

OCTOBER 2024

DELIVERED MONTHLY TO 4,400 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



AGM

OCTOBER 15

7:00 PM

MOUNT PLEASANT COMMUNITY HALL



CONNECT WITH US

403.560.2166 | connectgroupcalgary.com

NICK J.M. PROFETA | HEATHER PROFETA | PATRICK E. HARE | ALBERT MAH | RYAN SCEVIOUR



Unlock Your Dream Home Now!

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Cats, Canines, & Critters of Calgary



Buck, *Montgomery*



Dry Bones,
McKenzie Lake



Harper Lee, *Beddington*



Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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

MPCA Community Association

602 22 Ave NW Calgary T2M 1N7
 Email info@mpca.ca Website www.mPCA.ca
 Facebook <https://www.facebook.com/MountPleasantCommunity>
 Twitter <https://twitter.com/MountPleasantCA>

EXECUTIVES

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



Crafternoon

Arts and Crafts Sessions (Ages 14 and Up)

Crafternoons are back and our crafters are happy! Classes nourish your creative abilities and let you spend an enjoyable afternoon 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 <https://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 October classes opened on September 10. To learn what classes are upcoming as early as possible, check the 'Events' tab at <https://mpca.tidyhq.com> regularly. It's always best to set a reminder to do this early each month as classes fill up quickly.

The October Classes Are:

Wednesday, October 2 from 1:30 to 3:30 pm, Collage: Tracy Franks will guide us in creating an art piece on canvas board, using papers of different weights, textures, and colours. Please bring to class anything that you would like to incorporate into your creation: old photographs, ribbon, tickets, etc.

Wednesday, October 9 from 1:30 to 3:30 pm, Stunning Sunflowers: Doris Loewen and Leigh Ellen Caro will lead an easy to follow, step-by-step painting lesson using

watercolour pigment to create sunflowers. You will learn how to use shapes to paint sunflowers from different perspectives, how to load your brush with two or more colours of paint, and how to use brushwork to depict petals and leaves that come alive!

Wednesday, October 16 and 30 from 1:30 to 3:30 pm, A Two-Part Ceramics Class (Please register once only and commit to attending both days): Connie Zerger will instruct us in the process of hand building, embellishing, and glazing a succulent planter. A perfect Christmas gift.



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 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

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

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.

Members Public Skate | Members Sticks, Pucks, and Rings | SportsPlex Rink

Select days, register online.

AGM with Wine and Cheese Reception to Follow (Members and Invited Guests) | Upper Hall

Tuesday, October 15, 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.

MPCA Book Club | *Remarkably Bright Creatures* by Shelby Van Pelt | Lower Hall

Tuesday, November 26, 7:00 to 9:00 pm.

PleasantTimes Day Trip | Rosebud Theatre, *Christmas On The Air* (Sold Out)

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

Contact pleasanttimes@mPCA.ca.



SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

BOARD REPORT

Dear Mount Pleasant Community,

As we embrace the changing seasons, we want to extend a heartfelt thank you to everyone who joined us for the Jump into Fall Festival on September 7! It was a wonderful way to celebrate the transition into autumn, and we appreciate your enthusiasm and support. September also marked the return of many programs to our hall, reflecting the renewed energy as school resumes and we dive into a busy season.

With October upon us, we look forward to a time of transition and new beginnings. We would like to invite you to our Annual General Meeting (AGM) on Tuesday, October 15 at 7:00 pm in the Upper Hall. The Secretary position on our Executive Board of Directors is up for election. This role is essential in helping to keep our association organized and connected.

We are also seeking a community member interested in shadowing our Hall Director over the next year, with the intention of stepping into the role in 2025. This is a great opportunity for someone who enjoys community engagement and would like to help manage and enhance one of our most valued community spaces.

Additionally, we have an opening for a Grants Coordinator. This role is perfect for someone who has a knack for research and writing and is interested in helping secure funding to support MPCA programs and initiatives.

We are also looking for an IT Coordinator to assist with managing our technical systems. This role is ideal for someone who is tech-savvy and enjoys supporting digital tools and platforms, ensuring smooth operation, and helping the board stay organized and efficient.

If you're interested in learning more about any of these roles, please contact engagement@mpca.ca.

Please note that only Mount Pleasant residents with an active MPCA membership are eligible to vote at the AGM and to serve on the Board of Directors. If you need to join or renew your membership, please visit mpca.ca/membership.

Following the AGM, we will host a wine and cheese reception. This is a wonderful chance to connect with the board and meet fellow community members in a relaxed setting.

We hope to see you at the AGM and thank you for your continued support of our 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 to express interest.



Scary, Spooky. Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.



Mount Pleasant SportsPlex News

Community Grants Boost SportsPlex with New Zamboni Purchase

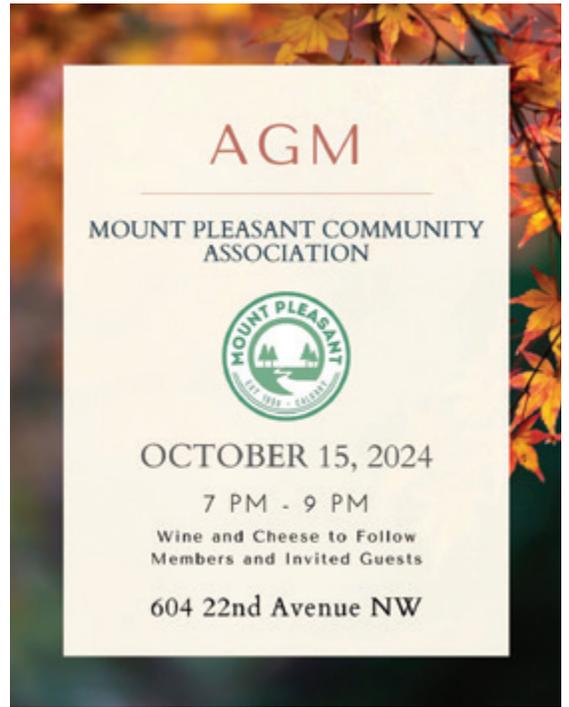
The Mount Pleasant Community Association is pleased to announce a significant development for our Sportsplex. Through the generous support of a \$50,000 grant from the Parks Foundation and \$102,611 from the Community Facility Enhancement Program through the Government of Alberta, we have secured 75% of the funding needed for a new Zamboni. This crucial equipment will help ensure the continued smooth operation of our ice facility.

The support has been warmly received by our community. Shawn Stordy, a dedicated hockey parent, coach, and volunteer, expressed his relief and gratitude: "As a community coach and dedicated hockey parent, I was greatly relieved to hear the Mount Pleasant Community Association was able to secure funding to allow them to purchase a new reliable Zamboni. Without this funding, the Sportsplex would be forced to utilize rental machines at an additional cost with the same limited reliability as an aged-out machine. An inoperable machine poses a safety risk to players, volunteers, and staff."

The new Zamboni will address the issues faced with the previous machine, which was prone to breakdowns and posed safety risks. Jeff Gerlitz, Sportsplex Director, noted, "The Zamboni is the heart of the facility and must run reliably or risk program cancellations, overall business success, reputational concerns, and youth optimism. The Sportsplex has provided many youths with meaningful development goals, a productive social pastime, and an avenue for many to give back to the community through coaching and other volunteer work."

The Mount Pleasant Community Association is deeply grateful for the funding that will allow us to maintain a high-quality ice surface and continue to provide a safe, reliable, and welcoming environment for our young athletes, volunteers, and everyone in our community.

This support underscores the importance of community partnerships in maintaining and enhancing our local facilities. We extend our heartfelt thanks to all who contributed to making this essential upgrade possible.



BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



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 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 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.

Adult Programs

Essentrics® Gentle Fitness - Upper Hall

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

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

Aspire to Inspire Zumba [3rd Party] - Upper Hall Mondays | 6:30 to 7:30 pm

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

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

Tai-Chi [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 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 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

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 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, 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/.

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 or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.



**SCAN HERE TO VIEW ADDITIONAL
MOUNT PLEASANT CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Our October 22 selection is *The Bittlemores* by Jann Arden (delayed from a prior month to allow more time to get library copies). A heartfelt, comic, and deeply satisfying debut novel from the #1 bestselling author, singer-songwriter, and member of Canada's Music Hall of Fame. *The Bittlemores* is a little bit *All Creatures Great and Small*, a little bit *Fargo*, and all Jann Arden!

On mean Harp Bittlemore's blighted farm, hidden away in the Backhills, nothing has gone right for a very long time. Crops don't grow, the pigs and chickens stay skinny, and the three aged dairy cows, Berle, Crilla, and Dally, are so desperate they are plotting an escape. The one thing holding them back is the thought of abandoning young Willa, the single bright point in their life since her older sister, Margaret, ran away. But Willa Bittlemore, just turning 14, is planning her own rebellion. Something doesn't add up in the story she's been told about her missing sister, and she's beginning to question if her horrible parents are even her parents at all. Just as things are really coming to a head, a bright young police officer starts investigating a cold case involving a baby stolen from a little rural hospital 28 years earlier, and Willa and the cows find out exactly how far the Bittlemores will go to protect a festering secret.

Written with Jann's trademark outrageous humour and full of her down-to-earth wisdom, *The Bittlemores* is a rural fairytale, a coming-of-age story, and a prairie mystery all-in-one, saturated with her observations of the world she grew up in and her deep connection to the animals we exploit. This marvel of a first novel digs into how people come to be so cruel, but it also glories in the miracle of human kindness.

The November 26 selection is *Remarkably Bright Creatures* by Shelby Van Pelt. 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 for more information. Come and join in a lively discussion about a great book.

PLEASANT TIMES SOCIAL CLUB

Perks of being over 60: People call at 9:00 pm and ask, “did I wake you?”

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 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 and you're available, please contact us for more information.

Monthly Lunches: Our August “picnic” was indoors again due to the cold and welcome rain. People had a good time even without our traditional bocce and horseshoes tournaments, chatting with others and enjoying a delicious picnic lunch sourced by Connie Z. and prepared with the help of our many volunteers.

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 ages 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 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 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 quickly. Fifty-two people came along for Stage West, enjoying a tasty buffet dinner, and the many songs and comedy skits performed by the talented cast. Our September 5 journey to the Yamnuska Wolfdog Sanctuary is still upcoming at the time of writing.

We're starting to gather suggestions and to plan for our 2025 day trips. Will we try for better luck at the Lake Louise Ice Sculptures? A summer journey to Banff? Another great play or three at Stage West, Rosebud, or Jubilations? Maybe an overnight trip to the Frank Slide Interpretive Centre and Waterton Lake? A day in Diamond Valley (formerly Black Diamond and Turner Valley)? What are your ideas? We want to go where you want to go!

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.



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.

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 large blue letters. Below that, 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, it provides contact information: 'For more information: playgroup@mPCA.ca | https://mPCA.ca/playgroup'.



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

Inspiring Sustainability: Lessons from Grenoble, France for Calgary's Future

As we continue our journey around the world, we are landing in Grenoble, France, to see what this city is doing that could inspire Calgary. Grenoble is a medium-sized city in the French Alps that is doing a lot in terms of energy transition, environmental protection, and adaptation to climate change. For the past ten years, the city has seen drastic changes and has been elected the "European Green Capital" by the European Commission in 2022. Grenoble boasts an extremely efficient public transportation system, with a large tramway and bus network, and an extensive bike path network (it even has bike highways!), with the speed limit having been lowered to 30 km/h in most of the city. Not all those changes were favourably received initially, but the introduction of citizen-led projects called "budget participatif" has been effective in getting people on board. Putting citizens in the role of community builders has been a great and popular way to make the city more sustainable. Using this innovative form of urban development based on the "bottom-up" approach, the city not only progressed towards its sustainability goals but did it with the full support of the population.

Introduced in 2015, the "budget participatif" is a municipal initiative where each year, a part of the city's budget is allocated to citizen-led projects (800,000 Euros per year since 2015, which has been increased to 1,800,000 Euros this year). This initiative gives all citizens (16 years and older) an opportunity to present, develop, and implement a project that will benefit the city. The initiative is not designed to cater only to projects strictly related to sustainability (it can be in relation to sports, culture, solidarity, etc.). Each year, the city collects citizen proposals, and studies their feasibility and cost. At the end of the initial process, 30 projects are selected, presented, and put to a public vote. The applicants are involved in all phases of the project, from presenting the idea to the citizens through an electoral campaign, to designing and implementing the project. A designated city department assists the applicants along the way, not only helping with funding but also with implementation. The projects can benefit a specific neighbourhood or a street or can be a way to test new ideas on the public space. Some of

those experiments have been such a success that they were incorporated into the city's climate strategy (like repainting in white the roofs of public buildings to lower AC costs during the summer.)



So far, the initiative has been quite successful, as, out of the 77 projects selected, 45 have been completed. A wide range of interesting projects have been implemented, from creating a community chicken coop in the city, to shared gardens on the rooftops or communal orchards. Other projects have included a city-wide program for shared cargo-bikes, community fridges and pantries, and even a public "object library" was opened where you can borrow anything from a lawn mower to a blender! Some projects were aimed at preserving the city's biodiversity with green roofs or "bat hotels" within the city. The inhabitants got involved in urban planning as well with a project aimed at adding bike racks on either side of the crosswalks (where a parking spot would be), to increase visibility and protect pedestrians. The results speak for themselves: empowering residents to take meaningful action in their City has led to substantial progress being made towards their sustainability goals.



Photo credit: Grenoble.fr Budget Participatif

So, what do you think? In a city like Calgary, renowned for its volunteers, wouldn't that be a neat idea? Let us know what you think, either on our Facebook page "Green Initiatives" or by contacting us at green@mpca.ca. 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.

Have a great month,

The MPCA Green Initiatives Committee

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

Chicken Soup, SAUCY SPAGHETTI

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.





Chair Yoga: 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. 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.

Just wear comfortable clothing and bring a yoga mat if you have one to put under your chair. You won't be getting down on the floor; only your mat will! You will be practicing in bare feet or socks only, no special shoes required.

Drop-in classes are available on Wednesdays (except the fourth Wednesday of each month) 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.

Exercise Class for All Fitness Levels: It's time to get back in shape after taking the summer off. 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 a workout in during the day without leaving home.

If you want to try a free class to see if this class meets your needs, please drop by the community hall (602 22 Ave NW), any Monday or Wednesday morning (except the fourth Wednesday of the month) by 10:15 am or

contact Linda at pleasanttimes@mpca.ca or 403-289-8390. People of all ages and fitness levels are welcome, 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.

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.

Tai-Chi: Tai-Chi returned in September with classes 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 to attend 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. Currently, it is \$4 per class this round if you sign up for the session and \$6 per class drop in.



Nobel Canadians



Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

MOUNT PLEASANT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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 or call Clayton at 403-970-5441.

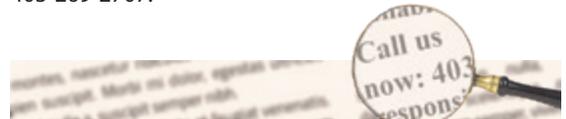
GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed,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

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

MENTAL HEALTH COUNSELLING NEAR YOU - COMPASSIONATE, EFFECTIVE AND CONFIDENTIAL: Team of highly trained Psychologists, Social Workers, Occupational Therapists, and Nutritional Consultants who each have over 15 years of experience supporting individuals, children & youth, couples and families to work through life's challenges and transitions. Private insurance eligible. Located in Centre 1110 building. Connect at www.mariaschmid.ca.

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.

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.



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

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. 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!

Get Noticed

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING