

JULY 2023

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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

DIRECTORS

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Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

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Web Manager	Vanessa Gillard	webmanager@mpca.ca
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Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Esther Cuneo	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt Whitney Punchak	soccer@mpca.ca
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

Business Memberships in Good Standing

- Michele Gole Real Estate
- Nicastro Real Estate
- CottageCare North Central
- Resolve Legal Group
- 4.2.4 Bar. Kitchen. Social.
- Campus Preschool Calgary



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: Yes _____ No _____
 I wish to subscribe to MPCA email list _____
 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.

PLAYGROUP – UPCOMING EVENTS

Playgroup is a wonderful, casual place to connect with other families in your community. And a fun way for kids to interact and engage with other kids their age (ages 0 to 5).

We are a volunteer-run parent program offering 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.

Are you, or do you know anyone interested in trying Playgroup before fall registration opens?

We meet in the Lower Hall of the MPCA Community Centre on Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am.

Please reach out and come see what it's all about. We look forward to seeing you there!

Visit mpca.ca/playgroup or email playgroup@mpca.ca.



BOARD REPORT

Unless there is an urgent issue, the MPCA board does not meet during the summer. We hope that you are enjoying your summer activities. Thanks to our grants coordinator, Johanna Plant Donnelly, and our outdoor pool director, Caron Gerlitz, we succeeded in obtaining a Canada Summer Jobs grant for staff at the pool this summer. This grant covers six positions with a total value of \$25,200.

At the Sportsplex, the pickleball and badminton courts are in operation and available. Please reserve a place on our website. We do have pickleball paddles and balls available at the facility for those interested in giving this activity a try.

We are pleased to announce that the Pleasant Heights After School program ("PHAS") has signed a renewal of its sublease at the community hall. PHAS has been a good subtenant for many years. We continue to study renovation and expansion plans for the hall. We hope to expand the hall to the north, creating a new entrance and new washroom facilities. We are considering a multi-level plan, which would likely require us to install an elevator.

My wife and I attended the official opening of the Pump Track at West Confederation Park on May 13. This facility is not located in MPCA (it is just west of 19 Street), but it is easily accessible on the Confederation Park pathway system and should prove to be a fun addition to outdoor opportunities. While we did not try our cycling skills on opening day, we were impressed by the abilities shown by Harvey the Hound and Flames alumnus Robyn Regehr.

Philip E. Carr

Past President - MPCA

Cell: 403-467-0351

Email: pastpresident@mpca.ca



Crafternoon



Arts and Crafts Sessions for All Ages

Crafternoons will return in September. Start checking the Events page, <https://mpca.tidyhq.com/public/schedule/events>, in August to see what fun skills are on offer. If you'd like to sign up for email notification of upcoming classes each month, contact Anne at anne.countryman@gmail.com or 403-282-3675.

Mount Pleasant Community Farm Stand



The MPCA is thrilled to be partnering with the City of Calgary and Lil Green Urban Farm to bring a produce stand to our community centre this summer.

We are excited to offer our community access to fresh, locally grown produce while supporting local businesses at the same time.

The Farm Stand will run on Thursdays from 2:30 to 5:30 pm at the Mount Pleasant Community Hall.

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 or 403-289-8390.

MPCA Seeking a Vice-President

The Mount Pleasant Community Association (MPCA) Executive Board of Directors is inviting expressions of interest for the vice-president role, which will become available when the current VP term is up for election at the AGM in October.

The vice-president plays a crucial role in the effective governance of the organization, staying informed about issues affecting the community, and actively participating in the board's discussions and decisions regarding policy, finance, programs, personnel, and advocacy. They also work to develop and maintain positive relationships among the board, committees, and community to advance the MPCA's mission and vision.

This position requires a strong commitment to the work of the organization and a passion for making a positive impact in the community. As a member of the MPCA Executive Board of Directors, the vice-president will have the opportunity to contribute to the success of the organization and help shape the future of our community.

The vice-president position is a two-year term, with the expectation that the individual will serve an additional two years in the role of president.

If you're interested in serving in this important role or would like to learn more, please get in touch with us today at vicepresident@mpca.ca to express your interest. We look forward to hearing from you!

INVITATION FOR EXPRESSION OF INTEREST

VICE PRESIDENT ROLE



The MPCA is extending an invitation for expressions of interest for role of Vice President.

The current term for the role ends in October, and the position will be up for election at the AGM (Annual General Meeting)

Email vicepresident@mpca.ca to express interest or learn more

We would love to hear from you if you want to contribute your skills and knowledge to the Executive Board of Directors





Tips on Auto Theft

A message from the Federation of Calgary Communities



The theft of your automobile is only the start of your nightmare. Items left inside the vehicle such as cell phones, money, documents, etc. will be stolen as well. Your personal papers may be used to commit further crimes including credit card fraud, cheque forgery, etc. Garage door openers may be used in house break-ins, including your own. You'll have to find alternate transportation and may have to replace the stolen vehicle altogether. It can take less than a minute for a criminal to break into your vehicle and steal it.

On average, 16 cars are stolen each day in Calgary. Not only does auto theft cost the victim time and money, but it costs society, because it drives insurance premiums up and many times, stolen vehicles are used to commit other crimes.

But don't worry!

Here are some tips you can use to avoid being the victim of a car thief:

1. Always close the windows, lock the doors, and pocket the key, even if your vehicle is parked in front of your home.
2. Don't leave vehicle registration, insurance policies, credit cards, or other valuable papers in the glove compartment. Keep them in your wallet or purse.
3. Copy your license plate and vehicle information (VIN) numbers on a card and keep them with you. If your vehicle is stolen, the police will need this information to make a report.

4. Don't place any personal information on the vehicle's key ring.
5. Never leave valuables in plain view, even if your car is locked. They attract thieves. Put them in the trunk, out of sight.
6. Never hide a second set of keys in or on the vehicle. Thieves know all the hiding places. Store a spare key in your wallet or in your home.
7. Always park in well-lit areas with plenty of pedestrian traffic when possible.
8. Most (if not all) vehicles today come with some type of security system from the factory. However, there are upgraded systems and other security options as well. The best choices are systems that shut off the fuel supply so that a car can't be started or driven. Other security systems include:
 - an electronic vehicle disabling device
 - a steering wheel locking device
 - a vehicle alarm
 - a hood locking device
9. Never leave your car running unattended, even to dash into a business, store, or to warm up in the winter. Vehicles are commonly stolen at ATMs, convenience stores, etc.
10. If you have a garage, use it, and lock the garage doors. Also, lock your vehicle, even when it is parked in the garage.
11. If you see suspicious people in or around motor vehicles, call the police. Call 403-266-1234 if it isn't an emergency. If it is an emergency, such as a life and death situation, injury, accident, or a crime in progress, call 911.
12. If your vehicle is stolen, report it to the police immediately.

Information from The Federation for July

ActivateYYC closes next month on August 15! If you want to spruce up your community by turning space into place, apply now for up to \$1,000 towards your project. Don't miss out! Go to activateyyc.calgarycommunities.com to apply!

The Future of Water Conservation in Calgary

We know that the summer season is short and sweet. From pool days to patio dinners, we have to make the most of the months we have. But we can't help but notice that the summer days are getting hotter and drier, while wildfires seem to be a more regular occurrence in our lives. This brings to mind the importance of managing our water consumption and taking steps to encourage water conservation. And while there are a few things we can do at home to conserve water, it's good to have an eye on what our community and city are doing as well.

Did you know that the City of Calgary has a reduced water consumption target set for 350 litres per capita of water per day by 2030? As of 2019, we were at 356 LPCD, so well on our way toward that goal! The City also launched an engagement from citizens last spring centred around building Calgary's resilience to drought. According to the City, in the dry summer months, residential water consumption can go up as much as 50%! This can put stress on our system in an already dry wildfire-prone time. So, the City is proposing various strategies, including outdoor watering schedules, water-wise landscaping, and exploring ways to reuse water to help manage water consumption during the summer months. The feedback that was provided will be incorporated and presented in a report to be given to the council this fall, so stay tuned! Visit <https://engage.calgary.ca/drought> for more information.

Another action from the City occurred in 2020 when SAIT was tasked with running a study to identify more cost-effective ways to use less water and develop short to long-term water efficiency programs while making Calgarians more resilient to climate changes. One

suggestion coming from this study is for Calgarians to create water-wise gardens: gardens that are designed to only require low water usage plants. To make this easy to adopt, the study suggests that the City provides garden kits to interested citizens. We look forward to seeing this and other outcomes of this study.

As the dry season gets hotter and longer, water consumption and conservation are something we need to continue to be conscious of. If you are looking for ideas to practice water conservation at home, a few quick ideas are installing a rain barrel, shorter showers, and washing laundry and dishes with full loads.

If you have ideas that you want to share on how to prioritize water conservation, or if you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information or if you have any questions. As well, please check out our Mount Pleasant Green Initiatives Group on Facebook! You can find us on the Mount Pleasant Community Association page. The Facebook group is a great place to share knowledge and resources and check in to see what others are saying.

Happy summer,

The MPCA Green Initiatives Committee

For Further Reading:

- **Calgary Water Efficiency:** <https://www.calgary.ca/water/programs/water-efficiency-strategy.html>
- **Community Engagement on Drought Resilience:** <https://engage.calgary.ca/drought>

Cats, Canines, & Critters of Calgary



Big Earl, Capitol Hill



Blue and Jere, Mount Pleasant



Max, Temple



Tali, Temple

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

MPCA HALL PROGRAMS

We are open!

The Mount Pleasant Community Centre is located at 602 22 Avenue Northwest.

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 or call 403-975-2936, or visit www.sportball.ca.

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

Ages 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, 22nd Ave. NW) for children in kindergarten through grade six. 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, or call Senpai Eric at 403-650-8445.

Adult Programs

Aspire to Inspire Zumba – Upper Hall

Mondays | 6:30 to 7:30 pm

Zumba Fitness with Aspire to Inspire. Fun cardio and muscle toning in one. More information and to register, go to ATIZumba.com, call 403-975-5817 or email ATIZumba@gmail.com.

Tai-Chi – Upper Hall

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. 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 or 403 289-8390 for more information.

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, call 403-620-4990, or visit www.trishhardyyoga.com.

Zumba with Andre (Third Party) – Upper Hall

Wednesdays | 5:30 to 6:30 pm

Calgary Rakushinkan (Third 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 (Third Party) – Upper Hall

Friday Evenings

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

Flow Martial Arts (Third Party) – Upper Hall

Mondays | 8:00 to 9:15 pm

Wednesdays | 8:00 to 9:00 pm

For more information and registration, please contact Jeff Estrada at fma.academy.calgary@gmail.com or call 587-891-8108. More information can be found at www.flowma.ca. You can also follow them on Instagram at [@flowmartialartsacademy](https://www.instagram.com/flowmartialartsacademy).

Mount Pleasant Casino 2024!

Exciting News! MPCA has been approved for another casino in Q2 2024. Stay tuned – the exact date to be announced in November 2023!

This is a great volunteer opportunity! Send an email to engagement@mpca.ca to express interest!

ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events.

MPCA Playgroup – Lower Hall

Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am

Sportball – Upper Hall

Tuesday mornings and Sunday afternoons

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

Monday to Friday after school

Afternoon Games – Upper Hall

Adults, no minimum age, September to June

Mondays at 1:15 pm

Aspire to Inspire Zumba – Upper Hall

Mondays from 6:30 to 7:30 pm

Exercise Program

Adults, no minimum age, September to June.

Always available on Zoom or, Mondays only, in the Upper Hall with the instructor.

Mondays and Wednesdays from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am

Flow Martial Arts – Upper Hall

Mondays from 8:00 to 9:15 pm and Wednesdays from 8:00 to 9:00 pm

Mount Pleasant Children's Karate – Upper Hall

Tuesdays from 5:30 to 6:30 pm

Book Club – Lower Hall

Adults, no minimum age

Fourth Tuesday of each month from 7:00 to 9:00 pm

Arts and Crafts Crafternoons – Upper Hall

Select Wednesdays from 1:30 to 3:30 pm

Open to adults, no minimum age.

Sessions will resume in September.

Monthly Seniors Lunches – Upper Hall

Age 60 and over

Fourth Wednesday of each month

RSVP Required

Zumba with Andre – Upper Hall

Wednesdays from 5:30 to 6:30 pm

Yoga with Trish Hardy Yoga – Upper Hall

Thursdays from 7:45 to 8:45 pm

Calgary Rakushinkan – Upper Hall

Thursdays from 5:30 to 7:30 pm and Sundays from 5:00 to 7:00 pm

Fly Right Swing Dance Lessons – Upper Hall

Friday evenings

MPCA Book Club, *The Sleeping Car Porter* by Suzette Mayr

Tuesday, July 25

MPCA Book Club, *The Poisonwood Bible* by Barbara Kingsolver

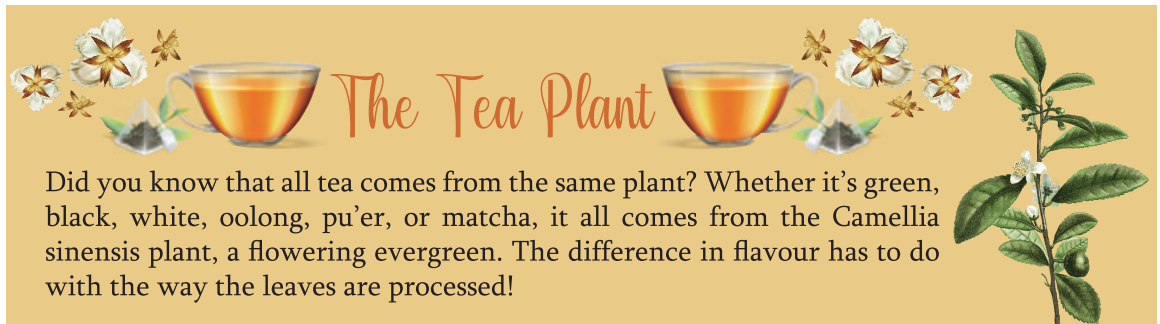
Tuesday, August 22

Members' Pickleball and Badminton Drop-In – SportsPlex

Select weekdays

Mount Pleasant Community Farm Stand - Community Hall Parking Lot

Thursdays from 2:00 to 6:00 pm

A decorative banner for 'The Tea Plant' featuring two cups of tea, tea bags, and a flowering tea plant branch. The text 'The Tea Plant' is written in a cursive font in the center.

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the *Camellia sinensis* plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!

Call for Volunteers: Planning and Development Committee

We're excited to announce that Estelle Ducatel has joined the MPCA Board as our new Planning and Development Director!

With a new Director in place, the Planning and Development Committee is looking for enthusiastic volunteers who share our passion for making our neighbourhood a great place to live. If you're interested in land use, zoning, and community development and want to contribute your skills and knowledge to our committee, we would love to hear from you.

Email us at planning@mpca.ca to express your interest or to learn more about what we do.

VOLUNTEERS NEEDED

PLANNING AND DEVELOPMENT COMMITTEE



Are you interested in land use, zoning, and community development? The Planning and Development Committee is looking for enthusiastic volunteers who share our passion for making our neighbourhood a great place to live.

We would love to hear from you if you want to contribute your skills and knowledge to our committee.

Email planning@mpca.ca to express interest or learn more



Green Initiatives Committee Community Pantry Update

The MPCA Community Pantry has been a huge success since its installation in June 2022.

We've loved seeing the community come together and embrace sharing economy.

There are just a few things to keep in mind to ensure this project continues to be successful!

A good rule of thumb is, "If you wouldn't find it on a shelf in the grocery store - it does not go in the pantry."

Donate:

- Food purchased from approved food establishments.
- Non-perishable foods (do not need to be stored in the fridge).
- Consider the weather when donating canned or jarred foods. These foods may freeze in cold weather and become unsafe to eat or make a big mess.
- Foods stored in original, sealed containers with labels and in good condition.

Don't Donate:

- Perishable food items.
- Food without labels or in damaged packages (dented cans, bulging cans, torn packaging, cracked jars).
- Food that is contaminated by pests, chemicals, or anything else.
- Home-prepared foods, home-canned foods, or leftovers.
- Expired baby formula.
- Open food or partially consumed product.

The pantry is for non-perishable food and toiletry items only. Please do not leave clothing or other household goods. There are other initiatives that can take in donated household goods.

The most important thing is ensuring that we are adhering to AHS Health and Safety standards to ensure that our pantry remains a safe place for our community members to share with each other.

SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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

PREY

July 21 marks one year since the release of the action sci-fi film, *Prey*. Filmed in Alberta and set in Comanche Nation in the 1700s, it's a prequel to the *Predator* franchise. During production, the film was called "Skull" to keep it a secret. The lead, Amber Midthunder, didn't even know she was auditioning for a *Predator* movie!

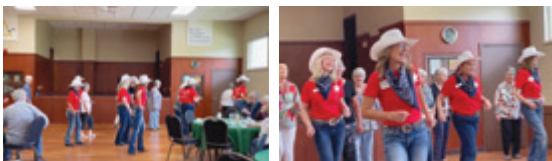
For Adults of All Ages

"Looking fifty is great—if you're sixty." - Joan Rivers

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are 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 not available, please contact us for more information.

Monthly Lunches: Our seniors' lunches are held on the fourth Wednesday of each month (except December) at 11:30 am in the Upper Hall. Lunches are open to all MPCA members ages 60 and over who have registered in advance. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after lunch – a speaker, movie, games, or live entertainment. Many thanks to MPCA for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

We enjoyed rotisserie chicken, roasted potato wedges, and coleslaw from our local Co-op at May's lunch. Many thanks to Co-op for the \$50 gift card that they donated toward the cost of the lunch and for cutting up the chickens without charge. After lunch, we had some lively line dance demonstrations by the group from the Calgary Newcomers' Club, plus opportunities to join the fun ourselves. Who knew some of us were so coordinated? All of this and our annual plant exchange too! There was a wide selection of flowers, vegetables, and even some rhubarb, all going to new, good homes.



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 to be added to our lunch invitation list.

Exercise Class: People of all ages are welcome to join our exercise class when it starts again in September. 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.

Many participants have opted to join the class via Zoom at home, but we do offer classes at the community hall on Mondays and Wednesdays in June with the instructor there. Classes are held on Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays on Zoom only from 9:30 to 10:15 am. 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.

Tai-Chi: We hope to resume our Tai-Chi classes in September if more people are interested in joining. Classes are held twice a week on Monday and Wednesday mornings from 9:00 to 10:00 am in the Upper Hall. Everyone is welcome, regardless of age. 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 per-person cost depends on the number of people enrolled for the session as the instructor charges a flat fee per class. Drop-in is also available at a slightly higher cost. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

Day Trips: We enjoyed another tasty and varied Stage West buffet lunch before settling in for a raucous performance of *9 to 5, The Musical* in May. Next up is Rosebud Theatre on June 29 for *The Sound of Music*. Plans are in the works for trips to the Millarville Market in August and Cross Iron Mills in November for some early Christmas shopping.

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.

Monday Afternoon Games

Mark your calendars for September for the return of 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. There's whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette (yvette.v53@hotmail.com or 403-284-1715) to be advised of when games afternoons are happening.



Our July 25 book will be *The Sleeping Car Porter* by Suzette Mayr with special guest, Suzette Mayr. We are fortunate to have this Giller prize winning author living in our community and willing to take time from her busy schedule to chat with us.

"*The Sleeping Car Porter* offers a richly detailed account of a particular occupation and time—train porter on a Canadian passenger train in 1929—and unforcedly allows it to illuminate the societal strictures imposed on black men at the time—and today. Baxter is a secretly-queer and sleep-deprived porter saving up for dental school, working a system that periodically assigns unexplained demerits, and once a certain threshold is reached, the porter loses his job. Thus, success is impossible, the best one can do is to fail slowly. As Baxter takes a cross-continental run, the boarding passengers have more secrets than an Agatha Christie cast, creating a powder keg on train tracks. *The Sleeping Car Porter* is an engaging and illuminating novel about the costs of work, service, and secrets." – Keith Mosman, Powell's Books

The August 22 book will be *The Poisonwood Bible* by Barbara Kingsolver.

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. Contact Brianna at burichan@live.com or 403-836-3626 for more information. Come and join in a lively discussion about a great book.

**BRAIN
GAMES**

SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE
FOR THE SOLUTION



The Liquid Rainbow

Caño Cristales is a multi-coloured river located in Colombia's Serranía de la Macarena National Natural Park. Its rainbow hues are caused by red riverbed plants, green algae, black rocks, yellow sand, and blue water. Be sure to visit between July and November, as that's when the colours are the most vibrant!

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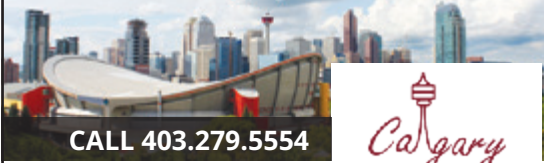


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ONE SMALL STEP

On July 20, 1969, humans landed on the Moon for the first time. Commander Neil Armstrong was first to step onto its surface, and he's believed to have said "That's one small step for man, one giant leap for mankind." He said later that he was misquoted; his first line was actually "That's one small step for a man."





Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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