



THE NEWSLETTER OF THE MOUNT ROYAL COMMUNITY ASSOCIATION

MOUNT ROYAL COMMUNITY NEWSLETTER

2317, 10 Street SW, T2T3G7

JANUARY • FEBRUARY 2008

PRESIDENTS MESSAGE

Hello neighbours! I trust the holidays found you enjoying family and friends. This community constantly demonstrates spirit, sharing, and generosity throughout the year. These characteristics are especially visible during the holiday season. I know many of you commit time, ideas and money to many worthy causes; as a community we are fortunate to have the examples of many of our peers and seniors from which to learn and to follow.

Last year's executive members of the MRCA deserve our gratitude. In particular, Marla Klassen who has offered her time to the community for so many years now and, will finally reap the rewards afforded past presidents (minimal meeting commitments). I would like to thank the present MRCA executive, all of whom offered to stay on for another year. There is so much work to do here, and so little time. I simply couldn't see taking on this position without having these very competent, very dedicated people pointing me in the right direction.

I'm also quite happy to introduce you to the only new member of our board for this year Janet St.Germain. The St.Germains moved to Mount Royal earlier this year and they seem to be enjoying the friendly atmosphere of their new neighbours.

I want you to know, it takes a lot of manpower to keep a community association going.

Casinos, MRCA financials (monthly and annual), bar-b-ques, hall rental, development meetings, clubhouse maintenance, website management, traffic concerns and safety management, crime reporting, newsletter editing and distribution, membership management. These are just some of the many tasks that have to be accomplished daily by the MRCA executive. Somehow these people find a way to give back to their neighbourhood, despite other demands on their time.

In fact there is simply way too much for them to do on their own. Fortunately, the MRCA executive isn't ashamed of begging for help. And behind the MRCA executive is another larger layer of your neighbours who continuously get arm-twisted or feel compelled to

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2317 10 Street SW T2T 3G7

www.mountroyalstation.ca

MOUNT ROYAL COMMUNITY NEWSLETTER

2317 10 Street SW, Calgary, T2T 3G7

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Secretary	Glenda Campbell gcampbell@mountroyalstation.ca
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DIRECTORS	Term: NOV 2007 to NOV 2008
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MOUNT ROYAL COMMUNITY NEWS

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Contact newsletter@mountroyalstation.ca
Ad submissions are included at the discretion of the
Communications Director. All ads MUST be submitted in jpeg, eps,
tiff, PDF or ai files. MICROSOFT WORD DOCUMENTS ARE
NOT ACCEPTABLE!

NEXT ISSUE (MARCH • APRIL)

Deadline for Submission – FEBRUARY 12, 2008

Advertising Rates (Prepayment Required)

\$50	business card	3.6" w x 2" h
\$75	1/4 page	3.6" w x 4.5" h
\$300	1/2 page	7.6" w x 4.5" h

Mount Royal Community News is published bi-monthly.

assist in areas that they feel passionate about - whether it be ice maintenance, protecting beautiful old trees in the community, sitting on the development review committees, decorating the hall, finishing off the time capsule, flipping burgers, providing vehicles and people for moving heavy or large items. Honestly, the list of people who do what they can to make this place a great community is staggering. I thank them all.

As we move into the New Year I want to share with you a few things that I'd like to focus on this year; perhaps you can advise me or help me to accomplish these things.

We understand the Website is not quite where we need it to be yet and it is high on the priority list. So look for some improvements here. We understand that many traffic safety issues still exist. We will continue to work with our alderman for improvement in this area. I encourage you to read Bob Weaver's section of the newsletter and also to report traffic safety issues to our alderman and the police. Another area of high concern is vandalism and crime in our community; we will continue to voice the need for more police patrols in our neighbourhood. I hope you understand that reporting any suspicious activities to the police is vitally important. When reports are filed, then I have credible evidence to ask police for help. So please report, report report.

And, lastly, we want to increase our membership base. We value your participation in the many events that the MRCA organises annually and, coincidentally, we love your money! I think we provide good value for the small annual fee that we request. If you are a member, I thank you. Chances are, your neighbour isn't. So please help us out in this way, too. Take a form (found on the back of this newsletter) and charm your neighbour into joining. Or, simply encourage your neighbours to join you at the next function at the clubhouse and, we'll do the rest of the work!

In the near future, we hope to have an online secured payment method available on the website. Our desire is to make the membership process a little less cumbersome. I will keep you informed as this develops. In the meantime visit the website often for community events and information. www.mountroyalstation.ca

Thank you for taking the time to read the newsletter and feel free to write me if there is an area on which you would like us to focus.

Gerry Erlam



CLO

(community liaison officer)

for Mount Royal.

Residents should contact Cst Courte, District 2

567-6200

for police issues,
vandalism etc.

MOUNT ROYAL INFORMATION

COMMUNITY ASSOCIATION BOUNDARIES

North 17 Avenue

East College Lane; Royal Avenue; Hope Street
(both sides); Earl Gray Crescent; Ridge
between Earl Gray Crescent and 29
Avenue

South Council Way; 10 Street; Premier Way;
8 Street (both sides)

West 14 Street

CRIME STATISTICS:

UPPER MOUNT ROYAL												
	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG
Year	06	06	06	06	07	07	07	07	07	07	07	07
ASSAULT	0	0	0	0	2	0	0	0	0	0	0	0
STREET ROBBERIES	0	1	0	0	1	0	0	0	0	0	0	0
COMMERCIAL ROBBERIES	0	0	0	0	0	0	0	0	0	0	0	0
BREAK AND ENTER - HOUSE	0	2	0	1	2	0	0	2	0	1	5	1
- SHOP	0	0	0	0	0	0	0	0	0	0	0	0
- OTHER	1	0	1	0	0	0	0	0	0	0	1	0
THEFT OF VEHICLE	3	1	0	1	0	0	0	0	2	0	3	0
- FROM VEHICLE	4	2	3	0	3	0	1	0	2	2	1	1
MISCHIEF	0	1	4	0	2	0	1	0	0	1	1	1
Crime Rate: 2005 2006												
Person Crimes (per thousand population):	2 0											
Property Crimes (per thousand population):	30 26											

LOWER MOUNT ROYAL												
	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Year	06	07	07	07	07	07	07	07	07	07	07	07
ASSAULT	2	2	1	4	0	1	0	4	3	2	2	0
STREET ROBBERIES	2	0	0	0	0	0	0	0	1	1	1	2
COMMERCIAL ROBBERIES	0	0	0	0	0	0	0	0	0	0	0	0
BREAK AND ENTER - HOUSE	2	1	1	1	1	0	1	1	2	1	1	0
- SHOP	2	0	1	3	0	5	1	2	0	2	1	0
- OTHER	0	0	0	0	0	0	1	0	0	1	0	0
THEFT OF VEHICLE	6	6	1	2	1	4	3	2	2	4	3	6
- FROM VEHICLE	7	2	3	4	3	9	9	8	7	13	9	8
MISCHIEF	8	5	2	4	3	7	12	11	4	7	3	8
Crime Rate: 2005 2006												
Person Crimes (per thousand population):	16 13											
Property Crimes (per thousand population):	102 119											

POLICE AND COMMUNITIES WORKING TOGETHER

Did you know that every community in the city has a police officer who's dedicated to helping resolve community safety and security issues? Since 1998, each of Calgary's policing districts has designated several "community liaison officers" who work with Calgarians every day to help keep this city safe.

How your community liaison officers can help...

Community liaison officers, or CLOs, are the Service's ambassadors to businesses, residents and schools throughout the city. They focus on identifying and resolving issues of concern to everyone, such as vehicles speeding on certain streets, houses that may be a target for illegal activity, potential frauds aimed at businesses and parks that are being used as overnight gathering places.

The CLOs provide a key point of contact for community policing initiatives and problem-solving. They monitor crime trends, traffic concerns and social issues within their zone. They also keep track of the crime issues that are of particular concern to residents.

How you can help...

If you have a security or safety concern in your community, contact your local CLO. They'll talk with you and other community members about solutions for crime that may already be happening and about proactive measures that you can take to prevent further crime.

The CLOs can put you in touch with other city agencies, all of which can work together to come up with practical, effective solutions. They also offer community presentations to help residents, businesses, associations and schools learn more about issues such as Internet safety, drug use, house and vehicle security, and protecting yourself against identify theft.

Community involvement is an essential part of making our city the best it can be – your CLOs can help, and so can you!

Contact your CLO...

Cst. Martin Courte #3779

2-3 Community Liaison Officer

2 District

567-6200

ALDERMAN JOHN MAR ON IMPORTANT ISSUES...

I would like to begin by thanking you for your support during my campaign and I look forward to serving all the communities in ward 8. Some of the important issues that I have been facing at City Hall with my fellow members of council include the much anticipated project of the West LRT leg. This is a very exciting undertaking for our city. This initiative will reduce our environmental impact and reduce congestion on Calgary's roads.

Other exciting news includes the City's Clean to the Core initiative which has allowed us to add 10 police officers and 25 bylaw officers helping the reduction of crime in our neighborhoods. In addition, the implementation of a public washroom in Tompkins Park has been completed. The public toilet is a state of the Art free standing structure that is equipped with sensors that enable security to set an alarm from afar and open the doors when the maximum allowable time has been reached. This will help facilitate maximum safety. The washroom is part of a pilot project to identify its usefulness in other areas of our city.

Finally, I would like to address the contentious issue of traffic safety in Mount Royal. I haven't yet had a chance to meet with your Traffic Safety Director Bob Weaver but look forward to doing so in the New Year.

If I can be of assistance on any civic matter do not hesitate to contact my office by phone (403)268-2430, fax (403) 269-3823 or at www.calgary.ca/alderman/ward8.

I pledge to be an accessible, responsive, and strong advocate for the people of Ward 8.



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TRAFFIC ARTICLE



In this article I want to bring you up to date with the working of the Mount Royal Traffic committee. As I have reported in past articles, we have established as a priority the need to move forward with the traffic calming program for Mount Royal. It is easy to look at these traffic calming measures and take the position that all this work and fuss is unnecessary – however if you happen to live in an area of Mount Royal where traffic volumes and cut-through traffic continues to be a major concern, I know that your views would change. For example did you know that traffic counts are approaching 6000 vehicles per day in areas where folks use our streets to avoid the congestion on 17th Ave SW and other local collector roadways? I am sure that you would agree that these high volumes and the unacceptable driver behaviour that seems to go hand in hand with cut-through traffic is unacceptable. As was mentioned in a previous article, the belief that I am sure we all subscribe to is the idea that cut-through traffic, especially high volumes and speed downgrades the quality of the community, its desirability for families and ultimately property values. It was therefore very reassuring to see our neighbours taking up the cause and demanding action from the City. This article chronicles such an action, which should serve as an example of what each of us can do to address this important issue. The following letter to the manager of Transportation for the City of Calgary requests action – please do your part by calling the City and the elected representatives demanding action so as to provide for safe streets, improved quality of life and the preservation of the unique character that makes Mount Royal a special place. Please refer to the website www.mountroyalstation.ca for traffic statistics and a letter to the manager of Transportation for the City of Calgary which requests action--please do your part by calling the City.....etc....

REPORT FROM DAVE TAYLOR MLA



I am so pleased to be back in Calgary amidst friends and family. I hope you all found time to relax and celebrate with loved ones during the holiday season, and I hope the New Year is a prosperous one for everyone.

I myself am very excited to carry on with the great work your Alberta Liberal Caucus has been doing. I couldn't be more proud of my colleagues for the way they have defended Alberta's interests and held the government to account. Nevertheless, the Conservatives made it clear during the Fall Session that they are not interested in democracy. More than two dozen bills were pushed through the House during the final week, including some very contentious ones. Bill 46- which includes measures to prevent citizens from voicing their concerns over the construction of electricity infrastructure- received less than ten hours of debate. Bill 41- which takes regulatory powers away from the College of Physicians and places it in the hands of the Minister of Health- was equally rushed. This type of forcefulness is arrogant and authoritarian. We need a government that does not bypass meaningful debate in a quest for greater power. We need a change.

Alberta Liberals continue to side with the general public that has repeatedly called for changes to our royalty structure. We believe that Premier Stelmach should have followed the advice of the Auditor General and the Royalty Review Panel he appointed,

and raised royalties by 20 per cent. However, he decided Albertans deserved less. Moreover, we must be sure that a new structure is enforced and the revenue generated from it wisely invested. Albertans missed out on billions of dollars this decade because the Conservative government hasn't been minding the store. The job going forward is to get the royalty increase right. We must make sure that Albertans get their fair share while balancing the need to preserve a strong economy where one out of every two jobs is connected to the oil and gas industry.

Affordable housing remains a critical issue in Calgary-Currie and right across Alberta. I am proud to have drafted the Alberta Liberal Caucus draft policy on homelessness titled, *Beyond the Shelter*. It is currently being circulated for public feedback and can be accessed at <http://www.liberalopposition.com/index.php/alcpolicies>. The frigid temperature this winter has made it all the more urgent to have an effective plan of action to end homelessness, and I am confident we can achieve this goal.

Finally, crime is an important challenge currently facing our communities. While I support more police on the ground to respond quickly, we need to look at investing in prevention programs as a critical part of any solution. We will have fewer drug dealers if we lessen the demand for drugs, and we will have less vandalism if our youth have somewhere other than the city streets to socialize.

I am always happy to hear your feedback and to go to bat for you to ensure that we can get things done. Our office is open Monday to Friday from 9:00 am – 4:30 pm. As your MLA, my job is to facilitate solutions. That works best when we all work together.

Dave Taylor MLA
Calgary Currie Constituency
2108B-33rd Ave. SW T2T 1Z4
Ph: 246-4794
Calgary.Currie@assembly.ab.ca

Bylaw Bulletin

www.calgary.ca/animalservices

RV PARKING TIPS

“Snowbirds” is a term used for those who escape Canada’s long, cold winters for a glimpse of warmth and sunshine. For those lucky enough to fall into that category, recreational vehicles (RV) are often a convenient way to travel. To make those travels easier, no matter what the season, here are a few tips regarding RV parking and The City of Calgary bylaws.

- 1) RVs can be parked on:
 - Front property and driveways for up to 24 hours. (Land Use Bylaw 2P80)
 - City streets and alleys adjoining your home for up to 36 hours. After 36 hours, the RV must be moved to an off-street location for at least 48 consecutive hours. (Traffic Bylaw 26M96)
- 2) While parked on the street, RVs should be parked in a manner that is safe and does not constitute a hazard for anyone using the street. (Traffic Bylaw 26M96)
- 3) Unattached RVs, including campers and trailers, are not allowed on the street at any time. (Traffic Bylaw 26M96)
- 4) RVs not registered to a City of Calgary address may legally park on City streets providing they obey all posted parking restrictions and are parked in accordance with City Bylaws. It’s also important to know that according to the Traffic Safety Act, any vehicle left without being moved for more than 72 hours can be deemed abandoned and impounded.

Not following City bylaws can result in fines. If you are interested in obtaining more information on the Traffic or Land Use Bylaw or on other City of Calgary bylaws, please visit www.calgary.ca/bylaws or call 3-1-1.



BABYSITTING SERVICES

Caroline 244-6955

- Babysitters certificate

Hanna 244-8432

- Babysitting certificate

Kristen 244-4373

- Red Cross Babysitter’s Card

Tom 245-5283

- Babysitting certificate

Like to add your name to the Babysitting Services list? EMAIL the Communications Director newsletter@mountroyalstation.com

FIVE LINES FREE

BUY-SELL-TRADE-RENT

Deadline for March • April issue is February 12th. E-mail your “Five Lines Free” to newsletter@mountroyalstation.ca

Do you have a musical son?



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www.calgaryboyschoir.ab.ca***



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NEWS FROM MOUNT ROYAL JUNIOR HIGH

It has been a busy time in the first four months of school with soccer, cross country running, volleyball, Fine Arts Evening, field trips to the Glenbow Museum, and presentations by the Red Cross and MADD. After the Winter Break, basketball will be the major athletic activity and our annual Teen Conference will be held at the end of February. We always look forward to our annual Open House where we host grade six students from our feeder elementary schools in the morning and both students and their parents in the evening. The Open House will be held on February 7th so please mark your calendar if you have a student in grade 6 and would like to learn more about our program.

From growing up on Glencoe Road
To Victoria BC...
I understand where you are coming from!

- Investing for the future
- Recreational property
- Second homes
- Early retirement
- Lifestyle change
- Child attending UVic

Kathryn Tatchell
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1-888-886-1286
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BASEBALL MEMORIES - THEN AND NOW



You had to get there early to get a good start spot, like Pitcher or Short Stop. We'd be at the diamond right after school on weekdays, before lunch on weekends, even at recess - no matter when you arrived everyone got to play and if there were too many of us, we'd play 500 up.

My glove and bat would be right beside my outside shoes and as soon as that bell would ring, I'd be off!

The diamond was always empty, probably because it wasn't groomed really well, no chalk lines, a pretty big hole between 2nd and third that you had to remember

to avoid on those home run hits – Bases were old pizza box lids or other cardboard, sometimes a kids jacket. But, it was right around the corner from the school. There weren't any adults, coaches, umpires, League Reps, Player agents or parents telling you what to do.

Just me and a bunch of other kids – boys, girls, some older with their own bats and even some kids with no gloves...if you had an extra glove, you'd bring it to share, or let someone use your's when you were up to bat. Even Robbie's little brother would come, and we'd let him run the bases between innings and chase the overthrows.

The balls were never white unless you got a new one for your birthday. Some were so old you'd hear a muffled thud when it got hit by the bat and it wouldn't get far. You watch close when you play 500 and when that "dead" ball got picked up, you knew how far it could go and adjust where you were out in the field... and you didn't have to be home til Supper – or when the street lights came on.

Yes, things were different then. We loved that game. I still love the game and I still play. Back then, some of my best friends were on the team, in fact I think that was one of the biggest reasons they were my best friends.

Things are different now, much different. You need a permit to get a diamond, you have to join an organized team in a league. Some would say there's way too many grown ups and too many rules too. But some things haven't changed.

I coached my son's team for the last 5 years, I still



- ◆ Baseball programs for kids aged 5 – 18
- ◆ Winter Camps & Coaching Clinics
- ◆ Umpires & Volunteers always welcome
- ◆ Online registration
- ◆ Come join the fun!

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have a couple of old gloves in my bag – just in case. My favourite game is still 500 up. And I still oil my glove every spring, look up at the sky and wonder if the snow has finally stopped so we can get on the field.

When you see the look on a child's face the first time they make that catch....the first time they actually throw the ball to someone – and get it there...the first time they hit the ball and make it to first base...you know they love the game too, and that “first” could be the beginning of a lifelong love for a sport ...and a few new “best friends”.

Even though it takes many adults to organize community baseball, it's still “for the kids”, and I think we're all kids at heart! I have recently taken over the role of President of Rocky Mountain Little League, the Little League for your community. If you have kids from 5 – 18, I'm pretty sure they'd enjoy being part of a “team”. If you'd like to coach or help out drop us a line, we can always use extra hands. If you need a glove, I've got one you can borrow...

Let's Play Ball!

Murray Laatsch
www.crmll.com



COMMUNICATIONS - JANE KEYSER

As we begin 2008, I would like to thank a few neighbours whose volunteer commitment made it possible to provide you, the residents, with our MRCA Newsletter through 2007. Fran Cormack was invaluable looking after our advertisers and advising on editing the newsletter proofs. Fran also actively solicited news from community schools and churches.

Winnie Tam produced several great articles about our neighbourhood complete with pictures.

We were fortunate to have a volunteer, Ron Melchior, to drive and supervise four young students in the delivery of the newsletters to about a thousand homes in Mount Royal. It is quite a challenge to deliver as mailboxes are not always where you expect them to be.

We are fortunate to have a very capable and enthusiastic publisher, Carolyn Munnoch. She takes all of the copy and using her creativity, produces a newsletter that we are proud to deliver in Mount Royal.





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.
12:00 – 5 p.m.

Telephone: 260-2600



Registration has already begun for our winter and spring **adult** programs. Registration for our winter and spring **children's** programs will begin on Tuesday January 8th. Most programs are free, and participants need their library cards in hand at time of registration. Registration can be done online at calgarypubliclibrary.com, by phoning 260-2620, or with a staff member at any branch.

Family Literacy Day Celebration

Saturday, January 26th and Sunday January 27th

Introduction to Microsoft Word for Seniors

Learn how to type, format, save, and print a Word document. Basic computer skills required. Ages 50 and up

Saturday, Jan 26, 10:00 - 11:30 a.m.

StoryJam Puppet Show

Join StoryJam for three puppet shows - three styles of puppets, three puppet traditions, and three professional performers: Carolyn, Fifi, and Hamish!

Saturday, Jan 26, 2:00 - 3:00 p.m.

Read Away Fines

Read away fines is a chance to read off fines accumulated on your card. For every fifteen minutes of reading \$2.00 will be waived from your card up to a maximum of \$16.00.

Takes place on both Saturday and Sunday.

7733

Learn English at the Library (intermediate)

There is a non-refundable fee of \$35 payable at time of registration.

Thursdays, Jan 31 to Mar 13: 6:15 - 8:45 p.m.

Teens at the library

Do you know a teen who needs help developing speaking and presentation skills, self-confidence, and strong leadership abilities? The Calhoun library is hosting:

Toastmasters International - Youth Leadership Program

Ages 13 and up

Mondays, Jan 21 to Apr 07

(No class on Feb 11, Feb 18, Mar 10 and Mar 24) 7:00 - 8:30 p.m.

Teen volunteers wanted! The library hosts the Reading Buddies program from kids in grades 1-3. Teen volunteers will read with their little buddies and do fun literacy activities for an hour and a half once a week. Grades 7 to 12
Thursdays, Jan 17 to Mar 13, 4:00 - 5:30 p.m.
Call 221-2036 for information or to volunteer.

Reading Buddies

Teen volunteers and Library staff provide one-on-one reading support, fun literacy activities, and a supportive environment for struggling readers. Register by calling 260-2709

Grades 1 to 3

Thursdays, Jan 24 to Mar 13, 4:00 - 5:30 p.m.

New at the library!

Spanish Conversation Club

Practice your Spanish listening and speaking skills, and learn about the Library's many resources.

Wednesdays, Jan 30 to Mar 19, 7:00 - 8:30 p.m.

FACILITIES

Did you know that we are the only community association that owns its own building? Ours is that beautiful bungalow at 2325 10th Street SW with the river rock anchoring the base. We enjoy two tennis courts, a basketball area and in the winter we offer an ice surface for skating and shinny. Dagmar Jamieson has done an excellent job in maintaining the property as Facilities Director. The next time you have an event to host, consider renting the community club. The interior has recently been renovated (we got bit by that bug too!). We offer a fully equipped kitchen, new hardwood flooring, beautiful area carpets, new leather furniture and a new gas fireplace make the interior ideal for a small meeting or a large family reunion gathering.



Open House

Proposed New Electrical Substation

Dates: Tuesday, Feb. 19 and Thurs. Feb 21, 2008

Place: Country Hills Golf Course, 1334 Country Hills Blvd

Time: 2:30 p.m. to 8:00 p.m.

ENMAX staff will be on site to discuss the details of this proposed project, and to address your questions and concerns.

For more information visit enmax.com/substation47



enmax.com

FEBRUARY IS HEART MONTH, TRANS FAT REDUCTION STRATEGY - CALGARY HEALTH REGION

Nutrition Facts	
Serving Size 1 cup (200g)	
Amount Per Serving	
Calories 260	
	% Daily Value
Fat 13g	20%
Saturated Fat 3g	25%
+ Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660 mg	28%
Carbohydrate 31g	10%
Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%

The Calgary Health Region has been working toward the implementation of a trans fat reduction strategy for more than a year. The Region has now approved a two-part strategy with the launch of the first phase on January 1, 2008. Phase one involves requiring food service providers to ensure that hydrogenated margarine, oils, or shortenings used for deep-frying, frying, sautéing or grilling as well as spread on sandwiches, vegetables, potatoes, etc., have a trans fat content of less than two percent of the total fat content. A recent survey of more than 400 food permit holders within the Region found that the majority had already switched to oils that meet the new requirements and two-thirds already use acceptable spreads.

Phase two of the strategy will begin on July 1, 2009 with the implementation of the requirement that any food item for use, sale or storage that contains hydrogenated margarines, oils, or shortenings shall have a trans fat content that is less than five percent of the total fat content.

Artificial trans fats are created when hydrogen is applied to vegetable oil to improve the shelf life and flavour of food. Unfortunately, there are side effects, and trans fats have been linked to obesity, heart disease and diabetes. The Calgary Health Region strategy is the first of its kind in Canada.



South Health Campus – Building the Hospital of the Future

As construction on the South Health Campus, located on 44 acres at Deerfoot Trail and 196 Avenue S.E., is currently underway the Region is committed to keeping the community informed about the progress of this project as well as highlighting some of the unique features of the campus. The South Health Campus will offer patients with a unique healing environment. The building will feature outdoor views, natural lighting, soft colours, and relaxing sounds. In addition, the campus will have a community feel with open spaces, gardens and wetlands, and café-style retail walkways. These features are expected to lead to improved recoveries, reduced stress and an enhanced patient and staff experience.

The Region is working with a Patient and Family Advisory Council, a Student Advisory Council and frontline staff to gain feedback and ideas on the campus' concept, vision and design.

Construction of the South Health Campus has been underway since August. The excavation for the two level underground parkade is now complete and concrete work is underway. Floor slabs, columns, and foundation walls have been erected, as well as the concrete walls of the many elevators and stairwells that will serve the Campus. Three cranes have been erected to move materials around the site and will stay in place for the next three to four years. To mitigate some of the construction labour and material shortages, concrete will be mixed on site, eliminating the need for concrete trucks driving through the community. We expect to produce approximately 120 cubic metres of concrete per hour on site, which is the equivalent to filling one 25 foot x 50 foot swimming pool every two hours.

For more information about the South Health Campus, visit www.calgaryhealthregion.ca/capital or call 270-4778.



BE PREPARED: APPLY FOR YOUR PASSPORT EARLY - LEE RICHARDSON

Last year a new American law affecting travellers, The Western Hemisphere Travel Initiative (WHTI), came into effect. This U.S. law requires all travellers, including Canadians, to carry a valid passport or other appropriate secure document when travelling to the United States from within the western hemisphere.

After intense pressure from the Government of Canada, the United States has now delayed the implementation of passport requirements for travel by land and sea until at least June 1 2009.

While the government's efforts have produced results, we continue to encourage all Canadians to get a passport if they plan to travel to the United States.

To assist Canadians, Passport Canada has implemented several measures to reduce wait times, including extended hours at both Calgary offices. The downtown office, located in the Harry Hays Building, Suite 254, 220-4th Avenue SE and the south Calgary office, located at 14331 Macleod Trail SW are now open Monday through Friday from 8:30 a.m. until 8:00 p.m.

Contact us...

Our address is: suite 105, 1410 11th Ave SW Calgary, T3C 0M8 or phone (403) 244-1880. Our e-mail address is Richardson.L@parl.gc.ca.

VOLUNTEER OPPORTUNITIES

The Canadian Red Cross needs data entry clerks to process donation information and assist with other clerical duties as necessary. Join a fun, hard-working team that ensures that donations to the Red Cross get to the people who need it the most.

Volunteers should have typing skills and an ability to work with minimal supervision.

**For more information about the
please contact Shri Venkatesan
at 541-6100 or
shri.venkatesan@redcross.ca**



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75 minute classes - \$179
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Call: 697-8089
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Register early, space is limited (12 students/ class)

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WHAT IS YOUR TAX STRATEGY FOR THE NEW YEAR?

Each year, countless individuals pay an excessive amount of tax to Canada Revenue Agency. Although tax is an unavoidable reality within even a well-composed estate, there are many tools available that may significantly reduce or defer a family's taxation liability. By proactively addressing potential tax issues before they become real hindrances, you can ensure that you and your family's future will remain secure.

Want to know more? Join MacMillan Estate Planning for their upcoming wine and cheese seminars on Wednesday, February 6TH and March 5TH at 7:00PM. At these times, Senior Trust and Estate Practitioner Sheri MacMillan will share her insight into the estate planning process.



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DEADLINE FOR SUBMISSION
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MARCH • APRIL ISSUE
MONDAY, FEBRUARY 11, 2008



KEEP CONNECTED

UPDATE YOUR ADDRESS IN OUR RECORDS
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



THANK YOU

The Mount Royal Community Association would like to thank The Glencoe Club for the gift of publishing and collating our newsletter. We appreciate your dedication to the Mount Royal Community.

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



• Ice Skating • Hockey • Tennis • Basketball • Playground • Social Events • Community Information

Become a MEMBER Sign up TODAY!

MOUNT ROYAL COMMUNITY NEWSLETTER ASSOCIATION • 2008 Calendar Year • Jan 1 - Dec 31

FAMILY NAME: _____ FIRST NAME(S): _____

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PHONE: _____ EMAIL: _____

(used to inform you of upcoming community events)

DATE: _____

MRCA Family Membership - includes tennis \$45 \$ _____

Seniors Membership - per household, one member over 65 years, includes tennis \$20 \$ _____

Associate Membership Non-Residential - for those who want to use the courts (must be a MRCA member to purchase) \$20 \$ _____

Donation to the Community - tax receipt given for donations over \$20 or when specifically requested \$ _____

TOTAL \$ _____

Mail or drop-off completed membership form with cheque payable to

MOUNT ROYAL COMMUNITY ASSOCIATION 2317, 10 Street SW, Calgary, AB T2T 3G7
or online at <http://www.mountroyalstation.ca/join.php>