



Mount Royal

COMMUNITY NEWS



MAY • JUNE 2006

President's Message

Hello neighbours!

I write to you on a pleasant April 12th afternoon on which the high temperature reached 16°C. The Flames have one more home game and a tough road trip before the start of the playoffs, and, just in the nick of time it appears the city is posed to curtail the activities of the Red Mile. I must say I'm ambivalent about this initiative to reclaim our community during the season of hockey madness. On one hand, I am optimistic that the City and the City Police will be able to maintain calm and livability in our community during another Flames run for the cup. On the other hand, I will miss the hundreds of young men who walked through our community in the early morning hours, watering (at no cost us) the dry lawns and flowers.

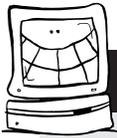
On the topic of hockey and skating, Sean Kehoe and his network of Dads did a great job creating and maintaining the community ice this winter at Mount Royal Station on 10th Street. In the past, it has been tough for Dagmar (our Facilities Director) to find people to take on this onerous but rewarding job. The MRCA executive is extremely grateful and would like to express once more our gratitude to Sean and his team, while we ask them, "*Please.... do it again next year!*" I promise we will install a dedicated hot water system for flooding – but the Zamboni may have to wait for another year.

Enmax continues to provide superb personal customer service as the company makes its way through our community upgrading the electrical grid. Leanne Pottinger from Enmax Public Affairs is our direct liaison. She tells us that Enmax will soon have a web link to enable Mount Royal residents to keep apprised of Enmax plans throughout the summer. For now, if you need to contact someone at Enmax, Leanne can be reached at (w) 514-1563 or email lpottinger@enmax.com.

The MRCA executive has been working with the City Roads and Parks divisions and with Alderman King to formalize, conceptualize, and very soon, install completed landscaped traffic calming measures that will be replacing the temporary concrete barriers. Madeleine has been an extremely valuable facilitator in successfully helping MRCA overcome problems regarding landscaping.

Nonny Rimby, the MRCA Traffic Safety Director, has reluctantly decided to step down. Nonny has taken on a lot this year: with a young family to care for, a personal desire to return to school herself, and volunteer commitments, something had to give. I tried to convince her to send the kids to a private boarding school in Portage and to attempt an online doctorate so that she could continue to dedicate her life to

CONTINUED ON PG2



OFFICERS

Term: NOV 2005 to NOV 2006

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gerry@mountroyalstation.ca

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Term: NOV 2005 to NOV 2006

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MOUNT ROYAL COMMUNITY NEWS

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Ad submissions are included at the discretion of the
Communications Director.

NEXT ISSUE (JULY•AUGUST)

Deadline for Submission – JUNE 12, 2006

Advertising Rates

\$50	business card	3.5" w x 2" h
\$75	1/4 page	3" w x 4" h
\$300	1/2 page	7" w x 4.5" h

Mount Royal Community News is published bi-monthly.

President's Message

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everyone's traffic concerns, but regretfully, my offer fell on deaf ears. Nonny, thank you we've really enjoyed working with you.

Bob Weaver was elected Traffic Safety Director by the MRCA executive; he can be reached via our website at mountroyalstation.ca. Bob has worked for years with Parks Canada. Given Bob's experience, we are optimistic that he will arrange for Mount Royal to be declared a National Park with gates at every entrance. Look for surly park guards selling annual passes to drivers commuting through the park, and banning overnight camping on the warm south slopes of Mount Royal. Good luck Bob!

Mount Royal has enjoyed a wonderful summer kids program for years now thanks, in large part, to Torill Myre-Dickson. She has done a terrific job choosing and training young adults who assume the challenge of entertaining our kids throughout the summer months. Unfortunately, Torill is stepping down. We now find ourselves in need of someone who would like to take over. Torill has offered to continue in the role to help her replacement get settled, but we do need a volunteer to fill this post, which is very important to the community. Torill is more than happy to answer any questions you might have if you are interested. She can be reached at t.dickson@shaw.ca.

I send thanks to all those who volunteer to make Mount Royal a great community.

Gerry Erlam
President MRCA
208-8392

gerry@mountroyalstation.ca

Volunteers in the Community

*The MRCA Executive, in conjunction with ...
Melrose Cafe & Bar ... Tumblebeans Coffee & Shake House ... and Marlow Floralworks ...
are pleased to present the Mount Royal "Volunteers in the Community" page*

THANK YOU

VOLUNTEER RECOGNITION

The Mount Royal Community Association wishes to recognise the efforts of Karen Koonar. A community-spirited neighbour, Karen is the founder and principle motivator of a block party in her corner of Mount Royal at Joliet, Vercheres, Alfege and Premier Way. Karen brings people together for all the right reasons and supports others in their attempts to build our community.

MANY THANKS TO

Melrose Cafe • 17th Ave

Tumblebeans • 14th St

Marlow Floralworks • 4th St

We are counting on the residents of Mount Royal to help us recognize our valued volunteers. Please submit the names and brief summary (maximum of two paragraphs) telling us about great residents within the community and why you think they should be recognized. We will draw from the volunteers' names for lunch, coffee and flowers from our sponsors.

We're looking forward to receiving your submissions! Either ...

EMAIL: juliet@moundroyalstation.ca

or WRITE: Volunteer Page

2317 10 Street SW, Calgary T2T 3G7

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

Caroline

- babysitters certificate
-

Ari

- male teen; babysitters certificate
- neighborhood reference
-

Hana

- babysitting certificate
-



Like to add your name to the Babysitting Services list?

E-MAIL the Communications Director,
 juliet@mountroyalstation.ca



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MOUNT ROYAL
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Public Service Announcement

IT'S NEVER TOO EARLY TO START TEACHING KIDS ABOUT MONEY

Good money management is an important life skill, even for children. In fact, once kids can count, they can begin to understand basic money concepts and start building money-management skills. *“Learning about money can be fun and rewarding for both parents and children. Budgeting and saving skills are useful tools that parents can pass along to their children,”* says Diane Rennie, Community Liaison Manager, Credit Counselling Services of Alberta.

One of the most common ways to teach kids about money is to give them an allowance. The amount should be age appropriate and fit within the family budget without creating a financial burden for parents. Some experts suggest one dollar per week for each year of the child's age. Decide whether or not allowance is tied to completing chores around the home; this reinforces the idea of ‘earning’ money. A good starting point is a base allowance for day-to-day chores with additional opportunities to earn more money by completing extra chores.

The next step is to teach the child how to “allocate their resources” appropriately. One of the most important lessons to learn about money is the difference between instant gratification and long-term reward. For example, maybe the child spends one-third on something right away, and saves two-thirds for something really special.

Regardless of the amount, parents and children need to discuss – and agree upon – what the allowance will cover. For example, is a child expected to buy birthday presents for friends out of their own budget? If children are older, will parents continue to buy their clothes? By setting the ground rules, kids can then begin to understand concepts such as saving for things they want, and budgeting to cover upcoming expenses.

Rennie says that there are several things parents can do to teach their children about money, including:

- Help kids learn what things really cost by relating it to their earnings. For example, if they want a pair of \$80 jeans, let them know how many

weeks they will need to save their allowance to make the purchase.

- Open a bank account for your kids so they learn about depositing money before spending it. Better yet, they can begin to understand saving.
- Teach kids about credit. When they are old enough to understand, allow them to borrow some additional money from you for a major purchase. Set up a repayment schedule and be diligent about collecting the money and tracking when the debt is paid off. You can even charge them a small amount of interest to help them understand how loans work.
- Support a charity. This act of giving helps to reinforce the value of money and also enables kids to experience the reward of helping others.
- Develop pretend games where kids use money to buy things.
- Play board games, such as PayDay, where kids can learn about getting a paycheque, paying bills, etc.
- Read books that teach about money such as Arthur's Funny Money (L. Hoban, Harper Collins, 1984) or Dollars and Sense (S & J Berenstain, Random House, 1983).
- Use the “jar method.” Put pictures of the things your child wants on jars and let them save toward the item they want the most. For example, you can have a jar for weekly treats, like candy or a movie, one for a bike or special toy your child would like, and another for a family vacation.

Credit Counselling Services of Alberta is a not-for-profit, unbiased consumer debt counselling service that offers advice and information on budgeting, credit and debt issues.

*Diane Rennie, Community Liaison Manager
Credit Counselling Services of Alberta*

**For more kid-friendly money tips,
visit www.creditcounselling.com or
call 1-888-294-0076 toll free
to speak with a counsellor**

Public Service Announcement

HBC RUN FOR CANADA – CALGARY

This year's Hbc Run For Canada is taking place on July 1st. We are running in 10 markets nationally, in support of Canadian Amateur athletes in their pursuit of Olympic excellence. Our event in Calgary will be held at Fort Calgary and will include many Canada Day activities to share in the spirit of our proudest day!

Helping out our brightest athletes is reason enough to participate in the Hbc Run for Canada, but we've also made sure that the day is packed full of fun and entertainment. Spend the day with your family, friends and neighbours and support a great cause ... fun for the whole family

10K Run

1K Kids Run

3K Walk

Entertainment Bands

Mascots & Jugglers

Kids Entertainment

Super Canadians Contest

Canada Day Festivities

Family Activities, Entertainment & BBQ

**For more information about our event
check out our website
www.hbcrunforcanada.ca**

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Public Service Announcement

19TH ANNUAL SENIORS RESOURCE FAIR

June 3, 2006

9:30am-2:30pm

Calgary City Hall Atrium

FREE event open to the Public

Visit over 100 exhibits focusing on products, services, care and support available in Calgary to help seniors (and their families) to lead happy, healthy, active and independent lives

A fun filled event featuring entertainment, demonstrations, a 50/50 draw ... and, more

Ramp/Wheelchair access available on the west side of the building

Join us for the presentation of the 2006 "Outstanding Seniors Awards"

If you are interested in learning more about the community supports and services available for Calgary and Area Seniors, drop by and take part in this informative and fun-filled event

For more information on the 19th Annual Seniors Resource Fair call: (403) 618 2227 or visit our website www.fair@ccaag.ca

NOTE TO MEDIA: If you have any questions regarding our annual event, do not hesitate to contact me – tel: 932 4715, cell: 990 4512, email: usherwooddm@nucleus.com

*Margaret Usherwood
Public Relations Chair for
Calgary Chapter of
Alberta Association on Gerontology*

MLA, Calgary Currie



On April 4th I listened as the Conservative Premier announced his intention to leave public office with the province in “the best possible shape for our children and grandchildren.”

His comment leaves me concerned – What will this “best

possible shape” look like? Just what will the Conservative legacy be this year?

So far during this, the 26th sitting of the Legislative Assembly of Alberta, the prospect of the Conservative government creating a positive impact is not great.

Despite the copious amounts of money tossed out in the March budget, and despite the fact that Alberta is not only debt free but also the richest province in Canada, the 2006 Conservative legacy at this moment is nothing to shout about. People with developmental disabilities are suffering cutbacks to services because their service providers cannot continue their work with an increase in funding that is less than half the cost of living increase. The Calgary public school system continues to be under-funded – school buildings are in desperate need of repair, and the ground has not even been broken for the new schools the Conservative government has promised to build.

But the over-riding challenge to any kind of a positive Conservative legacy in 2006 is health care. The dismal possibility that this government will continue to push for reforms designed to entrench private health care rather than strengthen public health care. This – in addition to the existing legacy of exploding and not replacing a hospital in Calgary, of delaying the scheduled treatment of a child with stage four cancer, of over-crowded waiting rooms and hospital wards, of implausibly long waiting lists for hip and knee replacements and back surgery, and a health

region in a perpetual state of crisis – is certainly not a legacy Albertans wish to embrace.

Another aspect of the Conservative health care legacy for 2006 recently took place in Edmonton when Bill 205, Lethbridge East MLA Bridget Pastoor’s bill to create a Continuing Care Commissioner, was unanimously defeated by the Conservative caucus. Bill 205 was born out of an Alberta Government report revealing that many long-term care facilities did not meet even basic standards in care. Its purpose was to monitor the care our grandparents and parents receive in long-term facilities and to ensure that they are treated with dignity and receive quality care.

So what will the legacy of this year be for our children and grandchildren? A private health care system? Sub-standard long term care for ourselves and our parents as we age? I prefer that 2006 be the year Alberta shows real leadership and creates its own healthy future and an effective, efficient and sustainable public health care system. I prefer that 2006 be the year of real change; the year that this province meets its potential in health, education and quality of life for all of its citizens – not only those who can afford it.

The good news is – the year isn’t over yet. I want to hear what you want the legacy of 2006 to be. Contact me by telephone at 246-4794, e-mail at calgary.currie@assembly.ab.ca, or drop by my office at 2108B 33rd Avenue SW in Marda Loop. I look forward to hearing from you.

*Dave Taylor, MLA
Calgary Currie*

**2108B 33 Avenue SW
Calgary, AB T2T 1Z6
Phone (403) 246-4794
Fax (403) 686-1543
Email calgary.currie@assembly.ab.ca**

Calgary Health Region Report

NEW ALBERTA CHILDREN'S HOSPITAL SIGNIFICANTLY LARGER THAN CURRENT SITE

The New Alberta Children's Hospital is scheduled to open on schedule in September 2006. This is a state-of-the-art facility that will serve children in southern Alberta.

The new facility will have 129 beds, an increase from the current 108 (of which 70-80 are occupied on average per day). Patient rooms in the new hospital will be 85 per cent private with their own bathrooms; the remaining 15 per cent of beds at the new hospital are semi-private with two beds and a private bathroom for each patient. In the future, if these semi-private rooms would be better utilized as private rooms they have been built so they can easily be retrofitted with a dividing wall. This flexibility in room utilization allows patients to be served more effectively. For example, having all semi-private rooms at the current hospital often means only one bed in a room can be used when there are concerns related to infection. The new hospital will not have that restriction with the extensive number of private rooms.

The emergency department in the existing facility was designed for 25,000 visits per year and currently receives 48,000 visits. The new hospital is 60% larger than the existing facility which includes a new emergency department designed for 60,000 visits per year.

Planning for the new Alberta Children's Hospital was based on being one of three sites to care for children in the City. In addition to the beds at the new Alberta Children's Hospital, there are 15 pediatric beds at the Peter Lougheed Centre and additional pediatric beds are planned for the new South Health Campus, expected to open in 2010/2011. This regional perspective in planning for patient care allows children to be served in various locations throughout the Region.

*David Tuer, Board Chair
Calgary Health Region
Monthly Report to the Community*

CALGARY HEALTH LINK EXPANDS SERVICES

Since its inception only three years ago, Calgary Health Link has established itself as a trusted and valuable resource and received its one millionth call this January.

As a part of its growing services, Health Link continues to expand its health information and referral services and is now offering callers with diabetes the opportunity to receive advice when their usual health care provider is not available.

Health Link nurses provide advice on how to manage an acute illness, deal with an unexpected change in blood sugar, and access information on diet, exercise, and community programs. These programs recognize that the best care providers for patients are the patients themselves. Self-care and community programs help patients to manage their disease and improve their quality of life.

To contact Health Link phone: 943-LINK (5465)

REGION LAUNCHES CAMPAIGN TO HALT TEEN TOBACCO USE

Approximately, 60 per cent of Alberta's youth begin experimenting with smoking between grades six and eight. In 2000-2001, 17 per cent of male Albertans and 19 per cent of female Albertans between the ages of 12-19 were identified as smokers.

Research has shown that targeting teens at the point right before or after they begin either regular or experimental smoking is extremely important. For this reason, the Calgary Health Region, along with key partners launched a new campaign in

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Calgary Health Region Report

CONTINUED FROM PG8

January aimed specifically at youth who are at this important juncture.

Called "Changing Social Norms," the campaign involved media advertising aimed at youth aged 12 to 18 who are experimental users of tobacco, meaning they have smoked between one and 100 cigarettes.

The campaign was developed in partnership with the Alberta Alcohol and Drug Addiction Commission, the Canadian Cancer Society, Lord Beaverbrook High School and Calgary Urban Vibe, and was financed through a \$250,000 tobacco reduction grant from Health Canada.

Building Canada's Healthiest Community

For more information or questions

please email

info@calgaryhealthregion.ca



calgary health region

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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.



MOUNT ROYAL
1708 - 8th Street SW, 229 0900

Five Lines Free

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Bare Mount Royal view lot to trade for Foothills half section; large trees, easy commute
Contact 249-2162

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Five Lines Free is the place to get the word out.
Deadline for July•August issue is June 12th.
E-mail your "Five Lines Free" to
juliet@mountroyalstation.ca

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Johann

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OFFICE 403 251 4747

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VIENNA
DECORATING & DESIGN

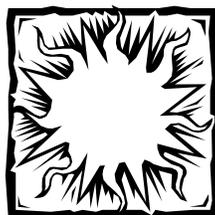
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Membership



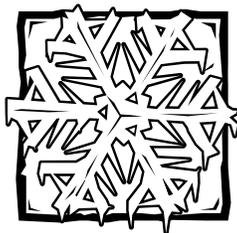
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SUMMER!
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WINTER!**



In ANY season ...
there is a reason ...
to join the MRCA!



Tennis Courts ...
Basketball ...
Playground ...
Ice Skating ...
Hockey ...
Social Events
throughout the Year ...



**Be a MEMBER...
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Dates to Remember

Deadline for Submission
Mount Royal Community News
July•August Issue
Monday June 12

*Mark Your
Calendars!*



THANK YOU! To the Glencoe Club,
who generously print this newsletter

MOUNT ROYAL COMMUNITY ASSOCIATION MEMBERSHIP • 2006 Calendar Year • Jan 1-Dec 31

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 – per household, one member 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 for donations over \$20 or when specifically requested		\$ _____

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

TOTAL \$ _____