

SEPTEMBER 2024

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**JUMP INTO FALL FESTIVAL!**  
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**HALL PROGRAMS RETURN!**



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# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7  
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 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	Leanne Palichuk	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	Vacant	planning@mpca.ca
Special Events	Kathy Langton	communications@mpca.ca
Sportsplex	Jackie Traynor Barker	specialevents@mpca.ca
Swimming Pool	Jeff Gerlitz	sportsplex@mpca.ca
	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
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- Love Sugar & Dough



## 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.

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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.



## Crafternoons

### Arts and Crafts Sessions (Ages 14 and Up)

Crafternoons are back and our crafters are happy! Classes nourish your creative abilities and let you have a great time with others at the same time. These two-hour Crafternoon classes are sponsored by MPCA. They include all materials, 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 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 [mpca.tidyhq.com](http://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 September classes opened on August 7. To learn what classes are upcoming as early as possible, check the Events tab at [mpca.tidyhq.com](http://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 September Classes Are:

**Wednesday, September 11, 1:30 to 3:30 pm, Chalk Pastel Landscape:** Pastels have been used by artists since the Renaissance. Tracy Franks will share techniques such as blending and reflection to create a beautiful landscape.

**Wednesday, September 18, 1:30 to 3:30 pm, Needle Felted Pumpkin:** Create a charming pumpkin or squash for your Thanksgiving table decor. Maryvonne Farrand will demonstrate step-by-step this simple process.

## Monday Afternoon Games

Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, Monday afternoons in the Upper Hall, 602 22 Ave NW. A variety of games are offered depending on what interests the attendees: there's Whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette ([yvette.v53@hotmail.com](mailto:yvette.v53@hotmail.com) or 403-803-7697) to be advised when games afternoons are happening.



## ACTIVITIES AND EVENTS

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

### **MPCA Playgroup | Lower Hall**

Select Weekdays, 9:15 to 11:15 am.

### **Sportball | Upper Hall | Starts October 6**

Sunday afternoons.

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

Monday to Friday after school.

### **Afternoon Games | Adults | Upper Hall**

Sessions run from September to June.

Mondays, 1:15 pm.

### **Aspire to Inspire Zumba | Zumba Fitness | Upper Hall**

Mondays, 6:30 to 7:30 pm.

### **Exercise Program | Adults | Upper Hall**

Mondays and Wednesdays in the Upper Hall and on Zoom. Friday sessions over Zoom.

Sessions run from September to June.

Mondays and Wednesdays, 10:15 to 11:00 am, and select Fridays, 9:30 to 10:15 am.

### **Tai Chi | All Ages | Upper Hall**

Sessions run from September to June.

Mondays and Wednesdays, 9:00 to 10:00 am.

### **Flow Filipino Martial Arts | Upper Hall**

Mondays, 8:00 to 9:15 pm. Wednesdays, 8:00 to 9:00 pm.

### **Essentrics® with Gabrielle | September Classes Held Outside**

Tuesdays and Thursdays, 10:00 to 11:00 am.

Returning to hall in October.

### **Book Club | Adults | Lower Hall**

Fourth Tuesday of each month, 7:00 to 9:00 pm.

### **Crafternoons Arts and Crafts | Adults | Upper Hall**

Sessions run from September to June.

Select Wednesdays, 1:30 to 3:30 pm.

### **Chair Yoga | Upper Hall**

New Program!

Wednesdays, 11:15 am to 12:15 pm.

No classes on the fourth Wednesday of the month.

### **Monthly Seniors' Lunches | Ages 60+ | Upper Hall**

Fourth Wednesday of each month. RSVP required.

### **Mount Pleasant Community Farm Stand | Community Hall Parking Lot**

Thursdays, 2:00 to 6:00 pm.

### **Yoga with Trish Hardy Yoga | Upper Hall**

Thursdays, 7:45 to 8:45 pm.

### **Calgary Rakushinkan | Upper Hall**

Thursdays, 6:00 to 7:30 pm. Sundays, 5:00 to 7:00 pm.

### **Fly Right Swing Dance Lessons | Upper Hall**

Friday Evenings.

### **Rink | SportsPlex**

Select days, register online.

### **Jump into Fall Festival**

Saturday, September 7, 4:00 to 7:00 pm.

### **MPCA Book Club | *How the One-Armed Sister Sweeps Her House* by Cherie Jones | Lower Hall**

Tuesday, September 24, 7:00 to 9:00 pm.

### **MPCA Book Club | *The Bittlemores* by Jann Arden | Lower Hall**

Tuesday, October 22, 7:00 to 9:00 pm.

### **Pleasant Times Day Trip | Yamnuska Wolfdog Sanctuary**

Thursday, September 5, 9:00 am to 4:00 pm.

Contact [pleasanttimes@mPCA.ca](mailto:pleasanttimes@mPCA.ca).

### **AGM**

October, date TBD.

### **Pleasant Times Day Trip | Rosebud Theatre, *Christmas On The Air***

Thursday, November 28, 10:00 am to 5:00 pm.

Contact [pleasanttimes@mPCA.ca](mailto:pleasanttimes@mPCA.ca).



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# BOARD REPORT

Dear Mount Pleasant Community,

We hope everyone had a fantastic summer despite the challenges we faced with the water main break and smoke from wildfires. As we transition into September, we enter a period of renewal and activity. With children returning to school, we are delighted to see the revival of various programs at the Community Hall.

We're thrilled to introduce Chair Yoga to the MPCA Fitness Program lineup. This new offering is perfect for those looking to engage in gentle and accessible exercise, promoting both physical and mental well-being.

Our Crafternoons classes are back, providing a wonderful opportunity for community members to express their creativity and connect with others who share similar interests.

Registration is now open for two exciting day trips organized by the Pleasant Times Social Group. These outings are a great way to explore new places and enjoy a day out with old and new friends.

We are excited to announce the return of Monday Afternoon Games! This weekly event offers a chance to relax and enjoy a variety of board games and card games in a friendly and social environment.

We also welcome the return of many third-party program providers who offer a diverse range of activities. Be sure to check our events calendar for a complete listing of all upcoming offerings.

Mark your calendars for the Jump into Fall Festival on September 7! This event promises to be a delightful celebration of the new season, with activities and entertainment for all ages.

Fall registration is now open for the MPCA Playgroup, which provides a wonderful space for parents and tots to connect and play. We are also seeking volunteers for the Playgroup board, an excellent opportunity to get involved and make a difference in our community.

The SportsPlex wrapped up another successful season of Pickleball, and we're pleased to announce that the rink is back in place. For those eager to get back on the ice, check out our website for Members Skate times.

As we prepare for the changing seasons, we also look forward to our AGM in October. This year, the Secretary

role is up for election. If you are interested in joining the Executive Board and contributing to the community, please reach out to us for more information.

We are also seeking a community member to shadow our current Hall Director for the upcoming year. This is an excellent opportunity for someone interested in overseeing the operation and upkeep of our Community Hall. The role involves providing guidance to the Hall Manager, preparing budgets, coordinating with the Grants Director, and more. The shadowing position is intended to prepare the individual to take over the Hall Director role in the future. If you're interested in this opportunity, please contact us.

Thank you for your continued support and engagement with the Mount Pleasant Community Association. Together, we create a vibrant, inclusive, and welcoming community.

Warm regards,

*Mount Pleasant Community Association*

## VOLUNTEER OPPORTUNITY

# SECRETARY

MPCA Executive  
Board of Directors



The role of Secretary will be up for election at the upcoming Annual General Meeting in October! Serving as a 2-year volunteer on our Executive Board, this role plays a critical part in our community.

If you are passionate about fostering community connection and collaboration, consider becoming our Secretary.

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



# MPCA Playgroup

Hello neighbours!

Registration for the fall session of Playgroup is now open, so I wanted to take a minute to introduce Mount Pleasant Playgroup for those who haven't heard of us yet! Run by parent volunteers, Playgroup allows children a fun, unstructured play environment while allowing caregivers a well-deserved opportunity to relax and socialize with friends and neighbours.

The Mount Pleasant Playgroup started in the fall of 1981 - we are 43 years old! After the pandemic forced Playgroup to take a break, it was difficult to get it off the ground again, but we've been slowly building it back up and while it may look different than it used to, we've been having lots of fun! I have found Playgroup invaluable - I moved to Mount Pleasant in 2020 and didn't have many opportunities to meet people, and being part of Playgroup has connected me with so many neighbours with kids the same age as mine - I always see people I know at the park and the pool, and I feel very fortunate to be part of such a vibrant community!

Playgroup isn't just for moms - dads, grandparents, and nannies are all a part of our community, too. So, whether you're looking for a place where your little ones can adjust to being around other littles before starting daycare or preschool or just somewhere your kids can play freely while you get some time to connect with other adults, I hope you'll consider joining us!

We could also use your help! We're looking for keyholders and volunteers for board positions, including Vice-Chair and Treasurer.

**Vice-Chair:** The Vice-Chair supports the Chair and board, acts as a contact for Playgroup information, and prepares to take on the Chair role the following year.

**Purchaser/Treasurer:** The Purchaser/Treasurer attends playgroup board meetings, manages finances, and creates the annual budget for MPCA board approval.

**Secretary:** The Secretary takes minutes at Playgroup Executive meetings, distributes them to members, maintains playgroup documents, and manages duty rosters.

**Keyholders:** Keyholders volunteer to open and close the facility on their playgroup day and serve as leaders and liaisons to the board for their group.

Hope to meet you and your little ones soon!

Your Playgroup Chair,

*Kimberley Adams*

playgroup@mpca.ca



The poster features the MPCA Playgroup logo at the top, which includes the text 'MPCA PLAYGROUP' in a curved font and a circular emblem with 'MOUNT PLEASANT PLAYGROUP' and a tree. Below the logo is an illustration of six diverse children holding hands. The main text reads 'Volunteers Needed' in a large, blue, sans-serif font. Underneath, it says 'We're looking for keyholders and Volunteers for Board Positions:' followed by a list of roles: 'Vice Chair', 'Purchaser/Treasurer', and 'Secretary'. At the bottom, there is a line of text: 'For more information: playgroup@mpca.ca | https://mpca.ca/playgroup'.



The advertisement has a dark green background with white text. At the top, it says 'www.BIKEBIKE.ca' in a large, bold, sans-serif font. Below that, in a white rounded rectangle, it says 'FRIENDLY • FAMILY-OWNED'. The phone number '403-457-2453' is displayed in a large, bold, white font. Below the phone number, it says '430B - 40 AVENUE NE' in a bold, white font. At the bottom, in another white rounded rectangle, it says 'SALES AND SERVICES' in a bold, white font.

# 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 | 9:15 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 Starting October 6 Sports Instruction for Kids

**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.

## Adult Programs

### 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 [MPCA Fitness] - 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 [MPCA Fitness] - 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. Enroll for the full session or drop-in. 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**

Join Flow Martial Arts for traditional Filipino martial arts training in a supportive community. We offer Arnis stick fighting, unarmed applications and a great workout. Develop discipline, respect, and skill with our team. No experience is necessary!

Call Jeff at 587-891-8108 or check out [flowma.ca](http://flowma.ca) to start your martial arts journey today!

### **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 [m.facebook.com/flyrightswing/](https://m.facebook.com/flyrightswing/).

### **Chair Yoga [MPCA Fitness] - Upper Hall**

**Drop-in classes are available on Wednesdays | 11:15 am to 12:15 pm**

Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Enrol for \$8 per class. For more information, please contact Catharine at [cathdurst@hotmail.com](mailto:cathdurst@hotmail.com) or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.



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Our September 24 book will be *How the One-Armed Sister Sweeps Her House* by Cherie Jones. In the tradition of Zadie Smith and Marlon James, a brilliant Caribbean writer delivers a powerful story about four people each desperate to escape their legacy of violence in a so-called "paradise." In Baxter's Beach, Barbados, Lala's grandmother Wilma tells the story of the one-armed sister.

It's a cautionary tale, about what happens to girls who disobey their mothers and go into the Baxter's Tunnels. When she's grown, Lala lives on the beach with her husband, Adan, a petty criminal with endless charisma whose thwarted burglary of one of the beach mansions sets off a chain of events with terrible consequences. A gunshot no one was meant to witness. A new mother whose baby is found lifeless on the beach.

A woman torn between two worlds and incapacitated by grief. And two men driven into the Tunnels by desperation and greed who attempt a crime that will risk their freedom – and their lives. *How the One-Armed Sister Sweeps Her House* is an intimate and visceral portrayal of interconnected lives, across race and class, in a rapidly changing resort town, told by an astonishing new author of literary fiction.

The October 22 selection is *The Bittlemores* by Jann Arden (delayed from a prior month to allow more time to get library copies). 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 [bookclub@mpca.ca](mailto:bookclub@mpca.ca) for more information. Come and join in a lively discussion about a great book.



### Pleasant Times Social Club – For Adults of All Ages

*Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!* - Ingrid Bergman

Pleasant Times Social Club is a great way for people to get out of the house, socialize with old and new friends, be active, see places and things we might otherwise miss, and build support systems. Our activities are possible thanks to the backing 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 these opportunities.

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 July lunch is usually our first outdoor picnic of the year, but this year's heat and smoke kept us indoors. No rousing games of bocce and horseshoes that month but we're hoping for better luck in August. We did enjoy a great meal of pizza from 4<sup>th</sup> Street Pizza (delicious as always), Caesar salad prepared by our many volunteers, and ice cream sandwiches. Everyone had a great time chatting with their neighbours and catching up on the latest news.

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.

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](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Day Trips:** Our outing to an evening performance of *A Closer Walk with Patsy Cline* at Stage West on August 28 and Rosebud Theatre (*Christmas On The Air*) scheduled for November 28 both sold out. We're still looking forward to the Stage West show at time of writing; look for an update next month.

We're also planning a trip to the Yamnuska Wolfdog Sanctuary followed by free time in Cochrane (think MacKay's ice cream!) on Thursday, September 5. This will probably be a fond memory by the time you read this *Pulse*. If not and you'd like to make a last-minute trip, please contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403 289-8390. The Sanctuary is a non-profit dedicated to promoting awareness and education about wolfdog ownership. It is located near Cochrane on 160 acres of land and currently has 55+ permanent wolfdogs. We'll start our visit with a Private Intro Tour for our group. This will be held in a viewing structure inside a wolfdog enclosure; we'll be able to watch the wolfdogs and guides and take pictures without the obstruction of the fences but won't be in contact with the wolfdogs. The guide will tell us about wolves and wolfdogs and interact with the wolfdogs. After, we'll have time to walk around the Sanctuary's other enclosures, take in a Wolfdog Wisdom Session Q&A while a guide provides some enrichment for the wolfdogs, and visit the Information Centre and gift shop. Next, we'll head to Cochrane where you can buy lunch or bring a picnic from home, visit the shops, and check out the latest flavours at MacKay's Ice Cream.

**Rosebud Theatre, *Christmas On The Air***, Thursday, November 28, 10:00 am to 5:00 pm, just \$70 per person. We'll enjoy a comfortable ride through the countryside to Rosebud, arriving in time to enjoy their usual extensive buffet and lunch entertainment before heading to the theatre for the play. *Christmas On The Air* tells the story of a 1940s family-run radio station, moments from going live with their annual Christmas Eve broadcast full of familiar holiday carols and yuletide stories. In the booth, young love sparks between Kitty, the weather reporter, and Danny, the sound effects operator, but Kitty has a secret that could put her job in jeopardy. All of this unfolds under the watchful eyes of Danny's parents, owners of

the radio station, and a live studio audience, resulting in a chaotic and hilarious “on-air” Christmas. This trip is sold out, but seats may become available. To be added to the wait list, please contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390.

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.

# Checkmate!

On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!



## BRAIN GAMES

## SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



## Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

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

## A Car-Free City Centre

Hello Mount Pleasant Neighbours!

As everyone returns from summer vacations and gets back to work and school, our focus shifts to green transportation and how we can go about traveling throughout our city without having to use our cars. This leads us to the next stop on our monthly Green Initiatives Committee virtual trip itinerary: Ljubljana, Slovenia, which is one of the only cities in the world with a completely car-free downtown!

It all started in 2012, when Ljubljana adopted their new Sustainable Mobility Plan, which was designed to limit personal motor vehicle traffic and prioritize pedestrians, cyclists, and public transport. The development of this plan was driven by the fact that the city had been experiencing significant increases in personal motor vehicle traffic over the past decade and had begun to worry about their safety and the City's long-term sustainability. The Plan, aimed at creating a safer, cleaner, and more sustainable city, had a key central action of turning the city centre into a pedestrian prioritized zone.

In order to accomplish this, Ljubljana implemented a number of different measures to limit motorized transport and promote sustainable mobility throughout the city. Improvements to both cycling networks and public transportation, including establishing park-and-ride facilities, increasing the size of their bus fleet and building an all-electric train, in addition to developing 220 km of dedicated cycle routes. All of these enabled the switch from a vehicle heavy focused central core to a car-free one.

These changes were not without controversy - many of the city's residents initially pushed back against these changes, citing that they were fearful of change and the uncertainty it brought. Strong communication and thorough engagement throughout the process served to effectively highlight all of the benefits of this newly adopted plan and, over time, the residents got on board. In the 10+ years since, Ljubljana has achieved some fairly impressive results, with a 620% increase in pedestrian-friendly and green transportation surfaces, enabling a 70% reduction in greenhouse gas emissions in their City Centre. Ljubljana has also seen a significant increase in their well-being and liveability scores, as well as a boost to their local economy.

So, what lessons can Calgary take from this? The first is that making changes in different individual areas in a city, such as at a community level, can have a meaningful impact on the way people travel and live throughout the city. Secondly, it shows the importance of not acting in isolation, but rather in a collaborative and holistic way. This can inspire us to work within Mount Pleasant and cooperate with our neighbouring communities to continue to build a safer and more sustainable place to live, work and play.

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. If you'd like to get added to our email list, or if you have any questions. You can find us on the Mount Pleasant Community Association page as well.

Have a great month,

*The MPCA Green Initiatives Committee*



## World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

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## 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

Images: Chicken Soup, Spaghetti, vegetables, and a MPCA logo.

## Mount Pleasant Community Farm Stand Program

The MPCA is thrilled to continue our partnership with the City of Calgary and Lil Green Urban Farm for another Community Farm Stand Program season. Building on last year's success, we're excited to offer our community access to fresh, locally grown produce while continuing to support local businesses.

Join us at the Mount Pleasant Community Hall every Thursday from 2:00 to 6:00 pm to enjoy the bounty of the Farm Stand. This partnership allows us to connect with neighbours, support our farmers, and indulge in delicious, healthy food options.

For more information about local food initiatives in Calgary, visit [www.calgary.ca/localfood](http://www.calgary.ca/localfood).





**Chair Yoga Starts on Wednesday, September 11:**

Mount Pleasant resident Catharine will lead weekly chair yoga classes. Catharine has been practicing yoga since the early 1980s and would love to share her passion for yoga with you.

Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles.

All you need is your MPCA membership and comfortable clothing. You will be practicing in bare feet or socks only, no special shoes required. If you have a yoga mat, please bring it to put under your chair. You won't be getting down on the floor; only your mat will!

Drop-in classes are available on Wednesdays (except the fourth Wednesday of each month) starting September 11, 2024, for just \$8 a class. Class time is 11:15 am to 12:15 pm. All classes will take place in the Upper Hall, 602 22 Ave. NW. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

**Tai-Chi Is Back!** Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Monday classes focus on beginners, though all, regardless of age and experience, are welcome on 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 will depend on the number of people who sign up but usually is around \$4 per class if you sign up for the session and \$5 per class drop-in.

**Exercise Class for All Fitness Levels:** Our exercise class took July and August off but we're back starting September 9. If you're a fan of high-intensity burpees, mountain climbers, lunges and much more, this class may be just what you're looking for. If you'd like a more laid-back class to increase your fitness level or just get

in some physical activity, you can accomplish that, too. The instructor accommodates all fitness levels with easier and more challenging variations to meet all goals. And it's available on Zoom Monday, Wednesday, and Friday mornings. This is a convenient way for people who work from home or have children to get in a workout during the day without leaving home.

If you would like to try a free class to see if this class meets your needs, please contact Linda at pleasanttimes@mpca.ca or call 403-289-8390. People of all ages and fitness levels are welcome, whether you want a low, moderate, or high intensity workout. 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.

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.

**JOKE OF THE MONTH**

Can a kangaroo jump higher than the Empire State Building?

Of course. The Empire State Building can't jump!

**the Gutter Doctor** 403-714-0711 gutterdoctor.ca

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**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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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.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**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).





**Samaritan Club  
of Calgary**

# Fall Super Thrift Sale

**Saturday, September 28**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
1320 - 5th Avenue NW**



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

**For More Information:  
samaritanclub.ca**

**All proceeds will benefit  
Calgarians in need**



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