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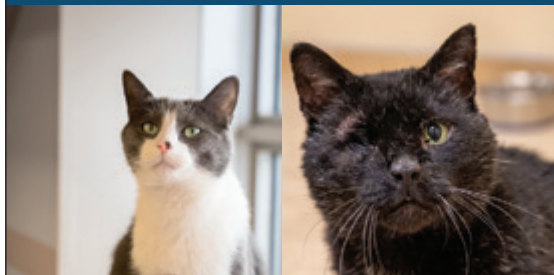


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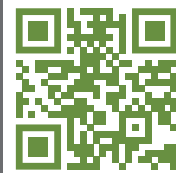
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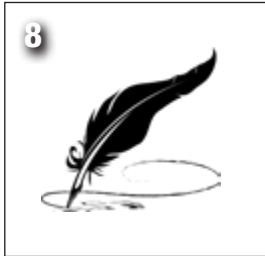
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PAPERBACK

On July 30, 1935, Penguin Books introduced the first paperback. They published ten titles, with the intention of making these books affordable for the general public. 90 years later, and paperbacks are still widely preferred.

Looking Ahead—Community Vision and Planning for the Future

As we enjoy the height of summer, July is both a time of celebration and an opportunity to reflect on where we are heading as a community. While many residents are enjoying vacations or spending time with family, the Mount Royal Community Association continues to plan, organize, and prepare for the year ahead.

This month, the MRCA board begins setting strategic priorities for the coming year. We review our programming, evaluate partnerships, and begin grant applications for facility upgrades and new initiatives. We also assess feedback from residents and plan how best to respond to changing needs, ideas, and opportunities. Your voice in this process is essential.

In the coming months, the board will revisit our community's planning and development priorities. Mount Royal's historic character, mature trees, and unique zoning continue to make it a distinctive and desirable place to live. At the same time, we must respond to growth pressures, new regulations, and evolving urban design standards. The MRCA planning committee works closely with residents and the City of Calgary to ensure that change is thoughtful, respectful, and consistent with our community values.

Mount Royal Station, our community hall, remains central to our identity and vision. Plans for future improvements include accessibility enhancements, energy efficiency upgrades, and interior refurbishments. These projects are contingent on funding, which we pursue through a combination of grants, donations, and member support.

This is also the time of year when we begin organizing for the Annual General Meeting, usually held in the fall. The AGM is open to all members and provides an important forum for reviewing financials, electing board members, and setting direction. We encourage all residents to attend and to consider stepping forward to serve in a leadership or committee role.

Looking ahead, we are also exploring new opportunities in community wellness, sustainability, and youth engagement. Ideas on the table include: a community composting station, speaker series on climate and neighbourhood resilience, and an after-school program

in partnership with local schools. None of these ideas are possible without resident input, support, and membership.

As you enjoy the rest of your summer, we encourage you to stay connected. Visit www.mrca.ca regularly, subscribe to our updates, and follow us on social media. If you have ideas, concerns, or questions, please reach out. We are here to serve you.

And if you are not yet a member, now is the time. Membership ensures that Mount Royal remains a leader in community engagement, advocacy, and stewardship. It strengthens our ability to plan, adapt, and grow.

Join today. Be part of Mount Royal's future.



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July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.





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.

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The Village We Lost: Why Modern Parents Need Community More Than Ever

by Saadah Shehu | The Smart Sitters Club



It wasn't that long ago that raising children was a community effort. Grandparents lived nearby. Neighbours knew one another by name. Aunts, uncles, cousins, and family friends were woven into daily life. If a parent was running late, someone stepped in. If a child needed a ride to practice, another family helped. Parents didn't carry the entire weight of childcare, household responsibilities, and emotional support on their own.

Today, many families are raising children in a very different world. Families are more mobile than ever. Parents often move away from their hometowns for work, education, or housing opportunities. Grandparents may live in another province, relatives may be hours away, and neighbours may remain strangers.

At the same time, the demands on parents have increased. Many households rely on two working parents. Children's schedules are packed with activities. Work doesn't always end at 5:00 pm, and parenting certainly doesn't come with weekends off. The result is that many parents are trying to do what once took an entire village.

The consequences aren't always obvious. Parents

may postpone date nights, decline invitations, miss professional opportunities, or simply push through exhaustion because they believe they should be able to manage everything themselves.

But perhaps the problem isn't that parents need to do more. Perhaps the problem is that they were never meant to do it alone.

The phrase "it takes a village to raise a child" may sound cliché, but its message remains as relevant today as ever. Children benefit from having trusted adults in their lives, and parents benefit from having support systems that allow them to rest, strengthen relationships, participate in their communities, and maintain their well-being.

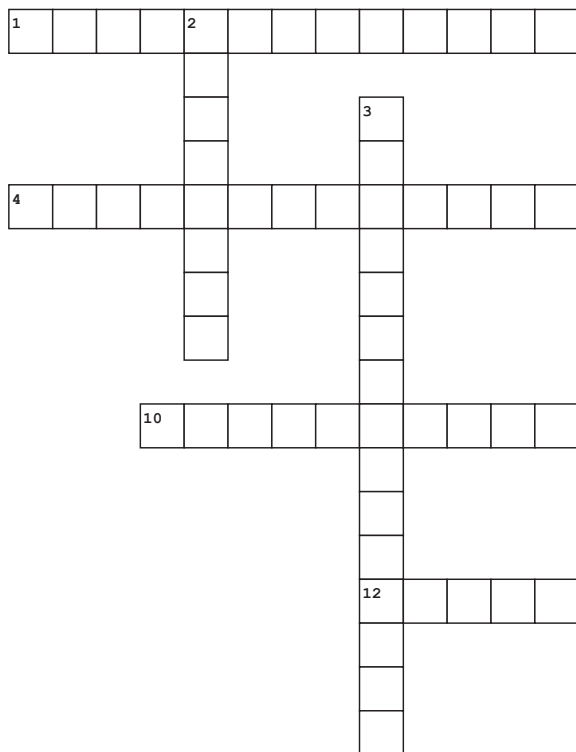
I have had the privilege of working with families across Calgary and the surrounding area. One thing I have learned is that parents are not looking for someone else to raise their children—they are looking for support.

Many of the families we serve are newcomers, have relocated for work, or simply do not have family nearby. They are dedicated parents doing their best, but often without the support network previous generations relied upon. Their stories are a reminder that the challenges facing families today are not individual failures; they are the result of a village that has become harder to find.

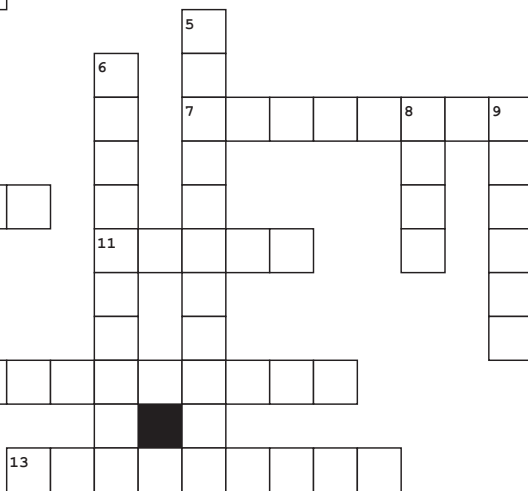
Rebuilding that village requires all of us. Sometimes it means checking in on a neighbour. Sometimes it means creating family-friendly spaces and events that make it easier for parents to participate fully in community life. Through my work, I have seen firsthand how something as simple as providing on-site childcare at conferences, community gatherings, and professional events can open doors for parents who might otherwise be unable to attend. Sometimes it means supporting services and organizations that help families access trusted childcare when they need it most.

The village may not look the same as it did generations ago, but the need remains unchanged. Parents do not need to be superheroes. They need support. They need community. They need a village. Perhaps one of the most important conversations we can have is not how parents can do more, but how we can do more to support parents. Because when families are supported, children thrive, communities grow stronger, and everyone benefits.

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist



Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

When every weekend is booked and every sunny evening feels like something we should maximize, we

can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.

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Word of the month



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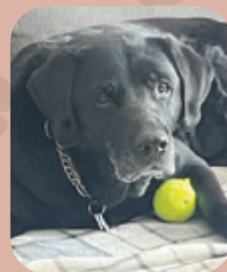
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Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



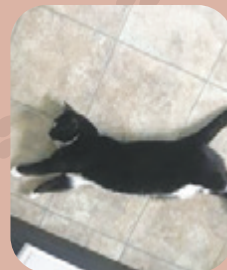
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