

NOVEMBER 2025

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**THIRD ANNUAL RE-GIFT
HOLIDAY SWAP!**

NOVEMBER 29

10:00 AM TO 2:00 PM



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Email info@mpca.ca Website www.mPCA.ca
Facebook <https://www.facebook.com/MountPleasantCommunity>
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EXECUTIVES

President	Darcy Lane	president@mpca.ca
Vice-President	Vacant	vicepresident@mpca.ca
Past President	Chris Best	pastpresident@mpca.ca
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Outdoor Rink	Shawn Stordy	odr@mpca.ca

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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 _____

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Payment Attached:

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Number in Family

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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

Thank you to everyone who joined us for the AGM on October 21. It was great to see familiar faces and meet new members. The evening was a great chance to look back on the past year, celebrate the dedication of our volunteers, and share ideas for the future of Mount Pleasant. Your participation and thoughtful conversation help make our community stronger and more connected.

We also want to celebrate another successful Community Farm Stand season. Thank you to Lil Green Urban Farm and the City of Calgary Farm Stand Program. The Mount Pleasant Farm Stand wrapped up in October, marking our third season in the community. Thanks to everyone who stopped by, supported the program, and shopped local.

This month, we also pause for Remembrance Day to honour the courage and sacrifice of those who have served and continue to serve our country. It is a time to reflect on their contributions and show our gratitude for their dedication and service.

With autumn in full swing and the holiday season approaching, it is the perfect time to celebrate both community and the joy of giving. This month, we are excited to host the third Annual Re-Gift Holiday Swap, presented by the Green Initiatives Committee. This popular event has become a favourite for many in the community. It gives gently used or unused items a new home while supporting the Committee's mission to empower Mount Pleasant residents in building a stronger and more sustainable community through engagement, awareness, and shared learning.

The Green Initiatives Committee also runs the annual Community Cleanup and manages the Community Pantry. The Re-Gift Swap is all about sharing items that are still useful and can bring joy to others. Items that are better suited for disposal can be saved for the spring Community Cleanup, which helps residents avoid extra trips to the dump. It's also a great time to bring non-perishable food or personal care items for the Community Pantry, helping neighbours in need.

Come to the Mount Pleasant Community Hall to enjoy snacks and crafts, browse the treasures, and take home something special.

MPCA Board of Directors

Tasty Art

What do "The Persistence of Memory" and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



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PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there." - George Burns

We're coming to end of our 13th year of Pleasant Times activities. It all started thanks to MPCA deciding to invest part of its first casino funds to seniors' events and to the people who made up focus groups to give feedback on how they'd like that funding to be used. Many of those people are still with us while others are just fond memories. The main goal from the beginning has been giving seniors opportunities 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 now include monthly lunches, day trips, Crafternoons, exercise, Tai-Chi, and Chair Yoga classes, and afternoon games.

Our first lunch happened in January 2013 with 27 people in attendance. We now have a maximum of 72 people at each lunch though we expand a bit for our Christmas lunch (don't we all?). Although our numbers have increased, the average food cost per person has increased very little thanks to the hard work of our many volunteers to find and prepare inexpensive but healthy and tasty options.

Our activities are possible thanks to the backing of MPCA, the fees people pay to participate, and the generous grants and donations we receive from various Calgary businesses, The City of Calgary, and community members. None of our programs would be possible without the many members of our group who donate their time and energy to make them happen. So many people to thank for giving us these opportunities.

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are open to those age 60 and over. All you need is an MPCA membership! Most events are held during the day, Monday to Friday, with the odd exception, but if something piques your interest and you're available, please contact us for more information.

Monthly Lunches: September's return meant a hot meal, chicken Florentine, roasted potatoes, and mixed vegetables, catered by Leroy. Those in attendance came up with some great ideas for future speakers on topics like the many tech issues seniors might face, community safety, horticulture, and dealing with funeral homes.

Ideas were also given for future day trips, with lots of interest given for upcoming Stage West shows and perhaps an overnight trip to Jasper.

Our seniors' lunches are held on the fourth Wednesday of each month (except December when it's the second Wednesday) at 11:00 am, usually in the Upper Hall. Lunches are open to all MPCA members age 60 and over who have registered in advance to attend. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after the lunch—a speaker, movie, conversation and games, or live entertainment.

Many thanks to MPCA, Paramount 24 Hr Animal Hospital, Costco, Co-op, and The City of Calgary for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

If you are age 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or pleasanttimes@mpca.ca to be added to our lunch invitation list.

Day Trips: The November 13 Rosebud Theatre trip to see *Miracle on 34th Street* is completely booked with a wait list. 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. Upcoming 2026 outings include three Stage West productions: *Sister Act* on January 21, *New Sound in Town* on April 29, and an evening performance of *Beehive* on August 5. We're also investigating a two- or three-day trip to Jasper.

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Crafternoons



Arts and Crafts Sessions (Ages 14 and Up)

Crafternoon classes are back to nourish your creative abilities and to 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.

Registration for November classes opened Tuesday, October 7. 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.

Wednesday November 5, 1:30 to 3:30 pm, Drawing with Graphite with Tracy Franks

Graphite allows for a wide range of values (light to dark) to be achieved. Graphite may create detailed and precise drawings and also used for softer, more subtle lines and shading. Fun fact: Graphite converts to diamond under extremely high pressure and temperature.

Wednesday, November 19, 1:30 to 3:30 pm, Watercolour Feathers with Doris Loewen

Learn how to paint the feathers of your favourite birds. We will add mica to create a glistening, iridescent finish. Templates will be provided. Feathers are a beautiful addition to a garden journal, painted on cards or gift tags, or framed to hang on a wall.

Monday Afternoon Games

Monday Afternoon Games return this September. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, on select 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.



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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.

BFlowLatino | 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.

Tuesday Workout with Sinead | Upper Hall

Tuesdays, 6:45 to 7:45 pm.

Book Club | Adults | Lower Hall | No Book Club in December

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.

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.

Member Skating | SportsPlex Rink

Select days, register online.

Book Club | Lower Hall | *The Martian* by Andy Weir

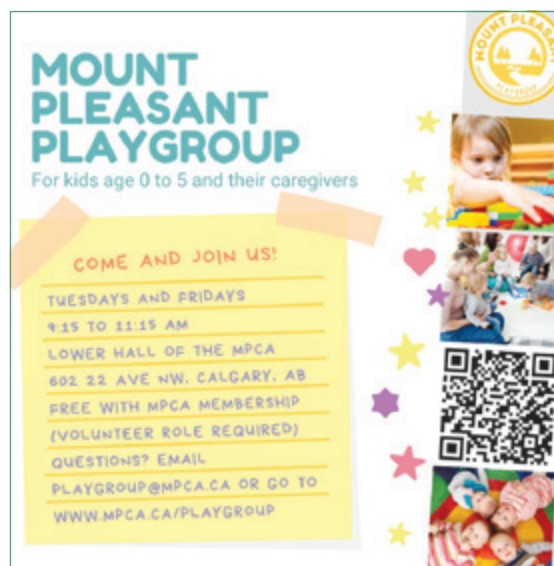
Tuesday, November 25, 7:00 to 9:00 pm.

Re-Gift - A Holiday Swap and Eco Wrap Extravaganza (A Green Initiatives Event)

Saturday, November 29, 10:00 am to 2:00 pm.

Book Club Returns in January | Lower Hall | *What I Know About You* by Éric Chacour

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



Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!



Improve Mental Health and Wellbeing with a Visit to the New Forest Bathing Trail at the Inglewood Bird Sanctuary

by the City of Calgary



Calgarians are invited to visit the city's first forest bathing trail, located at the Inglewood Bird Sanctuary.

Designed to support the well-being of Calgary's residents and visitors alike, the self-guided trail takes users on a sensory exploration of the sanctuary. While not literal bathing, forest bathing is a chance to "bathe" and be immersed in the forest surroundings.

The idea of forest bathing (or "shinrin-yoku" in Japanese), originated in Japan in the 1980s when there was a rise in anxiety and stress-related illnesses as people in Japan were increasingly living and working in urban centers. To support the health and well-being of people living in Japan, research was conducted to determine whether spending time in forested environments was beneficial. Studies have shown nature helps reduce stress, improve mood and sleep, boost creativity and immunity, lower blood pressure, and more.

The Forest Bathing Trail at Inglewood Bird Sanctuary consists of five stations along a one-kilometer loop. Each station features an "invitation" from a certified Forest Therapy Guide. While each invitation is unique, they all encourage reflection and offer ways for people to connect with the place using their five senses. Invitations change seasonally, with a new set of invitations offered starting November 1 (meaning anyone who has already completed the trail can come back now for a new and different experience).

For more information, visit calgary.ca/forestbathing.

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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.

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!

BFlowLatino [3rd Party] - Upper Hall

Mondays | 6:30 to 7:30 pm

For more information and to register, email BFlowLatino@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! Tuesday Workout with Sinead [3rd Party] - Upper Hall

Tuesdays | 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.



Our November 25 book will be *The Martian* by Andy Weir. Six days ago, astronaut Mark Watney became one of the first people to walk on Mars. Now, he's sure he'll be the first person to die there. After a dust storm nearly kills him and forces his crew to evacuate while thinking him dead, Mark finds himself stranded and completely alone with no way to even signal Earth that he's alive. Even if he could get word out, his supplies would be gone long before a rescue could arrive.

Chances are, though, he won't have time to starve to death. The damaged machinery, unforgiving environment, or plain-old "human error" are much more likely to kill him first. But Mark isn't ready to give up yet. Drawing on his ingenuity, his engineering skills, and a relentless, dogged refusal to quit, he steadfastly confronts one seemingly insurmountable obstacle after the next. Will his resourcefulness be enough to overcome the impossible odds against him?

December brings our annual dinner, a time to enjoy good food, good company, and maybe even good conversation about books we've read or are looking forward to reading. We'll be back at it on January 27 when we'll discuss *What I Know About You* by Éric Chacour.

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.





Our fitness classes continue until December 12 inclusive in the Upper Hall, 602 22 Ave NW. We'll take a break for Christmas and resume again on January 5. You don't have to wait until January to try out the class or classes that interest you. Don't delay. Start your fitness journey today by popping over to the hall any Monday or Wednesday morning.

Chair Yoga: 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.

Classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the fourth Wednesday of each month). Classes are drop-in only and cost \$10 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

Exercise Class for All Fitness Levels: People of all ages are welcome in the MPCA exercise class, 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, two, or three classes per week or come on a drop-in basis. The cost

is only \$7 per class when you sign up for the session or \$12 per class drop-in. If you would like to try a free class to see if this class meets your needs, contact Linda (pleasanttimes@mpca.ca or call 403-289-8390).

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

Tai-Chi: Tai-Chi classes happen in the Upper Hall 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.

GREEN INITIATIVES COMMITTEE

Believe it or not, the 2025 Holiday Season is almost upon us, and this year—'Tis the season to be green! The Mount Pleasant Green Initiatives Committee has some tips for you to be green this upcoming holiday season:

1. If you are looking to spruce up your holiday decorations, plan to exchange them with a friend, family member or neighbour instead of buying new ones. You can also go hunting in our Facebook Buy/Sell/Trade group for decorations to either purchase, use, or trade.
2. Reusable cloth gift wrap is trendy right now! These fun colourful cloths can make for a gift itself. Other ideas would be to use dish towels or jars that can be used again later or even using newspapers or other papers you have around the house instead of recycling them. And remember to save your gift wrap, bags, and boxes to reuse next Christmas and for other celebrations.
3. Be sure to properly recycle your Christmas tree. The City of Calgary's steps to composting your real Christmas tree are to remove all lights, ornaments, tinsel, and tree stand, and to cut your tree into small pieces before placing it in your green cart. Keep your eye on various Christmas tree drop-off locations throughout the city as well.
4. Be mindful of food waste when planning those holiday meals. It might be tempting to cook an abundance of dishes, but unless there is a plan for all the leftovers—keep the amount to a regular serving for everyone attending.
5. Plan re-gifts for gift exchanges. When it comes to gift giving this year, shop within your own home. Maybe there are books, puzzles, toys, board games, appliances etc. in your home that are just sitting collecting dust—we bet these would make for wonderful gifts!

To make this last one even easier—come check out the MPCA Re-Gift Exchange Event on November 29 at the Mount Pleasant Community Centre (please check out the MPCA website or event flyer for more details). If you have any items that you think someone else may like as gifts, please bring them along as donations for the event or feel free to just come by and browse. There will also be crafts for kids, and a little café set up!



If you want to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee. Please email green@mpca.ca for more information or if you have any questions.

Have a great month,

The MPCA Green Initiatives Committee





News from the Friends of Nose Hill

by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts." Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.

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