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**UPPER
MOUNT ROYAL**

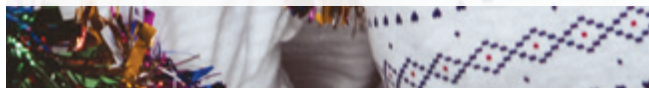


**LOWER
MOUNT ROYAL**



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January: Our History and the Legacy of Mount Royal

As a new year begins, it is a natural time to look back as well as forward. January invites reflection on the values, traditions, and achievements that shape who we are. For residents of Upper and Lower Mount Royal, our story is one rooted in community vision and continuity. This month, the Mount Royal Community Association honours that legacy.

The MRCA was officially incorporated on January 22, 1934, under the name Mount Royal Community Club. Its purpose was to foster community pride and cohesion through recreation, social events, and neighbourhood improvements. Founding objectives included acquiring land for clubhouses and playgrounds, organizing amateur athletics, and providing meeting spaces for lectures and public discussions. It was a grassroots organization that believed community was something that must be built and maintained through shared effort and shared space.

Over the decades, Mount Royal evolved. Homes were built and rebuilt, generations came and went, and new challenges emerged. But the community spirit embedded in those early years continued. The original clubhouse was eventually replaced by Mount Royal Station, our current hall and administrative home. The association updated its name to the Mount Royal Community Association and expanded its mandate to reflect the changing needs of residents. New priorities such as traffic safety, heritage preservation, urban planning, and inclusivity became part of the association's ongoing work.

Today, nearly ninety years later, the MRCA still operates on the same principles of neighbourliness, volunteerism, and shared responsibility. The board of directors, elected from among the membership, guides policy decisions, programming, and partnerships. Committees lead initiatives in planning and development, parks and recreation, community events, and communications. Volunteers run the rink, help maintain the tennis courts, organize seasonal events, and support hall operations. None of this is possible without members—people who take the step of joining, showing up, and supporting the work.

The heritage of Mount Royal is also reflected in the architecture and streetscapes of our neighbourhood.

With over sixty homes on the City of Calgary's Inventory of Evaluated Historic Resources, and many more protected by restrictive covenants, Mount Royal is a living example of Calgary's early 20th-century urban design. The tree-lined boulevards, century-old homes, and heritage buildings are part of what makes this area unique. The MRCA has long played a role in promoting thoughtful preservation and respectful development, ensuring that as our community grows, it does so with intention.







Our hall, Mount Royal Station, stands as a symbol of that history. Originally the site of a Canadian Pacific Railway stop, it has since become a central gathering place. From weddings and memorials to community meetings and art shows, the hall continues to be the backdrop to life in Mount Royal. In many ways, it is where the past and future meet. Every time a new resident joins the association, every time a neighbour attends an event, they add their chapter to the story.

As we begin this new year, we invite you to become part of that story. Membership in the Mount Royal Community Association is more than an annual fee. It is a way of connecting to the legacy of those who came before us and supporting the generations to come. Your membership helps maintain the hall, operate the rink, support local advocacy, and sustain our volunteer programs.

To learn more or to become a member, visit www.mrca.ca. Whether you are new to the area or a long-time resident, your participation matters.

Join today. Honour the past. Help shape the future.





Send an email to membership@mountroyalstation.ca and we will add you to our email distribution list.



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Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.

- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.

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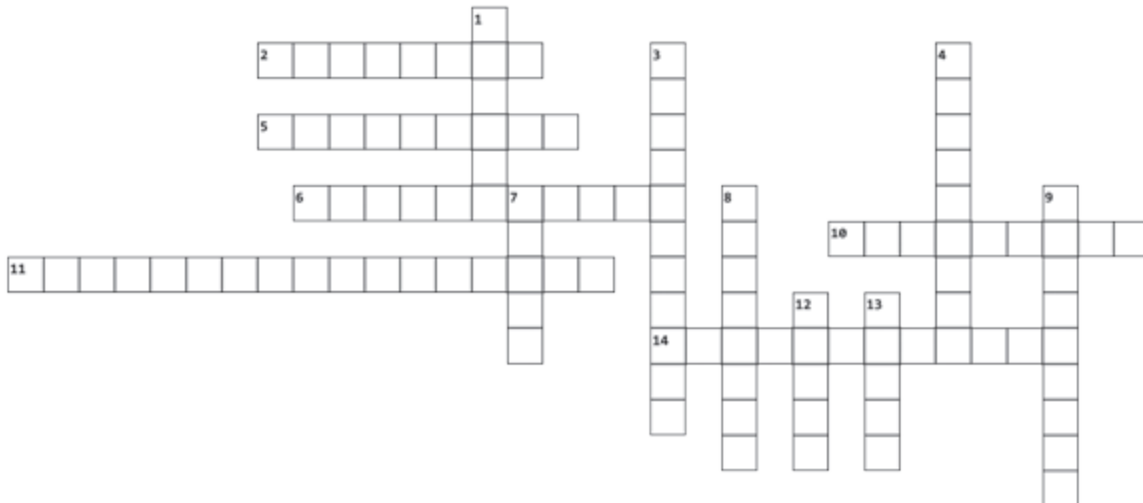
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It is Summertime - All of the Time in Punta Canada

Punta Canada Temperature in January, February, and March is 28°C. When Are You Coming?



Across

2. Punta Canada is the shopping capital of the Caribbean of this travel keepsake.
5. Canadians affectionately refer to this popular holiday destination as Punta Canada!
6. This river at 61 metres is the shortest, not only in Punta Canada, but in the entire Caribbean.
10. Punta Canada is the perfect destination for a Culture Trip, where visitors can immerse themselves in _____ culture, food, and history.
11. Punta Canada is a resort town found in the easternmost region of this Caribbean nation.
14. Punta Canada has more resorts of this kind than all of the other Caribbean islands combined! Get more without paying more!

Down

1. Visitors to Punta Canada can enjoy the tastes of luxury wine, award-winning _____, and decadent chocolate.
3. Punta Canada's tallest sand dune, which stands at 164 feet (the height of a 15-storey building), can be found here.
4. Canadians who migrate to warmer destinations (like Punta Canada) during the winter are known as what?
7. The English translation of Punta Cana is "Tip of the White _____" or "Point of the White Cane _____".
8. Punta Canada has a resort complex with access to 96 activities that is the perfect holiday spot for _____ with kids!
9. At this natural theme park you can zipline through the treetops, splash into waterfalls, and meet some of the island's quirkiest wildlife.
12. It never _____ in Punta Canada and with 15 golf courses it is the perfect destination for golfers.
13. Punta Canada is home to 40 miles of sandy, white beaches. What is the Spanish word for beach?

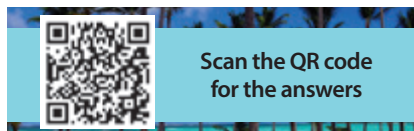
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Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

Directions

1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

Bon Appétit!





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!).
Online Payment and auto-renewal options available!

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Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



Tax Instalment Payment Plan (TIPP) is the most popular way to pay property tax in Calgary. Here's why:

- You pay the same amount as your tax bill, but in smaller, easier to manage monthly payments.
- Automatic monthly payments come out on the first day of each month, helping you avoid late payment penalties.
- No extra fees and no need to re-enroll each year. TIPP continues until you cancel.

It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at calgary.ca/TIPP to get started and enjoy easier budgeting for the years ahead!

Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Ogden Road SE Realignment

by The City of Calgary



To prepare for the future Lynnwood/Millican and Ogden Green Line LRT stations, North Star Contracting Inc. has started the realignment of Ogden Road SE, between the Canadian National Railway rail bridge and 69 Avenue SE. Ogden Road will shift to the west to make space for the Green Line, which will run between the new road alignment and the Canadian Pacific Kansas City (CPKC) railway.

What Is Happening?

- Road construction, utility work, and tree removals, followed by restoration, will be conducted into next spring.
- New multi-use pathways will be added on both sides of Millican Road and along the west side of Ogden Road to improve mobility near Pop Davies Athletic Park.
- A new parking lot with about 100 spaces will be built at the south end of the park supporting public parking and continued use of the park.
- Construction on the Lynnwood/Millican Road Transit facility and corresponding parking lot will also begin.

Access During Construction

- Parking and access to Pop Davies Athletic Park will remain available.
- Two-way vehicle access along Ogden Road and Millican Road will be maintained.
- Pedestrian and cyclist access connecting Ogden Road and Millican Road will be maintained via a temporary multi-use pathway.
- The informal gravel parking lot on the west side of Ogden Road will be permanently removed for the new alignment.

The community should anticipate partial lane closures, truck traffic, and construction noise, dust, and debris. This project is scheduled for completion by early summer 2026.

For more information, please visit calgary.ca/GreenLine.

Chinook Blast: Calgary's Signature Winter Celebration Is Back

by The City of Calgary

Chinook Blast is Calgary's ultimate winter festival that showcases the very best of our city. For six years, this celebration has brought winter magic to life—and we're just getting started.

From January 30 to February 16, Chinook Blast returns, promising the most spectacular experience yet. We're turning up the heat at Eau Claire Plaza, transforming it into a dazzling winter wonderland filled with vibrant art installations, live music, and unforgettable adventures.

Built by Calgarians, for everyone, Chinook Blast is proudly local. It's a family-friendly, inclusive festival that celebrates creativity and community while drawing visitors from across Calgary and around the world.

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Hello Friends,

It's that time of year again, when the cold settles in, the days are short, and with the holidays past we all start to count down the days until spring. However, along with the chilly weather comes a resurgence in cold, flu, and COVID cases. While I encourage everyone to get vaccinated, I also acknowledge that this has become a burden for many of us.

The government defunded the COVID vaccine program for most Albertans, and now individuals must pay \$100 or more out-of-pocket to get their vaccine. Considering the proven protection for individuals and communities that the COVID vaccine provides, this decision is putting the lives of many at risk and increases the health care system's costs.

Vaccines aren't the only thing being defunded by the government. They have decided to transition to an American-style private healthcare system. This type of system enshrines unequal access and reduces the quality of healthcare, and ultimately, worsens health outcomes.

Wait times are too long for surgery, cancer, and other treatments, and it's not okay. I talk to many Albertans who wait months for the care they need. We need a real plan from the government.

American-style health care isn't going to solve anything. The number one cause of consumer bankruptcy in the U.S. is medical debt. We don't want that here.

The government chose to focus their efforts on denying human rights instead of fixing real issues in healthcare like long wait times, a shortage of nurses and doctors, and poor patient outcomes.

It's time to restore what was once a world-class healthcare system for all Albertans, and fix what the government broke.

Sincerely,

MLA Samir Kayande



MP Calgary Centre
Greg McLean

445 – 1414 8 Street SW
 Calgary, AB T2R 1J6
 ☎ 403-244-1880 📠 403-245-3468
 ✉ greg.mclean@parl.gc.ca

Safety In Our City

The national statistics are an awful indication of how Canadians have been affected – particularly since the pandemic – by the increase in homelessness and crime in our streets. The epicentre for this activity drifts towards downtown.

A number of neighbourhood associations have raised this issue with me over the past few months. The increase in people living in the streets, and the increase in property damage has been especially troubling in Calgary.

Property damage is not a victimless crime. It has real effects on all of us – from the shared increase in insurance costs, to the affected condominium board fee increases, to the increase in the cost of goods at our local vendors – we are all at least indirectly affected.

Thus far, the response of a report line has served inadequately. Compared to most other cities, Calgary's central communities are wonderful examples of living spaces. Yet the scourge of property damage is affecting us all.

It's time we got ahead of this growing problem. It's an issue that spans three levels of government, and my elected colleagues at each level need to come together and move toward solutions. Federally, this means more robust laws against property damage, along with a judicial system that aids our peace officers in their efforts.

I will be coordinating with other levels of government to find ways to reduce the increasing incidence of these events. Stay tuned.



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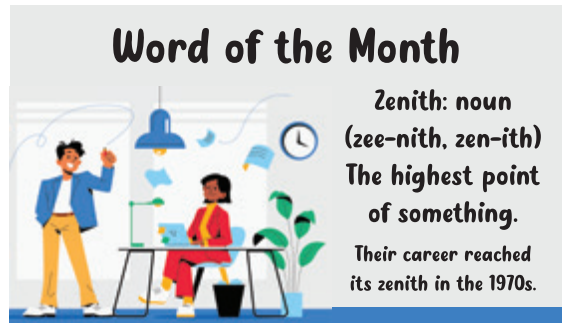
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Word of the Month

Zenith: noun
(zee-nith, zen-ith)
The highest point
of something.

Their career reached
its zenith in the 1970s.



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