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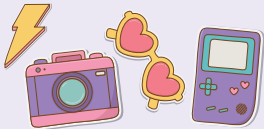


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1. This parody pokes fun at films like *Scream*, *I Know What You Did Last Summer*, and *The Sixth Sense*.
2. In this crime thriller, Guy Pearce plays Leonard who suffers from an untreatable form of memory loss that makes finding his wife's killer nearly impossible.
3. This legal drama involves Julia Roberts, a car accident, and a devastating legal cover-up.
4. Two cheerleading squads duel it out and uncover some shady practices going on during the national championship.
5. Bruce Willis and Samuel L. Jackson star in this sci-fi thriller that takes "survival of the fittest" to a whole new mysterious realm.
6. A handsome, young professional living in America lives two separate lives: one an urban businessman, the other a knife wielding killer.



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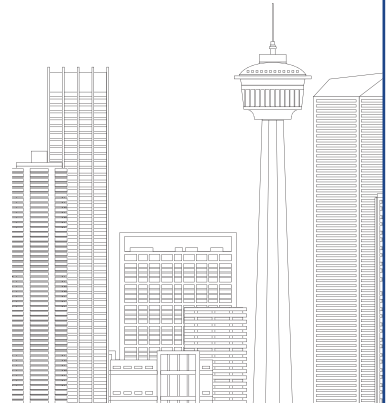
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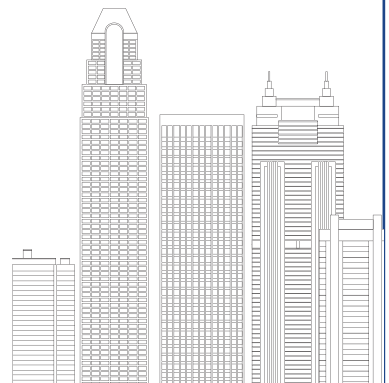
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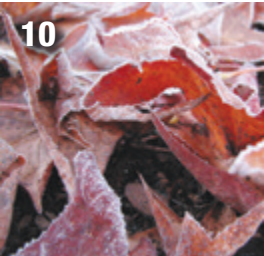
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CONTENTS

- 7 WHO CAN JOIN THE MOUNT ROYAL COMMUNITY ASSOCIATION AND WHY IT MATTERS
- 10 NOVEMBER CROSSWORD
- 11 RECIPE: STUFFED RED AND YELLOW BELL PEPPERS
- 12 YOUR CITY OF CALGARY: GREEN CART COLLECTION UPDATE
- 14 BUSINESS CLASSIFIEDS



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MOUNT ROYAL



LOWER
MOUNT ROYAL



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Who Can Join the Mount Royal Community Association and Why It Matters

Every vibrant, resilient neighbourhood has one thing in common: a strong core of residents who are informed, involved, and committed to local well-being. In Mount Royal, that commitment is represented through the Mount Royal Community Association (MRCA), a volunteer-led, non-profit organization that exists to serve the interests of residents in both Upper and Lower Mount Royal. While many people associate community associations with event planning or public meetings, their true purpose is much deeper. At their core, they are about belonging.

As we move into November—a time of reflection and preparation for the year ahead—it is the perfect moment to ask: Who can join the MRCA? What does membership mean? And why should it matter to you?

The answer to the first question is simple. Everyone who lives in Upper or Lower Mount Royal is eligible to become a member. This includes homeowners, renters, students, seniors, families, single residents, and business tenants who reside within the boundaries of our community. You do not need to own property to join. You do not need to be invited. If you live here, you belong here.

This inclusive approach is rooted in the founding principles of the MRCA. Since its incorporation in 1934, the association has aimed to represent the interests of the entire neighbourhood. It has provided a platform for residents to connect, share resources, protect local character, and speak with a unified voice on matters affecting the community. Whether the topic is development, safety, transportation, beautification, or parks, the association exists to reflect the views of Mount Royal residents.

So, what does membership mean in practice?

First, MRCA members receive tangible benefits. These include access to discounted rates for hall rentals at Mount Royal Station, eligibility to participate in exclusive programs such as tennis court access, and the right to vote at the Annual General Meeting. Members receive early invitations to community events and have the opportunity to volunteer on committees or stand for election to the board.

More importantly, membership is also a symbol of civic participation. It is a signal that you support your neighbourhood. It demonstrates to the City of Calgary that our community is active, organized, and worthy of continued support. The MRCA's ability to advocate for infrastructure improvements, secure grant funding, and maintain partnerships with public institutions depends, in part, on the size and strength of its membership base.

Community associations are non-profit organizations. They receive no operational funding from the City. Instead, they rely on a combination of event revenue, grants, donations, and membership fees to cover essential expenses such as insurance, utilities, maintenance, communications, and program delivery. When you pay your annual membership fee, you are directly supporting the work being done to make Mount Royal a better place to live.

In the past year alone, membership funds helped maintain the skating rink and tennis courts, cover insurance and utility costs for Mount Royal Station, support the installation of decorative lighting, and help organize community cleanup days and seasonal gatherings. Members also played an essential role in shaping the future of our neighbourhood by participating in the Planning and Development Committee and attending consultations on local policy.

If you are not yet a member, or if your membership has lapsed, we encourage you to join or renew today. It is a small gesture with a big impact. Membership is affordable, quick to set up, and valid for a full calendar year. You can register online at www.mrca.ca/ membership in just a few minutes.

As we prepare for winter and the upcoming holiday season, we are reminded that communities are not built solely by buildings or bylaws, but by people—people who choose to participate, who lend a hand, and who show up. Your membership is a simple way to show up for Mount Royal.

We hope to see you at the next event, public meeting, or program at Mount Royal Station. Until then, thank you for being part of this remarkable neighbourhood—and for considering becoming a member of your community association.

Join today. Your voice, your vote, your community.



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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.

Becoming a member and renewing membership just got easier!
Memberships now valid 1 year from start date (no need to wait for July 1!).
Online Payment and auto-renewal options available!

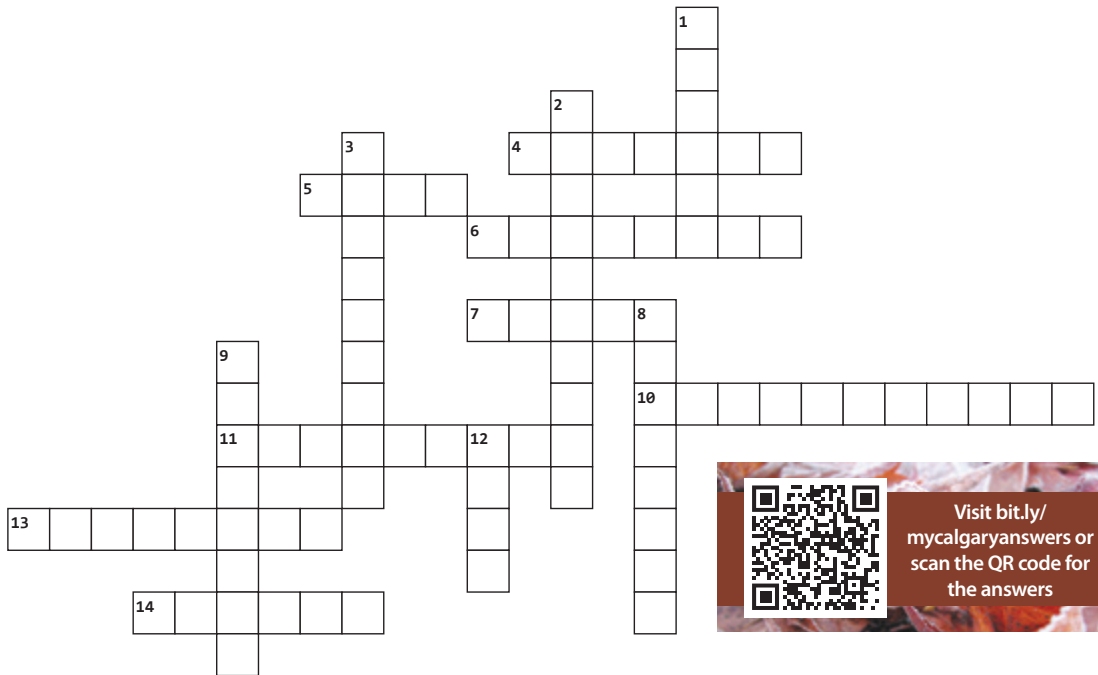
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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!



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YOUR CITY OF CALGARY

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!





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Everyday, I talk to your friends and neighbours who are struggling under the challenges of an affordability crisis. Inflation is ravaging households, especially the costs of things that you have to buy: groceries, insurance, electricity.

These stories range from the heartbreaking—pay for food or rent?—to the irritating—the bottle of moisturizer that's shrinkflationed 40%. But in every case, we are at the end of our ropes.

I'm telling the government that life is not okay and you're not okay.

First of all, wages haven't kept up with the cost of everything increasing. On October 1, five provinces increased their minimum wages, including conservative-governed Ontario and Saskatchewan. The government hasn't increased minimum wage in the last six years. It's uniquely cruel in Canada, even among conservative governments.

Secondly, the government has deliberately made things even more expensive. The government is going to increase your cost of auto insurance by 15% or more. Electricity prices peaked at three times higher than when the UCP government was elected in 2019. On both of these things, the government has the power to make your life just a little better by reducing prices.

Just these two items cost you hundreds of dollars every year. It's relentless.

And then there's the price of groceries. It's not just the sticker shock, but the shrinkflation and the replacement of good quality ingredients with lower quality.

The government could be helping you with all these costs, insults, and offenses. But they are too focused on their own extreme agenda to pay attention to the daily affordability crisis we all face.

I understand what you're going through, and I want to help. Please reach out to my office with your ideas on how we can get inflation under control.

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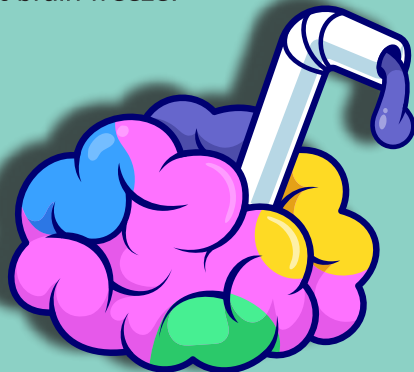
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