

NOVEMBER 2026

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the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



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NOVEMBER 28, 10:00 AM TO 1:00 PM



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THE MORTGAGE GROUP

Word of the Month

Psithurism: Noun (sith-yuh-riz-uhm)

The soft, whispering sound of the wind moving through trees and leaves.

"A faint psithurism at the edge of the woods could be heard as the evening air began to cool".



MPCA Community Association

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

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- Alberta University of the Arts (AUArts)
- Campus Pre-School Association of Calgary
- CPR Cellphone Repair (North Calgary)
- Krista Johnson - Mortgage Agent
- Love Sugar and Dough
- Michele Gole Real Estate Services
- Mount Pleasant Dental Care
- Nido dei Bambini Montessori
- Our House Neighbourhood Joint



MPCA Membership Form

Membership Year runs from date of purchase

Please complete and send with cheque payable to Mount Pleasant Community Association 602 22 Ave NW Calgary, Alberta, T2M 1N7 or apply online at www.mPCA.ca and pay by credit card.

Membership Type

Mount Pleasant Resident \$15/year/family _____ Senior, 65 and over \$5/year/family _____

Non-Resident \$25/year/family _____

Life Members are community residents age 65 and over who have been a MPCA member for at least 10 years.

Name

Address

Postal Code

E-Mail

Phone

Payment Attached:

I wish to subscribe to MPCA email list

Number in Family

Cheque

Yes

Adults

Cash

No

Children

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

please specify:

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

BOARD REPORT

As the days grow shorter and the leaves continue to fall, November is a good time to settle into the season, connect with neighbours, and enjoy the community around us. While there is no longer a time change to remind us, it is still a good opportunity to check in on a few seasonal safety routines at home. Take a moment to test your smoke and carbon monoxide detectors, make sure they are working properly, and replace batteries as needed. These simple checks are easy to overlook, but they are an important part of keeping our homes safe as we head into the winter months.

October was an eventful month at MPCA. Our Annual General Meeting (AGM) brought a great turnout and plenty of conversation about our community, including the upcoming renovations to the Community Hall and what the year ahead will bring. Thank you to everyone who came out, shared their thoughts, and took part in the evening.

We are happy to welcome Kaylee Maciejko to the MPCA Executive Board as Vice President. While Kaylee has been serving in the role since March, and we are pleased to officially have the appointment confirmed following the AGM.

We are also happy to welcome Mariel Duinker to the Board of Directors as our new Director of Communications. Kathy Langton has held the position for the past four years, and we thank her for her time, work, and care in keeping our community connected. We are excited to welcome Mariel to the Board and look forward to having her as part of the team.

This month brings opportunities to connect with neighbours and discover something new!

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.

On November 14, MPCA Business Member Krista Johnson will host the Community Book Exchange, where you can pass along books you've enjoyed and find something new to read.

On November 28, the Green Initiatives Committee returns with the fourth Annual Re-Gift: A Holiday Swap and Eco-Wrap Extravaganza! Giving new and gently loved items a chance to find a new home!

As we move into November, there is still lots happening at MPCA in the weeks ahead. Members can enjoy free skating at the SportsPlex, and programs at the Community Hall continue through the end of the year. Looking ahead to December, the Special Events Committee will be hosting the MPCA Annual Christmas Party at the Hall on December 5.

With the holiday season just around the corner, we hope you'll find some time to enjoy the simple things that make this time of year special, whether that's getting out for a skate, taking part in a community program, or spending time with family and friends.

MPCA Board of Directors



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MOUNT PLEASANT CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



Protect Your Household Water Line and Meter from Freezing



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, configuration of water pipes, and history of freezing. Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, taking some of the steps below could have prevented household pipes from freezing.

Ways to Avoid Freezing Include:

- Keeping your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Moving Forward – Surface Route Selected for Downtown Green Line LRT



In September, the Executive Committee of Council approved a surface alignment that will connect the Event Centre/Grand Central Station to an at-grade station on 10 Avenue S, between 1 Street and 2 Street SW.

Leveraging the design and capabilities of the new low-floor vehicle fleet, the Committee endorsed the surface alignment because it meets key project objectives for connecting the Green Line into Downtown while remaining within the project's \$6.248 billion funding envelope. With this decision, work on design, planning, procurement, and engagement with property and business owners along 10 Avenue S will begin immediately.

The Committee also directed Administration to advance planning, design, and budget development for both the south extension from Shepard to Seton and the north corridor. As part of advancing the north corridor, the Committee also requested capital cost estimates and an implementation plan for a MAX Green Bus Rapid Transit (BRT) line connecting Keystone Hills to Downtown, including integration of a BRT loop and station within the Downtown alignment.

The decision enables construction of the Downtown Segment to proceed concurrently with the Southeast Segment, where construction began in June of 2025. Together, these projects mark a significant milestone for Phase 1 of the Green Line LRT, connecting Shepard to Downtown and advancing Calgary's largest public infrastructure investment.

For more information about the Downtown Segment, visit calgary.ca/greenline/downtown-segment.



Crafternoons



Crafternoons: Arts and Crafts Sessions (Ages 14 and up)

Crafternoons are two-hour classes that are sponsored by MPCA and include all materials, the use of tools. They are led by experienced artisans while you complete your projects. Classes take place in MPCA Upper Hall on select Wednesday afternoons from September through June. All skill levels are welcome, no experience needed and are geared to ages 14 and up. Crafternoons provide a wonderful opportunity to gain insight into all different kinds of art and craft, while connecting with an amazing community of fellow makers. Classes have a non-refundable fee of \$10.00 per class.

Limited spaces are available at these popular sessions to allow the instructor to give sufficient attention to everyone. A current MPCA membership is required to register. To register, log in to your membership account at https://mpca.tidyhq.com/public/membership_levels and click on to the "Events" tab. If you need assistance registering, or run into a full class and wish to be placed on the waitlist, please contact Aileen via email at crafternoonnaileen@gmail.com or call/text her at 403-862-1759. If you have registered for a class but can't attend, also please let Aileen know as soon as possible.

Wednesday, November 4, 1:30 to 3:30 pm, Pinecone Holiday Characters with Naomi:

In preparation for the holiday season, Naomi will guide us in crafting whimsical characters from pinecones for your table or tree, or as gifts. You can lean into your personal style and creativity to inspire a variety

of characters. Whether it's a little gnome, an elf, a few carolers, an angel, or a different character from your imagination, you will be inspired by Naomi's examples and a wide array of materials and accessories.

Wednesday, November 18, 1:30 to 3:30 pm, Lucky Mushroom (Glückspilz) Holiday Ornament Class with Naomi:

Glückspilz translates to "lucky mushroom." The red capped mushroom with white spots has been a symbol of good fortune for centuries in Germany, Austria, and other parts of Europe. In Germanic folklore, these mushrooms (*Amanita muscaria*) were believed to appear in areas blessed by fairy gathering or magical forces. Historically, people would gift small mushroom shaped ornaments during Christmas and New Year's to wish luck, health and prosperity for the year ahead. For this class, you will be sculpting and painting your own lucky Christmas tree ornaments out of oven baked clay. Bring home your own lucky mushroom for a prosperous new year!

Wednesday, December 2, 1:30 to 3:30 pm, Christmas House with Lori:

Lori will share steps and tips for creating these charming holiday houses. The houses are ready to paint, embellish and landscape to your very own design. Perhaps Victorian, Vintage, Winter Wonderland, Gingerbread or Grinch?

Have questions or need assistance?

Contact Aileen Lublinkhof, crafternoonnaileen@gmail.com or text/email 403-862-1759.

ACTIVITIES AND EVENTS

Please check our website for up-to-date information on programs and events at mpca.ca/programs, mpca.ca/news, and mpca.ca/specialevents.

MPCA Playgroup | Lower Hall

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

Sportball | Upper Hall

Sunday afternoons.

Tai Chi | All Ages | Upper Hall

Sessions run from September to June with a break in December.

Monday and select Wednesdays, 9:00 to 10:00 am.

Afternoon Games | Adults | Upper Hall

Sessions run select Mondays from September to June with a break in December.

Select Mondays, 1:15 pm.

BFlowLatino | Zumba Fitness | Upper Hall

Mondays, 6:30 to 7:30 pm.

Exercise Program | Adults | Upper Hall

Sessions run from September to June with a break in December.

Mondays and select Wednesdays in the Upper Hall and on Zoom.

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

Flow Filipino Martial Arts | Upper Hall

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

Essentrics® with Gabrielle | Upper Hall

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

Indoor classes run from October to June.

Community Book Exchanged

Hosted by Krista Johnson | Lower Hall

Saturday, November 14, 1:00 to 4:00 pm.

Book Club | TBO | *All Colours of the Dark* by Chris Whitaker

Tuesday, January 26, 7:00 to 9:00 pm.

Book Club | Lower Hall | *I Could Live Here Forever* by Hanna Halperin

Tuesday, November 24, 7:00 to 9:00 pm

Monthly Seniors' Lunches | Ages 60+ | Upper Hall

Fourth Wednesday of each month, RSVP required.

Chair Yoga | Upper Hall

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

No classes on the fourth Wednesday of the month.

Craftafternoons Arts and Crafts | Adults (Ages 14+) | Upper Hall

Sessions run select Wednesdays from September to June with a break in December.

Select Wednesdays, 1:30 to 3:30 pm.

Rakushinkan Kids! | Calgary Aikido Kids Classes | Ages 7 to 13

Wednesdays, 5:00 to 6:15 pm.

Calgary Rakushinkan | Teen (14+) and Adults | Upper Hall

Wednesdays, 6:15 to 7:45 pm.

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

Thursdays, 2:00 to 6:00 pm.

Yoga with Trish Hardy Yoga | Upper Hall

Thursdays, 7:15 to 8:15 pm.

Fly Right Swing Dance Lessons | Upper Hall

Friday evenings.

Member Skate | Member Shcks, Pucks, and Ring

Select days, register online.

Rosebud Theatre | "It's a Wonderful Life, A Live Radio Play" | Pleasant Times Day Trip

Thursday, November 19

Green Initiatives Upper Hall Fourth Annual RE-Gift: A Holiday Swap and Eco-Wrap Extravaganza!

Saturday, November 28, 10:00 am to 1:00 pm

Special Events Upper Hall Children's Christmas Party

Saturday, December 5, Time TBD

Lake Louise Ice Sculptures Pleasant Times Day Trip

February, February 9



MPCA HALL PROGRAMS

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

Children and Youth Programs

Mount Pleasant Playgroup - Lower Hall

Ages 0 to 5 years

Weekdays | 9:15 to 11:00 am

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

Sportball [Third Party] - Upper Hall

Sports Instruction for Kids

Sunday Afternoons

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

www.sportball.ca.

Rakushinkan Kids! [Third Party] - Upper Hall

Wednesdays | 5:00 to 6:15 pm

Ages 7+. Calgary Aikido Kids classes. Japanese martial arts practice for kids.

Visit www.calgaryrakushinkan.com/rakushinkan-kids.

Adult Programs

Essentrics® Gentle Fitness - Upper Hall

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

The Essentrics® technique simultaneously strengthens and stretches all muscles. For information and registration, please email mauvefitnesscalgary@gmail.com or text 403-809-9363. Gabrielle Börger, level four certified Essentrics® instructor. Walk-ins welcome!

BFlowLatino [Third Party] - Upper Hall

Mondays | 6:30 to 7:30 pm

For more information and to register, email BFlowLatino@gmail.com.

Tai-Chi [MPCA Fitness] - Upper Hall

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

Open to all ages and experience levels. Enhance

balance, flexibility, memory, and concentration. Monday sessions are beginner friendly, and Wednesdays focus on returning students. Reach out to Linda at pleasanttimes@mpca.ca for details. All are welcome!

Exercise Class [MPCA Fitness] - Upper Hall and Online Options

Mondays and select Wednesdays | 10:15 to 11:00 am

Fridays | 9:30 to 10:15 am

Join our inclusive fitness classes, which are suitable for all ages and fitness levels. Our sessions focus on enhancing aerobic fitness, strength, balance, and flexibility with tailored options for varying fitness levels. Enroll for the full session or drop-in. Participate in person at the community hall or on Zoom Mondays and select Wednesdays and Zoom only on Fridays from 9:30 to 10:15 am. Contact Linda at pleasanttimes@mpca.ca for more information or to try a free class!

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

Thursdays | 7:15 to 8:15 pm

For more information and to register, please contact Trish Hardy at hardytrish@gmail.com or call 403-620-4990.

www.trishhardyyoga.com.

Flow Martial Arts [Third Party] - Upper Hall

Mondays | 8:00 to 9:15 pm

Wednesdays | 8:00 to 9:00 pm

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

Call Jeff at 587-891-8108 or check out flowma.ca to start your martial arts journey today!

Calgary Rakushinkan [Third Party] - Upper Hall

Wednesdays | 6:15 to 7:45 pm

Japanese Martial Arts with Calgary Rakushinkan. Learn Japanese sword and other martial arts - Kenjutsu, Iaijutsu, Aikijujutsu, Aikido, and more.

Adults and youth 14+. For more information and registration, please contact rakushincalgary@gmail.com, 403-401-8257, or visit www.calgaryrakushinkan.com.

Fly Right Swing Dance Lessons [Third Party] - Upper Hall

Friday Evenings

For more information, please go to m.facebook.com/flyrightswing/.

Chair Yoga [MPCA Fitness] - Upper Hall

Drop-in classes are available on Wednesdays | 11:15 am to 12:15 pm

Chair yoga is a wonderful way for everyone to access the many benefits of yoga. Yoga calms the nervous system, increases strength and mobility and, through gentle stretching, increases blood flow to joints and muscles. Enrol for \$10 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887. Note: there is no class on the fourth Wednesday of each month.

Monday Afternoon Games

Monday Afternoon Games returns in September! Join us to exercise your brain and enjoy some refreshments and conversation with old and new friends. We meet at 1:15 pm on select Monday afternoons in the Upper Hall, 602 22 Ave NW except in July and August. 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.



SAVE THE DATE

 **Community Book Exchange**
Sat. November 14 | 1 – 4 PM
Mount Pleasant Community
Centre – Lower Hall
602 – 22nd Avenue NW, Calgary

Donate some books, discover some new ones, and stay awhile!

***If you have books you'd like to donate prior to Nov. 14, email me and I will arrange pick-up at your convenience—thank you!
krista@alchemymortgages.com

Bring along any gently used books you're ready to pass on and add them to our community exchange. Then browse the tables, find your next great read, stock up your reading nook for winter, and enjoy a cozy coffee or hot chocolate while catching up with friends and neighbours.

More details to come!

Mount Pleasant Snow Removal

- Driveways
- Sidewalks
- Walkways
- Ice melt

(403) 200-4548 DIRECT
(403) 212-0606 OFFICE
INFO@CYRUSLANDSCAPING.CA

Please ask for Cyrus



Our fitness classes are back! You can enjoy a free exercise and/or Tai-Chi try-out class at any point in a session. Don't delay. Start your fitness journey by popping over to the hall any Monday or Wednesday morning.

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

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

These drop-in-only classes are held in the Upper Hall from 11:15 am to 12:15 pm on Wednesdays (except the 4 Wednesday of each month) and cost \$10 per class. For more information, please contact Catharine at cathdurst@hotmail.com or 587-897-5887.

Exercise Class For All Fitness Levels: People of all ages are welcome in the MPCA exercise class, whether you want a low, moderate, or high intensity work out. The classes are designed to improve aerobic fitness, balance, strength, and flexibility—how energetic you are is up to you. You can sign up for one, two, or three classes per week or come on a drop-in basis. The cost is only \$7 per class when you sign up for the remaining classes in the session or \$12 per class drop-in.

Classes are held from early September through late June with a break from mid-December until after the New Year. Monday and Wednesday morning classes are held from 10:15 to 11:00 am (in the Upper Hall and

on Zoom, Zoom only on the 4 Wednesday monthly) and Friday morning classes are from 9:30 to 10:15 am (Zoom only). If you are new to the class, please come to the hall initially to allow the instructor to assess your fitness level and speak with you about your goals. Zoom is a convenient way for people who work from home or have children to get in a workout during the day without leaving home. If you're a fan of high intensity burpees, mountain climbers, lunges and much more, this class may be just what you're looking for. If you'd like a more laid-back class to increase your fitness level or just get in some physical activity, you can accomplish that, too. The instructor accommodates all fitness levels with easier and more challenging variations to meet all goals.

If you would like to try a free class to see if this program meets your needs, contact Linda at pleasanttimes@mpca.ca. Just dig out some comfortable exercise clothes and shoes, dust off any weights and resistance bands at the back of your closet, and pop over to the hall for a fun and energetic time.

Tai-Chi: Tai-Chi classes happen in the Upper Hall on Monday and Wednesday mornings from 9:00 until 10:00 am. Monday classes focus on beginners while Wednesday classes are for returning students. Everyone, regardless of age and experience, is welcome both days but additional attention is not offered to new students on Wednesdays.

Tai-Chi is a great way to improve your balance, flexibility, memory, and concentration. If you would like to try a free class to see if this program meets your needs, come to the hall for a Monday morning class. Sign up for one or both classes each week or come on a drop-in basis. The cost depends on the number of people enrolled but is usually around \$3.50 per class if you sign up for the session or \$6.00 per class drop-in.

GREEN INITIATIVES COMMITTEE

Shopping Local!

In case you missed it, the Green Initiatives Committee hosted a Clothing Swap on September 11 and 12 at the Community Hall. We received even more clothes than we expected, which is of course a good problem to have, so we'll plan to add more volunteers on the dropoff night if we do this again. We were happy to receive a wide range of items from newborn clothes to those for kids and adults, with enough for an accessories table as well. Most of what we received was in really good condition so we appreciate that the guidance was mostly well-followed. Some Saturday "shoppers" also had time to enjoy some coffee and treats and spend a bit of time socializing. We were happy to host this community event and make re-use a positive experience! We are also appreciative of the donations we received for our Community Pantry, located on the north side of the Hall. Leftover clothes at the end of the event went to both Women in Need Society (WINS) and Good Neighbours.

We are looking forward to our next Green event — the Fourth Annual Holiday Re-Gift Exchange planned for Saturday November 28, from 10:00 am to 1:00 pm at the Community Upper Hall. If you haven't yet attended, please do come check it out as we've had lots of good feedback! The theme is all about re-use and supporting a Sharing Economy. And of course we look forward to seeing the regulars who try to come every year! We also typically have a display of gift wrapping ideas other than simply traditional wrapping paper. And as usual we're planning to have a craft table for the kids, along

with some snacks and refreshments for all.

What to Bring?

Do you have something that's still perfectly good and would make a nice holiday gift for someone else, and you don't need it any longer? Our main list of gift items to bring includes:

- Books
- Games
- Toys
- Household Decor
- Kitchen Gadgets
- Holiday Decorations

We've also had some good luck with trading winter boots and outerwear, so we'll be accepting those as well, as 'tis the season for needing them! Please make sure everything you bring is in great condition. Think of whether you would be comfortable giving it to a friend as a gift or not.

If you would like to get involved and be a part of making Mount Pleasant a greener community, we would love to have you join the committee or help us out with a project. Please email green@mpca.ca for more information or to get added to our email list; you can also find us on the Mount Pleasant Community Association page as well.

Have a great month,

The MPCA Green Initiatives Committee



Cats, Canines, & Critters of Calgary



Bean,
Seton



Coco,
New Brighton



Ember,
Seton



Kato,
McKenzie Lake



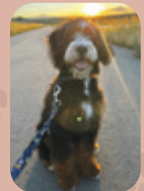
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Teasha,
Huntington Hills



Whiskers,
Oakridge



Zeke,
Seton

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

MOUNT PLEASANT HERITAGE

This month's featured heritage homes can be found on the mpca.ca website, under "Engagement" and then "Interactive Community Map" (as castle icons). These homes represent the earliest phase of development of the Mount Pleasant neighbourhood, one of Calgary's early communities. A plan for the West Mount Pleasant Subdivision was registered in 1906. By 1910, the year that Mount Pleasant was annexed by the City, there were only nine households in this subdivision, with fifty-one households a year later.

Kaiser (Livingstone) Residence



At the time of the Century Homes project in 2012, the owners of this home at 540 19 Ave NW wrote:

"Our little "yellow house on the corner" is a wood frame home built in 1912. The original homeowner was a German carpenter with the fantastic name of Ebenezer Kaiser. He most likely built the home himself as it is a bit of a collection of styles. The sides of the house would match the Edwardian Gable front style, only it's the side of the house. With its minimalist adorning; the house is similar to a Cape Cod house in overall layout. The exception of this comes with the bump out sections that are more indicative of a Craftsman style home. Extensive renovations have also made it more difficult

to characterize the original style of the home. So we've taken to calling this unique combination of Edwardian-Craftsman-Cape Cod home a "Kaiser."

While many renovations and updates have been made, a number of original features are still present including the moldings, hardwood floors, a built-in China cabinet and cast-iron heating grates. Ebenezer Kaiser did not live in the house long. In fact, he moved out in 1915, just three years after purchasing the property. He didn't move far — just a few houses down the street to 612 19 Avenue NW where the Livingstone's lived. It appears they switched houses, as Duncan and Lily Livingstone, who previously lived at 612 moved into this house. Duncan was also a carpenter and his wife, Lily ran a laundry service out of the home. They were originally from Ontario. The Livingstone's lived here until their deaths, almost 50 years later in the 1960s. We can't blame them for never moving we love our house and this neighborhood."

Upshall (Corson) Residence



The Upshall (Corson) Residence, built c. 1911, survives as one of the oldest properties, and the only Queen Anne Revival-style dwelling, in the community.

It was constructed and first owned by carpenter Benjamin Upshall, who occupied the house upon completion. It was subsequently sold numerous times while being rented out by the various owners.

John and Mary Corson owned and occupied the house

PLEASANT TIMES SOCIAL CLUB - FOR ADULTS OF ALL AGES

the longest — together from 1933 until John's death (c.1955), then by Mary until 1976. There they raised five sons and a daughter while also housing other relatives. The Corson children's walk from this house to Crescent Heights High School was almost entirely through vacant lots. In the winter, the empty lot west of this house was used as a community skating rink, and the basement served as a "club house" for neighbourhood children. The family planted potatoes on one of the empty lots that then dominated the area and stored them in their basement root cellar. During the Stampede, the family used the roof deck to get an unimpeded view of fireworks from the Stampede grounds.

Have a Story to Share?

Would you like to see your home featured in an upcoming *Pulse*? Send a picture and short description to MPCAHeritage@gmail.com. We're especially interested in pre-1946 heritage homes, but other homes may be considered. Likewise, early stories of people and/or events could be of interest!

City Engagement Tips

Want to share your thoughts on City projects? Keep an eye on www.engage.calgary.ca (19 Street NW/20 Ave N Mobility Improvements being a recent example).

Also, see www.calgary.ca/planning/local-area/lap-limited-scale-policy.html for proposed row-housing updates to our Local Area Plan (public hearing on November 9, 2026).





A Bloom You Can Brew

Did you know? Chrysanthemums are November's birth flower—but some varieties are more than decorative! Certain chrysanthemum flowers and leaves are edible, and chrysanthemum tea, made by steeping the dried flowers, is a traditional beverage enjoyed across parts of East Asia.

"My husband cooks for me like I'm a goddess, by placing burnt offerings before me."

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. Our activities are made 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 seniors who donate their time and energy to make them happen. So many people to thank for giving us these opportunities.

Monthly Lunches: Our seniors' lunches are held on the fourth Wednesday of each month (except December when it's the second Wednesday) at 11:00, usually in the Upper Hall. Lunches are open to all MPCA members age 60 and over who have registered in advance to attend. An RSVP is required to allow us to order the correct amount of food. We usually have something happening after the lunch – a speaker, conversation and games, or live entertainment. Many thanks to our volunteers, MPCA, Paramount 24 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 pleasanttimes@mpca.ca to be added to our lunch invitation list.

Day Trips: Our next outing is a sold out trip to Rosebud on November 19 for the matinée performance of "It's A Wonderful Life, A Live Radio Play". Next up is the ice and snow sculptures in Lake Louise and Banff on February 5. We hope the weather co-operates: not too cold but not so warm the sculptures melt as they did in 2024 when we last went. We're also investigating an overnight trip to Jasper in May.

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.



Our November 24 book will be *I Could Live Here Forever* by Hanna Halperin. When Leah Kempler meets Charlie Nelson in line at the grocery store, their connection is immediate and intense. Charlie, with his big feelings and grand proclamations of love, captivates her completely. But there are peculiarities in his life. He's older than her but lives with his parents; he meets up with a friend at odd hours of the night; he sleeps a lot and always seems to be coming down with something. He confesses that he's a recovering heroin addict, but he promises Leah that he's never going to use again.

Hanna Halperin writes with aching vulnerability and intimacy, sharply attuned to Leah's desire for consuming, compulsive connection. *I Could Live Here Forever* exposes the chasm between perception and truth to tell an intoxicating story of one woman's relationship with an addict, the accompanying swirl of compassion and codependence, and her enduring search for love and wholeness.

December is the book club's month to chat about anything and everything, maybe even books, while enjoying a meal together. The next book discussion will be on January 26, 2027: *All the Colors of the Dark* by Chris Whitaker. If you'd like more information about the book club or if there's a book you'd like to discuss, please contact Barbara at bookclub@mpca.ca. The Book Club meets on the fourth Tuesday evening of each month from 7:00 to 9:00 pm (except December). Contact Barbara to check out where the book club will be meeting during hall renovations and come and join in a lively discussion about a great book.



BRAIN GAMES

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A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.





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