

APRIL 2026

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

TASTE OF MOUNT PLEASANT

APRIL 24

6:00 TO 9:00 PM



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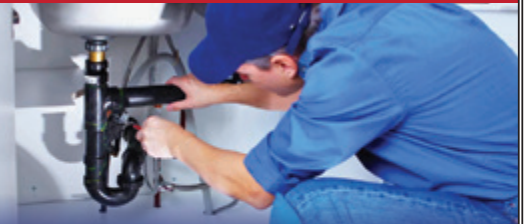
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MPCA Community Association

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

President	Darcy Lane	president@mpca.ca
Vice-President	Kaylee Maciejko	vicepresident@mpca.ca
Past President	Chris Best	pastpresident@mpca.ca
Secretary	Sharon Dean	secretary@mpca.ca
Treasurer	Leanne Palichuk	treasurer@mpca.ca

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Green Initiatives	Claire Serdula Matthew Crist	green@mpca.ca
Hall Director	Murray Anderson	hall@mpca.ca
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Sportsplex	Jeff Gerlitz	sportsplex@mpca.ca
Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca

COORDINATORS

Engagement and Membership	Kathryn McIntosh	engagement@mpca.ca
Special Events	Jackie Traynor Barker	specialevents@mpca.ca
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Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Rosey Fattouche	playgroup@mpca.ca
Grants	Vacant	grants@mpca.ca
Soccer	Mark Schmidt Whitney Punchak	soccer@mpca.ca
Casino	Elisa Woodard	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

Business Memberships in Good Standing

- Alberta University of the Arts (AUArts)
- Campus Pre-School Association of Calgary
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint



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

It's hard to believe April is already here! We're excited to head into spring with some great community happenings. On April 24, the third Annual Taste of Mount Pleasant returns. This popular event has sold out each year, and we can't wait to see what the Special Events Committee has planned for 2026.

March was Community Association Awareness Month, a reminder of the important role community associations (CAs) play. CAs are non-profit organizations run by neighbours and volunteers. They connect residents, provide a voice for local issues, and offer social, educational, and recreational opportunities right in your own community.

Volunteers are the heart of MPCA, and is a wonderful way to give back, meet neighbours, develop new skills, and explore areas of interest, from events to environmental initiatives.

We are currently looking for an interested individual to join our Executive Board as Vice President, as well as someone to take over as Hall Director to keep our Community Hall running smoothly.

Our Grants Coordinator role has just opened and is a great way to assist with community initiatives.

This year, we would like 2026 to be the year we develop a Community Watch group. If you are interested in being involved, helping to get it off the ground, or taking a leadership role in this initiative, we would love to hear from you.

If any of these roles sound like your kind of challenge, reach out to engagement@mpca.ca.

The Communications Team is preparing for a future Communications Director role ahead of the AGM in October. If you enjoy social media, newsletters, and digital communications, this is a great opportunity to help shape how Mount Pleasant stays connected! Reach out to communications@mpca.ca if you're interested in joining the team or taking on the Director role.

The Green Initiatives Committee (GIC) is preparing for the Annual Community Cleanup on May 3 in partnership with the City of Calgary. These events help residents safely dispose of household items that do not fit in their garbage cart and save a trip to the dump. More details

on accepted items will be available on our website and social media closer to the date.

The GIC is also looking for people to join their team and bring fresh ideas for sustainability projects. Reach out to green@mpca.ca if you are interested in joining.

We hope to see you at upcoming events, and we encourage anyone interested in volunteering to reach out. Together, we make Mount Pleasant a welcoming, connected, and vibrant community.

Mount Pleasant Community Association



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



Our fitness classes started up again on January 5 and will continue through to June 26. You can enjoy a free try-out class at any point in a session. Don't delay. Start your fitness journey now by popping over to the hall any Monday or select Wednesday mornings.

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 remaining classes in the session or \$12 per class drop-in.

Classes are held from early September through late June with a break from mid-December until after the New Year. Monday and Wednesday morning classes

are held from 10:15 to 11:00 am (in the Upper Hall and on Zoom) and Friday morning classes are 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.

If you would like to try a free class to see if this program meets your needs, contact Linda (pleasanttimes@mpca.ca). Just dig out some comfortable exercise clothes and shoes, dust off any weights and resistance bands at the back of your closet, and pop over to the hall for a fun and energetic time.

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. If you would like to try a free class to see if this program meets your needs, come to the hall for a Monday morning class. 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.

PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"Of all your children, the only one who won't grow up and move away is your husband." -Reader's Digest

Pleasant Times Social Club is a great way for people to get out of the house, socialize with old and new friends, be active, see places and things we might otherwise miss, and build support systems. Our activities are possible thanks to the backing of MPCA, the fees people pay to participate, and the generous grants and donations we receive from various Calgary businesses, The City of Calgary, and community members. None of our programs would be possible without the many members of our group who donate their time and energy to make them happen. So many people to thank for giving us these opportunities.

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

Monthly Lunches: Many thanks to Calgary Co-op North Hill. It not only catered a delicious roasted chicken lunch in February but also contributed \$200 toward the cost. Many commented on how tender and tasty the food was.

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 Hour 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 next outing to Stage West on April 29 for a matinee performance of *New Sound in Town* is sold out.

We've also booked tickets for an evening performance of *Beehive* on August 5 (only two tickets remaining at time of writing).

Also upcoming is a two-night trip to Lethbridge on May 19 to 21. We plan on visiting the Alberta Birds of Prey Foundation in Coaldale, the Nikka Yuko Japanese Garden in Lethbridge, the Empress Theatre in Fort Macleod, and Head Smashed In Buffalo Jump. We'll be a tired but happy crew when we arrive back in Calgary.

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.



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MOUNT PLEASANT PLAYGROUP
For kids age 0 to 5 and their caregivers

COME AND JOIN US!

TUESDAYS AND FRIDAYS
9:15 TO 11:15 AM
LOWER HALL OF THE MPCA
602 22 AVE NW, CALGARY, AB
FREE WITH MPCA MEMBERSHIP
(VOLUNTEER ROLE REQUIRED)
QUESTIONS? EMAIL
PLAYGROUP@MPCA.CA OR GO TO
WWW.MPCA.CA/PLAYGROUP





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 select Mondays from September to June with a break in December.

Select Mondays, 1:15 pm.

BFlowLatino | Zumba Fitness | Upper Hall

Mondays, 6:30 to 7:30 pm.

Exercise Program | Adults | Upper Hall

Sessions run from September to June with a break in December.

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

Monday and select Wednesdays, 10:15 to 11:00 am - Hall and Zoom sessions.

Fridays, 9:30 to 10:15 am - Zoom session.

Tai Chi | All Ages | Upper Hall

Sessions run from September to June with a break in December.

Monday and select 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 select Wednesdays from September to June with a break in December.

Select 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.

Rakushinkan Kids! | Calgary Aikido Kids Classes | Ages 7+

Wednesdays, 5:00 to 6:15 pm.

Calgary Rakushinkan | Upper Hall

Wednesdays, 6:15 to 7:45 pm. Sundays, 5:00 to 7:00 pm.

Yoga with Trish Hardy Yoga | Upper Hall

Thursdays, 7:15 to 8:15 pm.

Fly Right Swing Dance Lessons | Upper Hall

Friday evenings.

Member Skating | SportsPlex Rink

Select days, register online.

Book Club | Lower Hall | James by Percival Everett

Tuesday, April 28, 7:00 to 9:00 pm.

Special Events Committee Presents the Third Annual Taste of Mount Pleasant

Friday, April 24, 6:00 to 9:00 pm.

Community Cleanup | Spring

Date TBD

Pleasant Times Day Trip | Stage West | New Sound in Town

April 29. Contact Linda at pleasanttimes@mpca.ca.

Book Club | Lower Hall | The God of Small Things by Arundhati Ray

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

Pleasant Times Day Trip | Lethbridge | Two-Night Stay

May 19 to 21. Contact Linda at pleasanttimes@mpca.ca

Green Initiatives Committee Hosts Annual Community Cleanup Event

Sunday, May 3

Pleasant Times Day Trip | Stage West | Beehive

August 5. Contact Linda at pleasanttimes@mpca.ca.



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 six. 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.

Rakushinkan Kids! [3rd Party] - Upper Hall

Wednesdays | 5:00 to 6:15 pm

Ages 7+. Calgary Aikido Kids classes. Japanese martial arts practice for kids.

Visit www.calgaryrakushinkan.com/rakushinkan-kids.

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 select Wednesdays | 9:00 to 10:00 am

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Monday sessions are beginner friendly, and Wednesdays focus on returning students. Reach out to Linda at pleasanttimes@mpca.ca for details. All are welcome!

Exercise Class [MPCA Fitness] - Upper Hall and Online Options

Mondays and select 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 or on Zoom Mondays and select Wednesdays and Zoom only on Fridays from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca for more information or to try a free class!

Yoga in Mount Pleasant with Trish Hardy Yoga [3rd Party] - Upper Hall

Thursdays | 7:15 to 8:15 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

Wednesdays | 6:15 to 7:45 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 \$10 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.



Crocus of Calgary

by Garth Paul Ukrainetz

In the hills and grass meadows
Burst the crocus of Calgary
Sacred bloom of the prairies
Furry flowers of spring

Busy city surrounds them
In their moment of glory
Though most people don't notice
Warmer weather they bring

And the winds from the foothills
Kiss the crocus of Calgary
Last old snow from the blizzards
Hug new flowers goodbye

Spring infusion their mission
Soon they're gone for the season
Crocus colours remaining
Springtime hues now fill sky

Monday Afternoon Games

Monday Afternoon Games returned in January. 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.





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.

Check the Events tab at <https://mpca.tidyhq.com> to sign up for April classes. It's always best to set a reminder to do this early in each month as classes fill up quickly.

Wednesday, April 8, 1:30 to 3:30 pm, Part Two of West Coast Cedars - A Clay Relief Tile with Connie

This class is for those who created a clay tile relief interpretation of west coast cedars at the March 18 class. Our tiles have now been fired and are ready to complete. You will apply shades of shoe polish to enhance the feeling of old growth forest giant cedar trunks.

Wednesday, April 15, 1:30 to 3:30 pm, The Japanese Art of Kinusaiga with Emily Shanks

Kinusaiga, also known as "Painting with Silk," is a no-sew quilting technique originally developed to repurpose kimono silks and other fabrics. Using modern materials you will create vibrant art pieces.



Our April 28 book will be *James* by Percival Everett, a brilliant, action-packed reimagining of *Adventures of Huckleberry Finn*, both harrowing and darkly humorous, told from the enslaved Jim's point of view. When Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan.

Meanwhile, Huck has faked his own death to escape his violent father. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and unreliable promise of the Free States and beyond. Brimming with the electrifying humour and lacerating observations that have made Everett a literary icon, this brilliant and tender novel radically illuminates Jim's agency, intelligence, and compassion as never before. *James* is destined to be a major publishing event and a cornerstone of twenty-first century American literature.

The May 26 book will be *The God of Small Things* by Arundhati Roy. If you'd like more information about the book club or if there's a book you'd like to discuss, please contact Barbara 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.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥



Cats, Canines, & Critters of Calgary



Belle, Lake Bonavista



Boots, Richmond Hill



Baby, Mount Pleasant



Miss Sadie, Bonavista



Ruby, Bridlewood



Secret Agent Randy Beans, Somerset



Smokey, Tuxedo Park



Peanut, Westhills

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

Hello April!

One of our key focus areas for the MPCA Green Initiatives Committee is Waste Management. We implement tactical ways to redirect waste produced within Mount Pleasant and we work to communicate awareness of recycling and composting programs that are available to the community.

This month's article features a few helpful guides to the waste management options available in our community and city, including our upcoming Community Cleanup.

City of Calgary Waste Management Options

- Take advantage of the city's Hazardous Waste recycling. Items that are accepted include automotive chemicals, batteries, motor oil, cleaning chemicals - just to name a few! For a full list, please visit <https://www.calgary.ca/waste/residential/household-hazardous-waste-drop-off-program.html>. All materials must be stored, labelled, and sealed properly. There are multiple locations across the city.
- Household Blue Cart: These carts can accept many items, but not all, and sometimes it is hard to recall precisely what can go in your blue cart. The city has a helpful tool to tell you what goes where. It can be found here: <https://www.calgary.ca/waste/what-goes-where/default.html>.
- Lastly, of course, are the household Green Cart items that keep many things out of the black carts and can go into the city's composting facilities. Items accepted in these carts are – all food waste, food-soiled paper, yard waste, and even pet waste! For a full list visit here: <https://www.calgary.ca/waste/residential/green-cart.html>.

Also, did you know that if you are looking to learn more about waste management you can call 3-1-1 to book a tour of a landfill, compost, or recycling facility?!

Hopefully, you're planning to take advantage of the Community Cleanup, coming up on May 3 this year. This is one of the major events that we bring to the community by partnering with the city and community vendors to redirect household items that may otherwise end up in a landfill.

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

Taste of Mount Pleasant

The third Annual Taste of Mount Pleasant Festival is back on Friday, April 24 from 6:00 to 9:00 pm, bringing an evening of great food, drinks, and good company.

The MPCA Special Events Committee will transform the hall into a showcase of local flavours. Enjoy favourites like Deng Dumplings, Don Taco, and MPCA Business Members Our House and Love, Sugar & Dough, plus more local gems.

This is an 18+ licensed event. Tickets have sold out every year, so get yours before they're gone. Admission tickets are available online at <https://mpca.ca/specialevents/>, with drink and tasting tickets sold at the event. Come connect with friends and neighbours while sampling the best the community has to offer.

The MPCA Special Events Committee
Presents the 3rd Annual

Taste of MOUNT PLEASANT

Friday, April 24th

6 PM - 9 PM

MPCA Upper Hall

Visit <https://mpca.ca/specialevents/>

This is a licensed event, no minors permitted

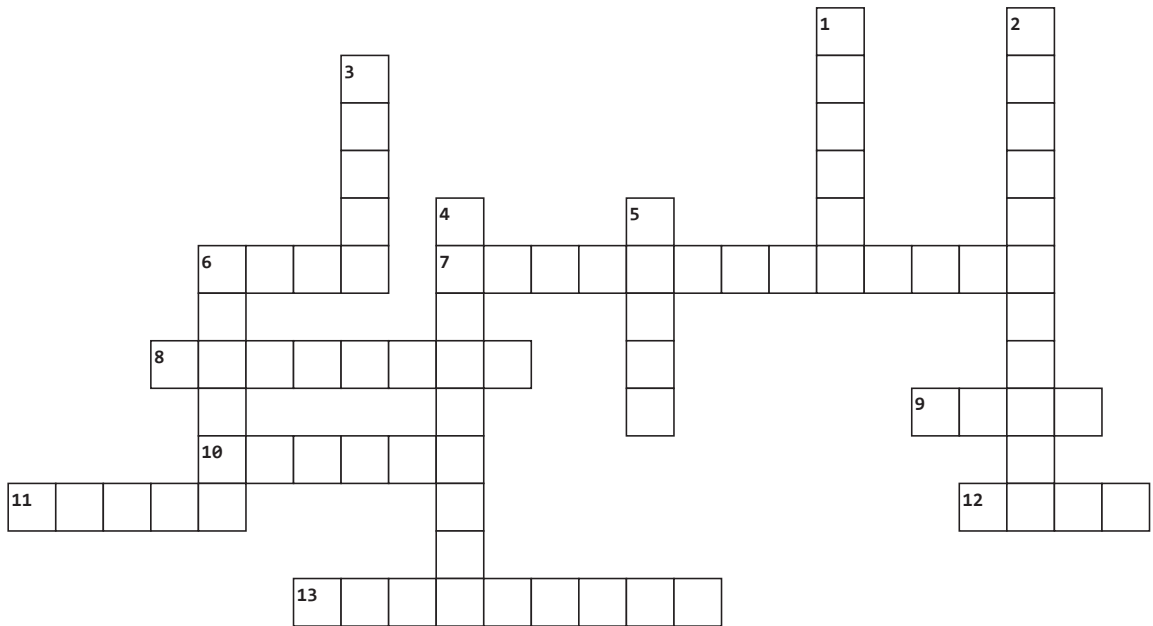


News from the Friends of Nose Hill

by Anne Burke

There are many special places as destination points and for resource protection on Nose Hill with Natural Parkland Zones or Wildlife Refuges. However, transmission and power poles contrast with nature. The Nose Promontory is a landmark. Many Owls Valley is a basin space before climbing the main slope. The Bow Valley Promontory was the first to provide wheelchair access but mountain biking caused erosion to the steep slopes. Aspen Grove Coulee is marred by weeds and water retention facilities at the low end of the coulee. The NE Promontory focuses on the West Nose Creek and the Upper Nose Creek Valleys. Porcupine Valley on the north side of the Hill offers wildlife sightings but is weedy. Rubbing Stone Hill overlooks Nose Creek valley. The north face of the slope is the focus of view from southbound 14 Street. Rubbing Stone Coulee facing NE requires reclamation work. Other areas have much potential with proper landscape management measures. Woody plant species should be favoured to rehabilitate Shaganappi Coulee as a north and west access route for communities. The saddle near Edgemont was shaped by glacial erosion into its prominent shape; it links north and south sides of the Hill to the coulees. Landscape enhancement could be used to screen the impact of the suburban development and powerline. The central quarry area was barren and causes downslope erosion to the east. Water could be retained and infiltrated in the quarry basin. A Balsam Poplar/Willow landscape would be beneficial to wildlife and beautiful. Nose Hill Park was well enclosed by the sprawling urban scene. Uplands Prairie restoration will be costly. Gradual re-establishment of a fescue grassland landscape is recommended by the 1994 Nose Hill Park Natural Area Management Plan Technical Report.

April Crossword



Across

- The express mail service, the _____ Express, started delivering mail by horse-and-rider relay teams on April 3, 1980.
- The first exhibition of this type of art opened in Paris on April 15, 1874, featuring artists such as Monet, Degas, and Renoir.
- The dystopian novel *Never Let Me Go* by Kazuo _____ was originally published on April 5, 2005.
- Johnny _____ released one of his biggest hits "Ring of Fire" in April 1963.
- On April 6, 1896, the first modern Summer Olympics opened in Greece's capital city.
- On April 1, 2004, Google launched this email service.
- This Queen of England knighted scientist Isaac Newton on April 16, 1705, at Trinity College.
- Ludwig van _____ dated the manuscript of one of his most popular compositions "Für Elise" on April 27, 1810.

Down

- Grace Kelly married Prince Rainier III, a prince of this European microstate, in April 1956.
- Canadian actor Hayden _____, famous for his role as Anakin Skywalker, celebrates his birthday on April 19.
- One of April's birth flowers, the _____, is a symbol of innocence and purity.
- This technology company was founded by Bill Gates and Paul Allen on April 4, 1975.
- David Lynch's crime drama series, *Twin _____*, premiered on April 8, 1990.
- Last of Us* star, Pedro _____, was born on April 2, 1975, in Santiago, Chile.



GAMES & PUZZLES

Guess the Book!

1. Calgarian Danielle L. Jensen wrote this New York Times bestselling fantasy novel in 2018.
2. This 2020 bestselling novel by Mexican Canadian author Silvia Moreno-Garcia follows a debutante in 1950s Mexico.
3. This novel by J.R.R. Tolkien follows the adventures of Bilbo Baggins.
4. This book is a record of Charles Darwin's journal entries during his first voyage.
5. This literary fiction was Nigerian author Chinua Achebe's debut novel.
6. Yann Martel wrote this philosophical novel with protagonist Piscine Molitor Patel.



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