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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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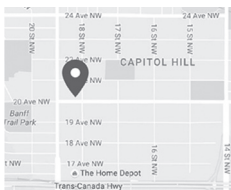
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# MPCA Community Association

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      | Jessica Karpat | president@mpca.ca     |
| Vice-President | Chris Best     | vicepresident@mpca.ca |
| Secretary      | Darren Rempel  | secretary@mpca.ca     |
| Treasurer      | Vacant         | treasurer@mpca.ca     |
| Past President | Philip Carr    | pastpresident@mpca.ca |

## DIRECTORS

|                           |                       |                        |
|---------------------------|-----------------------|------------------------|
| Green Initiatives         | Matthew Crist         | green@mpca.ca          |
| Hall                      | Murray Anderson       | hall@mpca.ca           |
| Engagement and Membership | Kathryn McIntosh      | engagement@mpca.ca     |
| Planning and Development  | Vacant                | planning@mpca.ca       |
| Communications            | Kathy Langton         | communications@mpca.ca |
| Special Events            | Jackie Traynor Barker | specialevents@mpca.ca  |
| Sportsplex                | Jeff Gerlitz          | sportsplex@mpca.ca     |
| Swimming Pool             | Caron Gerlitz         | swimmingpool@mpca.ca   |

## COORDINATORS

|                |                                 |                       |
|----------------|---------------------------------|-----------------------|
| Hall Rentals   | Nickie Brockhoff                | hallrentals@mpca.ca   |
| Pleasant Times | Yvette Vanberg                  | pleasanttimes@mpca.ca |
| Dog Park       | Chris Rvachew                   | dogpark@mpca.ca       |
| Playgroup      | Esther Cuneo                    | playgroup@mpca.ca     |
| Grants         | Johanna Plant Donnelly          | grants@mpca.ca        |
| Soccer         | Mark Schmidt<br>Whitney Punchak | soccer@mpca.ca        |
| Social Media   | Natalia Gorobinski              |                       |
| Casino         | Michele Gole                    | casino@mpca.ca        |
| Outdoor Rink   | Shawn Sturdy                    | odr@mpca.ca           |

## Business Memberships in Good Standing

- Resolve Legal Group
- Michele Gole Real Estate
- Stavros on 4th
- Nicastro Real Estate
- CottageCare North Central



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)

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

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.



Hello Everyone!

One way to brighten your days is to take on a new challenge! In 2022, the Green Initiatives Committee developed a series of monthly challenges to help us all make some simple changes for a greener lifestyle. In 2023, we're starting with some challenges again, but will mix things up a bit as well! We are hoping that some of our ideas will interest you, because lots of us making small changes can add up to a big difference.

As many of us instinctively settle indoors more with the winter weather and the short days, it's a good time for reflection. The start of a new year is also traditionally a time when many people think about what they can do better, going forward. There were obviously many challenges and serious downsides to the pandemic, so in this article we won't dwell on the staggering health and mortality effects. However, a lot of environmental initiatives also seemed to go backward for a while during the pandemic, when we could no longer bring our own mugs to cafes, plastic waste from masks and gloves was rampant (and often unfortunately ended up as litter), and even most grocery stores stopped allowing re-usable bags for a while. For many people, these may seem like minor or negligible considerations in the grand scheme of things; however, the cumulative excessive waste generated by the pandemic has been shocking.

A research article from late 2021 estimated that more than eight million tons of pandemic-associated plastic waste had been generated globally. Another report estimated that 1.56 million face masks entered the oceans in 2020.

What can we do to help turn things around, as we try to return to "normal" life again, each of us at varying speeds of recovery. There is so much information out there, that sometimes it can be overwhelming! In this article, we'll highlight a few good sources to help with ideas.

Interestingly, according to the 2021 Statistics Canada survey of the census metropolitan areas in Canada, households in Lethbridge led the way in using reusable water bottles at an impressive 97%. They must have a strong environmental community there, as they also have an impressive website.

**Challenge:** Learn while you exercise! With the pandemic, some of us probably had way more screen time than we ever would have wanted. So perhaps you might rather listen than get information from a computer. The Recycling Council of Alberta has an interesting and informative podcast series called *On the Cusp: Alberta's Circular Podcast*. These typically 20- to 30-minute podcasts are perfect to

listen to while you're out for a walk, as they provide lots of food for thought.

**Challenge:** Let's plan out some winter activities, to get us outside and enjoy the fresh air! Don't forget about all the adventurous, fun, and self-propelled activities you can do to stay in shape and enjoy the outdoors! Cross-country skiing, tobogganing, skating, hockey, fat biking (mountain biking on snow), and rosy-cheeked winter walks are some favourites.

**Challenge:** If you put aside some good habits during the pandemic, let's try to get back to them again. I've noticed some cafes will now let you bring your own reusable cups again. Let's use this time to re-think how we do things, and creatively figure out how to waste less. Lots of us probably started driving on our own instead of travelling with others, so we can also start to revisit our travel patterns and consider public transit, carpooling, or even better, active transportation.

**Challenge:** Think about how you can make 2023 a less-consumptive year. Sometimes people feel compelled to buy something new when giving a gift. However, especially for those people who really don't need anything (or more stuff), how about some nice home-baked snacks like muffins or soup for their freezer, or a gift card for a local restaurant or cafe? Or you can donate to a charity in their name or adopt an animal.

If you want to get involved in helping make Mount Pleasant a greener community, please email [green@mpca.ca](mailto:green@mpca.ca) for more information or to join our new mailing list. Please check out the Mount Pleasant Green Initiative Group on Facebook, found on the Mount Pleasant Community Association page. The Facebook group is also a great place to share your completed challenges and see what others are doing.

Have a great month,

*The MPCA Green Initiatives Committee*

### Sources:

- Peng, Yiming et al, Research Article: Earth, Atmospheric and Planetary Sciences, "Plastic waste release caused by COVID-19 and its fate in the global ocean", November 8, 2021.
- Bondaroff, T. P. and S. Cooke, "Masks on the Beach: The Impact of COVID-19 on Marine Plastic Pollution", *OceansAsia*, 2020, referenced in article i.
- Statistics Canada, Households and the Environment Survey 2021, accessed on-line from <https://www150.statcan.gc.ca/n1/daily-quotidien/220718/dq220718c-eng.htm>.

## PLAYGROUP – UPCOMING EVENTS

### Winter 2023 Registration is Now Open!

We are a volunteer-run parent program offering a low-cost parent and tot playtime in a fun and child friendly environment.

Join us and meet new people in a relaxed, non-structured environment. Kids can play, make crafts, paint, use play dough, or have a snack while parents relax and chat with neighbours.

During the year, we hold a number of parties and events, which are all run by our parent volunteers. Face painting, bouncy castles, crafts, and a visit from Santa are some of the activities that the kids can enjoy at our parties.

We meet in the Lower Hall of the MPCA Community Centre on weekdays from 9:00 to 11:00 am. Visit [mpca.ca/playgroup](http://mpca.ca/playgroup) for more information and to register!



Mount Pleasant  
Playgroup



**AGES 0-5**

# MOUNT PLEASANT PLAYGROUP

AT HOME WITH KIDS AND NEED TO GET OUT OF THE HOUSE? WE ARE A VOLUNTEER-RUN PROGRAM OFFERING A LOW-COST PARENT AND TOT PLAYTIME! JOIN US AND MEET NEW PEOPLE IN A RELAXED NON-STRUCTURED ENVIRONMENT.

**WINTER REGISTRATION OPEN**

JANUARY TO JUNE  
WEEKDAYS, 9 AM TO 11 AM

MPCA Lower Hall - 602 22 Ave NW, Calgary, AB

For more information, go to [mpca.ca/playgroup](http://mpca.ca/playgroup)

Questions? Email [playgroup@mpca.ca](mailto:playgroup@mpca.ca)



## SOCCER REGISTRATION COMING FEBRUARY 2023

Registration for U4 - U15 outdoor soccer will be available from February 1 - 28, 2023.  
For the latest information, visit:

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



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## The 'J' is Born!

You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.



# Board Report

We wish you a very happy 2023!

We hope you had a healthy, safe, enjoyable holiday season. Here are some of the challenges, plans, and opportunities we see for 2023.

We are planning our budgets for the next fiscal year, which begins on March 1. One of our largest challenges is that no one stepped forward as Treasurer at the Annual General Meeting (AGM) in October. We hope that someone will come forward to take on this role.

We continue to deal with our three facilities (Sportsplex, Community Hall, Outdoor Pool). At the Sportsplex, some of our planned facility upgrades will begin soon. The most noticeable change will be improved lighting, but other items will improve the user experience as well. For the Hall, our Redevelopment Committee is taking a prudent approach. Given the current supply chain issues and significant cost increases for materials and labour, we want to ensure that we do not put MPCA in a financial bind with our redevelopment plans. We will continue to research and explore the best option for us in order to have a Hall that will serve our community for many generations.

As mentioned in our last report, we did not have a candidate for the role of Planning and Development Director at the AGM. Following a discussion at the AGM, some MPCA residents organized and held a community meeting on November 22, 2022, to discuss areas of concern. We understand that this is an important matter for MPCA, and that some residents would like the Board to take on a proactive role. However, all of the current Board members have their assigned portfolios, and none of us are able to take on another significant position. We remain open to ideas and suggestions from our members, but we are limited in what we can do until a qualified candidate steps forward to take on the role of Director.

## 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 [pleasanttimes@mPCA.ca](mailto:pleasanttimes@mPCA.ca) or 403-289-8390.



## Crafternoon

### Arts and Crafts Sessions for All Ages

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. You can sign up to receive email notifications of upcoming classes or click the Events button at [https://mpca.tidyhq.com/public/membership\\_levels](https://mpca.tidyhq.com/public/membership_levels) to check what classes are on tap. Adults of all ages are welcome to attend but you must have a current MPCA membership and register in advance. If you sign up for a class and find you can't attend, please let Anne know as soon as possible. This avoids purchasing class supplies that aren't used or may allow someone on the waitlist to take your place. Classes are provided at no charge thanks to MPCA.

#### The January Classes Are:

**Wednesday, January 11:** Start your new year with a focus on fine art using the unique medium of chalk pastels. We will explore blending techniques, shading, and colour mixing. MPCA's Crafternoon Artist in Residence, Tracy Franks will instruct this class.

**Wednesday, January 18:** Banish the January doldrums with this project led by neighbour, Joan Sicotte! We will formulate our own signature blend of indulgent, soothing bath salts, and package them adorned with your choice of blossoms. You will come away with the recipe and two jars, perhaps one to gift and one for yourself?

For further information or to sign up for email notifications, contact Anne at [anne.countryman@gmail.com](mailto:anne.countryman@gmail.com) or 403-282-3675.

## MPCA HALL PROGRAMS

We are open!

Mount Pleasant Community Centre is located at 602 22 Avenue NW.

The Mount Pleasant Community Association offers something for everyone to keep you busy this winter! Come join us!

### Children and Youth Programs

#### **MPCA Playgroup - Lower Hall**

**Ages 0 to 5 years**

**Weekdays | 9:00 to 11:00 am**

For more information and to register, please visit our website at <https://www.mpca.ca/our-community/mount-pleasant-playgroup.html>.

#### **Sportball [Third Party] - Upper Hall**

**Sports Instruction for Kids**

**Tuesday mornings and Sunday afternoons**

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

#### **Pleasant Heights After School Care (Students from St. Joseph's School) [Third Party] - Lower Hall**

**5 to 12 years**

**Monday through Friday after school**

School age care spots 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.

#### **Mount Pleasant Children's Karate [Third Party] - Upper Hall**

**Tuesdays | 5:30 to 6:30 pm**

For more information and to register, please contact Eric at [efleiger@outlook.com](mailto:efleiger@outlook.com) or call Senpai Eric at 403-650-8445.

### Adult Programs

#### **Aspire to Inspire Zumba - Upper Hall**

**Mondays | 6:30 to 7:30 pm**

Zumba Toning with Aspire to Inspire

Fun cardio and muscle toning in one. Try it for free on Mondays, 6:30 pm in the Upper Hall

For more info and to register, go to [ATIZumba.com](http://ATIZumba.com) or call 403-975-5817 or email [ATIZumba@gmail.com](mailto:ATIZumba@gmail.com).

#### **Yoga in Mount Pleasant with Trish Hardy Yoga [Third Party] - Upper Hall**

**Thursdays | 7:45 to 8:45 pm**

For more information and registration, please contact Trish Hardy at [hardytrish@gmail.com](mailto:hardytrish@gmail.com), call 403-620-4990, or visit [www.trishhardyyoga.com](http://www.trishhardyyoga.com).

#### **Flow Martial Arts [Third Party] - Upper Hall**

**Mondays, 8:00 to 9:15 pm and Wednesdays, 8:00 to 9:00 pm**

For more information and registration, please contact Jeff Estrada at [fma.academy.calgary@gmail.com](mailto:fma.academy.calgary@gmail.com) or call 587-891-8108. More information can also be found at [www.flowma.ca](http://www.flowma.ca).

#### **Zumba with Andre [Third Party] - Upper Hall**

**Wednesdays | 5:30 to 6:30 pm**

#### **Calgary Rakushinkan [Third Party] - Upper Hall**

**Thursdays | 5:30 to 7:30 pm**

For more information, please contact Josh at [rakushincalgary@gmail.com](mailto:rakushincalgary@gmail.com).

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

**Friday evenings**

For more information please go to <https://m.facebook.com/flyrightswing/>.

#### **Tai-Chi - Upper Hall**

**Monday and Wednesday mornings | 9:00 to 10:00 am**

Everyone is welcome, regardless of age. We hope to be able to have enough people interested to have a beginners' class on Mondays and a continuing beginners' class on Wednesday in January. Sign up for one or both classes each week or come on a drop-in basis.

The cost is just \$3.50 per person per class if you sign up for all remaining classes in the session or \$4.50 per class drop-in. Many thanks to MPCA for subsidizing the cost.

Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403 289-8390 for more information.

#### **Calgary Rakushinkan [Third Party] – Upper Hall**

**Thursdays | 6:00 to 7:30 pm**

**Sunday | 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).



## ACTIVITIES AND EVENTS

### **Weekdays, 9:00 to 11:00 am**

MPCA Playgroup - Lower Hall

### **Tuesday Mornings and Sunday Afternoons**

Sportball - Upper Hall

### **Monday to Friday After School**

Pleasant Heights After School Care (Students from St. Joseph's School) - Lower Hall

### **Mondays, 6:30 to 7:30 pm**

Aspire to Inspire Zumba - Upper Hall

### **Thursdays, 7:45 to 8:45 pm**

Yoga with Trish Hardy - Upper Hall

### **Mondays, 8:00 to 9:15 pm, and Wednesdays, 8:00 to 9:00 pm**

Flow Martial Arts - Upper Hall

### **Tuesdays, 5:30 to 6:30 pm**

Mount Pleasant Children's Karate - Upper Hall

### **Wednesdays, 5:30 to 6:30 pm**

Zumba with Andre - Upper Hall

### **Thursdays, 5:30 to 7:30 pm**

Calgary Rakushinkan - Upper Hall

### **Friday Evenings**

Fly Right Swing Dance Lessons - Upper Hall

### **Mondays, 1:15 pm**

Mondays Afternoon Games - Upper Hall

### **Mondays and Wednesdays, 9:00 to 10:00 am**

Tai-Chi - Upper Hall

### **December 10, 2022**

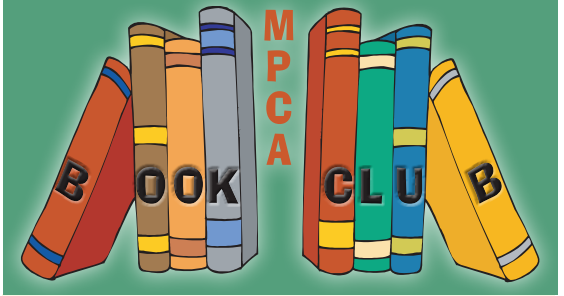
Christmas Party! The Playgroup will host a community wide Christmas Party on Saturday, December 10, from 9:00 to 11:00 am at the community hall. Save the Date!

### **December 17, 2022**

Join us for an afternoon of Christmas caroling at the MPCA community hall on Saturday, December 17, from 3:00 to 5:00 pm.

### **January 24, 2023**

MPCA Book Club - *Murder on the Orient Express* by Agatha Christie.



At time of writing, the book club members are looking forward to their annual December dinner with great food and conversation at Emerald Garden.

The January 24 book will be *Murder on the Orient Express*, Agatha Christie's most famous Hercule Poirot mystery. Just after midnight, the famous Orient Express is stopped in its tracks by a snowdrift. By morning, the millionaire Samuel Edward Ratchett lies dead in his compartment, stabbed a dozen times, his door locked from the inside. One of his fellow passengers must be the murderer. Isolated by the storm, detective Hercule Poirot must find the killer among a dozen of the dead man's enemies, before the murderer decides to strike again.

The February 21 book will be *Little Fires Everywhere* by Celeste Ng.

Contact Brianna at [burichan@live.com](mailto:burichan@live.com) or 403-836-3626 for more information. The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except December) in the Lower Hall. Come and join in a lively discussion about a great book.



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*"The older I get, the earlier it gets late." - Anonymous*

Adults of all ages are welcome to participate in our activities, except the

monthly lunches which are only open to those age 60 and over. 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've had some delicious lunches thanks to MPCA: Emerald Garden in October, Velvet Café in November, and our usual turkey dinner feast, prepared by Leroy's Catering, set for December. Local musical wizard Serge Soucy will entertain us once again at our special Christmas lunch on December 14. As usual at this time of year, we'll hold a Food Bank donation drive; everyone who donates will be entered into a draw for one of the great gifts provided by Steve Zacher.

Jill Chambers of Financial Concierge joined us again at the November lunch with a presentation on "Leaving My Home... but where to go." She gave us lots of information about the various options available, costs, what to consider before choosing a seniors' residence option, and the possible pros and pitfalls. We hope Jill will join us in the future to speak about various topics on the joys of aging.

If you are age 60 or over, or if you know of someone who is, 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.

**Exercise Class:** People of all ages are welcome to join our exercise class. We enjoy moderate to high intensity exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. Options are given to accommodate all fitness levels and any physical concerns participants have. 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 remaining classes in the session or \$12 per class drop-in. Thank you to MPCA for subsidizing our classes.

Most participants have opted to join the class via Zoom at home, but we do offer classes at the community hall on Mondays, with the instructor there. Classes are held on Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am. Contact Linda at [pleasanttimes@mpca.ca](mailto: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. Everyone is welcome, regardless of age. We hope to be able to have enough people interested to have a beginners' class on Mondays and a continuing beginners' class on Wednesday in January. 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 is just \$3.50 per person per class if you sign up for all remaining classes in the session or \$4.50 per class drop-in. Many thanks to MPCA for subsidizing the cost. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information.

**Day Trips:** COVID and winter road closures permitting, we next plan to travel to Banff SnowDays on Tuesday, January 24, 2023. This replaces an outing to the Lake Louise Ice Sculptures as that competition has been cancelled. SnowDays offers lots of fun, however. The streets of downtown Banff transform into larger-than-life winter galleries with giant snow sculptures throughout downtown Banff from the Whyte Museum, to Bear Street and Banff Avenue Square. A 90-minute Skijoring demonstration starts at 11:00 am in the 100 block of Banff Avenue. Alberta cowboys, cowgirls, and their horses team up with trick skiers from Skijoring Canada to give a breathtaking exhibition of horse-riding, trick riding, and ski stunts. And for the young at heart, there's the SnowDays Play Zone. The cost is just \$35 per person for motor coach transportation, park entry, driver tip, and GST thanks to MPCA. There is no lunch provided on this outing; bring your own or settle in at one of Banff's many coffee shops and restaurants.

Our day trips sell out quickly, often before the Pulse is delivered. If you'd like to receive email notifications of upcoming trips, contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages are welcome to join us.

# Pleasant Time Social Club January Day Trip



## **Banff SnowDays | Tuesday, January 24, 2023**

Enjoy the scenery or your seatmate's conversation as we travel by motor coach to Banff. Every January, Banff comes alive with its annual SnowDays celebration. The streets of downtown Banff transform into larger-than-life winter galleries with giant snow sculptures throughout downtown Banff from the Whyte Museum, to Bear Street and Banff Avenue Square.

A 90-minute Skijoring demonstration starts at 11:00 am in the 100 block of Banff Avenue. Alberta cowboys, cowgirls, and their horses team up with trick skiers from Skijoring Canada to give a breathtaking exhibition of horse-riding, trick riding, and ski stunts. And for the young at heart, there's the SnowDays Play Zone.

Please Note: There is no organized lunch for this outing. You can choose whether to bring your own lunch or settle in at one of Banff's many restaurants and coffee bars. The plan is to be back on the bus to start our return to Calgary by 3:00 pm, arriving back at MPCA around 4:30 or 5:00 pm.

At this time, there are no COVID-related restrictions, but you are encouraged to wear a face mask on the bus.

Price: \$35 per person.

Includes: Motor coach transportation, park entry fee, bus driver tip, and GST.

Not Included: Lunch.

Pickup: MPCA Community Hall parking lot (5 St and 23 Ave NW). 9:15 am for check-in; the bus is due to leave at 9:30 am.

To book or for more information, Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390.

## SAFE & SOUND

### Sledding Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



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### Winter Cart Placement Tips

from the City of Calgary

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).



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## Monday Afternoon Games

Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm on Monday afternoons in the Upper Hall, 602 22 Ave NW. A variety of games are offered depending on what interests the attendees: Whist, Scrabble, Bridge, Cribbage, or whatever game you'd like to suggest. Contact Yvette ([yvette.v53@hotmail.com](mailto:yvette.v53@hotmail.com) or 403-284-1715) to be advised when Afternoon Games is happening.





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