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UPPER MOUNT ROYAL



LOWER MOUNT ROYAL





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 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)



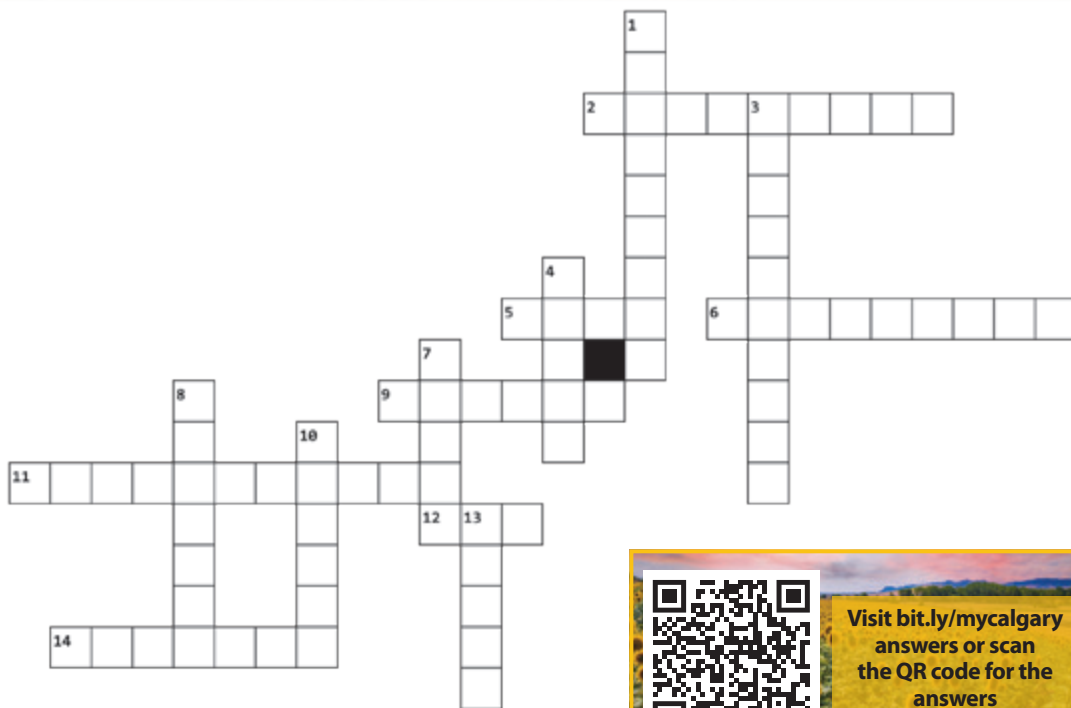
- Garbage trucks
- Metal Bins & E-Waste
- We Take Donations For:
 - WINS
 - Dress for Success
 - Calgary Flames Sports Bank (used sports equip)
- Metal & electronic recycling
- Used Working Bikes
- Household paint
- Can't make the landfill?
 - Drop it with us!

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



September Crossword



Across

2. Ernest _____'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the _____ Islands.
9. *The _____ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in _____, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William _____, *Star Trek* premiered on September 8, 1966.

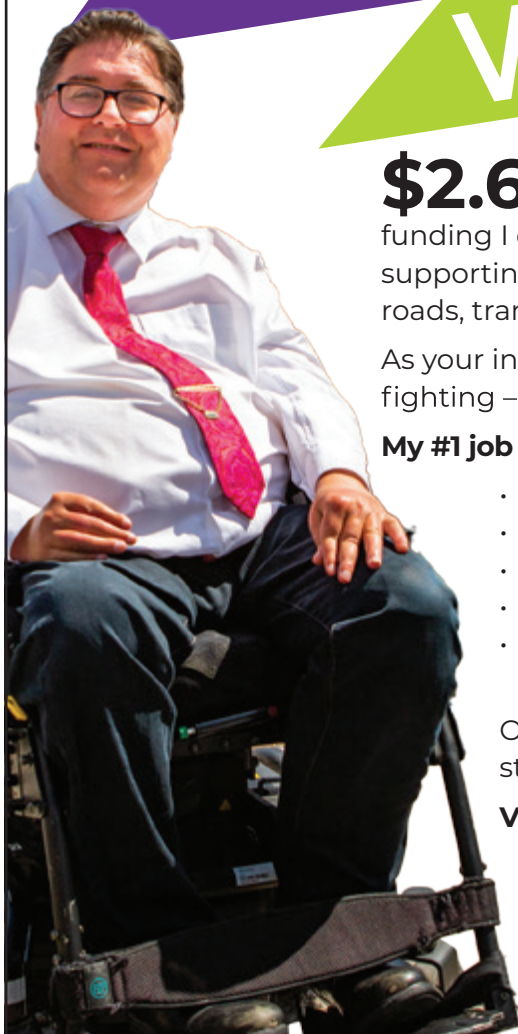
Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in _____, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard _____ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international _____ match.
10. On the first Monday of September, _____ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin _____ and Hugh Grant, were both born in September 1960, just one day apart.

Elect

HEHR

WARD 8



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- Create safer communities
- Modernize transportation
- Attract jobs & opportunity
- And, most importantly, ensure your voice is respected at city hall

On October 20, let's start building a stronger Ward 8 together.

Vote Kent Hehr for Ward 8.



KentHehr.ca



f b in X

Experienced

Accessible

Independent

Authorized by the official agent for Kent Hehr for Ward 8

Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chili sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

Prep Time: 20 minutes

Cook Time: 30 minutes

Bake Time: 30 minutes

Servings: 5 to 6

Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!



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For More Information:
samaritanclub.ca

Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses


- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians


- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.



- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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Starting Fall SMART

by Recovery Alberta – Community Health Promotion Services

Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

- Specific – What exactly would you like to do? What is your aim?
- Measurable – How will you know if you are moving towards your goal? What will you see?
- Achievable – Can you act to reach your goal? Is it something you can do?
- Relevant – Does this goal have meaning for you?
- Time – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:



- Attitude (e.g. Being positive, hopeful, and grateful or seeing the good)
- Physical Health (e.g. Being active, eating healthy food, sleeping, and drinking water)
- Relationships (e.g. Spending more time with family and friends)
- Public Service (e.g. Volunteering, helping your community)

Taking the time to write, type, or vocalize our goals, will set the stage for us to reach them! Another important piece is to celebrate our successes along the way. Focus on all that you have done rather than on things you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!



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Dear Neighbours,

I hear from too many Calgary-Elbow constituents who are struggling with high housing costs, auto insurance, childcare, and utility bills.

They feel like they're being left behind, and they are right. In fact, Alberta has the slowest wage growth in Canada since 2019, the highest inflation, and the highest youth unemployment in the country. Albertans are being left behind, and the policies of this government are at least partly to blame.

The UCP government has failed to take the affordability crisis seriously and has ignored the challenges facing many Albertans.

A recent Auditor General's report found that the provincial government failed to pass on to Alberta parents the benefit from the child-care subsidy negotiated with the federal government. And the low-income subsidy for childcare, that has been in place for decades, was cancelled by the UCP government.

Perhaps even worse, the UCP government is clawing back \$2,400 every year from a federal disability benefit meant for disabled Canadians. It's a massive tax increase on our most vulnerable neighbours.

Businesses are also being impacted by the UCP government's flirtation with separatism, which is adding to economic uncertainty.

Nancy Southern, the CEO of ATCO, recently expressed her concern about the effect separation talk is having on business investment.

"I think the discussion of separation should have no oxygen, and I believe Canada, as a unified country, is going to be far stronger than if we try to be independent little states, provinces, Absolutely, it's impacting investments now, as we look to (have) partners for our large projects that are from offshore," Southern told the Calgary Herald.

Albertans deserve better. Our hard-working friends, family members, neighbours, and business owners deserve to know they can take care of their families and build a good life in this province.



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