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We currently don't have any open board positions but are looking for individuals to join our Events Committee to assist with events like our Stampede BBQ and Progressive Dinner. Email events@mrca.ca to learn more.

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UPPER MOUNT ROYAL

LOWER MOUNT ROYAL



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 (Stam pede 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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Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- Who is the woman credited for the creating the first Father's Day?
 - Jeanette Rankin
 - Sonora Smart Dodd
 - Elizabeth Kenny
- Is Father's Day celebrated on the first, second, or third Sunday of June?
 - The first Sunday
 - The second Sunday
 - The third Sunday
- When was Father's Day first celebrated?
 - 1910
 - 1900
 - 1880
- What is the official flower of Father's Day?
 - Daisy
 - Carnation
 - Rose
- Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - Bon Jovi
 - Darth Vader
 - Charlie Chaplin
- What was the name of the father in the TV show *The Brady Bunch*?
 - Tom Brady
 - Mike Brady
 - Joe Brady
- According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - Fourth
 - Fifth
 - Sixth
- According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - 7.9 million
 - 8.2 million
 - 8.6 million
- What was the average age of dads in 2011 according to Stats Canada?
 - 27.5
 - 28.3
 - 31.2
- What cartoon bear was invented by a father for his son?
 - Winnie the Pooh
 - Yogi Bear
 - The Boss



Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!



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TAKE ON WELLNESS

Load up on Legumes for Lunch

from Alberta Health Services



Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas, and mung beans.

Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron, and magnesium.

They are also high in fibre. They contain two types of fibre: soluble and insoluble. Both are important for our bodies to function.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

Meal Ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

Or try making a chickpea salad:

1. Chop cucumbers, tomatoes, and carrots. Add them to rinsed, drained canned chickpeas.
2. Toss with a dressing made of vegetable oil, vinegar, or lemon juice.
3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.



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Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE
FOR THE ANSWERS!



BRAIN
GAMES

SUDOKU

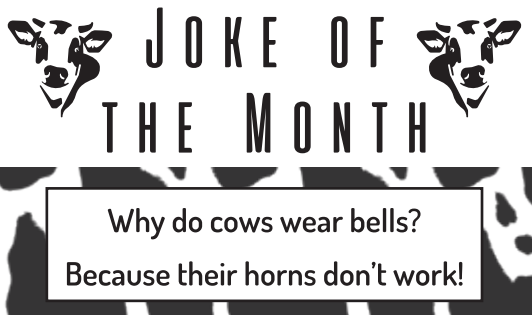
9	2	6			7		8	
5			6	8	9	2	3	
1					5	9	6	
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3	8		1					
		4		3		5	7	6
	7	3		6				4
	1	5		7				

SCAN THE QR CODE
FOR THE SOLUTION



Photo Corner

by Nicole



Teaching Financial Literacy to the Next Generation

by Jon Lambe



In the coming years and decades, it's estimated that approximately \$400 billion will be passed down to inheritors in Canada. It's a powerful statistic that carries with it many underlying questions and considerations for both the giving and the receiving generations, a common one of which being whether inheritors are prepared. With this historical wealth transfer on the horizon, and considering its significant impact on individuals and families, taking proactive steps to strengthen and ensure younger generations have the resources and tools needed to be confident and capable in becoming financially independent is all-important.

When it comes to financial education, it's never too late or too early to start. Below are a few key considerations for your child's financial understanding, based on their age.

Ages 6 to 13

Instilling a sense of money with your child begins with:

- Establishing chores to encourage responsibility and a strong work ethic.
- How to make the most of their allowance based on the save vs spend concept.
- Budgeting and saving strategies for the something special purchases (bike or video game).

Ages 14 to 17

During the early teenage years, it's important to:

- Continue with allowance and increase based on growing responsibility.
- Build on budgeting and savings strategies.
- Starting to invest savings and different savings options.
- Begin to discuss the use of credit and using credit responsibly.
- Introduce the concept of compound interest.
- Educate your child on the role interest plays on their savings plans as well as credit.

Ages 18 to 23

Your young adult's, intermediate financial education should include knowledge of:

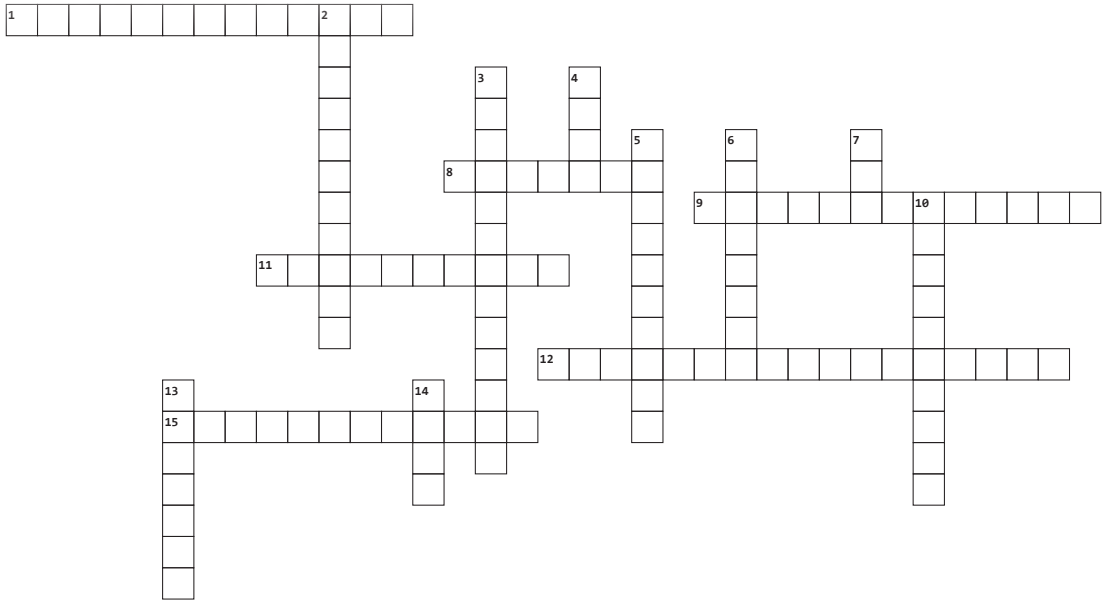
- Savings/Investment options such as stocks, mutual funds, GICs.
- Importance and risks of credit.
- Importance of compounding interest and benefit of time.

To continue your young adult's financial knowledge, you can educate them by:

- Opening them an investment account to teach about safety, income, and growth of different investment options.
- Suggesting setting up an automated monthly savings contribution (to reinforce the compound interest concept).
- Comparing monthly spending vs budget to help understand wants vs needs.



June Crossword Puzzle



Across

- 1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- 8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- 9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- 11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- 12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- 15. This Calgary landmark was opened to the public on June 30, 1968.

Down

- 2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
- 3. 43 years ago, this NHL hockey team relocated to Calgary.
- 4. The month of June is named after this Roman goddess.
- 5. In North America, National _____ Day is celebrated on June 8.
- 6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- 7. The first Friday after Father's Day is National Take Your _____ to Work Day.
- 10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- 13. This European country experiences the longest summer solstice due to its geographical location.
- 14. The official Father's Day flower.

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