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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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MAY 4



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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

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- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint
- Alberta University of the Arts (AUArts)



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.

BOARD REPORT

Dear Neighbours,

May is here, and with it comes a full slate of community activities!

Our Taste of Mount Pleasant was a huge success, selling out once again. This event is a great way to highlight local businesses from Mount Pleasant and our neighbouring communities, and we couldn't have done it without the hard work of our special events committee, our incredible vendors, dedicated volunteers, and, of course, all of you who attended. Thank you for making it such a fantastic evening.

April also marked the return of the Community Garden, though rain and snow made for a chilly start. We're hoping those April showers bring plenty of May flowers, and we look forward to another great season of fresh produce and beautiful greenery in the garden. It's always wonderful to see this space come to life each year, bringing people together and adding more greenery to our neighbourhood.

This month, our Green Initiatives Committee is hosting the Annual Community Cleanup at the Hall on May 4 in collaboration with the City of Calgary. If you have items to get rid of, this is a great chance to clear out some space without a trip to the dump. Check our website for details on the time and a list of accepted items. Rumour has it that the Nerf Park will be back in action in the week preceding the cleanup, keep an eye on our website and social media channels for details!

May also marks the return of the Community Farm Stand at the Hall. In partnership with Lil Green Urban Farms and the City of Calgary, this marks the third year that Lil Green will be bringing fresh local produce to our community. Be sure to stop by and support this wonderful initiative.

We're still looking for someone to step into the role of Assistant Hall Director to shadow our current Hall Director and take over at the AGM in October. If you're interested in this or any volunteer role, please reach out to engagement@mpca.ca.

The MPCA is interested in starting a Community Watch program and is looking for neighbours who want to help support a safer community. If you'd like to contribute to

developing this (or any other) initiative, please email engagement@mpca.ca.

Looking ahead to summer, we are in need of volunteers for our fundraising casino on August 7 and 8 at ACE Casino. This event is one of our biggest fundraisers, supporting community programs. If you can help, please contact our Casino Coordinator, Michele Gole at casino@mpca.ca.

Thank you to everyone who continues to support our community through events, volunteering, and simply being a great neighbour. We look forward to seeing you soon!

MPCA Board



Calgary's Urban Forest: A Vital Resource for Our Community

As we shake off the inconvenience of a late spring snowfall, let's take a moment to appreciate the benefits of this unexpected moisture—especially for Calgary's trees.

With approximately 7 million trees valued at over \$1.3 billion, our city's urban forest is impressive, given our dry climate, poor soil conditions, and extreme weather. However, Calgary's tree canopy covers only about 8% of the city, far behind Edmonton's 13%, Winnipeg's 17%, and the 20%+ coverage found in many other urban centres. Our city's sprawling nature means we need even more trees to achieve a healthier canopy.

Why More Trees Matter

Despite the challenges, increasing Calgary's tree coverage is critical, especially in the face of climate change. Trees provide numerous benefits that enhance urban life, including:

- **Cooling Our City:** Trees reduce the urban heat island effect by providing shade and releasing moisture, which helps lower temperatures and decrease energy consumption.
- **Improving Air Quality:** Trees act as natural air filters, absorbing pollutants and improving respiratory health for residents.
- **Managing Stormwater and Preventing Flooding:** Trees help absorb excess rainwater, reducing runoff and lowering the risk of flooding.
- **Supporting Wildlife and Biodiversity:** A well-maintained tree canopy provides essential habitats for birds, pollinators, and other wildlife.
- **Boosting Mental and Physical Well-Being:** Green spaces have been linked to reduced stress, increased physical activity, and improved community well-being.

How You Can Help

Homeowners play a crucial role in expanding Calgary's urban forest. Here's how you can contribute:

1. Plant the Right Trees

Choosing the right species is key to ensuring tree survival in our climate. Consider hardy, drought-resistant trees such as:

- **Saskatoon Berry** – A shrub that produces edible fruit.
- **Colorado Blue Spruce** – A resilient evergreen.
- **Bur Oak** – A sturdy, drought-tolerant tree.
- **Mountain Ash** – A winter-hardy option with bright berries.

2. Diversify Tree Species

A mix of deciduous and evergreen trees enhances biodiversity and makes Calgary's tree canopy more resilient to disease and pests.

3. Practice Proper Tree Care

- **Watering:** Young trees need consistent watering, especially during dry periods.
- **Mulching:** Helps retain moisture and enriches soil health.
- **Pruning:** Encourages healthy growth and prevents damage.
- **Fertilizing:** Can support young trees in their early years.

4. Protect Trees from Harsh Conditions

- **Winter Protection:** Wrapping trunks and shielding trees from Chinook winds can prevent damage.
- **Soil Care:** Aerating the soil and adding organic compost helps promote strong root systems.

5. Get Involved in Community Initiatives

Support local tree-planting efforts and programs such as the Calgary Urban Forest Alliance or municipal initiatives like Green Calgary. Many organizations offer free or discounted trees to encourage planting.

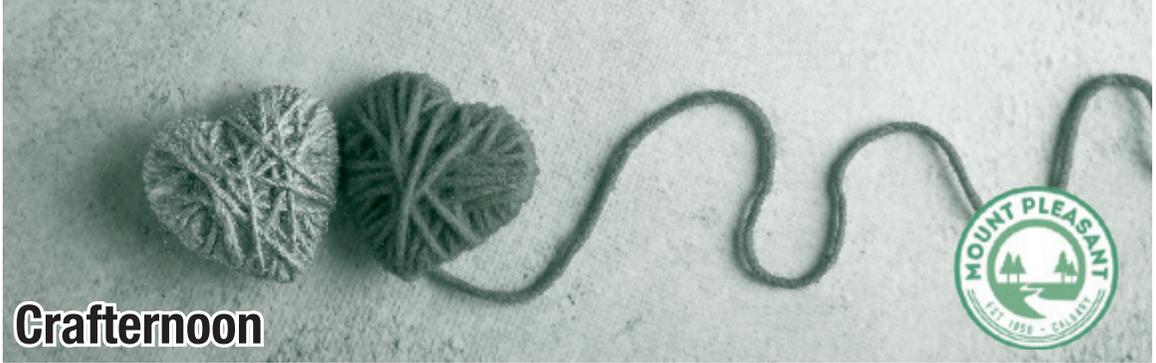
6. Advocate for More Trees in Your Neighbourhood

Encourage neighbours, attend city meetings, and support urban forestry policies to help make tree coverage a priority in Calgary.

A Greener Future for Calgary

Trees are more than just a scenic addition to our streets; they are an essential component of a sustainable and resilient city. By planting and caring for trees, we can help mitigate climate change, improve public health, and enhance the beauty of our community. Let's work together to grow Calgary's urban forest for future generations!





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 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.

To learn what classes are upcoming as early as possible, check the Events tab at mpca.tidyhq.com regularly. It's always best to set a reminder to do this early in each month as classes fill up quickly.

Registration for the following May classes opened Tuesday, April 8, 2025, at 10:00 am.

Wednesday, May 14, 1:30 to 3:30 pm, Beaded Suncatcher for All Skill Levels with Aileen Lublinkhof: Spring is here! Come catch some rays creating a suncatcher, built using basic wire wrapping techniques along with beads. You choose to make a version of

a suncatcher that's easy, intermediate, or advanced. Aileen will lead you in making a beautiful object you can hang in a window, on a mirror, or anywhere you want something shiny in your life.

Wednesday, May 21, 1:30 to 3:30 pm, Felted Bowls with Tracy Franks: Using colourful wool roving and a fun wet felting technique, we will create a bowl, like magic! Please bring a hand or bath towel to class.



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ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events at mpca.ca/programs, mpca.ca/news, and mpca.ca/specialevents.

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 | Upper Hall

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

Book Club | Adults | Lower Hall

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

Crafternoons Arts and Crafts | Adults (Ages 14+) | Upper Hall

Sessions run from September to June.

Wednesdays, 1:30 to 3:30 pm.

Chair Yoga | Upper Hall

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.

Go Play! | Children (18 months to 7 years) | Upper Hall
Wednesdays, 4:30 pm.

Wednesday Workout with Sinead | Upper Hall

New Program!

Wednesdays, 6:45 to 7:45 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' Pickleball and Badminton | SportsPlex Rink

Select days, register online.

Community Cleanup

Sunday, May 4.

Check website for full details as they become available.

Book Club | Lower Hall | *The Rosewood Casket* by Sharyn McCrumb

Tuesday, May 27, 7:00 to 9:00 pm.

City of Calgary Community Farm Stand | Lil Green Urban Farms

Thursdays. Returning in May.



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

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.

New Program! Go Play! [3rd Party] - Upper Hall

Wednesdays Starting at 4:30 pm

GoPlay! is your new local sports club for kids 18 months to 7 years old.

For more information visit calgary.goplay.ca/. To register visit homebasehub.ca/goplay/calgary.

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.

New Program! Wednesday Workout with Sinead [3rd Party] - Upper Hall

Wednesdays | 6:45 to 7:45 pm

Whether you're a fitness fanatic or just starting out, join us for a 50-minute Wednesday workout. A weekly dose of movement, connection, and good vibes. We will spend our time working through cardio and barre work, then finish off the evening with mat work and stretch. Email sineadb@shaw.ca for further questions and to reserve your spot.

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.

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PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

Age advantage: Your secrets are safe with your friends because they can't remember them either.

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: At the time of writing, we're looking forward to our annual book exchange in April and plant exchange in May. We bring books we've enjoyed and now want to pass on to our neighbours to read. With luck, we'll have been able to check out our gardens before the May lunch to find extra plants we hope our neighbours will enjoy. From there, it's a short hop to the summer months when we hope to lunch outdoors and enjoy some bocce and horseshoes games.

Our seniors' lunches are held on the fourth Wednesday of each month 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: Fifty-six of us enjoyed a great buffet lunch and hilarious farce in March when we headed to Stage West for Too Many Cooks. All the laughs helped to work off the buffet, at least until we hit the dessert buffet during the intermission.

We have an overnight trip to Waterton National Park and the Frank Slide Interpretative Centre organized for May 29 to 30. This trip sold out quickly. Don't be disappointed for our future outings to (perhaps) a Hutterite Colony and the Cremona Fall Market, and definitely to an evening Stage West show and buffet, and Rosebud Theatre for its Christmas show. 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.



AGES 0-5

MOUNT PLEASANT PLAYGROUP

AT HOME WITH THE KIDS AND NEED TO GET OUT OF THE HOUSE? COME JOIN US!
KIDS ENJOY FREE PLAY WHILE PARENTS GET SOME MUCH NEEDED SOCIAL TIME TOO!
FREE WITH MPCA MEMBERSHIP

FALL REGISTRATION OPEN NOW!

MON, TUES, FRI, 9:15 TO 11:15 AM
MPCA Lower Hall - 602 22 Ave NW, Calgary, AB
For more information, go to mPCA.ca/playgroup
Questions? Email playgroup@mPCA.ca

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.



2 Plot Sizes!
Standard &
Accessible

MOUNT PLEASANT'S COMMUNITY GARDEN

Spaces are limited. If you are interested in renting a garden plot for the 2025 season, please use the link or scan the QR code to access the sign-up form:

<http://bit.ly/41MRtXj>

SCAN ME!

Questions? Email: garden@mpca.ca

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SCAN ME



Chair Yoga is here! Chair yoga returned on Wednesday, January 8. It 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 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 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: 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 drop by the community hall, 602 22 Ave NW, any Monday or Wednesday morning (but not the fourth Wednesday of the month) by 10:15 am or contact Linda (email 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 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: 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 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 depends on the number of people who sign up, usually about \$4 per class if you sign up for the session and \$6 per class drop in.



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.

Window and Balcony Safety

by Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children’s reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child’s ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

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Foster's Garden Chapel

Sunday, June 8, 2025
from 9:00 a.m.- 1:00 p.m.

Foster's Garden Chapel
3220 - 4 Street NW,
Calgary, Alberta

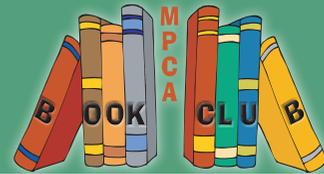
For more information
please visit: www.fostersgardenchapel.ca

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 - Breakfast for a donation
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Our May 27 book selection is *The Rosewood Casket* by Sharyn McCrumb. The stage is set for family drama when Randall Stargill lies dying on his southern Appalachian farm, and his four sons come home to build him a coffin made from the special cache of rosewood he has saved for this purpose. Meanwhile, mountain wisewoman, Nora Bonesteel, prepares another box—to be buried with him. Among them, a real estate developer is hovering over the family's farm bringing secrets and tensions to the surface.

In a style both lyrical and beautifully detailed, with a narrative that flows from Native American lore and the burnished tales of Daniel Boone—up to the sharpest, and keenly realized landscapes of Appalachia today, *The Rosewood Casket* is a novel as hauntingly beautiful as the mountains that gave it charge—and a stunning addition to our collection of McCrumb Ballad novels.

The June 24th book has not been decided yet. If there's a book you'd like to discuss, please let Barbara know at bookclub@mpca.ca.

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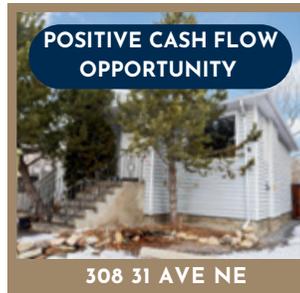
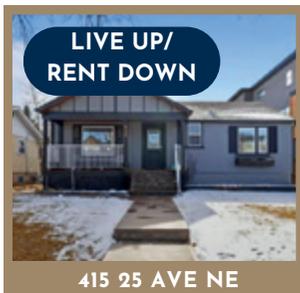
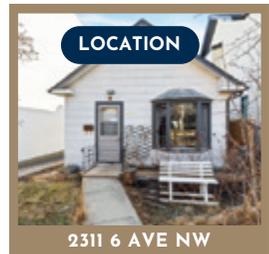
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