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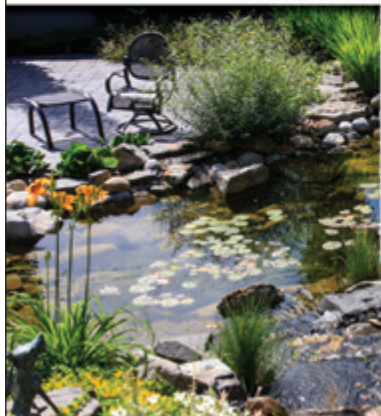
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MOUNT ROYAL**



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Reflecting on Summer and Strengthening Community Connections

As the warm days of August unfold and the city slows down in its late-summer rhythm, it is the perfect time for reflection and reconnection. In Mount Royal, August marks both the peak of seasonal enjoyment and the calm before the renewed pace of fall. For the Mount Royal Community Association (MRCA), this is a moment to take stock of our successes, reconnect with our neighbours, and prepare for the exciting months ahead.

Over the past few months, we have witnessed the beauty of community in action. From the well-attended Stampede BBQ, our great success with our Inaugural Tennis rivalry with BankView, garden pop-ups, and casual meetups on the Mount Royal Station terrace, residents of Upper and Lower Mount Royal have shown once again how much they value connection, tradition, and shared spaces. These events may appear effortless to the casual participant, but they represent hours of thoughtful planning, logistics, and volunteer time—made possible by your ongoing support and membership.

Mount Royal Station, our community hall, remains a central part of that success. Its versatility as a rental space, program venue, and welcoming hub continues to inspire creative uses—from birthday parties and fundraisers to yoga classes and civic meetings. In August, the building becomes a quiet workhorse behind the scenes, hosting board meetings and serving as the staging ground for fall programming.

The grounds, too, are flourishing. Thanks to our small but dedicated group of volunteers, the flowerbeds around the hall and on select boulevards are thriving, showcasing seasonal blooms and enhancing our neighbourhood's charm. These projects may seem small, but they signal a deeper truth: that our neighbourhood thrives when we care for it together.

One of our most valuable projects this month is community feedback. The MRCA is currently seeking resident input on upcoming program ideas, park use, and community needs. We are collecting feedback via a short survey on our website, and we encourage all residents—new and long-standing—to take five

minutes to share their voice. What types of events would you like to see this fall? What should our community advocacy focus on in 2026/2027? Are there gaps in services, amenities, or safety that deserve our attention? Your answers shape our work.

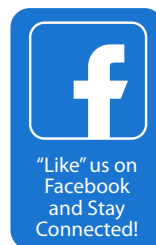
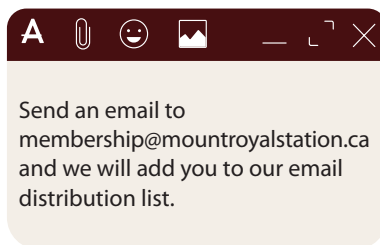
In parallel, August is also when we begin preparing for our Annual General Meeting, which typically takes place in October. The AGM is an opportunity to review finances, elect new board members, present the past year's highlights, and listen directly to residents. We will be opening nominations for board and committee positions in the coming weeks, and we encourage anyone interested in local leadership to get involved. No experience is necessary—just a willingness to learn, collaborate, and represent your community.

We also encourage you to consider the small but impactful act of renewing your membership. It is through your support that we are able to apply for City grants, maintain our facilities, pay for insurance and utilities, and plan events. Membership is just \$25 per household and can be renewed quickly at www.mrca.ca. Every new member adds strength to our collective voice and helps ensure that Mount Royal remains a model of community engagement and neighbourhood pride.

As you enjoy the remaining weeks of summer—whether you're traveling, relaxing on your porch, or out walking the leafy streets of Mount Royal—take a moment to appreciate the efforts of your neighbours, volunteers, and board members. Their work, supported by you, is what keeps this community strong, connected, and beautiful.

Thank you for being part of Mount Royal. And if you're not yet a member, we invite you to join us today.

Join today. Your neighbourhood, your voice, your future.



August Crossword



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



Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day



Membership Drive 2026

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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Accidental Poisoning

by Emergency Health Services



Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications and button batteries are kept.

Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.

- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.

Find poisoning information by calling the Poison and Drug Information Service (PADIS) at 1-800-332-1414.

In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EHS paramedics to inspect on their arrival.

Cats, Canines, & Critters of Calgary



Bear, Cranston



Chico, Richmond



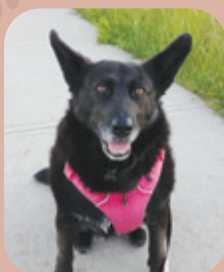
Dexter, Tuscany



Ferland, Cranston



Honey, Cranston



Kenna, Bridlewood



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Calgary's Lawn and Landscape Watering Schedule – Know Your Days and Times

by The City of Calgary



Let's take turns watering our lawns and landscapes to protect Calgary's water supply. Calgary's Lawn and Landscape Watering Schedule is a year-round schedule that sets regular days and times for outdoor watering across Calgary. Water with a sprinkler or irrigation system up to three days per week based on the last number of your street address:

• Even street address (ending in 0,2,4,6,8) – Tuesdays, Thursdays, Saturdays

• Odd street address (ending in 1,3,5,7,9) – Wednesdays, Fridays, Sundays

Water before 10:00 am and after 7:00 pm on your assigned days to reduce evaporation and keep more water where it's needed.

The following activities are allowed any day, anytime:

- Hand watering landscapes (excluding grass) with a hose connected to a spring-loaded nozzle or watering can.
- Watering newly planted grass, trees, or shrubs.
- Watering fruits and vegetables.
- Filling pools, hot tubs, and fountains.
- Washing windows, decks, fences, and siding.
- Running through sprinklers.

Find your days and times at calgary.ca/whentowater. Together, we are water wise.

The Dog Days Are Here

The popular phrase, "the dog days of summer," actually has nothing to do with pets!

It originated from the Greeks and Romans, who saw the rising of Sirius, the brightest star in the Canis Major constellation, and associated it with the growing heat.

An advertisement for Gutter Doctor Home Exterior Services. It features a cartoon character of a man in a blue uniform and cap, holding a ladder and a bucket. The text lists services: Gutter Clean/Fix/Install, Leaf Screens, Window Cleaning, Fascia/Soffit/Siding, Pressure/Soft Wash, Cladding, Permanent Lights, and Roofing. It also mentions Senior Discount, Warranty, WCB, and Insurance. The phone number 403-714-0711 and website gutterdoctor.ca are provided.

the Gutter Doctor Home Exterior Services

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Senior Discount • Warranty • WCB • Insured
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An advertisement for Music in the ArtPark. It features a background image of a large, modern building with a courtyard. The text includes the event name, date, time, location, and a list of features: Free Live Music, Cold Beer, Family Friendly, Outdoors, and Community. It also mentions a featured band, I Am The Mountain, and a QR code to learn more.

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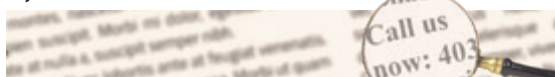
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Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.



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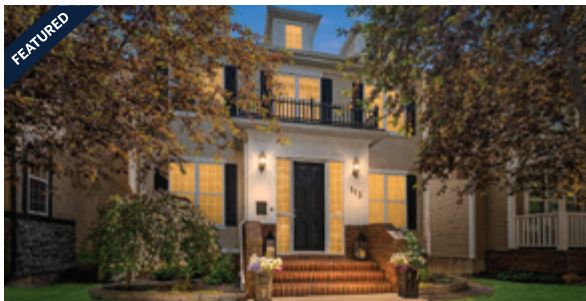
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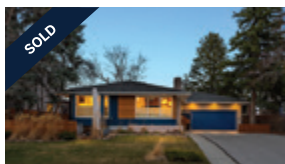
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