



# MOUNT ROYAL COMMUNITY NEWSLETTER

2317, 10 Street SW, T2T3G7

MARCH • APRIL 2008

## PRESIDENTS MESSAGE

Hello neighbours,

Did you know that your community membership expires December 31st of every calendar year?

January 1st always finds your MRCA Executive discussing ways to build the membership base again for the coming year. Throughout the year, you see those initiatives come to fruition in the form of skate parties, summer barbecues, tennis programs and the progressive dinner, to name a few. We really look forward to receiving your membership renewals as validation of the work that gets done.

However, if we have to buy your validation and affection, well, we're prepared to do that as well.

We went out and begged some of your generous neighbours - who own or operate great businesses - looking for good loot, adding value to your membership. Here's what we came up with:

Elisabeth, from (add logo) will be providing every active MRCA member with a reduced rate voucher to use at her very chic spa down on the waterfront. And, for one lucky member, we will have a great gift for you from the spa!

Dewey, who oversees operation at Brava Bistro on 17th Avenue, has generously offered the MRCA 3 three course meals for two, to give out to lucky members of the MRCA. AND, WestJet will also be offering "the gift of flight" for one lucky MRCA member and a guest, for round trip travel on WestJet's network.

Become a member today and maybe I'll meet you at the spa for a pedicure!

- Gerry Erlam

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**CLO, Cst. Courte 567-6200**

2317 10 Street SW T2T 3G7

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

# MOUNT ROYAL COMMUNITY NEWSLETTER

2317 10 Street SW, Calgary, T2T 3G7

## OFFICERS

Term: NOV 2007 to NOV 2008

### President

**Gerry Erlam**

208-8392

gerry@mountroyalstation.ca

### Past-President

**Marla Klassen**

244-2083

marla@mountroyalstation.ca

### Vice-President

**Kuno Ryckborst**

245-8215

kuno@mountroyalstation.ca

### Secretary

**Glenda Campbell**

gcampbell@mountroyalstation.ca

### Treasurer

**Charlene Anderson**

canderson@mountroyalstation.ca

## DIRECTORS

Term: NOV 2007 to NOV 2008

### Membership

**Janet St. Germain**

janet@mountroyalstation.ca

### Social Events

**Jane Perry**

244-4188

janeperry@mountroyalstation.ca

### Community Development

**Michael Evans**

michael@mountroyalstation.ca

### Communications

**Jane Keyser**

newsletter@mountroyalstation.ca

### Traffic Safety

**Bob Weaver**

bob@mountroyalstation.ca

### Facilities

**Dagmar Jamieson**

229-9753

dagmar@mountroyalstation.ca

## MOUNT ROYAL COMMUNITY NEWS

Editor, Submissions  
Layout, Design

newsletter@mountroyalstation.ca  
Carolyn Munnoch, B. Des.  
cmunnoch@shaw.ca

**For Advertising, Inquiries or Submissions;**

**Contact [newsletter@mountroyalstation.ca](mailto: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.**

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## 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](mailto:newsletter@mountroyalstation.com)

## FIVE LINES FREE

BUY-SELL-TRADE-RENT

Deadline for March • April issue is April 12th. E-mail your "Five Lines Free" to [newsletter@mountroyalstation.ca](mailto:newsletter@mountroyalstation.ca)

A Mount Royal Resident (senior) is looking for an energetic person to shovel sidewalk and driveway. Please call Margaret at 244-0989.

## FACILITIES REPORT

There are several things to note in this edition of the Newsletter. Firstly, Sean Kehoe has once again done a superb job of making and maintaining the ice rink this year. Thank you Sean for all the early mornings and late evenings that we see you sweeping and flooding the ice.

We have also seen an increase in rental revenue from the clubhouse, which reflects the increase in usage as community members enjoy our comfortable facility

Lastly, several yoga classes are being run on Tuesdays at the clubhouse. For more details please see Jennifer Golding's add in this newsletter.

- Dagmar Jamieson

## CALGARY TRANSIT ADDRESSING SAFETY AND CLEANLINESS CONCERNS

Some much anticipated news for all of us, even those of us that don't use public transit will be happy to hear that Calgary Transit is moving forward to improve the safety of its customers and employees and cleanliness of its vehicles and facilities.

Calgary Transit operates a successful, world-class transit system that carries over 500,000 people every week day, but shares the concern of those who feel improvements can be made to enhance safety and cleanliness and is moving to address those concerns.

Calgary Transit will be participating in a safety audit and is committed to working with the audit team. Calgary Transit has already committed to improvements and is making changes to improve safety and security of the transit system and cleanliness of vehicles and facilities.

Lighting is being improved at C-Train Stations and more Protective Services Officers are being hired to patrol the system. Additional staff is being used to heighten visibility on the trains and stations; these new staff will be conducting routine walk throughs of stations and C-Trains to enhance visibility of Calgary Transit staff, thus increasing the safety of their services. As well, more cleaning staff is being added to ensure C-Trains Stations and vehicles are frequently cleaned.

A new security office, staffed by Calgary Transit Protective Services Officers, will open in March on the Centre Street platform on 7th Avenue.

This will increase the visibility of uniformed officers patrolling the system, especially in the downtown core.

Calgary Transit is also launching a safety awareness campaign that focuses on informing the public about safety and security features available on the C-Train system such as Help Phones, surveillance cameras and patrolling Protective Services Officers.

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](http://www.calgary.ca/alderman/ward8).

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

- John Marr, Alderman Ward 8

## LETTER FROM LEE RICHARDSON, MLA

Canada's participation in Afghanistan is part of a United Nations mandated effort to fight terrorism, support a democratically elected government and lay the foundations for human rights.

Last fall Prime Minister Harper appointed former Liberal Foreign Affairs Minister and Deputy Prime Minister John Manley to Chair an Independent Panel on Canada's Future Role in Afghanistan. The panel was mandated to review, analyse and make recommendations on Canada's future engagement in Afghanistan beyond February 2009, the date committed to by Parliament.

After months of study and investigation the Panel issued a balanced, thoughtful and comprehensive report to Canadians. The Prime Minister has spoken with Mr. Manley and advised him that our Government broadly accepts the recommendations put forward.

More precisely, we accept the panel's specific recommendation of extending Canada's mission in Afghanistan if certain conditions are met; namely, the securing of a NATO partner or partners in Kandahar province with additional combat troops and equipment capabilities.

Our government recognizes that we cannot continue beyond 2009 without the deployment of at least 1000 additional troops from our NATO allies to the Kandahar region. The Prime Minister has been in contact with the leaders of other NATO countries, seeking their support for this objective.

Once additional international cooperation has been confirmed, our government will bring a motion before Parliament, seeking support for Canada's way forward.

For more information on the Expert Panel's report, please visit <http://www.independent-panel-independent.ca/main-eng.html>

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](mailto:Richardson.L@parl.gc.ca).

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# MEMBERSHIP AWARENESS MONTH

Your community association is a group of volunteers who work to make your community a great place to live for residents of all ages. It provides: a voice for the community on changes and new developments that affect residents; information, programs and support, low cost recreation, sports and social activities and discounts for members on various goods and services.

You can become involved with your community association in two important ways:

- a) **Become a member** – when you purchase a membership in your community association, your dues are used to offer you and your neighbours many programs and activities.
- b) **Become a volunteer** – Community Associations rely on volunteers to make things happen. There are many ways you can volunteer to make your community a more enjoyable place to live. At the same time you will make new friends and learn skills.

## TEN GOOD REASONS TO JOIN YOUR LOCAL COMMUNITY ASSOCIATION

1. **Programs and Services for all Ages – Preschoolers to Seniors**  
Community Associations offer programs directly or provide support to other organizations offering programs such as Girl Guides. Many associations also partner with the City of Calgary to offer such programs as Park n Play and Youth Drop-in programs. Community associations may also provide support services to residents in need such as snow shovelling for seniors.
2. **Sports**  
Community associations offer organized sport opportunity for children and youth such as baseball, basketball, skating, hockey, soccer, ringette as well as many others.
3. **Community Safety**  
Block Watch, Block Parent and bicycle safety programs are examples of how community associations ensure safety in the neighbourhood.

### 4. **Special Events**

Many events are provided throughout the year which provides families an opportunity to meet others in the community and have some fun. Events include stampede breakfasts, craft fairs, skating parties, recycling days, and many others.

### 5. **Awareness and Responsive to Planning and Development Issues**

The community association makes every effort to keep track of development and planning proposals in the areas such as transportation, roads, park and playground development, and traffic issues. The City of Calgary often consults with the community association on these issues.

### 6. **Community Newsletter**

The community association communicates to the residents the activities, programs and services that are happening in the community through a regular newsletter.

### 7. **Facility Operations and Rentals**

Many community associations operate a facility that is available for programs, meetings, social and private functions. Outdoor ice rinks and tennis facilities are also maintained for the benefit of the community residents.

### 8. **Home and Auto Insurance Discounts**

Membership does have its benefits. Toole Peet Insurance will provide special group rates for all community association members. Call Normand at 245-1177 for your quote today.

### 9. **Representing the Community on Regional Committees and Initiatives**

Community association designates represent the community on regional issues of interest such as major parks, major infrastructure projects in the area or social issues.

### 10. **Improving the Quality of Life**

Community associations are created by individuals who want to improve the quality of life for themselves and others in the community. Share the feeling of community pride-become a community association member and volunteer.

Join today by logging onto  
<http://www.mountroyalstation.ca/join.php>

## PROCLAMATION

Community associations are an important part of life in Calgary. They provide a variety of recreational and educational programs for Calgarians and contribute significantly to the quality of life in our community. These organizations are coordinated entirely by volunteers.

Whereas: There are 137 registered community associations currently operating in and around Calgary;

Whereas: Community associations bring residents together in a way that enhances our city, our lifestyles, and our surroundings;

Whereas: During the month of March, community associations across Calgary will focus on increasing membership awareness.

On behalf of City Council and the citizens of Calgary, I hereby proclaim the month of March 2008:

### “COMMUNITY ASSOCIATION MEMBERSHIP AWARENESS MONTH”



**DAVE BRONCONNIER**  
**MAYOR**





**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												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Year	07	07	07	07	07	07	07	07	07	07	07	07
ASSAULT	2	0	0	0	0	0	0	0	0	0	3	3
STREET ROBBERIES	1	0	0	0	0	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	2	0	0	2	0	0	5	1	2	0	2	0
- SHOP	0	0	0	0	0	1	0	0	0	0	0	1
- OTHER	0	0	0	0	0	0	1	0	0	0	0	0
THEFT OF VEHICLE	0	0	0	0	2	0	3	0	0	0	0	2
- FROM VEHICLE	3	0	1	0	2	2	1	1	7	1	0	0
MISCHIEF	2	1	1	0	0	1	1	1	0	3	2	1
Crime Rate:											2006	2007
Person Crimes (per thousand population):											0	NA
Property Crimes (per thousand population):											26	NA

LOWER MOUNT ROYAL												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Year	07	07	07	07	07	07	07	07	07	07	07	07
ASSAULT	2	1	4	0	1	0	4	3	2	2	0	1
STREET ROBBERIES	0	0	0	0	0	0	0	1	1	1	2	0
COMMERCIAL ROBBERIES	0	0	0	0	0	0	0	0	0	0	0	0
BREAK AND ENTER - HOUSE	1	1	1	1	0	1	2	1	1	0	0	0
- SHOP	0	1	3	0	5	1	2	0	2	1	0	3
- OTHER	0	0	0	0	0	1	0	0	1	0	0	0
THEFT OF VEHICLE	6	1	2	1	4	3	2	2	4	3	6	2
- FROM VEHICLE	2	3	4	3	9	9	8	7	13	12	8	6
MISCHIEF	5	2	4	3	7	12	11	4	7	3	8	3
Crime Rate:											2006	2007
Person Crimes (per thousand population):											13	NA
Property Crimes (per thousand population):											119	NA

**ACTIVITIES THAT MAY INDICATE THE PRESENCE OF A DRUG HOUSE**

Alone, any of these activities or signs may not mean that drug dealing is occurring. However, some or several of them happening together may indicate a problem.

1. A house or apartment having frequent visitors at all hours who aren't residents of the neighbourhood or don't look like they belong.
2. Residents seem to have no jobs or means of supporting their lifestyle.
3. Numerous visitors staying for very brief periods of time.
4. Visitors and/or vehicles tend to be the same (repeat visitors...varied frequencies).
5. Exchanges between individuals that appear to be drugs and/or money.
6. Persons carrying pagers, Blackberrys and/or portable telephones.
7. Adults or youth appearing to be lookouts in front of or behind homes or apartment buildings.
8. Residents appearing to be "renting out" their apartment for short periods of time to someone else.
9. The action of a specific signal, such as a porch light being turned on, when "business" is being conducted or suspicious activity increases.
10. The house appearing "fortified" in an unusually extensive manner to prevent police entry.
11. Shades or blinds constantly being drawn, though the house is occupied.
12. The presence of pop cans, plastic bottles etc. that have burn marks. These may have been used as crack pipes.
13. Increased late night activity in alleys near an address.

**What is a Crack House?**

A crack house is usually a place where "crack" is sold. The actual crack cocaine is usually produced at another location.

**What is Crack?**

"Rocks" are crystallized in the "cooking" process (known as "rocking up") and sold as individual or multiple "rocks." These "rocks" can only be smoked and this usually takes place either on the premises

or shortly thereafter. The drug produces an intense and almost immediate high— smoking it allows doses of cocaine to reach the brain within seconds and the effects last about 15 minutes.

### **IMPORTANT TELEPHONE NUMBERS:**

Calgary Police Service Complaints Line  
(403) 266-1234  
District 3 Community Liaison Officer  
(403) 567-6300  
District 3 Police Office  
(403) 567-6300

### **WHAT YOU CAN DO ABOUT A DRUG HOUSE ON YOUR BLOCK**

1. Call the District Community Liaison Officer to report suspected drug dealing activity.
2. Have a Community problem-solving meeting; agree to get involved in some/all of the ways listed below. Your Community Liaison Officer can help set up this meeting.
3. Survey your neighbours to learn their concerns, get their suggestions for strategies and solutions, and ask what they're willing to do.
4. Obtain good descriptions when drug deals are seen. Collect licence plate numbers and other descriptions and document dates and times of activity. This information will assist with the police investigation.
5. Call or write landlords about problems at their property, or advise your Community Liaison Officer.
6. When drug dealers are evicted, work with the landlord to get responsible tenants.
7. Make homes available for surveillance of activity at the drug house.
8. Call appropriate authorities for any and all problems at the address: e.g. 911 for fights, etc.; Housing Inspections for building problems, etc.
9. Identify and address conditions that may contribute to the drug problem at a specific location (for example: poor lighting, overgrown brush, abandoned house [keep boarded up] etc.).

# **Bylaw Bulletin**

[www.calgary.ca/animalservices](http://www.calgary.ca/animalservices)

## **SPRING THAW**

With The First Day Of Spring Approaching, There Are A Few Things To Consider In And Around Your Property:

- Make Sure To Cleanup Any Dog Feces That Have Been Buried In The Snow. Once The Snow And Ground Thaws, Cleaning Up Requires More Effort.
- Ensure Downspouts And Eaves troughs Are Directed Away From Neighbouring Properties. Not Only Is It The Bylaw (Community Standards 5m2004, Part 10) But It Is Also An Opportunity To Direct Water Runoff To A Barrel For Summer Watering.
- The Trees Are Starting To Bud And It's A Good Time To Have A Look Around Your Property To See If There Is Any Shrubbery Overhanging Sidewalks, Roads Or Alleyways. According To The Streets Bylaw 20m88; Hedges, Trees And Shrubs On Your Property Must Be Kept Trimmed So They Don't Interfere With Pedestrians Using The Sidewalk Or Vehicles Using The Street Or Alley.
- Composting Is A Great Way To Reduce Household Waste, But Bins That Are Not Looked After Can Attract Pests. Once The Warmer Weather Comes, Make Sure To Turn Your Pile Frequently And Ensure Meat, Fish, Grains, Dairy And Oil Products Are Not Added To The Composter. More Information On Proper Composting Can Be Found On The City Waste & Recycling Webpage: [Www.Calgary.ca/Waste](http://www.Calgary.ca/Waste)
- This Time Of Year, The Ice On Our Waterways Is Very Unstable, Remind Your Children To Stay Off The Ice And Have A Safe Spring.

For More Information On City Of Calgary Bylaws, Please Visit Our Website At [www.calgary.ca/animalservices](http://www.calgary.ca/animalservices) Or Call 3-1-1.



# MOUNT ROYAL MEMBERSHIP DRIVE

Get your Memberships Now and be Automatically Entered to Win these Great Prizes!!

## WESTJET:

Two airline tickets with WestJet

## R N R WELLNESS

"THE SPA" - Spa Package

## BRAVA BISTRO

Three Draws for 'Dinner for Two'

Open to all members of the community, including volunteers. One entry per household. winner will be required to answer a skill testing question.

All active 2008 members of MRCA (from January to June 2008) will be entered into the draw. Draw will be made at the end of June. Details to follow.



## MARK YOUR CALENDARS!

Revised date for the 2008 Progressive Dinner

**Sat May 24th 2008**

**Tickets Now on Sale!!**

125.00 per person. Membership should be current. For information on purchasing tickets, please e-mail Jane Perry at [janeperry@shaw.ca](mailto:janeperry@shaw.ca) or call 244-4188.

# Host Houses NEEDED FOR THE 2008 PROGRESSIVE DINNER

The Progressive Dinner is on for the 24th of May 2008 and it is time to open your door and seat your neighbours at your dining room table! We are looking for 15 host houses for this year's event and if you have never hosted before, please give it a try. It is a lot of fun, there is no pressure to turn out a Cordon Bleu menu, and it is because of the generous hosts that the Progressive Dinner is possible. So, please consider hosting this year. Of course, previous hosts are also most welcome! For more information, please e-mail Jane Perry at [janeperry@shaw.ca](mailto:janeperry@shaw.ca) or call 244-4188





The foundation  
of kidney care.

**January 3, 2008**

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**March is Kidney Health Month:  
Volunteers will be canvassing in our community**

March 1 – 16, 2008 is March Drive, the annual door-to-door fundraising campaign for The Kidney Foundation of Canada.

Volunteers are still welcome to sign up to give a few hours of their time to help with this residential canvass. It's a great way to meet your neighbours and enjoy the health benefit of a good walk!

Join other volunteers will also be going door-to-door in our community, asking for donations to The Kidney Foundation. The money raised will support research activities, education and support for people living with kidney disease and organ donor promotion.

If you can't be a canvasser, you can still help by giving generously at the door when a volunteer asks for your help to improve the lives for all people affected by kidney disease.

If your door is missed this year or you're not home when a canvasser calls, you can safely and securely make a tax deductible donation using the internet by visiting [www.kidneyfoundation.ab.ca](http://www.kidneyfoundation.ab.ca).

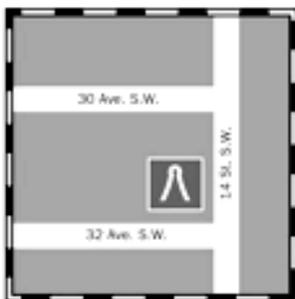
"Tax deductible donations from generous Albertans allow us to raise the funds we need to continue offering programs and support to Southern Albertans living with kidney disease," says Calgary nephrologist, Dr. Julian Midgley, who is the Branch's volunteer president.

There are nearly 2,700 southern Albertans living with chronic kidney disease who need life-sustaining treatment and this number is expected to double over the next ten years. "The need for our programs and services has never been greater," says Midgley.

For more information call Cassie, Canvass coordinator, at 255-6108 ext. 30.

-30-

For further information, please call:  
Jodi Currie, Communications Manager, Southern Alberta Branch  
255-6108 ext. 35  
[jodi.currie@kidneyfoundation.ab.ca](mailto:jodi.currie@kidneyfoundation.ab.ca)



## 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



### Upcoming programs at the Calhoun Library

For Kids:

#### Yoga for Kids

Be a snake, dog, and cat in this introductory yoga class.

Ages 6 to 12 with a parent/caregiver

Saturday, Mar 8

2:00 – 3:00 p.m.

#### Family Scrapbooking

Join Rose Sanchez from Scrapbooker's Bliss and create a cool family page with your favorite photos. \$5 per family.

Ages 5 to 12 with a parent/caregiver

Saturday, Mar 15

2:00 – 3:30 p.m.

For Adults:

#### Cross Country Skiing and Snowshoeing

John McFaul of Alpenglow Nature Hikes shows you the best places to cross-country ski and snowshoe in Kananaskis Country and Banff.

Wednesday, Mar 19

10:30 a.m. – 12:00 p.m.

#### Do it Yourself Tax Help

Canada Revenue Agency staff provide tips for completing a simple 2007 tax return. Bring income slips, related receipts calculator, pen, and paper.

Thursday, Mar 20

6:00 – 8:30 p.m.

Spring Storytimes:

**Registration will begin on Tuesday March 18<sup>th</sup>.**

#### Family Storytime

Ages 2 to 5 with a parent/caregiver

Mondays, Mar 31 to May 05

10:15 – 10:45 a.m. or

11:15 – 11:45 a.m.

#### Baby Storytime

Ages 6 to 23 months with a parent/caregiver

Tuesdays, Apr 01 to Apr 15

10:15 – 10:45 a.m. or

11:15 – 11:45 a.m.

#### Toddler Storytime

Ages 2 to 3 with a parent/caregiver

Thursdays, Apr 03 to May 08

# MOUNT ROYAL SCHOOL FEBRUARY 2008

We had a very successful morning with grade six students from our feeder schools on February 7th, 2008 and had an Open House for parents that evening. If you have any questions about our school or program, please contact Janice Staines, Principal at 777-7980 ext 2123 or email [jstaines@cbe.ab.ca](mailto:jstaines@cbe.ab.ca) We are looking forward to our 12th annual Teen Conference on February 29th and know that students will have great learning opportunities with the many speakers our staff and parents have arranged. Our basketball teams are having very successful seasons. Students and parents are making good use of the posting of homework and assignments on Desire to Learn which they can access from home. This can only help our students to achieve.

## *Mango Macaw Painting*



*Now booking for Spring and Summer!*

*Rayman Joshi*

*Owner & Operator*

*Tel: 891-3565*

*Email [mangomacaw@yahoo.ca](mailto:mangomacaw@yahoo.ca)*

## *Eye Wonder...*

### Surgical and Non-Surgical Eyelid Rejuvenation

Dr. Michael Ashenurst, MD, FRCS(C) DipABO  
Dr. Vivian Hill, MD, FRCS(C) DipABO

Certified Eye Physicians and Surgeons  
Combined experience 25 years & thousands of procedures  
with excellent results.

Cosmetic and reconstructive eyelid surgery/Oculoplastic surgery.  
Advanced cosmetic Botox and Fillers.  
Anti-oxidant chemical peels and skin care.

933-17th Ave S.W., Calgary

403.245.3171



**HOMESCAPES**  
COMPLETE RESIDENTIAL LANDSCAPING



- Landscape Design / Build
- Bed Design
- Garden Management
- Consultation

Please visit our website: [www.homescap.es.ca](http://www.homescap.es.ca)  
PHONE: 403. 204. 6504, FAX: 403. 236. 3645

**SORE & TIGHT MUSCLES?  
FOGGY BRAIN?**

Sleep doesn't help...  
you feel like you're living in 'physical overdraft'?

Medical professionals attribute  
80 – 90% of all disease to stress!

Ease the negative effects of a busy life and it's  
stressors by taking time out for you.



**TAKE CARE OF YOURSELF WITH MASSAGE.**



Sherri has nine years of experience and  
**works exclusively with women** providing:

Therapeutic & Deep Tissue Massage  
Relaxation Massage  
St. Johns Neuromuscular Therapy

Certification recognized by insurance companies.

**\$70/hr**

**Sherri Webber**  
Registered Massage Therapist

Don't forget to ask about loyalty bonuses!

**(403) 244-3533**

Located in Lower Mount Royal.

Yoga in your community!



**MOUNT ROYAL STATION**

April 8 – May 27, 2008 (8weeks):

60 minute classes - \$159

10:00 - 11:00AM

12:00 - 1:00 PM

1:30 - 2:30 PM (restorative/ yoga nidra)

75 minute classes - \$179

4:15 - 5:30 PM

7:00 - 8:15 PM

8:30 - 9:30 PM (restorative/ yoga nidra)

Call: 697-8089

email: jennifer@sukhayoga.ca

for more information

Register early, space is limited (12 students/ class)

- Try yoga for the first time
- Deepen your practice

with Jennifer Golding

owner and founder of  
Sukha Yoga.

Jennifer Golding has been practicing Yoga and Meditation for over 6 years. Her fun and heart-felt approach to yoga provides inspiration and soulful connections. Her aim (off the mat) is to evoke transformative self-inquiry, socially responsible thought, and community development.



www.sukhayoga.ca

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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](http://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.



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