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Summer in Mount Royal

With summer approaching and long, sunny days inviting us outdoors, June is a wonderful time to connect with neighbours, enjoy our green spaces, and celebrate everything Mount Royal has to offer. This month's newsletter focuses on upcoming events, outdoor programming, and ways to stay engaged throughout the summer season.

One of the most anticipated events on the MRCA calendar is the annual Stampede BBQ. Held every July, this family-friendly event features live music, great food, children's activities, and opportunities to meet your neighbours. The BBQ is open to all residents and is one of the best expressions of community spirit. We encourage you to bring a lawn chair, wear your western best, and enjoy the festivities. Watch www.mrca.ca for the event date and details.

In preparation for the summer, our volunteers have also been hard at work preparing Mount Royal Station and our surrounding spaces for outdoor gatherings. The terrace, gardens, and lawn areas provide a perfect backdrop for casual meetups, community events, and private rentals. Whether you're hosting a birthday, a reunion, or a summer social, the hall is available to book at preferred rates for members.

Our community tennis courts also reopen for the season, available to members who have registered for the tennis program. These courts are a unique asset and offer a quiet, well-maintained setting for recreation and fitness. Members can register through the MRCA website and gain access throughout the summer months.

This season, we will also be piloting a new neighbourhood walking group and a series of pop-up community chats. These informal gatherings provide a way to meet your neighbours, share ideas, and learn about what's happening in your area. Dates and locations will be posted on our website and community boards.

We continue to encourage residents to take part in maintaining the beauty of our shared spaces. Garden bees, cleanup days, and small volunteer crews help manage seasonal upkeep around the hall and public areas. If you would like to contribute to these efforts, please get in touch.

If you have a child, neighbour, or friend graduating this month, we send our congratulations. We know that transitions often bring change, including moves. If you

are new to Mount Royal this summer—or welcoming someone who is—we hope you'll invite them to visit our website, attend an event, or stop by Mount Royal Station.

Summer is a time of energy, celebration, and community connection. We are proud to offer a wide range of ways to engage, participate, and enjoy the season.

Membership helps make all of this possible. From event supplies to insurance coverage, from facility maintenance to volunteer support, your membership dollars have a direct impact. Please take a moment to join or renew today.

Join today. Celebrate the season with us.



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Backyard Play Safety

by Emergency Health Services

Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.



- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.

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Slow and Steady

The oldest living animal in history is a Seychelles giant tortoise named Jonathan. He will be celebrating his 194th birthday later this year. The average life expectancy of his species, *Aldabrachelys gigantea hololissa*, is 150 years.



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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What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief, anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

RESIDENT PERSPECTIVES

The Calgary Foundation

by Anne Burke



The Calgary Foundation provides grants which must benefit Calgary and area communities for grassroots community initiatives and other purposes. Its mission is to inspire philanthropy, support the charitable sector, and build a permanent endowment for the current and future needs of people living within these boundaries. The organization was incorporated provincially in 1955 as the Calgary Community Foundation, and is a registered charity. It launched with an endowment of \$100,000, from twenty donors each pledging \$5,000, and its first grants totalled \$1,500. The first Board Chair was author and historian Grant MacEwan (1902 to 1986) who was a Calgary Alderman, Mayor of Calgary, MLA and Party Leader, then Lieutenant-Governor of Alberta. He was invested with the Order of Canada in 1975. Daryl K. "Doc" Seaman was described as a hero, icon, pioneer, philanthropist, visionary, and legend. Donor legacies, such as the Grant MacEwan Nature Protection Fund, the Daryl K. Seaman Canadian Hockey Fund, and MacEwan Family Charity Fund, made larger-scale grants possible. By its 70th anniversary, support for community priorities increased with grants to an estimated 1,313 groups. The organization remains focused on reducing poverty, stronger relations with Indigenous communities, creative living, boosting mental health, and a sustainable future. Today the organization carries on its mandate, with scholarships, awards like the Brenda Strathern Writing Prize, and bursaries. Major grants significantly benefit large-scale initiatives with transformational impact to broadly enrich the community. The Community Grants Program aims to strengthen the charitable sector and engage communities. Strategic Opportunity Grants provide support to small charities. Grassroots Grants like Stepping Stones and Neighbour Grants are smaller amounts. Since 1990, The Sherling Animal Welfare Fund pays for capital projects, animal or public education programs, or services for animals brought to a shelter.

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Dear Neighbours,

In the US, it's normal for politicians to draw election maps in their favour. Controlling election maps can tilt the outcome of an election. It's a form of election-rigging that American politicians excel at. They pack as many of the opposition party's supporters as possible into a few districts or crack the opposition party's group of voters by splitting them into multiple districts, making them a minority in any riding.

It's part of why US democracy is so precarious right now.

Alberta avoids this kind of election-rigging with a bipartisan election boundaries commission. Every eight-to-ten years, an independent body comprised of members from government and opposition parties consults the public on electoral maps and then submits it to the government to be passed for the next election.

This process happened this year. The Electoral Boundaries Commission went through a months-long process, consulted thousands of Albertans, and drew fair election maps. UCP and NDP members of the commission worked together to build fair maps.

The UCP decided to throw them out to draw their own election maps.

Politicians being in control of election maps threatens the sanctity of your vote. It threatens democracy. It's wrong.

I know that having your voice heard in elections is important to the people in Calgary-Elbow. Please feel free to reach out to my office at calgary.elbow@assembly.ab.ca or 403-252-0346 to discuss this issue or any other issues top of mind.



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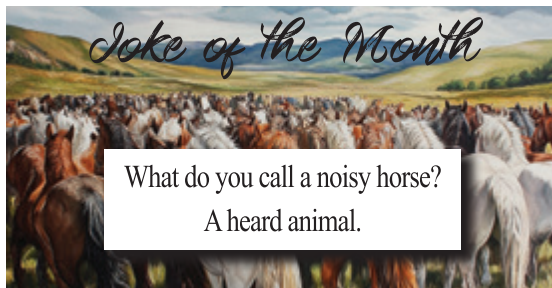
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Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

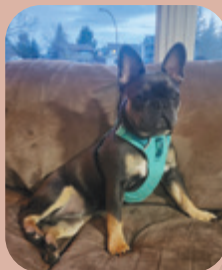
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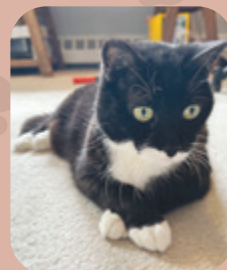
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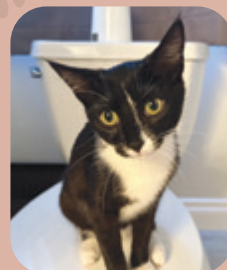
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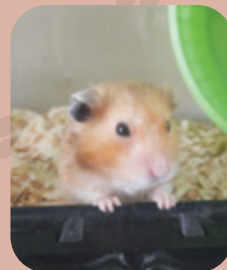
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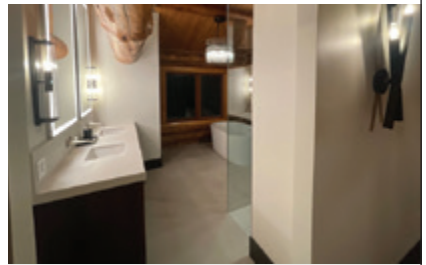
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