

JANUARY 2025

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# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



**HAPPY NEW YEAR  
MOUNT PLEASANT!  
HERE'S TO A BRIGHT AND  
PROMISING 2025**

*Cover Photo by Damien Hebert*



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## Polar Bears' Secret Colour

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# 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	Leanne Palichuk	treasurer@mpca.ca

## DIRECTORS

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

## COORDINATORS

Web Manager	Kendra Wannamaker	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	Open	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

- Campus Pre-School Association of Calgary
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nicastro Real Estate
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint
- Resolve Legal Group
- Cyndy D. Morin



## 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: Cheque \_\_\_\_\_ Cash \_\_\_\_\_  
 I wish to subscribe to MPCA email list Yes \_\_\_\_\_ No \_\_\_\_\_  
 Number in Family Adults \_\_\_\_\_ Children \_\_\_\_\_

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

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

Happy New Year, Mount Pleasant!

As we step into 2025, we're filled with gratitude and excitement for what lies ahead. This year marks a special milestone for our community—the 75th anniversary of the Mount Pleasant Community Association! Since our Provincial Society registration on July 31, 1950, our association has been at the heart of this vibrant, historic neighbourhood, fostering connection, recreation, and a true sense of belonging.

Mount Pleasant's roots run deep in Calgary's northwest. Annexed in 1910, with development beginning in 1912, our community holds a unique place in the city's history as one of its oldest neighbourhoods. Over the decades, we've grown into a thriving hub for residents of all ages, thanks to the dedication and involvement of our neighbours.

We want to thank everyone who contributes to making Mount Pleasant such a wonderful place to live. To our volunteers, program participants, event attendees, and supporters—your efforts and enthusiasm make all the difference. A special thanks goes out to all MPCA Members for their ongoing support.

Looking ahead, we'd love to see even more of you get involved in shaping the future of our community. We're currently searching for a Secretary to join our Executive Board, an Assistant Hall Director to shadow our current Director and take over in October at the next AGM, and a Grants Coordinator to help us secure funding for exciting projects. Not ready to commit long-term? No problem! If you have an idea that could benefit our community, we'd love to hear from you. Reach out to [engagement@mpca.ca](mailto:engagement@mpca.ca).

This anniversary year is a perfect time to celebrate our community's past, present, and future. We look forward to connecting with you at our programs, classes, and events throughout the year. Stay tuned for details on how we'll mark this exciting milestone together!

Here's to another fantastic year in Mount Pleasant!

*Mount Pleasant Community Association*



## Arts and Crafts Sessions (Ages 14 and Up)

Crafternoons are back and our crafters are happy! Classes nourish your creative abilities and let you spend an enjoyable afternoon with others at the same time. These two-hour Crafternoon classes are sponsored by MPCA. They include all materials, use of professional grade tools, with experienced artisans leading the projects. Classes take place in MPCA's Upper Hall on select Wednesday afternoons. All skill levels are welcome, no experience needed. This is an amazing opportunity to gain insight into a new medium and connect with new people.

There is limited space available at these popular sessions to allow the instructor to give sufficient attention to everyone. Please have a current MPCA membership and pre-register online at [mpca.tidyhq.com](http://mpca.tidyhq.com) to ensure space and materials are available for you. Classes have a non-refundable price of \$10 each. If you sign up for a class and find you can't attend, please let Aileen know as soon as possible. This may allow someone on the waiting list to take your place and avoid purchasing supplies that aren't used.

To learn what classes are upcoming as early as possible, check the Events tab at [mpca.tidyhq.com](http://mpca.tidyhq.com) regularly. It's always best to set a reminder to do this early in each month as classes fill up quickly.

Registration for January classes opened Tuesday, December 10, 2024, at 10:00 am.

**Wednesday, January 15, 1:30 to 3:30 pm, Ceramic Hearts:** Connie Zerger will guide us in creating a set of three ceramic hearts. We will roll, cut, and embellish the clay, and select the glaze. The hearts will be fired in time for pickup February 12. Perfect for Valentines Day or just because.

**Wednesday, January 19, 1:30 to 3:30 pm, Chalk Pastel:** Tracy Franks will teach us about shadows and the surprise of their underlying colours as we create a beautiful Winter Scene using chalk pastels.

# Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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Chair Yoga is here! Chair yoga returns on Wednesday, January 8. It is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Mount Pleasant resident Catharine will lead weekly chair yoga classes. Catharine has been practicing yoga since the early 1980s and would love to share her passion for yoga with you.

Just wear comfortable clothing and bring a yoga mat if you have one to put under your chair. You won't be getting down on the floor, only your mat will! You will be practicing in bare feet or socks only, no special shoes required.

Drop-in classes are available Wednesdays (except the fourth Wednesday of each month) for just \$8 a class. Class time is 11:15 am to 12:15 pm. All classes take place in the Upper Hall, 602 22 Ave NW. For more information, please contact Catharine at [cathdurst@hotmail.com](mailto:cathdurst@hotmail.com) or 587-897-5887.

**Exercise Class for All Fitness Levels:** Our January to April exercise classes run from January 6 through April 30 inclusive. If you're a fan of high intensity burpees, mountain climbers, lunges, and much more, this class may be just what you're looking for. If you'd like a more laid-back class to increase your fitness level or just get in some physical activity, you can accomplish that, too. The instructor accommodates all fitness levels with easier and more challenging variations to meet all goals. And it's available on Zoom Monday, Wednesday, and Friday mornings. This is a convenient way for people who work from home or have children to get in a workout during the day without leaving home.

If you would like to try a free class to see if this class meets your needs, please drop by the community hall, 602 22 Ave NW, any Monday or Wednesday morning (but not the fourth Wednesday of the month) by 10:15 am or contact Linda (email [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) or call 403-289-8390). People of all ages and fitness levels are welcome, whether you want a low, moderate, or high intensity work out. The classes are designed to improve aerobic fitness, balance, strength, and flexibility – how energetic you are is up to you. You can sign up for one 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.

Classes are held September through June on Monday and Wednesday mornings from 10:15 to 11:00 am (in the Upper Hall and on Zoom) and Friday mornings from 9:30 to 10:15 am (Zoom only). If you are new to the class, please come to the hall initially to allow the instructor to assess your fitness level and speak with you about your goals.

**Tai-Chi:** Tai-Chi also returns on January 8, continuing through April 30 inclusive for the winter 2025 session. Classes are scheduled twice weekly on Monday and Wednesday mornings from 9:00 until 10:00 am in the Upper Hall. Monday classes focus on beginners though all, regardless of age and experience, are welcome 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 depends on the number of people who sign up, usually about \$4 per class if you sign up for the session and \$6 per class drop in.



**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.

## ACTIVITIES AND EVENTS

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

### **MPCA Playgroup | Lower Hall**

Select weekdays, 9:15 to 11:15 am.

### **Sportball | Upper Hall**

Sunday afternoons.

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

Monday to Friday after school.

### **Afternoon Games | Adults | Upper Hall**

Sessions run from September to June.

Mondays, 1:15 pm.

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

Mondays, 6:30 to 7:30 pm.

### **Exercise Program | Adults | Upper Hall**

Mondays and Wednesdays in the Upper Hall and on Zoom. Friday sessions over Zoom.

Sessions run from September to June.

Mondays and Wednesdays, 10:15 to 11:00 am, and select Fridays, 9:30 to 10:15 am.

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

Sessions run from September to June.

Mondays and Wednesdays, 9:00 to 10:00 am.

### **Flow Filipino Martial Arts | Upper Hall**

Mondays, 8:00 to 9:15 pm. Wednesdays, 8:00 to 9:00 pm.

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

Tuesdays and Thursdays, 10:00 to 11:00 am.

### **Book Club | Adults | Lower Hall**

Fourth Tuesday of each month, 7:00 to 9:00 pm.

### **Crafternoons Arts and Crafts | Adults (Ages 14+) | Upper Hall**

Sessions run from September to June.

Wednesdays, 1:30 to 3:30 pm.

### **Chair Yoga | Upper Hall**

New Program!

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

No classes on the fourth Wednesday of the month.

### **Monthly Seniors' Lunches | Ages 60+ | Upper Hall**

Fourth Wednesday of each month. RSVP required.

### **Go Play! | Children (18 months to 7 years) | Upper Hall**

Wednesdays, 4:30 pm.

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

Thursdays, 7:45 to 8:45 pm.

### **Calgary Rakushinkan | Upper Hall**

Thursdays, 6:00 to 7:30 pm. Sundays, 5:00 to 7:00 pm.

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

Friday evenings.

### **Members Public Skate | Members Sticks, Pucks, and Rings | SportsPlex Rink**

Select days, register online.

### **Book Club | Lower Hall | *The Last Devil to Die* by Richard Osman**

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

### **Book Club | Lower Hall | *The Alchemist* by Paulo Coelho**

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

## Monday 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, Monday afternoons in the Upper Hall, 602 22 Ave NW. A variety of games are offered depending on what interests the attendees: there's Whist, Scrabble, bridge, cribbage, or whatever game you'd like to suggest. Contact Yvette (yvette.v53@hotmail.com or 403-803-7697) to be advised when games afternoons are happening.



# MPCA HALL PROGRAMS

Embrace an active lifestyle and discover a wide range of engaging activities at the Mount Pleasant Community Hall (602 22 Avenue NW)! Our community hall is open year-round, providing a vibrant hub for individuals of all ages.

## Children and Youth Programs

### Mount Pleasant Playgroup - Lower Hall

**Ages 0 to 5 years**

**Weekdays | 9:15 to 11:00 am**

At home with the kids and need to get out of the house? Come out and join us! Enjoy a fun outing 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 Starting October 6

**Sports Instruction for Kids**

**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.

### New Program! Go Play! [3rd Party] - Upper Hall Wednesdays Starting at 4:30 pm

GoPlay! is your new local sports club for kids 18 months to 7 years old.

For more information visit <https://calgary.goplay.ca/>. To register visit <https://www.homebasehub.ca/goplay/calgary>.

## Adult Programs

### Essentrics® Gentle Fitness - Upper Hall

**Tuesdays and Thursdays | 10:00 to 11:00 am**

The Essentrics® technique simultaneously strengthens and stretches all muscles. For information and registration, please email [mauvefitnesscalgary@gmail.com](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 [MPCA Fitness] - 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 [MPCA Fitness] - 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. Enroll for the full session or drop-in. 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**



Join Flow Martial Arts for traditional Filipino martial arts training in a supportive community. We offer Arnis stick fighting, unarmed applications and a great workout. Develop discipline, respect, and skill with our team. No experience is necessary!

Call Jeff at 587-891-8108 or check out [flowma.ca](http://flowma.ca) to start your martial arts journey today!

**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 [m.facebook.com/flyrightswing/](https://m.facebook.com/flyrightswing/).

**Chair Yoga [MPCA Fitness] - Upper Hall**  
**Drop-in classes are available on Wednesdays | 11:15 am to 12:15 pm**

Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Enrol for \$8 per class. For more information, please contact Catharine at [cathdurst@hotmail.com](mailto:cathdurst@hotmail.com) or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.

SCAN HERE TO VIEW ADDITIONAL MOUNT PLEASANT CONTENT

<p><b>News, Events, &amp; More</b></p> 	<p><b>Crime Statistics</b></p> 	<p><b>Real Estate Statistics</b></p> 
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**AGES 0-5**

**MOUNT PLEASANT PLAYGROUP**

AT HOME WITH THE KIDS AND NEED TO GET OUT OF THE HOUSE? COME JOIN US!  
 KIDS ENJOY FREE PLAY WHILE PARENTS GET SOME MUCH NEEDED SOCIAL TIME TOO!  
 FREE WITH MPCA MEMBERSHIP

FALL REGISTRATION OPEN NOW!

MON, TUES, FRI, 9:15 TO 11:15 AM

MPCA Lower Hall - 602 22 Ave NW, Calgary, AB

For more information, go to [mPCA.ca/playgroup](http://mPCA.ca/playgroup)

Questions? Email [playgroup@mPCA.ca](mailto:playgroup@mPCA.ca)



**MPCA Community Pantry**

A GREEN INITIATIVE TO ADVOCATE FOR FOOD SECURITY & SUPPORT A SHARING ECONOMY WITHIN THE COMMUNITY.

LOCATION: MPCA COMMUNITY HALL (NORTH SIDE), 602 - 22ND AVENUE NW

- TAKE WHAT YOU NEED
- DONATE WHAT YOU CAN
- KEEP THE DOOR CLOSED
- SPREAD THE WORD
- DON'T LEAVE OPEN ITEMS OR HIGHLY PERISHABLE FOOD
- DON'T MAKE A MESS

CONTACT [GREEN@MPCA.CA](mailto:GREEN@MPCA.CA) TO REPORT ANY CONCERNS



# News from the Friends of Nose Hill

by Anne Burke

Alberta's Provincial Parks Act, introduced in 1930 and amended in 2000, provides for preservation of provincial parks, wildland parks, and provincial recreation areas to benefit current and future generations. There are rules and regulations about certain activities and restrictions. Important sites for conservation management are the Wilderness Areas, Ecological Reserves, Natural Areas, and Heritage Rangelands. More information at <https://albertaparks.ca/>.

The original Plan for Parks (2009-2019) is archived online. A new Plan for Parks: Engagement guide and fact sheet were posted. The first phase of engagement collected feedback from Albertans to inform a Plan. In the second phase, Albertans review the draft and provide input. The proposed vision statement has added cultural benefits and Indigenous reconciliation. There may be additional fees, some partner groups, increased tourism, recreation, and campgrounds.

An Online Survey asked how often you visit parks, what do you most value, what will Alberta Parks look like 100 years from now? If you agree that Albertans should be informed and engaged in park issues, what ways are important to you: a) increase opportunities to provide input into decision making for provincial parks; b) establish clear deliverables and milestones in the new ten-year Plan for Parks; c) consistently report on progress and achievement?

Since Parks conserve nature and connect people with nature, providing access to a variety of nature-based experiences will be important, so that building an appreciation for natural values is a key priority. Which of the following options would you support? a) create more parks to increase conservation and nature access; b) collaborate to improve how information about conservation activities in parks is shared; c) expand interpretive and educational programs to inform and inspire visitors; d) add volunteer opportunities to promote hands-on nature and conservation education.



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

	Average Asking Price	Average Sold Price
November 2024	\$867,450	\$842,500
October 2024	\$875,000	\$838,000
September 2024	\$809,900	\$809,900
August 2024	\$899,900	\$885,000
July 2024	\$887,450	\$910,000
June 2024	\$629,000	\$680,000
May 2024	\$799,900	\$866,000
April 2024	\$837,450	\$844,950
March 2024	\$849,900	\$875,000
February 2024	\$767,000	\$766,500
January 2024	\$717,500	\$747,500
December 2023	\$749,900	\$749,900

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

	No. New Properties	No. Properties Sold
November 2024	11	12
October 2024	25	18
September 2024	21	11
August 2024	15	15
July 2024	18	10
June 2024	10	9
May 2024	24	17
April 2024	15	14
March 2024	14	16
February 2024	20	14
January 2024	10	10
December 2023	7	9

To view more detailed information that comprise the above  
MLS averages please visit [mtp1.mycalgary.com](http://mtp1.mycalgary.com)

## PLEASANT TIMES SOCIAL CLUB

*I'm starting to think I'll never be old enough to know better.*  
– Anonymous

Pleasant Times Social Club is a great way for people to get out of the house, socialize with old and new friends, be active, see places and things we might otherwise miss, and build support systems. Our activities are possible thanks to the backing of MPCA, the fees people pay to participate, and the generous grants and donations we receive from various Calgary businesses, The City of Calgary, and community members. None of our programs would be possible without the many members of our group who donate their time and energy to make them happen. So many people to thank for giving us these opportunities.

Adults of all ages are welcome to participate in our activities, except the monthly lunches which are only 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. If something piques your interest and you're available, please contact us for more information.

**Monthly Lunches:** Our ever-popular December turkey dinner, catered by Calypso's Taverna, is yet to come. Mount Pleasant pianist and singer, Serge Soucy, will be back to serenade us with Christmas carols and classic tunes. We can get some dancing in before lunch to work up an appetite and work off some of the delicious meal after lunch.

Our November lunch featured a return visit by Natasha, a Neurotrack representative. Neurotrack develops brain games that can help medical professionals identify people in the early stages of dementia. This allows treatment to begin sooner and possibly delay the onset of more severe symptoms. This was Natasha's second visit after the helpful input our group gave when testing a new game in April. Testing sessions were held before and after our lunch of beef stew supplied by Leroy's Catering. Natasha also gave an interesting and informative presentation on the different types of dementia and their frequency.

Our seniors' lunches are held on the fourth Wednesday of each month at 11:30 am, usually in the Upper Hall. Lunches are open to all MPCA members ages 60 and

over who have registered in advance to attend. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after lunch – a speaker, movie, conversation and games, or live entertainment. Many thanks to MPCA, Paramount 24 Hr Animal Hospital, Costco, Co-op, and The City of Calgary for making our lunches possible. We ask that you donate \$5 or whatever you can to help support the cost.

If you are age 60 or over, or if you know of someone like this, please get in touch with Linda at 403-289-8390 or [pleasanttimes@mpca.ca](mailto:pleasanttimes@mpca.ca) to be added to our lunch invitation list.

**Day Trips:** We just completed our sold-out November 28 trip to see Christmas On The Air at Rosebud Theatre. Those who joined had a great time as this play had it all: comedy, a love story, Christmas stories and songs, and even a chance for the audience to sing along to some well-known carols. The talented cast earned a much-deserved standing ovation for their fine singing and the many belly laughs we enjoyed. One of the young actors is an up and coming Albertan and UofC graduate we're sure you'll be hearing about in future: Mark Kazakov.

We're now looking forward to our sold-out trip to the Airdrie Festival of Lights on December 13, including a visit by the CPKC Holiday Train. Our 2025 day trips are being planned currently. It's never too late to submit your day trip ideas. A summer journey to Banff? Another great play or three at Stage West, Rosebud, or Jubilations? Maybe an overnight trip to the Frank Slide Interpretive Centre and Waterton Lake? A day in Diamond Valley (formerly Black Diamond and Turner Valley). What are your ideas? We want to go where you want to go!

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.



# Cats, Canines, & Critters of Calgary



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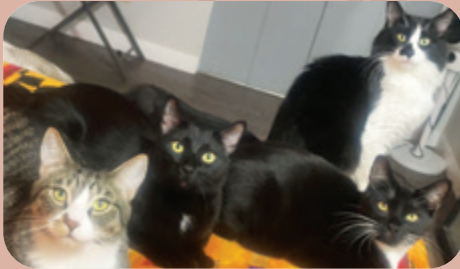
Mirabella,  
Lower Mount Royal



Poupie, Deer Run



Toby, Douglasdale



Luka, Kiba, Shinji, and Von, Shawnessy

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At time of writing, the Book Club is still looking forward to its December social event, always a dinner at a local restaurant. This year we have decided to try the newly opened Our House. We will be a group of ten, in a private dining room. Looking forward to it!

Our January 28 book will be *The Last Devil to Die* by Richard Osman. This is the fourth instalment of the popular *Thursday Murder Club* series, a perfect selection after the busy holiday season. It's rarely a quiet day for the Thursday Murder Club. Shocking news reaches them. An old friend has been killed, and a dangerous package he was protecting has gone missing. The gang's search leads them into the antiques business, where the tricks of the trade are as old as the objects themselves. As they encounter drug dealers, art forgers, and online fraudsters, as well as heartache close to home. Elizabeth, Joyce, Ron, and Ibrahim have no idea whom to trust. With the body count rising, the clock ticking down, and trouble firmly on their tail, has their luck finally run out? And who will be the last devil to die?

The February 25 book selection is *The Alchemist* by Paulo Coelho. 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. Contact [bookclub@mpca.ca](mailto:bookclub@mpca.ca) for more information. Come and join in a lively discussion about a great book.

## Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



## GREEN INITIATIVES COMMITTEE

After a year spent writing about sustainable projects around the world, the Green Initiatives Committee is going to keep it local and focus on Calgary. Each month, we will highlight a project or an initiative to shine a light on what Calgary is doing to protect the climate and advance towards a sustainable future.

For this first article of the year, we wanted to highlight two great projects, implemented by the City, and aimed at managing stormwater in an innovative and sustainable way: the Dale Hodges project in Bowmont Park and the Shepard Wetland project in Ralph Klein Park.

Having challenges with both intense precipitation patterns and ever-increasing soil artificialization, Calgary is particularly vulnerable to flooding caused by stormwater. Moreover, Calgary depends entirely on the Bow and the Elbow Rivers for its drinking water supply, which makes preserving the quality of the river water a must. Until recently, there was a preference for “grey infrastructure” solutions to manage rainwater, which aimed to carry the rainwater away from homes as fast as possible through a system of underground pipes. Unfortunately, those traditional methods didn’t do much for water quality as the water (and the pollutants it carries) would mostly be rejected directly into the river without treatment (newer projects are now adding filters for hydrocarbons and sediments).

Fortunately, solutions exist to both protect from flooding and improve the quality of the water that ends up in the rivers. Those methods, called “green infrastructure”, range from rain gardens to wet ponds, all the way to artificial wetlands. And Calgary is lucky to have a variety of those projects within the city. The most ambitious and innovative of which being the Dale Hodges project and the Shepard Wetland project.

Situated in an abandoned gravel pit, the Dale Hodges project is an open stormwater treatment system that aims at filtering the stormwater before it flows back to the river. It is also a clever way to educate Calgarians by making the stormwater treatment process visible. The project treats the stormwater of six Calgary neighbourhoods and is a great example of how retrofitting unused spaces can serve the community. Self-guided walking tours are provided ([calgary.ca/](http://calgary.ca/)

[parks/dale-hodges-park-walking-tour.html](http://calgary.ca/parks/dale-hodges-park-walking-tour.html)) that take you through the different steps of water filtration – from the Nautilus Pond holding area, to the polishing marsh and the wet meadow and finally to the stream that carries all the treated water back into the river. This award-winning environmental project is a must see in Calgary!

The second project is the Shepard Wetland at Ralph Klein Park which is the biggest project of its kind in Canada. It can hold six million cubic meters of stormwater, which makes it able to contain a centennial flood. It was constructed as part of the stormwater quality retrofit program, to service the East side of Calgary. This man-made wetland functions as both a stormwater storage facility and a treatment wetland that naturally filters stormwater. As an added benefit, the project became a refuge for wildlife (46 different species of birds alone were spotted there) and another opportunity for educating Calgarians about stormwater management. An environmental education centre constructed in the middle of a man-made lake provides educational opportunities for the community, with programs that emphasize teaching and learning for a sustainable future. The park also includes learning gardens, wetland study stations, wetland viewing areas and interpretive trails!

We hope that you will enjoy staying with us as we tour Calgary this year and 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. If you’d like to get added to our email list, or if you have any questions, you can find us on the Mount Pleasant Community Association page as well.

Have a great month,

The MPCA Green Initiatives Committee



Photo source: City of Calgary



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## GAMES & PUZZLES

### Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



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### Remembering Zhou

Video games have become a popular pastime for many Canadians, offering entertainment and a sense of community. However, as with any activity, moderation is key.

A teenager in our community passed away in October in a suspected case of extreme exhaustion brought on by excessive and prolonged gaming. His name was Zhou, and he was a high-achieving student with a secret problem.

Video game fatigue occurs when individuals spend excessive amounts of time playing video games, leading to physical and mental exhaustion. This phenomenon is particularly concerning among our youth, who are more susceptible to its effects. The symptoms of video game fatigue can range from eye strain and headaches to more severe issues such as sleep disturbances and decreased academic performance.

Video game fatigue has a big impact on physical health. Prolonged gaming sessions often result in poor posture, leading to musculoskeletal problems. Additionally, the sedentary nature of gaming can contribute to obesity and related health issues. It is crucial for gamers to take regular breaks, engage in physical activities, and maintain a balanced lifestyle.

Mental health is another area of concern. Excessive gaming can lead to increased stress, anxiety, and even depression.

If you are having difficulty disconnecting, visit the [www.gamequitters.com](http://www.gamequitters.com) website for tips and help. Ignoring the problem won't make it go away.

Parents and guardians play a vital role in mitigating the risks by setting limits on screen time, encouraging outdoor activities, and fostering open communication about the potential dangers of excessive gaming. Schools and community organizations can also contribute by promoting awareness and providing resources to support healthy gaming habits.

Let's remember Zhou and help raise awareness about this growing health problem. Gaming can be a fun activity, but it is important that it is just part of a healthy life, not a way of life.

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*Word of the Month*

*Cynosure*: noun (SIGH-noh-syoor)

A center of attraction or attention.

*The bride was the cynosure of all eyes at the wedding.*



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