

APRIL 2024

DELIVERED MONTHLY TO 4,700 HOUSEHOLDS

the ROYAL ROUNDUP

BRINGING MOUNT ROYAL RESIDENTS TOGETHER



I Sell Mount Royal 
Shane Strebchuk

A golden opportunity awaits to sell your home with your local marketing strategist. No one works harder for you. Contact me today!

📞 587-899-0881 ✉ info@crowbandkingsley.com



*Residential, Condominium, Historic,
& Luxury Properties*
crowbandkingsley.com

www.mrca.ca



A+



we specialize in

*Stucco Coatings
Stucco Repair*

hassle-free exterior **restorations.**

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

the leading professionals in :

- Exterior Painting
- Interior Painting
- Powerwashing
- Colour Consultation

...and much more

mvp

Calgary Owned
and Operated!

find us on



houzz

mvpcanada.ca

OFFICIAL



PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

Locally Owned &
Operated

Free Estimates to 403.870.0737

Vision Travel

A DIRECT TRAVEL COMPANY



JOIN OUR
Group & Virtuoso
Cruises & Voyages

Scotland & Norway
May 2024

Panama Canal
Dec 2024

Wine River Cruise
Hosted by Black Widow Winery
June 2025

Alaska
July 2025

Antarctica Expedition
Nov 2025



Jenni Evans

Your Local Virtuoso Cruise Specialist!

jevans@dt.com

1.403.678.1166

www.JennsJourneys.ca



HYGIENE · OXYGEN BAR · WHITENING LOUNGE



SCAN FOR ONLINE
BOOKING

403-246-1002

WE CREATE
BEAUTIFUL SMILES IN
A BEAUTIFUL PLACE



Our Services



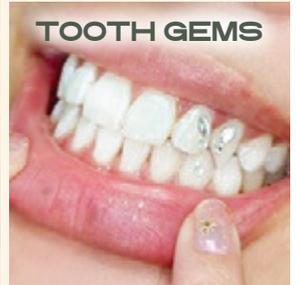
TOUCHLESS
HYGIENE



TEETH
WHITENING



INVISALIGN

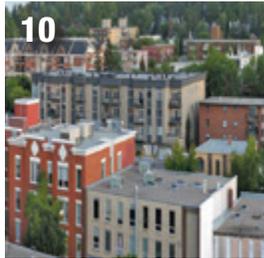


TOOTH GEMS

INVISALIGN DENTIST ON-SITE

CONTENTS

- 7 RESIDENT PERSPECTIVES:
DO I NEED TO BE HAPPY?
- 10 MOUNT ROYAL REAL ESTATE UPDATE
- 11 YOUR CITY OF CALGARY: GET READY CALGARY
– GREEN LINE IS ON ITS WAY!
- 12 BUSINESS CLASSIFIEDS



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

**UPPER
MOUNT ROYAL**



**LOWER
MOUNT ROYAL**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



MEMBER	POSITION	EMAIL
Lynn McRae	President	president@mrca.ca
Claude Durocher	Vice-President	vp@mrca.ca
Terra Renton	Secretary	secretary@mrca.ca
Andy Lam	Treasurer	treasurer@mrca.ca
Karen Locke	Station House Director	bookings@mrca.ca
Allison Long	Communications Director	communications@mrca.ca
Roy Wright	Community Development Director	development@mrca.ca
Erin Ferguson	Community Events Director	events@mrca.ca
Jenn Brenner	Facility Director	facility@mrca.ca
Shane Strebchuk	Membership Director	membership@mrca.ca
Charlene Prickett	Public Open Spaces Director	publicopenspaces@mrca.ca
Michael Simonot	Safety and Traffic Director	safety@mrca.ca, traffic@mrca.ca
Shannon Murray	Heritage Director	heritage@mrca.ca
Morgan Thurlow	Director at Large Finance and Budget Focus	
Rob Pashuk	Local Area Planning Director	
Allan Fowler	Tennis Director	








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



"Like" us on Facebook and Stay Connected!



Your Patio Furniture Superstore!

YETI | weber

Wicker Land Patio

TRAEGER | RATANA

BBQ LAND | Modern Patio

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca



mybabysitterlist

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca

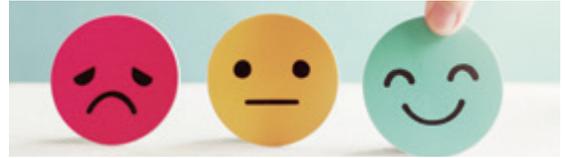


www.jacksonjackson.ca

RESIDENT PERSPECTIVES

Do I Need to Be Happy?

by Michelle Poon, Registered Psychologist



Happiness is defined as an emotional state characterized by feelings of pleasure, contentment, and a sense of satisfaction. During a state of happiness, we may feel energized, enjoy healthy relationships, and feel like we are living with a sense of purpose. Alternatively, during a state of unhappiness, we may feel disappointed, think more pessimistically, and experience fatigue and changes in weight or appetite.

However, life is a balance of a variety of emotions, both comfortable and uncomfortable, and it's healthy to experience a wide range of emotions. Anxiety, sadness, guilt, and anger are all normal emotions, and they can help us grow and become more resilient. Life satisfaction does not come from feeling happy all the time, but instead stems from evolving factors such as mindfulness, living by your values, and responding more effectively to unhelpful thoughts.

The following are ways to both increase life satisfaction, and cultivate more moments of happiness:

- **Have more mindful moments** – be in the here and now, practice gratitude, perform random acts of kindness, and pay more attention to the small things around you.
- **Live by your values** – identify what you want to stand for in life and incorporate these values into activities such as volunteering and/or other community involvement.
- **Reframe and respond more effectively to unhelpful thoughts** – consider alternative perspectives, focus on the bigger picture, and let go of thoughts that aren't enhancing your life.

Keep in mind that the above strategies take committed action and time. It's always okay to ask for help and to try out different strategies to find the one that works best for you.

"Even if happiness forgets you a little bit, never completely forget about it." - Jaques Prevert



Membership Drive 2024

***Become an MRCA member today!
Renew your membership!***

Mount Royal is a vibrant and diverse community with wonderful neighborhoods, 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!**

Use your phone to scan this
code or visit
www.mrca.ca
to join, renew or check
membership status
today!



Membership category and rate information available online at
www.mrca.ca/membership

Call [403-437-0520](tel:403-437-0520) or email us at membership@mrca.ca for inquiries and non-online purchase options.



CALGARY MAT & LINEN SERVICES

403.279.5554
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mount Royal Real Estate Update

Last 12 Months Mount Royal
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2024	\$1,880,000	\$1,895,888
January 2024	\$1,699,900	\$1,699,900
December 2023	\$2,500,000	\$2,432,000
November 2023	\$1,999,900	\$1,950,000
October 2023	\$1,535,000	\$1,482,500
September 2023	\$1,972,500	\$1,950,000
August 2023	\$962,450	\$1,067,500
July 2023	\$1,059,616	\$1,012,500
June 2023	\$1,695,000	\$1,650,000
May 2023	\$1,507,500	\$1,472,500
April 2023	\$2,599,999	\$2,400,000
March 2023	\$1,825,000	\$1,750,000

Last 12 Months Mount Royal
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2024	4	5
January 2024	5	3
December 2023	3	3
November 2023	4	3
October 2023	3	6
September 2023	8	8
August 2023	8	2
July 2023	4	8
June 2023	10	7
May 2023	7	8
April 2023	11	7
March 2023	7	3

To view more detailed information that comprise the above
MLS averages please visit umr.mycalgary.com

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



Get Ready Calgary – Green Line Is on Its Way!

by The City of Calgary

Main construction of the Green Line LRT is starting this year, and the benefits will last Calgarians a lifetime. Phase one spans 18 kilometers from Shepard Station at 130 Ave SE to Eau Claire at the north end of downtown. With 13 stations, it provides connections to the Red and Blue LRT lines and three MAX rapid bus routes.

The Green Line will provide transit options for 70,000 people living within a ten-minute walk of the line, unlocking land for development, and increasing access to housing options. This leads to a more vibrant and diverse community for all Calgarians to enjoy.

As the largest infrastructure project in Calgary's history, the Green Line will also improve social equity by providing direct access to 190,000 jobs in downtown, Quarry Park, and industrial areas. The project is also



expected to create over 20,000 direct and supporting jobs by the end of construction.

With an estimate of 55,000 daily Green Line riders, there will be less congestion on existing transit routes, and fewer cars on the road. This is great news for the environment and public transit riders!

As construction begins and excitement grows, stay up to date on the project by visiting calgary.ca/GreenLine or following @GreenLineYYC on social media.

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

rectangle

**Getting our hands
dirty since 2005.**

Our team does
the heavy lifting
so you don't
have to.

ideas . design . construction
www.rectangle.ca



- ✓ Locally Owned and Operated
- ✓ Quality Craftsmanship
- ✓ Professional Roofing Experts
- ✓ Licensed and Insured
- ✓ Timely Project Completion
- ✓ Customer Satisfaction Guaranteed
- ✓ Sloped and Flat Roof Certified
- ✓ Emergency Repairs
- ✓ Wide Range of Services
- ✓ Free Estimates

Call us today for a complimentary assessment
(403) 969-2439



www.clawroofing.ca

**For business classified ad rates contact
 Great News Media
 at 403-720-0762 or sales@greatnewsmedia.ca**

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

MOUNT ROYAL MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | YardBustersLandscaping.com.

GARDENING FOR YOU! Spring clean-up, weekly maintenance, stunning container planting. Text or call now for a free quote and let us bring your landscape dreams to life! 403-830-2340.

**BRAIN
 GAMES**

SUDOKU

	3	8	5			6		4
7	2	4	1	8		5		
					4			
						3		
8	4						5	6
3		9				4		
			2				6	
		3		9	5	2	8	1
2		1			8		4	

**SCAN THE QR CODE
 FOR THE SOLUTION**



BUSINESS CLASSIFIEDS

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

MOUNT ROYAL PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

REGISTERED CANADIAN REFLEXOLOGY THERAPIST: Why not enjoy a relaxing foot and/or hand reflexology session to relieve body tension, improve circulation, and support the body's efforts to heal and function optimally - for yourself or someone you care about! For more information and services offered: www.alignvitality.com | 403-277-0962 | alignvitality@yahoo.com. Gift certificates also available!

BLUE WAGON LAWN CARE: A local student-owned business now offering spring cleanup services! Aeration, power raking, fertilizer, leaf cleanup. 700+ homes served. Limited spots are available so book now to keep your lawn lush this summer. Contact Anette at 403-984-6824, sales@bluewagon.ca, or visit www.bluewagon.ca to get a free instant quote!

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

PROFESSIONAL ACCOUNTANTS IN MOUNT ROYAL: Personal and corporate income tax preparation and e-filing, accounting services such as bookkeeping, financial statements, GST, payroll, T4/T5 slips. CPAs with 20 years' experience, personable, reasonable rates, convenient location. Call Padgett Business Services at 403-220-1570 for your half-hour free consultation. 1511 - 10 Street SW, Calgary, AB T2R 1E8, or go to www.padgettcalgary.com for more information.

RUSSELL'S LAWN SERVICE: Since 2000, locally owned, family operated, insured, WCB clearance, and BBB accredited. Providing quality, reliable service, free estimates, and a 15% senior discount. Specializing in mowing, power-raking, aerating, fertilizing, tree/hedge trimming, and landscaping/xeriscaping. Lawn service bookings are limited, reserve now. Visit us at www.russellslawn.com or call 403-686-LAWN (5296).

LANDSCAPING - CALGARY'S PREMIERE LAWN AND LANDSCAPE PROVIDERS: From spring cleanups including power raking, aerating, and fertilizer, to stunning landscape design and construction including patios, mulch, and more, we've got you covered. Contact Skape Shapers Landscaping Ltd. today for a beautiful, well-maintained property. tj.wiebe@skapeshapers.ca. 587-998-1518. www.skapeshaperslandscaping.com.

TERRAVIEW LAWN CARE & LAWN PAINTING: Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at www.Facebook.com/TerraViewLawnCare.



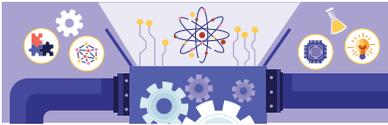
GAMES & PUZZLES

Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



SCAN THE QR
CODE FOR THE
ANSWERS!



INSTANT TAX REFUND

(Tax refund has a prescribed government fee)

Tax preparation for Personal, Business, Rental & Corporate

Present this coupon and receive

\$20 OFF

only at this location, conditions apply



Ph 403.285.9080

Fax 403.775.5482

accuratetaxes@libertytax.com

Suite 102, 1109 17 Ave SW

Calgary, Alberta T2T 5R9

FAST • ACCURATE • FRIENDLY



MAKE YOUR YARD YOUR ISLAND



SPECIALIZING IN

- | | |
|----------------------------|--------------------------|
| Patios & Decks | Custom Stonework |
| Sod & Rock Installations | Retaining Walls |
| Fence & Privacy Structures | Custom Golf Greens |
| Tree & Shrub Planting | Fire Pits & BBQ |
| Outdoor Kitchens | Water Features and Ponds |

FREE CONSULTATIONS

INFO@GUYSHILLLANDSCAPING.COM

P: 403.217.9112 C: 403.616 5110

WWW.GUYSHILLLANDSCAPING.COM



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

LAWSON COLLAB.

Therapy Evolved.



Five reasons why our clients choose Lawson Collab:

1. **Psychology & Psychiatry** - we provide a collaborative model of care for faster results
2. **No waitlist** - our team offers flexible appointments to fit your schedule
3. **Use of evidence-based modalities** - our therapy is backed by science
4. **Cost** - psychology reimbursed through insurance; psychiatry billed to Alberta Health
5. **In-person & virtual options** - whichever method is most convenient for you

Book your **free** 15-minute initial consultation today by visiting www.lawsoncollab.com

- By Appointment Only -

Need a Fresh Start?

MOUNT ROYAL | CALGARY

Renata is your key
to SOLD

Love it or list it!

Let's go shopping today for
your dream home.

RENATA M. REID
SENIOR VICE PRESIDENT, SALES
renata@renatareid.com

403-630-3991



Fresh Gift Idea by
GARDENIA FLOWER BOUTIQUE



Sotheby's | Canada
INTERNATIONAL REALTY

ALTADORE | GARRISON WOODS | LAKEVIEW | NORTH GLENMORE PARK | MOUNT ROYAL | BRITANNIA
ELBOW PARK | ELBOYA | WEST HILLHURST | PARKDALE | KELVIN GROVE | PUMP HILL

Sotheby's International Realty Canada