

MAY 2026

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

MPCA COMMUNITY CLEANUP

SUNDAY, MAY 3

9:00 AM TO 1:00 PM



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TRENCHLESS TECHNOLOGY – NO DIG – NO MESS



BEFORE

AFTER

\$1000 OFF

ANY TRENCHLESS SERVICE

FREE CAMERA
UP TO 100 FEET
FROM ACCESSIBLE
CLEAN OUT



NO-DIG TECHNOLOGY



LESS TIME & DISRUPTION



COST EFFECTIVE



LONG LASTING SOLUTION

587-804-7852

- ✓ SEWER LINING (CIPP)
- ✓ WATER BURSTING
- ✓ PIPE REHABILITATION

- ✓ CRACKED PIPE REPAIR
- ✓ ROOT INTRUSION SOLUTIONS
- ✓ SUMP & STORM SOLUTIONS



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RESIDENTIAL & COMMERCIAL

- ✓ PLUMBING SERVICES
- ✓ HEATING SERVICES
- ✓ WATER HEATER REPLACEMENT
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- ✓ SEWER REPAIR
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- ✓ HYDROVAC SERVICES
- ✓ FULL EXCAVATION SERVICES

\$50 OFF

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COUPON MUST BE PRESENTED AT TIME OF SERVICE. CANNOT BE COMBINED WITH ANY OTHER OFFER.

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END OF JUNE 2026



MY CALGARY MECHANIC + TIRE



- GENERAL MAINTENANCE
- OIL CHANGES
- TIRES & WHEELS
- FLUID CHECKS & CHANGES
- BRAKE INSPECTION & REPAIR
- BATTERY TESTING & REPLACEMENT
- ENGINE DIAGNOSTICS
- A/C & HEATING SERVICES
- FLEET SERVICES
- SAFETY INSPECTIONS

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FREE BRAKE INSPECTION

SOME CONDITIONS APPLY
CALL FOR DETAILS
COUPON MUST BE PRESENTED AT TIME OF SERVICE. CANNOT BE COMBINED WITH ANY OTHER OFFER.



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- FLOOD RESTORATION
- SEWER BACKUPS
- ASBESTOS REMOVAL
- COMPLETE RESTORATION SERVICES

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ANY RESTORATION SERVICE

COUPON MUST BE PRESENTED AT TIME OF SERVICE. CANNOT BE COMBINED WITH ANY OTHER OFFER.

DISCOUNTS AND COUPONS HAVE NO CASH VALUE. CAN CHANGE WITHOUT NOTICE AND NEED MANAGEMENT APPROVAL.

Cats, Canines, & Critters of Calgary



Chase, Bridgeland



Frankie, McKenzie Towne



May, Elbow Park



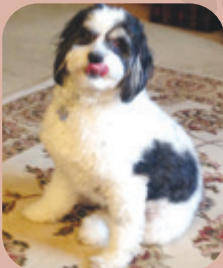
Miss Charlee, Crescent Heights



Moony, Lake Bonavista



Oreo, Mahogany



Osito, Canyon Meadows



Togo Grimshaw, Panorama Hills Estates

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

OFFICIAL

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info@officialplumbingheating.ca

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BRAIN GAMES

SUDOKU

				5	1	7		
	1			3			9	
	5			9	4			
4								6
9	3			1			2	5
5								3
			7	2			3	
	7			6			8	
		2	1	4				

SCAN THE QR CODE FOR THE SOLUTION



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
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Communications	Kathy Langton	communications@mpca.ca
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

As we head into May, we're grateful to be part of a community that continues to show up, lend a hand, and support one another in so many ways!

We're pleased to welcome Kaylee Maciejko to the Executive Board in the role of Vice President. Kaylee will serve in this position until the AGM in October, when the role will go to a vote. Thank you, Kaylee, for stepping up and supporting the work of the board!

Volunteers are at the heart of everything we do at MPCA. It's a meaningful way to give back, meet neighbours, develop new skills, and be part of what makes Mount Pleasant such a connected and welcoming place.

May brings one of our biggest community efforts of the year. The Green Initiatives Committee (GIC) is hosting the Annual Community Cleanup on May 3, in partnership with the City of Calgary. The event will take place at 2408 6 Street NW from 9:00 am to 1:00 pm and is open to residents from across the city. Community Cleanup events make it easier to dispose of household items that do not fit in your black cart.

Community Cleanups take place across the city from April 25 to September 27, 2026. Events are held on Saturdays and Sundays from 9:00 am to 2:00 pm. These events are open to all residents, regardless of where you live. If you are unable to attend the Mount Pleasant Cleanup, you can find other dates at calgary.ca/waste/drop-off/community-cleanups.html.

The GIC is also looking for volunteers to join their team and support this and other sustainability initiatives throughout the year. It's a great opportunity to contribute ideas, get involved in hands-on projects, and help shape environmental efforts in the community. Contact green@mpca.ca.

We have several other opportunities for those looking to get involved. We are currently seeking someone interested in stepping into the Hall Director role, with the opportunity to shadow the position and help keep our Community Hall running smoothly. Our Grants Coordinator role has also opened and is a great way to support community initiatives.

Looking ahead, we would love 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 on a leadership role, 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 also looking ahead to the future Communications Director role at the AGM in October and welcomes anyone interested in contributing. Whether you want to take on a leadership role, focus on social media, newsletters, or other digital projects, this is a great way to gain experience and help Mount Pleasant stay connected. Reach out to communications@mpca.ca.

We hope to see you at the Community Cleanup and at upcoming events this spring. Together, we continue to make Mount Pleasant a vibrant and connected 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
- ✗ 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





Our fitness classes started up again on January 5 and will continue through to June 26. You can enjoy a free exercise and/or Tai-Chi 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 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.

These drop-in only classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the fourth Wednesday of each month) 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, Zoom only on the fourth Wednesday monthly) 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

"You know you're getting old when your birthday cake is a fire hazard." - 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 seniors 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: Our seniors' lunches are held on the fourth Wednesday of each month (except December when it's the second Wednesday) at 11:00, 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 pleasanttimes@mPCA.ca to be added to our lunch invitation list.

Day Trips: At time of writing, we're still looking forward to our sold-out outing to Stage West on April 29 for a matinee performance of *New Sound in Town*. We've also booked tickets for an evening performance of *Beehive* on August 5 (only two tickets remaining at time of

writing).

There are three seats left for our two-night trip to Lethbridge on May 19 to 21 if you'd like to join us. 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.



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.

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.

No Book Club in December.

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 Pickleball | SportsPlex Rink

Select days, register online.

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

Book Club | Lower Hall | *The Penguin Lessons* by Tom Michell

Tuesday, June 23, 7:00 to 9:00 pm.

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, 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 [Third 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) [Third 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! [Third 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 four certified Essentrics® instructor. Walk-ins welcome!

BFlowLatino [Third 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 [Third 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 [Third 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 [Third 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 [Third 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.

Plan a Neighbour Day Event in Your Community!

by *The City of Calgary*



Neighbour Day is happening on Saturday, June 20, 2026, and it's the perfect time to bring your community together. Neighbour Day helps build welcoming and inclusive communities where neighbours connect and feel a sense of belonging all year long.

Get involved by hosting a block party, BBQ, or neighbourhood gathering. Permits for block parties and greenspaces are free, so apply now.

Want more neighbours to join the fun? Add your event to The City's Neighbour Day calendar and help others discover celebrations near them.

Learn more and get started at calgary.ca/NeighbourDay.

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 see what classes are upcoming. It's always best to set a reminder to do this early in each month as classes fill up quickly. Registration for the below May classes opened on April 7.

Wednesday, May 6, and Wednesday, May 13, 1:30 to 3:30 pm, A Spring Landscape in Felted Wool Roving Guided by Tracy Franks

This is a two-part class; please register once and commit to both classes. Our first class will be devoted to creating the background for the landscape. We will use wet felting method, gently layering and manipulating wool fibres, dampening, rubbing, and agitating, repeating often to achieve a bonded surface that suggests the beginning of a meadow, a forest glade, or rolling hills. Please bring an old bath towel and a bag to the first class as you will need to carry your work home wet.

Our May 13 class will involve needle felting over the (now dry) surface to indicate wildflowers and butterflies or perhaps tree trunks, branches, birds, and mushrooms. Your choice of image will evolve from the felted surface.



The May 26 book will be *The God of Small Things* by Arundhati Roy, a Booker Prize-winning, New York Times bestselling novel about an Indian family in tragic decline. Likened to the works of Faulkner and Dickens, this extraordinarily accomplished debut novel is a brilliantly plotted story of forbidden love and piercing political drama, centered on an affluent Indian family that is forever changed by a visit from their English relatives.

Set mainly in Kerala, India, in 1969, it is the story of Rahel and her twin brother Estha, who learn that their whole world can change in a single day, that love and life can be lost in a moment. Armed only with the invincible innocence of children, they seek to craft a childhood for themselves amid the wreckage that constitutes their family. Sweet and heartbreaking, ribald and profound, *The God of Small Things* is written in a voice so powerful and original that it burns itself into the reader's memory.

The June 23 book will be *The Penguin Lessons* by Tom Michell. 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.

The First Oscars Ceremony

The first Oscars ceremony was held on May 16, 1929, in California at the Hollywood Roosevelt Hotel! Emil Jannings won best actor, and Janet Gaynor won best actress!



Textiles Circularity: A Problem for the Fast Fashion Industry?

Wait – did I remember to get dressed in clothes this morning? I sure did and most likely we all did. And thus – textile waste issues affect all of us – it's not a "fashion" issue.

The Recycling Council of Alberta held their annual Explore Circularity Day in March, with a focus this year on textiles. Textiles are actually the fifth-largest category of plastic waste sent to landfills in Canada, and unfortunately about 98% of plastic textile waste ends up in landfills.¹ If you check your labels, it's likely that your clothes contain some plastic products. Although apparently there is enough clothing currently on the planet for the next six generations of people, global production is still rising. We do have some systems in place for collection, sorting, and resale, often through charitable organizations, however recycling options for materials are still extremely limited.

Circularity is about designing systems without waste – where materials get reused. Alberta is uniquely positioned to lead in textiles circularity, especially since polyester is the most widely used fibre. Alberta has materials and polymer expertise, advanced manufacturing capacity, and this is a stellar opportunity for economic diversification. We already have some impressive textile leaders and responsible businesses trying to reduce waste and look for opportunities to become more sustainable, right from the design stage.

An innovative Canadian company called Sixone has recently started transforming post-consumer polyester-blended textiles from landfill waste into high-quality polyester pellets. They are using artificial intelligence and materials science to map post-consumer plastics waste data and navigate the intricacies of recycling blended textiles.

Tersus Solutions is planning to bring their circular textile infrastructure to Calgary within the next couple of months, so watch for that. They are working with a local outdoor gear/clothing repair and alterations guru, the owner of Spirit West, which also creates custom gear locally. It will be exciting to learn more as information becomes available.

What Can You Do?

Support businesses that are making efforts to reduce waste, promote product reuse and repair, and showing creativity to reuse materials. Ask questions, and if you're shopping online, read the company's sustainability

information, thus showing that consumers care about the issue. Help support and encourage policies such as extended producer responsibility, which is designed to encourage manufacturers to consider the product life-cycle during design. Environment and Climate Change Canada consulted on a draft roadmap to address plastic waste and pollution from the textile and apparel sector, so the issue is starting to get more attention. We need to show support to keep the ball rolling.

Other local opportunities include learning to repair your own clothing (and more!) through Repair Exchanges hosted in partnership with the Arusha Centre. Mount Pleasant had our first Repair Exchange a couple of years ago, and Capitol Hill is working on making theirs an annual event. The focus is on repairing items to promote reuse and keeping things in use longer rather than discarding them when broken. The volunteer "fixers" at these events help you in repairing the item(s) you bring, teaching you potential new skills in the process. Or if you're one of those skilled/handy people already, you could consider volunteering at an event like this.

There is an incredible diversity of second-hand stores in Calgary promoting keeping clothing in use longer (reuse!). Shopping at these stores helps promote the circular economy and also saves you money. Or you can get together with a group of friends and have a clothing swap. If you're donating clothing, make sure you wash it first so it's clean, otherwise it's more likely that it'll just end up getting thrown out. Sheets with holes in them can be cut up and used (and washed and reused!) as napkins or homemade "paper towels," as handkerchiefs and for cleaning.

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

References:

1. <https://www.canada.ca/en/environment-climate-change/news/2025/03/government-of-canada-invests-in-canadian-innovators-to-reduce-textile-and-plastic-waste-and-promote-circular-economy-662161-in-funding-to-support-f.html>.

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It's said that home is best understood from a distance. You never feel more Calgarian than when in Edmonton. You never feel more Albertan than when in Ontario. And you never feel more Canadian than when abroad.

One of the upsides of travel to Ottawa is it affords me a lot of opportunity to think about our home, and how being a westerner shapes me and how I try to serve as your representative.

Alberta, as we know, is more complex than it appears from a distance. Some of us are gunslingers, some of us are barn-builders. But all of us are shaped by our home. Westerners are direct. We like things to be said plainly. We like arguments that stand up to scrutiny.

Westerners are practical. We're less interested in whether something sounds good than whether it works.

Westerners are egalitarian. People should get a fair shot. Effort should matter. Systems shouldn't be rigged.

Westerners are welcoming. People come here from everywhere – and they build lives. We care whether you're willing to contribute.

Westerners have a strong sense of stewardship. Of land. Of resources. Of leaving things in better shape than we found them.

And westerners are patriots. We never stop building this country. We never stop fighting for it.

Sometimes, these western values push our politics one way. Sometimes, in different ways. But there are many ways to be a westerner, and a strong community isn't one where everyone agrees. It's one where people feel comfortable participating, sharing ideas, and working together despite differences.

In the end, the goal isn't to eliminate disagreement. It's to build understanding, and to find a path forward. That starts when neighbours meet not as political identities, but as people invested in the same place.

I am honoured to be your MP,

Corey Hogan

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Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and 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 by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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