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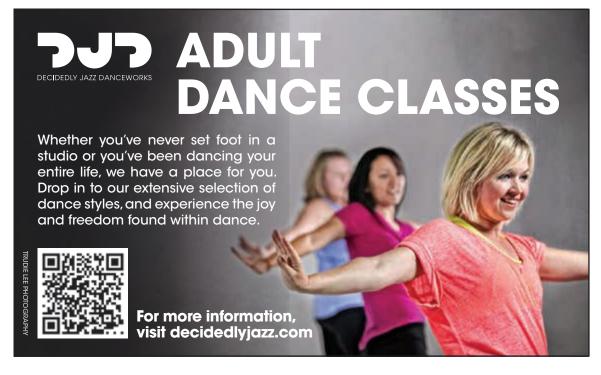
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Available monthly by community:

- Community Real Estate Stats Digital Community Newsletters
- Community Crime Stats
- Politician Reports
- Community News/Content
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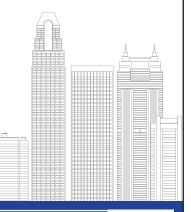
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To View ADDITIONAL MOUNT ROYAL CONTENT





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Jenn Brenner	Vice-President	vp@mrca.ca
Claude Durocher	Secretary	secretary@mrca.ca
Andy Lam	Treasurer	treasurer@mrca.ca
Karen Locke	Station House Director	bookings@mrca.ca
Allison Long	Communications Director	communications@mrca.ca
Roy Wright	Community Development Director	development@mrca.ca
Amanda Charron	Community Events Director	events@mrca.ca
Jeff Nichol	Facility Director	facility@mrca.ca
Trystan Wall	Membership Director	membership@mrca.ca
Charlene Prickett	Public Open Spaces Director	publicopenspaces@mrca.ca
Michael Simonot	Safety and Traffic Director	safety@mrca.ca, traffic@mrca.ca
Shannon Murray	Heritage Director	heritage@mrca.ca
Morgan Thurlow	Director at Large	
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Mational Hot Tea Bay

We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!





Membership Drive 2023

Become an MRCA member today! Renew your membership!

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.

Becoming a member and renewing membership just got easier! Memberships now valid 1 year from start date (no need to wait for July 1!). Online Payment and auto-renewal options available!

Use your phone to scan this code or visit

www.mrca.ca

to join, renew or check membership status today!



Membership category and rate information available online at www.mrca.ca/membership

Call 403-437-0520 or email us at membership@mrca.ca for inquiries and non-online purchase options.

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions.
 Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- Rental cars: Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- Travel agents: Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to BBB.org.

CRIME STATISTICS

Upper Mount Royal Crime Activity was Down in November 2022

The Upper Mount Royal community experienced 0 crimes in November 2022, in comparison to 7 crimes the previous month, and 1 crime in November one year ago. Upper Mount Royal experiences an average of 4.7 crimes per month. On an annual basis, Upper Mount Royal experienced a total of 56 crimes as of November 2022, which is up 2% in comparison to 55 crimes as of November 2021. To review the full Upper Mount Royal Crime report visit umr.mycalgary.com.

Lower Mount Royal Crime Activity was Down in November 2022

The Lower Mount Royal community experienced 0 crimes in November 2022, in comparison to 6 crimes the previous month, and 4 crimes in November one year ago. Lower Mount Royal experiences an average of 13.1 crimes per month. On an annual basis, Lower Mount Royal experienced a total of 157 crimes as of November 2022, which is up 21% in comparison to 130 crimes as of November 2021. To review the full Lower Mount Royal Crime report visit Imr.mycalgary.com.

How To Report Crime In Upper Mount Royal | Lower Mount Royal: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



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Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 1/2 lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!







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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
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
February 2022	\$1,525,000	\$1,525,000
January 2022	\$1,364,500	\$1,305,000
December 2021	\$2,122,500	\$2,002,200

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

	No. New Properties	No. Properties Sold
November 2022	2	0
October 2022	1	1
September 2022	5	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
February 2022	9	3
January 2022	6	6
December 2021	1	2

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
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
February 2022	\$339,000	\$330,000
January 2022	\$211,400	\$200,000
December 2021	\$333,333	\$329,000

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

	No. New Properties	No. Properties Sold
November 2022	8	13
October 2022	10	9
September 2022	12	9
August 2022	14	8
July 2022	12	6
June 2022	12	10
May 2022	13	16
April 2022	21	18
March 2022	19	13
February 2022	9	11
January 2022	12	4
December 2021	5	3

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



Calgary Elbow Constituency 205 - 5005 Elbow Drive SW T2S 2T6

403-252-0346

Dear Friends and Neighbours,

As we ring in the new year and many people make their resolutions, Alberta's United Conservative government is resolved to improve healthcare.

We know Alberta has the best frontline healthcare staff in the entire world, but despite the excellent work of our doctors, nurses, paramedics, and other frontline staff, our patients are waiting too long to access the care they deserve.

Our government's goals include improving EMS response times, decreasing emergency room wait times, reducing wait times for surgeries, and developing long-term reforms through consultations with frontline workers, including discovering ways to restore decision-making to local healthcare professionals and authorities.

Albertans want accountability within Alberta Health Services, and they want to know that a world-class health system and level of care is available when they need it. We care deeply about our healthcare system, and we need to ensure it's working to support Albertans and their loved ones, should they need it.

We must be honest about the state of our healthcare system if we're going to fix it. Right now, the system is struggling to keep up with growing demand. The driving force behind these changes is building a system that is not only strong but resilient to changing circumstances and growth pressures.

We cherish the work of our frontline healthcare workers and care deeply about the system they operate in. We will act now to ensure Albertans have the world-class system they deserve for generations to come.





MP Calgary Centre Greg McLean 445 - 1414 8 Street SW Calgary, AB T2R 1J6

403-244-1880 403-245-3468 greg.mclean@parl.gc.ca

Dear Friends,

Happy New Year! I hope you and your family enjoyed the holiday season.

Many of you know that I have been appointed to the House of Commons Standing Committee on the Environment. I take on the role with aspirations as to how we address the environmental challenges of a world of 8 billion people.

It also allows me a glimpse into the past, to see how we got here and what changes we need to make to build a better future.

As we say, history is a great teacher. It's illustrative about what we've faced before and how we overcame unforeseen challenges. It also brings some perspective to our work. Much of this is very positive when we examine the results around what we have accomplished.

Here's some good news:

A century ago, approximately 500,000 people per year died in weather catastrophes; last year, 18,000 people died in weather events. Back then, the world had one-quarter of its current population. So, our progress has saved, over the vears, millions of lives.

Our healthcare system has some challenges. Yet, most of us receive excellent care. Our worldwide life expectancy has doubled this past century. The medical advances that are being brought forth have led to a quality of life that is impressive. As someone told me, 'My mother waited over a year for a knee replacement - but her mother waited over 50 years and died before the technology arrived.

I could go on, but I wanted to share these snippets of good news with you so that we all maintain perspective as we approach the issues that are going to confront us over the next year.

To keep up to date on my work in Parliament, feel free to visit my website, GregMcLeanMP.ca, and contact me at Greg.McLean@parl.gc.ca or phone my office at 403-244-1880.

Greg McLean

RESIDENT PERSPECTIVES

Stargazing with Pat J

by Patricia Jeffery © 2022. Calgary Centre of the Royal Astronomical Society of Canada

What does a hunter, a bull, two dogs, a rabbit, twins, seven beautiful women, and a Japanese auto manufacturer have in common?

Most people can locate the winter constellation Orion by searching the southern skies for the three bright stars that form his belt. But did you know this legendary hunter from Greek Mythology has plenty of company in the night sky?

Orion is chasing Taurus the bull. Like any self-respecting hunter, he has two dogs; Sirius in Canis Major, his main hound, and a pup named Procyon in Canis Minor. Sirius would much rather pursue a rabbit named Lepus, who is crouched at Orion's feet, while young Procyon is playing fetch with the Gemini twins Castor and Pollux.

So where are the seven beautiful ladies you ask? Well, they are the Pleiades sisters, and they are in danger of being trampled by the charging bull. Orion is trying to save them in the hope of winning their affection.

While only six stars are easily visible to the naked eye, the Pleiades are an open cluster of more than 800 stars that were born about 100 million years ago from a gigantic cloud of gas and dust. The blue stars in the formation are among the largest and brightest in the galaxy. They are extremely hot and will burn out after only a few hundred million years; a much shorter life span than the billions of years our smaller, cooler Sun will enjoy.

In Japan, this group of stars is known as Subaru, thus it comes as no surprise that a stylized version of the Pleiades was chosen by the auto company as its logo. Its six stars symbolize the unification of five companies into one.







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