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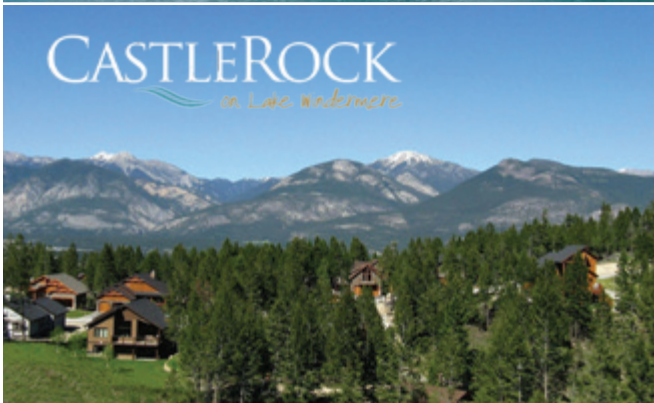
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Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.


Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

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Travel Safe Student Video Contest is Now Open

by *The City of Calgary*

Calling filmmakers of all ages and abilities. Whether you are an aspiring movie producer, working on your stop-motion skills, or you shoot videos as a hobby, this is the contest for you!

The Travel Safe Student Video contest is open to Calgary students from kindergarten to Grade 12. Win great prizes and a chance to have your work showcased! The deadline is April 30.

The contest is not only a fun and engaging way for students to think about traffic safety, but also part of the Calgary Safer Mobility Plan, a partnership between the City and Calgary Police Service aimed at improving the overall safety of our transportation network.

“We know students have unique perspectives when it comes to traffic safety and we can’t wait to see solutions through their eyes,” said Jacquelyn Oriold, Mobility Education Specialist with the City. “Whether that’s a video from a kindergarten student worried about safety as they walk or wheel to school, or from a middle school student concerned about speeding drivers, or a teenager’s perspective on navigating rush hour, we can’t wait to see their work.”

Key Dates:

- April 30, 2025, at 11:59 pm: Contest closes
- May 14, 2025: Public screening event of finalists and winners announced at the Central Library in the Patricia A. Whelan Performance Hall.

For full contest rules, eligibility, waiver, tips, and resources visit calgary.ca/travelsafevideo. For general inquiries about the contest, email streetsafekids@calgary.ca.



Collection Days Are Changing in April

by *The City of Calgary*

Starting April 22, many Calgary households will see blue, black, or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black, or green cart pick-up day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black, and green cart pick-up days? All you need to do is sign up! When it’s time to put your carts out for collection, we’ll send you a reminder. When you sign up, you will get:

- Instant access to your pick-up schedule.
- Notifications about any changes to your collection schedule.
- Useful tips for using your blue, green, and black carts.

It’s Easy!

Option 1: Go to calgary.ca/cartschedule.

- Type your address in the search box to view your collection days.
- Click on ‘Get a reminder’ to receive your preferred method. Choose to be notified by email, calendar, or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone.

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

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***Become an MRCA member today!
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Mount Royal is a vibrant and diverse community with wonderful neighbourhoods, 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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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 2025	\$0	\$0
January 2025	\$2,085,000	\$1,925,000
December 2024	\$0	\$0
November 2024	\$1,397,450	\$1,380,000
October 2024	\$1,988,888	\$1,825,000
September 2024	\$1,375,000	\$1,425,000
August 2024	\$4,025,000	\$3,872,500
July 2024	\$1,595,000	\$1,605,000
June 2024	\$2,495,000	\$2,520,000
May 2024	\$875,000	\$868,625
April 2024	\$1,499,900	\$1,548,000
March 2024	\$599,900	\$590,000

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

	No. New Properties	No. Properties Sold
February 2025	0	0
January 2025	2	1
December 2024	1	0
November 2024	1	2
October 2024	1	1
September 2024	2	3
August 2024	3	2
July 2024	4	5
June 2024	11	7
May 2024	10	4
April 2024	3	7
March 2024	2	3

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 2025	\$417,500	\$432,000
January 2025	\$317,000	\$317,000
December 2024	\$249,900	\$246,450
November 2024	\$372,400	\$371,500
October 2024	\$299,450	\$295,000
September 2024	\$347,450	\$343,450
August 2024	\$359,900	\$355,000
July 2024	\$322,500	\$313,250
June 2024	\$397,444	\$407,500
May 2024	\$252,500	\$250,000
April 2024	\$337,449	\$350,500
March 2024	\$320,000	\$328,750

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

	No. New Properties	No. Properties Sold
February 2025	9	10
January 2025	13	10
December 2024	3	8
November 2024	12	10
October 2024	13	12
September 2024	22	10
August 2024	11	13
July 2024	18	24
June 2024	18	12
May 2024	19	17
April 2024	19	14
March 2024	16	18

To view more detailed information that comprise the above
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Almost every conversation elected officials have had these past several weeks revolves around the threats posed by the U.S. Administration to impose tariffs on trade with Canada, and the non-starter comments about our country becoming the ‘51st state’. Let’s start by stating clearly that that is not a possibility.

It’s safe to say that the stability of our trade treaty with the U.S. is now an afterthought. And stability was always the calling card of the string of trade agreements we’ve negotiated over the past 37 years.

Canada will adjust to the changes, and I challenge anyone that suggests tariffs imposed by our largest trading partner represents ‘an existential crisis’ for our country. Yes, our economy will suffer, and we will learn our lessons as to the importance of broad trade and commerce (including with ourselves). Perhaps, it will hasten what was always necessary: nationwide free trade; resources to market domestically and internationally beyond the United States; a well-funded and functioning military; stricter border security; regulatory speed and certainty; a crackdown on crime, fentanyl distribution, and money laundering.

If Canada uses this moment to correct the above policies, then we will strengthen our country internally, and make our economy more resilient in a more volatile world. I’m confident we will rise to this challenge.

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MLA Calgary-Elbow
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Dear Neighbours,

Allegations of political interference and bloated healthcare contracts shocked us all in early February when a *Globe and Mail* story first revealed the allegations that were in a letter the recently fired CEO of Alberta’s health system sent to her lawyers.

Athana Mentzelopoulos’ \$1.7 million wrongful dismissal lawsuit against Alberta Health Services and the UCP government, alleges the former CEO was fired for investigating sweetheart deals with private surgery companies she said had links to provincial government officials.

In the following weeks, as the CorruptCare scandal dominated the airwaves, the UCP’s infrastructure minister resigned from cabinet citing a lack of support from his colleagues over his concerns “regarding the Government of Alberta’s procurement practices across all departments.”

Alberta’s Auditor General has launched an investigation into spending by the province’s health authority and Alberta Health Services has “paused” signing new for-profit surgical contracts pending an internal review.

The Alberta NDP has also been calling for a public inquiry which would have a broader scope than what the auditor general can investigate.

CorruptCare has always been about allegations that the UCP wastes and mismanages taxpayer funds instead of delivering Albertans an ethical, competent government.

CorruptCare has real consequences for all Albertans: if private surgeries cost double what the public system cost, then every private surgery means the waiting list for hips and knees gets longer, unless spending increases.

Albertans deserve a transparent public inquiry into the disturbing allegations raised by the CorruptCare scandal and my hope is that by the time you are reading this that inquiry is well underway.

A reminder that 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. I am always happy to meet with constituents and hear what is on your mind.

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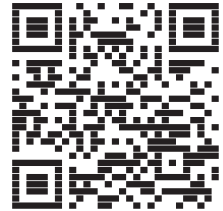
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