs geared toward pre-teens and teens.

We are looking for youth to volunteer on this committee to work towards getting some fun things happening in our community that would interest them and their friends! Want to find a way to get the Mobile Skate Park to our community? A water balloon event? Late night movie nights at the pool? This is the committee where you can shape what type of events we have in the community.

Interested in doing something to make the community better and want to propose it? Just get in touch. We are always interested in new ideas that people from the community want to take on.





PLEASANT TIMES SOCIAL CLUB

Aging is not "lost youth" but a new stage of opportunity and strength. - Betty Friedan

We're still hoping to get together for our lunches at some point this summer. Perhaps by July we will be enjoying time together again, as safely as possible. If you are age 60 or over and live in Mount Pleasant, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or pleasanttimes@mpca.ca.

Exercise Class: Our classes continued on Zoom three times each week, Monday, Wednesday, and Friday mornings, through the end of June. This has been a fun and healthy distraction – so good to see and hear other people again. We're in the process of planning our next session from September to December. It's unknown at this time if we'll be back in the hall or if it will be possible to offer both in person and Zoom options. Class days also might change if we return to the hall. You're welcome to join our classes. We enjoy introductory to moderate-high exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility. You can sign up for one or more classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the session or \$12 per class drop-in. Thank you to MPCA for subsidizing our classes. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

Tai-Chi: Classes are held twice a week, on Monday and Wednesday mornings, from 9:00 until 10:00 am. We've been holding Zoom classes but will move back outdoors when the weather and COVID restrictions permit. At this point, outdoor gatherings are limited to 10 people, but we hope larger gatherings will be possible by July at the latest. There's also the possibility of returning to the community hall in September, perhaps with a Zoom option. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for the session or come on a drop-in basis - the cost depends on the number of people enrolled. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

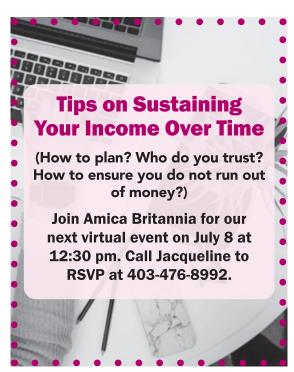
Day Trips: We've had so much fun on past outings, both in and outside Calgary: theatre performances, mystery tours, Hutterite colonies, Lake Louise ice sculptures, and much more. If you have ideas on where you'd like to go once travel is possible again, please let Linda know at pleasanttimes@mpca.ca or 403-289-8390.

Whist Anyone? We're checking if there is interest in starting a few whist tables during our games sessions once we're able to meet again. Whether you're a seasoned pro or someone who'd like to learn the game, please let Yvette know at yvette.v53@hotmail.com or 403-803-7697.

Whist is a classic English trick-taking card game. although the rules are simple, there is an art, even a science, to playing it well. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends.

Once gatherings are possible again, we'll meet at 1:15 Wednesday afternoons (except the fourth Wednesday of each month) in the upper hall, 602 22 Ave. NW. If whist isn't your cup of tea, there's always scrabble, bridge, cribbage, or whatever game you'd like to suggest.







The MPCA Book Club meets on the fourth Tuesday of each month, for now either online or outdoors if gathering numbers allow. For current information, please contact Brianna at burichan@live.com or 403-836-3626.

Our July 27 book will be Klara and the Sun by Kazuo Ishiguro. Klara and the Sun, the first novel by Kazuo Ishiguro since he was awarded the Nobel Prize in Literature, tells the story of Klara, an Artificial Friend with outstanding observational qualities. From her place in the store, she carefully watches the behavior of those who come in to browse, and of those who pass on the street outside. She remains hopeful that a customer will soon choose her. Klara and the Sun is a thrilling book that offers a look at our changing world through the eyes of an unforgettable narrator, and one that explores the fundamental question; what does it mean to love? In its award citation in 2017, the Nobel committee described Ishiguro's books as "novels of great emotional force" and said he has "uncovered the abyss beneath our illusory sense of connection with the world."

As of the end of May, we haven't picked a book for August, but our September 28 book will be *Jonny Appleseed* by Joshua Whitehead. Come and join us to fill that gap in August!

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ACTIVITIES AND EVENTS

JULY 2021

Please check our website for up-to-date information on our programs based on the current health/ COVID restrictions.

Book Club

Fourth Tuesday of each month (Online)
July 27 book will be *Klara and the Sun* by Kazuo Ishiguro

Zoom Exercise Class

Monday, Wednesday, and Fridays 10:15 to 11:00 am

Zoom Tai-Chi

Monday and Wednesday 9:00 to 10:00 am



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Nominate a Community Builder

Do you know someone who did a lot to make Mount Pleasant the vibrant community it is today? Let's recognize her or him now so we don't forget what others have done for us. It might even inspire us to do our bit to keep the spirit going! If you would like to nominate someone as a community builder, please contact Linda at lohanlon@telus.net or 403-289-8390.

"Seniors For Seniors" Arts and Crafts

This program is a series of free arts and crafts classes. We will share skills, learn new techniques, and when possible, gather together and socialize while we create works of art. A professional instructor will teach some sessions, and others will be led by pleasant times members. Some sessions will be a "bring-your-own" format, where participants can bring an existing project to work on, or even just visit with peers - no project required.

Activities may include knitting, crocheting, drawing, and painting in a variety of media, sculpting, and more. Participants are also welcomed to suggest activities. No previous artistic experience is necessary!

Classes will run on Wednesday afternoons as soon as COVID restrictions allow until February 2022, with pauses during the summer and at Christmas. If participants wish and volunteer facilitators are available, sessions can continue beyond this date.

If you are interested in this programming, we will add you to a potential participant list, and send out information on upcoming sessions. You will then have the option to register for sessions. Registration is required so we can ensure adequate supplies and limit participant numbers to conform to health regulations. Registration will be limited to one or two classes in advance so we can accommodate changing health restrictions.

If you register and are unable to attend a class, please let us know so another participant has the opportunity to attend. It is our hope that we will be able to host larger, drop-in sessions as health restrictions are eased.

If you would like to volunteer to teach or facilitate a class or have activity ideas, please contact Anne at anne. countryman@gmail.com or 403-282-3675.

Board Report

At our May Board meeting, we approved a set of proposed revisions to the MPCA Bylaws. Under the Societies Act, we are required to present these revisions at the Annual General Meeting in October. If the membership approves the changes, we will submit them to the Registrar of Corporations for review and approval. Once the Registrar has approved and filed the revisions, they will come into effect. The proposed changes will be posted on the MPCA website, so please have a look at them before the AGM. For the most part, the proposals reflect changes that have taken place since the Bylaws were approved. Some of these changes are in the area of technology, such as the use of email and virtual meetings. The need for virtual meetings became a sudden reality due to the pandemic. Other changes reflect how we have streamlined our structure by adding coordinator positions in specific areas. The coordinators are valuable members of our team (such as the Grants Coordinator), but they do not necessarily need to attend the monthly meetings of the Board.

We continue to adapt to the changing regulations due to the pandemic. We were required to shut down the Sportsplex earlier than planned when the restrictions changed. Otherwise, we could have had the ice in place until the Victoria Day weekend. We sustained a loss of rental income, compounded by the fact that the lacrosse season was cancelled. The early deadline for the print edition of this newsletter does not permit us to give you timely information about the outdoor pool. If AHS allows us to open, we intend to do so. Please check the MPCA website. We might need to change the opening and closing dates for the pool.

Philip E. Carr | Past President, MPCA 403-467-0351

FAMILY FRIENDLY FUN Have you ever wanted to go to Disneyland? Or just plain revelled at its magnificence, and family friendly fun? Well, it may be interesting to know that July 17, 1955 is the birthday of this world-changing attraction. This is the date the first Disneyland opened in the United States!



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preschool@hpca.ca 403-276-6969

www.hpca.ca/preschool

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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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