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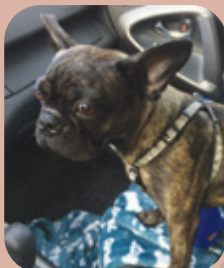
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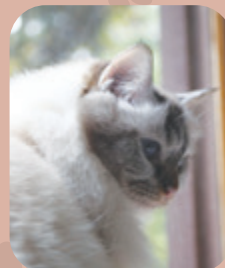
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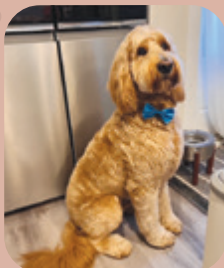
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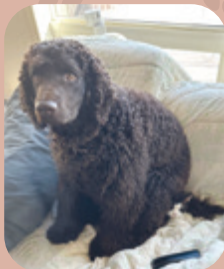
Ella, Mount Royal



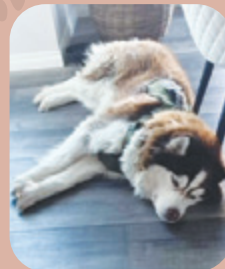
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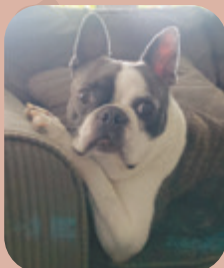
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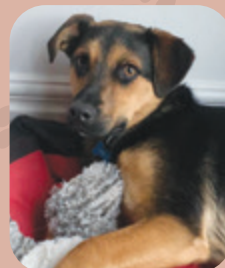
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Membership Drive 2025

Become an MRCA member today!
Renew your membership!

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.

Becoming a member and renewing membership just got easier!
Memberships now valid 1 year from start date (no need to wait for July 1!).
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MOUNT ROYAL



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Where do penguins go to vote?
The South Poll.

Living with Chronic Pain or Illness: What We Wish Friends and Family Knew

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

Living with chronic pain or illness is an ongoing challenge that impacts every aspect of a person's life—physically, emotionally, mentally, and socially. It's not just about the pain or symptoms themselves, but about learning to function, cope, and find meaning in a life that no longer looks or feels the way it once did. For those who care about someone facing this reality, your support matters deeply—but it may not always be clear how to help. Here's what we need you to know.

Chronic Means Ongoing, Not Just Inconvenient

When someone lives with chronic pain or illness, they're not just having a bad day or a tough week. This is a long-term reality, and while there may be good days and better moments, the underlying struggle is constant. Pain and fatigue can be invisible, which makes it easy to overlook or misunderstand. Please don't assume that just because we look okay, we feel okay. We often mask what we're going through to avoid burdening others or to maintain some sense of normalcy.

We're Grieving Too

Chronic illness often brings a quiet, ongoing grief—the loss of the life we once had or imagined. We may grieve the ability to work, travel, exercise, or socialize like we used to. Sometimes we feel isolated, left out, or forgotten when our limitations make it hard to keep up. When you acknowledge this grief with compassion instead of trying to “cheer us up” or push us to be more positive, it helps us feel seen and validated.

We're Doing Our Best—Even When It Looks Different

We often have to weigh every activity, conversation, or commitment against how much energy we have. What might seem like a simple errand or casual hangout could mean days of recovery afterward. Cancelling plans, needing accommodations, or asking for help isn't laziness or lack of motivation—it's self-preservation. Trust that we want to show up for life and for you; sometimes, our bodies just won't let us.



What Helps the Most Is Empathy, Not Solutions

Unless you're asked, please don't offer cures, diets, or miracle treatments. We've likely tried many things or are already overwhelmed with information. What we need most is your presence—your willingness to sit with us in the hard stuff without judgment or pressure to “fix” it. Simple statements like “I'm here,” “That sounds really hard,” or “You're not alone” go a long way.

Support Looks Like Consistency and Flexibility

Reach out, even if we sometimes don't respond right away. Be okay with changing plans. Offer help but ask first. Say, “Can I drop off dinner?” or “Would a short visit work today?” rather than, “Let me know if you need anything.” The more you learn to meet us where we are instead of where you wish we could be, the more supported we feel.

Chronic pain or illness doesn't define us, but it does shape us. With patience, empathy, and a willingness to understand, you can become a vital part of our resilience. We may not always say it, but your care matters more than you know.



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Mount Royal Community Cleanup – Building a Cleaner, Connected Community

Each year, the City of Calgary partners with local community associations to deliver a valuable public service: the Community Cleanup program. On Sunday, September 28, 2025, from 9:00 am to 2:00 pm, the Mount Royal Community Association (MRCA) is proud to host this event at 2317 10 St SW, helping residents responsibly dispose of unwanted household items, reduce waste, and strengthen community ties.

The program supports Calgarians by offering free and convenient disposal options—especially important for residents without regular cart service or the ability to access landfill facilities. With the help of City-provided packer trucks and MRCA volunteers, we're able to collect household garbage, metal, electronics, working bikes, and paint. In addition, the event supports several charitable organizations through donations of gently used items to WINS, Dress for Success YYC, and the Calgary Flames Sports Bank, which provides used sports gear to kids across southern Alberta.

Beyond waste removal, this initiative reinforces our commitment to sustainability, inclusion, and volunteerism. The Mount Royal Community Association plays a key coordinating role—organizing logistics, promoting the event, and mobilizing volunteers. As with all MRCA initiatives, the Cleanup reflects our broader mission: to foster a healthy, livable neighbourhood through shared action and civic engagement.

Whether you're dropping off items, donating to a good cause, or lending a hand, this is an opportunity to connect, contribute, and make a positive impact. For details on what can and cannot be accepted, visit calgary.ca/communities/community-cleanup-items.html.

To volunteer, or to learn more about your community association, contact us at membership@mrca.ca.

Let's clean up Mount Royal—together.



MOUNT ROYAL COMMUNITY CLEAN UP

SUNDAY, SEPTEMBER 28, 2025
9 A.M. – 2 P.M.

Accepted/Not Accepted/Details at [calgary.ca/communities/
community-cleanup-items.html](http://calgary.ca/communities/community-cleanup-items.html)



- Garbage trucks
- Metal Bins & E-Waste
- We Take Donations For:
 - WINS
 - Dress for Success
 - Calgary Flames Sports Bank (used sports equip)
- Metal & electronic recycling
- Used Working Bikes
- Household paint
- Can't make the landfill?
 - Drop it with us!

Contact: membership@mrca.ca to learn more or help out (volunteer)

In partnership with the City of Calgary,
Mount Royal Community Association,
2317 10 St SW. A free event - Memberships available



TAKE ON WELLNESS

Organ and Tissue Donation

by Alberta Health Services



One organ donor can save up to eight lives and one tissue donor can dramatically improve up to 75 lives.

How to Act on Your Good Intentions

A deceased person can donate organs such as lungs, heart, kidneys, and liver – and/or tissues such as eyes, skin, bone, and tendons. If you're interested in leaving these gifts, please register your decision online at GiveLifeAlberta.ca or in person at a motor vehicle registry office. Donor cards don't exist anymore; if you have signed the back of your Alberta Health card in the past, you are asked to join Alberta's registry in one of the ways above.

Albertans are also encouraged to share their wishes with their loved ones. Generally, if someone is eligible to donate at the time of their death, the Give Life Alberta donation team will check the registry and inform their family about their donation decision. It will then be up to their family to decide if they'd like to proceed with donation or not. Many previous donor families have found that decision was easier if they knew what their loved one wanted.

Sharing Your Donation Decision

Donation discussions don't need to be grim. The national award-winning Give Life Alberta public awareness campaign All the Ways portrays creative ways one could tell their family they'd like to be a donor, for example in the form of a cake, a card, or even a t-shirt. Families could also spark the conversation by watching public awareness videos and real-life donor and transplant recipient stories on GiveLifeAlberta.ca.

Constant Need for Organs and Tissues

While Alberta marked another record year in 2024 – with 317 deceased organ and tissue donors — there are more than 500 people waiting for life-saving transplants in our province. Last year, 33 people on the wait list died.

For contact information and to learn more about organ and tissue donation, visit GiveLifeAlberta.ca.



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CROCODILE TONGUE



Do you know the difference between an alligator and a crocodile? Well, although there are many reasons these two beauties are unique, one of the most interesting is their tongues. A crocodile cannot stick its tongue out! So, if you are being mocked – it's probably an alligator.



Upper Mount Royal Real Estate Update

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

	Average Asking Price	Average Sold Price
June 2025	\$3,700,000	\$3,625,000
May 2025	\$2,249,500	\$2,237,500
April 2025	\$1,049,950	\$1,065,000
March 2025	\$399,400	\$404,250
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

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

	No. New Properties	No. Properties Sold
June 2025	6	5
May 2025	8	4
April 2025	3	2
March 2025	10	2
February 2025	0	0
January 2025	1	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

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
June 2025	\$358,950	\$356,500
May 2025	\$259,900	\$260,000
April 2025	\$424,000	\$426,500
March 2025	\$397,400	\$389,500
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

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

	No. New Properties	No. Properties Sold
June 2025	16	6
May 2025	16	11
April 2025	13	11
March 2025	13	6
February 2025	6	10
January 2025	12	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

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

Summer Is a Great Time to Try Something New in Calgary Parks

by The City of Calgary

Are you looking for ways to keep the young people in your life and yourself active with fun, free activities this summer? Calgary's parks have so much to offer. Ward off boredom and stay busy with new adventures all summer by trying the following activities.

- **Cool off with a trip to a spray park or wading pool that you haven't visited before.** Check out calgary.ca/sprayparks for a list of all City spray parks and wading pools. Did you know that select parks also have aquatic wheelchairs that you can borrow for free?
- **Explore a new playground.** Check out the playground finder map on calgary.ca that has all City playgrounds, including inclusive playgrounds (square icons) with something for everyone. The map includes information about the play surface for each playground (e.g., gravel or inclusive playgrounds that have accessible rubber surfaces).
- **Golf, disc golf, bike pump tracks, and more.** The City has seven City of Calgary courses, family golf nights and several youth programs, and golf lessons. Our parks also have four permanent and some temporary disc golf courses for you to enjoy during a nice summer day. Take a break during your bike ride along the City's regional pathway to try a bike pump track. Find out where you can play beach volleyball this summer and much more at calgary.ca.



3-1-1 Calgary App Gets an Update

by The City of Calgary

The newly updated 3-1-1 Calgary app empowers Calgarians to work together, covering more than 90 City services. Every photo and report submitted helps The City respond more quickly and helps improve service delivery keeping our communities running smoothly. "Use the app when you notice issues and encourage your neighbours and friends to do the same," says Gilberto Ancheta, 3-1-1 Coordinator.

How to Use the App

Report issues you see like potholes, graffiti, or missed waste collection. Simply describe the concern, upload photos, tag the location, and submit your request.

New Changes

New features include real-time status updates on submitted requests, allowing users to track progress and receive notifications. The app also includes a built-in City news feed sharing key programs, services, and updates. With only 30 percent of 3-1-1 requests coming through the app, there's opportunity to grow this efficient digital option. Download the Calgary 3-1-1 app today and help spread the word.



What Really Happens to Your Green Cart Waste?

by The City of Calgary Waste and Recycling Services



Food and yard waste collected through the Green Cart program is turned into nutrient-rich compost for use by farmers, gardeners, and landscapers.

If you don't separate your food scraps from your garbage it will end up buried in the landfill where it doesn't break down or turn into soil.

Separating your food scraps in your green bin makes a big difference.

Follow these tips for separating food scraps and using your green cart:

- Remove food from its packaging before putting it in your green cart.
- Use a kitchen pail or reuse any container with a lid (like an ice cream bucket) to store food scraps until you throw them in your green cart.
- You can control odours and keep your cart clean by using a certified compostable bag, paper bag, or newspaper liner in your kitchen pail.
- Use a small amount of baking soda in your kitchen pail to prevent odours.

Check calgary.ca/foodscraps for more tips to make your green bin a winner!

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Dear Neighbours,

There is no denying that there is an affordability crisis in our province. It is truly heart wrenching that although we live in the richest province in the country, many of our neighbours, friends, and family are struggling to make ends meet.

Our province has the highest auto insurance premiums in Canada and under the current Alberta government they are going to go up by 15 percent or more. To make matters worse, the Alberta government is also going to remove the right to sue insurance companies if they don't provide the benefits that injured people are owed.

It's called no-fault insurance, and this government's privately delivered, no-fault insurance is the worst of all possible insurance models: expensive and unaccountable.

The price we pay for electricity has quadrupled under the provincial government but instead of focusing on bringing those rates down, the Alberta government smothered investment by putting a ban on new electricity projects.

With rents sky-high, the government increased property taxes by \$250 on every Calgary household and increased real-estate transfer taxes by hundreds of dollars to make buying your own home even more expensive.

And just a few weeks ago, the Alberta government announced they will raise the prices seniors pay to get their prescriptions filled, and they are also going to start charging Albertans at least \$100 for their COVID booster shots.

Albertans deserve better.

All Albertans deserve a government that is focused on real plans to create opportunities and good jobs for every Albertan. All Albertans deserve to live free of worry about how they are going to pay their bills and provide for their families.

Please reach out to my office to discuss these issues or any other issue that is top of mind.

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