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Open MRCA Board Positions


We have one open board position: Events Director. Our Events Director leads a volunteer committee to plan activities such as our Stampede Party and Progressive Dinner.

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LOWER MOUNT ROYAL





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Mount Royal is a vibrant and diverse community with wonderful neighborhoods, parks, and amenities.

Our Community Association volunteers run events and programs (Stampede BBQ, Skating party, Mini-Mountaineers, Progressive Dinner), manage public spaces and parks (gardening, graffiti removal), and maintain recreation facilities such as our community centre ('Station'), tennis and basketball courts, playing fields and outdoor skating rink.

MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

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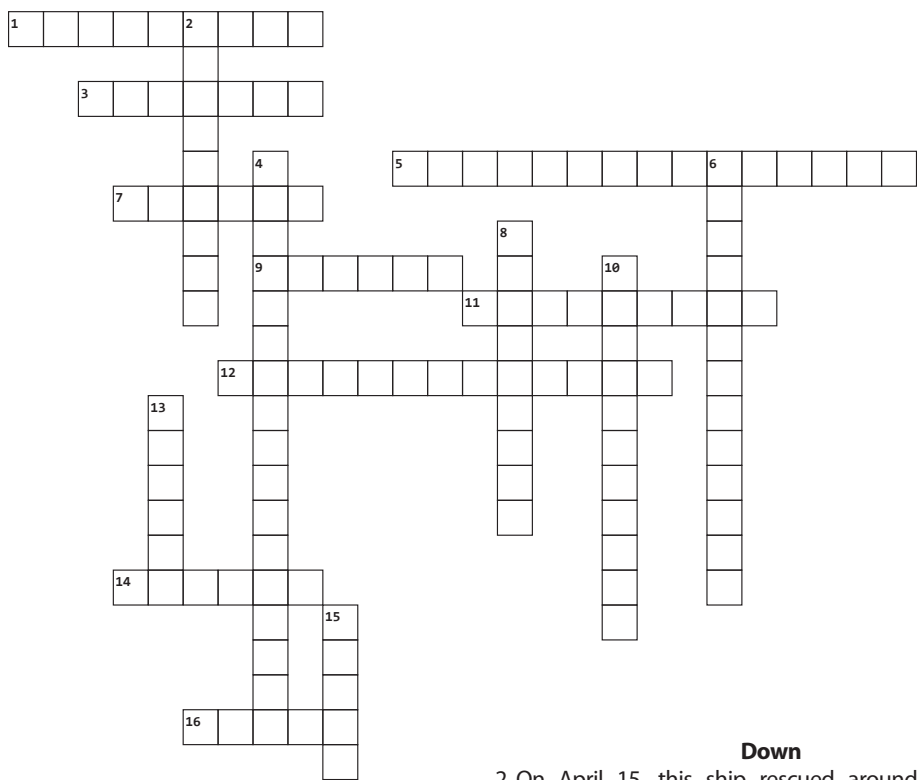


**Membership category and rate information available online at
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April Crossword Puzzle



Across

- 1. The smell that is caused by the mixture of rainwater and various earthly compounds.
- 3. Kids will leave these out for the Easter bunny in case he gets hungry.
- 5. Born on April 15, 1452, this artist’s painting was famously stolen.
- 7. On April 11, this national observance advocates against animal violence and cruelty.
- 9. The Latin root for the word ‘April.’
- 11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
- 12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
- 14. Literature lovers will know that April is National _____ Month.
- 16. A colourful and popular marshmallow Easter treat.

Down

- 2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
- 4. What makes April 9, 1917, an important date to many Canadians?
- 6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
- 8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
- 10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
- 13. In the United States, spring is said to have arrived when this bird comes to town.
- 15. One of April’s birth flowers that comes from the Old English phrase ‘dæg-es-eage’.

SCAN THE QR CODE FOR THE ANSWER KEY





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Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at BBB.org.



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GAMES & PUZZLES

Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



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Canada's Newest Guidance on Alcohol and Health

from Alberta Health Services

Alcohol is one of the most common substances used among Canadians, including youth. Recently, the Canadian Centre on Substance Use and Addiction (CCSA) released an updated report on guidance around alcohol and health. This was in response to the growing evidence that alcohol is the leading preventable cause of many major health issues. The recommendations are a better approach to addressing alcohol related injuries and maintaining general wellness.

So, what are the facts?

- The main message is that drinking less is better. This presents differently for everyone.
- All levels of alcohol consumption are associated with some risk, but this risk increases with more alcohol.
- There are times in which no alcohol is the safest. This can include driving, using heavy machinery, trying to be or being pregnant, breastfeeding, using medications, and being responsible for the safety of others.
- A standard drink depends on the type of alcohol, the amount, and the percentage involved. For example, one standard drink can be either one 341 ml (12 oz) beer with 5% alcohol or one 142 ml (5 oz) glass of 12% wine.
- Cancer is the leading cause of death in Canada and alcohol is known to cause seven types of cancer.

So, what do we do with this information?

Take the time to look at your alcohol use to make healthier and informed choices. Reading this article and increasing your knowledge about the impact alcohol may have on your life is a great first step! If you are hoping to decrease your alcohol use, here are a few tips offered by CCSA:

- Explore activities that are alcohol-free or offer non-alcoholic alternatives.
- Slowly set realistic limits that you can implement during your day-to-day life.
- If you choose to drink, drink slowly and make sure to nourish yourself with food and water.
- Track your alcohol use with tracking tools on smartphones or in a journal. Perhaps make note of how you feel after you decide to drink or not.



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Preventing Cervical Cancer

from Alberta Health Services



Did you know that regular Pap tests and follow-up care can prevent about 90 percent of cervical cancer cases? A Pap test checks the cervix for any abnormal cells that can lead to

cervical cancer. When needed, these abnormal cells can be treated or carefully followed.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV infections are common and usually do not cause symptoms, so most people do not even know they have it. Even if you've been immunized for HPV, it's recommended that you start having Pap tests at age 25, or three years after becoming sexually active, whichever is later.

Pap tests are quick and can be done at your healthcare provider's office or at a women's health clinic. Regular screening means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments for follow-up testing if recommended by your healthcare provider. The earlier abnormal changes are found, the easier they are to manage and the less likely they are to develop into cancer.

For those who are unsure of when they had their last Pap test, or are due for another, please contact your physician or call Health Link at 811.

In addition to regular Pap tests, HPV immunization is an important tool in preventing HPV- related diseases. The HPV vaccine is offered to all Grade 6 students in Alberta schools who haven't had the HPV vaccine yet and works best in children and teens before they have any type of sexual contact. Some adults may also benefit from the HPV vaccine. Talk to your doctor or pharmacist to find out if it's a good idea for you.

For more information on cervical cancer screening, visit screeningforlife.ca.

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Upper Mount Royal Real Estate Update

Last 12 Months Upper Mount Royal
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$1,015,000	\$880,000
January 2023	\$2,495,000	\$2,750,000
December 2022	\$999,000	\$985,000
November 2022	\$0	\$0
October 2022	\$2,999,900	\$2,650,000
September 2022	\$2,999,999	\$3,000,000
August 2022	\$954,000	\$927,825
July 2022	\$1,618,450	\$1,557,500
June 2022	\$1,880,000	\$1,800,000
May 2022	\$1,667,500	\$1,617,500
April 2022	\$1,597,000	\$1,500,000
March 2022	\$2,150,000	\$2,125,000

Last 12 Months Upper Mount Royal
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	6	2
January 2023	4	1
December 2022	2	1
November 2022	2	0
October 2022	1	1
September 2022	4	3
August 2022	6	4
July 2022	1	2
June 2022	6	3
May 2022	6	6
April 2022	6	6
March 2022	9	7

To view more detailed information that comprise the above
MLS averages please visit umr.mycalgary.com

Lower Mount Royal Real Estate Update

Last 12 Months Lower Mount Royal
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$229,922	\$230,000
January 2023	\$299,950	\$288,150
December 2022	\$307,450	\$292,000
November 2022	\$299,900	\$295,000
October 2022	\$319,900	\$295,000
September 2022	\$249,900	\$236,500
August 2022	\$398,500	\$387,500
July 2022	\$282,450	\$272,500
June 2022	\$284,950	\$281,000
May 2022	\$257,950	\$254,000
April 2022	\$294,350	\$284,500
March 2022	\$224,500	\$222,500

Last 12 Months Lower Mount Royal
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	10	7
January 2023	7	6
December 2022	2	4
November 2022	7	13
October 2022	9	9
September 2022	12	9
August 2022	14	8
July 2022	12	6
June 2022	12	10
May 2022	12	16
April 2022	21	18
March 2022	19	13

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