



**MOUNT ROYAL**  
COMMUNITY ASSOCIATION

# MOUNT ROYAL

## COMMUNITY NEWSLETTER

2317 - 10 Street SW, Calgary, T2T 3G7

[www.mountroyalstation.ca](http://www.mountroyalstation.ca)

### FALL 2012

## Annual Cocktail and Dinner Party

Saturday November 10, 2012

<p>Hors d'oeuvres 6:00pm</p> <p>@ Mt Royal Mansion #1</p>	<p>Dinner 7:30pm</p> <p>@ Volunteer Host Homes</p>	<p>Dessert 10:00pm</p> <p>@ Mt Royal Mansion #2</p>
		

**NEEDED!!!** ---- Dinner Host Homes  
 8 to 12 Guests for 2-hour dinner  
 Most hosts have it catered ~~~ Hosts are compensated

MRCA Members Only - Memberships Available

Tickets: \$125 / Person

For Tickets & Hosting Opportunities, Contact:

<p><b>Michael Smith</b>          H: 403 294-6486          C: 403 860-0484  <a href="mailto:msmith@mpsecurities.com">msmith@mpsecurities.com</a></p>	<p><b>Allan Fowler</b>          H: 403 287-7612          C: 403 606-1703  <a href="mailto:al@alfowler.ca">al@alfowler.ca</a></p>
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2317–10 Street SW, Calgary, T2T 3G7  
[www.mountroyalstation.ca](http://www.mountroyalstation.ca)

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**Please Join Us!**

**MRCA Annual General Meeting  
Wednesday, November 14, 7PM**

Read this and MRCA newsletter  
archives at  
[www.mountroyalstation.ca](http://www.mountroyalstation.ca)

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

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<b>DIRECTORS</b>	Term: NOV 2011 to NOV 2012
<b>Membership</b>	<b>Geraldine Nolan &amp; Marlene Cameron</b> membership@mountroyalstation.ca
<b>Newsletter: Ads</b>	<b>Susan Petersen</b>
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<b>Historic MR Beautification Committee</b>	<b>Charlene Prickett, Susan Hearn &amp; Val McFarland</b> urbanforest@mountroyalstation.ca
<b>Tennis Keys</b>	<b>Tina Dargan &amp; Geraldine Nolan</b> tennis@mountroyalstation.ca

## MOUNT ROYAL COMMUNITY NEWS

For Advertising, Inquiries or Submissions, contact:  
[newsletter@mountroyalstation.ca](mailto: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 (Winter 2013)

Deadline for Submission: January 12, 2013

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

Exceptional weather through the summer months brought more people out to our tree-lined streets for community events and for the showcase of our century homes.

The MRCA Stampede BBQ kicked off the summer, with over 300 members in attendance. There were a number of highlights; from the petting zoo to face painting, chuckwagon races to our own Al Fowler being officially "white hatted", the evening was the ideal neighbourhood party!

The Mount Royal Membership Drive continued into early summer, with Geraldine at the helm of what will prove to be one of the most successful membership drives in recent years. Her continued marketing efforts to increase awareness of the MRCA, paved the way to our current 330 member households - almost 100 more from this time last year!

The Historic Beautification and Safety Committee volunteers were out in full force, with graffiti removal and maintenance of the 7 parks and numerous traffic circle gardens that can be found throughout the community. The Committee has also met with City Roads and Parks, to discuss ideas for enhancing the appeal of our neighbourhood.

Century Homes, the City of Calgary's initiative to celebrate our city's heritage, was embraced by Mount Royal residents as banners sprung up throughout the neighbourhood. Given the historical significance of Mount Royal, numerous residents took the opportunity to research and showcase their 'Old homes-Great stories'. Building on this initiative, Al and Megan hosted a guided Century Homes walking tour in early August for over 60 participants. The event was tremendously received, it even made the evening news!

After almost 3 years of discussion, fundraising, and project management, construction finally took place throughout the summer on the Station deck. Juggling contractors, while continuing to successfully maintain the facility, was a full-time job for Darlene, Gwen and Tina. Their patience, relentless follow-up and critical decision-making, has afforded us all the opportunity to better utilize our refreshed Station and deck.

The Wine & Cheese party in early September was a perfect evening to unveil the new Station deck! Members enjoyed an evening complete with an operatic performance by Vice President, Krista! Once again our social planners, Al and Mike, hosted a truly memorable event.

Despite being 'recessed' for the summer months, your tenacious, talented Board worked tirelessly behind the scenes at all the community activities and projects. One could easily fill this newsletter with the activities and accomplishments of each Board Member. That being said, one needs only to peruse this publication, to make such a conclusion. Please take the time to meet this impressive team collectively at our Annual General Meeting, Wednesday, November 14th, 7:00 pm.

Looking forward to seeing you at the Annual Cocktail and Dinner Party and the AGM!

Debra Law

### 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 MRCA!



# MRCRA'S STAMPEDE BARBECUE

took over the Station grounds on JULY 4, 2012.

It was a Yeeha event for all ages, but really the little buckaroos and the critters stole the show!!!

Pony ridin', critter pettin', face paintin', kid bouncin',  
junior chucks.....

Why, heck, even a few oldie cowpokes & cowgals mosied on down for some free grub and (not-so-free) moonshine.

The MRCRA volunteer effort was SPECTACULAR!!!

Thanks so much for everyone's amazing efforts and dedication!!





## A Tribute to Our Friend and Neighbour

On September 13th, our dear friend and neighbour, Jeanne, lost her lifelong friend and husband, a devoted father to their 4 children, the Honorable E. Peter Lougheed.

While Peter's legacy will be felt nationwide, the impact in our own community will also be profound. It has been an honour to have Peter and his family live in and support our neighbourhood and humbly remind us all about the importance of family, friends and community.

"I'm a community person' Peter once said, "I think in terms of community before individual. That's the essence of Albertans and to a large extent that's the essence of Canadians as well."

On behalf of your Mount Royal Community, we wish to extend our sincere and heartfelt sympathy to you, Jeanne, Stephen, Andrea, Pamela and Joe.

A small book of condolences is set up at the Station, for anyone who would like to share your memories and thoughts of our friend and neighbour, Peter Lougheed.

Debra Law

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## Days of Hockey in Mount Royal

Neighbour, Doug Mair, recently donated a framed hockey jersey from the days of hockey tournaments at the Community Centre. Here are a few thoughts to ponder when checking out this new addition to the Station...

Community. Family. Sports.

Three descriptive terms that embody our community.

In the early years, Mount Royal community hockey teams were well known and competitive throughout Calgary and surrounding areas. Tyke, PeeWee, and Bantam teams regularly competed throughout the city. Many will remember "Carl" and his old tractor that had been modified to clean and flood the ice. The clubhouse consisted of a separate side for boys, another for girls, and a centre room that contained a gas-fired stove for warmth. It was pretty Spartan and we knew to dress warmly! The "pleasure skating rink" was located at the site of the tennis courts. On weekends, it was a hotspot for kids of all ages to gather as it was lit with large flood lights and occasionally boasted music. In the summer, the hockey rink was home to everything from road apples to a little race track for miniature cars with small gas-fired engines.

Each generation has experienced different uses for our community centre. Year after year, someone steps up to ensure that the current venue is functional and serviceable. There are no paid positions, just passionate neighbours who care. Our Mount Royal Station remains at the heart of community life.

If you have any items, memorabilia or unique stories from your years in Mount Royal, we would like to hear from you.



## Crime and Safety Message

With icy roads ahead, it is important to report incidences of dangerous driving in our neighbourhood. If you witness a speeder or reckless driver, particularly in school or playground zones, take note of the license plate and report it immediately to the Police. I have called 9-1-1 in incidences when I thought a traffic accident was imminent and they were very quick to respond. Please remind your teenagers and any new drivers the risks of speeding, especially in the winter. Also remember to be careful in school zones as students are known to jay-walk. Drive safely, report dangerous drivers and share this with all members of your family.

Megan McCarthy

	<b>CALGARY POLICE SERVICE</b>
<b>CONTACT INFORMATION FOR RESIDENTS:</b>	
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 <a href="http://www.calgarypolice.ca">www.calgarypolice.ca</a> and follow the links.	
REPORT - REPORT - REPORT	
Any Suspicious Activity! Statistics can be found on the Website under 'Crime Mapping'.	



## Upper Mount Royal is Graffiti Free

Thanks to the diligent efforts of the Mt Royal Graffiti Brigade, Upper Mt Royal has remained virtually graffiti free for the past year. While the graffiti problem in Lower Mt Royal has definitely improved, more volunteers are needed from that area to win the war. North American research and our own experience show that when graffiti is quickly removed, vandals lose interest in those targets and move on to surfaces which are not regularly cleaned. With graffiti stewards all over the community, we achieve a remarkable reduction in graffiti and its associated vandalism.

While volunteers commit to taking care of a specific area or graffiti target, many of us also carry graffiti remover in the car trunk and clean off any tags we spot in the community. We welcome all new volunteers for this task. Removal is quick and easy. The Beautification Committee of the MRCA will give you a complimentary bottle of remover and an aluminum scrub pad and show you how to use it. The graffiti remover we use is the same product used by the City of Calgary Bylaw Department. It is biodegradable and not classified as carcinogenic by any regulating agencies.

For more information or to volunteer, email [beautification@mountroyalstation.ca](mailto:beautification@mountroyalstation.ca).

## A Letter From A Concerned Neighbour

Yesterday, I witnessed a driver pass another car, through a crosswalk, in the playground zone on Hillcrest Avenue.

This was a particular sensitive sighting for me as a few years ago, one of my children was nearly run down by a driver doing the same thing, in the same spot. Luckily, his mother pulled him back at the last moment. Other parents intervened, stopped the driver and called police. The young driver was charged, my wife went to court as a witness and the individual was convicted.

On this occasion yesterday, I followed the vehicle and asked him to stop. The young driver had less than a cooperative or compassionate attitude. I told him I had his license plate number and that I would call the police. His attitude was such to go ahead and he was not concerned (however worded differently).

I decided to lay a formal complaint. The driver's attitude was such that he was likely to repeat the offence, thus posing a risk to our neighbourhood (and at the very minimum, projecting disrespect for our community and safety).

The police visited the culprit's home and his father was not impressed. The officer discussed the consequences for such an offence. On hearing what the offender agreed to do as a consequence, I decided to leave it at that, objective accomplished.

There are many vehicles that continue to pass through Mount Royal. I have witnessed excessive speed and going through stop signs. I encourage all residents to report any such offences in our community. The Police appreciate our assistance.

We have made many great strides in Mount Royal for the safety and enjoyment of our community. I think it is time we effectively address our traffic issues in conjunction with the Police.

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## Century Homes 2012

Fall Greetings, Mount Royal!

We had a great summer celebrating our 100 year old homes, including an old-fashioned picnic in the park and our August walking tour during Historic Calgary week. Thanks to all of you who displayed yard signs and banners. Your local coordinator will be contacting you with updates and a participant survey to see how you would like to proceed with this initiative next year. Check the website for information [www.centuryhomes.org](http://www.centuryhomes.org). If you are interested in joining the initiative, contact Megan McCarthy at [mcfolkies@gmail.com](mailto:mcfolkies@gmail.com).

## Happy 1 Year Anniversary, Mini Mountaineers!!

Our growing playgroup continued every Wednesday through the summer, with the exception of the last 2 weeks of August. Despite many families being away, each Wednesday morning the Station was a frenzy of activity with little ones and their caregivers! The summer also brought a few "new arrivals"; Joanna, Spencer & Madeleine - WELCOME LITTLE ONES! If you have not yet had a chance to join us, pop by the Station Wednesday mornings from 9 - 11 am. Your MRCA Membership is the only thing needed to attend, available at the playgroup if you have not yet had a chance to enroll!

In celebration of our 1 year anniversary, we will be having a SPOOKTACULAR party too, on WEDNESDAY OCTOBER 31<sup>st</sup> (details to be sent via Mini Mountaineer email). Once again, a very special thank you to Krista & Geraldine for ensuring everyone continues to be informed, treats are abundant and the doors open every week!

Contact [vicepresident@mountroyalstation.ca](mailto:vicepresident@mountroyalstation.ca) to be included on our mailing list.



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## Skateboard Blues

The beautiful weather this summer brought some not so enjoyable activity to our Community. Of most recent controversy, was the skateboarding activity at the Station Park.

This topic was first brought to the Board's attention in late May, resulting in a lengthy discussion over the pros and cons of Boarders at the June meeting. At the time, we had limited feedback from Mount Royal residents, so alternatives and solutions were sought to encourage this safe venue for outdoor play. Despite brainstorming with the Skateboarders themselves for solutions and soliciting ideas from residents, other communities, Liaison Officers and the City it became clear that various groups of (unruly) Boarders made it difficult to keep this activity at the Station park. Subsequently, skateboarding was banned by early August.

Pertinent signage was installed and skateboarding paraphernalia was removed. Graffiti was cleaned and debris was removed from the park. While extreme, the measures taken provided immediate results. While very unfortunate for all the well-behaved Boarders, it became clear that such extreme action was necessary.

If you have any questions, concerns or comments on this topic, do not hesitate to contact me directly at [president@mountroyalstation.ca](mailto:president@mountroyalstation.ca).

Debra Law

## Women + Creativity

Do you have something creative you like to do? It may be gardening, listening to music or decorating. Your creative outlet may be movement – the burn of a good run, or the flush of a salsa class. They may seem small, but by immersing yourself in the pleasure of it, you are tapping into a healing reservoir deep within yourself.

Creativity is something we ALL have (yes – even all you self-proclaimed non-artists!). It often gets measured by whether you can draw a straight line, paint a portrait of your dog or follow along a flash mob dance number. However, true creativity is just our natural state of being. When we are healthy and in touch with our creative capacity, we can problem solve effectively, express ourselves and communicate clearly to others. Best of all, we feel inspired to nurture the people around us and create a life we love.

In my work as an art therapist, I see first-hand how life-altering it is for women to connect with their creative depths. In this busy, world, women need a creative space to re-discover our creative impulses, let go of perfectionism, and celebrate our creative powers. So, as this busy season of autumn begins, I invite you to open your mind and heart, take a moment to do something creative that you love, and allow your own healing intelligence to lead the way.

*Kristin Boettger RCAT CCC MA is a registered art therapist in Calgary and offers art groups for girls, women, mothers and daughters at the Station every Wednesday night, call 403.400.2787 or visit [www.kristinboetger.com](http://www.kristinboetger.com).*

### Your 2012 MRCA Board

The MRCA Executive and Board is made up of busy, hard working professionals, who volunteer to make our Community an even better place to live.

“...It gives me a great opportunity to know what is going on in our neighbourhood. It has allowed me to connect with community members that I might not otherwise have met.”

“...I have benefited greatly from the common areas of the community over (20 plus) years. ... I thought it was time to give back.”

“...It is certainly a bonding experience sharing our appreciation for our neighbourhood!”

“Being involved is life-affirming!”

With accountants, presidents, domestic engineers (stay-at-home parents) , philanthropists, opera singers, retirees, empty nesters, doctors, life coaches, bankers, nurses and entrepreneurs, the collective experience of this group has made for dynamic brainstorming and has enabled unique projects in our community. With a combined total of 35 children, 8 pets, 27 years of working on the Board and 163 years of living in Mount Royal, this incredible team works year-round to support all residents of Upper and Lower Mount Royal.

At the AGM on November 14<sup>th</sup>, 7pm, please join us in sharing the 2012 successes of the MRCA and put faces to the names of these incredible neighbours who do so much for our Community. If you are interested in joining our team, please contact us for details and potential openings on our 2013 MRCA Board.

# Mount Royal Historic House Walking Tour

August 5, 2012

On a hot August day, more than 70 intrepid souls, equipped with tour booklets, bravely set out on a 2 hour trek to tour Mount Royal's amazing historic homes. Megan McCarthy led the troupe and provided colour commentary on our neighborhood's amazing history.

If you were unable to participate in this exciting event, feel free to follow our self-guided walking tour that follows or check out the MRCA website for a more detailed tour booklet.

Many thanks to Megan, Al Fowler and Debra Law for their great work on assembling data on the historic homes and for creating such an outstanding event!!!

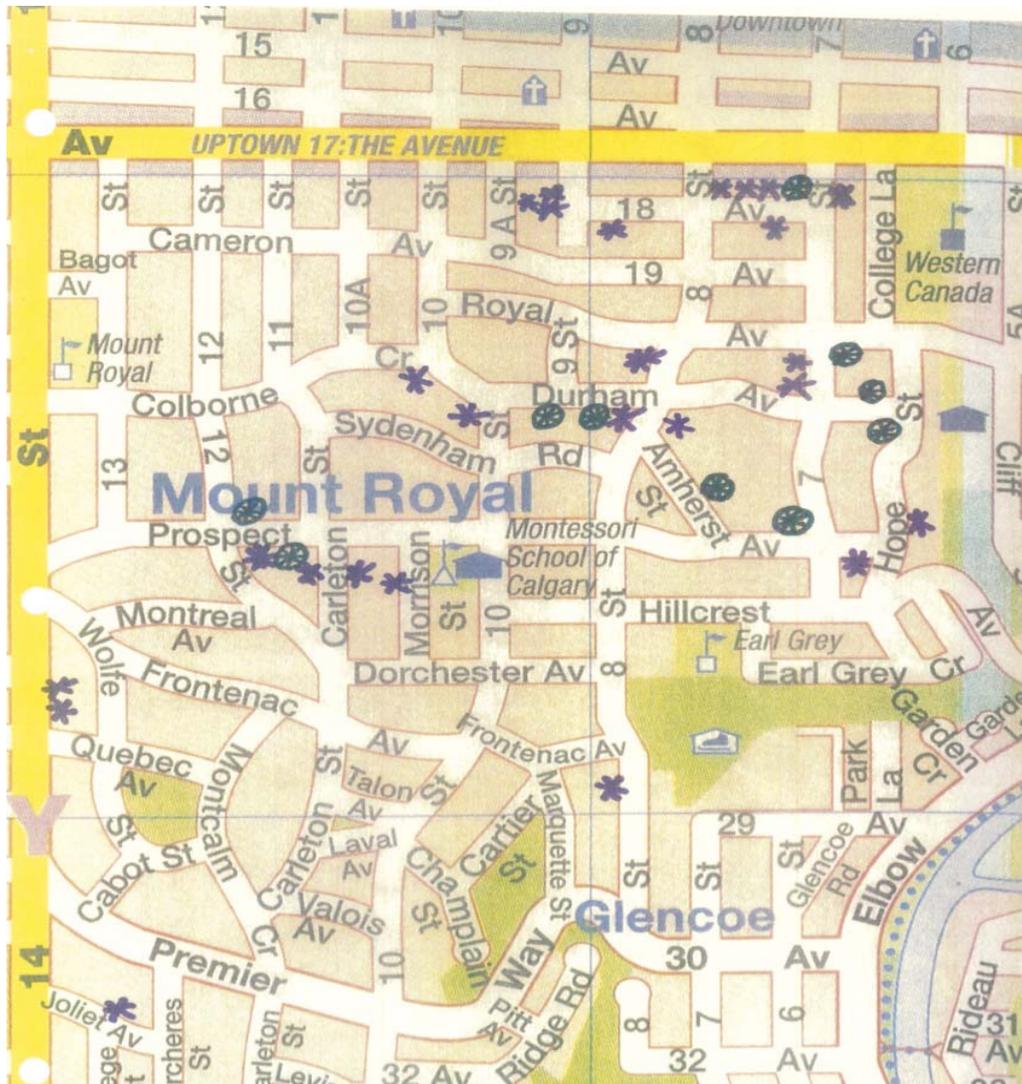


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## Mount Royal *Self-Guided* Historic House Walking Tour

It's a great time of year to do a historic walking tour of our neighbourhood! What follows on the next few pages is a self-guided walking tour to help you navigate the historic homes of Mount Royal. It's easy! On the next page, you will find a map denoting the tour, followed by interesting facts about each stop along the way. The homes that follow are certainly not the only century homes in the neighbourhood, but it makes for a great walk!

# Mount Royal *Self-Guided* Historic House Walking Tour



## ❖ 2208 Amherst St. SW “Coste Estate”

- 1912 – Private residence of natural gas pioneer, Eugene Coste. It has been used as a museum, Allied Arts Cultural Centre and as a school. In 1960, it was sold again as a private residence.

## ❖ 802 Prospect Ave. SW “R.B. Bennett House”

- 1912 – Prime Minister Bennett was the second owner, purchasing it in 1920 prior to his wedding. When the marriage was called off, he did not move in and immediately resold it.

## ❖ SW Corner of Hope St. and Durham Ave. SW

- Example of an old English garden. The designer, Don Heimbecker, now deceased, specialized in Canadian roses. At its peak, in the year 2000, there were over 200 varieties of shrub and tender roses.

# Mount Royal *Self-Guided* Historic House Walking Tour

- ❖ **708 Durham Ave. SW “Strong Coach House”**
  - 1911 – Formerly part of the Louis P. Strong estate, built 3 years after the main house. During the hard times that followed WWI, Strong rent out the second floor to a family who lived there for 10 years. In 1945, it was sold and turned fully into a residence. The Strong main house burned down in 1998.
- ❖ **717 Royal Ave. SW “A.J. Sayre House”**
  - Built prior to the 1912 building boom (as with the beltline mansions on 12<sup>th</sup> and 13<sup>th</sup> Ave., such as the Loughheed House). In 1923, it became the Ursuline Convent of Music and until recently still had a large cross on the roof.
- ❖ **804 18 Ave. SW “Anderson Apartments”**
  - 1911 – Distinguished by its “H”-shaped architectural design and eclectic features, such as a brass bird-cage elevator (still in use!).
- ❖ **925 Durham Ave. SW**
  - Originally built as a single-family dwelling, it was re-worked into a Boys’ Home, complete with several bathrooms with urinals and toilet stalls. In the 1960s, it was made into a single family home once again. It is said that the owners had so many children, they kept the bathrooms as they were!
- ❖ **1035 Durham Ave. SW**
  - Home to many interesting people: William Herron, grandfather of the oil and gas industry, the family of successful entrepreneur, Albert Mayland and electric utility giant, G. Harry Thompson.
- ❖ **“Wills Sanitorium”**
  - 1904 - Once stood alone at the top of “American Hill” to house TB patients. No treatments were available for TB at that time apart from refuge in cool, dry climates. Dr. Wills died from a head injury in a bicycle accident while descending towards downtown. His widow sold the property in 1908 to Richard L. Morrison (hence, Morrison St.). It became a convalescent home until it moved to Royal Ave. in 1932. The Morrison site sat vacant and eventually burnt down.
- ❖ **1213 Prospect Ave. SW “King House”**
  - 1912 – Built by Charles Traunweiser, a Calgary hotelier. He was an early pioneer, arriving in Calgary in the 1880s from New York.
- ❖ **1228 Prospect Ave. SW “Patrick House”**
  - Its owner, Omer H. Patrick, was the founder and first president of the Calgary Zoological Society. The dinosaur exhibit was very much his own creation. The Calgary Zoo became one of the most successful zoos in Canada.

## The MRCA Wine & Cheese Party

Our Wine & Cheese Party took over the Station on Saturday, Sept. 8.

It was a beautiful evening and the event was the perfect inauguration of the Station's amazing new deck. With a focus on Italian wines, the highlight of the evening was a stunning opera performance by the trio of Krista de Silva, Whitney Leigh Sloan and Maika'i Nash

Sincerest thanks go to all the fantastic MRCA volunteers!!!



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## Corners

Enjoy our 100 year old trees....

At the corner of Amherst and Prospect, take a moment to appreciate the 100 years of experience this tree has acquired. And who do we have to thank? In the early 1900s, Calgary Parks Superintendent, William Reader, transformed the dusty and dry Calgary into the "Garden City of the West". Before 1931, Reader supervised the planting of 105 km of boulevards with 21,495 trees.





**ALLISON REDFORD**  
MLA, CALGARY - ELBOW

Dear Friends,

Alberta leads the country in housing starts, has the lowest unemployment rate, the highest job growth and the lowest overall taxes. Your government is working hard to protect these advantages.

Even in Alberta, though, we are not completely insulated from global economic uncertainty. Volatile oil prices and low growth among our friends and neighbours have impacted Alberta's fiscal picture. If revenue remains low, your government has plans to further tighten its belt to address pressures. We will cap overall operating spending, increase in-year savings to at least half a billion, review capital spending and respond to emergent needs as necessary.

Currently, the province is on track to achieve economic growth of 3.8 per cent in 2012, nearly double Canada's expected growth rate.

Your government will honour its commitment to Budget 2012, and we will continue to invest in key infrastructure such as roads, health facilities and municipal capital projects that are high priorities for Alberta families and will meet the needs of a growing province.

To learn more about the first quarter fiscal update, please visit [www.finance.alberta.ca](http://www.finance.alberta.ca).

Warm regards,

*Alison Redford*  
MLA, Calgary - Elbow  
#6, 22 Richard Way SW  
Calgary, Alberta T3E 7M9  
Tel: 403-252-0346  
Fax: 403-252-0520  
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**JOHN MAR**  
ALDERMAN, WARD 8

In early June, Calgary Transit issued a news release announcing the launch of RouteAhead: A Strategic Plan for Transit in Calgary.

RouteAhead is a 10-month project to examine Calgary Transit's priorities, improvements and direction over the next 30 years. It will build upon the existing Calgary Transportation Plan (CTP) and will explore new ways to better serve Calgary Transit customers.

The team will focus on several areas:

- Customer service objectives—How does Calgary Transit make sure our decisions are focused on customers?
- Capital infrastructure plan—How should the City invest in fleet, facilities and other infrastructure to support our long-term goals?
- Service delivery objectives—How Calgary Transit's products and services change over time to meet our long term objectives?
- Fiscal strategy—What funding is required to support a high quality transit service?
- Organizational structure and governance structure for Calgary Transit to reach its long term goals?

If you would like more information on this project, please visit [www.routeahead.ca](http://www.routeahead.ca).

*John Mar, Alderman*  
Ward 8  
Tel: 403-268-2430  
Fax: 403-269-3823  
[www.johnmar.ca](http://www.johnmar.ca)  
[www.calgary.ca/alderman/ward8](http://www.calgary.ca/alderman/ward8)



## FUN WITH FOOD: FRESH AND LOCAL

High-quality, seasonal, local produce is abundant right now. Many fruits and vegetables are at their peak of freshness: ripe and ready to enjoy. Visit our local markets to access the best regional products, avoiding the 'Big Box' stores who seem to provide items from south of the border!

An easy, healthful and quick dessert can be made with almost any fruit or berry. Sweeter fruits require less sugar, so experiment to find the taste you enjoy. Everyone loves Apple Crisp, but you can try different fruits or combinations for variety. Serve warm with frozen yogurt, ice cream or (naughtily) heavy pouring cream! There are seldom any leftovers, but this is perfect cold, for school lunches.

### APPLE CRISP

Butter a shallow baking dish(4"), glass or ceramic preferred. Pre-heat oven to 350 F.

Prepare fruit: 4-5 cups in total, peel, core and slice apples (Early MacIntosh cook up soft and flavourful)

Layer fruit in prepared dish with 1/3 cup brown sugar and generous sprinklings of cinnamon



Top with crumb mixture:

- 1/2 cup flour (white or whole wheat)
- 2/3 cup oatmeal (small or large flake)
- 1/3 cup brown sugar
- 1/2 tsp. salt
- 1 tsp. ground cinnamon

Pour 1/3 cup melted butter or margarine over dry ingredients, stirring until crumb texture forms. Sprinkle over fruit and bake. A delightful variation incorporates blackberries with the apples, for a really special flavor! Bake 35 - 40 minutes, until browned and bubbling.

Val McFarland, Home Economist and Professional Dietitian



Girl Guides  
of Canada  
Guides  
du Canada



### Blackfoot District Guiding

We are looking for new and returning girls and women to join us for "fun and adventure". Guiding provides all girls with an opportunity to learn new skills, try new activities, develop self esteem and leadership skills.

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 for the 2012/2013 season can be done online by going to [www.girlguides.ca](http://www.girlguides.ca) or call Calgary Area Girl Guides at 403-283-8348 for more information on how to register in a unit in your community.

*Girl Greatness Starts Here!*

## Memories of Mount Royal

Our home, 2714 Montcalm Crescent SW, was completed in 1930. My parents, brother and I (under the age of one year) moved in around mid-year. I understand that at that time, about one third of the block was undeveloped vacant property. South Mount Royal Park had not been developed and horses were regularly tethered there during the summer months. My home is probably somewhat unique since it has passed through the family for four generations!

As a youngster, one of my happy activities was skating at the Mount Royal rink. The Community Centre was a building about the size of a double-car garage with benches along each side wall. Heat was provided by a cast iron unit in the centre of the room and on cold days, we used to cluster close to it to keep warm.

Earl Grey School was a massive sandstone structure with the boys' entrance on the north side and the girls' entrance on the south. There was no playground other than a ball diamond but there was loads of empty land around the school in which to play.

Bill Selby

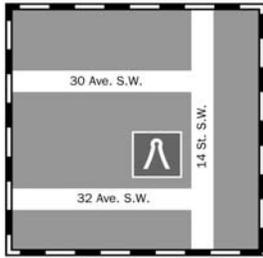
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## Call for Submissions!

We'd love to hear from you! Please share with us anytime, but we are currently looking for stories:

- ★ If you (or anyone you know of) are involved in an interesting project or activity! What cool things keep you busy?
- ★ Any kids/teens you know of who are involved in something great. (charities, community development, athletics, academics)
- ★ Memories and experiences you have had in our great neighbourhood





## 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](http://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.

### 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 [www.birthandbabies.com](http://www.birthandbabies.com). Ages 2 to 9 months with a parent/caregiver.

Fridays, Oct 12 to Nov 02

10:30 a.m. - 12:30 p.m.

*Registration required*

### Slow Food Calgary

Learn how a local food map and some simple culinary lore can inspire a fundamental and delicious change in how we live. Presented by Slow Food Calgary.

Monday, Oct 1

7:00 - 8:30 p.m.

*Registration required*

### Film: Then and Now

Join us for a fun and educational look at how modern film auteurs look to films from the past for ideas and inspiration.

Thursday, Oct 11

7:00 - 8:30 p.m.

*Registration required*

### Create A Card

Try out the basic forms of a calligraphic alphabet with a special marker, and make a birthday card. Presented by the Bow Valley Calligraphy Guild.

Ages 9 and up

Saturday, Oct 13

2:00 - 4:00 p.m.

*Registration required*

### Black and White Photography

Discover the beauty and elegance of this traditional photographic technique. Presented by Patrick Kornak.

Tuesday, Oct 16

7:00 - 8:30 p.m.

*Registration required*

### Career Basics: Moving Forward - Mid-Life Career Change

Learn about the unique challenges and opportunities that come with looking for work mid-life, along with resume strategies. Workshops are led by professional career practitioners from Bow Valley College's Career Connection.

Thursday, Oct 25

6:30 - 8:30 p.m.

*Registration required*

### Natural Building

Using clay, sand, straw, wood, and stone, natural building combines ancient wisdom with modern understanding. Discover the techniques that bring health, comfort, and beauty to any home or community. Presented by Dirt Craft Natural Building.

Ages 18 and up

Monday, Oct 29

7:00 - 8:30 p.m.

*Registration required*

### Talk by Two - Early Communication Development

Learn the stages babies go through when learning to talk, as well as techniques to help young children communicate. Presented by Alberta Health Services.

Register by calling 403-955-1300.

Monday, Nov 05

6:30 - 8:30 p.m.

*Registration required*



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**ELBOW PARK**  
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Chinook Park – Offered at \$849,900 – Represented Seller & Buyer  
Mount Royal - Offered at \$1,150,000 - Represented Buyer  
Altadore – Offered at \$1,599,000 – Represented Seller  
Lakeview Village – Offered at \$1,799,900 – Represented Seller  
Elbow Park – Offered at \$2,150,000 – Represented Seller

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# Your Mount Royal Community Membership



## What's it all about?

We live in a beautiful inner city neighbourhood that takes pride in its community's environment. A team of dedicated volunteer board members work on your behalf to make the Mount Royal community a sought-after place to live. Your membership offers terrific value and means that you can:

### Attend Exciting Events

- skating party • summer BBQ • wine & cheese party • annual dinner party

### Use the MRCA Facilities

- skating rink • tennis courts • playground • clubhouse rental • children's playgroup

### Support and Stay Informed

- graffiti removal • historic appreciation • beautification • crime and safety • traffic  
• community development • newsletters

### It's easy to join!

- Go to [www.mountroyalstation.ca](http://www.mountroyalstation.ca) and sign up or
- Complete 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 Membership Effective January 1 - December 31, 2012

Family Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

<input type="checkbox"/>	MRCA Family Membership	\$45	\$ _____
<input type="checkbox"/>	Seniors Membership – Over 65	\$20	\$ _____
<input type="checkbox"/>	Single Membership	\$20	\$ _____
<input type="checkbox"/>	Associate Membership Non-Resident	\$90	\$ _____
<input type="checkbox"/>	Tennis Key Fee (members only, non-refundable)	\$15	\$ _____
<input type="checkbox"/>	Donation to the Community (tax receipt <input type="checkbox"/> Yes <input type="checkbox"/> No)		\$ _____
<input type="checkbox"/>	Interested in Volunteering? <input type="checkbox"/> Yes <input type="checkbox"/> No		
		TOTAL	\$ _____