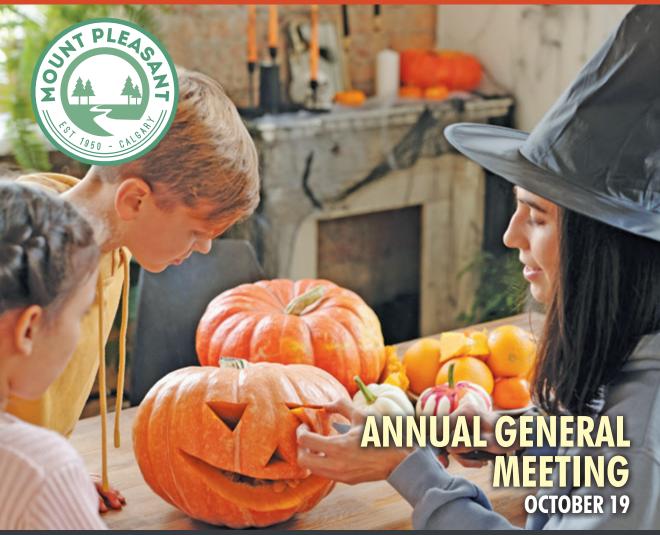
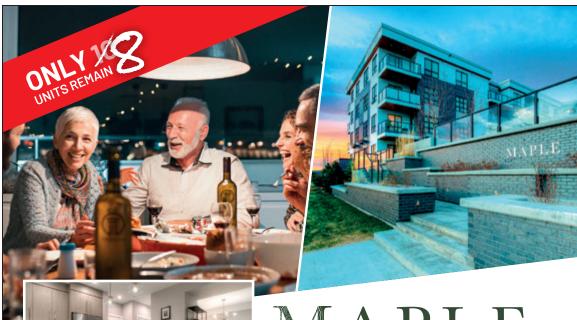
# AMOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER











# MAPLE

INDEPENDENT LIVING IN UNIVERSITY DISTRICT

Maple, the ultimate address for 55+ adult living; featuring one or two bedroom options complete with full kitchen, in-suite laundry and private outdoor patio space. Inside the community, residents will find a wealth of amenities and activities in partnership with the Brenda Strafford Foundation's Cambridge Manor, intended to entertain and keep the mind and body agile. Interested in learning more about Maple, and what makes it unique? Book your private Show Suite tour today at www.LiveAtMaple.com

#### Contact us for more information:

Sales Manager

Ken McArthur | (403) 921-1747 ken.mcarthur@trumanhomes.com

University District Discovery Centre 4410 University Ave N.W.

# \$330's

Show Suite Hours

Tuesday-Friday 1pm-Saturday-Sunday Noo Monday Clos

1pm-7pm Noon-5pm Closed



LIVEATMAPLE.COM

Live better.°





The October 18 municipal election presents a unique opportunity for the Ward 7 Councillor to bring forward policies, methods and resources for:

- · Safe communities where
- we can live in our homes and operate our businesses without threat:
- criminal behaviour is reduced:
- community standards are enforced;
- municipal infrastructure (eg. roads, sidewalks, pathways, etc.) are safe for pedestrians, cyclists, and drivers; and
- snow is removed, not just moved, in critical places:
- An Affordable City that operates within its means and priorities without the tendencies to increase taxes, fees and utility rates;
- Vibrant Ward 7 that is full of energy, opportunity, and innovation on the street, in our parks and civic facilities, and with our indigenous, arts, cultural, and ethnic communities.

Ward 7 is the Heart of Calgary and I strongly support these measures. I have had the privilege of connecting with Ward 7 and Mount Pleasant residents at the door. The predominant concerns heard include:

- Poor public consultation about the move to greater housing intensification with minimal regard to neighbours and neighbourhood character, history, heritage, culture, tree canopy, and greenspace impacts. The City's engagement process lacks early community engagement to share an understanding of what problems we are trying to solve, what outcomes are desired, what alternatives are available, and how do we arrive at meaningful and mutual decisions:
- Impacts of housing intensification development particularly related to on and off street parking, crowded laneways due to number of waste/recycling carts, plus population density and related noise and safety:
- Traffic flow disruptions, congestion, cut-through, noise, and behaviour along 4th and 10th Street NW, 16th and 20th Avenue;

Like many of you, I have a vision for a great Calgary. After 30 years at The City in a variety of managerial roles and with 6 years working in communities and advocating on particular initiatives, I have the competencies to work communities and to affect immediate and positive change.

"Mount Pleasant, on October 18, vote for experience. I will prioritize doing the right things and doing them right with you."

Learn more at www.terrywong.ca



#### **Essential numbers** for seniors in Calgary

The Way In

### Emergency (24-Hour)

For EMERGENCY medical, fire and police response.

Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.

#### 8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

#### 3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgarv.ca

#### 2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca

#### 403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-SENIORS (403-736-4677)

Information, advice and help

403-266-HELP (403-266-4357)

Crisis support and urgent social

work response (including if you

are concerned about a senior

at risk in the community).

accessing programs and benefits for older adults.

Distress Centre and

SeniorConnect (24-Hour)

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



Licensed by Verico Avenue Financial Real Estate Solutions.

# **MPCA Community Association**

602 22 Ave NW Calgary T2M 1N7 E-Mail info@mpca.ca Website www.mpca.ca Facebook https://www.facebook.com/MountPleasantCommunity Twitter https://twitter.com/MountPleasantCA

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|------------------------|---------------------|---|
| EXECUTIVE              |                     |   |
| President              | Jessica Karpat      | president@mpca.ca                           |
| Vice-President         | Chris Best          | vicepresident@mpca.ca                       |
| Secretary              | Darren Rempel       | secretary@mpca.ca                           |
| Treasurer              | Tamara Flindell     | treasurer@mpca.ca                           |
| Past President         | Philip Carr         | pastpresident@mpca.ca                       |
| DIRECTORS              |                     |   |
| Green Initiatives      | Matthew Crist       | green@mpca.ca                               |
| Hall                   | Murray Anderson     | hall@mpca.ca                                |
| Membership and         | VACANT              | engagement@mpca.ca                          |
| Volunteer Director     |                     |   |
| Planning & Development | Alison Timmins      | planning@mpca.ca                            |
| Communications         | Aleah Kane          | communications@mpca.ca                      |
| Special Events         | Natalia Gorobinski  | specialevents@mpca.ca                       |
| Sportsplex             | RogerLeach          | sportsplex@mpca.ca                          |
| Swimming Pool          | Jamie Reid          | swimmingpool@mpca.ca                        |
| COORDINATORS           |                     |   |
| Hall Rentals           | Nickie Brockhoff    | hallrentals@mpca.ca                         |
| Pleasant Times         | Linda O'Hanlon      | pleasanttimes@mpca.ca                       |
| Dog Park               | Mark Atkinson       | dogpark@mpca.ca                             |
| Playgroup              | Esther Cuneo        | playgroup@mpca.ca                           |
| Grants                 | Johanna Plant Donne | lly grants@mpca.ca                          |
| Soccer                 | Kathryn McIntosh    | soccer@mpca.ca                              |
|                        |                     |   |

# **Business Membership** in Good **Standing**

- Alpine Insurance and Financial
- Resolve Legal Group
- Thorncliffe Family Dental
- Benjamin Moore **Calgary North** Decorating
- Amira J. Healing
- Stavros on 4th



# **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

| ·   |                   | Apply Online www.mpca.ca             |  |  |
|---|-------------------|--------------------------------------|--|--|
| 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 w  | ho have been a MP | CA member for at least 10 years.     |  |  |
| New residence have lived in Mount Pleasant for less than 1 year. Please note date you moved into Mount Pleasant |                   |                                      |  |  |
| Name Address Postal Code E-Mail Phone   |                   | -<br>-<br>-                          |  |  |
| Payment Attached:   | Cheque            | Cash                                 |  |  |
| I wish to subscribe to MPCA email list  | Yes               | No                                   |  |  |
| Number in Family  | Adults            | Children                             |  |  |
| <b>Reason for Purchase</b> (Soccer, Community Gard please specify:  | den, Skating, Pla | ygroup, Special Events, Pool, Other) |  |  |





**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 and the Mount Pleasant 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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#### MINT HEALTH+DRUGS: BLUE BOTTLE

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- · Direct Insurance Billing
- · Special Orders Available Next Day





### **Arts and Crafts Sessions for All Ages**

This program includes a series of free arts and crafts classes, made possible by a grant from service Canada's new horizons for seniors program. Although organized by and mainly for seniors, all ages are welcome. We want to encourage you to get to know your neighbours and be mentored by our community seniors in some "lost" arts like knitting. If you have a specific interest in a skill you'd like to learn or improve, please contact Anne at anne.countryman@gmail.com or 403-282-3675.

So far there have been classes in knitting, felting, landscape and still life painting, wreath making, birdhouse making and decorating, and Japanese flower arranging. Here is the schedule for October:

#### October 2021 Crafternoon Schedule:

All Crafternoons are 1:30 to 3:30 pm.

All classes and materials are no charge, but you must preregister to ensure space and materials are available for you.

**Wednesday, October 6:** Painting with a twist! Artist Adrienne Jenkins will introduce us to mixed media, collaging a landscape on canvas.

**Wednesday, October 13 and Wednesday, October 30:** In this two-part workshop, artist Tracy Franks will guide us in making a mosaic image on glass, using chips of coloured glass as our palette.

If you would like to register for a class, volunteer to teach or facilitate a class, or have activity ideas, please contact Anne at anne.countryman@gmail.com or 403-282-3675. These classes are very popular. If you register for a class but find you can't attend, please let Anne know as soon as possible to allow someone on the waitlist to take your place.



#### **GREEN INITIATIVES COMMITTEE**

Between Thanksgiving feasts and Halloween treats – October is a month filled with excitement.

The Mount Pleasant Green Initiatives Committee sure has a lot to be thankful for in the past year. With our growing group of volunteers, we are hard at work looking at new and exciting initiatives to implement in the community. We hope to be sharing news of these projects very soon and have a recap on what we have achieved in the last year. This month's article is just a little short and sweet reminder to keep things green during your October festivities!

We all know that Thanksgiving usually means lots of delicious feasting. Unfortunately, feasting comes with potential for waste. For this Thanksgiving season, try not to prepare too much extra food, embrace all the leftovers, and practice proper composting for any food waste that you do incur.

Spooky season brings lots of fun with Halloween decorations, costumes, treats, and a whole lot of tricks. The Green Initiatives Committee even has a few green tricks up their sleeve for you to consider this Halloween.

If you are all about decorating, this might be the year to have a decoration exchange with your neighbours! This is a great way to participate in the sharing economy and stay sustainable while still showing off some new décor. On the topic of the sharing economy, if you are in the market for Halloween costumes for yourself and/or family, keep your eyes peeled on our Mount Pleasant Buy/Sell/Trade/ Give Facebook group. Or check out any second-hand shops for that perfect costume. Try to limit waste with all your treats on Halloween night and if handing treats out, look for ones with zero waste packaging. Last but not least, when you are done with your Jack-O-Lantern please remove any non-compostable products and make sure that pumpkin goes into the green bin.

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. As well, please check out our Mount Pleasant Green Initiative Group on Facebook! You can find us on the Mount Pleasant Community Association page.

We hope you have a happy Halloween and wonderful Thanksgiving season,

The MPCA Green Initiatives Committee



The intrepid readers of MPCA's Book Club have been meeting during the pandemic via Zoom and in the community park when the weather allowed. The Lower Hall is now available to them again, just in time for cooler weather. The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm. Come and join in a lively discussion about a great book. And there are snacks too! For more information, contact Brianna at burichan@live.com or 403-836-3626.

# **Active Day in the Park**

A smaller than usual crowd attended MPCA's annual day in the park celebration, probably due to the cooler weather, last minute holidays before school started, and COVID concerns. Those who attended had a good time, with many youngsters enjoying a variety of toys in the playground and learning to play bocce and horseshoes. Yoga, tai-chi, and the exercise sessions were a good opportunity for people to learn about these activities.

Many thanks to ParticipACTION, the City of Calgary, and MPCA for funding this event and to the event sponsors, Connect Group Calgary and DLC equity central. Check out the "Mount Pleasant Community" posts on Facebook to see more pictures from the day.

#### **ACTIVITIES AND EVENTS**

## **OCTOBER 2021**

Please check our website for up-to-date information on our programs based on the current health/ COVID restrictions.

#### Zoom Exercise Classes start again

Mondays, Wednesdays, and Fridays

#### Tai-Chi at the Community Hall

Monday and Wednesday 9:00 to 10:00 am

#### Crafternoon Arts and Crafts

Sessions for all ages Wednesdays in October 1:30 to 3:30 pm

#### **Book Club**

October 26

#### **AGM**

October 19 at the Community Centre starting at 7:00 pm

# Nominate a **Community Builder**

Do you know someone who did a lot to make Mount Pleasant the vibrant community it is today? Let's recognize her or him now so we don't forget what others have done for us. It might even inspire us to do our bit to keep the spirit going! If you would like to nominate someone as a community builder, please contact Linda at lohanlon@telus.net or 403-289-8390.



# Let's Stick with the Candy

Halloween is all about tricks, treats, and spooky ghosts now. But during the 18th century, for women, it was about finding a husband! They would throw apple peels over their shoulders to try and see their future husband's initials and look in mirrors hoping to see their future spouses face. That sounds interesting, but I think we'll stick with just the candy now!



#### PLEASANT TIMES SOCIAL CLUB

"Nature gives us twelve years to develop a love for our children before turning them into teenagers" - William Galvin (paraphrased)

Our monthly lunches continue, though we moved into the hall in August for our individual bagged lunches as it was a chilly day. Another fine time was had, with lots of conversation and laughs. The fall weather forecast is for warmer and dryer weather than usual. We'll decide our location (inside or out) depending on the weather and menu. If you are age 60 or over and live in Mount Pleasant, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or pleasanttimes@mpca.ca.

**Exercise Class:** Our classes start up again in September on Mondays, Wednesdays, and Fridays. All classes are available on Zoom. The instructor will be at the community hall in person on Wednesdays and via Zoom on Mondays. Friday classes will be on Zoom only. You're welcome to join our classes. We enjoy introductory to moderate-high exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. You can sign up for one or more classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the session or \$12 per class drop-in. Thank you to MPCA for subsidizing our classes. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

**Tai-Chi:** Classes are held twice a week on Monday and Wednesday mornings from 9:00 until 10:00 am. We moved back outdoors in July and August but will move into the community hall at some point in September. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for the session or on a drop-in basis – the cost depends on the number of people enrolled, usually \$3 or \$4 per class if you sign up for the session and slightly more on a drop-in basis. Contact Linda at pleasanttimes@mpca.ca or 403-289-8390 for more information.

**Day Trips:** Forty-three happy people came on our evening outing to Jubilations Dinner Theatre to enjoy Rockin'The Jukebox and a delicious three course dinner. We've had so much fun on past outings both in and outside Calgary: theatre performances, mystery tours, Hutterite colonies, Lake Louise ice sculptures, and much more. If you have ideas on where you'd like to go now that it seems travel is possible again, please let Linda know at pleasanttimes@mpca.ca or 403-289-8390.

#### Whist Anyone?

We're checking if there is interest in starting a few Whist tables during our games sessions once we're able to meet again. Whether you're a seasoned pro or someone who'd like to learn the game, please let Yvette know at yvette. v53@hotmail.com or 403-803-7697. Whist is a classic English trick-taking card game. Although the rules are simple, there is an art, even a science, to playing it well. Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. Once gatherings are possible again, we'll meet at 1:15 pm on Wednesday afternoons, except the fourth Wednesday of each month, in the Upper Hall, 602 22 Ave. NW. If Whist isn't your cup of tea, there's always Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette to be advised when games afternoons start again.



### **Pet Lovers in the Community**



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at https:// www.facebook.com/groups/albertapethelp for more information, and to sign up today!

#### YOUR CITY OF CALGARY

### **Tips For Using Your Green Cart This Fall**



- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- · Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, your green cart will be picked up once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.



# Let's Stick with the Candy

Halloween is all about tricks, treats, and spooky ghosts now. But during the 18th century, for women, it was about finding a husband! They would throw apple peels over their shoulders to try and see their future husband's initials and look in mirrors hoping to see their future spouses face. That sounds interesting, but I think we'll stick with just the candy now!

# **Board Report**

Please remember that – unless the health rules change our Annual General Meeting will take place on Tuesday, October 19 at the Hall. There might be an opportunity for you to view the AGM in a virtual format, but it will not be possible for you to participate or vote unless you attend in person. Our current Bylaws do not allow for virtual meetings. This is one of the proposed changes to the Bylaws which will be discussed and up for vote at the AGM. If the proposed changes are passed at that meeting, we need to submit them to corporate registry for approval and filing. Any new Bylaws do not become effective until the government has filed them. Other items on the agenda are the election of directors for the coming term, and a report about the possibility of building a new hall to replace the current building.

We continue to monitor the COVID regulations. We will adapt and change as required, but please bear with us as we are all volunteers, and the applicable regulations change from time to time. Also, please keep in mind that some outside groups which use our facilities will have their own requirements in place. One example is Calgary Minor Hockey, which makes extensive use of the Sportsplex.

We know that this has been a very challenging year for all of us. However, we still have much to be thankful for in our lives, and we hope you will be able to enjoy a healthy and happy Thanksgiving celebration this month.

Philip E. Carr

Past President, MPCA







# Calgary's Future is excited to announce our endorsement of Erin Waite for Ward 7!

#### Erin's Background and Experience

Erin is a leader in Calgary's non-profit community, a seasoned corporate communications and investor relations advisor, and a veteran community board member.

After twenty successful years in the corporate sector, Erin chose to pursue her passion for social justice and began working in the non-profit disability sector. She served as Agency Director for the Connections for Families Society where her strategic guidance and leadership led to financial stability and major policy impact.

Erin has served as a board member for nine different non-profits. She was the Board Chair for Decidedly Jazz where she helped secure 30 million dollars in funding and oversaw the building of the DJD Dance Centre on 12th Avenue.

Having lived in **Ward 7 for 30 years**, Erin's ready to roll up her sleeves and get to work for her community. She's confident that Calgary's best has yet to come.

#### Why We Endorse Erin

Erin's vision for Calgary includes a vital and vibrant downtown. She champions new uses for empty office spaces and she's excited to work with arts and cultural organizations, post secondary institutions, community groups, and business sectors to re-imagine how the downtown core can thrive once again.

Erin wants to re-invest in older communities and stop costly urban sprawl. She'll stand up for strategic plans that include commitments to older areas like Ward 7. She'll also focus on connecting neighbourhoods and communities with reliable transit and an integrated active transportation network.

Erin is a proven leader with deep roots in communities on both sides of the river. She believes it is necessary to build both economic and environmental resilience for our city. With the progressive leadership that she will provide at City Hall, Erin sees a future for Calgary that is vital and prosperous.

If you want to learn more about Erin and see where she stands on some critical issues facing Calgarians today, check out her responses to our Candidate Questionnaire at calgarysfuture.ca/ward-7.

#### Where to Find Erin:

erinwaite.ca

@ErinWaiteWard7

@Erin.Waite.Ward7



Authorized by Calgarians for a Progressive Future | info@calgarysfuture.ca

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**MOUNT PLEASANT MORTGAGE BROKER:** SAVE A BUNCH OF CASH! As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Verico Avenue Financial Real Estate Solutions.

**READING TUTOR:** Brain Friendly Reading tutor with 20 years of education experience. Ages Pre K - grade 12. For more information, please contact Gina Hinds at 403-471-0271.

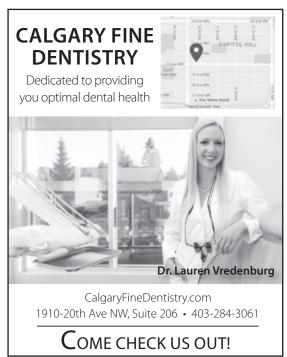
**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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1440 CRESCENT ROAD NW Rosedale | 50 ft Lot | Income Suite | \$750,000



**421 - 32 AVENUE NW** Mount Pleasant | 1,435 sq ft | 3 Beds | \$549,000



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