

JULY 2025

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**STAMPEDE BREAKFAST
PRESENTED BY MPCA,
TPCA, AND WHMCA
JULY 6**



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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>

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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

Hello neighbours,

What a way to kick off summer! A big thank you to everyone who came out for Neighbour Day and Art in Action—it was a fantastic day of community connection and creativity. Whether you were discovering your inner artist, lending a hand, or just enjoying the day, we're so glad you were there. Thank you to our Special Events Committee for organizing a wonderful Neighbour Day celebration!

And a special round of applause to our Crafternoons team, who brought their signature creativity to Art in Action and continue to inspire even while regular classes take a summer break.

Summer is a great time to slow down, recharge, and connect with neighbours. While most programs are on pause until September, the outdoor pool is open for the season, and pickleball remains a popular way to stay active and social.

We're also happy to welcome back the Community Farm Stand for a third season, in partnership with Lil Green Urban Farms and the City of Calgary. Join Trevor and the Lil Green team on Thursdays from 2:00 to 6:00 pm outside the Community Hall for fresh local produce and friendly conversation.

While we enjoy the season, it's important to remember that some of our neighbours are facing challenges. Our Community Pantry, located next to the Lower Hall entrance, is always open for donations. If you're able to give, we kindly ask for new, sealed, unopened non-perishable food items and hygiene products. These guidelines help ensure that the pantry remains safe, clean, and useful for everyone who relies on it.

Looking ahead, we're teaming up with our neighbours in Tuxedo Park and Winston Heights-Mountview for our first-ever multi-community Stampede Pancake Breakfast! Join us on Sunday, July 6, from 8:00 am to 12:00 pm in the Our House Parking Lot for a morning of flapjacks, live music, a magician, and western fun—free and open to all. More details, including a list of sponsors, can be found on our website.

And finally, we're still looking for volunteers for our 2025 Fundraising Casino, happening August 7 and 8. If you're able to help, please contact us at casino@mpca.ca.

Here's to a safe, fun, and memorable summer—thank you for being part of our community!

MPCA Board of Directors



MOUNT
Pleasant

WINSTON HEIGHTS
Mountview

TUXEDO
Park

Stampede Breakfast

Free

8 AM - 12 PM



MAGICIAN



OUR HOUSE PARKING LOT
2411 4TH STREET NW

LIVE MUSIC



JULY 6, 2025



WINSTON HEIGHTS
MOUNTAIN VIEW
COMMUNITY
ASSOCIATION

TUXEDO PARK
COMMUNITY
ASSOCIATION



All of our fitness classes are taking a break until September. In the meantime, go for walks, hikes, runs, and swims to stay in shape for your return to regular classes.

Chair Yoga is Here (in September): Wednesday morning 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. She 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, no special shoes required.

For more information about these drop-in classes, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

Exercise Class for All Fitness Levels: September classes will continue in the Upper Hall on Monday and Wednesday mornings as well as on Zoom those days and on 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'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.

If you would like to try a free class in September to see if this class meets your needs, contact Linda (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: Tai-Chi classes will be back in the Upper Hall, 602 22 Ave NW, in September. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am. Monday classes focus on beginners while Wednesday classes are for returning students. Everyone, regardless of age and experience, is welcome both days but additional attention is not offered to new students on Wednesdays.

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 enrolled but is usually around \$3.50 per class if you sign up for the session or \$6 per class drop-in.



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.

Indoor classes run from October to June.

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.

City of Calgary Community Farm Stand | Lil Green Urban Farms | Hall Lot

Thursdays, 2:00 to 6:00 pm.

Stampede Breakfast | Our House Parking Lot | 2411 4 Street NW

Brought to you by Mount Pleasant, Tuxedo Park, and Winston Heights-Mountview Community Associations. Sunday, July 6, 8:00 am to 12:00 pm.

Book Club | Lower Hall | *Who Do You Think You Are?* by Alice Munroe

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

Book Club | Lower Hall | *The Winter Sea* by Susanna Kearsley

Tuesday, August 26, 7:00 to 9:00 pm

Pleasant Times Daytrip | Stage West | *Legends of the 80s*

See Pleasant Times article for details. Wednesday, July 16.

Pleasant Times Daytrip | Sundre | Indigenous Medicine Walk

See Pleasant Times article for details. Tuesday, August 19.

MPCA 2025 Fundraising Casino | ACE Casino | 40 Aero Crescent NE

August 7 and 8

Pleasant Times Daytrip | Rosebud Theatre | *Miracle on 34th Street*

See Pleasant Times article for details. Thursday, November 13.

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.

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8:30 am - 4:00 pm

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9:00 am - 2:00 pm

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771 Northmount Drive NW
www.northmountmedical.com



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.

MOUNT PLEASANT PLAYGROUP

At the MPCA Lower Hall

COME AND JOIN US!

OPEN PLAYTIME, CRAFTS, AND
SHARED SNACKS
SELECT WEEKDAY MORNINGS
9:15 TO 11:15 AM
605 32 AVE NW, CALGARY, AB
FREE WITH MPCA MEMBERSHIP
(VOLUNTEER ROLE REQUIRED)
GO TO [MPCA.CA/PLAYGROUP](https://mPCA.ca/playgroup) FOR
MORE DETAILS

WHY PLAY WITH US?

- 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!
- Being a registered group allows our members to build deeper connections than drop-in playgroups
- Questions? Visit <https://mPCA.ca/playgroup> or email playgroup@mPCA.ca



PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"When I was a boy, I was told that anybody could become President. I'm beginning to believe it." - Clarence Darrow

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 May lunch brings with it our annual plant exchange. People needed to arrive early and keep a close watch on what was coming in. It seemed as soon as something new arrived it was quickly claimed. There were many interesting things on offer: jade plants, irises, tomato plants, sedum, even orchids. Many thanks to everyone who brought their extra indoor and outdoor plants to share and hearty thanks to everyone who took a few home with them. In addition, we enjoyed a tasty Chinese lunch catered by Emerald Garden.

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: May 28 finally arrived and it was time for our overnight trip to Waterton! We packed out overnight bags and jumped on the bus, first stop the Frank Slide Interpretative Centre. There we enjoyed a guided interpretative tour outside, seeing the extent of the rockslide, learning about the different layers making up Turtle Mountain, the causes of the slide, and what the future may bring. We also had time to review the exhibits inside the Centre and watch films giving more information about the slide and some of the people living there at the time. Then it was back on the bus, travelling to Waterton for some free time and sleep before Friday's adventures.

A highlight of our trip was an interpretative Waterton Lake cruise to the Canada/US border. Our guide told us stories about the 2017 Kenow wildfire, how the townsite was saved, and the wildfire's benefits. We also learned about bears and how tiny their newborns are. We all were on the lookout for wildlife but to no avail. It was truly inspiring to have the chance to view the amazing (almost) untouched backcountry from the comfort of our boat. It was then time to leave Waterton for a picnic lunch in Pincher Creek's Bobby Burns Park. Many thanks to the local Legion for maintaining the park and setting up the tables for us. Our final stop was at the stunning Lundbreck Falls for some time for photos and a chance to stretch our legs before the drive home.

Our July 16 outing to an evening Stage West performance of Legends of the 80s (\$60) is almost sold out and the November 13 Rosebud Theatre trip to see Miracle on 34th Street is completely booked. Spots are still available for the August 19 trip to Sundre to experience an Indigenous Medicine Walk and spend a bit of time exploring the town (\$75) or just spend the whole day exploring Sundre and its Museum and World of Wildlife, shops, and restaurants (\$30).

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 or 403-289-8390. People of all ages are welcome to join us.

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MPCA

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TAKE WHAT YOU NEED

DON'T LEAVE OPEN ITEMS OR
HIGHLY PERISHABLE FOOD



DONATE WHAT YOU CAN

DON'T MAKE A MESS

KEEP THE DOOR CLOSED

SPREAD THE WORD



CONTACT GREEN@MPCA.CA
TO REPORT ANY CONCERNS





Crafternoon

Arts and Crafts Sessions (Ages 14 and Up)

Crafternoons also takes a summer break until September. 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.

Monday Afternoon Games

Monday Afternoon Games are on hiatus until September. Join us in the fall 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.



Book Club continues through the summer, sometimes enjoying an outdoor session if the weather co-operates. The July 22 book is *Who Do You Think You Are?* by Alice Munroe. Rose and her stepmother Flo live in Hanratty, across the bridge from the "good" part of town. Rose, alternately fascinated and appalled by the rude energy of the people around her, grows up nursing her hope of outgrowing her humble beginnings and plotting to escape to university.

Rose makes her escape and thinks herself free. But Hanratty's question – "Who do you think you are?" - rings in Rose's ears during her days in Vancouver, mocks her attempts to make her marriage successful, and haunts her new career back East as an actress and interviewer.

In these stories of Rose and Flo, Alice Munro explores the universal story of growing up - Rose's struggle to accept herself tells the story of our lives.

The August 26 book will be *The Winter Sea* by Susanna Kearsley.

If you'd like more information about the Book Club or if there's a book you'd like to discuss, please let Barbara know at bookclub@mpca.ca. 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. Come and join in a lively discussion about a great book.

Spotlight on Alberta – EPR Implementation!

After a year spent writing about sustainable projects around the world, the Green Initiatives Committee is going to keep it local this year and focus on projects closer to home. Each month, we will highlight a project or an initiative to shine a light on what Calgary is doing to protect the environment and advance towards a sustainable future.

This month we're discussing the Extended Producer Responsibility (EPR) system, which launched recently in Alberta on April 1, 2025, so it reaches beyond just Calgary. The program has been in the works for a while with the governing provincial regulation developed back in 2022 and bylaws in 2023, and this first phase (April 2025) includes 90% of Albertans.

The purpose of the program is to shift the financial burden of recycling single-use plastics, paper and packaging away from municipalities and consumers, and back onto the companies that produce them. The intent is to encourage companies to become more efficient, recycle more materials, and reduce packaging waste. As per the Government of Alberta website (alberta.ca/extended-producer-responsibility), the EPR program empowers and encourages companies to:

- Develop local markets for recycling and improve access for communities
- Design cost-efficient recycling programs
- Demonstrate environmental responsibility

With this shift in many aspects of recycling costs from municipalities to producers, many communities have indicated that residential recycling fees will likely be lowered under EPR. For example, the City of Calgary has stated the expected savings is about \$7 per month as the blue cart costs would drop down to only about \$2 per month (calgary.ca/waste/residential/extended-producer-responsibility.html?redirect=/ep). Changes to the fee will appear on the ENMAX bill. Blue cart pickups in Calgary will continue weekly with acceptance of the same recyclable materials as previously. Community recycling depots will also continue to be available for oversized items and extra recyclables. Another benefit is that there is planned

to be a standard list of recyclable materials across the province.

The EPR program is also bringing recycling to some Alberta communities for the first time, indicating that provincial recycling coverage is expected to increase. The Alberta Recycling Management Authority (ARMA) is the designated organization providing oversight to the EPR systems in Alberta. ARMA has managed and regulated Alberta recycling programs for used oil, paint, tires, and electronics for more than 30 years, so they have plenty of recycling experience.

Remember that another one of the best ways you can support the circular economy is to consider recycled content when you're purchasing items (or purchase used products when appropriate), so that we continue to increase the market demand for products made of recycled materials. For example, if you're purchasing something online, you can type "recycled" before the search item, to help show online demand. Many products are now being better designed for our current and future recycling systems, so recyclability is another purchasing consideration.

We hope that you enjoy touring locally with us this year. If you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information or to get added to our email list; you can also find us on the Mount Pleasant Community Association page as well.

Have a great month,

The MPCA Green Initiatives Committee



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Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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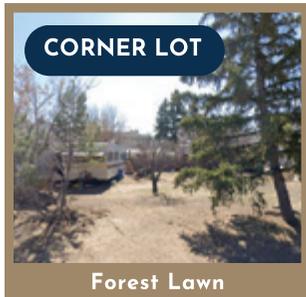
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