



MOUNT ROYAL
COMMUNITY ASSOCIATION

MOUNT ROYAL

COMMUNITY NEWSLETTER

2317 - 10 Street SW, Calgary, T2T 3G7

www.mountroyalstation.ca

FEBRUARY 2012

YOU ARE INVITED

Mount Royal Community Association FAMILY SKATING PARTY!!!



Sunday, February 26, 2012
2 PM to 4 PM



Skate with Harvey the Hound *Roast marshmallows*
Mingle with your neighbours

Sleigh Rides *Crafts* *Treats & Hot Chocolate*
Learn what MRCA is up to in 2012

Tons of fun inside & out!

Please call Al Fowler 403-606-1703 or Mike Smith 403-860-0484 if you are interested in helping or want more information

For MRCA members — You can join MRCA at the Party!!



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www.mountroyalstation.ca

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Guess What?

You can read this and previous newsletters on our website at:
www.mountroyalstation.ca

OFFICERS	Term: NOV 2011 to NOV 2012
President	Debra Law president@mountroyalstation.ca
Past-President	Jane Keyser pastpresident@mountroyalstation.ca
Vice-President	Krista de Silva vicepresident@mountroyalstation.ca
Secretary	Roseanne Woods secretary@mountroyalstation.ca
Treasurer	Laura Brown treasurer@mountroyalstation.ca

DIRECTORS	Term: NOV 2011 to NOV 2012
Membership	Geraldine Nolan & Marlene Cameron membership@mountroyalstation.ca
Newsletter: Ads	Susan Petersen
Articles	Sarah Hall & Kim Shore newsletter@mountroyalstation.ca
Community Development	Darlene Bruce development@mountroyalstation.ca
Traffic Safety	Open traffic@mountroyalstation.ca
Community Events	Allan Fowler & Mike Smith events@mountroyalstation.ca
Facilities/Booking	Tina Dargan facilitybooking@mountroyalstation.ca
Crime & Safety	Megan McCarthy crimeandsafety@mountroyalstation.ca
Historic MR Beautification Committee	Charlene Prickett, Susan Hearn & Val McFarland urbanforest@mountroyalstation.ca
Tennis Keys	Tina Dargan & Geraldine Nolan tennis@mountroyalstation.ca

MOUNT ROYAL COMMUNITY NEWS

For Advertising, Inquiries or Submissions, contact:
newsletter@mountroyalstation.ca

Ad submissions are included at the discretion of the Newsletter Director. All ads may be submitted in Word, jpeg, pdf, tiff, or GIF files.

NEXT ISSUE (June 2012)

Deadline for Submission: May 12, 2012

Advertising Rates (Prepayment Required)

Free	5 lines	
\$50	business card	3.6" w x 2" h
\$125	1/4 page	3.6" w x 4.5" h
\$300	1/2 page	7.6" w x 4.5" h

Only 1/2 page ads are posted on the website

President's Message – February 2012:

Happy 2012!

In the final months of 2011, our community was busy with weekly playgroups, the Annual Cocktail and Dinner party, our AGM and the December food drive, not to mention the regular hustle and bustle of the season. Beautiful trees and homes adorned with a plethora of festive colours brought our community alive in the dark of winter. The glistening, exceptionally well maintained ice at our outdoor community rink was a continuous visitation of skaters of all ages enjoying the fruits of volunteer labour needed to make it such a success. Despite minimal snow coverage over the holidays, there seemed to be no dampened spirits as Mount Royal was aglow with the Spirit of the Season.

The beauty of Mount Royal and the neighbours with whom we have had occasion to make acquaintance, make living in our community such a blessing for our family. Staying on another term as President was a simple decision for me, given such meetings and of course, the hard working, thoughtful group that make up your Mount Royal Community slate of Officers.

Having another opportunity this year to collaborate with members of the Board who, too, have chosen to stay on another term (Laura, Rosanne, Krista, Jane, Tina, Darlene, Susan, Megan, and Charlene) and working with new members of the Board, (welcome Al, Mike, Geraldine, Val, Susan, Sarah, Kim and Marlene) reconfirmed the decision to stay on as President. While it is always difficult to say good-bye to outgoing Board members who have devoted endless hours to our community (Candice, Bob, Elisa, Mary Lou and Denise), it is comforting to know that their respective contributions will undoubtedly have a lasting impact – thank you for all that you have done and, inevitably, will continue to do!

So, for all of you reading this now, it means another year of my non-comedic commentaries (sorry, I just do not have the ease past President David Weyant had at writing such entertaining stuff!). Your community membership and involvement, along with your hard working Board, will continue us on the road to further enhance our Historic Mount Royal with the various beautification initiatives started in 2011, while maintaining the infrastructure that keeps our community moving so efficiently.

This year, 2012, has Calgary celebrating several milestone events, including 100 year birthdays of Recreation, Public Library, and Stampede celebrations.

Not wanting to be left out of the party, Mount Royal also has a number of our neighbourhood homes celebrating their 100 year Birthdays this year! It is such a unique circumstance to live in our own "Heritage Park" – a living community museum of personal memories, homes and gardens.

Walking the former Burns home with his descendents, reading Catharine Ford's Calgary Herald article this fall about her Mount Royal memories, and conversing with eager neighbours willing to share their own personal stories about growing up in our community, has provided me with further insights into this living museum. If you have not had the chance, I encourage you to take a peek at the MRCA website (www.mountroyalstation.ca) and read for yourself the "History of Mount Royal", an article documenting Mount Royal's rich history and place in the heart of Calgary's and Alberta's heritage.

This year, we hope to continue to enhance our Historic Mount Royal and the rich traditions of community involvement.

Looking forward to celebrating the many events and historic achievements with you all in 2012!

Debra Law

Dear Mount Royal Neighbours



It's time to renew your MRCA membership for 2012

Thank you to all our neighbours who joined last year, your community membership really does count and we hope to see you again in 2012.

Welcome to all our new neighbours!
We look forward to meeting you so please join today.

Membership runs for the calendar year January 2012 to December 2012. Take a look at our back page to see the many benefits your membership includes.

You can either pay online by visiting our website at www.mountroyalstation.ca or by filling out the form on the back page of this newsletter and dropping a cheque in the Mount Royal Station mail box located at 2317 10th Street SW.

Please remember this is *your* community association. We would love to hear from you with any comments/suggestions or if you are interested in volunteering. All members are welcome to come to our board meetings on the first Monday of every month 7 to 9 pm.

THANK YOU

We would like to thank the Glencoe Club for publishing and collating this newsletter! We appreciate your contributions and your long-time dedication to the Mount Royal Community!

THE
Glencoe
CLUB

Graffiti Free Mount Royal

Currently Upper Mount Royal is virtually graffiti free thanks to the diligent, on going efforts of eighteen volunteer members of the Graffiti Brigade. Your community association (MRCA) has, for the last year, solicited volunteer stewards who live near prime graffiti targets. These volunteers keep a watchful eye on specific targets and clean them as soon as graffiti appears. Some stewards “roam” the neighbourhood with cleaning supplies in the trunk of the car or tucked in a baby stroller. North American research and Calgary Police Service experience prove the effectiveness of this approach. When graffiti is cleaned off as soon as it appears, vandals get the message...someone is watching, the tag won't get much “air time”, they are at risk of being caught and prosecuted.

Given the remarkable reduction in graffiti and associated vandalism as a result of persistent stewardship throughout Upper Mount Royal, the Graffiti Brigade now hopes to push this successful approach into Lower Mount Royal where we currently have only one hard working steward. We need your help in both Upper and Lower Mount Royal. The time commitment is minuscule. In only a few moments, graffiti can be removed from most targets...lamp poles, utility boxes, traffic signs. You can adopt a specific target or just keep your eyes open as you move through the community and remove graffiti as you see it.

You donate your watchfulness, we'll donate the tools. MRCA purchased a supply of commercial graffiti remover chemical and other tools recommended by City of Calgary Bylaw Services. This biodegradable chemical is non-carcinogenic and effective on most paints and surfaces. The major exception is concrete and wood which must be cleaned by a commercial graffiti company contracted by the City of Calgary. To volunteer with the Graffiti Brigade and receive a free graffiti removal kit, contact beautification@mountroyalstation.ca.

Members of the Graffiti Brigade recently met with Constable Dave Ladic, head of the Calgary Police Service Graffiti Vandalism Unit. Here's what you should know:

- Graffiti vandalism is a crime. All forms of graffiti are illegal. Graffiti vandals ARE caught, charged, fined, and jailed.
- Most paint used for graffiti is stolen; it's part of the subculture.
- Broken Window theory suggests unchecked minor disorder leads to escalated incidents of criminal activity.
- Kiev's study shows that environment has an effect on normal behavior. In an area of graffiti and litter, there is increased likelihood that someone, who is not normally a thief, will take a piece of mail with money visible in the envelope.
- Most bus shelters and many store fronts along 17th Ave have been vandalized with acid etching chemicals, costing \$45 per bottle, which permanently damage the surface material..
- Heavy drug use is common among graffiti vandals who like to get high before doing their rounds, called “going all city”. Many are also addicted to vapours from spray paints.
- Many graffiti vandals are known to police. Reporting graffiti aids police in tracking culprits.



...continues on page 6

Graffiti Free Mount Royal continues. . .

Reporting contacts:

- 403-266-1234 non-emergency to report suspicious behavior suggesting vandalism like non-residents hanging around parking garages in Lower MR.
- 911 emergency to report graffiti vandalism in progress. Police can track vandals especially if you see which way they go.
- 311 to report graffiti which cannot be removed by Graffiti Brigade such as concrete and wood surfaces or private property.
- 403-206-8324 Calgary Police Service Graffiti Vandalism Unit to report or get information
- graffitifreecalgary.ca for information on graffiti subculture, signs that your teen is involved, community prevention, the straight facts for youth, sociological studies, local arrests and strategies
- 3-1-1contactus@calgary.ca and copy to cpsgraffiti@calgarypolice.ca. to report graffiti which cannot be removed by Graffiti Brigade



Charlene Prickett



**CALGARY
POLICE
SERVICE**

CONTACT INFORMATION FOR RESIDENTS:

For emergencies, call 9-1-1

For non-emergencies, such as reporting suspicious activities, vandalism, graffiti, crime statistics, call (403) 266-1234 or go to www.calgarypolice.ca and follow the links. Remember - REPORT - REPORT - REPORT Any Suspicious Activity! Statistics can be found on the Website under 'Crime Mapping'.

COMMUNITY LIASON OFFICERS:

Lower Mt. Royal

Cst. Russ Harper #4099
District 1, Zone 5
(403) 567-6100
Email: RHarper@calgarypolice.ca

Upper Mt. Royal

Cst. Allan Goundry #4571
District 2, Zone 3
4506 - 17th Avenue SW
(403) 567-6200
Email: pol4571@calgarypolice.ca

CRIME STATS FOR MOUNT ROYAL Sept 2010 - Aug 2011

Upper Mount Royal

- ⇒ 6 Assaults
- ⇒ 1 Street robbery
- ⇒ 7 Break and enter on houses
- ⇒ 5 Break and enter on shops
- ⇒ 1 Break and enter on "other"
- ⇒ 6 Theft OF vehicles
- ⇒ 12 Theft FROM vehicles
- ⇒ 16 Mischief cases

Lower Mount Royal

- ⇒ 20 Assaults
- ⇒ 5 Street robbery
- ⇒ 13 Break and enter on houses
- ⇒ 19 Break and enter on shops
- ⇒ 1 Break and enter on "other"
- ⇒ 10 Theft OF vehicles
- ⇒ 30 Theft FROM vehicles
- ⇒ 50 Mischief cases

A business card for Dave's Woodworking. The background is a dark wood grain. On the left, there are three white icons of hand tools: a chisel, a plane, and a saw. On the right, there is a white icon of a hand holding a pencil. The text is in white and gold. The main text reads "DAVE'S WOODWORKING" in a large, bold, serif font. Below it, "QUALITY" is written in a smaller, sans-serif font, flanked by two horizontal lines. Underneath that, "CABINETS • MILLWORK • FURNITURE" is written in a smaller, sans-serif font. At the bottom, "Commercial - Residential" is written in a very small font. The contact information at the bottom right includes the name "Dave Brundage" in a bold, sans-serif font, followed by the phone number "(403) 819-1504" and the website "daveswoodworking.ca" in a smaller font.

Cycling Connects Calgary Communities

Why all Calgarians will benefit from a more bike-friendly city

Just like a great city needs a great road network and public transit, it needs to be bike-friendly. A bike-friendly city makes cycling a viable means of transportation for its citizens by being safe and convenient. All Calgarians stand to benefit from more bicycles and fewer cars on Calgary's streets through the creation of safer, more liveable, and more sustainable communities.

The City of Calgary can do a lot to make that happen, but it needs the support of cycling and non-cycling Calgarians alike.



Choice

Bicycles are simply the most cost-effective mode of vehicular transport. The total cost of a new or used vehicle, insurance, registration, gas and maintenance is significant, and for a growing number of Calgarians, prohibitive. According to a City of Calgary survey, 50% of Calgarians would like to cycle more often, and not just for recreation but simply to get around. Making Calgary more bike-friendly means more transportation choice for everyone.

Safety

According to the same survey, 80% of Calgarians do not feel safe riding on Calgary's roads. Even if you are not a cyclist, you probably know someone who is and are concerned for their safety. Improved bike paths and bike lanes, combined with cycling and motorist education, will encourage more cyclists and provide an environment that is safer and more efficient for all road users. Making Calgary more bike-friendly means safer infrastructure for everyone.

Health

Health, and the cost of health care, is an important concern for Calgarians. Rates of obesity and associated illnesses such as heart disease and diabetes are increasing throughout Canada and in Calgary particularly. Adopting active lifestyles through cycling will result in healthier Calgarians, lower health insurance costs, and less sick days, and thus increase the productivity of Calgary's workforce. Making Calgary more bike-friendly means health benefits from which we all profit.

Savings

It's clear that cycling is one of the most affordable means of travel. However, more people cycling results in savings for everyone, not just cyclists. Whenever someone chooses to ride a bicycle instead of driving a car, they reduce the wear and tear on Calgary's roads, the risk of someone getting hit by a car, Calgary's parking space needs, and noise and air pollution which also carries costs for the general public. Making Calgary more bike-friendly means savings for all Calgarians and for City Hall.

To find out more, visit bikecalgary.org/bikeplan

Fostering safe communities...

Snow and Ice Safety

Property owners are responsible for clearing all snow and ice from adjacent sidewalks within 24 hours of the snow being deposited.

Remember that snow from a public sidewalk can be put onto the road or boulevard, but snow from private property cannot.

All sidewalks must be cleared down to the bare concrete.

With the freeze and thaw that can come from Calgary's chinooks, ice can form quickly.

For hard to remove ice, take a container to a fire hall or Roads depot for a sand and salt mixture.

Keep extension cords and other obstructions off the sidewalk.

Help to ensure everyone's safety this winter.

Thank you!

Calgary's Best Neighbourhoods

Do You Live in Calgary's Best Neighbourhood?

Avenue magazine has launched its third annual Best Neighbourhoods Survey at AvenueCalgary.com/best-neighbourhoods-survey. Working with Leger Marketing, Avenue's unique in-depth survey of the city's neighbourhoods invites all Calgarians to not only rate their own neighbourhood, but identify what factors make a neighbourhood great.

"We ask Calgarians how important factors such as friendliness, curb appeal, safety and tax assessment are to them," says Avenue Editor, Käthe Lemon, "and then we use those answers to determine how to weight the responses and rank the characteristics of each community."

If you live in one of Calgary's Best Neighbourhoods we want to hear about it. The survey is only open until February 29, 2012, so log on as soon as you can. The survey can be found at AvenueCalgary.com and by clicking on our "Calgary's Best Neighbourhoods Survey" link towards the bottom of the webpage. Just look for the kite logo below.

Check out Avenue's August 2012 issue to find your 'hood in Best Neighbourhoods 2012.

To see 2011's 15 Best Neighbourhoods visit <http://www.avenuecalgary.com/articles/calgarys-best-neighbourhoods-2011>.



Mount Royal "Mini Mountaineer" Playgroup!

WEDNESDAYS 9 - 11 am

Calling all those interested in gathering through winter and spring months with your "Mini Mountaineers"! If you would like to touch base with other parents, caregivers and their little ones in the Mount Royal Community, join us every Wednesday from 9 - 11am at the Mount Royal Station house!

It has been wonderful meeting regularly since October. Watching anywhere from 15-25 'Mini Mountaineers' roam around, play and interact has been a delight, not to mention meeting and having a few moments of 'adult' conversation with parents and caregivers in our Community. We have had a couple 'shaker' Wednesdays, complete with instruments and singing (thanks, Sue!), an interactive craft morning and of course, there are always snacks for the kids and coffee for hardworking parents and caregivers. Your family's MRCA Membership is the only enrolment needed, so feel free to drop in and join us! (Not to worry, if you are not yet a MRCA 2012 member, we can enroll your family at the Playgroup!)

If you have any questions or ideas to help enhance our Mini Mountaineer playgroup, feel free to drop us a note at president@mountroyalstation.ca.



The Friends of Fish Creek Presents “A Taste of Spring!”

Treat Your Special Valentine to a Taste of Spring!

Tickets are now on sale for The Friends of Fish Creek’s “A Taste of Spring - Annual Wine and Beer Tasting & Silent Auction.” Proceeds to the ecological preservation of Fish Creek Provincial Park



When: Friday, March 16, 2012 7:00 pm – 9:30 pm

Where: Willow Park Wines & Spirits (10801 Bonaventure Dr. SE)

Cost: Tickets are only \$40.00, including GST. To purchase tickets, please visit www.friendsoffishcreek.org, call 403-238-3841, email chris@friendsoffishcreek.org, or come down to the Cookhouse at the Bow Valley Ranch, Fish Creek Provincial Park (south end of Bow Bottom Tr.)

The Friends of Fish Creek February Speaker Series Presentation - The Ecology of Urban Coyotes

Presented by Alessandro Massolo MSc PhD, Faculty of Veterinary Medicine, University of Calgary

When: Thursday, February 23, 2012 – 7:00 pm – 8:00 pm

Where: Fish Creek Environmental Learning Centre, 13931 Woodpath Rd. SW, Shannon Terrace Area, Fish Creek Provincial Park (Access via 37 St. SW at 130 Ave. SW)

Cost: Free for Friends Members and only \$5.00 for non-members

Registration Required. To register call 403-238-3841 or email chris@friendsoffishcreek.org.

For more info, please visit www.friendsoffishcreek.org



Girl Guides
of Canada
Guides
du Canada



Blackfoot District Guiding

2012 marks the 102nd anniversary of Girl Guides and you might want your daughter to try something new. Think about joining this long standing program aimed at promoting self development and friendship in women. Guiding is a great place to learn new skills, experience new adventures and build lasting friendships.

Guiding welcomes girls of all ages from kindergarten through to high school and beyond.

Sparks	ECS & Grade 1	or	(5&6 year olds)
Brownies	Grades 2 & 3	or	(7&8 year olds)
Guides	Grades 4, 5 & 6	or	(9 to 12 year olds)
Pathfinders	Grades 7, 8 & 9	or	(12 to 15 year olds)
Rangers	Grades 10, 11 & 12	or	(15 to 17 year olds)
Leaders			(18 years and over)

Registration is ongoing. Guiding is a great place to grow lasting friendships and experience new opportunities. Why not give us a try!

If you have any questions regarding Guiding or registration please contact the district commissioner Tracy Comessotti at 403-203-2414 or via email at tracy@comessotti.com

Guiding is Fun!

Calling All Century Homes

2012 is the 100th Anniversary of Calgary's First Building Boom! Do you and your house want to join the House Party of the Century? The "Century Homes" Celebration takes place Friday July 27th to Monday August 6th, 2012. If your house was built in 1914 or earlier, we want to give it a chance to share its fame. "Century Homes" is a city-wide event commemorating these homes and your house will have a chance to share its stories with the public during Historic Calgary Week 2012. Contact marilynwilliams@shaw.ca

If you're not sure how old your house is or what stories it can tell, come to the "Century Homes" research workshop. Experts will help you to explore resources and research the history of your house. Saturday March 3, 10:30-11:30, Local History Room, 4th Floor North, Central Library, 616 MacLeod Trail S.E.

Registration required. (<http://calgarypubliclibrary.com/services/programs-events/register-for-programs>)

In an era where beautiful old homes are under-appreciated and being torn down with abandon, we invite everyone who is for preservation to come on board!

This project is brought to you by Hillhurst Sunnyside and Cliff Bungalow-Mission Heritage Committees, Calgary Heritage Initiative Society, Calgary Heritage Authority, City of Calgary Heritage Planning, FCC, Calgary Public Library Community Heritage & Family History. "

Megan McCarthy



ANNUAL OCTOBER 2011 "PROGRESSIVE" DINNER RE-CAP!

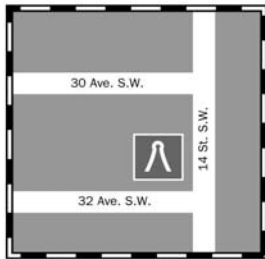
Once again, it was a HUGE success. Sold out and a blast! The MRCA and all attendees would like to formally thank those who graciously hosted. Susan & Brian Petersen had all 110 of us for cocktails & appetizers. Helen Graham had everyone over after dinner for dessert, coffee & drinks. Our dinner hosts this year were: Peter & Janet Denhamer, Jim Grenon & Candice Selby, Cynthia Moore & Michael Kennedy, Alexis & Peter Haliburton, Cathy Simpson & Brian Roberts, Cathy & Allan McMillan, Angela & Bill De Silva, Krista De Silva & Roger Reinson, Sheila Telford & Dorn Smith, Nora & Peter Stephens.

As you can see, it takes a lot of people to volunteer their homes to host. Many community members have kindly hosted several times over the years, which is awesome but we would like some "new blood". You may find it hard to believe...but it is actually fun to host (that's why people do it more than once)! All proceeds from the ticket price, go to the hosts to fund their expenditures of food, etc.

WATCH the upcoming newsletter for the date for the 2012 Dinner (generally around the 3rd Saturday night in October)! And CALL early to book! Don't miss out on this amazing evening!

Mary Lou McCormick





Alexander Calhoun Library 3223 – 14 Street SW

Hours:

Monday - Thursday
Friday & Saturday
Sundays (mid-Sept to mid-May)

10 a.m. – 9 p.m.
10 a.m. – 5 p.m.
12 p.m. – 5 p.m.

Telephone: 403-260-2600



Register for programs by phone at 403-260-2620, online at www.calgarypubliclibrary.com, or in person at any Library branch. A valid Calgary Public Library card in your name is required to attend all programs.

All libraries will be closed February 20, 2012 for Family Day

Regular children and adult program registration is underway. Registration can be done at calgarypubliclibrary.com, by calling 260-2620, or in person at any branch. All participants need a current card to register.

Baby Bookworms

Grow a reader with books, rhymes and songs you'll have fun sharing with your little one.* This program is generously sponsored by Cenovus Energy.

Ages 6 to 23 months with a parent/caregiver
Tuesdays, Mar 13 to Apr 17
10:15 - 11:00 a.m.

*Registration begins on February 28, 2011

Animal Potpourri Puppet Show

Join Gail Gregory of Tales, Tunes, and Puppetry for a puppet show featuring fun folk tales and stories about some of your favourite animals.

Ages 3 to 6 with a parent/caregiver
Saturday, Feb 11
10:30 - 11:15 a.m.

Digital Detox Day: Get Hooked on Knitting

Master knitter Jani Meyers teaches the very beginner skills of this historical handicraft. Topics include: using needles, fibres and patterns, and online research and shopping. Please bring \$15 for supplies.

Sunday, Feb 12
12:30 - 3:30 p.m.

Adding Joy to Your Life

Have you lost your joy? Come and explore many resources, and opportunities for new experiences in 2012 that will help promote a positive lifestyle. Presented by Lois Faris of Life Transitions.

Wednesday, Mar 28
10:30 a.m. - 12:00 p.m.

Law at Your Library: Small Claims Court

Find out about filing claims, defending against someone else's, core procedures and collecting your judgment. Do it all yourself, without a lawyer. In partnership with Calgary Legal Guidance.

Thursday, Mar 29
7:00 - 8:30 p.m.

Do-It-Yourself Tax Help

Canada Revenue Agency staff help you complete a simple 2011 tax return. Participants must bring income slips, related receipts, calculator, pen, and paper. To ensure maximum benefit of this program, please be on time as there will be no late admittance.

Monday, Apr 23
6:30 - 8:30 p.m.

Baby and You for Moms

Discuss key topics about infant and family health such as crying, nutrition, sleep and community resources. Meet other new moms in the area. Presented by Alberta Health Services. Register online at birthingbabies.com.

Ages 2 to 9 months with a parent/caregiver.
Fridays, Mar 02 to Mar 23
10:30 a.m. - 12:30 p.m.

Climbing Kilimanjaro on the Marangu Route

Join Jorlene Thiessen for a talk and slideshow about her experience climbing the highest mountain in Africa.

Monday, Feb 27
7:00 - 8:30 p.m.

Tai Chi for Healing

Learn about the benefits this elegant art provides. In this interactive presentation, Jane Sponiar demonstrates Wong style Tai Chi, and guides you through some basic moves.

Tuesday, Feb 28
2:00 - 3:00 p.m.

Parent-Child Mother Goose (CPL)

Enjoy a relaxing and fun hour of songs, rhymes, and story with your children.

Ages 6 to 23 months with a parent/caregiver
Mondays, Apr 16 to Jun 11
(No program on May 21)
10:15 - 11:15 a.m.
Registration begins Mar 27

Create Fantastic Creatures!

Create creatures a la Parrototter or Rhinostriich inspired by "Mixed Beasts" by Wallace Edwards, learn pencil crayon shading, and read, write, and share rhymes. Presented by Pinkmittens2.

Ages 9 to 12



Winter Safety: Advice for Parents and Kids A Message from the Canadian Pediatrics Society

Winter is a great season for outdoor activities, such as sledding and skating. Cold weather, ice, and snow can be both fun and dangerous for children. The following tips will help parents and children enjoy winter activities safely.

In general

- Children shouldn't play outside alone. Establish a buddy system with one or more friends and have them look out for one another. Children younger than 8 years of age should always be well supervised outside. Check every so often on older children who are playing outdoors for a long time.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Never send children outside in extreme weather conditions such as snowstorms.
- Keep children indoors if the temperature falls below -25°C (-13°F) regardless of the wind chill or if the wind chill is -28°C (-15°F) or lower regardless of the temperature.
- Help children choose play areas with a warm shelter nearby such as near home or a friend's home.
- Apply sunscreen to exposed skin, even when it's cloudy.

Tobogganing/Sledding

- Children under 5 should never go down a hill alone.
- Always wear a ski or hockey helmet – not a bicycle helmet – while sledding. Bicycle helmets are only tested up to -10°C (14°F) and need to be replaced after one crash. If you use a hockey helmet, make sure it meets the Canadian Standards Association standards.
- Never use a sled with sharp or jagged edges. Handholds should be secure.
- Use a sled you can steer rather than a snow disk or inner tube. It will provide better control.
- Always sit up or kneel on a sled. Lying down can increase the risk of injury to the head, spine and stomach.
- Never sled on or near roadways. Look for shallow slopes that are free of trees, fences or any other obstacles.
- Avoid sledding on crowded slopes.
- Sled during the day. If you sled at night, make sure the hill is well lit.
- Slide down the middle of the hill and climb up along the sides. Remember to watch for other sledders and move quickly out of the way once at the bottom of the hill.



Clothing

If your child's feet and hands are warm, what they are wearing is usually good. If your child is dressed too warm, she could sweat and feel colder when she stops playing.

- Dress your child in layers of clothing that can be put on and taken off easily.
- Wear a hat because a lot of body heat is lost through the head.
- Keep ears covered at all times to prevent frostbite.
- Wear mittens instead of gloves so that fingers can be bunched together for warmth.
- Wear warm, waterproof boots that are roomy enough for an extra pair of socks and to wriggle toes around.
- Remove drawstrings from clothing that could catch on climbing or other play equipment. Use Velcro or other snaps instead.
- Use a neck warmer instead of a scarf and mitten clips instead of a string to prevent choking.
- After play, remove wet clothing and boots immediately.

Information provided by the Canadian Pediatrics Society at www.caringforkids.cps.ca

ANIMAL & BYLAW SERVICES

Partnering with Calgarians
www.calgary.ca/animalservices

Pets in Vehicles

Under the Responsible Pet Ownership Bylaw (23M2006), pet owners are permitted to leave pets inside their vehicles. However, it becomes unlawful to do so if weather conditions jeopardize an animal's safety. A pet left in a vehicle during cold weather can suffer from frostbite, hypothermia or potentially freeze to death. In hot weather, the internal temperature of a vehicle rises dramatically and pets, if left too long, can suffer immensely and potentially die from the heat. Animal & Bylaw Services recommends that pets be left safely at home.

Feline Winter Woes

As the weather turns colder, we are less likely to want to be outside for extended periods of time. The same can be said for our pets. It seems unfair however, that cats are often treated differently than our canine companions. Cats are often thought to be fine when left outside in the frigid weather. Simply put, they aren't.

Although some may believe that cats are meant to wander and hunt, this is not the case. They are domesticated animals who need our care. Their built-in coats are not enough when the temperature goes below freezing.

Visit an animal shelter during the winter and you will invariably see cats suffering from frostbite, especially in their extremities. Cats left outside often lose the tops of their ears because they've been frozen so badly.

Responsible cat owners and guardians understand the value of their pets to their families, their well-being and to society and treat them accordingly.

But we all know that even when we are diligent about protecting our pets and keeping them inside, cats escape out of doors or windows every day in our city. We can all help to protect our own feline family members by providing licenses and permanent identification. This helps to ensure that if they do get out, they can be returned safe and sound. Identification shows others that your cat indeed has an owner and makes it easy to identify and contact you.

This winter, we can all help to change the plight of our city's cats. If you see a cat wandering in your neighbourhood, check to see if he has identification. If you have the animal in your possession and he is wearing a license, call 3-1-1 to have an officer come to pick up the cat. In the absence of a license, you can take the cat to the Calgary Humane Society or a vet clinic. You can also bring the cat to the Animal Services Centre if it is during regular business hours.



A Call for Submissions!

Budding journalist or just have a good story to tell? Got a restaurant you would like to review? We want to hear from you! Deadline for summer issue submissions in Mount Royal Community News is May 12, 2012. Email newsletter@mountroyalstation.ca.



CALGARY FOOD COMMITTEE

Local Food Plan Looks to Involve Communities and Citizens

Across Calgary and the region, citizens are aware that food is a key part of our daily lives and plays an important role in our health, our communities, our environment and our local economy.

There is a growing momentum in Calgary around local and sustainable food and there is evidence of this everywhere we look. Calgarians are making personal choices to shop locally; farmers are connecting directly with local businesses; community gardens are increasing in number and governments are taking a leadership role within their local food systems.

Since 2009, The Office of Sustainability at The City of Calgary has been working with stakeholders from across Calgary to get a clearer understanding of our local and regional food system and the roles of everyone involved in it. A food assessment is a great starting point which would allow us to better understand our contributions, connections and where priorities for action exist.

With direction from City Council, the Calgary Food Committee was established to undertake a food system assessment and develop an action plan with recommendations and report back to Council and Calgarians in spring 2012. Membership on the committee includes farmers, local businesses, chefs, educators, industry experts, scientists and other key players in the local food system.

The **Food System Assessment and Action Plan** will examine the range of food issues, barriers and existing assets, and provide key baseline information identifying connections and gaps within our food system. This data will be represented in maps and included in a land inventory.

The Calgary Food Committee is inviting you to get involved! They will be engaging citizens and communities through the winter starting with an event on Saturday January 28th 2012 in the Ant Hill Building (148 10th Street N.W.), just one block from Sunnyside LRT Station. For more information, please visit www.ycfood.com or contact Rebecca Newlove at 403-268-1034 or food@calgary.ca



JOHN MAR ALDERMAN, WARD 8

A Word from the City

In 2011, Calgarians saw an unprecedented amount of work undertaken to construct the West LRT line. Every day, the West LRT project grew and took shape through Calgary's west side. The past construction season was filled with milestones as crews completed work in some areas and began construction in others. The most impressive achievement of 2011: completing the elevated guideway. In May 2011, the last bridge segment of the 1.5 kilometre LRT elevated guideway was installed, just 10 months after construction began. More than 350 bridge segments were raised onto the 37 bridge piers by the yellow launching truss to form the bridge deck.

In addition, both West LRT tunnels are now complete, as well as the LRT trench along 17 Avenue S.W. Track and electrical work also began along the eight-kilometre alignment including major advances on all six LRT stations. While the new line is scheduled to open in 2013, Calgarians will begin to experience the benefits of this major project before then, with a new pedestrian and cycling network and improved roadways opening in 2012. It will ultimately make Ward 8 and all of Calgary a better place to live with improved access and more mobility choices.

Much construction headway was made this year, which sets up the third and last construction season to be just as successful. Thank you for being patient and understanding through 2011. You can see more of the West LRT project by visiting the website at www.westlrt.ca.

If I can be of assistance on any matter of a civic nature, please do not hesitate to contact my office by phone (403) 268-2430, fax (403) 269-3823 or at www.Johnmar.ca

*John Mar, Alderman
Ward 8*

www.calgary.ca/alderman/ward8
Tel: 403-268-2430
Fax: 403-269-3823





DAVE TAYLOR
MLA, CALGARY-CURRIE

A Provincial Update

When the provincial election is called in the next few weeks, I will be stepping down as your MLA.

I want to take this opportunity to thank you for the very real pleasure and honour of being your representative in Edmonton. Through two terms and nearly eight years in office, you allowed me to be the MLA from Calgary-Currie...and I can't think of a group I could be more proud to represent than the people of this awesome constituency!

Bill 205 - The Municipal Government (Delayed Developments) Amendment Act, 2011 - was a response to the difficulties Cliff Bungalow and Mission were facing because of The Pit on 4th Street in the heart of their community. We made a convincing enough argument that the bill received unanimous support in the Legislature on second reading this fall. Even better, after ten years of delay, construction on the site is finally underway again.

In November 2010, with your support, we forced the government to pull its contentious proposed Bill 29 - the Alberta Parks Act - off the table. That was a good day for Alberta's parks and protected areas and for the people who appreciate them.

In September, 2010 I called for the development of a Poverty Reduction Strategy in Alberta. Members of all parties voted unanimously to include that recommendation in our report on minimum wages.

After hearing from so many of you following the carnage in the wake of the royalty review, I developed an Opposition Energy Policy that was the first to identify the problems our energy sector was facing and that proposed real solutions that have since been adopted by the government. The challenge now is to use our fossil fuel wealth to transition us to a green energy economy. (But you already know that, because you've told me very clearly this is what you want.)

One of the biggest differences we made came five years ago, when my Affordable Housing Strategy was made public and drastically changed the way the government and our society view homelessness. The Strategy was born at a town hall meeting at Western Canada High School when I asked you to tell me - if you had the power - how you would solve the problem....and you did.

Together, we shook things up pretty good. It was a good ride!

Dave Taylor, MLA
Calgary-Currie
www.davetaylormla.com
Tel: 403-246-4794



LEE RICHARDSON
MP CALGARY CENTRE

Delivering Results to Canadians: Highlights from the Past Year.

Since receiving a strong mandate from Canadians on the May 2nd Election, our Government has been focused on delivering results from

our platform and maintaining Canada's economic growth. The results are clear.

Canada is posting the highest number of jobs created in the G-7 this year; Forbes magazine ranked Canada the number one country to conduct business; we've been praised as a country with the soundest banking system; and our economic growth is forecasted to be the strongest of the G-7 countries in 2012. All this has been accomplished while reducing the country's deficit.

Our Government has also taken important steps over the past year to help hard-working families. This includes an increase to the Guaranteed Income Supplement announced in Budget 2011 to help hundreds of thousands of seniors make ends meet, additional support for Canadians taking care of infirm dependent relatives, and a tax break that will make it more affordable for children to pursue artistic, cultural, recreational and developmental activities.

This Government has followed through on our commitments by ending the wasteful and ineffective long-gun registry, ending the Canadian Wheat Board monopoly, and giving western farmers the freedom to sell wheat and barley on the open market. We have introduced Bills to ensure fair representation in the House of Commons and make the Senate more democratic, accountable and representative.

With the House resuming in late January, our Government will continue to fulfill its Election platforms to Canadians. The key focus of the Government will continue to be strengthening Canada's economy and help small businesses and entrepreneurs create new jobs.

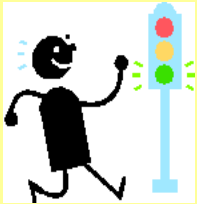
I wish to extend a Happy New Year to all my constituents, and that you have continued success in 2012.

Sincerely,

Lee Richardson, MP
Suite 333, 1333 - 8th Street SW
Calgary, Alberta T2R 1M6
www.LeeRichardson.ca
Tel: 403-244-1880
Fax: 403-245-3468
Email: Richardson.L@parl.gc.ca



COMMUNITY BULLETIN BOARD



Do you have a passion for traffic? We are looking for someone to fill the position of Traffic Director for the Mount Royal Community Association. If you are interested, please contact Debra Law at president@mountroyalstation.ca.

KIDS HELPING KIDS

4 year old, Addison Bechard, would like to sincerely thank our Mount Royal neighbours for their generous contributions to her Alberta Children's Hospital fundraising efforts. With your help, Addison raised over \$600! A special thanks to Ocean and Emilie for emptying their piggy banks into the collection box.

BECOME A MRCA MEMBER TODAY!

It's easy!
See back page for details.

DON'T FORGET FAMILY SKATING PARTY

Sunday, February 26, 2012
2 to 4 PM
(see front page for more details)

SHOUT OUT!

A special thank you to Sean Kehoe and Dale Dickson for maintaining the MR skating rink.

Got something to post? Email newsletter@mountroyalstation.ca

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VOTE FOR WILDROSE CANDIDATE JAMES COLE

Mount Royal is now in Calgary-Elbow

- Alberta's electoral boundaries have changed. Mount Royal is now included in the constituency of Calgary-Elbow.
- We in the Calgary-Elbow Wildrose Constituency Association would like to welcome the citizens of Mount Royal to our constituency.
- The Wildrose Party and Leader Danielle Smith are committed to fiscal responsibility and sustainability, health care reform and unwavering support for our most important industry, energy.

Your Wildrose candidate is James Cole

- James has lived in Calgary-Elbow since 2006 and his sister Monica Cole has lived in Mount Royal for 20 years.
- To learn more about James and how you can help, please visit www.Cole4Elbow.ca, follow us on Twitter at @Cole4Elbow; call 403-768-0104 or email james.cole@Cole4Elbow.ca
- Alberta needs change and Wildrose is the choice for change. Please vote for James Cole of Wildrose and let's make Alberta great again!

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WE NEED YOU!



Join the Mount Royal Community Association Today! Your Membership is Important!

- Communication and Community Safety
- Graffiti Removal
- Historic Appreciation
- Clubhouse Rental
- Community Events – Skating Party, Wine and Cheese, BBQ, Progressive Dinner
- Recreation – Hockey, Skating, Tennis, Playground

Easy to Join! Either:

- Go to www.mountroyalstation.ca and sign up or
- Fill in this form and drop it off with a cheque (made out to Mount Royal Community Association) in the Station mailbox (2317 – 10 Street SW)

MOUNT ROYAL COMMUNITY ASSOCIATION • 2012 Calendar Year • Jan 1—Dec 31

E-MAIL(S): _____

FAMILY NAME: _____ FIRST NAME: _____

ADDRESS: _____

POSTAL CODE: _____ PHONE: _____

MRCA Family Membership \$45 \$ _____

Seniors' Membership – over 65 years \$20 \$ _____

Associate Membership Non-Resident \$90 \$ _____

Tennis Key Fee (members only, non-refundable) \$15 \$ _____
 tennis@mountroyalstation.ca

Donation to the Community (tax receipt Yes No) \$ _____

Interested in Volunteering? Yes No

TOTAL \$ _____