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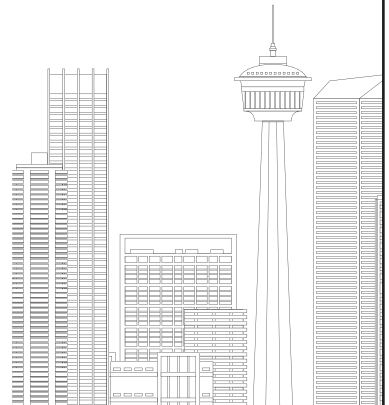


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MOUNT ROYAL**



**LOWER  
MOUNT ROYAL**



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☒ **CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

**9 PM**  
**ROUTINE**


**CALGARY  
POLICE  
SERVICE**



## 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.

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### Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

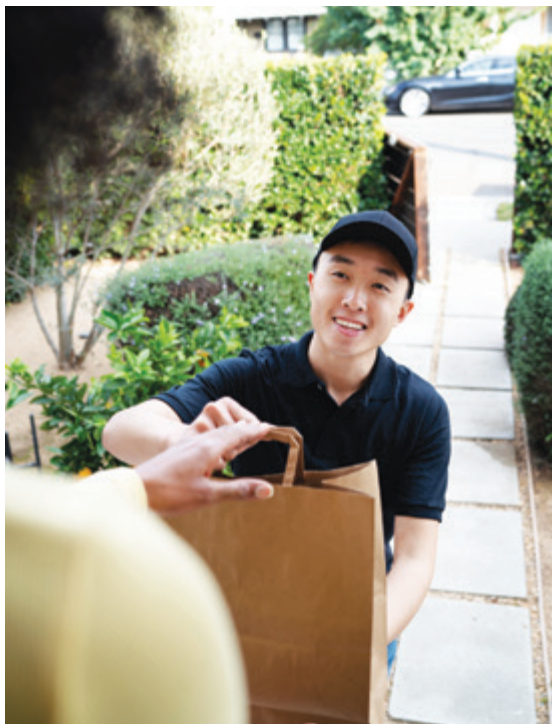
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.







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# South Calgary Community

## Clothing GIVEAWAY



**Saturday, May 6, 2023**

**10:00 am to 1:00 pm**

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# Burns and Scalds

*from Alberta Health Services*



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



## Upper Mount Royal Real Estate Update

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

	Average Asking Price	Average Sold Price
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
February 2022	\$1,525,000	\$1,525,000

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

	No. New Properties	No. Properties Sold
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
February 2022	9	3

To view more detailed information that comprise the above  
MLS averages please visit [umr.mycalgary.com](http://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
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
February 2022	\$339,000	\$330,000

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

	No. New Properties	No. Properties Sold
January 2023	6	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
February 2022	9	11

To view more detailed information that comprise the above  
MLS averages please visit [lmr.mycalgary.com](http://lmr.mycalgary.com)

### Orange Vegetables Are Healthy and Delicious

*from Alberta Health Services*



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

#### **Here are a few ways to add orange vegetables to your meals:**

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at [ahs.ca/recipes](https://ahs.ca/recipes).

### Reducing the Salt in Your Diet

*from Alberta Health Services*



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, takeout food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

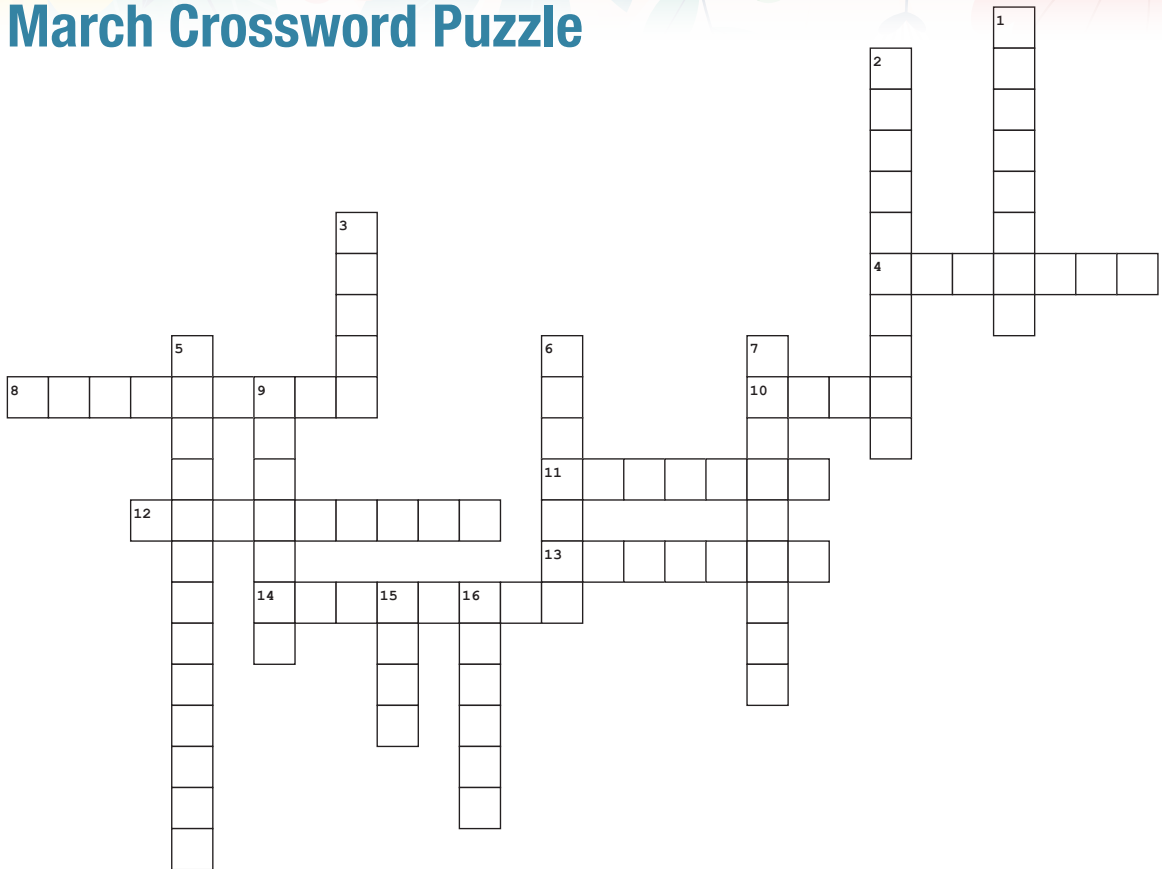
Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host "Low Sodium Tasty Tips and Tricks", a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit [ahs.ca/shcwellness](https://ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca).

For more information on this topic, search "heart health" at [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts).



# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**





## Calgary Elbow Constituency

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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](mailto:greg.mclean@parl.gc.ca)

As we move into 2023, Alberta's economy continues to show strength and resilience.

Our province created 42,000 full-time jobs in December, and 88,800 new jobs in 2022 (almost 25 percent of all new jobs created in the country). Further, the jobs outlook is strong for 2023, with forecasters predicting more economic growth and diversification on the horizon.

International credit rating agencies are taking note of Alberta's excellent fiscal management. This past week, Moody's Investors Services upgraded Alberta's credit rating to AA2. This decision speaks volumes about our United Conservative government's management and decision-making as we focus on healthcare, education, the economy, and more.

Investors are also looking at Alberta, once again, as a top destination for their capital. 2021 and 2022 saw major investments from companies like Telus, Mphasis, Amazon, Walmart, Air Products, Dow, PIP International, de Havilland, Phyto Organix Foods, and more. Investment isn't slowing down in 2023, especially with Imperial Oil recently announcing that it is building a \$720 million renewable diesel facility – the largest facility of its kind in Canada – in Alberta's Industrial Heartland. This project will create more than 600 high-paying jobs for Albertans during the construction phase, and more once it is finished.

Opportunities are abounding for workers in manufacturing, technology, food processing, and other burgeoning industries. Even film is booming in Alberta, with several major projects on-the-go, including HBO's *The Last of Us*, one of the largest film or television projects in Canadian history. Episode one of *The Last of Us* has drawn over 18 million viewers already and the show, which cost more than \$10 million per episode to film, has officially been renewed for a second season. The show filmed in locations across Alberta – including Canmore, High River, Fort Macleod, Edmonton, Calgary, and Waterton Lakes National Park – and has been a boon for many local economies.

Dear Friends,

It has been over a year since Vladimir Putin ordered Russian troops to invade Ukraine. It is horrifying to witness the destruction, loss of human life, and the displacement of millions. Despite all the hardships, it is inspiring to witness the millions of Ukrainians who are bravely defending their homeland.

We also need to acknowledge the thousands of Russians who are imprisoned over their opposition to this war. The response to the censure of media, and the other protests that have ensued at great risk, has shown the world that this tyranny has opposition. It's obvious that Putin does not have the full support of the Russian people as he moves his country backwards.

Early in this invasion, I called on the Government of Canada to sanction trade with Russia. The initial agreement with this request was a relief. But you will recall that I was vocally opposed when the Canadian government withdrew their sanctions to allow gas turbines to be shipped back to Russia so they can be used for the Nord Stream pipeline. After the pipeline became inoperable, Canada reversed its reversal on these sanctions. Sanctions are not meant to be opportunistic, and they always affect both parties involved, so our country's waffling left many people questioning the seriousness of our words and actions. To many around the world, the reversal/double reversal damaged our credibility.

Canada has enacted the temporary Canada-Ukraine Authorization for Emergency Travel (CUAET) program allowing Ukrainian refugees to apply for an express entry through a visitor visa. This visa allows them to study, live, and work in Calgary for up to three years. My office continuously works hard in assisting those applicants and their families in receiving these visas. To date, my office has helped around 30 Ukrainians who currently reside in our riding.

If you wish to make a donation for the people of Ukraine, please do so through the Ukrainian Canadian Congress, the International Committee for the Red Cross, or to Health Partners International of Canada's Emergency Response to Ukraine.

Please contact me at [Greg.McLean@parl.gc.ca](mailto:Greg.McLean@parl.gc.ca) or by phone at 403-244-1880 and keep up to date on my work in Parliament on my website, [GregMcLeanMP.ca](http://GregMcLeanMP.ca).

Sincerely,

*Greg McLean*

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