



Mount Royal

COMMUNITY NEWS



JANUARY • FEBRUARY 2005

President's Message

HAPPY NEW YEAR! As President of your community association for 2005 I would like to thank the outgoing executive for their kind efforts of the past year. In Bruce Calvin we have a very generous man. He is generous with his time, his thoughts and deeds. Bruce possesses a networking skill matched by few. He has been able to combine the talents of many individuals resulting in a synergy that has truly been beneficial to the community at large. With a strong executive in place I look forward to the year ahead and wish Bruce, Nancy and Spencer well on the slopes of Panorama, el nino be darned. I would also like to thank outgoing executives Sheila Telford, Susan Walch and Una Shields for their contributions which went beyond their posts in Membership, Facilities and Communications respectively.

While on the subject of gratitude I'd like to thank the volunteers who prepared the ties for the skating rink and also thank Al and company for the ongoing flooding.

What would a president's message be without a comment on traffic? I think it would be just fine actually. So my comments will be directed instead at the opportunity that is in front of us in beautifying our community via the additional green and garden spaces that will soon emerge.

Your MRCA executive are listed on page 2 of this newsletter and they are a capable and energetic group. The executive provide the knowledge and experience of long-standing members with the focused enthusiasm of the new-comers. (More evidence of Bruce's team building.) If you did not get a chance to meet these people at the

AGM last November, or at the Christmas party you will have an opportunity to do so at one of the community functions held at Mount Royal Station.

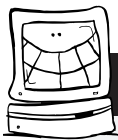
I would like to recognize Brian Ireland and Michael Evans for orchestrating the dialogue between our community, the City and the 17th Avenue project developers. I understand that subsequent to the community consultation held in November in conjunction with the AGM, the developers are back to the drawing board yet again to consider the additional community input in their design process. I think the MRCA development sub-committee have done a great job in facilitating community consultation and input into the 17th Avenue project. Thankfully, the developers appear to be more than patient and cooperative in my estimation.

In deference to our former long-serving Director of Membership, Sheila Telford do not forget that the new year ushers in membership renewal time. Let's not lose the momentum of high membership and community participation. Your membership represents excellent value and demonstrates commitment and pride towards a great neighbourhood.

I look forward to serving in the year ahead and if you have any questions or comments regarding community issues please feel free to contact me. My contact details are noted below. Thank you for your interest.

Dale Dickson
245-9253

president@mountroyalstation.ca



OFFICERS

Term: NOV 2004 to NOV 2005

President

Dale Dickson
245-9253
president@mountroyalstation.ca

Past President

Bruce Calvin
616-1086
pastpresident@mountroyalstation.ca

Vice-President

Gerry Erlam
208-8392
vice-president@mountroyalstation.ca

Secretary

Marla Klassen
244-2083
secretary@mountroyalstation.ca

Treasurer

Kim Tidswell
245-4661
treasurer@mountroyalstation.ca

DIRECTORS

Term: NOV 2004 to NOV 2005

Membership

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244-9121
membership@mountroyalstation.ca

Social

Lori Russell
229-4379
social@mountroyalstation.ca

Community Planning

Michael Evans
244-6498

Communications

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communications@mountroyalstation.ca

Traffic

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traffic@mountroyalstation.ca

Facilities

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229-9753
facilities@mountroyalstation.ca

MOUNT ROYAL COMMUNITY NEWS

Editor, Submissions Jane Perry, Communications Director
Layout, Design Sandy Aitchison, SA Desktop&Design

For Advertising, Inquiries or Submissions; Contact the Communications Director.

NEXT ISSUE – Deadline for Submission

FEBRUARY 15, 2005

Advertising Rates

\$50	business card	3.5" w x 2" h
\$75	1/4 page	3" w x 4" h
\$90	1/3 page	7" w x 3" h
\$130	1/2 page	7" w x 4.5" h
\$250	full page	7" w x 9" h

Mount Royal Community News is published bi-monthly.
THANK YOU! Glencoe Club, who generously print this newsletter.



Keep Connected

UPDATE YOUR ADDRESS IN OUR RECORDS!!

Have you had a change of address – or a change of email address? Our community is using email to let you know what is happening. Keep your info with us up-to-date. Go to the Address Update page on our website...

www.mountroyalstation.ca

...give it a try if you want to get email reminders and mail outs from the community.

RENT THE MRCA CLUBHOUSE!

Planning a birthday party, baby or wedding shower, or get-together?

Need a venue for a meeting?

Then rent the Mount Royal Community Clubhouse!

Great facility, warm environment, tables and chairs, full kitchen, BBQ on deck overlooking the playground, piano, and plenty of street parking. Fair and affordable rental rates.

STATION RENTAL RATES

Morning	9-12pm	\$75
Afternoon	1-5pm	\$75
Evening	6-9pm	\$75
Evening	6-12pm	\$100

Book early to avoid disappointment!
FOR INFO AND AVAILABILITY, CONTACT
MRCA Facilities Director
Dagmar Jamieson, 229-9753

Babysitting Services

BABYSITTER LIST

Amanda

- teen, babysitters certificate
-

Caroline

- babysitters certificate
-

Daniel McCormick

- 14 year old experienced babysitter
- no school nights
-

Isabel

- will bring crafts
- babysitters certificate
-

Julie-Anne

- teen, babysitters certificate
-

Kristy

- babysitters certificate
-



Would you like to add your name to the Babysitting Services list?

Or perhaps you want to put your name on the upcoming "Other Services" list which will come out in the next newsletter. In that issue you will have a chance to offer services for other things such as shoveling snow, or dog walking, or tutoring.

If interested, please e-mail the Communications Director and we will get you working!!
E-mail communications@mountroyalstation.ca
Next newsletter deadline is February 15th.
Thanks.

Upcoming Event



Come on out and bring your neighbors
to the FIRST 2005 MRCA
MARTINI NIGHT

Friday FEBRUARY 4 • 7pm

Mount Royal Station Clubhouse
2317 10 Street SW
martinis ... munchies ... music

See You There!

Amaolo Clinic

Dr Glen Hawkins, Chiropractor

5004 Elbow Drive SW, Calgary, AB T2S 2L5

Phone (403) 243 6366

Fax (403) 243 1841

e-mail glen.hawkins@amaolochiropractic.com

Hours of Operation

M-F 9am-12, 2-5pm • Sat 9am-12

Past Events

CHRISTMAS PARTY

Thank you to all who attended the Family Christmas Party. Our neighborhood events are made special by those who attend and also by the very appreciated volunteer efforts of so many of our friends and neighbors. Everyone truly enjoyed the Handbell Performers from our very own Earl Grey School and we thank Maura Graham for arranging the performance. Additional thanks to Maura for the incredible baked goods which she arranged to have donated. The Sleigh Ride is a tradition at the Mount Royal Community Christmas Party and this year it was made possible through the generous sponsorship by Richard Cote and Gordon Ross from Remax Central Reality. Thanks to Jan Waterous and Waterous and Co. for their support, and last, but most certainly, not least, thanks to Santa Claus for fitting us in at this most especially busy time of the year!

PROGRESSIVE DINNER 2004

This year's Progressive Dinner was an overwhelming success with over 150 residents enjoying cocktails, dinner, and then dessert in the various houses of 18 very generous hosts and hostesses who happily opened up their homes to neighbors. As you may know, part of the ticket price to attend the Progressive Dinner is turned back to the Mount Royal Community Association and helps to fund such ventures as maintaining our Clubhouse, helping to fund the Summer Playgroup, and supporting other such activities in the community. So, thank you to all the attendees for the great turn-out and thank you also for supporting your community association.

Special thanks to those hosts and hostesses who so generously participated in this year's dinner.

Charlene Anderson & David Weyant

Phil & Anne Backman

Carole Bryold & Gerry Erlam

Merran Christie & Steve Cloutier

Peter & Little Cleyne

Andrea & Randy Fennessey

Catherine Ford & Ted Busheikin

Marilyn & Jim Kalman

Bill & Shannon Lloyd

Brenda & Tom Mawhinney

Cynthia Moore & Mike Kennedy

Rhonda Siebens & Troy Moller

Bonnie & Rick Meyers

Susan & Bill Sommerville

Molly & Henry Sykes

Kim & Mike Tidswell

John Torode

Adine & Michael Whitfield

Artisan pizza



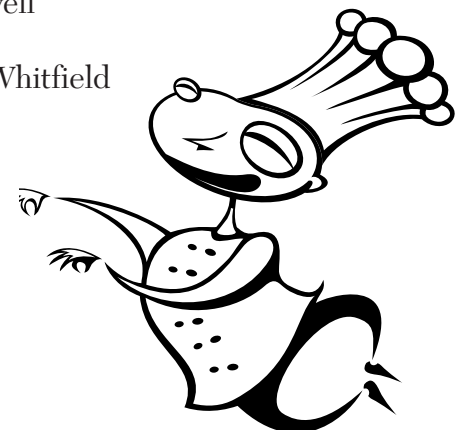
Guilt is not a topping
Whole wheat crust. Low fat cheese blend.
Nourishing toppings prepared fresh all day, every day.
Now stop feeling bad about not having time to make dinner ... again.

You are what you eat.
Pizza made healthy.

Take one home now to cook when you want!
You choose the size and toppings. Call for details.

The Wicked Wedge
7 days a week
618 - 17 Avenue SW Calgary
wickedwedge@telusplanet.net
Home delivery
228-1024





Traffic Safety Report



Residents are seeing some progress on traffic calming in Mount Royal.

The Council Way crosswalk for William Reid Elementary students has been installed and a new streetlight at the crosswalk has also been installed. There are also some decorative bollards that will be installed in the spring.

Talon Avenue Park extension has been installed and certainly looks and functions better than the ugly concrete barricades that have now been removed.

Six traffic circles are due to be installed permanently in the spring. Three of them exist presently as temporary measures – the three others – two small circles on Royal and one large circle at 8th Street and Frontenac, will be installed as permanent measures without the ugly trial stage. Draft drawings for the larger circles have been produced and are on our community website.

The Colborne measure that is presently made up of barricades will be installed in the spring but it will allow the through traffic on Colborne. The City has had a traffic safety review carried out on the intersection and the review has

found that the intersection is extremely dangerous and the measures that are being proposed are not quite good enough. So the City is in the process of reviewing their options.

There is a large construction project starting up in February on the southwest corner of 7th Street and 17th Avenue. The community will be asking the City to close 7th Street adjacent to the Anderson apartment during the construction period which will take up to 18 months. If the roadway is not closed we will be seeing a steady stream of construction vehicles cutting through our community. The development, as presently proposed, will have a large parking garage which will channel vehicles onto 7th Street. This will also cause increased traffic problems in our community.

Jeff Holloway
Traffic Safety Director
jeff.holloway@shaw.ca



MOUNT ROYAL
1708 - 8th Street SW, 229 0900



MOUNT ROYAL
815A - 17th Avenue SW, 229 9463

Social • Facilities Volunteers

VOLUNTEER OPPORTUNITIES

One of the areas funded by the on-going membership support of the Mount Royal Community Association is that of community events. Events such as the annual Family Christmas Party, Skating Parties, Senior's Socials and Tea, and last, but not least, the Mount Royal Pub Nights and Martini Nights, are a great way to get out and meet neighbors, both old and new. Activities such as these bring our children together (well, not at a Martini Night) and give all of those who attend a chance to meet new people in the neighborhood and say hi to old friends. However, membership funds alone will not keep these events alive and growing in Mount Royal. What is also needed are the volunteers who can make the commitment (well, actually people who like to throw parties) to help out and become a Volunteer Chair to an event. So, what we are looking for are some members with some time and energy and

minor party planning experience. Actually, if you have organized one or two kid's birthday parties, and one dinner party, we consider you sufficiently qualified! And remember, you can get a friend to join you and then you can be co-chairs of an event which is good because then you have two rolodexes to go through when you need volunteers to help set up or work at your event. Following are the events which require volunteers.

Family Events

Two programs fall in this group, the Family Christmas Party and the February Skating Party. Both of these events are geared towards families with children of all ages.

Seniors Socials and Tea

To date there has typically been one Tea a year and it is usually held in May, however the Chair of Senior Socials may schedule the event when they choose and can add more socials.

Martini/Pub Nights

As many Mount Royal residents know, Martini or Pub Nites are usually held on Friday evenings at the Clubhouse and in previous years there have been up to 4 a year. The schedule and format of these events can be up to the new Chair.

New Events

If someone is interested in starting a new community event, the MRCA Board is open to ideas!

Interested in ... learning more or how you can get involved in the community by helping out with one of these positions?

Please call Lori Russell, 229-4379

VOLUNTEER POSITION AVAILABLE

Someone is needed to help maintain the tennis courts! If you have some time and are interested in helping keep the tennis courts in good shape, please call or e-mail the Director of Facilities for more info.

Dagmar Jamieson, 229-9753
facilities@mountroyalstation.ca



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MRCA Membership

2005 MEMBERSHIP CAMPAIGN ... UP AND RUNNING

Although we are only weeks into the New Year, early response to the Mount Royal Community Association membership campaign has been fantastic. Many thanks to those for their early renewal and a huge welcome to all of the new members who have joined thus far.

For those of you who have not yet had time to send in your membership, please take a few moments today to complete the form on the back page of this newsletter. Please mail it in to MRCA 2317 10 Street SW, Calgary, AB T2T 3G7, or simply drop it in the mail slot at the Mount Royal Station Clubhouse.

Your participation in the annual membership drive helps to keep our community spirit alive, assists in maintaining the clubhouse for all of us to use, and helps to fund neighborhood summer kid's programs. The important dollars raised through membership also maintains the tennis courts and landscaping at the clubhouse. Community events, the Mom and Tots Group, upkeep for the skating rink, the playground, and the basketball court are all supported through membership revenue. These wonderful facilities and programs are only possible through the generous commitment of Mount Royal residents and we thank you in advance for your support.

Please send in your membership today!



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ENVIRO
CUSTOM HOMES

Greetings from Alderman King

Best wishes for the New Year. I hope the holiday season was kind to you, brought some pleasurable moments, and I wish you the best of health in 2005.

The biggest issue in Ward 8 during this period has been the proposed demolition of the Mount Royal block on 17th Avenue and 7th Street SW. We are looking at possibly losing everything on the south side of 17th Avenue from 7th Street all the way west to the Second Cup building. The two art galleries, the Mercury bar and the Frascati ice cream parlour are slated for demolition to be replaced by a Shopper's Drug Mart, which would move from its current location round the corner on 8th Street.

This proposal has raised many issues. *How can we best preserve the nature and quality of "The Red Mile" as we know and love it? Is this progress and should we be standing in its path? Should developers be allowed to demolish their own properties if they so wish? Should they be allowed to rent out their buildings to whomever they wish?*

The community association and the BRZ (business owners) have both had a chance to review the plans, and both have expressed concerns about how the proposal might damage the unique nature of that part of 17th Avenue. There has been a real outpouring of support for the current look and feel of the block from residents and business owners.

I have been working with the developer to help him understand this response. Just before Christmas he assured me he would submit a new proposal early in 2005 that would better reflect what people are wanting. Representatives of Shoppers Drug Mart also flew in for a meeting

with me so that they could better understand the needs of this area.

Several of the most special 'people places' are within Ward 8 – Marda Loop, 4th Street and 17th Avenue to name but a few. We need to try to insure they remain as well loved as they are now – both as popular places to go and also as financially successful local businesses.

If you would like to be kept up to date on this or other issues, let me know your email address; Jennifer at 268-2431 will be pleased to take the information.

With the New Year, the City of Calgary would like to recognize those people within the community who have made significant contributions to the City over the past year through the Calgary Awards. Covering 16 categories, including community, environmental, and arts achievement, the 2004 Calgary Awards are open to individuals, corporations, community groups, schools and organizations.

The City welcomes you to nominate a person or group whom you feel has made a difference in our City. Information on award categories and nomination criteria are available from www.calgary.ca/calgaryawards or by calling 268-8881. Deadline for nominations is March 2, 2005, and the award ceremony will be aired on Shaw TV later in the spring. I have had the privilege of working with many dedicated individuals in the Ward 8 communities and commend their work for making our City a better place to live, work, and play.

Madeleine King

Madeleine King, Ward 8, Aldermanic Office
City of Calgary, PO Box 2100, Stn M
Calgary, AB T2P 2M5
Ph 268 2430, Fax 268 3823
mking@gov.calgary.ab.ca

Y HELP TO GET A YOGA CLASS STARTED AT THE MOUNT ROYAL STATION CLUBHOUSE
O Wouldn't it be convenient to have regularly scheduled yoga classes right here in the neighborhood at
G the Mount Royal Community Station Clubhouse? Currently, we're promoting a Tuesday evening class.
A Details ... a 6-8 week registered session, 1-1.5 hour class, between 6:30-8:30pm (START/END TIME
TO BE CONFIRMED); \$10 per class. Drop-ins welcome (if there is room), \$12 per class.
Sandy Aitchison will be leading our group ... now we need a minimum of 10 participants!
Interested in joining our "neighbourhood" yoga class? Please call Diane at 237-1023.

From Our MP, Calgary Centre

Happy New Year Everyone...

On behalf of my family and staff, I would like to wish you the very best for 2005. May this year bring joy and happiness to you and your loved ones.

PROBLEMS WITH CITIZENSHIP AND IMMIGRATION CANADA

Travelling has become difficult in recent years. Canadians must be able to prove their identity and citizenship even when travelling to the United States. Birth certificates, passports, permanent resident cards and citizenship certificates can serve as proof of identification. It is important to have these documents up-to-date and valid if you are planning to travel out of Canada.

My office is happy to help in an emergency, but to avoid such a situation, please plan ahead. Passports take 4 weeks to process. There is a 22 month backlog to receive a Permanent Resident Card and an 8-9 month backlog for Citizenship Cards. I have approached the Minister of Citizenship and Immigration on your behalf regarding this issue and will keep you apprised of when we might expect a more reasonable level of service.

EVENTS IN CALGARY CENTRE

If you have an issue or event that you would like to make us aware of, please contact us via mail, phone or email.

**Suite 105, 1410 11th Ave SW
Calgary, AB T3C 0M8
phone (403) 244-1880
e-mail Richardson.L@parl.gc.ca**

*Lee Richardson
Member of Parliament, Calgary Centre*

Our Schools... Earl Grey News

It is a privilege to write to the community as the new principal of Earl Grey School. Earl Grey's motto, "Nothing But The Best" will guide us as we work together to a standard of excellence for all children.

Earl Grey School is a vibrant community school and is a short walk away for most students. Earl Grey has been Mount Royal's Community School since 1911 and counts Former Premier Lougheed, the CBE's honoured Alumnus (2002), as a former student. It is with pride that I look forward to your child's name alongside Lougheed's and thousands of other successful public school students who attended Earl Grey.

I am enjoying getting to know all the families at Earl Grey. The students, staff and parents are committed to providing ongoing excellence at Earl Grey.

I invite you to explore the learning opportunities offered at Earl Grey. Please feel free to call 777-8570 to make an appointment to meet the staff, myself and view the school.

Please join us for our formal open house, January 25th.

*Judy Hehr
777-8570*

Jhehr@cbe.ab.ca

**For more info, visit our website
www.cbe.ab.ca/b118**



Earl Grey Elementary & Thumbelina Preschool Open House

Enriched Science Program • Enriched Math Program • Early Literacy Intervention
Come and see what a small community school has to offer
Meet teachers, parents, and students

Tuesday January 25 • 4:30-7pm • 845 Hillcrest Avenue SW • 777-8570

From Our MRCA Tree Committee Chair

PROTECT THE TREES OF MOUNT ROYAL

The glorious elm and ash trees throughout Mount Royal, indeed all of central Calgary, under severe stress, causing the tree death rate to climb abnormally. Tree stress has caused unusual numbers of scale insects to infest the cities elm trees. The City of Calgary leads the offensive against this insect pest using both traditional treatment (dormant oil and insecticidal soap sprayed directly to trees) and experimental treatment (injected systemic pesticide already approved in USA). Here's the problem – the city can only treat trees on public land. Trees on private property are left to struggle unaided and serve as a source of continuing disease to reinfest treated trees. The disease agents are highly successful in riding the breeze to spread back and forth between trees. By protecting the trees on private property, risk is also reduced for public trees gracing boulevards and parks. *Can you imagine Mount Royal without the glorious canopy of summer?*

*Looking for a Catholic and Francophone School?
OPEN HOUSE & PARENT INFO SESSIONS
ÉCOLE SAINTE-MARGUERITE-BOURGEOYS
4700 RICHARD ROAD SW*

**Kindergarten to Grade 6 Information Session
Tuesday JANUARY 25 @ 7pm
Grades 7 to 12 Information Session
Thursday JANUARY 20 @ 7pm
Kindergarten to Grade 12 Open House
Thursday FEBRUARY 3, 9am-3pm & 6:30-8pm**

OUR ASSETS

- Academic excellence • Top-of-the-line technological information system & program • Full time and part time Kindergarten (fully funded) • French pre-school
- Early corrective learning program • Program for the gifted and talented • Special needs program • Dynamic staff
 - Spanish program for Grades 7 to 12 • Cultural activities (full time Cultural Leader) • Music program for all
 - An average of 21 students per classroom
 - Free school bus transportation

FOR MORE INFORMATION, CONTACT EITHER
Superintendent of Schools, Cecile Bonnar
(403) 681-9881 • cecile.bonnar@cscfsa.ab.ca
Principal, Diane Séguin-Hare
(403) 240-2007 • diane.seguin-hare@cscfsa.ab.ca
Check our school board website at
www.cscfsa.ab.ca

Do you want to protect the trees on your property? Come to THE TREE MEETING at Mount Royal Station on Thursday, January 27 at 7pm. City of Calgary entomologist Jim Watts will address –

- Extent and severity of problem
- Prognosis with and without treatment
- Treatment strategies
- Costs of treatment
- Results of experimental systemic treatment
- Tree maintenance – water fertilizer
- Tree lifespan, replacement schedule

Representatives from one or more private companies capable of providing treatment will address –

- Treatment costs
- Sign up for Spring Treatment on a first come, first serve basis.

There are three short, seasonal treatment windows of opportunity each year – one in spring and fall for dormant or horticultural oil, and one mid-summer (usually Stampede Week) for insecticidal soap. Dormant or horticultural oil is generally more effective than the soap application. Early sign up for treatment will ensure you service and give service providers lead time to gear up sufficient crew and product.

Consider the words of the American poet, George Pope Morris...

Woodman, spare that tree!
Touch not a single bough!
In youth it sheltered me,
And I'll protect it now.

*Charlene Prickett
Committee Chair, Trees*

**THE TREE MEETING
Thursday JANUARY 27, 7pm**



Report to the Community

REGION REDUCES OPERATING DEFICIT

The Calgary Health Region is projecting its operating deficit to be half of what was forecast in September 2004. At that time, the deficit was projected to be \$59 million. That number has now been reduced to \$29.5 million.

Reasons for this include lower than expected costs for drugs and surgical supplies, delays in implementing certain programs because of recruitment competition, and cost savings in administration.

The Region will remain in a cash positive position at the end of the fiscal year. The CHR's operating budget for the current fiscal year is \$2.1 billion.

FOOTHILLS EMERGENCY DEPARTMENT INCREASES CAPACITY

As part of the Region's long term plan to increase capacity and access at its hospitals, the Foothills Medical Centre opened 10 additional beds in its Emergency Department. Additional staff have also been hired to meet the increased patient needs that will follow from the additional capacity.

We are planning other capital initiatives to increase capacity to meet the needs of our growing population. Renovations and expansions to the Rockyview General Hospital and the Peter Lougheed Centre are planned over the next three years, we are in the planning stage of the new South Hospital and the new Alberta Children's Hospital will be completed in 2006.

REGION LEADS THE WAY IN ADVANCED TECHNOLOGY

The Calgary Health Region became the first in North America to link six new Stryker i-Suites™ in three different hospitals, within the same city. i-Suites are highly efficient and responsive surgical suites that allow surgeons to control virtually every piece of equipment in the room through voice command technology. Surgeons can also access the internet or communicate with colleagues at any of the other i-suite sites in the city, including



calgary health region

Foothills Medical Centre, Rockyview General Hospital and the Peter Lougheed Centre. The surgical work environment is maximized with i-Suites as equipment is suspended from the ceiling, rather than taking space on the floor. This provides surgeons and staff with an ergonomical work environment.

The Region also officially opened the Alberta RadioSurgery Centre in November. This is the first of its kind in Canada. The new Novalis® Shaped Beam Surgery technology can perform surgery without incisions for patients with cancerous and non-cancerous tumors in the brain, spine, prostate, liver and lungs. The procedure is fast and painless and also enables patients to return to their daily routines quickly without the long recovery time or the intensive care sometimes needed after traditional surgery.

CONTINUED ON PAGE 12

Considering a Security System?

Think about

- *Personal security*
- *Property protection*
- *Peace of mind*

This isn't the time for hard sell, gimmicks or substandard components....

We offer

- *Professional In-home Consultation*
- *Professional Installation and Service*
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Serving Mount Royal since 1983.



AE SECURITY
(403) 531-1555
#19, 4511 Glenmore Tr. SE,
Calgary, Alberta, T2C 2R9
www.aesecurity.ca
sales@aesecurity.ca



Report to the Community

CONTINUED FROM PAGE 11

HEALTH LINK CELEBRATES

Calgary Health Link recently celebrated its second anniversary providing Calgary and southern Alberta with professional advice and health information from nurses 24 hours a day, seven days a week.

Since the service began in the fall of 2002, nurses have fielded 666,250 calls from people with questions ranging from concerns about colds and flu to signs of stroke, heart attack or even more complex conditions.

Calls to Health Link have increased 24 per cent in the last year, averaging 1,000 calls per day, up from last year's average of 800.

You can call Health Link at 943-LINK (5465), or 1-800-408-5465 in rural areas.

*David Tuer
Calgary Health Region*

CHR Health Announcements

INFLUENZA VACCINATION AVAILABLE FOR THOSE AT HIGH RISK

The Calgary Health Region has had an outstanding response to its influenza vaccine campaign so far this year. However, there are still people out there who have not yet come in to get a shot. It is important for people at high risk of contracting influenza and those who can pass on the illness to those at high risk to come in and get the vaccine. If you are in the high-risk category, you are eligible to get vaccinated for free through the Calgary Health Region.

Those groups are – adults 65 years and older and members of their household; anyone from 2-64 years of age with chronic medical conditions such as heart, kidney or lung disease, diabetes or a weak immune system, and their household members; all children 6-23 months of age and their household

CONTINUED ON PAGE 13

Push the LIMIT!

Let Fusion challenge you with the thrills and excitement that each martial arts style has to offer.

Building the foundation for Krav Maga... Fusion allows children ages 5 to 12 years to learn Street Self Defense and Safety while becoming all around martial artists.

Join today! Exclusively at :

KRAV MAGA
& MARTIAL ATHLETICS TRAINING CENTRE

255 KRAV(5728) WWW.KRAV-MAGA.CA
6502 - 1A Street SW (1/2 block from Chinook C-Train)



CHR Health Announcements

CONTINUED FROM PAGE 12

members; pregnant women in their third trimester (29 weeks to birth); persons providing regular childcare to children 0-23 months of age; and, health care workers.

Appointments for those in the high-risk groups should call Health Link at 943-LINK (5465) or 1-888-408-LINK to make an appointment.

INFORMATION ABOUT NOROVIRUSES

Noroviruses are viruses that cause stomach illnesses in people.

The symptoms of norovirus illness usually include nausea, vomiting, diarrhea and some stomach cramping. Sometimes people also have a low-grade fever, chills, headache, muscle aches and a general sense of tiredness. The illness often begins suddenly and the infected person may feel very sick. The illness is usually brief, with symptoms lasting only about one or two days. In general, children experience more vomiting

than adults. Most people with norovirus illness have both of these symptoms.

You can decrease your chance of coming in contact with noroviruses by following these preventive steps:

- Frequently wash your hands, especially after toilet visits and changing diapers and before eating or preparing food.
- Carefully wash fruits and vegetables, and steam oysters before eating them.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
- Immediately remove and wash clothing or linens that may be contaminated with virus after an episode of illness (use hot water and soap).

Persons who are infected with norovirus should not prepare food while they have symptoms and for three days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.

M&M
MEAT SHOPS

Now Open
in your neighborhood!

Bankview location
2601-14th Street S.W.

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Mon-Fri. 10am - 8 pm Sat. 10am-6pm Sun. 11am-6 pm

Bonelss, Skinless Chicken Breasts

**Bring this ad to the Bankview M&M and
Save \$5.00
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Offer Expires March 31, 2005
Cannot be combined with any other offer Not applicable to Gift Certificate purchases

Hundreds of meal ideas. One aisle.

From Our Library, Alexander Calhoun

Check out the new catalogue at Alexander Calhoun Library or use it on the internet at www.calgarypubliclibrary.com.

- **Toddler Storytime**

THURSDAYS Jan 27-Mar 3, 10:15-10:35am
Ages 2 to 3 with parent/caregiver

- **Preschool Storytime**

WEDNESDAYS Jan 26-Mar 2, 2:15-2:45pm
Ages 3 to 5

- **Family Storytime**

MONDAYS Jan 24-Mar 7, 10:15-10:45am
Ages 2 to 5 with a parent/caregiver

- **Drop-in Family Storytime**

SUNDAYS Jan 16-Apr 24, 1-1:30pm
Ages 2 to 5 with a parent/caregiver

- **Introduction to E-mail**

WED Feb 16 10-11:30am

- **Introduction to the Internet – Part 1**

WED Feb 2, Mar 2 or Apr 6, 10-11:30am

- **Introduction to Microsoft Word**

WED Feb 23, 10-11:30am

- **Internet: Beyond the Basics Part 2**

WED Feb 9, 10-11:30am

- **Cyber Seniors Computer Class**

FRIDAYS Feb 4-25

Register in person or call 221-2010

Mom Management

WEDNESDAY Feb 9, 7-8-pm

Tracy Lyn Moland, bestselling author of Mom Management, international speaker and popular media guest, applies the principals of “taking care of me in the midst of we”.

Baby and You

FRIDAYS Jan 28-Feb 25, 10:15am-12:15pm

Register by calling 781-1450

Adult Book Club

MONDAYS Jan 17, Feb 28, Mar 21, Apr 18
2-3:30pm OR 7-8:30pm

Alexander Calhoun Library, 3223 14 Street SW

HOURS

Monday, Tuesday, Thursday • 10am-9pm

Wednesday • 1-9pm

Friday & Saturday • 10am-5pm

Sundays (MID-SEPT TO MID-MAY) • 12-5pm

TELEPHONE 221-2010



MUSIC FOR YOUNG CHILDREN®

**Register now
space is limited**

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256-3999

Classes at Scarboro United Church
E-mail: music@desnoyers-schuler.com



**Congratulations to Sheldon Smithens
for being chosen as an expert on the
Canadian Antiques Roadshow
Which Premiered on CBC Television
Wednesday January 12, 2005**

Five Lines Free

MATH TUTOR

Experienced senior high mathematics teacher living in the Mount Royal area available for tutoring Pure and Applied Math.

Linda 287-1609 or 807-2866.

IS YOUR CHILD AT A LOSS ABOUT HIS OR HER FUTURE? Help your child attain a rewarding career. Give your teen or young adult the endowment of clarity, focus and drive through a proven life direction and leadership development program. Marlene Cameron 209-2142.

IN-HOME TUTORING

All subject levels up to and including Gr7; specialization includes language arts and social studies for high school students. References available. To schedule time to meet/review your needs, call Marsha at 246-0222.

FOR SALE IN COMOX, VANCOUVER ISLAND
Sensational waterfront property. 3600sqft, 4bedrms, w/gourmet kitchen. Great ocean views, kayak from backyard. Phone 228-4121 or see website www.members.shaw.ca/Waterfront_Property

MOUNT ROYAL HOME FOR RENT

Comfortable 1,100 sqft, 4 bedroom home is immediately available for rent. \$1,500 per month. For more details, please call 244-6621.

PETSITTING & HOUSESITTING

Reliable and mature RN available to care for your home and pets. References available. Call for information, 229-3963.

BUY-SELL-TRADE-RENT

Whether you need to get something or get rid of something, Five Lines Free in the MRCA Newsletter is the place to get the word out. Need to trade, sell, or buy kid's sporting equipment, or rent a cottage this summer? Planning a garage sale, have skills to share, or even start a used kid's toy or equipment swap meet? Then do it with Five Lines Free. Next newsletter deadline, February 15th. E-mail your "Five Lines Free" to communications@mountroyalstation.ca

Mount Royal Real Estate Corner

By Marla Klassen

FEATURED HOME – 2117 Hope Street SW
This home was originally constructed in 1915 on a 50'x150' lot and like a fine wine it has improved with age. It started with a partial foundation built on solid ground and has expanded to suit the needs of its owners.



April, 1970



December, 2004

Information is scarce until 1970 when G Mohacsy put it on the market for \$31,000. Taxes were \$441.69 per year. It was 1700 sqft and features of note were the new plumbing, wiring, remodeled kitchen, a sewing room and den.

In the 80's this home saw an expansion to 2650 sqft with a bonus room and loft over an attached garage, a master Suite and ensuite. Since 2000 value was added with all new windows and an extraordinary new kitchen and tree house. Asking price in December 2004 was \$1,050,000 ... Welcome its next residents in March 2005.

If you would like your home featured, please call **MARLA KLASSEN** at RE/MAX Realty Professionals 259-4141.

THE INFORMATION CONTAINED HEREIN IS DEEMED TO BE CORRECT BUT CANNOT BE GUARANTEED

MARTHA'S MASTER CLEANERS

#2 1403 - 8 Street SW, Calgary T2R 1B8

Hours: Mon to Fri 6:30am to 6:00pm
Sat 10:00am to 4:00pm

Ken Tailleir Seamstress on Location
244 4349 Environmentally Friendly

Not just any old cleaners...we're Masters

Dates to Remember

Open House

Earl Grey Elementary School and Thumbelina Preschool
Tuesday January 25, 4:30-7pm
845 Hillcrest Avenue SW
777-8570

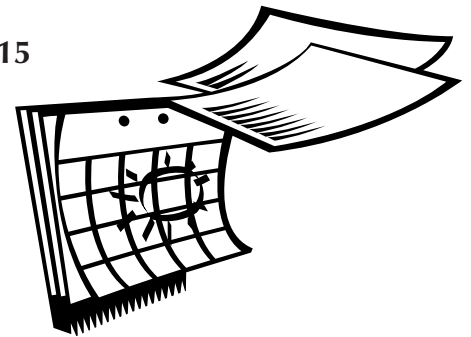
The Tree Meeting

Thursday January 27, 7pm
Mount Royal Station

Deadline for Submission

Mount Royal Community News
March•April Issue
Tuesday February 15

*Mark Your
Calendars!*



Community Safety

Report Vandalism • Damaged Street Signs

Graffiti • Personal Property

No Matter How **BIG** or **SMALL**

CALL THE POLICE • 266-1234

Our Area "COMMUNITY LIAISON OFFICERS"

Cst Kevin McInnes & Jim Amsing • 268-8601

Please call if you have any

REOCCURRING problems

Be a MEMBER... Sign Up Today

2005 MOUNT ROYAL COMMUNITY ASSOCIATION MEMBERSHIP

FAMILY NAME _____

FIRST NAME(S) _____

ADDRESS _____

POSTAL CODE _____ CHILDREN'S AGES _____

PHONE _____ EMAIL _____

DATE _____ (used to inform you of upcoming community events)

MRCA Family Membership	\$35	\$ _____
Seniors Membership – over 65 years	\$15	\$ _____
Tennis Membership – for those who want to use the courts (must be a MRCA member to purchase)	\$25	\$ _____
Donation to the Community – tax receipt given		\$ _____
	TOTAL	\$ _____

Mail or drop-off completed membership form with cheque payable to
Mount Royal Community Association 2317 10 Street SW, Calgary, AB T2T 3G7