DELIVERED MONTHLY TO 4,375 HOUSEHOLDS

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



Narilyn North Peigan

CALGARY-KLEIN

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VETERANSASSOCIATIONFOODBANK WWW.VAFB.CA



MPCA Community

 Community
 602 22 Ave NW Calgary T2M 1N7 Email info@mpca.ca Website www.mpca.ca

 Association
 Facebook https://www.facebook.com/MountPleasantCommunity Twitter https://twitter.com/MountPleasantCA

		ter https://twitter.com/mountPleasantCA	
EXECUTIVES			
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Vice-President	Chris Best	vicepresident@mpca.ca	
Secretary	Darren Rempel	secretary@mpca.ca	
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Sportsplex	Jeff Gerlitz	sportsplex@mpca.ca	
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COORDINATORS		51 - 1	Michele Gole Real
Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca	Estate
Pleasant Times	Yvette Vanberg	pleasanttimes@mpca.ca	 Stavros on 4th
Dog Park	Mark Atkinson	dogpark@mpca.ca	Nicastro Real Estate
Playgroup	Esther Cuneo	playgroup@mpca.ca	
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	Whitney Punchak		
Social Media	Natalia Gorobinski		
Casino	Michele Gole	casino@mpca.ca	
Outdoor Rink	Shawn Stordy	odr@mpca.ca	
Please complete and		n date of purchase 5 Mount Pleasant Community Associa ' or apply online at www.mpca.ca	tion 602 22 Ave NW
Mount Pleasant Resident \$15	5/year/family	Senior, 65 and over \$!	5/year/family
Non-Resident \$25/year/family	у		
Life Members are community resider New residents have lived in Mount Pl	-	MPCA member for at least 10 years. ote date you moved into Mount Pleasant	
Name Address Postal Code E-Mail			
Phone	Cheque	e Cash	

Reason for Purchase (Soccer, Community Garden, Skating, Playgroup, Special Events, Pool, Other) please specify:

.

I wish to subscribe to MPCA email list

.

Number in Family

MPCA does not share or sell your email address or information. We only email information pertinent to MPCA events and programs.

Yes

Adults

• . . No Children

Christmas Party for Everyone

Our annual Christmas Party will be held on Saturday, December 10, from 9:00 to 11:00 am in the Upper Hall and is open to everyone! This fun event is organized by Mount Pleasant Playgroup volunteers and generously sponsored by the Mount Pleasant Community Association – thank you! It is a fun time with lots to do; we look forward to seeing our neighbours there!



Come Join the Fun!

MPCA Playgroup is a parent-run community playgroup operating weekdays from 9:00 to 11:00 am. We rely on caregivers as well as community input and support to run smoothly throughout the year.

Registration will open November 1, 2022, for the Winter Session (January 9 to June 23, 2023). If you are a parent or caregiver of children aged 0 to 5 then Playgroup might be just the thing for you. There are lots of toys and activities

to choose from in an informal environment to keep your little ones busy.

The cost is \$48 per family per session for one day a week. There is no commitment to attend every week and the registration is very easy through the MPCA website. For more information, please visit https://mpca.ca/playgroup.

Want to Check it Out?

Email us at playgroup@mpca.ca to coordinate a drop-in day to see what it's like!



MPCA HALL PROGRAMS

We are open!

Mount Pleasant Community Centre is located at 602 22 Avenue NW.

The Mount Pleasant Community Association offers something for everyone to keep you busy this winter! Come join us!

Children and Youth Programs

MPCA Playgroup - Lower Hall Ages 0 to 5 years Wookdows | 9:00 to 11:00 om

Weekdays | 9:00 to 11:00 am

For more information and to register, please visit our website at https://www.mpca.ca/our-community/mount-pleasant-playgroup.html.

Sportball [Third Party] - Upper Hall Sports Instruction for Kids Tuesday morning and Sunday afternoons

For more information and registration, please contact Calgary@Sportball.ca, call 403-975-2936, or visit www. sportball.ca.

Pleasant Heights After School Care (Students from St. Joseph's School) [Third Party] - Lower Hall 5 to 12 years Monday through Friday after school

School age care spots available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 6. Our school age care program is licensed and accredited with many long-term staff. For more information, please contact 403-289-8233 or 403-220-1212. Call and reserve your spot today.

Adult Programs

Aspire to Inspire Zumba - Upper Hall Mondays | 6:30 to 7:30 pm

Zumba Toning with Aspire to Inspire

Fun cardio and muscle toning in one. Try it for free on Mondays, 6:30 pm in the Upper Hall

For more info and to register, go to ATIZumba.com or call 403-975-5817 or email ATIZumba@gmail.com.

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

Thursdays | 7:45 to 8:45 pm

For more information and registration, please contact Trish Hardy at hardytrish@ymail.com, call 403-620-4990, or visit www.trishhardyyoga.com.

Flow Martial Arts [Third Party] - Upper Hall Mondays, 8:00 to 9:15 pm and Wednesdays, 8:00 to 9:00 pm

For more information and registration, please contact Jeff Estrada at fma.academy.calgary@gmail.com or call 587-891-8108. More information can also be found at www.flowma.ca.

All Canadian Karate [Third Party] - Upper Hall Thursday | 5:30 to 7:30 pm

For more information and registration, please contact 403-232-0228 or visit www.acku.org.

SCAN HERE



To View Additional Community Content

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 14

ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events.

Monday and Wednesday, 8:00 to 9:00 pm Flow Martial Arts – Upper Hall

Monday and Wednesday, 9:00 to 10:00 am Tai-Chi – Outdoors (Weather Permitting)

Wednesday, 1:15 pm Wednesday Afternoon Games (Except the fourth Wednesday of the month) – Upper Hall

Thursday, 5:30 to 7:30 pm All Canadian Karate – Upper Hall

Thursday, 7:45 to 8:45 pm Yoga with Trish Hardy – Upper Hall

November 22 MPCA Book Club, *The Nest* by Cynthia D'Aprix Sweeney

December 10 Playgroup Christmas Party!

Pineapple on Pizza

I bet you didn't know that Hawaiian pizza was actually invented in Canada! In 1962, Greek immigrant and Ontario restaurant owner, Sam Panopoulos, took a chance and added this sweet and savoury creation to his menu. Whether you agree that pineapple belongs on pizza or not, you have to admit that this is a cool piece of Canadian history!





Our November 22 book will be The Nest by Cynthia D'Aprix Sweeney. "On a wintry afternoon in New York City, Melody, Beatrice and Jack Plumb gather to confront their charismatic and reckless older brother, Leo, who has just been released from rehab. Leo's bad behaviour, culminating in a car crash while under the influence, a nineteen-year-old waitress beside him, has endangered the Plumbs' joint trust fund, or "the Nest," as they've taken to calling it. The four siblings are at very different places in their lives, but all believe that this money will solve a host of self-inflicted problems and their consequences. And until Leo's accident, they'd been mere months away from receiving it. Can Leo get the Plumbs out of this mess, as he's always been able to do for himself before? Or will the Plumb siblings have to do without the money and the future lives they've envisioned? Tender, funny and deftly written, The Nest explores what money does to relationships, what happens to our ambitions over the course of our lives, and the fraught but unbreakable ties we have with our families." – Harper Collins Canada

December is our time to relax at a favourite restaurant and chat about anything we'd like, even books! The January 24 book will be *Murder on the Orient Express* by Agatha Christie.

Contact Brianna at burichan@live.com or 403-836-3626 for more information. 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.



PLEASANT TIMES SOCIAL CLUB

"I want to die young at a ripe old age." – Ashley Montagu

It's hard to imagine what will be happening in November when you are reading this. Will there be snow or still some warm sunny days? Will our gardens all be put to bed and our freezers and pantries full of what we've grown? Will we be looking forward to Christmas, making our lists, or wondering what to put on them? For now, we're celebrating the arrival of fall and the warm sunny days we're still enjoying in October.

Adults of all ages are welcome to participate in our activities, except the monthly lunches. They're held during the day from 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: We've moved back into the Upper Hall for our lunches and we're looking forward to some time with our friends as well as to the after-lunch entertainment. We're planning to have a speaker on adjustments to our homes to allow us to "age in place" and later on alternatives if we no longer wish to care for a house. There will also be movies, games, and we hope some special entertainment at our December lunch. If you are age 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or pleasanttimes@mpca.ca to be added to our lunch invitation list.

Exercise Class: People of all ages are welcome to join our exercise class. 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 remaining classes in the session or \$12 per class drop-in. Thank you to the MPCA for subsidizing our classes.

Most participants have opted to join the class via Zoom at home, but we do offer classes at the community hall on Mondays, with the instructor there. Classes are held on Monday and Wednesday mornings from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am. 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 in the Upper Hall. Everyone is welcome, regardless of age. Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. Sign up for one or both classes each week or come on a drop-in basis. The cost for the Fall 2022 session is \$4.25 per person per class if you sign up for all remaining classes in the session, or \$6.00 per class dropin. Many thanks to The City of Calgary's Ward Community Event Fund and MPCA for subsidizing the cost. Contact Linda at pleasanttimes@mpca.ca or 403 289-8390 for more information.

Day Trips: 51 people joined us for an evening performance of *Forever Plaid* at Stage West on August 31. Toes were tapping, faces smiling as the singers sang the classic harmonies of songs like 'Love is a Many-Splendored Thing,' 'Cry,' and 'Moments to Remember.' We returned to Stage West on October 19 at lunch time for *Driving Miss Daisy*. Thank you to Steve Zacher and MPCA for supporting these events. Both of these outings sold out very quickly. If you'd like to receive email notifications of upcoming trips, contact Linda at pleasanttimes@mpca.ca or 403 289-8390. Are you interested in going to the International Christmas Market at Spruce Meadows in late November or perhaps to see the ice sculptures at Lake Louise in January? People of all ages are welcome to join us.



From Backrub to Google

Our beloved search engine, Google, once had a very different name! It was called "Backrub" because it could analyze back links to determine the importance of pages on the World

Wide Web. Later, the search engine was renamed "Google" after the number googol (I followed by 100 zeros) to show just how much data it could index.



Renting a Storage Unit

From the Better Business Bureau

Are you looking for a place to store possessions that won't fit in your house? Finding a storage facility is similar to finding a trustworthy landlord. To make smart decisions when it comes to signing a contract for a storage unit, spend time deciding on the type of storage unit that you need. Gather the items you want to put into storage in one place. This will put into perspective how much space you need. Don't forget, you'll also need space to enter the unit and move around. If you ever need to get something out, you don't want a unit that's packed from floor to ceiling.

What to Consider Before Renting a Storage Unit

Are any of your items temperature sensitive? If so, you'll need to have a unit that's indoors and climate controlled. Are your items valuable? You'll need a unit that has a good security and monitoring system. Also, purchasing insurance for the unit is a good idea, whether it's through the storage company itself or your personal insurance company.

Keep your options open and make sure you have a few units that you can investigate before making a final decision. You may find that a location a little bit further away will give you more features that you want.

Storage Units: What to Watch Out For

Here are some of the things to look out for when shopping for a storage unit:

- Cleanliness and Security: All businesses advertise that they're secure and clean, but not all live up to their promises. Problems could include bug/animal infestations, leaking rooves, broken surveillance systems, unmanned entrances, and poor security of visitors. Look carefully when you visit.
- Hidden or Additional Charges: There may be additional charges for lock rental, insurance, late fees, utilities, and security. Make sure that you get everything in writing and read your contract carefully so that you aren't surprised by add-ons later.
- Hiding in the Small Print: Read the fine print to look for all sorts of conditions relating to responsibility of your possessions, amount of notice for raising rent, and terms under which you're deemed to have defaulted.



Access to the Unit: Be sure to look up the storage facility online and determine what the gate and office hours are.

Visiting Storage Facilities

Don't feel pressured to sign immediately on the dotted line, even if management tells you that the units are limited. Spend the visit looking around and asking questions. First impressions are everything and often, you'll get a sense from that first visit how the company treats customers.

As with any industry, there are bad actors who want to scam you. Storage scams can include:

- **Complicity in Theft:** Through negligence or direct involvement, operators have been known to play a part in the theft of contents from locked units.
- Selling Your Stuff: In the case of a default, the owner is probably entitled to enter and auction off the contents.

Find out more at bbb.org.



Board Report

We thank all who attended the Annual General Meeting (AGM) on October 18, 2022. In a future edition of the Pulse, we will provide additional information about our newly elected board members and coordinators. We always have room for additional volunteers, so if you would like to help your community in some capacity, please let us know.

The City has been installing new sidewalks and pathways, as well as repairing sidewalks. As of the date of the submission of this report, the new sidewalks have been installed on 26 Avenue (on the south side of the Arts Centre), and on 9 Street from 23 Avenue north to 24 Avenue, continuing on 25 Avenue to Confederation Park. Work was ongoing on the reconfiguration of the pathway that leads down the hill into the park, which will result in a safer switchback design. Work was also continuing on the installation of a new path from 7 Street running north across the edge of the Park to 27 Avenue. Please be aware that the City recently reversed the direction of the stop sign located at the corner of 9 Street and 24 Avenue. The new signs direct traffic to stop when travelling east-west on 24 Avenue.

Finally, a reminder that the Sportsplex is open and offers three time slots for members to enjoy skating: Wednesdays and Thursdays from 2:45 to 3:45 pm, and Sundays from 3:30 to 4:30 pm. Tickets for the time slots are available on our website. We ask you to register online so that we can ensure that skaters hold a valid MPCA membership and that you are aware of the rules for using the facility. We have also added a new time slot where skaters can use hockey and ringette sticks and pucks/rings. This is on Mondays from 2:45 to 3:45 pm.

Philip E. Carr, Past President

403-467-0351 | pastpresident@mpca.ca

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 pleasanttimes@ mpca.ca or 403-289-8390.



Arts and Crafts Sessions for All Ages

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. You can sign up to receive email notification of upcoming classes or click the 'Events' button at https://mpca.tidyhq.com/public/ membership_levels to check what classes are on tap. Adults of all ages are welcome to attend but you must have a current MPCA membership. If you sign up for a class and find out that you can't attend, you must let Anne know as soon as possible. This avoids purchasing class supplies that aren't used or may allow someone on the waiting list to take your place. Classes are provided at no charge thanks to MPCA.

Planned November Classes are as Follows:

Wednesday, November 2: Create a lovely angel candleholder. Connie Zerger will guide us in this unique hand-building ceramic project. You will learn about the properties of clay, how to prepare and handle the medium, and then build the candleholder.

Wednesday, November 9: An introduction to visual journalling with Connie Zerger offers a unique opportunity to visually represent your thoughts, ideas, moods, and hidden talents. Enjoy using a variety of mediums to create your first completed visual journal page. You will come away with your own journal, and the inspiration to add to it!

Wednesday, November 16: The very popular acrylic painting on a framed canvas with Tracy Franks is being offered again! You will explore colour mixing and brushwork to create your painting.

Wednesday, November 30: The children's storybook *The Grinch Who Stole Christmas* by Dr. Seuss has become a classic. Back by popular demand, Liz Miller will guide us in creating the "Grinch Christmas Tree" table decoration.



by Anne Burke

The Nose Hill Park household survey reported that informal recreation and the natural environment should be supported by natural gravel or asphalt pathways, for use by seniors, bicycles, and mobility-impaired visitors. The Nose Hill Plan asked how to explain park management, public stewardship, natural history, geology, and human history related to the park.

Information on habitat is about controlled burns, mowing, restoration, rehabilitation, weed and erosion control, dog use zones, and bike use zones. Natural history of fire and bison grazing and endangered habitats are Fescue Grasslands, Aspen forests for wildlife breeding and escape areas, ponds, or wetlands. The geology offers sandstone/shale bedrock, gravels deposited by one million-year-old rivers, Glacial Lake Calgary, and beach lines at the southwest part of the hill. There's much to be learned from archaeology.

Aboriginal use of Nose Hill was as a quarrying site for making tools; a regional lookout for games, enemies, traders; as campsites with fire-shattered rock and stone circles.

There could be an interpretive trail with displays at the main entrances and signs for the glacial erratic and beach line. Trail guides (signs along the trail) or at the main trail heads will require maintenance, servicing, and replacement costs due to vandalism. The Friends of Nose Hill may recruit volunteers to maintain/change the signs on a seasonal basis. Wheelchair accessible signs will be angled to permit reading by walking visitors. However, the visual impact of signs on the nature of open grassland was a concern.

Other ideas were hiring a full-time seasonal park naturalist; information packages for elementary school teachers containing selected walk themes, a list of materials, and a mini field guide with maps; and brochures at the park, despite the ongoing expense of pamphlet production and distribution.



Mount Pleasant Real Estate Update Last 12 Months Mount Pleasant MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2022	\$729,900	\$715,000
August 2022	\$584,900	\$557,000
July 2022	\$582,450	\$567,250
June 2022	\$652,000	\$639,000
May 2022	\$739,900	\$745,750
April 2022	\$778,800	\$763,500
March 2022	\$580,000	\$577,000
February 2022	\$689,400	\$697,500
January 2022	\$679,000	\$726,000
December 2021	\$624,650	\$615,000
November 2021	\$799,900	\$770,000
October 2021	\$579,980	\$560,000

Last 12 Months Mount Pleasant MLS Real Estate Number of Listings Stats

	No. New Properties	No. Properties Sold
September 2022	14	7
August 2022	11	9
July 2022	15	6
June 2022	20	14
May 2022	15	14
April 2022	18	17
March 2022	23	23
February 2022	29	18
January 2022	17	11
December 2021	5	10
November 2021	11	7
October 2021	12	11

To view the specific SOLD Listings that comprise the above MLS averages please visit **mount_pleasant.mycalgary.com**

Wednesday Afternoon Games

Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm, Wednesday afternoons (except the fourth Wednesday of each month) in the Upper Hall (602 22 Ave NW). A variety of games are offered depending on what interests the attendees: Whist, Scrabble, Bridge, Cribbage, or whatever game you'd like to suggest. Contact Yvette at yvette.v53@hotmail.com or 403-284-1715 to be advised if Afternoon Games is happening.



World Vegan Day

Who doesn't love a holiday centered around food?! Observed on November 1, World Vegan Day commemorates the founding of the word "vegan," which refers to a plant-based diet. November 1 was selected for this holiday as it coincides with Halloween, Samhain, and Day of the Dead, all of which have been traditional days for feasting and festivities.



YOUR CITY OF CALGARY Green Line LRT Update

by the City of Calgary



As the largest infrastructure investment in Calgary's history, with \$5.5B in unprecedented contributions from all three levels of government, the Green Line LRT will shape mobility for generations.

Phase 1 of Green Line, from Shepard to Eau Claire, will connect the southeast to downtown and into the existing Red and Blue lines and four MAX BRT routes building 13 stations, 18 kilometers of LRT track, and three park and ride facilities.

This phase alone delivers almost 20,000 new direct and supporting jobs, provides new LRT access to Calgarians through more than 50,000 daily boardings, and removes 26,750 GHGs annually. The economic impact of this investment will directly benefit local contractors, trades, and suppliers while delivering over \$2.2B in long-term city-shaping benefits.

When people ask, "When is Green Line construction starting?" the answer is that it has. Constructing mega projects, like Green Line, starts with early works construction to make way for the main infrastructure.

Phase 1 early work includes over \$300 million in utility, road, sidewalk, pathway, and other infrastructure upgrades and projects such as remediation of two landfill sites and a tunnel under existing railway tracks. Early works in the southeast are complete with the focus now on the Beltline and downtown.

The Green Line is a long-term investment in Calgary's future and as our city grows, we will make sure we can all live, work, and play in sustainable and affordable ways. For more information and to sign-up for updates, visit calgary.ca/greenline.

National Novel Writing Month

If you've ever wanted to write a novel, now is the time! November is National Novel Writing Month. During this 30-day period, hundreds of thousands of writers all over the world attempt to complete a full manuscript – minimum 50,000 words. What a feat! Best of luck to this year's participants.



GAMES SUDOKU

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2	8	1	5	7	6	3	4	9

Christmas Candlelight

— Memorial Service – Foster's Garden Chapel 3220 - 4 Street NW, Calgary, Alberta

Wednesday, December 7, 2022, at 7:30 pm

"Grief shared is grief diminished." Everyone is welcome.

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Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

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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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, 4.2 Google Stars. Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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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Curtis is Your Trusted Neighbourhood Realtor. Call Him Today.



215 - 2 Avenue NE Crescent Heights \$1,595,000 | 6 Beds | 3.5 Baths | City Views



1322 Crescent Road NW Rosedale \$2,198,000 | 5 Beds | 3.5 Baths



1433 - 9 Street NW Rosedale \$1,588,000 | 4 Beds | 4 Full and 2 Half Baths



803 - 19 Avenue NW Mount Pleasant SOLD @ 97% of List Price in 13 Days



735 Alexander Crescent NW Rosedale SOLD @ 95% of List Price in 16 Days



620 Alexander Crescent NW Rosedale SOLD @ 98% of List Price in 14 Days



