

JULY 2026

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THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



SECOND ANNUAL STAMPEDE BREAKFAST

JULY 5, 8:00 AM TO 12:00 PM



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MPCA Community Association

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- 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 summer settles in, many of our hall programs have wrapped up for the season, while others continue to keep our community spaces active and welcoming. We hope everyone is finding time to enjoy the warmer days and everything our neighbourhood has to offer.

You may have noticed that we did not host a Neighbour Day celebration this year. After careful consideration, the Special Events Committee made the difficult decision to pause the event for 2026. Over the past two years, significant rainfall on the same weekend led to cancellations while still resulting in costs for vendors, musicians, and other bookings that could not be refunded. Rather than face those same challenges again, we have chosen to focus our efforts and budget on our Jump Into Fall event, where weather conditions have historically been much more favourable. Jump Into Fall is set for September 26, 2026, and planning is already underway with more details to come!

We are excited for the second Annual Stampede Breakfast on July 5 from 8:00 am to 12:00 pm, taking place in the Our House parking lot. Hosted by MPCA Business Member Our House, in collaboration with Mount Pleasant Community Association committees and neighbouring Community Associations, this event brings together Tuxedo Park, Winston Heights, and this year, the Cambrian Heights Community Association. After a massive turnout and wonderful community spirit last year, the event returns even bigger for 2026. Working together allows neighbouring communities to share resources, help reduce costs, and create a larger celebration for everyone to enjoy. We look forward to welcoming residents and visitors alike for a morning of breakfast, connection, and Stampede fun.

Our pool continues to be a busy and welcoming place through the summer, offering a spot to cool off and connect with neighbours. At the SportsPlex, preparations are already underway for the return of ice as we look ahead to another active season. We are also pleased to welcome back Lil Green Urban Farm for the third Community Farm Stand, running Thursdays from 2:00 to 6:00 pm in the Community Hall lot.

As always, the work of the Mount Pleasant Community Association depends on volunteers. We are actively seeking community members interested in joining

our Board of Directors, committees, and coordinator roles. Whether you have a few hours to contribute or are looking to take on a larger role, volunteering is a meaningful way to support our community and help shape its future.

We continue to seek a Grants Coordinator to help secure funding that supports community programs, amenities, and special projects. If helping bring community ideas to life interests you, please contact engagement@mpca.ca.

We are also looking to grow our Communications Team. The Communications Director role will be up for election at this October's AGM, and we would love to have someone learn the ropes before potentially stepping into the position. This is a great opportunity to gain insight into community communications and help shape how we connect with residents.

We are also seeking volunteers interested in helping compile *Pulse* Newsletter submissions, create digital newsletters, and support social media. Whether you are looking to build skills, gain hands-on experience, or put your creativity to work for the community, there is opportunity to get involved! Interested? Contact communications@mpca.ca.

Thank you for being part of Mount Pleasant. We wish everyone a safe and enjoyable summer and look forward to seeing you around the community.

MPCA Board of Directors



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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MOUNT WINSTON HEIGHTS TUXEDO CAMBRIAN
Pleasant Mountview Park Heights

2nd Annual Stampede Breakfast

8 AM - 12 PM

OUR HOUSE
2411 4th St NW



Free

MAGICIAN



LIVE MUSIC



JULY 5, 2026

PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

"You know you're getting older when you start to notice little gray hairs in your children's hair." - Anonymous

The Pleasant Times Social Club continues through July and August with monthly lunches and a day trip to Stage West. Our activities are made possible thanks to the backing of the 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

At time of writing, we're looking forward to a beef shawarma, hummus, and baklava lunch catered by Jerusalem Shawarma on May 25 combined with good conversation before, during, and after lunch. 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, conversation and games, or live entertainment. Many thanks to our volunteers, 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 just back from our two-night trip to Lethbridge. We started with a visit to the Alberta Birds of Prey Foundation in Coaldale where we were treated to an eagle flight demonstration, views and

talks about various birds being rehabilitated, and ended with a presentation on three owls that we got to see and touch. Our tour ended with an opportunity to hold an owl for a free photo op. The next day we headed to the Lethbridge Viaduct for a walk through the area beneath this railway bridge to take pictures. Some also took the opportunity to visit a small coal mining museum before we headed to Fort Macleod. After free time to shop, visit the bakeries and restaurants, and walk along the river we gathered at the beautifully renovated Empress Theatre for a showing of *Getting Married In Buffalo Jump*. The movie was filmed in Southern Alberta, reminding us of the countryside we'd travelled through. On our last day we spent time in the Nikka Yuko Japanese Garden and Head Smashed In Buffalo Jump. The latter is a fantastic museum featuring amazing exhibits, history, and outdoor walkways. We were a tired but happy crew when we arrived back in Calgary.

Our next outing is to Stage West for an evening performance of *Beehive* (already sold out). We're also looking into Rosebud Theatre's Christmas play and a trip to the ice and snow sculptures in Lake Louise and Banff. 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.



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.

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.

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.

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

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 | Lower Hall | *The Dictionary of Lost Words* by Pip Williams

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

Book Club | Lower Hall | *Meditations* by Marcus Aurelius, translated by Gregory Hays

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

Monthly Seniors' Lunches | Ages 60+ | Upper Hall

Fourth Wednesday of each month. RSVP required.

Pleasant Times Day Trip | Stage West | *Beehive*

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

Chair Yoga | Upper Hall

Wednesdays, 11:15 am to 12:15 pm.

No classes on the fourth Wednesday of the month. Returning in September.

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.

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.

Community Farm Stand | Lil Green Urban Farm | Community Hall Parking Lot

Thursdays, 2:00 to 6:00 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.



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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, 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.

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 (Age 14 and Up)

Crafternoon classes are also taking July and August off. Remember to check the Events page at mPCA.tidyhq.com/public/schedule/events in August to learn what is planned for September.



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

QR code and photos of children playing.



Our fitness classes take a break until we're back moving in September. 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 in September by popping over to the hall any Monday or Wednesday morning after classes resume.

Chair Yoga (returns in early September): 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 (returns in early September): 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 (returns in early September): 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.

GREEN INITIATIVES COMMITTEE

Hello July!

One of our key focus areas for the MPCA Green Initiatives Committee is growing and maintaining biodiversity in our neighbourhood, specifically for our tree canopy. Trees play a vital role in keeping Mount Pleasant, and our city as a whole, healthy and livable. Properly protecting and caring for our own trees, as well as public trees, enable a stronger tree canopy that cools our neighbourhood, cleans our air, supports local wildlife, and contributes to a more resilient neighbourhood for future generations.

This month's article features a few helpful resources and programs available in our community and city, for our tree canopy.

City of Calgary Tree Resources and Programs:

Looking for tips on how to best care for trees in your yard or your neighbourhood? Check out the City's Caring for Calgary's trees landing page, which provides helpful tree education resources and tips, guides for planting, and how to protect your trees from pests and disease. More info here: calgary.ca/parks/trees.html.

The City is working to grow and expand our tree canopy coverage to 16% and has programs to build support for tree planting on private and public land. This includes programs such as the Community Tree Ambassador Program, the School Planting Program, Branching Out and the Neighbourhood Tree Program. Check them out here: calgary.ca/parks/trees/community-trees.html.

The MPCA is working to partner with the City to increase the number of trees in our Community Association and Community Garden lands through a planting program. Stay tuned for more news and a call for volunteers to help move this program forward.

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. We are currently looking for new members. Please email green@mpca.ca for more information or if you have any questions.

Have a great month!

The MPCA Green Initiatives Committee



Our July 28 book will be *The Dictionary of Lost Words* by Pip Williams. Esme is born into a world of words. Motherless and irrepressibly curious, she spends her childhood in the Scriptorium, an Oxford garden shed in which her father and a team of dedicated lexicographers are collecting words for the very first Oxford English Dictionary. Young Esme's place is beneath the sorting table, unseen and unheard. One day a slip of paper containing the word bondmaid flutters beneath the table. She rescues the slip and, learning that the word means "slave girl," begins to collect other words that have been discarded or neglected by the dictionary men.

As she grows up, Esme realizes that words and meanings relating to women's and common folks' experiences often go unrecorded. She begins in earnest to search out words for her own dictionary: *The Dictionary of Lost Words*. To do so she must leave the sheltered world of the university and venture out to meet the people whose words will fill those pages.

Set during the height of the women's suffrage movement and with the Great War looming, *The Dictionary of Lost Words* reveals a lost narrative, hidden between the lines of a history written by men. Inspired by actual events, author Pip Williams has delved into the archives of the Oxford English Dictionary to tell this highly original story. *The Dictionary of Lost Words* is a delightful, lyrical, and deeply thought-provoking celebration of words and the power of language to shape the world.

The August 25 book will be *Meditations* by Marcus Aurelius, translated by Gregory Hays. 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.

Links for Learning: Neighbourhood and Development Resources

Would you like to learn more about our neighbourhood? Have you wondered what developments are coming up on your street? Have you wanted to provide feedback on specific developments, or to the city in general?

Recently, a development was proposed on our street that we gave feedback on and eventually appealed the approval thereof via SDAB. The process involved a lot of research and self-education. We discovered a number of useful resources that we'd like to share.

In this first article, we'll provide a list of the links we discovered, for you to explore at your leisure. In future articles, we'll share more of our learnings and tips.

Our Neighbourhood

- MPCA (Mount Pleasant Community Association).
- Includes upcoming events, monthly newsletter, community map.
- [Mpc.ca/](http://mpca.ca/).
- [Mpc.ca/communitylife/#communitymap](http://mpca.ca/communitylife/#communitymap).
- [Mpc.ca/news](http://mpca.ca/news) - includes issues of *Pulse* (open our article online, to copy/paste links!).

Heritage Inventory

Check out the beautiful old homes in Mount Pleasant and beyond! Visit calgary.ca/arts-culture/heritage-sites/inventory.html.

My Property

This is a great resource, for far more than property tax assessment values! It includes build year, recent permits, a cool map of city services in the vicinity, land-use class, policies, and more. Visit maps.calgary.ca/myproperty/.

North Hill Communities Local Area Plan (NHCLAP)

Link: calgary.ca/planning/local-area/completed-plans/north-hill-communities.html.

Published in 2021, and amended in 2022 with the Heritage Guidelines (Section 2.6), the whole document is worth reading, but you may want to start with:

- Maps (pages 13, 27, 35, 37, 85).
- "Neighbourhood Local" build form (Sections 2.2.1.4 and 2.2.1.6, p 45, 47).
- "Heritage", including development guidelines and map (Section 2.6, p 83).

Tip: if providing feedback on a development planned in a Heritage Guideline Area, be sure to review the plans against the Heritage Guidelines!).

Development

Development Permits (DMAP)

This is where you can tell what's happening in your neighbourhood for development permits and land-use redesignations! Visit developmentmap.calgary.ca/.

- Filter on Status = "In Circulation" or "Under Review," to see newer development permit submissions.
- Click on a development permit (shaded blue area), and then on the red "Learn more about this project" button.
- Redacted project plans are available within DMAP, at these early stages.

The best time to provide feedback is while "In Circulation," but feedback is still possible while "Under Review."

Make your feedback personal. It's also helpful to refer to policy documents like land-use bylaws, LAPs, Heritage Guidelines, etc.

If the development is in a Heritage Guideline Area, it incurs additional contextual requirements; reference these in your feedback!

Map: engage.calgary.ca/download_file/7476/1707.

Guidelines: engage.calgary.ca/download_file/8067/1707.

Take time to explore the wealth of info available on DMAP, including the top tabs (2D, 3D, land-use definitions), and the map-layers and measurement icons (three-layer icon and ruler icon in the upper right corner).

You can request detailed plans by emailing propertyresearch@calgary.ca to request a "Detailed Team Review" (24-hour viewing of full designs and Development Authority's feedback).

Recently Approved Permits

For three weeks after approval, permits will be listed here and this is when you can launch an appeal. Visit calgary.ca/PDA/pd/Pages/Public-notice/Public-notice.aspx.

SDAB (Subdivision and Development Appeal Board)

Visit the SDAB to launch an appeal, view upcoming appeals (with unredacted plans and city/developer/applicant feedback), watch live appeal hearings (virtually), and access SDAB decisions. Visit calgarysdab.ca/home.html.

GREAT NEWS MEDIA

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SCAN ME

City-Wide Planning/Involvement

City Council Planning Meetings (agenda, outcomes, etc.)

- R-CG Rezoning Repeal (March/April 2026 hearing) outcome: calgary.ca/planning/projects/rezoning.html.
- General Planning: calgary.ca/ph.

Community Involvement Toolkit (outreach tools and resources for citizens)

Link: www.calgary.ca/planning/community-involvement-toolkit.html.

If you're interested in how our neighbourhood is developing, do take advantage of these links, and be sure to provide feedback on new development proposals. Your voice does make a difference!



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

PAPERBACK

On July 30, 1935, Penguin Books introduced the first paperback. They published ten titles, with the intention of making these books affordable for the general public. 90 years later, and paperbacks are still widely preferred.



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, 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. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit
gofund.me/31fdeef6f
Any help is appreciated ♥



Cats, Canines, & Critters of Calgary



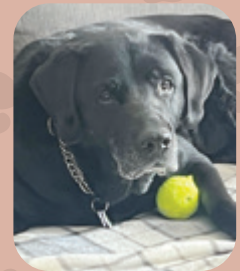
Casper, Huntington Hills



Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



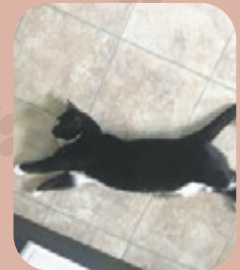
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

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

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For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

MOUNT PLEASANT MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

YOURS TRULY, JOHNNY DRYWALL: Drywall or texture repairs. Big or small, give me a call (or text), Brad 403-771-5228. Estimates and advice are always free.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. Since 2012, WCB, CQT, Master Electrician, licensed, insured. Competitive rates for quality electrical work. Panel upgrades from 60amp to 200amp. Car chargers, aluminum rewiring, custom lighting and LED install. Call for estimates. www.cejelectric.com. Clayton Jeffrey. 403-970-5441.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

GUTTER DOCTOR: Home Exterior Services. Gutter cleaning/repair/installation, window cleaning, gutter guards/leaf screens, fascia, soffit, siding, permanent outdoor holiday lighting, roofing, cladding, heat cables, pressure/soft washing. Local business since 2003 with more than 70,000 happy customers! Licensed, insured, WCB, A+ rated BBB member, multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TLC CLEANING: Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; Please email Carol at tlc.cleaning@shaw.ca or call 403-614-8522.



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News, Events, & More



Crime Statistics



Real Estate Statistics



Meet

JASON WAI

REALTOR®



RE/MAX
Real Estate (Mountain View)

Born and raised in NW Calgary, Jason is YOUR local realtor in the neighbourhood. He is a second-generation realtor, with a focus on inner-city neighbourhoods like Hillhurst and West Hillhurst. Jason is an award-winning Realtor at REMAX, delivering practical market guidance and trusted advice – just look at the testimonials!

Selling your home should be a smooth process. Give him a CALL TODAY to see what your home is worth. Jason can provide knowledge, experience, and trusted value in getting the job done the RIGHT WAY.

GET IN TOUCH
403-478-0307



LET'S CONNECT

 Jason Wai Real Estate

 @recalgary

 re-calgary.ca



MEOW
Foundation
for the adoption of abandoned cats

MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

Donate

