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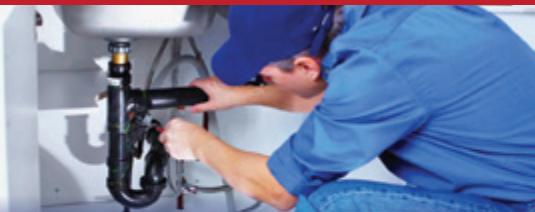


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MOUNT ROYAL



LOWER
MOUNT ROYAL



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BRAIN GAMES

SUDOKU

6	5	8					7	
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**9 PM
ROUTINE**

CALGARY
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SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Partnering with the City of Calgary—A Community Working Together

While the Mount Royal Community Association (MRCA) is proudly resident-led and volunteer-powered, it does not work alone. Behind every event, every infrastructure improvement, and every successful planning initiative is a quiet but essential partnership—with the City of Calgary. February is an ideal time to explore how this relationship works, what it means for residents, and how your membership strengthens our collective voice.

Community associations like the MRCA are considered by the City to be the grassroots representatives of their neighbourhoods. Although we are non-profit societies and not part of the City's administration, we are recognized as key stakeholders in the municipal process. The City provides resources, information, and funding opportunities to help associations engage residents, manage facilities, and deliver programming. In turn, associations like ours provide localized leadership, identify needs and issues, and help coordinate responses to resident concerns.

The partnership takes many forms. Through the City's Community Association Liaison program, we have a direct contact within City administration to discuss ongoing initiatives, regulatory questions, and development applications. When new projects or zoning changes are proposed in Mount Royal, the MRCA is notified early and is given the opportunity to provide input. This ensures that your voice can be heard not just at community meetings, but within the City's formal decision-making process.

MRCA also participates in City-supported programs like Adopt-a-Rink, community cleanups, and safety initiatives. These partnerships make it possible for us to offer a public skating rink each winter, organize spring and fall clean-up days, and advocate for traffic calming or pedestrian safety improvements. Our board and planning committees frequently meet with City departments on everything from park maintenance and heritage conservation to bylaw enforcement and infrastructure planning.

Perhaps most importantly, we rely on the City for financial support through matching grants and facility

assistance programs. Whether we are applying for a capital improvement to Mount Royal Station or launching a new recreation program, demonstrating active membership and neighbourhood engagement is essential. The stronger our membership numbers, the more credible and compelling our applications become. City grants are competitive, and your support helps us stand out.

The City also provides valuable training and development support to community association boards and volunteers. This includes workshops on governance, planning, financial management, and inclusivity. Through this collaboration, the MRCA board can operate with professionalism and transparency, ensuring that the association's decisions reflect both community values and sound organizational practices.

This partnership is not one-sided. While the City offers support, it depends on communities to identify local needs. That is where you come in. Every resident who joins the MRCA strengthens our ability to communicate effectively with the City. When you submit feedback, attend meetings, or fill out surveys, that information helps guide City investments and strategies. Mount Royal is known as one of Calgary's most engaged and informed neighbourhoods. Maintaining that reputation ensures that we continue to be heard.

Your MRCA membership is a direct investment in this relationship. It allows us to act as a liaison, to secure grants, and to remain a respected voice in civic dialogue. Membership supports the practical work of maintaining our facilities and events, but it also ensures we remain a strong advocate for our shared future.

To find out more about how the MRCA partners with the City of Calgary, or to get involved in our advocacy and planning work, visit www.mrca.ca. There you will find information on upcoming consultations, public input opportunities, and planning committee updates.

Mount Royal is a better place because of our collaborative work with the City. But that collaboration starts with you. Join or renew your membership today.

Join today. Help your community speak with one strong voice.





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!
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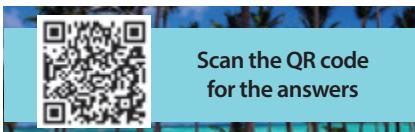


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2. Salto la Jalda is the highest waterfall in not only the Dominican Republic but in the entire _____.
8. The Dominican Republic is the birthplace of Merengue as well as this passionate dance and music genre.
10. So many _____ vacation in Punta Cana that it's affectionately called Punta Canada!
11. The Dominican Republic is a unique biodiverse country which makes it popular for this type of tourism.
12. Punta Canada enjoys a _____ climate, which means it is summertime all year long.
13. La Bandera is the national dish of the Dominican Republic and consists of white rice, red _____, and stewed meat.
14. Rio Yaque del Norte is the longest _____ in the Dominican Republic.

Down

1. PGA Ocean's 4 is the first golf course in the Dominican Republic directly affiliated with the PGA of _____.
3. Punta Canada is home to multiple 5-star, all-inclusive, beachfront _____.
4. This beach in Punta Canada is ranked as one of the best beaches in the world.
5. Zona Colonial in Santo Domingo was declared as a World Heritage Site by this organization.
6. Dominican coffee is made from this type of bean.
7. A popular souvenir for visitors of Punta Canada are ceramic figurines commonly known as "_____ dolls".
9. Vacationing in Punta Canada is an _____ option with tons of benefits.

Staying in Relationships Thinking the Other Person Will Change, Now What?

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

In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate "preferences" from "deal-breakers"

Narration shift: "I don't like this" to... "This is uncomfortable, but not unsafe or violating."



2. Replace fantasy with reality statements

Narration shift: "They would be perfect if..." to... "This is who they are today, consistently."

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: "They're the problem" to... "This brings up something important in me."

4. Use compassion without justification

Narration shift: "They shouldn't be this way" to... "I can understand why they're this way, without agreeing or excusing."

5. Practice present-tense acceptance language

Use phrases like: "This is what's here right now" or... "I don't have to solve this today."

6. Stop future-bargaining

Narration shift: "Once X happens, then I'll be okay" to... "If nothing changes, how do I feel about this life?"

7. Name your choice clearly

Narration shift: "I'm stuck" to... "I am choosing to stay for now, with eyes open."

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: "This shouldn't hurt" to... "Of course this hurts."

9. Anchor acceptance in boundaries

Narration shift: "I have to accept everything" to... "I accept who they are and I choose how close I stand."

10. Use curiosity over judgment

Narration shift: "They're wrong" to... "This is different from me—what does that mean for us?"

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

1. Positive: Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.

2. Tolerable: Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.

3. Toxic: When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

• Change: You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.

• Choose: When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.

• Engage: If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!

Make The Youth Hiring Fair Work for You

by The City of Calgary



Mark your calendars! The Youth Hiring Fair is on March 26, at the Big Four Building in Stampede Park from 1:30 to 6:00 pm. Now's the time to get prepared. Set yourself up for success and be ready to meet 80 employers who are hiring.

Interested in attending? Youth ages 15 to 24 are encouraged to visit the Youth Employment Centre before the event. Drop-in to meet with an employment counsellor for free Youth Hiring Fair preparation. We can help you with:

- Targeting your résumé to available jobs.
- Creating a pitch to introduce yourself.
- Preparing for on-the-spot interviews and more.

Find us at the Alberta Trade Centre (315 – 10 Ave SE). We're open on weekdays from 8:30 am to 5:00 pm. No appointment needed.

Visit calgary.ca/yechiring for ongoing announcements and advice on how to get prepared!

Winter Tips to Keep Our Rivers Healthy

by The City of Calgary

When snow melts, water runs off our streets, driveways, and yards, and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, gravel, dirt, and other debris, washing it into our storm drains and our rivers.

The City of Calgary and Calgarians need to work together to manage our stormwater. In newer communities, The City uses storm ponds to help naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is so important. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

Together we can keep our rivers and creeks healthy by:

- Shovelling shortly after it snows to prevent ice and reduce salt, sand, or gravel use.
- Following the manufacturer's instructions if using salt on your driveway or sidewalks, so you're not using more than needed.
- Sweeping up excess salt, sand, and gravel from your driveway and sidewalks.
- Continuing to pick up pet waste and litter off the ground and dispose of them in the right disposal bin.

What ends up on our streets, ends up in our rivers. For more tips and information, visit calgary.ca/stormwater.

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An illustration for a business card. It features a stylized palm tree in the center, with its trunk resting on a hand. The background is white with a decorative border of palm leaves. The word "Palms" is written in a cursive script above the tree. Below the tree, the text "What kind of tree fits in your hand? A palm tree" is written in a smaller, sans-serif font.

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