

NOVEMBER 2021

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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

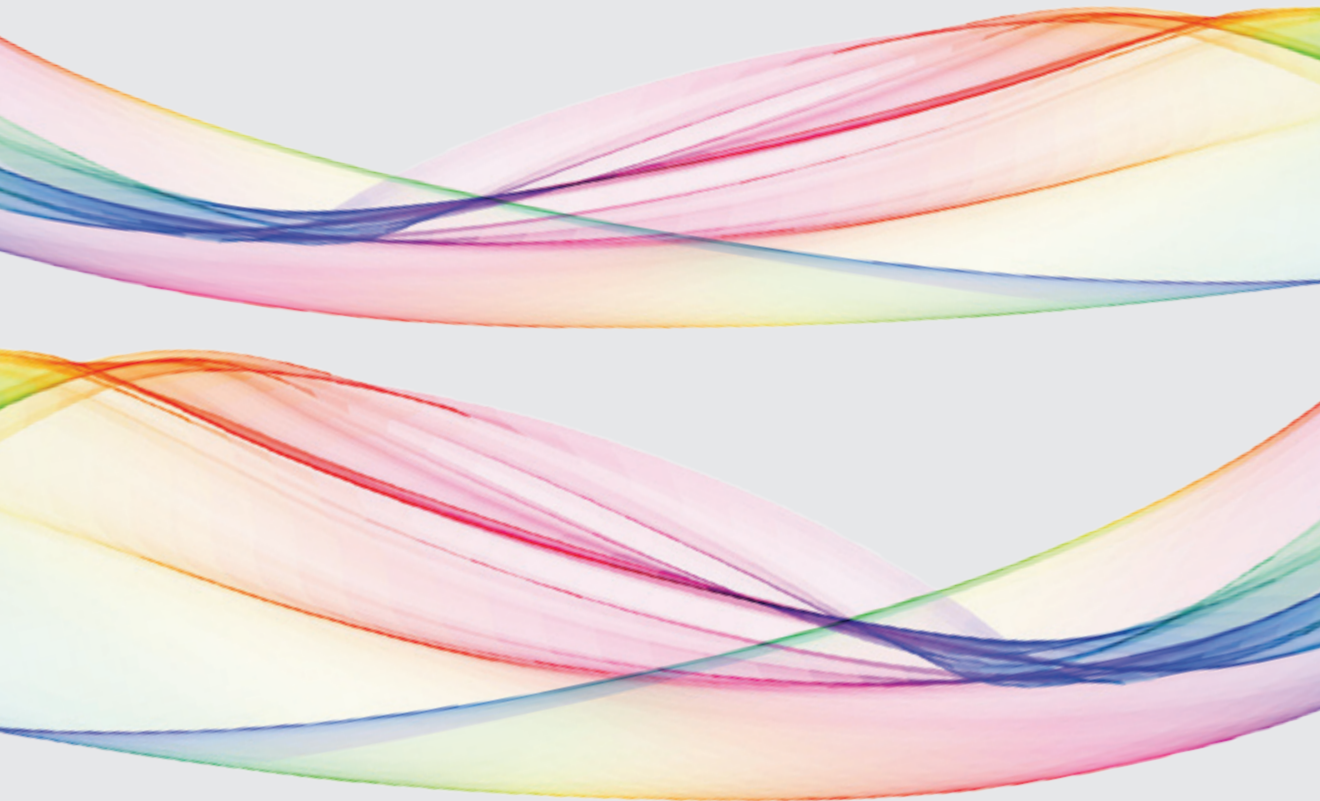


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Soccer	Kathryn McIntosh	soccer@mpca.ca



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 www.mPCA.ca

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. New residence have lived in Mount Pleasant for less than 1 year. Please note date you moved into Mount Pleasant

Name _____
 Address _____
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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.



Community Hall Redevelopment: Thank You Volunteers and Calgary Foundation!

For several years, the MPCA has been looking into redeveloping our Community Hall to better meet resident needs. In 2019, we conducted a survey of residents to better understand how they use the Hall and how it can be improved. Since then, the Hall Redevelopment Committee has been meeting regularly, and recently commissioned a feasibility study from HarGroup Management Consultants to build on the 2019 survey. This study helped us understand community demographics, current and future programming needs, and the benefits and drawbacks of different development options. The study is available on our website, under "Community Hall."

We would like to recognize the ongoing work of the Hall Development Committee. They have been working hard to consider the best options for our community. We would also like to recognize Calgary Foundation and the generous grant it provided that made undertaking the feasibility study possible. Through its Strategic Opportunity Grant, Calgary Foundation has allowed us to take an important step forward in redevelopment. Because of the report, we have a solid foundation on which to build our community's future. Thank you, Calgary Foundation!

The Hall Redevelopment Committee will continue its work in the coming months, with opportunities for community engagement to follow. In the meantime, please direct questions or concerns to vicepresident@mpca.ca.

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ACTIVITIES AND EVENTS

NOVEMBER 2021

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Please check our website for up-to-date information on the programs that have returned and restriction with regards to COVID.

Zoom Exercise Classes Starting Again

Mondays, Wednesdays, and Fridays

Tai-Chi at the Community Hall

Monday and Wednesday from 9:00 to 10:00 am

Crafternoon Arts and Crafts Sessions for All Ages

Wednesdays in November from 1:30 to 3:30 pm

Whist

Wednesdays at 1:15 pm (except the 4th Wednesday of each month) in the Upper Hall, 602 22 Ave. NW.

MPCA Book Club

The November 23 book will be *Lookout: Love, Solitude and Searching for Wildfire in the Boreal Forest* by Trina Moyle.

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.

Chilly, Long Days

Throughout history, November has always been thought of as a somber month because it is the start of winter. This meant that the time for preparation and safety protocols had come, and that hibernation time was upon us. Even now, though we no longer hunt for food or have to store up harvest, it is a chillier and darker month for sure.

Happy Baking and Cooking!

With the colder weather and shorter days, baking seems like a perfect hobby! There's nothing like those pleasing smells and having the oven on helps keep your kitchen warmer! Here are some thoughts on the subject.

If you realize you bought too much milk and might not use it by the expiry date, plan ahead – you can freeze it! Also, I've found that occasionally milk can go off in the fridge a couple days before the date, or sometimes not until several days after! So, I like to bravely test a little bit in a spoon first, before pouring it in something. If you've missed your drinking window though, did you know that there are many delicious recipes that actually call for sour milk? It can also be a good substitute for buttermilk. Pancakes, cakes, biscuits, coffee cakes, and muffins are among the many baked goods that can be made with sour milk! Just make sure you use a recipe that calls for either buttermilk or sour/soured milk though, as the acidity is different than regular milk. Don't worry – the finished product doesn't taste sour!

If you think about it, home baking can be quite an environmentally friendly pursuit! You end up heating your house with the waste heat, eating the products (everyone has to eat!) or can give some away to neighbours, making you very popular. Buying raw materials for baking compares favourably to purchasing ready-made items, for example grocery store goods packaged in those plastic clamshell containers. It also avoids the extra associated transportation emissions along the supply chain. Although a local bakery is of course nice for a treat too and will sometimes (pre- and hopefully post-COVID) allow you to bring your own container!

Baking is also a great activity to do with children, as the finished product usually helps with motivation. They also like to stir, measure, mix, and watch how substances go together. Those early years can be messy, and you need to allow more time than doing it yourself but can pay off in spades later if you end up with teenagers who like to help with the cooking and baking! Also, as opposed to ever-more artwork or crafts that you try to find a place for, you get to eat it or freeze for later!

Spending a bit more time in the kitchen and on food planning can also help save money and reduce food waste. A recent study by Environment and Climate Change Canada suggests that the average Canadian wastes 79 kilograms of household food every year (!), resulting in

almost 3 million metric tonnes of household food waste annually in our country! In comparison, a United Nations report notes that the average American wastes 59 kg of household food per year and in the United Kingdom, the number is closer to Canada with 77 kg of waste per person per year. This UN report estimates that a shocking 17% of food produced globally each year is wasted! In addition, estimates suggest that 8 to 10% of greenhouse gas emissions globally are associated with food that isn't even consumed.

My cousin shared a great cooking tip with me. You can look in your fridge to see what you need to use up soon (to avoid waste!) and google based on the ingredients. For example, if I feel like making a recipe with Thai flavours, I could google "Thai lime cilantro recipe" or just plain "lime cilantro recipe". This usually provides you with all sorts of wonderful ideas! For some reason, I'd never thought of searching on random ingredients, but this method has happily netted me so many great new recipes. As one of my daughters says though, it's safest to read a few reviews first when trying a new recipe.

Sincerely,

Claire

The MPCA Green Initiatives Committee

Our usual volunteer writer, Veronica, is taking a break, so we have another volunteer temporarily filling in for our column. Due to the more personal writing style this month, we added her name. We are fortunate to have a solid team of volunteers but are also always happy to have newcomers join our committee! Please email green@mPCA.ca for more information or if you have any questions. Or join our Facebook page "Green Initiatives" under the Mount Pleasant Community page to get more information on our events.

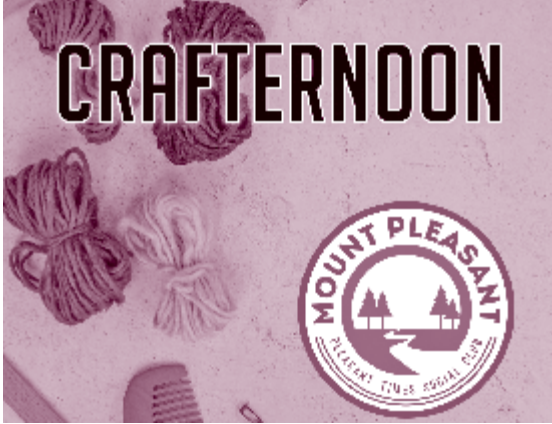
References of Interest:

"People waste way more food than thought, UN finds. Here's how Canada compares". The Associated Press, posted March 4, 2021. <https://bit.ly/3a2fxcU>.

"New report provides numbers on how much food is wasted in Canada", by Terry Haig, Radio Canada International, posted March 6, 2021. <https://bit.ly/3D2cXQp>.

National Waste Characterization Report: The Composition of Canadian Residual Municipal Solid Waste, Environment and Climate Change Canada, 2020. <https://bit.ly/3mkHhIG>.

UNEP Food Waste Index Report 2021, United Nations Environment Programme, 2021. <https://bit.ly/3uuS1Pv>.



Arts and Crafts Sessions for All Ages

This program includes a series of free arts and crafts classes, made possible by a grant from Service Canada's New Horizons for Seniors Program. Although organized by and mainly for seniors, all ages are welcome. We want to encourage you to get to know your neighbours and be mentored by our community seniors in some "lost" arts like knitting. If you have a specific interest in a skill you'd like to learn or improve, please contact Anne at anne.countryman@gmail.com or 403-282-3675.

You must pre-register to ensure space and materials are available for you. If you register for a class then find you can't attend, let Anne know as soon as possible. These sessions are very popular and there's usually a waitlist. Cancelling allows someone else to attend and avoids wasting the supplies bought for you.

Here is the Schedule for November:

Wednesday, November 3: Our neighbours, Maryvonne Farrand and Cindy Mellis, are collaborating! They will introduce us to needle felting sculptures. You will go home with a palm-size creature, critter, or maybe a Father Christmas! A perfectly soft, charming ornament for your tree.

Wednesday, November 10 and Wednesday, November 17: Ceramic Wall Hanging. During this two-part workshop with artist Tracy Franks, we will explore working with clay, creating a series of hand-rolled tiles during the first session. After they have been fired, we will enhance the glaze and add a hanging system. A wonderful hand-made gift!

To register or to be added to the email list to receive advance information on upcoming classes, please contact Anne at 403-282-3675 or anne.countryman@gmail.com. Volunteers are always needed to help with setup and cleanup. If you will help out, let Anne know when you register for a class.



The MPCA Book Club is able to be back in the Lower Hall, following all COVID requirements, of course, but may stay online if distancing isn't possible indoors. The November 23 book will be *Lookout: Love, Solitude and Searching for Wildfire in the Boreal Forest* by Trina Moyles. While growing up in Peace River, Alberta, Trina Moyles heard many stories of Lookout Observers who spent five-month summers alone, climbing 100-foot-high towers and watching for signs of fire in the surrounding boreal forest. Despite her fear of being alone in the woods, she applied for a seasonal lookout position and got the job. Thus begins Trina's first summer as one of a handful of lookouts scattered throughout Alberta, with only a farm dog, Holly-labeled "a domesticated wolf" by her former owners—to keep her company. While searching for smoke, Trina has a dawning awareness of the environmental crisis that climate change is producing in the boreal. Through megafires, lightning storms, and stunning encounters with wildlife, she learns to survive at the fire tower by forging deep connections with nature and with an extraordinary community of people dedicated to wildfire detection and combat. Lookout is a riveting story of loss, transformation, and belonging to oneself, layered with an eyewitness account of the increasingly unpredictable nature of wildfire in the Canadian north.

If the COVID situation allows, the group will hold its annual dinner outing in December. The January 25 book will be *Love in Lowercase* by Francesc Miralles.

The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm. Come and join in a lively discussion about a great book. And there are snacks too! For more information, contact Brianna at burichan@live.com or 403-836-3626.

PLEASANT TIMES SOCIAL CLUB

My goal was to lose 10 pounds this year. Only 15 to go.
–Anonymous

We're back in the Upper Hall for our monthly lunches and other activities following the requirements of the Restrictions Exemption Program (REP). This means people must have received two COVID vaccinations at least two weeks prior to the event they're attending. Masks and distancing are also required indoors except when eating or drinking. 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 to be added to our lunch invitation list.

Exercise Class: Our classes started up again in September on Mondays, Wednesdays, and Fridays. The instructor will be at the community hall in person on Wednesdays (with a Zoom option if you prefer to exercise at home) and at the hall via Zoom on Mondays. Friday classes will be on Zoom to do at your home only. You're welcome to join our classes. We enjoy introductory to moderate-high exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. You can sign up for one or more classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the 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 in the Upper Hall. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for the session or on a drop-in basis. The cost is just \$3 per class if you sign up for the session or \$4 per class drop-in. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

Day Trips: We're waiting for the COVID situation to calm down before planning any outdoor day trips. The hope is we'll be able to get out and about in the new year. If you have ideas on where you'd like to go now that it seems 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. We meet at 1:15 pm on Wednesday afternoons (except the 4th 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. Contact Yvette to be advised when games afternoons are happening.



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!

Thank You to Roger and Diana Leach

The MPCA Board wishes to thank Roger and Diana Leach for their unprecedented service to our community. I run out of superlatives when I talk about Roger. When Roger stepped down from his position as Sportsplex Director at our October AGM, he completed an incredible 45 years of service to this community! His positions with MPCA have included President, Outdoor Swimming Pool Director, and (most recently) Sportsplex Director. A search through the MPCA archives inevitably shows his name. For example, the MPCA Annual Return for 1989 shows Roger Leach as Pool Director, and Diana Leach as Health and Welfare Director.

Roger also recently completed 18 years on the Board of COSPA (Calgary Outdoor Swimming Pools Association), primarily as the Treasurer. Without Roger's dedication, leadership, and persistence, COSPA would not exist, and it is likely that some, if not all, of Calgary's outdoor pools would have closed.

No challenge has ever been too daunting for Roger, and we have relied on him for his wise and direct words on many occasions. Thank you, Roger and Diana!

Philip E. Carr

Past President, MPCA

403-467-0351



Board Report

Thank you to everyone who participated in our Annual General Meeting on October 19, 2021. We hope that the 2022 AGM will be able to occur in more normal circumstances!

In addition to the Board members, we are blessed to have a number of volunteers who serve the community in a variety of ways. Here are three of them. Johanna Plant Donnelly is a tremendous asset in her role as Grants Coordinator. With our income streams disrupted due to COVID, it is more important than ever to seek every grant available. Shawn Stordy serves as the coordinator for the outdoor rink at Horsey Park (5th Street and 30th Avenue NW). This fall, Shawn is pursuing the possibility of lighting at the rink under a program by Enmax. David Minke has been working to try to obtain a grant for a public art project for the community. If you have a passion for a project that you would like MPCA to pursue, please contact the Board and offer to serve as the coordinator. Some projects do not require a large time commitment; they only need someone with a passion for them.

While COVID continues to present challenges, we have been able to resume some activities and improve the financial picture. After a hiatus in 2020, the outdoor pool was able to open this summer, albeit with reduced capacity. This resulted in a net surplus of about \$17,000 after a small deficit in 2020. Similarly, the return of some activities to the Hall brought us a net surplus of \$62,000 after a deficit of \$6,000 in 2020. We hope that the Sportsplex will have a successful season for 2021-2022, but the changing regulations continue to be a challenge.

Philip E. Carr

Past President, MPCA

403-467-0351

N for November

The NATO phonetic alphabet is a very cool way to clarify what you are saying when communicating from far distances, or across devices. November is actually used in the 26-letter alphabet and is the only month of the year to be included.



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 ✉ len.webber@parl.gc.ca

Alberta is dealing with the impacts of the fourth wave of COVID-19 and Albertans are bearing the brunt. Our ICUs are overrun, our healthcare system has reached its breaking point, and sadly, the number of Albertans who have lost their lives to COVID-19 continues to grow.

I have heard from constituents who are deeply concerned with the state of our province and how to better protect themselves and their neighbours. Vaccinations are our greatest defense against the severe impacts of COVID-19, as evidenced by the fact that cases requiring ICU attention are overwhelmingly among those who are unvaccinated.

I am proud to stand with my colleagues in the official opposition in our calls to increase vaccination rates to protect a greater number of Albertans.

The NDP Caucus has proposed three action items that we believe would help reach unvaccinated Albertans: door-to-door vaccine education and awareness, grants to local community groups interested in starting a vaccine campaign, and research and analysis to understand vaccine hesitancy. Because the best way to reach unvaccinated Albertans is by addressing their concerns directly, as well as combating misinformation by working with community groups and trusted leaders.

Higher vaccination rates will reduce the pressure on our hospitals and help lessen future waves of COVID-19. This work will not be easy, and it will come at a cost, but the cost of doing nothing is far greater. We must bridge the gap and do what we can to support our neighbours, so we can all move forward together.

As always, I'm happy to hear from constituents. Please keep in touch through my constituency office at Calgary.MountainView@assembly.ab.ca or 403-216-5445.



Take the Time!

This month we honour the service and sacrifice of those who served Canada. We bow our heads and observe a moment of silence not only to commemorate these brave men and women, but to reflect on the paramount importance of the freedoms for which they fought.

It is important to remember that although our reflections may look different this year, as they did last year, their significance remains constant. Regardless of our circumstances, we can always take the time for a personal moment of silence and reflection to honour their memory.

The last two years have been a struggle for so many Canadians, and veterans have not been exempt from the hardships we have faced. Those already struggling before the pandemic may have found themselves in increasingly difficult situations.

I urge those who can donate or lend a helping hand (safely) to do so.

Of course, the easiest way to do this is to purchase a poppy pin in support of the Royal Canadian Legion. The Royal Canadian Legion offers many ways to assist our veterans which are outlined on their website.

For those who want to make a greater contribution, there are volunteer opportunities with organizations such as the Royal Canadian Legion, VETS Canada, and the Veterans Food Bank of Calgary. As the holiday season approaches, a great way of engaging your family with the local community and learning our history is to volunteer together.

Of course, with COVID-19, we must be very mindful of following public health guidance when volunteering with vulnerable populations. However, you can always donate food and household necessities to the Veterans Food Bank of Calgary.

Whether you commemorate together or alone, please know that you are joining millions of folks across Canada to reflect on the sacrifices of our veterans. Lest we forget.



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Sadie Hawkins Day

HAVE YOU EVER HEARD OF THE SADIE HAWKINS DANCE? THIS TRADITION SWAPS NORMAL GENDER ROLES WHERE A MAN ASKS A WOMAN TO A DANCE, AND INSTEAD, THE WOMAN ASKS A MAN. THIS CONCEPT HAS BEEN BROADENED TO ACTUALLY HAVE ITS OWN DAY, WHICH JUST SO HAPPENS TO BE IN NOVEMBER. NOVEMBER 13TH IS WHEN SADIE HAWKINS DAY IS OBSERVED.





thankful

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