

MARCH 2024

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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BOOK CLUB'S
AUTHOR SPOTLIGHT
MARCH 26, 7:00 TO 9:00 PM**



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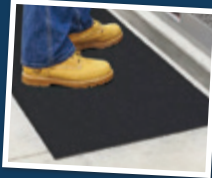
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MPCA Playgroup Registration Now Open!

Engage in delightful parent/tot playtime filled with laughter and discovery. Our volunteer-run program is designed to provide a wonderful mix of fun outings and regular activities, creating the ideal environment for your little ones to thrive.

Children up to five years old, accompanied by their caregivers, are warmly invited to join us. It's a chance to build friendships, connect with other parents, and create relationships that stand the test of time. Plus, it offers kids the valuable opportunity for some much-needed social interaction.

For more details and to register, visit: mpca.ca/playgroup.

Don't miss out on this wonderful opportunity to create lasting memories for your family this winter with MPCA 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 NOW!

MON, TUES, FRI, 9 AM TO 11 AM

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

For more information, go to mpca.ca/playgroup

Questions? Email playgroup@mpca.ca

BOARD REPORT

Spring is on the horizon!

As we eagerly await the arrival of spring on March 19, the Mount Pleasant Community Association (MPCA) is buzzing with excitement.

A big thank you to all who've registered for soccer, we're excited for another exciting season!

Exciting news for book lovers in Mount Pleasant! The MPCA Book Club has planned a special event on March 26 from 7:00 to 9:00 pm. We are thrilled to host Doreen Vanderstoop, the author of the book *Watershed*, for an insightful discussion, Q&A, and community gathering. This event is open to everyone and is a wonderful opportunity to celebrate the love of literature together. Mark your calendars and join us for this wonderful event!

As we embrace the approaching spring, let's come together to celebrate the spirit of unity that defines Mount Pleasant. Your engagement and support continue to be the driving forces behind the success of our community programs and events.

Wishing everyone a joyful and vibrant spring!

Warm regards,

MPCA Board of Directors



Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple moments using
#postyourpurple



MARCH 26
Purple Day

epilepsycalgary.com

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	Chris Best	president@mpca.ca
Vice-President	Darcy Lane	vicepresident@mpca.ca
Past President	Jessica Karpas	pastpresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Vacant	treasurer@mpca.ca

DIRECTORS

Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement and Membership Planning and Development	Kathryn McIntosh	engagement@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

Web Manager	Vanessa Gillard	webmanager@mpca.ca
Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Kimberley Adams	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
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
- Resolve Legal Group
- Mount Pleasant Dental Care
- 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:

I wish to subscribe to MPCA email list

Number in Family

Cheque

Yes

Adults

Cash

No

Children

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

please specify:

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

Introducing “MPCA Artistic Expressions: A Celebration of Young Talent”

Attention all budding artists in Mount Pleasant!

We are thrilled to announce the arrival of “MPCA Artistic Expressions: A Celebration of Young Talent” a monthly showcase designed especially for you!

What is “MPCA Artistic Expressions”?

“MPCA Artistic Expressions” is your platform to shine. Inspired by the incredible talent we saw at the Neighbour Day Art Exhibit; we want to continue celebrating your unique creativity and inspiring others.

How to Participate:

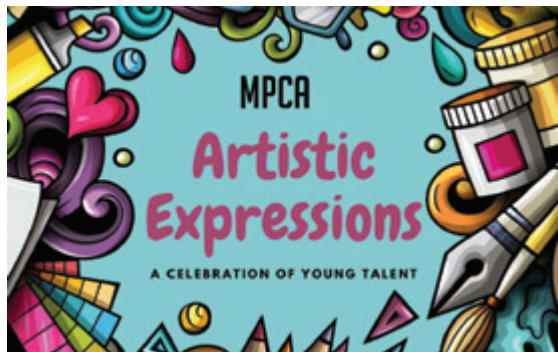
1. Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
2. Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!
3. Seek permission from your parents or guardians to share your artwork with the community.
4. Email your masterpiece to our Art Exhibit Coordinator at artist@mpca.ca, along with your name, age (0 to 18), and a brief description of your artwork.

What's in It for You?

Your artwork could take center stage in our monthly newsletters and social media channels! We were truly amazed by the talent displayed at the Neighbour Day Art Exhibit, and we want to encourage even more youth submissions for next year's art show!

So, young artists, are you ready to kick off “MPCA Artistic Expressions: A Celebration of Young Talent” with a bang? Send in your artwork today and let your creativity shine!

Let's keep the artistic spirit alive in Mount Pleasant!





Crafternoon



Arts and Crafts Sessions for All Ages

These two-hour Crafternoon classes are sponsored by MPCA. They include all materials and use of professional grade tools, with experienced Artisans leading the projects. Classes take place in MPCA's Upper Hall on select Wednesday afternoons. All skill levels are welcome; no experience is needed. This is an amazing opportunity to gain insight into a new medium and connect with new people.

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. Please have a current MPCA membership and pre-register online at www.mPCA.tidyhq.com to ensure space and materials are available for you. Classes have a non-refundable price of \$10 each. If you sign up for a class and find you can't attend, please let Aileen know as soon as possible. This may allow someone on the waiting list to take your place and avoid purchasing supplies that aren't used.

Registration for the March class opened on February 6. To learn what classes are upcoming as early as possible, check the Events tab at www.mPCA.tidyhq.com regularly. It's always best to set a reminder to do this early in each month as classes fill up quickly.

March Classes Are:

Wednesday, March 6 and 20, 1:30 to 3:30 pm, Ceramic Mask Making (two-part class): *"A mask is an object normally worn on the face, typically for protection, disguise, performance or entertainment, and often employed for rituals and rites."* - Wikipedia

In this class, we'll make a decorative mask of sculpted ceramic to hang, not wear. Connie Zerger will share the hand-building techniques to mould the mask from clay. The second class, after the firing, will be decorating the mask with paint and a topcoat. Please commit to both dates and register only once.

Wednesday, March 13, 1:30 to 3:30 pm, Potpourris Sachet Set: Joan Scotte will teach us to fold pretty paper into a small sachet we will fill with aromatic botanicals. These may be tucked into a drawer, luggage, or a closet for naturally scented deodorizing. In the future, you may want to use the folding technique you learn with any size of paper to create expanding envelopes for gift trinkets, tickets, heirloom seeds, etc.

If you have any questions, please contact Aileen at crafternoonailen@gmail.com or text/call 403-862-1759. And don't forget to set a reminder early each month to check out the Events page and find out what's happening in upcoming classes!

Monday Afternoon Games

Monday Afternoon Games in the Upper Hall happen September through June. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, 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 at yvette.v53@hotmail.com or 403-803-7697 to be advised when games afternoons are happening.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

ACTIVITIES AND EVENTS

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

MPCA Playgroup – Lower Hall

Select weekdays 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 – Zumba Fitness – 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

Tai-Chi | All Ages – Upper Hall

Monday and Wednesday from 9:00 to 10:00 am
Sessions run from September to June

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

Members' Public Skate – Members' Stick Puck and Rings – Sportsplex

Select days. Book online.

Essentrics® with Gabrielle – Upper Hall

Tuesdays and Thursdays from 10:00 to 11:00 am

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
Sessions run from September to June

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

Mount Pleasant Community Farm Stand

Community hall parking lot

MPCA Book Club, *Watershed* by Doreen Vanderstoop – Upper Hall

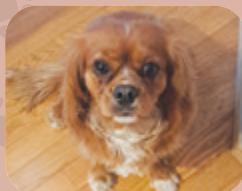
Tuesday, March 26, 7:00 to 9:00 pm

Author Spotlight: Join us for an evening with the author to discuss her novel *Watershed* in the Upper Hall. This event is open to everyone. Please RSVP at burichan@live.com.

Cats, Canines, & Critters of Calgary



Chile Mango Bean, Sundance



Chloe, Somerset



Kiki, Dalhousie



Stormi, Deer Ridge

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

MPCA HALL PROGRAMS

Embrace an active lifestyle and discover a wide range of engaging activities at the Mount Pleasant Community Hall (602 22 Avenue NW)! Our Community Hall is open year-round, providing a vibrant hub for individuals of all ages.

Children and Youth Programs

Mount Pleasant Playgroup - Lower Hall

Ages 0 to 5 years

Weekdays | 9:00 to 11:00 am

At home with the kids and need to get out of the house? Come out and join us! Enjoy a fun outing and routine for the kids and make lasting friendships for yourself and them! Mount Pleasant Playgroup is a volunteer-run parent program that offers low-cost parent/tot playtime in a fun and child-friendly environment! Visit mpca.ca/playgroup for more information.

Sportball [3rd Party] - Upper Hall

**Sports Instruction for Kids Starting October 15, 2023
Sunday Afternoons**

For more information and registration, please contact Calgary@Sportball.ca or call 403-975-2936.

www.sportball.ca

Pleasant Heights After School Care (PHAS) [3rd Party] - Lower Hall

**Students from St. Joseph's School | Ages 5 to 12 years
Monday through Friday After School**

School-age care spots are available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 6. Our school-age care program is licensed and accredited with many long-term staff. For more information, please contact 403-289-8233 or 403-220-1212. Call and reserve your spot today.

Mount Pleasant Children's Karate [3rd party] - Upper Hall

Ages 4+ | Mondays | 5:00 to 6:00 pm

Ages 7+ | 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

New! Essentrics® Gentle Fitness [3rd party] | - Upper Hall

Tuesdays and Thursdays | 10:00 to 11:00 am

The Essentrics® technique simultaneously strengthens

and stretches all muscles. For information and registration, please email mauvefitnesscalgary@gmail.com or text 403-809-9363. Gabrielle Börger, level 4 certified Essentrics® instructor. Walk-ins welcome!

Aspire to Inspire Zumba [3rd Party] - Upper Hall

Mondays | 6:30 to 7:30 pm

For more information and to register, visit www.ATIZumba.com.

Call 403-975-5817 or email ATIZumba@gmail.com.

Tai-Chi [Pleasant Times] - Upper Hall

Mondays and Wednesdays | 9:00 to 10:00 am

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Enroll for \$5 per class (full session sign-up) or \$6 drop-in. Reach out to Linda at pleasanttimes@mpca.ca for details. All are welcome!

Exercise Class [Pleasant Times] - Upper Hall and Online Options

Mondays and Wednesdays | 10:15 to 11:00 am

Fridays | 9:30 to 10:15 am

Join our inclusive fitness classes, which are suitable for all ages and fitness levels. Our sessions focus on enhancing aerobic fitness, strength, balance, and flexibility with tailored options for varying fitness levels. Attend weekly classes for \$7 each (session sign-up) or \$12 for drop-ins. Participate in person at the community hall on Mondays and Wednesdays, and Fridays from 9:30 to 10:15 am. Zoom sessions are available. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information. You can try out a free class to see if this is for you.

Yoga in Mount Pleasant with Trish Hardy Yoga [3rd Party] - Upper Hall

Thursdays | 7:45 to 8:45 pm

For more information and to register, please contact Trish Hardy at hardytrish@gmail.com or call 403-620-4990.

www.trishhardyyoga.com.

Flow Martial Arts [3rd Party] - Upper Hall

Mondays | 8:00 to 9:15 pm

Wednesdays | 8:00 to 9:00 pm

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.

Zumba with Andre [3rd Party] - Upper Hall
Wednesdays | 5:30 to 6:30 pm

Calgary Rakushinkan [3rd Party] - Upper Hall
Thursdays 6:00 to 7:30 pm
Sundays 5:00 to 7:00 pm

Japanese Martial Arts with Calgary Rakushinkan. Learn Japanese sword and other martial arts - Kenjutsu, Iaijutsu, Aikijujutsu, Aikido, and more.

Adults and youth 14+. For more information and registration, please contact rakushincalgary@gmail.com, 403-401-8257, or visit www.calgaryrakushinkan.com.

Fly Right Swing Dance Lessons [3rd Party] - Upper Hall
Friday Evenings
For more information, please go to <https://m.facebook.com/flyrightswing/>.



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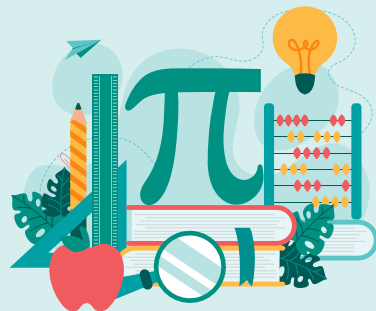


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Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



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☎ Call: 403- 271-9274 or 403-397-9645

Pleasant Times Social Club – For Adults of All Ages

Age is not important unless you're a cheese - Helen Hayes

Our activities are possible due to the support of MPCA, the fees people pay to participate, and the generous grants and donations we receive from various Calgary businesses, The City of Calgary, and community members. None of our programs would be possible without the many members of our group who donate their time and energy to make them happen. There are so many people to thank for giving us the opportunity to get out, socialize, be active, and see places and things we might otherwise miss.

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are open to those age 60 and over. All you need is an MPCA membership! Most events are held during the day, Monday to Friday, with the odd exception, but if something piques your interest and you're available, please contact us for more information.

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

If you are age 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or pleasanttimes@mpca.ca to be added to our lunch invitation list.

Exercise Class: If you're a "youngster" who is still looking for an exercise class to fulfil your New Year's resolution, why not join us. You may be surprised that you can't keep up with some of the older people in the class!

People of all ages and fitness levels are welcome to join, whether you want a low, moderate, or high intensity

work out. The classes are designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. 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 as well on Mondays and Wednesdays (except on lunch days), with the instructor in attendance. Classes are held 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 or 403-289-8390 for more information. You can try out a free class to see if this is for you.

Tai-Chi: Tai-Chi classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Monday classes will focus on beginners though all, regardless of age and experience, are welcome both days. 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 only \$5 per class when you sign up for the remaining classes in the session or \$6 per class drop-in.

Day Trips: Our trip to the Lake Louise ice sculptures and Banff snow sculptures is on; however, it will be a fond memory by the time you read this. Our 56-seat bus sold out quickly as people have been hoping for a chance to escape the winter blahs. The plan is to travel first to Chateau Lake Louise to enjoy the ice sculptures before heading to Banff for lunch, a walk around town to see the snow sculptures, visit some shops, and maybe take in the Ya Ha Tinda – The Ranch exhibition of Arto Djerdjarian's photographs. They give an intimate view of everyday life at the Ya Ha Tinda Ranch, where horses are wintered and trained for use by Parks Canada staff.

We're making plans for more outings this year: Stage West for a matinée performance of Neil Simon's Chapter 2 on March 20, an evening performance at Stage West of the life and songs of Patsy Cline, and a trip to our favourite Fairville Hutterite Colony in Bassano

GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



this summer. Fairville is always a great place for tours, a hearty lunch, and the chance to buy produce and baking.

Day trips sell out quickly, often before the *Pulse* is delivered. If you'd like to receive email notification 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.



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



WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



Effective Waste Management... In Our Own Backyard

Hello, Mount Pleasant Neighbours!

The next stop on our monthly Green Initiatives Committee virtual trip itinerary is actually a staycation! This month we are looking at our own City and how we are setting the bar with our waste management. Calgary is moving towards zero waste through various innovative diversion programs aimed to enable citizens to reuse, reduce, recycle, and compost their garbage.

One of the main attractions is the Calgary Composting Facility, which is the largest of its kind in Canada! The facility works to produce compost from both food and yard waste, through the Green Cart program, and dewatered biosolids, a by-product from our city's wastewater treatment. The compost facility has a total size of 521,000 square feet and processes upwards of 145,500 metric tonnes of residential food and yard waste and biosolids every year!

So how does it work? It starts with the collection trucks dropping off all of the collected waste and ends with the production of nutrient-rich compost, with the entire process taking about 60 days from start to finish. See the below diagram or visit the City of Calgary's page here (<https://www.calgary.ca/waste/residential/how-composting-works.html>) to learn more about how the process works. Once completed, most of the compost is sold in bulk, with the proceeds used to reduce processing cost and green cart fees. A portion of the compost is also made available to the community for free - which includes both for community gardens and through select giveaway days to the public (<https://www.calgary.ca/waste/residential/green-cart-compost-giveaway.html>).

An exciting expansion of the facility is also underway - with an anaerobic digestion module being added by 2025. The expansion will complement the existing composting process and allow the facility to process even more food and yard waste and turn it into renewable natural gas!

The composting facility will play an important role in the city reaching its goal of diverting over 70% of the city's waste from our landfills by 2025. We all can do our part by ensuring we compost as much of our domestic waste as possible in our green carts (being sure to follow the composting guidelines, of course) keeping it out of our black carts and out of the landfills.

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. If you'd like to get added to our email list, 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.

Have a great month,

The MPCA Green Initiatives Committee



Be a Kind Neighbour

Through simple acts of kindness, you can help seniors live healthier, happier lives.

Find out more at
KindNeighbour.ca



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.

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
- DONATE WHAT YOU CAN
- KEEP THE DOOR CLOSED
- SPREAD THE WORD
- DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD
- DON'T MAKE A MESS

CONTACT GREEN@MPCA.CA TO REPORT ANY CONCERNS

Illustrations include a shopping bag with food items, a can of Chicken Soup, and a can of Spaghetti.

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.

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SALES AND SERVICES



The March 26 Book Club meeting will be special: Doreen Vanderstoop, author of this month's book, *Watershed*, will be our special guest. She will speak about the book and answer your questions. We hope that many in the community will come to the Upper Hall at 7:00 pm on March 26. Please RSVP to Brianna at burichan@live.com to allow the coffee, snacks, and chairs to be planned.

Watershed is a fast-paced dystopian novel about family bonds in the face of climate change. It is 2058, and the glaciers are gone. A catastrophic drought has hit the prairies. Willa Van Bruggen is desperately trying to keep her family goat farm afloat, hoping against hope that the new water pipeline arrives before the bill collectors do.

Willa's son, Daniel, goes to work for the pipeline corporation instead of returning to help the family business. When Daniel reveals long-concealed secrets about his grandfather's death, Willa's world truly shatters. She's losing everything she values most: her farm, her son, her understanding of the past, and even her grip on reality itself. Vividly illustrating the human cost of climate change, *Watershed* is a page-turner of a novel about forgiveness, adaptation, and family bonds.

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.



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