

NOVEMBER 2023

DELIVERED MONTHLY TO 4,410 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER

**LEST WE FORGET  
NOVEMBER 11**



**JOIN NOW**

3-5 year old classes available

**Rosedale Playschool**

[www.rosedaleplayschool.com](http://www.rosedaleplayschool.com)



# U/D NIGHT MARKET – HOLIDAY EDITION

Join us for the holiday edition of our popular summer Night Market! Enjoy a curated selection of over 35 local artisans, entertainment and more! The event is free to attend. Bring your skates to take a spin on the Central Commons Park outdoor rink and enjoy the toasty warm fire features.

**Nov 30 & Dec 7, 5-9 PM**  
Central Commons Park

[UDNIGHTMARKET.CA](http://UDNIGHTMARKET.CA)

**UNIVERSITY DISTRICT**  
— CALGARY —



IN PARTNERSHIP WITH

**MARKET SPOT**

**Calgary**



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7  
 Email [info@mpca.ca](mailto:info@mpca.ca) Website [www.mpca.ca](http://www.mpca.ca)  
 Facebook <https://www.facebook.com/MountPleasantCommunity>  
 Twitter <https://twitter.com/MountPleasantCA>

## EXECUTIVES

President	Chris Best	president@mpca.ca
Vice-President	Darcy Lane	vicepresident@mpca.ca
Past President	Jessica Karpat	pastpresident@mpca.ca
Secretary	Darren Rempel	secretary@mpca.ca
Treasurer	Vacant	treasurer@mpca.ca

## DIRECTORS

Green Initiatives	Matthew Crist	green@mpca.ca
Hall	Murray Anderson	hall@mpca.ca
Engagement and Membership	Kathryn McIntosh	engagement@mpca.ca
Planning and Development	Estelle Ducatel	planning@mpca.ca
Communications	Kathy Langton	communications@mpca.ca
Special Events	Jackie Traynor Barker	specialevents@mpca.ca
Sportsplex	Jeff Gerlitz	sportsplex@mpca.ca
Swimming Pool	Caron Gerlitz	swimmingpool@mpca.ca
Planning Director	Vacant	

## COORDINATORS

Web Manager	Vanessa Gillard	webmanager@mpca.ca
Hall Rentals	Nickie Brockhoff	hallrentals@mpca.ca
Pleasant Times	Linda O'Hanlon	pleasanttimes@mpca.ca
Dog Park	Chris Rvachew	dogpark@mpca.ca
Playgroup	Kimberley Adams	playgroup@mpca.ca
Grants	Johanna Plant Donnelly	grants@mpca.ca
Soccer	Mark Schmidt	soccer@mpca.ca
	Whitney Punchak	
Casino	Michele Gole	casino@mpca.ca
Outdoor Rink	Shawn Stordy	odr@mpca.ca

## Business Memberships in Good Standing

- Michele Gole Real Estate
- Nicastro Real Estate
- CottageCare North Central
- Resolve Legal Group
- 4.2.4 Bar. Kitchen. Social.
- Campus Preschool Calgary



## 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](http://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: Yes \_\_\_\_\_ No \_\_\_\_\_  
 I wish to subscribe to MPCA email list \_\_\_\_\_  
 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.

# BARKER'S

- FINE DRY CLEANING -

PICK UP &  
DELIVERY  
SERVICES

403-282-2226

AUArtsSA Presents

# SHOW +SALE

## IN-PERSON WINTER MARKET NOV. 17-18, 2023



### FIRST NIGHT FUNDRAISER

NOV. 17 • \$25 ENTRY

## CALGARY FINE DENTISTRY

Dedicated to providing  
you optimal dental health



Dr. Lauren Vredenburg

CalgaryFineDentistry.com  
1910-20th Ave NW, Suite 206 • 403-284-3061

COME CHECK US OUT!

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca  
official-plumbing-heating.ca

## ACTIVITIES AND EVENTS

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

### **MPCA Playgroup – Lower Hall**

Select weekdays from 9:00 to 11:00 am

### **Sportball – Upper Hall**

Tuesday mornings and Sunday afternoons

### **Pleasant Heights After School Care (Students from St. Joseph's School) – Lower Hall**

Monday to Friday after school

### **Afternoon Games – Upper Hall**

Adults, no minimum age, September to June

Mondays at 1:15 pm

### **Aspire to Inspire Zumba – Zumba Fitness – Upper Hall**

Mondays from 6:30 to 7:30 pm

### **Exercise Program**

Adults, no minimum age, September to June.

Always available on Zoom or, Mondays only, in the Upper Hall with the instructor.

Mondays and Wednesdays from 10:15 to 11:00 am and Fridays from 9:30 to 10:15 am

### **Tai-Chi | All Ages – Upper Hall**

Monday and Wednesday from 9:00 to 10:00 am

Sessions run from September to June

### **Flow Martial Arts – Upper Hall**

Mondays from 8:00 to 9:15 pm and Wednesdays from 8:00 to 9:00 pm

### **Mount Pleasant Children's Karate – Upper Hall**

Tuesdays from 5:30 to 6:30 pm

### **Members' Public Skate – Members' Stick Puck and Rings – Sportsplex**

Weekdays. Book online.

### **Essentrics® with Gabrielle – Upper Hall**

Tuesdays and Thursdays from 10:00 to 11:00 am

### **Book Club – Lower Hall**

Adults, no minimum age

Fourth Tuesday of each month from 7:00 to 9:00 pm

### **Arts and Crafts Crafternoons – Upper Hall**

Select Wednesdays from 1:30 to 3:30 pm

Sessions run from September to June.

### **Monthly Seniors' Lunches – Upper Hall**

Age 60 and over

Fourth Wednesday of each month

RSVP required

### **Zumba with Andre – Upper Hall**

Wednesdays from 5:30 to 6:30 pm

### **Yoga with Trish Hardy Yoga – Upper Hall**

Thursdays from 7:45 to 8:45 pm

### **Calgary Rakushinkan – Upper Hall**

Thursdays from 5:30 to 7:30 pm and Sundays from 5:00 to 7:00 pm

### **Fly Right Swing Dance Lessons – Upper Hall**

Friday evenings

### **Mount Pleasant Community Farm Stand**

Community hall parking lot

### **MPCA Book Club, *The Marriage Portrait* by Maggie O'Farrell**

Tuesday, November 28



## CLEARWASH EXPRESS DETAIL & CAR WASH

**WONDERFUL WINTER WASH PROGRAM!**

*Come on in, for the Details*



STARTING AT \$29.95

- No appointment, just drive-in
- Hand wash process with no harmful equipment
- Refined procedure for consistent results
- Clean Lounge with free wifi, coffee and cookies
- A clean you will always remember

🏠 1725 32 Ave. NE 🌐 [clearwashcalgary.com](http://clearwashcalgary.com)

☎ Call : 403- 271-9274 or 403-397-9645

# Crafternoon



## Arts & Crafts Sessions for All Ages

Crafternoons are back! These two-hour 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 is 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 <https://mpca.tidyhq.com/> to ensure space and materials are available for you. Classes have a non-refundable price of \$10.00 each. If you sign up for a class and find you can't attend, please let Anne 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.

Registration for November and December classes opened on October 5. To learn about what's on tap for January, check the Events tab at <https://mpca.tidyhq.com> in early December. It's always best to set a reminder to do this early in each month as classes fill up quickly.

Here are the upcoming classes:

### **Wednesday, November 1 and Wednesday, November 15, 1:30 to 3:30pm, Ceramic Door Hanger**

Note: this is a two-part class. Please commit to both dates to complete the project. Connie Zerger is presenting a workshop to make ceramic wall/door hangers. We like the idea of a welcoming Christmas-themed hanger, but you may choose a different direction. The first session will be preparing the clay and creating your hanging, and the second will be painting, embellishing, and assembling the fired pieces.

### **Wednesday, November 8, 1:30 to 3:30pm, Felted Soaps: Create the most perfect stocking stuffers!**

Leigh Ellen Caro Leverich will share the simple method of using wool roving (fleece) to felt around a bar of soap. The finished bar is beautiful and luxurious to use, gently exfoliating as it cleans. You will have the opportunity to make a set of four bars during the class.

### **Wednesday, November 29, 1:30 to 3:30pm, Watercolour and Ink Poinsettias**

An aspect of Doris Loewen's art practice is creating lovely watercolour and ink paintings. She will teach us this meditative technique to depict abstract poinsettias - or other mixed florals. You will be very satisfied with your finished artwork.

### **Wednesday, December 6, 1:30 to 3:30pm, The Classic Grinch Tree**

Back by popular demand, we'll spend the afternoon getting into the Christmas spirit by creating this well-loved little tree based on *How the Grinch Stole Christmas* by *Dr. Seuss*. Enjoy the wee tree yourself or give it as a gift.

And don't forget set a reminder early each month to check out the Events page and find out what's happening in upcoming classes!

## A Ton of Tongue



**Blue whales are the largest animals known to live on Earth. Not only are their bodies ginormous at a staggering 100 feet long, but their tongues are actually incredibly heavy, with the average tongue weighing over 8,000 lbs!**

## BOARD REPORT

Thank you to everyone who attended the Annual General Meeting (AGM) on October 17. We trust that you received sufficient information and updates about MPCA, but please get in touch with any Board member if you have further questions. Our thanks to all who completed their terms of service on the Board at this year's AGM, and a warm welcome to all new Board members.

We continue to work on improvements and needed maintenance items at the Sportsplex. Thus far, the following items have been completed: new arena lighting (a huge improvement); installation of two furnaces; some duct work; water bottle filling stations installed; conduit and wiring run for exhaust fans and emergency lights; and shower tiles redone. We have faced supply chain delays along the way. For example, the lights were supposed to be installed in July but did not arrive until September.

The Board also passed a motion to order a new Zamboni ice resurfacing machine, as the current unit is at the end of its life and has become unreliable. As these units cost more than \$19,000,000, we will be seeking grants to assist in the purchase.

Our Hall Development Committee is continuing its efforts to extend and renovate the Hall. In the interim, we are performing essential maintenance items. We want the Hall to be useful, appealing, and safe, but we are mindful of the fact that we do not want to install new items which will end up being removed or replaced during renovations.

Our Planning Committee will use this year to re-envision its role for the future. Given the City of Calgary's new housing strategy, there will likely be little room to make comments on developments proposed for individual lots. We may be better served to submit comments on large-scale projects and focus on items that benefit all residents, such as active transportation strategies.

### SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## Mount Pleasant Community Farm Stand

### A Season to Remember - Thank You!

As we wrap up our very first season of the Mount Pleasant Community Farm Stand (October 5), we're taking a moment to express our heartfelt gratitude to everyone who's been a part of this special journey.

Lil Green Urban Farm has truly been a gem in our community. Trevor, Hayes, Nancy, and Terry, your presence has been genuinely appreciated. Your dedication to fresh produce, vibrant flowers, and gardening wisdom has enriched our community in so many ways. We genuinely appreciate all that you do.

Through friendly conversations and shared moments, you've helped create a sense of togetherness, allowing us to connect with our neighbours and form new friendships. Thank you for being a part of our community.

We also want to extend our gratitude to Johanna Plant Donnelly, MPCA Grant Coordinator, for her invaluable role in bringing this program to Mount Pleasant. Your efforts have significantly impacted our community, and we are deeply thankful.

To the City of Calgary, we appreciate your dedication to running the Farm Stand Program and supporting our local farms. You've not only bolstered our local economy but also strengthened our sense of community.

To everyone who came out and supported the Farm Stand, whether it was for fresh and sustainable produce, friendly conversations, or simply to be part of something special, your presence made a difference. Your commitment to sustainability and supporting local initiatives is truly commendable.

Thank you for making our debut season truly special!

*Mount Pleasant Community Association*



# 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 | 9:00 to 11:00 am**

At home with the kids and need to get out of the house? Come out and join us! Enjoy a fun outing and routine for the kids and make lasting friendships for yourself and them! Mount Pleasant Playgroup is a volunteer-run parent program that offers low-cost parent/tot playtime in a fun and child-friendly environment! Visit [mpca.ca/playgroup](http://mpca.ca/playgroup) for more information.

### Sportball [3rd Party] - Upper Hall

**Sports Instruction for Kids Starting October 15, 2023  
Sunday Afternoons**

For more information and registration, please contact [Calgary@Sportball.ca](mailto:Calgary@Sportball.ca) or call 403-975-2936.

[www.sportball.ca](http://www.sportball.ca)

### Pleasant Heights After School Care (PHAS) [3rd Party] - Lower Hall

**Students from St. Joseph's School | Ages 5 to 12 years  
Monday through Friday After School**

School-age care spots are available for our Pleasant Heights After School #2 location (Mount Pleasant Community Centre – 602, 22 Ave NW) for children in kindergarten through grade 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.

### Mount Pleasant Children's Karate [3rd party] - Upper Hall

**Ages 4+ | Mondays | 5:00 to 6:00 pm**

**Ages 7+ | Tuesdays | 5:30 to 6:30 pm**

For more information and to register, please contact Eric at [efleiger@outlook.com](mailto:efleiger@outlook.com) or call Senpai Eric at 403-650-8445.

## Adult Programs

**New! Essentrics® Gentle Fitness [3rd party] | - 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](mailto:mauvefitnesscalgary@gmail.com) or text 403-809-9363. Gabrielle Börger, level 4 certified Essentrics® instructor. Walk-ins welcome!

### Aspire to Inspire Zumba [3rd Party] - Upper Hall

**Mondays | 6:30 to 7:30 pm**

For more information and to register, visit [www.ATIZumba.com](http://www.ATIZumba.com).

Call 403-975-5817 or email [ATIZumba@gmail.com](mailto:ATIZumba@gmail.com).

### Tai-Chi [Pleasant Times] - Upper Hall

**Mondays and Wednesdays | 9:00 to 10:00 am**

Open to all ages and experience levels. Enhance balance, flexibility, memory, and concentration. Enroll for \$5 per class (full session sign-up) or \$6 drop-in. Reach out to Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) for details. All are welcome!

### Exercise Class [Pleasant Times] - Upper Hall and Online Options

**Mondays and 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. Attend weekly classes for \$7 each (session sign-up) or \$12 for drop-ins. Participate in person at the community hall on Mondays and Wednesdays, and Fridays from 9:30 to 10:15 am. Zoom sessions are available. Contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information. You can try out a free class to see if this is for you.

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

**Thursdays | 7:45 to 8:45 pm**

For more information and to register, please contact Trish Hardy at [hardytrish@gmail.com](mailto:hardytrish@gmail.com) or call 403-620-4990.

[www.trishhardyyoga.com](http://www.trishhardyyoga.com).

### Flow Martial Arts [3rd Party] - Upper Hall

**Mondays | 8:00 to 9:15 pm**

**Wednesdays | 8:00 to 9:00 pm**

For more information and registration, please contact Jeff Estrada at [fma.academy.calgary@gmail.com](mailto:fma.academy.calgary@gmail.com) or call



## PLAYGROUP – UPCOMING EVENTS

587-891-8108. More information can be found at [www.flowma.ca](http://www.flowma.ca).

**Zumba with Andre [3rd Party] - Upper Hall**  
**Wednesdays | 5:30 to 6:30 pm**

**Calgary Rakushinkan [3rd Party] - Upper Hall**  
**Thursdays 6:00 to 7:30 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](mailto:rakushincalgary@gmail.com), 403-401-8257, or visit [www.calgaryrakushinkan.com](http://www.calgaryrakushinkan.com).

**Fly Right Swing Dance Lessons [3rd Party] - Upper Hall**  
**Friday Evenings**

For more information, please go to <https://m.facebook.com/flyrightswing/>.

Playgroup is a wonderful, casual place to connect with other families in your community. And a fun way for kids to interact and engage with other kids their age (ages 0 to 5).

We are a volunteer-run parent program offering low-cost parent and tot playtime in a fun and child-friendly environment. Join us and meet new people in a relaxed, non-structured environment. Kids can play, make crafts, paint, use play dough, or have a snack while parents relax and chat with neighbours.

Are you, or do you know anyone interested in trying Playgroup before fall registration opens?

We meet in the Lower Hall of the MPCA Community Centre on Monday, Tuesday, Thursday, and Friday from 9:00 to 11:00 am.

Please reach out and come see what it's all about. We look forward to seeing you there!

Visit [mpca.ca/playgroup](http://mpca.ca/playgroup) or email [playgroup@mpca.ca](mailto:playgroup@mpca.ca).

Proudly owned in *Calgary* serving Calgary businesses



**CALL 403.279.5554**

109 - 10836 24th Street SE

*Calgary*  
Mat & Linen Services

- **MATS**  
Commercial mat rentals and purchases
- **HOSPITALITY SERVICES**  
Linens for tables, chairs, and napkins. Laundry and pressing services
- **WORKWEAR**  
Workwear and cleaning of uniforms and coveralls
- **CLEANING**  
One-stop service for cleaning supplies and paper products

[calgarymatandlinen.com](http://calgarymatandlinen.com)



**Mount Pleasant Playgroup**



**PLAYGROUP**

9am - 11am  
Mon, Tues, Thurs & Fri  
Mount Pleasant Community Hall

visit [mpca.ca/playgroup](http://mpca.ca/playgroup)  
or contact [playgroup@mpca.ca](mailto:playgroup@mpca.ca)

# Introducing “MPCA Artistic Expressions: A Celebration of Young Talent”

Attention all budding artists in Mount Pleasant!

We are thrilled to announce the arrival of “MPCA Artistic Expressions: A Celebration of Young Talent” a monthly showcase designed especially for you!

## What is “MPCA Artistic Expressions”?

“MPCA Artistic Expressions” is your platform to shine. Inspired by the incredible talent we saw at the Neighbour Day Art Exhibit; we want to continue celebrating your unique creativity and inspiring others.

## How to Participate:

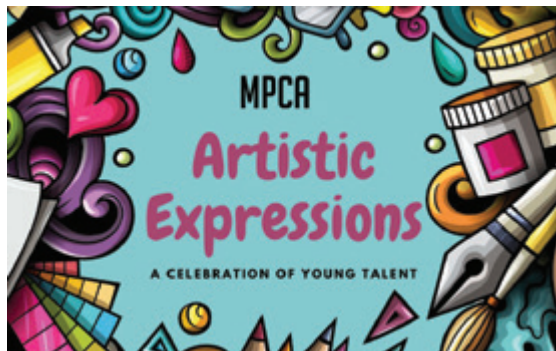
1. Let your imagination soar and create a piece of art that reflects your creativity. Express yourself!
2. Capture your artwork in a stunning photo (high-quality scan). Make sure to capture every intricate detail!
3. Seek permission from your parents or guardians to share your artwork with the community.
4. Email your masterpiece to our Art Exhibit Coordinator at [artist@mpca.ca](mailto:artist@mpca.ca), along with your name, age (0 to 18), and a brief description of your artwork.

## What’s in it for you?

Your artwork could take center stage in our monthly newsletters and social media channels! We were truly amazed by the talent displayed at the Neighbour Day Art Exhibit, and we want to encourage even more youth submissions for next year’s art show!

So, young artists, are you ready to kick off “MPCA Artistic Expressions: A Celebration of Young Talent” with a bang? Send in your artwork today and let your creativity shine!

Let’s keep the artistic spirit alive in Mount Pleasant!



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



## 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](mailto:pleasanttimes@mpca.ca) or 403-289-8390.



# Green Initiatives Committee Community Pantry Update

The MPCA Community Pantry has been a huge success since its installation in June 2022.

We've loved seeing the community come together and embrace sharing economy.

There are just a few things to keep in mind to ensure this project continues to be successful!

A good rule of thumb is, "If you wouldn't find it on a shelf in the grocery store - it does not go in the pantry."

## Donate:

- Food purchased from approved food establishments.
- Non-perishable foods (do not need to be stored in the fridge).
- Consider the weather when donating canned or jarred foods. These foods may freeze in cold weather and become unsafe to eat or make a big mess.
- Foods stored in original, sealed containers with labels and in good condition.

## Don't Donate:

- Perishable food items.
- Food without labels or in damaged packages (dented cans, bulging cans, torn packaging, cracked jars).
- Food that is contaminated by pests, chemicals, or anything else.
- Home-prepared foods, home-canned foods, or leftovers.
- Expired baby formula.
- Open food or partially consumed product.

The pantry is for non-perishable food and toiletry items only. Please do not leave clothing or other household goods. There are other initiatives that can take in donated household goods.

The most important thing is ensuring that we are adhering to AHS Health and Safety standards to ensure that our pantry remains a safe place for our community members to share with each 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 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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# Re-Gift: A Holiday Swap and Eco-Wrap Extravaganza!

Save the date for the Green Initiatives Committee holiday event! Re-Gift: A Holiday Swap and Eco-Wrap Extravaganza!

On November 18, we will be hosting the Re-Gift Market at the Mount Pleasant Community Hall for you to get all your holiday shopping done - sustainable style!

Bring your books, games, gently used clothing, toys, and small appliances and swap them for something else at the market. We will also have an eco-wrap crafting station and holiday treats to enjoy.

Stay tuned for more details on our website and social pages!

MPCA  
GREEN INITIATIVES COMMITTEE

## RE-GIFT: A HOLIDAY SWAP AND ECO-WRAP EXTRAVAGANZA

Join us for the first ever community holiday gift swap!

Re-gift your gently used items and also get your shopping done - sustainable style! While you are swapping, enjoy treats, music and learn how to eco-wrap your gifts at home.

ACCEPTED ITEMS:

- BOOKS
- GAMES
- TOYS
- HOUSEHOLD DECOR
- KITCHEN ADGETS
- HOLIDAY DECORATIONS

SATURDAY NOVEMBER 18, 2023  
MPCA COMMUNITY MAIN HALL  
DROP OFF BEGINS: 10AM  
MAIN EVENT: 11AM-2PM

**SEE YOU THERE!**

\*Please consider bringing a non perishable item for donation to our community pantry\*

# Pleasant Times Social Club – For Adults of All Ages

*"I used to know a couple who grew fruit trees together. They lived to a ripe old age"- Anonymous.*

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.

**Donations:** Our lunches and other activities are supported by donations our volunteers source from many different companies and people. The Costco at 2853 32 St. NE has given us \$1,000 this year for our lunches and other activities; the City of Calgary paid \$200 toward the cost of our pizza in July; Steve Zacher has helped cover the cost of our day trips for many years; Paramount 24 Hr. Animal Hospital makes a generous donation monthly; and, finally, members of our group have made significant individual donations. And many more of our group donate their time and energy to make our lunches and other activities happen. So many people to thank for giving us the opportunity to get out, socialize, be active, and see places and things we might otherwise miss.

**Monthly Lunches:** Our seniors' lunches are held on the fourth Wednesday of each month (except December) at 11:30 am, usually in the Upper Hall. Lunches are open to all MPCA members aged 60 and over who have registered to attend in advance. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after lunch – a speaker, movie, games, or live entertainment. Many thanks to MPCA for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

We're in the fall season now, meaning picnics are a fond memory and hot meals are back. We're especially looking forward to our December 13 lunch with special guest Serge Soucy. He'll be back with his baby grand piano to serenade us with Christmas carols and popular songs for dancing. Our annual Calgary Food Bank donation drive will be another feature of December's 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](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Exercise Class:** We were back to being active in September. People of all ages and fitness levels are welcome to join. We enjoy moderate to high-intensity exercise sessions designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. Options are given to accommodate all fitness levels and any physical concerns participants have. 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.

Many participants have opted to join the class via Zoom at home, but we do offer classes at the community hall as well on Mondays and Wednesdays (except on lunch days), with the instructor in attendance. 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](mailto:pleasanttimes@mpca.ca) or 403-289-8390 for more information. You can try out a free class to see if this is for you.

**Tai-Chi:** Tai-Chi returned to the Upper Hall in September. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am. Monday classes will focus on beginners, though all, regardless of age and experience, are welcome on both days. 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 is only \$5 per class when you sign up for the remaining classes in the session or \$6 per class drop-in.

**Day Trips:** At the time of writing, we're looking forward to an October 3 outing to Jubilations Dinner Theatre for a matinee performance of Crocodile Rock: The Legend of Elton John. The lucky 47 people who signed up early will be coming along. Next up is a return visit in December to the Christmas Market at Spruce Meadows.

Day trips sell out quickly, often before the Pulse is delivered. If you'd like to receive email notifications of upcoming trips or have ideas for where to go next, contact Linda at [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or 403-289-8390. People of all ages are welcome to join us.



Our November 29 read will be *The Marriage Portrait* by Maggie O'Farrell. Florence, the 1550s. Lucrezia, third daughter of the grand duke, is comfortable with her obscure place in the palazzo: free to wonder at its treasures, observe its clandestine workings, and devote herself to her own artistic pursuits. But when her older sister dies on the eve of her wedding to the ruler of Ferrara, Modena and Reggio, Lucrezia is thrust unwittingly into the limelight: the duke is quick to request her hand in marriage, and her father just as quick to accept on her behalf.

Having barely left girlhood behind, Lucrezia must now enter an unfamiliar court whose customs are opaque and where her arrival is not universally welcomed. Perhaps most mystifying of all is her new husband himself, Alfonso. Is he the playful sophisticate he appeared to be before their wedding, the aesthete happiest in the company of artists and musicians, or the ruthless politician before whom even his formidable sisters seem to tremble?

As Lucrezia sits in constricting finery for a painting intended to preserve her image for centuries to come, one thing becomes worryingly clear. In the court's eyes, she has one duty: to provide the heir who will shore up the future of the Ferranese dynasty. Until then, for all her rank and nobility, the new duchess's future hangs entirely in the balance.

Next comes December and a chance for the Book Club to relax and chat about anything, maybe even the great books they've read. The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00pm (except December) in the Lower Hall. Contact Brianna at [burichan@live.com](mailto:burichan@live.com) or 403-836-3626 for more information. Come and join in a lively discussion about a great book.



## Join Us at the Casino and Support Your Community!

Are you ready for some fun and a chance to make a difference in our Mount Pleasant Community? Mark your calendars for January 29 and 30, and head over to Pure Casino, 1420 Meridian Road NE. We're hosting a fantastic casino event, and we need your help!



### Volunteers Needed

We're looking for 36 enthusiastic volunteers to ensure the event runs smoothly. Your contribution will go a long way in supporting our community.

### Have you ever wondered where the money from our casino event goes? Here's a quick breakdown:

**Insurance Coverage:** The funds raised help cover insurance costs for our essential facilities, including the hall, community center, pool, and sportsplex.

**Hall Cleaners:** Your support ensures that our community hall remains clean and welcoming for all.

**Hall Supplies:** We stock up on essential cleaning supplies and office materials to keep our operations running smoothly.

**Hall Utilities (excluding electricity):** Your contributions help cover utility costs, with the exception of electricity, which is included in the sportsplex payment due to AGLC regulations.

**Hall Repairs and Maintenance:** We allocate funds to maintain and repair our community spaces, ensuring they remain safe and attractive.

**Advertising and Promotion:** Your involvement allows us to spread the word about our incredible community events, reaching as many residents as possible.

Ready to be part of something great? Contact Michele Gole at [casino@mpca.ca](mailto:casino@mpca.ca) and sign up to volunteer. Your support makes our community stronger and more vibrant!

### Is Your Home Climate Ready?

As we move into the final few months of 2023, now is a great time to look back on the past year and assess how your home did throughout all the various weather conditions that nature threw at it. Did your house stay warm and comfortable on those cold winter nights? Was it able to stand up against the extreme heat and wildfire smoke? Did the hail get the better of your siding or roof? Calgary has become a hotbed for numerous types of extreme weather events, and with projections indicating this will be the case for years to come, now may be the time to act! This begs the question: What actions can you take?

The City of Calgary is here to help with an exciting new initiative to support homeowners with the impacts of our changing climate. The Climate Ready Home Guide is a comprehensive, easy-to-use guidebook that helps you assess hazards to your home and outlines possible actions you can take. These actions include simple changes to how you operate your home, all the way to full home renovations and retrofits, as many of the impacts of climate hazards can be reduced through upgrading or maintaining materials and components of your home and can help you save money by avoiding costly repairs.

One hazard of note in the forthcoming months is winter storms. Snow and ice storms can damage infrastructure around your home. Specifically, a heavy snow load or ice storm can put significant stress on your roof, with the potential to damage your roof or cause ice dams. An ice dam is a ridge of ice that develops at the edge of your roof or around drains that prevents snow or water from melting off your roof. It is caused by heat escaping from the interior of your house. The guide points us to a few key actions you can take to prevent this from happening to you. Improving insulation and venting of your attic will reduce the risk of ice damming on your roof. After any major snowstorm, be sure to check the exterior of your home, particularly the roof of your home or garage, porches, decks, and other overhangs, for signs of ice damming or heavy snow load. Rake or shovel heavy snow loads off your roof, deck or porch, and look for water leaks originating from the roof or attic area, difficult to open doors, new cracks in your drywall or plaster, or sagging on the ridgeline of your roof. For more information on this or any other climate hazard, as well as potential actions you can take, head to the City's website, and check out the Guide!

(Link:<https://www.calgary.ca/environment/climate/climate-ready-home-guide.html>).

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](mailto:green@mpca.ca) for more information or if you have any questions. As well, please check out our Mount Pleasant Green Initiatives Group on Facebook! You can find us on the Mount Pleasant Community Association page. The Facebook group is a great place to share knowledge and resources and check in to see what others are saying.

Have a great month,

*The MPCA Green Initiatives Committee*



#### Save the Date for a Festive Celebration!

Join us for Mount Pleasant's Annual Christmas Party, brought to you by the MPCA Playgroup in partnership with the Special Events Committee.

**Date:** December 9

**Time:** 10:00 am to 12:00 pm

**Location:** Mount Pleasant Community Upper Hall

Join us for yummy snacks, fun crafts, festive music, and a visit from Santa Claus himself – it's going to be a jolly good time for the whole family!

Want to lend a hand and spread the holiday cheer? Reach out to [playgroup@mpca.ca](mailto:playgroup@mpca.ca)

Let's make this holiday season merry and bright together!

# BUSINESS CLASSIFIEDS

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.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**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, 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](http://www.communitymediation.ca), 403-269-2707.

**CERTIFIED REFLEXOLOGY THERAPIST IN MOUNT PLEASANT/TUXEDO:** Enjoy a 60 minute relaxing foot reflexology session to relieve body tension, improve circulation, and support the body's efforts to function optimally. Check out [www.align-vitality.com](http://www.align-vitality.com), call 403-277-0962, or email [alignvitality@yahoo.com](mailto:alignvitality@yahoo.com). Gift certificates are also available!

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

**BLUE WAGON LANDSCAPING:** A local student-owned business now offering snow removal services! Ensure safe and clear paths for the holiday season. 700+ homes served. Limited spots are available so book now to keep your property snow-free. Contact Michael at 403-585-6128, [team@bluwagon.ca](mailto:team@bluwagon.ca), or visit [www.bluwagon.ca](http://www.bluwagon.ca) to get a free instant quote!

**CLEARWASH EXPRESS DETAIL & CAR WASH:** Just drive up, no appointments required. We offer the best hand wash services for vehicle cleaning, inside and out. Performed quickly, professionally while you wait in our comfortable lounge. Try us you will like the service. 1725 32 Ave NE. Visit us at [clearwashcalgary.com](http://clearwashcalgary.com). Call 403-271-9274 or 403-397-9645.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.



# Thinking of selling this fall?

Inventory is at an all time low!

*Zach Terlier*

REALTOR | FRIEND | NEIGHBOUR

403.818.2896

[info@terliergroup.ca](mailto:info@terliergroup.ca)

[www.terliergroup.ca](http://www.terliergroup.ca)



SCAN to check  
out how we're  
using creative  
marketing  
videos to get  
properties sold.



  
**TERLIER**  
REAL ESTATE



real