

NOVEMBER 2016

DELIVERED MONTHLY TO 3,750 HOUSEHOLDS

# the MOUNT PLEASANT PULSE

THE OFFICIAL MOUNT PLEASANT COMMUNITY NEWSLETTER



# STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN'S HEALTH. [WWW.MOVEMBER.COM](http://WWW.MOVEMBER.COM)

There are three ways to get involved with Movember and support men's health:

	WHAT	HOW	WHEN
<b>01 GROW</b>	Grow a Mo, save a Bro	The moustache is our ribbon for men's health	For the 30 days in the month formerly known as 'November'
<b>02 MOVE</b>	Get active for men's health	Raise funds for men's health while you do something good for your own health	Anytime, anywhere, during the month of Movember
<b>03 HOST</b>	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men's health	Anytime, anywhere, during the month of Movember



Mount Pleasant Community Association  
 602-22 Ave NW Calgary, AB - T2M 1N7  
 Phone: 403.282.1314 • [www.mpca.ca](http://www.mpca.ca) • [info@mpca.ca](mailto:info@mpca.ca)

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# MPCA Community Association

602 22 Ave NW Calgary T2M 1N7  
 E-Mail [info@mpca.ca](mailto:info@mpca.ca) Website [www.mpca.ca](http://www.mpca.ca)  
 Facebook <https://www.facebook.com/MountPleasantCommunity>  
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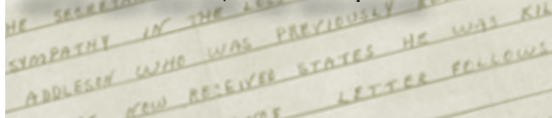
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## LEST WE FORGET



1.1 million Canadians served in the Army, Navy and Air Forces over the course of WWII; 45,000 Canadians died and for each that died, four were injured.



## Mount Pleasant Board meetings

are on the **third Tuesday** of the month at 7pm Upper Hall. Any community member with a current community membership is welcome to attend.

**Deadline for submissions is 10<sup>th</sup>** of the month for the next month's issue.

If you would like to write an article for the Pulse please email your MS Word doc submission to [publicity@mpca.ca](mailto:publicity@mpca.ca). Any photos for the cover would be greatly appreciated (greater than 1-3 MB for the cover). Deadline for submissions is the 10<sup>th</sup> of the month for the next month's issue.



## Nurturing a sense of belonging on National Child Day Nov. 20

National Child Day is celebrated annually to mark two historic events: the 1959 signing by Canada of the United Nations Conventions on the Rights of the Child (UNCRC) and the adoption of the convention.

This year's theme is **a young person's right to belong.**

Identity and belonging is about young people developing a positive sense of who they are, and feeling that they are valued and respected as part of a family and community. Positive messages about their families, backgrounds, cultures, beliefs, and languages help children learn, develop skills and a healthy sense of identity and belonging; this helps them later to better deal with bullying and discrimination.

**One way your family can celebrate National Child Day is to share a book or story about belonging.**

The book **How Far Do You Love Me?** by Lulu Delacre celebrates love and belonging. It gives parents and teachers an opportunity to share a story that features people from different corners of the world using their geographical locations as references for how great their love is.

**More books about belonging** (Calgary Public Library may have these to lend):

**Corduroy** by Don Freeman

**I Like Myself!** by Karen Beaumont

**The Blossoming Universe of Violet Diamond** by Brenda Woods

**The Invisible Boy** by Trudy Ludwig

**Gaston** by Kelly DiPucchio

**Rump: The True Story of Rumpelstiltskin** by Liesl Shurtliff

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: [calgaryreads.com](http://calgaryreads.com)

## ACTIVITIES AND EVENTS



## November 2016

- 15 Board Meeting 7pm Upper Hall
- 22 Book Club 7pm Lower Hall - The Rosie Project Graeme Simson
- 23 Boomers & Zoomers Lunch 11:30 Upper Hall
- Mon-Fri Playgroup 9-11am Lower Hall to register [www.mpca.ca](http://www.mpca.ca)
- Mondays Zumba 5:30pm Upper Hall
- Wednesdays Active Wednesdays for Seniors and Limited Mobility 11am Upper Hall
- Wednesdays Games 1:15pm Upper Hall - Adults Only
- Wednesdays Zumba 5:30pm Upper Hall
- Fridays Fly Right Swing Friday Night Hop 8:30 pm Upper Hall
- Yoga Fall Session is Full

For more details visit [www.mpca.ca](http://www.mpca.ca)

## Rosedale Arts and Craft Fair

**Saturday, November 5 10 am - 3 pm**

901 11th Avenue N.W.

Come out and shop from talented craftspeople. You'll find locally sourced, quality handmade goods such as pottery, jewelry, natural soaps and body care, photography, crochet, quilts, Christmas items and much, much more.

Admission and parking are free. Hope to see you there!



# Green

## November Recycling Update

In last month's article I reported that coffee cups could not be recycled. Fortunately this has now changed and these cups are now accepted by the city's blue bin recycling program. New technologies have been developed which allow the paper cup and the plastic linings to be separated allowing for the paper to be effectively recycled. The list of recyclables has expanded to include; empty paper coffee cups, paper sleeves and paper soft drink cups. However plastic lids, straws and foam cups are still not recyclable. Next time you go to throw your empty coffee cup, throw it in the recyclable bin; this is a small act in reducing what ends up in the landfill. We should also encourage retailers who sell these types of cups to provide facilities for recycling, if they are not doing so already. As always the best choice for the environment is to either bring your own reusable mug or use a 'stay in' mug while eating in.

The City of Calgary continues to work towards implementing a city-wide residential food and yard waste program as part of their goal to divert 70% of waste from City landfills by 2025. In 2012 the city launched a pilot green cart program which as of June 2016 has composted almost 9 million kilograms of organic material and reduced garbage by 40% in the pilot communities. The current cost for the program is set to be \$6.50 per household per month which is based on the costs required to operate the program. Also as part of the program, the garbage collection schedule will change. Green and blue carts will be picked up weekly while the black garbage carts will be picked up every second week. This is because the green and blue carts allow for a large amount of the garbage to be diverted from the landfill. This reduction in the pickup frequency is a cost savings measure which can be applied to offset the cost of the green cart program.



## STORMTROOPERS

Canadian soldiers in WWI earned the nickname 'Stormtroopers' due to their reputation for being precise, relentless, intelligent and highly organized.

## PRESIDENT'S MESSAGE

As you probably noticed we have a new look for the Pulse as of this month. After having Ellis Evans produce the Pulse for over six years, they have decided to close their business down. On behalf of MPCA I would like to thank Ellis -Evans for doing a top notch job of getting our information out to the community membership over that time frame. As you can see the Pulse is now being published by Great News Publishing, who print the community newsletters for many of the communities in Calgary. We have a very similar financial arrangement with GNP as we had with E-E, and we look forward to a long term relationship with them. The delivery of the Pulse will still be done by local teens in the neighbourhood. My thanks to our PR Director, Carole Broger for her hard work making this change over seamless.

As I mentioned in the September Pulse, we have the AGM coming up on Tuesday October 18th and we have at least three positions that need to be filled. We are in need of a Treasurer; Soccer Director; and Director of Planning, Traffic and Land Use. Please consider joining our Board of Directors and help continue to make MPCA a wonderful place to live. We will also be reviewing the Community Visioning Plan to get a consensus of where we want the community to be in the years to come.

Enjoy the new Pulse, until next time.

*Murray Anderson, President*

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

**Nov. 28 – Dec. 21 It's A Wonderful Life: A Radio Play – Lunchbox Theatre:** It's A Wonderful Life is the classic tale of George Bailey, conceived as a live 1940's radio broadcast, a cast of 5 actors will bring this classic holiday story of love and redemption to life on stage! Everyday but Sundays, noon – 1 pm at Lunchbox Theatre. More info [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)

**Dec. 2 – 4 The International Christmas Market at Spruce Meadows:** Enjoy the warm atmosphere of this much-celebrated market which boasts 250 vendors with world-imported items, hand-crafted gifts and much more. Fire pits and lively entertainment are sure to keep you in the spirit - just in time for the holidays. For info [www.sprucemeadows.com/christmas\\_market](http://www.sprucemeadows.com/christmas_market)

**Nov. 19 – Dec. 18 Once Upon A Christmas – Heritage Park:** Take a step back into true holiday enchantment this Christmas with wagon rides, singing carols and even jolly old St. Nick himself. Experience the magic of Christmas past and activities like: gingerbread decorating, Santa's petting zoo, children's crafts and a vintage photo parlour. More info [www.heritagepark.ca](http://www.heritagepark.ca)

**Dec. 15, 8 pm A Rockin' Little Christmas – Jack Singer Concert Hall:** This upbeat concert will include a range of cheery, seasonal hits including Santa Baby, Jingle Bell Rock, White Christmas and many other favourites. Joining the Calgary Philharmonic Orchestra for this concert is the Jeans 'N' Classics band and four vocalists. More info [www.calgaryphil.com](http://www.calgaryphil.com)

**Nov. 26 – Jan. 8 Lion's Festival of Lights:** The Festival of Lights is the largest free drive-by Christmas Lights showcase in Calgary. It's comprised of over 300,000 lights along 14th St NW. Designed by James Alafritz, Creative Intelligence Agency. More info [www.lionsfestivaloflights.ca](http://www.lionsfestivaloflights.ca)

**Dec. 2 - 4, 9 -11, 16 – 18 Market Collective Cheer:** Enjoy a market that's perhaps a bit more eclectic this year at Market Collective's Cheer event. With fare like, clothing, chocolate and jewellery on offer, and more unusual vendors with woodworking, paper products and leather work for sale, there is surely something for everyone at this event. Located at The Chinese Cultural Centre. More info [www.marketcollective.ca](http://www.marketcollective.ca)

## DECEMBER 10 SLUMBER PARTY AT THE GLENBOW MUSEUM

Celebrating their 50th anniversary, The Glenbow is inviting kids aged 7 – 12 for a rare sleepover and behind the scenes tour of the museum's artefacts. More info [www.glenbow.org/programs](http://www.glenbow.org/programs)



## NOVEMBER 25 – DECEMBER 24 THE POLAR EXPRESS TRAIN RIDE

Aspen Crossing: Journey to the North Pole on the Polar Express, complete with hot chocolate and cookies served onboard the train. More info [www.aspencrossing.showare.com/eventperformances](http://www.aspencrossing.showare.com/eventperformances)



## DECEMBER 23 CHRISTMAS SKATE, NOON – 5 PM. OLYMPIC OVAL

A fun-filled afternoon at the Olympic oval is sure to cheer any Grinch. Complete with holiday music, you and yours can enjoy a skate together for \$2 and a food donation to The Calgary Food Bank.



# MPCA Book Club

Our November 22<sup>nd</sup> book will be *The Rosie Project* Graeme Simsion. This romantic comedy features the oddly charming, socially challenged genetics professor, Don, as he seeks true love.

The art of love is never a science: Meet Don Tillman, a brilliant yet socially inept professor of genetics, who's decided it's time he found a wife. In the orderly, evidence-based manner with which Don approaches all things, he designs the Wife Project to find his perfect partner: a sixteen-page, scientifically valid survey to filter out the drinkers, the smokers, the late arrivers.

Rosie Jarman possesses all these qualities. Don easily disqualifies her as a candidate for The Wife Project (even if she is "quite intelligent for a barmaid"). But Don is intrigued by Rosie's own quest to identify her biological father. When an unlikely relationship develops as they collaborate on The Father Project, Don is forced to confront the spontaneous whirlwind that is Rosie – and the realization that, despite your best scientific efforts, you don't find love, it finds you.

We meet from 7:00 to 9:00 p.m. on the fourth Tuesday of each month in the Lower Hall, 602 22 Ave NW. Everyone is welcome to attend to enjoy discussing books (and snacks!) with those with similar interests in a fun, casual atmosphere. One exception in our schedule is December; we meet earlier in the month at a restaurant for conversation, laughs, and maybe a note or two on good books we've read recently.

December is time for our annual dinner out for fun and conversation, maybe about books, maybe not. Our January 24<sup>th</sup> book will be *The Pearl That Broke Its Shell* by Nadia Hashimi.

# Lost and Found

Valuable item found by Mount Pleasant Outdoor Pool October 4 2016. Call and leave message with description of the item and your contact phone number at 403-282-0301.

# Boomers Zoomers

## Next Lunch Wednesday, November 23

**Life is not measured by the number of breaths we take, but by the moments that take our breath away. Anonymous**

If you're age 60 or over, join us in the Upper Hall on the 4<sup>th</sup> Wednesday of each month (2<sup>nd</sup> Wednesday in December) for a delicious hot meal followed by entertainment that varies each month (speaker, conversation, movie, games, etc.). Our doors open at 11:30, lunch is served around noon, and the entertainment follows. We can arrange rides to and from each lunch for people who have difficulty getting out. We want to meet you and would be happy to provide this opportunity for you to socialize with your neighbours.

At the time of writing, we're looking forward to our October 26<sup>th</sup> lunch with Jenny Li of *tru therapeutics* will join us to discuss physiotherapy options and benefits for seniors. Our favourite community photographer, Gary Groeneveld, will join us November 23<sup>rd</sup> to share his wolf photos.

If you would like to be on our invitation list, please call Linda at (403) 289-8390 or email lohanlon@telus.net. You can also take part if you're approaching age 60, if you wish to volunteer, or if you are accompanying a senior. Please pass this information on to anyone in the community who might enjoy the chance to get out for an adults-only social gathering.

**Would you like to share your talent with us?** We're looking for some good but cheap (read "free") entertainment to follow our December 14<sup>th</sup> lunch. Enjoy a delicious turkey dinner with the group then dazzle us with your special gift. If you're interested in participating, please contact Linda at lohanlon@telus.net or (403) 289-8390.

Don't forget to save the 4<sup>th</sup> Wednesday of each month on your calendars now so you don't miss any lunches. Be sure to register in advance to ensure there's a seat available and we order enough food.

# Community Trip Airdrie Festival of Lights

All ages are welcome on this community trip to the Airdrie Festival of Lights on Thursday, December 1<sup>st</sup>. Some schools don't have classes the next day so bundle up the kids and head over to the MPCA hall parking lot (5 St. at 23 Ave. NW) by 5:45 that evening to catch the bus. We're keeping the cost as low as possible by not including a dinner beforehand. There will be hot chocolate for sale and an optional train ride around the grounds (both \$2.00 cash). We'll be back on the bus by 8:00 p.m. for our return to Calgary but, please, no hot chocolate on the bus!

**What will the cost be?** It depends on the number of people who join us. In the unlikely event there are only 30 people going, the cost is \$19.00 per person age 4 and over. If we have a full bus (56 people), the cost is only \$10.00 per person. Included are motor coach transportation, entry to the Festival (\$2 donation per person, included in the price), and a tip for the driver. Not included are the hot chocolate and train ride.

**Children under age 4 are free;** however, they must be registered to be included in the count. For insurance reasons, everyone must have a seat on the bus, even babes in arm.

**Please sign up for this outing by Sunday, November 9<sup>th</sup>.** The cost per person will be calculated at that time (earlier if the bus is full before then) for payment by November 15<sup>th</sup>. Contact Linda at lohanlon@telus.net or (403) 289-8390 to register.

If you're interested in any of our upcoming trips, would like to be on the distribution list, or have an idea for future outings, please contact Linda at (403) 289-8390 or lohanlon@telus.net.

# IN & AROUND CALGARY

## Calgary Northwest Events

### Remembrance Day at Kensington Legion

Services are held at many branches of the Royal Canadian Legions in the city. This year, at the Kensington location the ceremony is followed by lunch and refreshments.

Doors for the Kensington Legion service open at 9:30 am. and close at 9:45; the service begins at 10:45 am. 1910 Kensington Rd. NW. For more info [www.legion.ca](http://www.legion.ca)

### St. Andrews Heights Artists' Society 2016 Fall Art Show

Local artists will present their new work at the society's annual Fall Art Show on Nov. 26, from 10 a.m. to 4 p.m. You can meet the artists and also win a great door prize. Parking and admission are free. For more information visit [www.atsahas.ca](http://www.atsahas.ca).

### Green Calgary's Green Kids Saturday Drop-In Program

Sat. Nov. 5, 19 and 26, 2016. 11am -1pm. Videos, hands-on learning activities, crafts and games involving environmental topics for kids 3-10 and their families. Drop in program, all children must be accompanied by one adult, fee by donation. For more info [www.greencalgary.org](http://www.greencalgary.org).

### Fall Studio Members Pottery Sale:

Nov. 6, 10 am-4pm. Now in its 33rd year! Excellent prices and variety, a great opportunity to purchase local artists' work for unique presents. Come early and bring something to carry your treasures. Cash, cheques and credit cards accepted. Triwood Community Association Hall, 2244 Chicoutimi Drive NW.

### Free Skate at Shouldice Arena

The arena is open for public skating Friday, November 11, 2016, 1-2:30p.m. Address: 1515 Home Rd. NW

### Stuff A Bus

Nov. 5, 2016. 9am - 4pm. Calgary Co-op and Calgary Transit team up for the 24th Annual Stuff A Bus, in support of the Calgary Food Bank! Transit buses and volunteers will be at all 21 Calgary Co-op locations accepting donations. Stuff A Bus with food to help Calgarians in need at this busy time of year.

### Free Swim at Thornhill Aquatic and Recreation Centre

Friday, November 11, 2016, 1-4:30p.m. Swim Times: 1 - 2:30 p.m. and 3 - 4:30 p.m. The half hour break will be waived if capacity permits. 6715 Centre St. NW

### Finances 101 with Jill (CPA) at Tuxedo Park Community Hall

6:30pm-7:30pm, free to attend, all welcome. October 26, 2016 - Ten Healthy Habits of Financial Management.

November 23, 2016 - Saving Strategies: Easy Concept, Difficult Reality.

To register or for more information [hallrentals@tuxedoparkcommunity.ca](mailto:hallrentals@tuxedoparkcommunity.ca) or 403-277-8689.

## IN & AROUND CALGARY

### Crews ready for winter snowfall

Crews are keeping an eye on the forecast all winter long, preparing roads with anti-icing solution before the snow falls, and maintaining City streets as soon as snowflakes hit the ground.

We know how important it is for Calgarians to get to where they want to go safely, and winter driving can be challenging because of snow and icy conditions. Stay informed during every snowfall by following @yyctransport on Twitter and downloading the Road Conditions App for frequent updates. See where our crews are plowing on the live map at [Calgary.ca/RoadConditions](http://Calgary.ca/RoadConditions). After each snowfall, Roads crews follow a priority clearing system called the Seven Day Plan:

- Priority 1 routes, which carry more than 20,000 vehicles per day, are cleared to bare pavement within 24 hours after the snow stops falling.
- Priority 2 routes, which carry between 5,000 and 19,000 vehicles per day, are cleared within 48 hours after snowfall has stopped.
- Playground zones, designated hills, and residential streets on Residential roadways are cleared on Days 3-7. These roads are flat-bladed, which means snow is packed down so it is easier to drive on, and ruts are removed.

For more information on snow and ice control, including FAQs, snow route parking information, and free sand and gravel locations, visit [Calgary.ca/snow](http://Calgary.ca/snow).

### #GetMovingYYC Week - Join the movement November 28- December 3, 2016

Winter is a great time to try new things, embrace our winter city and challenge yourself to get moving! Moving more doesn't have to be a huge commitment. Making small changes to your everyday routine can have a huge impact on your health. Make 'moving more' a personal goal, a family activity or a community challenge. Where ever you are, whatever you're doing, there are so many ways to move in Calgary.

From November 28 to December 3, The City of Calgary and its partners are hosting events throughout the city to get Calgarians moving. Events may include Free Skates, Family Outdoor Event, Guided Walks and more!! Check out the calendar of events on [calgary.ca/getmoving](http://calgary.ca/getmoving).

### Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, aged 15-24, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge including employment counseling, career planning, networking assistance, resume assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [nextSteps.org](http://nextSteps.org).

### Property Tax Assistance Program

Property Tax Assistance Program: Help is available. The City of Calgary may provide a grant/credit of the increase in residential property taxes from 2015 to 2016. To be eligible, the applicant must:

- Experience an increase in property taxes from 2015 to 2016.
- Live in the principal residence for a minimum of one year.
- Own no other property.
- Must meet low income guidelines of the Fair Entry Program. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Provide an acceptable proof of household income for all members 18 years of age and older. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Apply for the grant/credit by **Dec. 1, 2016**. Visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry) or call 311.
- Even if you are not eligible for the Property Tax Assistance Program, we may be able to help you access other community resources.

**Please note:** Even though an application has been made to the Property Tax Assistance Program, all property taxes must be paid in full by the due date, June 30, 2016, to avoid a seven per cent penalty. For more information, or to apply, please contact 311 or visit [calgary.ca/FairEntry](http://calgary.ca/FairEntry).

### Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier. One application allows Calgarians to have their income

## IN & AROUND CALGARY

level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit [calgary.ca/fair-entry](http://calgary.ca/fair-entry).

### How to get started in Calgary

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format.

For more information, visit [calgary.ca/newcomers](http://calgary.ca/newcomers).

## BRAIN GAMES SUDOKU

3		7		2				
			6	3				5
	2		1	8			7	
9		3						7
	5						1	
2						6		9
	9			6	3		2	
8				5	4			
				1		9		8

FIND SOLUTION ON PAGE 17

## Wednesday Games Adult Only

Our Wednesday afternoon games session have also re-started. If you enjoy a few casual games of bridge, Scrabble, cribbage, euchre, even indoor badminton, or whatever game you wish to share with the group, please join us in the Upper Hall at 1:15 each Wednesday.

If you'd like to come for games, please contact Linda at (403) 289-8390 or [lohanlon@telus.net](mailto:lohanlon@telus.net).

## Active Wednesdays

We have a full complement of people improving their physical well-being this session and are now looking forward to the January to April period. This exercise program benefits not only seniors but anyone with limited mobility or a lower fitness level. If you're interested in joining us, please contact Linda at [lohanlon@telus.net](mailto:lohanlon@telus.net) or (403) 289-8390 to check if space is available. The cost, subsidized by MPCA, is just \$105 for 15 classes. There are drop-in spots available for a fee of \$12.00 per class.

Please contact Linda at (403) 289-8390 or [lohanlon@telus.net](mailto:lohanlon@telus.net).

## Playgroup

As the weather cools, we keep our little ones warm and busy at playgroup. We play, climb, slide, paint, craft and snack every morning. Parents enjoy an affordable easy outing to chat with friends and neighbours while our kids run off some steam.

With the snow and the cold comes one of our favourite events of the year. The Mount Pleasant Community Christmas Party! And this year we want to host an extra special party to celebrate 35 years of playgroup.

Come celebrate with us on December 10 from 9:30-11:30 am. We'll have delicious food, crafts, face painting, a music man, a visit from Santa and much more. This is an event open to everyone so tell your friends and neighbours to join us for some jolly fun.

~continued on page 13~

# MPCA Business Membership Form

Please complete and return with \$100 cheque payable to MPCA: 602 22 Ave NW Calgary AB T2M 1N7 or register online: www.mpca.ca

**Business Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Postal Code** \_\_\_\_\_

**Telephone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Web Site** \_\_\_\_\_

**Business Category**

Accounting \_\_\_\_\_ Automotive \_\_\_\_\_ Business Services \_\_\_\_\_ Children's Services \_\_\_\_\_

Convenience Store \_\_\_\_\_ Health or Personal Care \_\_\_\_\_ Home Services \_\_\_\_\_ Pub/Sports Bar \_\_\_\_\_

Restaurant \_\_\_\_\_ Retail \_\_\_\_\_ Other \_\_\_\_\_

Are you interested in supporting MPCA Special Events with prizes, food or volunteers? \_\_\_\_\_



## MPCA Business Memberships

A business membership includes:

- Free listing of your business in MPCA's online business directory
- Free listing of your business in MPCA's monthly newsletter which is delivered to all community households
- The right to attend and speak at MPCA's Annual General Meeting
- The ability to ask that items be added to the agenda at MPCA's monthly Board meetings and to address those items
- One year of FREE web hosting, sponsored by Blue Ocean Interactive Marketing.

## Business Membership in Good Standing

Alpine Insurance and Financial  
Small Business Legal Centre

**Mount Pleasant**  
**mybabysitterlist**

Name	Age	Contact	Course
Erin	27	604-362-8696	Yes
Robyn	16	403-651-8085	No

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

*Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).*



# 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 [www.mpca.ca](http://www.mpca.ca)

### Membership Type

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

New Resident or Life Members free \_\_\_\_\_ 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.  
New residence have lived in Mount Pleasant for less than 1 year. Please note date you moved into Mount Pleasant

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Postal Code** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Phone** \_\_\_\_\_

**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.

## Membership Benefits

### For You:

- Supports your community
- Can purchase monthly pass for the outdoor pool
- Free public skating at the Sportsplex
- Discounted ticket prices for community Special Events
- Required for participation in Soccer and Playgroup
- Vote at the annual AGM
- Email notices for Special Events, volunteer opportunities, the AGM and City issues affecting Mount Pleasant

### For Your Community:

- Brings our community together with sponsored events – Pamper your Palate and Day in the Park
- Provides a liaison with the City of Calgary
- Provides access to facilities for clubs like MPCA Book Club, Playgroup, Public Skating and Girl Guides.
- Provides Community Visioning Opportunities to direct change

Cost is only \$15/year for a family – apply online [www.mpca.ca](http://www.mpca.ca)

**Lifetime Membership:** Are you 65 or older and been a MPCA member for 10 years? Then you qualify and do not have to pay the annual membership fee and do not need to renew each year. When you fill out your membership form indicate the you are applying for "life membership" If renewing online, chose the 'pay by cheque' option and email [membership@mpca.ca](mailto:membership@mpca.ca) to advise you are applying for 'life membership'

**New resident to Mount Pleasant:** If you have lived in Mount Pleasant for less than a year you qualify for a free year's membership. When you fill out the form, please indicate that you are a 'new resident' and provide the date you moved into Mount Pleasant. If you renew online choose 'pay by cheque' and email [membership@mpca.ca](mailto:membership@mpca.ca) to advise you are applying as a new resident and the date you moved into Mount Pleasant.



# The Red Crossbill

By J.G. Turner  
 Photo by Andy Reago  
 & Chrissy McClarren

The Red Crossbill is a stocky finch with a heavy head and a short, notched tail. Males are reddish-scarlet or reddish-yellow except for their dark wings and tail while females are olive-grey to greenish yellow with plain dark wings. This songbird is common in the mountain and foothills regions of Alberta year round and it is considered a global species. The Red Crossbill's range is hard to define and its population is hard to monitor because their movements are irregular and based on food availability.

**Fun Facts:**

- The tips of its large bill are crossed; an adaptation for removing seeds from tight closed cones.
- The Red Crossbill's biting muscles are stronger than the muscles to open the bill so it places the tips of its slightly open bill under a cone scale and then bites down.
- You can spot this songbird by their undulating (wave-like) flight, which is even noticeable when they are flying at great heights
- Red Crossbills are considered irregular breeders because they can breed whenever and wherever they can find a large crop of cones, even during the winter
- Because of this irregular breeding, the timeframes for the Red Crossbill's lifecycle varies more than most North American songbirds. For example, juveniles hatched during the summer molt only once (between late summer and late autumn) whereas juveniles hatched from late winter to early spring molt twice (about three and a half months after hatching and again during the main summer molt period).
- Because of their dependence on food supply, Red Crossbills may occupy an area in huge numbers and then disappear for long periods of time (this behaviour can sometimes be called 'irruptive')
- These birds can often be heard but rarely do they make

themselves visible

- Red Crossbills will come to feeders to eat niger and small seeds but the best way to tempt this elusive bird is to allow them to take sunflower seeds directly from the sunflower heads.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

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**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Mount Pleasant. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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.

**LOOKING FOR A NEW FAMILY DOCTOR?** Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Lee (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.

## Lest We Forget

Members of the Canadian military have seen combat in both World Wars, the Korean War, the South African War, the Arab-Israeli Conflict in 1974, and in Afghanistan, among other battles.

## CALGARY PUBLIC LIBRARY

**Winter Word Fair**  
 Kickoff the holiday season with Calgary Public Library's Winter Word Fair—your one-stop bookish Christmas shop featuring unique vendors, entertainment, and refreshments.

Take advantage of the Library's in-house expertise to buy great reads during the most popular book-giving period of the year.

Get there early! The first 50 people get an opportunity with a personal shopper, who will match you to the perfect reads for everyone on your list, and your very own gift bag to fill with incredible bookish gifts.

**Central Library**  
 Thursday, December 1 | 5:00 pm–8:00 pm  
 Everyone welcome!

**Calgary Public Library Foundation Tours**  
 The Library has 18 community libraries across the city—how many have you visited? Join the Calgary Public Library Foundation for a series of free one-hour tours that provide a special behind-the-scenes look at many of the features, programs, and benefits at each unique location.

You'll hear about a patron's personal experience, learn about what's planned for the future, and be taken on a tour led by Library staff. You'll leave with a new perspective on your local library!  
 To register, visit [LibraryFoundation.eventbrite.com](http://LibraryFoundation.eventbrite.com) or call 403.260.2631.

**Library Updates**  
 The Library will be closed Friday, November 11, for Remembrance Day.

The Children's Library at Village Square Library has been completed and is open for play and reading! Your kids will love the brand-new vibrant and interactive Early Learning Centre!

Renovations to the Nose Hill Library have been completed. Make sure to drop by and see the revitalized space!

The November/December *Library Connect* is now available. Pick up your guide to the Library's free programs and events at any community library, or download a copy at [calgarylibrary.ca](http://calgarylibrary.ca).





# How To Get Mom To Agree To A Pet Lizard!

I always wanted a pet reptile as a child, but like the myriad of other exotic pets I campaigned for, I was never successful in acquiring a snake or lizard. Now as a veterinarian and Mom of two boys I get to vicariously have all kinds of wonderful pets. "The boys wanted it"; this is the story my husband gets and I'm sticking to it. Fortunately with a little research and the help of a fellow lizard lover we became the proud owners of a Leopard Gecko called "Gecky".

Gecky, the Leopard Gecko, is a perfect pet in my eyes. He eats mealworms and crickets that are dipped in a calcium powder. He has a little container of a vitamin-mineral mixture he snacks on and a small water bowl. Room light is sufficient with a small heated pad stuck to the tank bottom providing additional heat he can move away or towards as he needs. Leopard Geckos can't even get out of the tank if the lid is left off by small children. Gecky did have a heat lamp (unnecessary) but that was eliminated when my six-year old tried to burn the house down. This sweet little creature will happily sit on your shirt through an evening of television. A dampened tissue is placed in the corner of the tank Gecky chose to use as his bathroom so cage cleaning is a breeze. This is a fabulous low-maintenance pet for young children with minimal supervision during handling periods. It is really gross when the tail falls off and twitches around for a while but they grow back.

Why did I say fortunately we picked a Gecko earlier? A neighbor asked us to babysit their Bearded Dragon, Steve. I have treated these wonderful attractive lizards but never kept one. Theory is easier than practice!

Steve arrived in his massive aquarium equipped with under tank heater, heat lamp, and two lights on a twelve hour cycle providing full spectrum lighting. There are multiple electronic thermometers to ensure the proper temperature gradients between 85 to 100 degrees F. Not the most attractive setup. Bearded Dragons are omnivores. So in the morning I cut Steve's veggies and fruit into pieces "smaller than the distance between his eyes". Then there was his daily quota of mealworms and crickets. Did I mention the cricket tank with over a hundred large live SINGING crickets?

Steve poops. He poops once a day and it needs to be removed immediately. I have treated thousands of animals of many, many species and I have worked in a pathology laboratory with animals in various stages of decomposition. I have to say the stench of Bearded Dragon poops elevate their owners to martyrs. Even after disposal it lingers in your nostrils and sinuses for hours. So Steve, I did like you, especially when you charged around your cage with your tail arched over your back gobbling up crickets. I liked to cuddle you Steve, but I was glad to see you go home.

If you are considering getting an exotic pet don't limit your research to learning about the care and needs of these creatures from books. Talk to people who actually own the exotic pet you're considering. Try to get a look at the set-up and even babysit as we did. Join TARAS, the Alberta Reptile and Amphibian Society. We won't be getting a Bearded Dragon but I hope the boys consider a cockatiel one day, I have always wanted one...

*Jennifer L. Scott, D.V.M.*

## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
<b>HOSPITALS / URGENT CARE</b>	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
<b>OTHER</b>	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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The Mount Pleasant Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**LOVE TO SING?** Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see [www.vocalitudes.org](http://www.vocalitudes.org).

## BRAIN GAMES SUDOKU

3	6	7	4	2	5	8	9	1
1	8	9	6	3	7	2	4	5
4	2	5	1	8	9	3	7	6
9	1	3	2	4	6	5	8	7
7	5	6	3	9	8	4	1	2
2	4	8	5	7	1	6	3	9
5	9	1	8	6	3	7	2	4
8	7	2	9	5	4	1	6	3
6	3	4	7	1	2	9	5	8

**MEAL DEAL**

Store bought 100% "real" orange juice is 100% artificially flavoured.



# It's Okay To "Double-Dip"

Janine Rea, BA Economics

## Key Points:

- When we say double-dip, we mean using the tax refund from your RRSP contribution to make an RESP contribution.
- Take advantage of the CESG program, which provides grant money for contributions made for an eligible child.
- Consider monthly Pre-Authorization Contributions instead of annual contributions toward your RRSPs.

**If you have any questions about "double-dipping", I would be happy to help.**

## Help secure your family's future

As a parent, you have to be a terrific juggler. You juggle time to complete all the tasks and chores that fill your day. You juggle responsibilities to ensure your children have the best possible childhood and prospects for their future. Yet the toughest juggling act of all is managing your finances while raising a family. It can be even more difficult to find the extra dollars needed to invest towards a comfortable financial future, including your retirement and the educational plans of your children.

If you're a parent of young children, you are probably struggling with a tough decision: Is it better to first save for your retirement through registered retirement sav-

ings plans (RRSPs), or to save for your children's education through registered education savings plans (RESPs)?

Fret no more because there is a way to do both: Make your RRSP contribution before the deadline each year and use the resulting tax refund to make an RESP contribution. That's the ultimate "double-dip" because your child's RESP can also take advantage of "free" cash from the federal government in the form of a Canada Education Savings Grant (CESG).

## Here's why the ultimate "double-dip" works so well:

- When you make your maximum allowable RRSP contribution, you may enjoy tax savings that can be applied towards establishing or adding to your children's RESPs.
- The federal government's CESG program provides a matching grant for each RESP contribution made for an eligible child. The Basic CESG is worth 20 per cent on the first \$2,500 of an annual RESP contribution or \$500 per year. This eligibility accumulates and carries forward, so even if you were unable to make enough of an RESP contribution to access the full Basic CESG money in previous years, you can start to make up for it now and in future years and get the Basic CESG money your child would have received in those earlier years.
- Families with children born after December 31st, 2003 who also receive the National Child Benefit Supplement may also qualify for additional funds through the Canada Learning Bond.

## Start now

Finding the funds to make an annual RRSP contribution may seem difficult – especially, with all the daily juggling going on in your life. So why not start now? Talk to me about setting up a Pre-Authorized Contribution (PAC) to make monthly RRSP contributions. Your RRSP will begin to compound on a tax-deferred basis for potentially stronger growth over the long term. You can even arrange for your employer to reduce withholding taxes at source based on your RRSP contribution schedule, so that you can make monthly RESP contributions instead of waiting for your tax refund in the spring to make an annual RESP contribution. It's a win-win situation that will allow you to also capitalize on the ultimate "double-dip".

Let me help you feel more confident about your future – plus make sure you take full advantage of all the tax-saving and income-building opportunities that are available to you.



## Mount Pleasant Real Estate Update

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

	Average Asking Price	Average Sold Price
September 2016	\$557,400.00	\$545,500.00
August 2016	\$924,900.00	\$908,000.00
July 2016	\$475,000.00	\$480,500.00
June 2016	\$599,900.00	\$595,100.00
May 2016	\$649,499.50	\$625,500.00
April 2016	\$490,000.00	\$492,000.00
March 2016	\$559,950.00	\$543,950.00
February 2016	\$528,700.00	\$504,750.00
January 2016	\$0.00	\$0.00
December 2015	\$589,900.00	\$580,000.00
November 2015	\$934,950.00	\$892,500.00
October 2015	\$728,950.00	\$702,500.00

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

	No. New Properties	No. Properties Sold
September 2016	9	4
August 2016	3	3
July 2016	7	7
June 2016	10	7
May 2016	11	10
April 2016	14	9
March 2016	6	6
February 2016	7	4
January 2016	9	0
December 2015	2	3
November 2015	7	2
October 2015	3	2

To view the specific SOLD Listings that comprise the above MLS averages please visit [mountpleasant.great-news.ca](http://mountpleasant.great-news.ca)



## STEP INTO FALL

### Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

### To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

### By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact Research Coordinator:  
perryr@ucalgary.ca

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary  
Conjoint Health Research Ethics Board.



## ALL CANADIAN KARATE UNION

# KARATE

## MOUNT PLEASANT COMMUNITY CENTRE

### Thursday Evenings

5:30-6:00 Karate Chop Kids Ages 4-6

6:00-7:00 Family Karate Class Ages 7 & Up

**BEGINNERS WELCOME!**

## REGISTER NOW



## ALL CANADIAN KARATE UNION

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.