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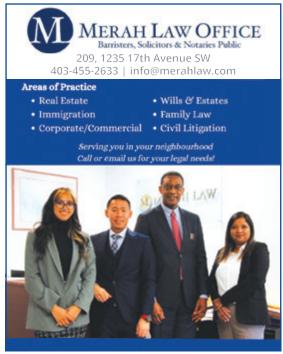






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MRCA volunteers advocate for safety, traffic calming, and development in our neighbourhoods.

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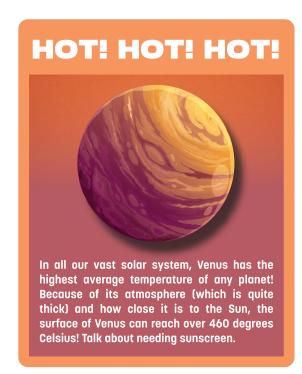


Send an email to membership@mountroyalstation.ca and we will add you to our email distribution list.













#### **SAFE AND SOUND**

#### **Backyard Play Safety**

by Alberta Health Services, EMS

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.



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#### YOUR CITY OF CALGARY

# **Enjoy Off-Leash Dog Parks Safely This Summer**

by the City of Calgary

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

#### Make Sure Your Licence is Up to Date

Make sure that your dog is wearing its licence tag and that the licence is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

#### **Know Your Dog**

Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn't quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.



#### **Supervision and Control**

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

#### **Bring Essential Supplies**

Carry essential supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To license your dog before you head out to the park, visit calgary.ca/pets/licences.





# **Get Involved!**West Elbow Communities Local Area Planning

The West Elbow Communities Local Area Plan will set the vision for how your communities will evolve over the next 30 years.

We need your input as we create a local area plan that will provide direction on where and how future growth, redevelopment, community improvements and investments could happen in the West Elbow Communities of: Altadore, Bankview, Cliff Bungalow, Elbow Park, Erlton, Garrison Woods, Lower Mount Royal, Mission, North Glenmore Park (north of Glenmore Trail SW), Richmond (east of Crowchild Trail SW), Rideau Park, Roxboro, Scarboro (east of Crowchild Trail SW), South Calgary, Sunalta, and Upper Mount Royal.

## We want to hear from you

Phase 2 of the West Elbow Communities Local Area Planning project kicks off **May 28, 2024**.

In this phase of engagement, you can provide feedback on topics including:

- The Draft Vision and Core Values - the big ideas, hopes and priorities for the area's evolution.
- Potential Focus Areas for Moderate-to Large-Scale Growth - where homes and businesses that are 4+ storeys might fit best.

## Share your thoughts from May 28 - June 24, 2024:

#### Online

Tell us what you think via online engagement at calgary.ca/
WestElbowPlan.

#### **Engagement Booklet**

Check your mailbox for an engagement booklet or pick one up at an Engagement Station (see map online) starting May 28. Each engagement booklet includes a feedback form that can be mailed in with prepaid postage included.

#### **In-person**

Join an engagement session – check out the schedule at calgary.ca/WestElbowPlan.



#### **One Pan Chicken Fajitas**

by Jennifer Puri

Originating in South and Central America, bell peppers have been cultivated for thousands of years. Available in a variety of colours: red, orange, yellow, green, and even purple, they are related to chili peppers, tomatoes, and breadfruit.

All bell peppers start out as green, but their colour and ripeness depend on the amount of time the pepper spends on the plant. Red peppers are riper, and their flavour is typically sweeter, milder, and generally easier for most people to digest. They can be eaten raw, cooked, dried, or powdered.

Bell peppers are an excellent addition to a healthy diet as they are mainly composed of water with smaller amounts of carbohydrates, protein, fiber, and fat. Rich in many vitamins, antioxidants, and carotenoids they are beneficial for eye health and reduced risk of anaemia.

Peppers can be enjoyed as a snack, in a salad, stuffed, grilled, roasted, pickled, raw, or sautéed as shown in the one pan chicken fajitas recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 4

#### **Ingredients:**

- 3 boneless chicken breasts
- 1 medium white onion
- 1 lime
- 3 red and yellow bell peppers
- 5 tbsp. extra virgin olive oil
- ¾ tsp. chili powder
- 1/2 tsp. paprika
- ½ tsp. garlic powder
- 1/2 tsp. cumin powder
- 1/4 tsp. black pepper
- 1/4 tsp. oregano
- Salt to taste

#### **Directions:**

• Slice onion and bell peppers (seeds and stems removed) into ¼ inch thick slices.

- In a small mixing bowl, combine 3 tbsp. of olive oil, juice
  of half a lime, chili and garlic powder, paprika, cumin,
  black pepper, oregano, and salt to taste. Slice chicken
  breasts into thin strips and add to the spice mixture.
- Add half the chicken pieces to a large non-stick frying pan or skillet and sauté over medium to high heat until cooked, about four to five minutes. Remove from pan and repeat with remaining chicken.
- Set cooked chicken aside and add 2 tbsp. of olive oil and the sliced onions to the frying pan. Sauté for two minutes then add the sliced peppers and continue sautéing until peppers are cooked and brown at the edges. Add the cooked chicken and combine with the peppers and onion until heated through.
- Serve chicken fajitas over warm tortillas with a squeeze of lime, avocado, sour cream, and pico de gallo.

#### Bon Appétit!







MLA Calgary-Elbow Samir Kayande

205 - 5005 Elbow Drive SW T2S 2T6

403-252-0346

✓ calgary.elbow@assembly.ab.ca

Dear Neighbours,

As a member of the provincial legislature, my job is to focus on provincial issues. Zoning, policing, snow removal, and garbage removal all fall under municipal jurisdiction. Voters elect the mayors and members of council to run the city. As your provincial MLA, I recognize the value in having different levels of government, be it federal, provincial, or municipal, and that each has their own area which they oversee. I also realize that these different levels of government may not always agree with each other. But I think there is value in these disagreements, as this is how compromise is achieved - in essence, this is democracy.

With the government's passage of Bill 20, the provincial cabinet now has the power to invalidate municipal laws and overturn municipal elections. This is a huge overreach, as I believe that Calgary's municipal government should exercise the power given to it by Calgary's voters. This bill also introduced political parties into municipal politics, something a large majority of Albertans are strongly against.

Bill 20 is not only an affront to our basic democracy, but it is an affront to you, the voter, who elected a municipal government to represent you at City Hall with the expectation that they serve out their full terms. Today we face the threat that elected representatives can be dismissed if they displease the provincial government. It's fundamentally undemocratic. As someone who hopes to be part of a future NDP government, this is not a power I want nor is it a power that I believe I should have.

As your provincial representative in the legislature, I will fight to ensure that municipal governments operate free of the provincial government's interference and to ensure that your vote matters.

Should you have any other questions or concerns, my office is located at 205, 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. My door is always open.

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