

APRIL 2024

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**JOIN US FOR TASTE OF  
MOUNT PLEASANT  
APRIL 12, 6:00 TO 9:00 PM**



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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	Chris Best	president@mpca.ca
Vice-President	Darcy Lane	vicepresident@mpca.ca
Past President	Jessica Karpat	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	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

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](http://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: 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.

## BOARD REPORT

We're happy to share some exciting updates regarding our community's progress.

The community gardens by the Arts Centre are coming along nicely. We anticipate that the garden boxes will be ready for planting by mid-May, just in time to take full advantage of the upcoming growing season. This initiative not only adds to the aesthetic charm of our neighbourhood but also fosters a stronger sense of community while promoting sustainable living practices.

We are still actively searching for an enthusiastic individual to join our team as Treasurer on the MPCA Executive Board of Directors. This is a crucial role in our organization, and we are seeking someone who is passionate about community involvement and wants to make a meaningful impact. Reach out to [president@mpca.ca](mailto:president@mpca.ca) and [vicepresident@mpca.ca](mailto:vicepresident@mpca.ca) if you are interested in learning more.

We want to take this opportunity to remind you of the importance of supporting MPCA events and programs. By signing up for an annual membership, you not only gain access to a wide range of engaging activities and events but also contribute to the sustainability of initiatives like the Pleasant Times Seniors' Social Club.

Your continued support is invaluable in maintaining Mount Pleasant as a welcoming and well-maintained community for everyone. Thank you for your ongoing involvement in enriching the fabric of our neighbourhood.

Warm regards,

*MPCA Board of Directors*



The Mount Pleasant Community Association is actively seeking a Treasurer to join our dedicated team on the MPCA Executive Board of Directors.

You do not need a financial background to serve as Treasurer



Email [president@mpca.ca](mailto:president@mpca.ca) & [vicepresident@mpca.ca](mailto:vicepresident@mpca.ca) to express interest

## CALGARY MAT & LINEN SERVICES

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- Tork Dispensers and Supplies



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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

Chicken Soup, Spaghetti

## Taste of Mount Pleasant

Calling all Mount Pleasant food enthusiasts!

Indulge your taste buds at the upcoming Taste of Mount Pleasant on April 12, from 6:00 to 9:00 pm, at the Mount Pleasant Community Centre (upper hall). Join us for a delightful evening filled with local bites, exquisite wines, and the warmth of our community. This ticketed event promises a culinary experience that celebrates the diverse flavours of our neighbourhood and surrounding community. Ensure your spot by registering in advance. Don't miss out on this opportunity to savour the best of Mount Pleasant!

Admission to the event is \$10. Tickets will be sold for \$1 per taste - each dish will range between two to ten tickets.

For more information and updates, be sure to visit our website and follow us on social media. Stay connected with us as we share the latest details about this exciting event. Your culinary adventure awaits!

This licensed event is open to invited and registered guests 18+; no minors are permitted.

### 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.



## TASTE OF MOUNT PLEASANT

JOIN US ON APRIL 12TH AND INDULGE IN DELIGHTFUL LIBATIONS AND SAVOURY DELICACIES FROM LOCAL EATERIES WHILE MINGLING WITH FRIENDS AND NEIGHBOURS!

FOR MORE INFORMATION AND TICKETS, PLEASE VISIT OUR WEBSITE AT [MPCA.CA](http://MPCA.CA)

This is a licensed event, no minors permitted

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# 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](http://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 April classes opened on March 5. To learn what classes are upcoming as early as possible, check the Events tab at [www.mpca.tidyhq.com](http://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.

### April Classes Are:

**Wednesday, April 3 and 17, 1:30 to 3:30 pm, Ceramic Garden Sculpture (two-part class):** Gordon Pengilly is an acclaimed artist working in sculpting and ceramics who lives in our Mount Pleasant community. With his guidance, we are going to create a ceramic turtle for your garden or porch using moulds and hand building techniques. The second class, after the firing, will be finishing our turtle with paint and outdoor lacquer for an attractive and durable sculpture. Please commit to both dates and register only once.

**Wednesday, April 10, 1:30 to 3:30 pm, Floral Studies in Alcohol Inks:** We will explore the fluid beauty of this medium with Connie Zerger. We will learn tips and

skills to create a series of floral pieces with the brilliantly coloured transparent inks.

If you have any questions, please contact Aileen at [crafternoonailen@gmail.com](mailto:crafternoonailen@gmail.com) or text/call 403-862-1759. And don't forget 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](mailto: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

### **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

### **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.

### **Taste of Mount Pleasant | Register Online – Upper Hall**

Friday, April 12, 6:00 to 9:00 pm

### **MPCA Book Club, *Demon Copperhead* by Barbara Kingsolver – Lower Hall**

Tuesday, April 23, 7:00 to 9:00 pm

### **MPCA Book Club, *The Day the World Came to Town* by Jim DeFede – Lower Hall**

Tuesday, May 28, 7:00 to 9:00 pm



## Be a Kind Neighbour

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

Find out more at  
[KindNeighbour.ca](http://KindNeighbour.ca)



Kind  
Neighbour

# 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](http://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](mailto:Calgary@Sportball.ca) or call 403-975-2936.

[www.sportball.ca](http://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](mailto: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](mailto: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](http://www.ATIZumba.com).

Call 403-975-5817 or email [ATIZumba@gmail.com](mailto: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](mailto: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](mailto: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](mailto:hardytrish@gmail.com) or call 403-620-4990.

[www.trishhardyyoga.com](http://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](mailto:fma.academy.calgary@gmail.com) or call



587-891-8108. More information can be found at [www.flowma.ca](http://www.flowma.ca).

### 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](mailto:rakushincalgary@gmail.com), 403-401-8257, or visit [www.calgaryrakushinkan.com](http://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/>.



## BRAIN GAMES SUDOKU

	3	8	5			6		4
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2		1			8		4	

SCAN THE QR CODE  
FOR THE SOLUTION



Our April 23 book is *Demon Copperhead* by Barbara Kingsolver, co-winner of the 2023 Pulitzer Prize. Set in the mountains of southern Appalachia, *Demon Copperhead* is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-coloured hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, Demon braves the modern perils of foster care, child labour, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favour of cities.

Many generations ago, Charles Dickens wrote *David Copperfield* from his experience as a survivor of institutional poverty and its damages to children in his society. Those problems have yet to be solved in ours. Dickens is not a prerequisite for readers of this novel, but he provided its inspiration. In transposing a Victorian epic novel to the contemporary American South, Barbara Kingsolver enlists Dickens' anger and compassion, and above all, his faith in the transformative powers of a good story. *Demon Copperhead* speaks for a new generation of lost boys, and all those born into beautiful, cursed places they can't imagine leaving behind.

The May 28 book will be *The Day the World Came to Town* by Jim DeFede.

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](mailto:burichan@live.com) or 403-836-3626 for more information. Come and join in a lively discussion about a great book.



# Pleasant Times Social Club – For Adults of All Ages

*Parenting was much easier when I was raising my non-existent kid hypothetically -Anonymous*



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. 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, conversation and games, or live entertainment. Many thanks to MPCA, Paramount 24 Hr Animal Hospital, 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.

In February, we had another delicious lunch catered by Calypso's Taverna. It was also our annual book exchange with two large tables jam-packed with interesting novels, how-to, history, and other books. All went to good homes, either at the lunch, through people's Little Libraries, or the Mennonite Thrift Store. We were also thrilled to see some new faces at the lunch; our goal is to provide a social event for as many people as possible so they can meet new and old friends.

If you are aged 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](mailto: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](mailto: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.

## Green Initiatives Committee Community Pantry Update

**Day Trips:** Our trip to Lake Louise and Banff went ahead even though the ice and snow sculptures had melted in the unseasonably mild weather. That didn't deter our hardy trekkers who were eager to get out of town, walk around Chateau Lake Louise and Banff, and see what's new in the mountains. We're making plans for more outings this year: Stage West for an evening performance at Stage West of the life and songs of Patsy Cline and we hope to have a trip to our favourite Fairville Hutterite Colony in Bassano 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](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages are welcome to join us.



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



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**SALES AND SERVICES**

# Growing Green: Bringing Victoria's Urban Farming Excellence to Calgary!

Hello, Mount, Pleasant Neighbours!

Did you know that just a hop, skip, and a ferry ride away from us lies a city that's a leader in urban farming? What city is this you might ask? It's Victoria, BC! They've got this whole urban farming thing down to an art form and we can take some pointers from them to get growing right here in Calgary. Let's dive in and see what we can learn.

Known as the "City of Gardens" – Victoria holds growing near and dear to its heart. It starts from the top as the city has some of the most progressive municipal policies to support and enable urban farming. In addition, the city provides resources and tips to encourage residents to take part in the initiative.

A few unique urban farming ideas that take place in Victoria are Rooftop Farms, Urban Farming on Wheels, and School Gardens.

All over the city, you'll find rooftop spaces being utilized to cultivate and grow food for residents. It's a thoughtful use of unused space and makes for a nice aesthetic as well!

A company called Topsoil utilizes unused spaces to grow food which it then in turn sells and delivers to local restaurants. Talk about hyper-local! What makes their urban farming process so cool is that they use geotextile containers to grow the food in a way that is easy to set up and move as space around the city allows.

The urban farming concept has grown into schools as well, which lets kids get their hands dirty, learn about growing food, and maybe even develop a love for veggies along the way. It's like planting the seeds of a greener future, right in the classroom.

One of the biggest programs around urban farming that Victoria has is called "Get Growing, Victoria!" Running since 2020, this program works through partnerships with non-profit organizations to support communities in need by distributing seedlings and garden materials

to residents who face barriers to growing their food. In the first year of being run, 75,000 edible plant starts have been grown by the City to directly serve and secure food for 10,000 households.

These are all actionable changes that we could implement in our city. The growing season is just about to get started and this is the perfect time to consider how you can get involved in urban farming. We especially can't wait until our community garden is back up and running!

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](mailto: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.

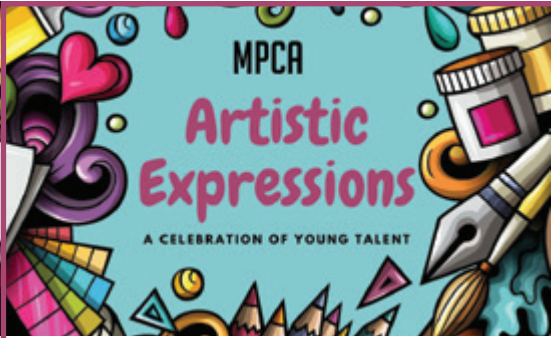
Have a great month,

*The MPCA Green Initiatives Committee*



*Image Credit: Topsoil (2024-02-26). Topsoil Eat Local. Retrieved from Topsoil: <https://www.topsoileatlocal.com/>.*





## MPCA Artistic Expressions: A Celebration of Young Talent

Introducing our talented Artistic Expression Artist of the Month: Melissa, a remarkable Grade 3 student at St. Joseph School.

Melissa's captivating artwork features an intricately detailed piece adorned with a vibrant array of colours, showcasing incredible talent and mastery of artistic expression.

Join us in celebrating Melissa's artistic gift as we kick off another month of MPCA Artistic Expressions: A Celebration of Young Talent.

MPCA Artistic Expressions is a monthly showcase created for young, talented artists. The idea behind this initiative came after witnessing the incredible talent at the Neighbour Day Art Exhibit. We want to celebrate your creativity and inspire others to do the same!

### How to Participate:

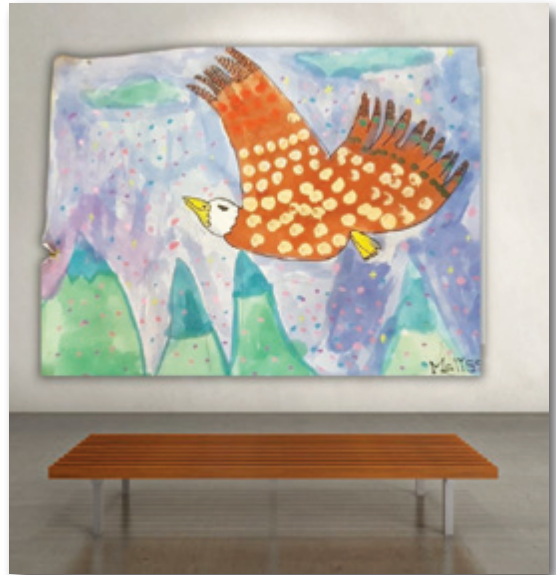
- Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
- Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!

- Seek permission from your parents or guardians to share your artwork with the community.
- Email your masterpiece to our Art Exhibit Coordinator at [artist@mPCA.ca](mailto: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 centre 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!



## Cats, Canines, & Critters of Calgary



Crouton, Signal Hill



Echo, Nolan Hill



Robino, Mission



Ronaldo, Mission

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## 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](http://mpca.ca/playgroup).

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



The flyer features a vibrant design with a yellow background and blue accents. At the top left, a white circle contains the text 'AGES 0-5'. The 'MOUNT PLEASANT PLAYGROUP' logo is prominently displayed in the center. Below the logo, a text block describes the program as a volunteer-run, low-cost parent and tot playtime. A circular inset shows a group of children playing. A blue circle on the right says 'WINTER REGISTRATION OPEN NOW!' next to a QR code. The schedule 'MON, TUES, FRI, 9 AM TO 11 AM' and the location 'MPCA Lower Hall - 602 22 Ave NW, Calgary, AB' are listed at the bottom. Contact information for registration and questions is provided at the very bottom.

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](http://mpca.ca/playgroup)

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

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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**FERTILIZER, WEED CONTROL, LAWN CARE:** We are local! We are proud to offer our inner-city neighbours our full suite of lawn care services and fertilizer/weed control programs. Contact us for a free, no-obligation, personalized quote. [info@mountpleasantlawncare.ca](mailto:info@mountpleasantlawncare.ca) | 403-710-0166 | [mountpleasantlawncare.ca](http://mountpleasantlawncare.ca).

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at [www.Facebook.com/TerraViewLawnCare](http://www.Facebook.com/TerraViewLawnCare).

**TLC CLEANING:** Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email [tlc.cleaning@shaw.ca](mailto:tlc.cleaning@shaw.ca).



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