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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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MAY 5

COMMUNITY FARM STAND RETURNS

MAY 30



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MPCA Community Association

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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

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- Mount Pleasant Dental Care
- Campus Preschool Calgary



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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.

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 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 hope this message finds you well and that you are enjoying the arrival of spring! We're excited to share some updates with you for the month of May.

Firstly, mark your calendars! The Annual Community Cleanup, hosted by our Green Initiatives Committee in partnership with the City of Calgary, is just around the corner. This event provides an opportunity for Calgarians to dispose of items that do not fit in their waste and recycling carts and supports community residents who do not have access to cart service. Join us at the SportsPlex parking lot on Sunday, May 5 from 9:00 am to 2:00 pm to take advantage of this convenient service.

We're also happy to announce that the City of Calgary's Community Farm Stand Program is returning to Mount Pleasant. Starting May 30, Lil Green Urban Farms will be back at the community hall parking lot every Thursday, offering fresh, locally grown produce. This is a fantastic opportunity to support our local farmers while enjoying the best of what our region has to offer.

Lastly, we want to extend a friendly reminder that we're still searching for a Treasurer to join our board. No accounting experience is necessary – just a passion for community involvement. If you or someone you know is interested, please reach out to president@mpca.ca. Your support is greatly appreciated!

Thank you for your ongoing dedication to our neighbourhood. Let's continue working together to make Mount Pleasant a vibrant and inclusive community for all.

Watch our website and social media channels for updates and announcements!

Warm regards,

Your MPCA Board

2024 Farm Stand Program

May 30

The Mount Pleasant Community Association is delighted to announce the return of Farm Stand Thursdays to Mount Pleasant! This community-favourite program, in partnership with the City of Calgary and Lil Green Urban Farms, will resume at the Mount Pleasant Community Hall on May 30 for a new season.

Join us every Thursday to explore fresh, local produce, engage with fellow residents, and champion sustainable living.

Keep an eye on our social channels for updates and further details as we gear up for another season of supporting local agriculture and fostering community connections.

Visit www.calgary.ca/localfood and www.lilgreenurbanfarm.com for more information.



CALL FOR VOLUNTEER

TREASURER

MPCA Executive
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 and vicepresident@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

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
Thursdays from 2:00 to 5:30 pm

Mount Pleasant Community Cleanup - SportsPlex Lot

Sunday, May 5, 9:00 am to 2:00 pm

Mount Pleasant Community Farm Stand - Community Hall Parking Lot

Thursday, May 30, 2:00 to 6:00 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

MPCA Book Club, *A Killer in King's Cove* by Iona Whishaw - Lower Hall

Tuesday, June 25, 7:00 to 9:00 pm



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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 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 May classes opened on April 2. 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.

The May Classes Are:

Wednesday May 1, 1:30 to 3:30 pm, Miniature Masterpieces: Leigh Ellen Caro and Doris Loewen are collaborating to share their special spin on the techniques of Zen Doodling, with paint and ink, creating tiny Masterpieces.

Wednesday May 8, 1:30 to 3:30 pm, Branch Weaving: The dream team of art guides Doris Loewen and Leigh Ellen Caro are again collaborating to bring you the art and craft of Branch Weaving. We will create a loom, weave, and embellish. You will take home an attractive wall hanging.

Wednesday May 15, 1:30 to 3:30 pm, Acrylic Painting on Canvas with Tracy Franks: We will review brushwork, colour theory, highlights, and shadows while creating a lovely painting on a stretched ready-to-hang canvas.

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.

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MPCA Artistic Expressions: A Celebration of Young Talent

We are thrilled to introduce our talented Artistic Expression Artist of the Month, Anna Nil. She is only six years old but already has a passion for creating enchanting artwork. Anna's latest creation features a heartwarming scene that showcases friendship and kindness. She describes her art as sending "a rain of hearts and endless kindness," perfectly capturing the essence of compassion and warmth. The affection reflected in the eyes, and the tight embrace symbolize the unbreakable bond between the friends. Join us in admiring Anna's heartfelt creation as we continue to celebrate young talent in "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, 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!



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SALES AND SERVICES

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 mauvefitnessscalgary@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.

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 m.facebook.com/flyrightswing/.



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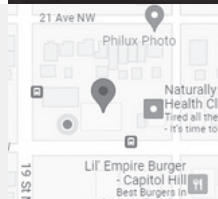
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MPCA
Community Pantry

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

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

Mount Pleasant logo

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.

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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Pleasant Times Social Club – For Adults of All Ages

To get back to my youth I would do anything in the world, except exercise, get up early, or be respectable.

- Oscar Wilde

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 only 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. If something piques your interest, 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 lunch – a speaker, movie, conversation and games, or live entertainment. Many thanks to MPCA, Paramount 24 Hour 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.

If you are 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: Have you been looking for a community exercise program to increase your fitness level? You may be surprised to learn that MPCA's exercise program includes burpees, mountain climbers, lunges, and much more. Our instructor is able to offer a hybrid class with

more challenging and easier variations of the exercises to accommodate the fitness levels of all participants. If you would like to try a free class to see if this class meets your needs, please contact Linda O'Hanlon at pleasanttimes@mpca.ca or call 403-289-8390.

Classes are held September through June on Monday and Wednesday mornings from 10:15 to 11:00 am (in the Upper Hall and on Zoom), and Friday mornings from 9:30 to 10:15 am (Zoom only). If you are new to the class, please come to the hall initially to allow the instructor to assess your fitness level and speak with you about your goals.

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. 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.

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: We're making plans for more outings this year, though there's little ready to announce just yet. The evening performance of *A Closer Walk with Patsy Cline* at Stage West on August 28 is almost sold out. We're waiting to hear if we can visit the Fairville Hutterite Colony in Bassano this summer for tours, a hearty lunch, and the chance to buy produce and baking. We're also investigating a trip to Yamnuska Wolfdog Sanctuary followed by some time in Cochrane for shopping, lunch, and, of course, some MacKay's ice cream.

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.

Green Transit Innovation in Freiburg, Germany

Hello, Mount Pleasant Neighbours,

It's time to head back to Europe as we continue our virtual adventure around the globe – seeking out inspiring communities that are leading the way with green initiatives.

In the vibrant city of Freiburg, Germany, the future of public transportation is being shaped. Renowned for its commitment to sustainability, Freiburg has long been at the forefront of eco-friendly initiatives, and its public transit system is a great example of green innovation.

Nestled in the heart of the picturesque Black Forest, Freiburg boasts a rich tapestry of natural beauty, and its residents have long recognized the importance of preserving the environment for future generations. At the heart of Freiburg's sustainable transportation environment is an extensive network of trams and buses that crisscross the city, providing convenient and eco-conscious mobility options for residents and visitors alike.

Central to the transportation network is the city's extensive tram system. The tram system is powered by renewable energy sources such as solar and hydroelectric power. Equipped with spacious interiors, bike racks, and accessibility features, the trams cater to the diverse needs of Freiburg's residents while minimizing carbon emissions and reducing traffic congestion. Complementing the tram system is Freiburg's comprehensive bus network, which extends its reach to every corner of the city and utilizes energy-efficient technology.

Freiburg also extends green initiatives beyond public transportation by offering other programs such as car-sharing and electric vehicle charging stations. In addition, Freiburg actively engages its residents in ongoing dialogue and participatory decision-making processes, empowering them to shape the future of their city. Through community workshops, public forums, and collaborative initiatives, citizens contribute their ideas and insights to the development of innovative solutions that prioritize sustainability and a greener world.

As other cities such as Calgary look to Freiburg for inspiration, they will find not only a blueprint for greener transit but also a blueprint for building thriving, resilient communities rooted in sustainability and shared values.

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. Also, 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 to check in to see what others are saying.

Have a great month,

The MPCA Green Initiatives Committee

MPCA COMMUNITY CLEANUP
Sunday, May 5, 2024
9 a.m. – 2 p.m.
Mount Pleasant SportsPlex
2408 6 St NW

COMMUNITY CLEANUP
Save a trip to the dump!
See website for a list of accepted items

DONATION/SWAP
Dedicated table for clothes, household items, toys, furniture, etc.

FOOD DONATIONS
Non-perishable food items and toiletries donations for community pantry

For more details visit:
www.mPCA.ca
www.calgary.ca/communities/community-cleanups



Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops





Our May 28 book will be *The Day the World Came to Town* by Jim DeFede. When thirty-eight jetliners bound for the United States were forced to land in Gander, Newfoundland, on September 11, 2001, due to the closing of United States airspace, the citizens of this small community were called upon to come to the aid of more than six thousand displaced travelers.

The people of Gander were asked to aid and care for these distraught travelers, as well as for thousands more, and their response was truly extraordinary. Oz Fudge, the town constable, searched all over Gander for a flight-crew member so that he could give her a hug as a favor to her sister, a fellow law enforcement officer who managed to reach him by phone. Eithne Smith, an elementary-school teacher, helped the passengers staying at her school put together letters to family members all over the world, which she then faxed. Bonnie Harris, Vi Tucker, and Linda Humby, members of a local animal protection agency, crawled into the jets' cargo holds to feed and care for all of the animals on the flights. Hundreds of people put their names on a list to take passengers into their homes and give them a chance to get cleaned up and relax.

The Day the World Came to Town is a positively heartwarming account of the citizens of Gander and its surrounding communities and the unexpected guests who were welcomed with exemplary kindness.

The June 25 book will be *A Killer in King's Cove* by Iona Wishaw.

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.

Watershed Author Visit

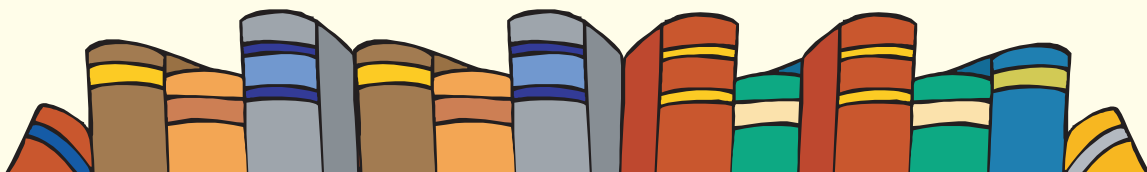


Many thanks to Brianna for organizing an informative and entertaining evening featuring Doreen Vanderstoop, author of *Watershed*. This is a timely novel for Alberta: in the novel, the glaciers are gone, there is a catastrophic drought, and farmers are threatened with ruin from the water shortages. Pipelines are being built to carry water and a disease not seen since the Dirty '30s is back along with dustbowl.

Although the novel is set in 2058, it is concerning to see some of these things happening today. The author began thinking of this story in 2010 after hearing reports of the impact climate change was having on farmers.

There are things you can do now to conserve water, in the bathroom, kitchen, laundry room, outdoors, and when you travel. Ideas are as simple as not running the water when you brush your teeth, wash your hands, and shave. For a full list, visit www.davidsuzuki.org/living-green/make-every-drop-count-water-conservation-tips/?gad_source=1.

Many of the 20+ people in attendance enjoyed reading a novel set in and around Calgary, following the characters through our streets and roads.



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!



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 central text reads 'MOUNT PLEASANT PLAYGROUP' in large, bold letters. Below this, a paragraph describes the program as a volunteer-run, low-cost parent and tot playtime. A circular inset shows a group of children playing. A QR code is located on the right side, and a blue circle at the bottom right says 'WINTER REGISTRATION OPEN NOW!'. The schedule is listed as 'MON, TUES, FRI, 9 AM TO 11 AM'. The address is 'MPCA Lower Hall - 602 22 Ave NW, Calgary, AB'. The website mpca.ca/playgroup is provided for more information. At the bottom, it says 'Questions? Email playgroup@mpca.ca'.

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CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

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, 403-269-2707.

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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.



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GARAGE SALE

Sunday, June 9, 2024 from 9:00am - 12:00pm

Foster's Garden Chapel

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**Support our charity by renting a table for \$20/table
at our Charity Garage Sale.**

Funds collected from table, refreshment and "staff table" sales will be given to Buchanan Elementary School. All funds you receive from the sale of your treasures are yours!

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