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# THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER





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 3130 -40 Ave SW | Calgary, AB T3E 6W9  
 Phone: 403.246.8318  
 president@rutlandparkcommunity.com  
<http://www.rutlandparkcommunity.com/>

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# RUTLAND PARK COMMUNITY HALL RENTALS

3130 - 40 Avenue SW,  
Calgary, AB, T3E 6W9

Rental rates for the Rutland Park Community hall have been revised for all bookings made after February 29.

The new rate structure is:

Hourly Rate: \$50/hour

Admin and Cleaning Fee: \$75/rental

A four hour minimum rental is required on Friday, Saturday and Sundays.

If you are interested in renting the hall or would like more information on any of the classes running at the hall, please contact Lizzel Krueger at hallrentals@rutlandparkcommunity.com.

Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/ Contact Lizzel at 403-246-8318.

## COMMUNITY ANNOUNCEMENTS!

Any member of the community may submit a personal classified ad and we will print it. Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc. Send your ad to newsletter@rutlandparkcommunity.com.



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# RPCA BOARD

Visit our website for the latest information  
<http://www.rutlandparkcommunity.com>

Board meetings are held the second Tuesday of each month at 7:30 PM, everyone is welcome

### BOARD OF DIRECTORS 2015

President	Meera Nathwani-Crowe president@rutlandparkcommunity.com 403 246 3303
VP Communications & Website	Simon Davies communications@rutlandparkcommunity.com 403 700 9790
Membership	Shirley Williams membership@rutlandparkcommunity.com 403 240 4777
Ice Rink	Greg Winnicki rink@rutlandparkcommunity.com 403 246 1746
Secretary	Grace Kim secretary@rutlandparkcommunity.com
VP Development & Traffic	Leanne Ellis development@rutlandparkcommunity.com
VP Infrastructure	Ben Seaman infrastructure@rutlandparkcommunity.com
Newsletter	Jeromy Farkas newsletter@rutlandparkcommunity.com 403 975 5445
Recreation Coordinator	Gord Leach recreation@rutlandparkcommunity.com
VP Finance/Treasurer	Myles Dougan treasurer@rutlandparkcommunity.com
Lincoln Park Liaison	Amber Cannon lincolnparkliaison@rutlandparkcommunity.com
Sarcee Meadows Liaison	Randy Senft sarceemeadows@rutlandparkcommunity.com
West View Parc Liaison	Craig Marceau westviewparcliaison@rutlandparkcommunity.com
Currie Barracks Liaison	Patti McMillan curriebarracks@rutlandparkcommunity.com.
Social Committee	Megan Justason social@rutlandparkcommunity.com

### COMMITTEES:

Community Garden: Judy Silzer | gardens@rutlandparkcommunity.com

### CONTACTS:

Hall rentals	Lizzel Krueger	hallrentals@rutlandparkcommunity.com
City Recreation Coordinator	Cathi Groves	cathi.groves@calgary.ca
Police Resource Officer	S. Gallant	s.gallant@calgarypolice.ca
Emergency contact for RPCA Hall	Lionel	403 890-7017
Community Social Worker	Cynthia Lokko	Cynthia.lokko@calgary.ca



## COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to:  
Rutland Park Community Association, 3130- 40 Avenue SW, Calgary, AB, T3E 6W9  
or call Shirley at 403-240-4777 or membership@rutlandparkcommunity.com

Select Membership Type:

- ☐ Family: 1 year - \$15.00; 3 year - \$36.00  
☐ Single: 1 year - \$5.00; 3 year - \$12.00  
☐ Senior: 1 year - \$5.00; 3 year - \$12.00

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ (please print)

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Payment Enclosed: \_\_\_\_\_

*Be sure to include your email address so we can keep you up to date with community news and events of interest to you.*

Your support through membership is critical to Rutland Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.

## Rutland Park Mission and Values:

The results of several brainstorming sessions by the Rutland Park community board were presented at the May 23 Town Hall Meeting. These important statements will be used to guide our work and decisions. Your feedback is welcome!

### Our Mission and Values:

Our mission is to engage community residents, advocate on their behalf, foster community spirit, and practice meaningful stewardship while honouring our past.

### What your Board Commits to Do:

- I. Engaging and including residents of our community
- II. Addressing community concerns in a transparent fashion
- III. Conducting board business in an ethical and fiscally responsible manner
- IV. Making decisions based on the needs of the community as a whole
- V. Communicating board decisions with one voice

VI. Following through on the commitments and action plans we undertake

### Community Values we will uphold:

- honouring our heritage
- connectedness: bringing people together
- knowing neighbours, cultural hub, social activities
- everybody is given a voice
- slow inner city living
- pride in our community: volunteerism, participation
- safe community where people can have fun
- pleasant surroundings/maintaining green space and excellent community facilities
- pedestrian friendly: easy walking, cars secondary to people
- self contained: close to amenities, community garden, sustainable
- accessible, age friendly
- desirable quality of life: all season activities
- promote accessible recreational activities



## MESSAGE FROM OUR PRESIDENT

Dear Neighbours and Friends,

Thank you to everyone who helped with the community resilience workshop that was held at Knox Presbyterian Church on February 27th. A special thank you goes to Philip Lozano, from Momentum Community Economic Society, who shared the asset mapping tool, and to Knox and their volunteers for hosting us. We had almost 30 participants, a pretty good turnout considering that invitations were sent out with a week's notice. We also had a local business owner, the DDRC, the Public Library, and other agencies that work in our neighbourhood, plus new residents I had never met at a community event before.

I thought the event was a solid beginning to a conversation which I hope will deepen. I look forward to better understanding what our community's assets are, what

it takes to be a resilient community, and how as a community, we can support the resiliency of our residents and local businesses.

In January, at our annual board planning workshop, Cathi Groves, our City Liaison shared with us some surprising statistics from our community:

- 1) Almost 50% of our community is getting younger, and
- 2) 23% in our community spend more than 30% of their income on shelter

What can we do as a community association, and as a community to support these people?

### Building Safe Communities

The Board several months ago struck a committee called Building Safe Communities. If you would like to learn more about this initiative, please contact Craig Marceau at [westviewparcliaison@rutlandparkcommunity.com](mailto:westviewparcliaison@rutlandparkcommunity.com). New members welcome.

Stay safe everyone,

*Meera*

## EDITOR'S CORNER



It was my great pleasure this past month to meet and interview Betty Jensen, a long-time resident of Sarcee Meadows Housing Co-operative.

She graciously welcomed me into her home and shared with me the story of her family's heart transplant journey and recent experience in writing about it.

I was grateful to learn more about her son Dave, who was diagnosed with a devastating heart condition at the age of 20. Within 18 months, his heart was so damaged that he required a heart transplant.

Navigating the healthcare system is never an easy thing to do and we often hear about its failures rather than successes. I was humbled to learn more about his life leading to the transplant and the years, challenges, and triumphs following.

What I was most impressed with was how Betty's story highlighted their family's journey and the impact that Dave's circumstances had on them as well as others. While her family's story was framed around very challenging events, at its 'heart,' it's one of hope and inspiration.

When considering community, I think we are best when we share in each other's stories such as these. Our experiences, shared, have a beautiful way of reaching down into our weary hearts and making them shine like the rising sun.

If you are interested in learning more about Betty and her family's story, please contact me and I will provide more information.

*Jeromy Farkas, Editor*

## Walk About



"Peek-a-Boo, we see you".

"Just because Gayle is no longer editor does not mean we should stop talking. Right, Teangi?"

"Oh, Maikai, you got that right!"

"Have you ever played 'Eyepoker', Teangi?"

"What's that?"

"It is when you go for a walk and we take bets on how many people we see getting poked in the eye from people's bushes growing over the sidewalk."

"Don't the owners notice that when they are shoveling their walks?"

"Guess not or they don't care."

"But spring is on its way and people will be out and about their yards getting ready for the best time of the year. When every thing pokes it head out and starts to blossom, it is time to pave the way for spring. And time to trim those eye-pokers!"

We often walk down the alleys of Rutland Park and it is amazing what we see there.

"Teangi, how come people don't take as good of care of their alleys as they do their front yards?"

"Well, Maikai, it is the old adage, out of sight – out of mind."

"Now that is ridiculous, everyone drives the alleys to get to their garages – well, almost every one. One person has had an old toilet out there since I don't know when! Maybe we should set it up one night and then it can be used!"

"Now, now, Maikai, let's be nice. What we could do is encourage people to take part in the Community Clean-up in June. There are people that even help the seniors and others to come and help them load it up."

"Well, one thing is for sure, the back alley reflects what people think of their neighbours. Those that don't care just pile there junk out back!"

"Well, let's look at the positive. Alleyways can be used for planting raspberries, potatoes, and even wildflowers. Now wouldn't that be beautiful – alleys of multicolored wildflowers!"

"I got a great idea, Teangi! Let's, all of us, set aside Community Clean-Up day to be out and cleaning up our alleys. Everyone could pitch together and have a great time – even meet the new neighbours! Look for the date and mark it on your calendar – I hear it comes after the Community Parade of Garage sales. Maybe some people could plan a neighbourhood barbecue to end the day."

"Now wouldn't that be a spectacle to behold. Neighbours all out helping each other and making work fun and what do you get? Laughter, people talking with each other, many hands making work light, and beautiful alleys to boot."



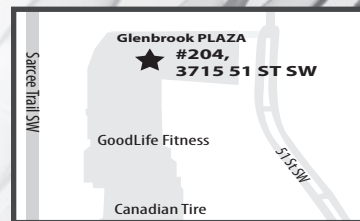
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## Chili Cook Off Results 2016

Well my fellow neighbours, this year we were treated to a record breaking 18 entries! Your heard me right - 18 entries. We had everything from a tropical chili, to spicy chipotle to curry infused delights. It was a chili enthusiasts dream. With a great attendance and a thorough selection process judging was really tough.

"I have taken one spoonful of each kind of chili, laid them all out in a row and have tried each one," said one attendee. "I have made it from A - M and fear I may be done," says another. Despite one's method, almost all the chili was done by the end of the event.

We also had an overwhelming number for vegetarian chili, which has prompted a possible fourth category for next year.

After all the tallies were added and the results were in, here are your 2016 Chili Cook Off Champions:

**Most Creative (for a second year in a row): Judy Silzer**  
Judy's Chili was a delightful "Aloha Chili" mixed with sweet pineapple and no chili powder. Her chili was dressed in a lei, a bright hat and inflatable guitar. Great work, Judy! Not only do you continue to dazzle us with your creativity, but fantastically original recipes! Yum!

### Spiciest: Cathy Aubichon

This was Cathy's first entry to the fabled annual contest, but what an entry! When you first took a bit, the well balanced flavour made for a wonderful chili, but then the back spice kicked in and BAM! you were reaching for a glass of water. Congratulations, Cathy, you have raised the bar for spice.

### Best Overall: Leo Gomez

This was Leo's first entry ever into the competition and, let me tell you, it was grand indeed! With patrons scarping the bottom of Leo's crock pot for seconds, thirds and even fourths, it was pretty clear. The overall winner was not flashy or bold but rather a perfect balance between flavour and spice. Fantastic job, Leo! We look forward to next year where hopefully you will submit another formidable champion.

Thank you to all the entries and judges, thank you to the RPCA for hosting and I hope to see you all next year when the lids come off and we battle again for neighbourhood chili supremacy.

## UPCOMING SOCIAL EVENTS

Hello again, neighbours. Wow, is it April already? 2016 is off and running and so are we! I am pleased to say that your Board has been working like crazy to streamline your information and to make sure our neighbours are up to date with what is going on around you.

We will continue to send out emails, Facebook updates, tweets, monthly flyers, bold signs and word of mouth and of course the most up to date activity schedule via our website: [www.rutlandparkcommunity.com](http://www.rutlandparkcommunity.com) . So keep your eyes peeled and stay informed.

We have just finished February and the first month of our new initiative to add more social events geared towards our entire community. We saw A Valentine's Teen Dance on February 14th, a highly successful Annual Chili Cook Off on February 20 - a record breaking 18 entries! First Dart night on the 25th and A Community Conversation held in partnership with Knox Presbyterian and The City of Calgary.



### A Summary of the Skate Shack Concession Project:

This project was the brain child of two 10 year old best friends, with a crazy entrepreneurial spirit and a passion for skating.

Jason Scott and Uilliam Justason were talking one day after school about how they would like to start up a little business and help their neighbourhood at the same time. After some brainstorming and a lot of courage, they came up with a business plan and set off to the RPCA board meeting.

The result? A pilot project: Allow access to one of the communities most beloved spaces: The Skate Shack, while offering a cash concession to any hungry neighbour.

Despite some unusual warm Saturdays in February, these boys committed to operating a cash only concession, every Saturday in February from 5:30 - 8:00 pm. It was a success! They provided a small variety of snack food and hot chocolate, but they also allowed a space for anyone to come, warm up, take a break or spend some time with friends and family.

This program was met with great feedback and a long list of volunteers to help out next year. Perhaps starting in December would be better though. Thank you for everyone who came out and supported these two, Thank you to the board for their contribution and Thank you again to these two for all their hard work.

**An Afternoon of Music and Song:** April 16 from 2- 5 pm. Come out and experience the best of our local Music and Choir groups in one convenient place. There will be a \$5.00 admission per adult, children are free, doors open at 1:30, a light lunch and refreshments to start at 2:00 and the entertainment to start at 3:00. Cash bar, tea coffee and dessert. Reservations are strongly recommended. For tickets please email: [Social@rutlandparkcommunity.com](mailto:Social@rutlandparkcommunity.com) or call Isabel at: 403-242-6334. Please watch the website in case this event sells out.

**Dart night** – April 28, 7:00 - 9:00 pm at the Skate Shack. \$2.00 for RPCA members and \$3.00 for guests. Bring your own darts or borrow from us, cash bar, concession and complimentary popcorn.

**Flyer Force Volunteers** - Want some exercise and help out your community at the same time? Come and help us deliver the word to the masses. We need volunteer flyer couriers. If you are interested or know someone who is please call 403-797-2480 or email [social@rutlandparkcommunity.com](mailto:social@rutlandparkcommunity.com).

**Amateur Swap Meet** - We are just feeling out an idea one of our community members has brought forward: An amateur swap meet or children only rummage sale. Basically it would allow children to set up a table at the hall and sell their old toys, crafts they have made, inventions or rocks etc. But just kids. There would be refreshments and door prizes. If you or your child might be interested or if you have questions or might want to volunteer please contact us at: [social@rutlandparkcommunity.com](mailto:social@rutlandparkcommunity.com) . Should there be enough interest a date will be posted.

As always, if you have any ideas, want to be part of organizing and running an event, or just give a help-

~continued next page~

## UPCOMING SOCIAL EVENTS CONT'D

ing hand, please contact us at the Social Committee at [social@rutlandparkcommunity.com](mailto:social@rutlandparkcommunity.com)!

### Community Parade of Garage Sales Saturday June 4, 2016

Empty your cupboards, closets, basements and garages for our Parade of Garage Sale. Whatever is left over can be brought to the Community Clean Up the following week.

Please contact Shirley for more information  
403-240-4777

### Community Clean Up Saturday June 11, 2016

In conjunction with the City of Calgary and assorted recycling organizations. We are looking for team leads in the following areas:

- Distribution of Flyers
- Coordinator of food for volunteers

Please contact Sue Helland for more information:  
[recreation@rutlandparkcommunity.com](mailto:recreation@rutlandparkcommunity.com), 403-249-5900.

## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 15

## IN & AROUND CALGARY

### EMS: Bicycle Helmet

#### Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

#### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

#### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

#### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

## RPCA mybabysitterlist

Name	Age	Contact	Course
Ashley	26	403-370-4146	Yes
Chiara	16	587-585-5652	Yes
Elaura	18	403-471-5051	Yes
Kiera	13	403-922-6067	Yes
Linda	60	587-892-9731	No
Sam	15	403-287-3740	Yes
Samantha	15	403-287-3740	Yes

#### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

#### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

## Timbits Soccer

2016 TimBits Soccer Registration is now LIVE for the communities of Richmond Knob Hill, Bankview, Killarney Glengarry and Rutland Park! Registration and information can be found at [www.richmondknobhill.ca/registration\\_timbits\\_soccer.php](http://www.richmondknobhill.ca/registration_timbits_soccer.php).

Timbits Soccer is designed as a parent program for children under 8 who want to learn soccer basics, have fun and meet new friends. Practices will be organized on the Killarney/Glengarry Community Association Park at 28 Ave & 28 St SW. The program will run once a week on Saturday mornings in May and June. Each session (half practice and half game) will last 1 hour. Registration is \$40/play and includes a team T-shirt, year-end medalion and party.

Registration will only be offered online. Community Association membership must be obtained prior to soccer registration. Please visit the membership page on your community association website.

For more information, contact us at [info@richmondknobhill.ca](mailto:info@richmondknobhill.ca).



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# “We All Live Downstream: Part 1 - Storm water Runoff and the Lower Elbow River”



## What is storm water runoff?

When it rains or when snow melts, water not absorbed into the ground runs across the land often flowing into the nearest stream, creek, river, lake, or ocean.

As urbanization and development occur the amount of permeable land cover decreases and the flow of storm water across the land increases.

The problem with storm water is that as it travels across the landscape it picks up pollutants along the way. These pollutants can include: fertilizers, pesticides, oil soap, sediment, wildlife and pet waste, grass clippings, leaves and salt. If there are enough pollutants (quantity and concentration) entering a water body, water quality is effected which in turn affects the health of terrestrial wildlife, aquatic life and recreational users.

High storm water flows also contribute to erosion, flooding and drought. As an example a parking lot under a 25mm rain event will shed 16 times the amount of water as a meadow. In addition, storm water from hard surface areas flow into receiving water bodies at a

faster rate and with more energy not allowing time for absorption and recharging of groundwater and contributing to erosion.

In established areas, developed before the 1980's in Calgary, all catch basins directed runoff to rivers and creeks without prior treatment. If storm water infrastructure has not been considered in the pre-development stage conventional storm water treatment is often difficult to achieve as space is limited and retrofits are generally expensive. **Here, is where it hits home on the Elbow.**

From the base of the Glenmore Dam to the confluence of the Bow River there are 85 storm sewer outfalls dumping untreated storm water into the Lower Elbow River. That is a lot of outfalls for such a small river. The sewers or catch basins drain a catchment area of 1,874 hectares (4,630 acres) located mostly on the west side of the Lower Elbow River. And yes, this untreated storm water does affect water quality, flooding and erosion in the Lower Elbow River.

Stay tuned for **Part II of “We All Live Downstream,”** next month. In the meantime have a look at the catch basins in your neighbourhood and imagine all that “stuff” ending up in the Lower Elbow River!

Robin McLeod

*Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network email us at [S2Gplusinfo@gmail.com](mailto:S2Gplusinfo@gmail.com). Follow us on [facebook.com/S2Gplus](https://www.facebook.com/S2Gplus)*

newsletter@rutlandparkcommunity.com

Editorial Content DEADLINE

1<sup>st</sup> of each month for the next month's issue

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **February 3 to May 29 - Herein We Dwell: Unexpected Images of Calgary in the 1890s:** A rare glimpse into the everyday life of 1890s Calgary is presented with little-seen historical images of early neighbourhoods and people. [www.lougheedhouse.com](http://www.lougheedhouse.com)
- **April 22 to June 26 - Young Frankenstein:** Young Frankenstein tells the story of Frederick Frankenstein, Victor Frankenstein's grandson, and how he inherits the family's estate in Transylvania. With the help of two sidekicks, he tries to fill his mad scientist grandfather's shoes. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **April 28 to May 1 - Arab Nights Film Festival:** The Calgary Arab Arts and Culture Society presents the annual Arab Nights Film Festival at Festival Hall. The organization uses a variety of film to present a positive view of Arab life and society. [www.calgaryarabartsociety.ca](http://www.calgaryarabartsociety.ca)
- **April 29 to May 5 - 2016 YYC Taco Fiesta:** The city's first YYC Taco Fiesta kicks off on April 29. It is a week-long celebration of the best tacos in the city. The inaugural food festival comes to a close on May 5 with a Cinco de Mayo bash. [www.yyctacofiesta.ca](http://www.yyctacofiesta.ca)
- **May 2 to 21 - Flora and Fawna's Field Trip:** As well as developing survival skills and creating crafts that your mom will love and put up on the fridge, the heartwarming play is all about the power of being a little bit different. [www.lunchboxtheatre.com](http://www.lunchboxtheatre.com)
- **May 6 to 8 - Jane's Walks:** Jane's Walk is a weekend festival of free neighbourhood walking tours. Register to learn about different neighbourhoods and buildings in the city from passionate volunteers, and share your knowledge of the areas, too. [www.janeswalk.org](http://www.janeswalk.org)
- **May 13 to 15 - Calgary Reads Big Book Sale:** More than 1,000,000 used books can be purchased over the three-day event. As well as a shopping event, there are also special events taking place during the three-day sale. [www.calgaryreads.com](http://www.calgaryreads.com)
- **May 26 to 29 - Ella:** This isn't the story of Cinderella that you already know and love. The local opera company takes Rossini's *La Cenerentola* and performs it with a few Calgary twists. [www.cowtownoperacompany.com](http://www.cowtownoperacompany.com)
- **May 28 - 2nd Annual Bridgeland Cultura Fest:** Spend a day exploring the neighbourhood of Bridgeland this spring. The second annual Bridgeland Cultura Festival showcases all that the neighbourhood has to offer. [www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/](https://www.facebook.com/Bridgeland-Cultura-Festival-520066664797700/)

## MAY 6 AND 7 CALGARY INTERNATIONAL BEERFEST

The Calgary International Beerfest occurring May 6 and 7 at the BMO Centre and will be the largest beer festival in Western Canada! More info at [www.albertabeerfestivals.com](http://www.albertabeerfestivals.com).



## MAY 20 AND 21 E.T. FILM WITH ORCHESTRA

Experience Steven Spielberg's classic film in a new way — screened while the Calgary Philharmonic Orchestra performs John Williams' Academy Award-winning score live. [www.calgaryphil.com](http://www.calgaryphil.com)



## MAY 21 - KENT SANGSTER'S OBSESSIONS OCTET

Jazz YYC presents the Obsessions Octet. The group is a Juno Award-nominated ensemble that mixes classical tango and jazz. [www.jazzyyyc.com](http://www.jazzyyyc.com)



COMMUNITY DEVELOPMENT & TRAFFIC REPORT

I would just like to highlight what has been happening/going on behind the scenes this past month, in no particular order:

I stumbled across a proposal to remove the Roads Depot Land from Currie Barracks designation and add it to Richmond Knobhill Community Association: [www.calgary.ca/citycouncil/ward-11/Documents/New%20community%20name%20map.pdf](http://www.calgary.ca/citycouncil/ward-11/Documents/New%20community%20name%20map.pdf). This is extremely concerning (especially since we weren't notified in any way) and I have asked that people email Council regarding this. The Richmond Green Park and Golf Course are firmly entrenched in the CFB West Master Plan as Special Places, and should remain within that community designation. In fact, it would make more sense to have all of the land on the south side of 33 Ave SW fall under the Currie Barracks community heading since it is Canada Lands intent to acquire the Roads Depot Land and develop it. Accordingly, development proposals have already been made regarding this property, and we would like to continue to mitigate the density that is added south of 33 Ave that directly affects our communities. Unfortunately, this proposal has already been passed by Council. I have now been in contact with the file manager to ask that this land be redesignated to either Rutland Park or Currie Barracks, and will follow up with everyone (including Brian Pincott) to see about making this happen.

Council is currently examining the role of community associations and community association buildings as we move forward. The FCC asked for feedback to take to Council, and I highlighted the following points—as a community association we play a crucial role in terms of advocacy and programming for our residents (including our lower income residents and seniors) through building community, we are trying to improve our community buildings to provide more programming, we liaise with surrounding communities to help create pedestrian and cyclist friendly corridors, and we provide feedback and advocate for sensitive redevelopment in our communities which upholds our community values. Council needs to get information out to community associations in a more timely and consistent fashion so that it can be shared with residents. It is unreasonable to expect all residents to attend all information/engagement sessions hosted by the City and other municipal/federal bodies,

so community associations become the liaisons and can get online survey links etc out to residents, but we need more timely communication from the City.

I have submitted a 311 request on behalf of Currie Barracks residents to change the yield sign on Mary Dover Dr and Beny-Sur-Mer to a stop sign. With the recent increase in traffic, drivers are not slowing down at this intersection and are whipping out into the center of Beny-Sur-Mer, putting pedestrians and oncoming traffic at risk.

I have sent yet another email to the City asking that we be considered for a traffic study (or whatever other procedure we should investigate) to focus on traffic calming measures/safer pedestrian crossings for both Sarcee Road and Richmond Rd SW.

I have followed up with the Airport Authority with regards to the proposed changes as a result of the new RNP technology for planes. It is used for arrivals, and I have been told that the pattern changes will have very little impact on our communities. Several years ago we inquired about the increase in departure traffic over our communities and were told that there were no changes—in reality, there were, and I now have a pdf document of the pattern increase. In response, I have asked several questions-- Currently departures are our biggest concern-- will these be increasing steadily? Is there any way of changing the throttle patterns so that the planes are not climbing as rapidly/generating as much noise within the city boundaries as they leave? I have yet to hear back from the Airport Authority.

I have followed up with the City with regards to proposed amendments to allow for interim uses in Currie Barracks until the area has been built out; we continue to be supportive of interim uses for existing buildings to support both the businesses that operate there and the members of the surrounding communities that use them.

At our Board meeting we were informed that the Councillors are negotiating for some further revisions to the ward boundaries. This would include keeping Lincoln Park in Ward 11 and moving Rutland Park and Currie Barracks into Ward 8. Ward 8 would be a smaller ward of higher density communities, and would not be the best fit for Rutland Park. I have written several emails to see how we can go about keeping Rutland Park with Lincoln Park and lower density communities.

I have followed up with the City yet again regarding traffic calming concerns on Richmond Road and on Sarcee Road. Our initial traffic study request is at the point of expiration; I have opened a new 311 request to start a traffic study, and Councillor Pincott said he would support it; unfortunately the staff in the traffic study department don't feel it is worthwhile to pursue because we will have up and coming development in Currie Barracks; I have asked that we be connected with whatever process would serve us best to keep these concerns on the table.

I followed up with the SW BRT team to make some further suggestions as there are still a number of concerns; taking the BRT from 14 St SW over the old dam and along 50 Ave SW would keep the buses moving better rather than trying to negotiate around the daily accidents on the Glenmore causeway; it would also increase the transit accessibility along 50 Ave SW which is to be redesigned as a parkway (transit is supposed to play a key role); I have also proposed HOV lanes that are BUS ONLY during peak times; this means that a lane could be added to each side of 14 St SW without interfering with the lights which residents rely on to exit their communities.

I attended the 50 Ave SW Open House—the City is gathering feedback at this point, so I would recommend staying connected; residents will have very specific concerns, but non-residents would like to continue to use the parks and facilities, so parking still needs to be provided; having a BRT stop there would provide additional benefits; connecting the park spaces and keeping things walkable/cyclable would also need to be priorities for a parkway.

I am honoured to have received the volunteer award for 2015—what we do as a Board is important because it connects all of us. I appreciate your ongoing support, and hope that you will get even more involved in our communities in 2016!

If you have not already signed up for our email updates, please do so at our website-- [rutlandparkcommunity.com](http://rutlandparkcommunity.com). The City often gives us very short notice for upcoming events, and this is the quickest way for us to reach you. Thank you for your ongoing support.

*Leanne Ellis , PCA VP Development and Traffic development@rutlandparkcommunity.com*

Royal Park Supporting Your Aging Parent seminar

What: “Demystifying Seniors Housing”  
Who: Members of the community invited (not restricted to RPCA members as discussed at the board meeting), hosted by Amanda Greene, Senior Living Advisor and Consultant at Chartwell Royal Park Retirement  
Where: RPCA Hall  
When: Sunday, April 10, 8:00 pm

For more information, please contact Amanda Greene,Chartwell Royal Park ([agreene@chartwell.com](mailto:agreene@chartwell.com) or 587-287-3940)

BRAIN GAMES

SUDOKU

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





Article by J. Turner

Photo by Andrea S. H. Hunt

## THE PORCUPINES A Prickly Subject

The North American Porcupine, *Erethizon dorsatum*, Canada's second largest rodent (after the beaver), is a well known mammal, with many legends related to it. It was a part of the life of early settlers and First Nations communities across the country, the quills (or spines) being dyed and used for decorative purposes, and the meat providing food through the winter.

The porcupine, when described, seems an odd looking animal, having: a short blunt nose, small (short sighted) eyes, almost invisible short round ears, orange continuously growing front teeth, humped shoulders, bowed legs, long curved claws for climbing trees, a thick rounded muscular tail, and a soft woolly undercoat with long yellow tipped guard hairs that conceal its quills. It plants its feet fully on the ground when walking (like humans and bears), moving with a slow swaying walk, and a clumsy looking gallop when threatened. The larger male porcupine can weigh up to 18 kgs (40 lbs) and be up to 90 cm (36 in) long (not including its tail of up to 30 cm or 12 in long).

This usually quiet, peaceful animal lives alone for most of the year, in a well-treed area, just going about its business. It's a herbivore eating a diet that varies from season to season: mostly inner bark and things like

pine needles in the winter; when the sap rises in the spring, adding leaves and catkins to its diet; over the summer enjoying herbs, dandelions, thorn apple, clover, grasses, water lily and arrowheads; and seeking out beech and acorn nuts, wild fruit, and raiding cornfields and orchards as fall comes. The porcupine relies on its nose to find food, and knowledge of its home territory, as it rarely strays far from its den (in caves and crevices, under logs or rocks) to find food.

But what about the stuff of legends? The porcupine's most well known feature are those quills, some 30,000 of them. Many believe that porcupines 'shoot' quills at their predators to drive them away. The quills are actually modified (keratin coated) thick hairs and there are none on the muzzle, legs or under part of the belly. Quills are longest on the back and tail (up to 10 cm or 4 in) and when raised push the guard hairs forward forming a crest. Each quill is hollow and embedded in the skin, where they are attached to a small muscle that pulls it upright in the fur when the animal feels threatened. Quills have black tips and yellow or white shafts. The tip tapers to a fine point covered by dozens of small black barbs, which feel rough to the touch. When they are moist (such as when embedded in skin) they swell up working the quill into the flesh. When a porcupine feels threatened, it will chatter its teeth to warn off its predator and make for the closest shelter (rock, log, or up a tree). If caught on the ground it pulls its head in, stomps its back feet, stands up its quills, and lashes its tail sending loose quills through the air, appearing to "shoot" them at the threat. All a predator has to do though is touch a porcupine with raised quills for the quills to transfer to them. If treed, the porcupine will only act if the threat climbs the tree, then it will back down the tree flicking its tail and sending quills flying. In addition to being used for defence these air filled quills make excellent flotation devices for accessing food sources growing in watery areas, and help insulate the animal in the winter.

The porcupine's most troublesome habit (as far as humans are concerned) is its penchant for chewing to keep the size of its front teeth in check. It is known to chew tires, leather, and wood in areas where humans (unwittingly) provide the materials. They will chew on cast off antlers and bones where there are no humans around.

**If you find an injured or orphaned porcupine, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.**



Parasites, both external and internal, are present in Calgary, but traditionally because of Calgary's elevation, dry climate, and extreme winters the risks of infection were low. This may be changing with our changing weather; Calgary never hit minus 30 degrees winter 2014-2015, we are still waiting for winter this year, and we've had two wet summers. Review your pet's annual anti-parasitic regime. The absolute minimum recommended by veterinary professional associations is an annual fecal examination, but this is now inadequate for all but a strictly indoor pet. It is also imperative you examine your pet's lifestyle and travel plans to determine his or her individual needs.

As far as external parasites go we haven't seen fleas in Calgary except on pets travelling in or through, but this summer the number of cases of lice and ticks is expected to dramatically increase. Ticks are usually seen April to October in Alberta but studies reveal ticks can become active seeking a host at 4 degrees centigrade. All ticks received by veterinarians are submitted to Alberta Tick Surveillance project to determine species and if they are carrying secondary diseases, such as Lyme disease. Lyme disease is carried by the black-legged tick. That tick is rare in Alberta but may be carried in by a migratory bird. Dogs rarely become clinically ill if the Lyme disease or *Borrelia burgdorferia* pathogen is in the tick; but if the tick moves onto a human host, people get very ill. Lyme disease is considered endemic to parts of B.C. and east of Winnipeg. Previously our clinic recommended tick and louse protection if lifestyle and travel dictated it. This year we recommend prophylactic anti-parasitic medications for all dogs and cats that go outdoors.

Heartworm disease is not in mosquito populations in Alberta, but provincial and national bodies monitor the situation to keep veterinarians members informed. As with tick and louse prevention, monthly protection is easier than finding out what areas have the parasite.

West Nile Virus is in Alberta mosquito populations but dogs and cats do not tend to become clinically ill. This disease affects birds, horses, and people. Use repellents during mosquito season.

A type of microscopic tapeworm known as *Echinococcus multilocularis* has recently been identified in the coyote populations around Edmonton and Calgary and in Nose Hill Park. The lifecycle of this tapeworm carries it between the wild carnivores, such as fox and coyotes, and the rodent populations. If a dog or cat picked up this parasite from a rodent they ingested, they may show no symptoms. A person contracting this parasite from a pet is an atypical host and the alveolar form of tapeworm infection in humans can be devastating. Regularly deworm any pet known to catch rodents.

We have become a population of people and pets that travel and move all over this continent and world. Contact your veterinarian for advice about the parasites that can infect your pets, and initiate prophylactic prevention as required. Also be conscious of the changing weather in our own backyard increasing our risk as we invite our furry family members onto the couch, into the kitchen, and onto our beds. Prevention is easy but treatment is often not as simple. Also tell your vet if you have dogs and cats as some dog products are toxic to cats.

*Jennifer L. Scott, D.V.M.*

# News from the GARDEN PATCH

There's an old saying "It takes a village to raise a child". With respect to our community garden, this could be reworded to "It takes a community to raise a garden".

The first phase is past – the raised beds have been built and we saw our first season flourish in 2015. A bench and Little Free Library were also added and are being enjoyed year-round.

But it doesn't stop there.

Many of the gardeners will return to reclaim their plots and hopefully we will see some new faces as well. That accounts for 20 of the garden beds. But there are five more plots that we have reserved for the enjoyment of the broader community. The two hexagon beds facing 40th Ave. are for "curb appeal" (ie. flowers), and the three remaining beds are for vegetables free for the taking.

This is where you come in.

What would you like to see planted? Can you help us plan and plant these communal beds? We could really use your design ideas, seed donations, perhaps even some donations of perennials. We are not gardening experts and we don't have unlimited funds – we can use all the help we can get!

Then there's signage to be attended to, the main sign being one to welcome visitors to our garden. We also need a sign or two to remind everyone to respect the space and refrain from picking produce from rented beds.

Do you have an artistic side? A hand painted sign would be a wonderful addition to our garden. "Welcome to the Rutland Park Community of Gardeners" is one suggestion for the wording.

Can you imagine further development to the garden? If so, please pass along those great ideas. We're not asking anyone to commit long-term – we just need help with short-term projects.

We have come so far already – won't you help us go even further?

You may email the garden committee at [gardens@rutlandparkcommunity.com](mailto:gardens@rutlandparkcommunity.com)

If you do not use email, please feel free to give me a call at 403-686-0544.

Thank you for your support.

Judy Silzer  
Chairperson, Rutland Park Community Garden Committee

## SENIORS' FITNESS PROGRAM

Chartwell Royal Park Retirement has generously opened up their senior fitness programs to our community's residents, at no cost. No registration is required. Classes are run on a drop-in basis in their activity room at Royal Park (4315 Richardson Road SW).

### Sit n' Get Fit Mondays at 9:30 am

This is a seated stretching program with a focus on lower body strength. 45 minutes

### Gentle Exercise Wednesdays at 1:30 pm

This program helps maintain or increase flexibility, muscular strength and endurance, cardiovascular endurance and balance through structured fitness. 30 minutes

### Rhythms and Moves Thursday at 10:00 am

This program is an opportunity to have fun through movement to music. Engage in a fun and interactive music and movement program to support your health and physical well-being. 30 minutes

Please contact Amanda Greene, below, for more information. CHARTWELL Royal Park retirement residence 4315 Richardson Rd SW, Calgary AB, T3E 7J7 tel. 403-242-9075 | cell. 403-880-2403 | fax. 403-242-9079 | [agreene@chartwell.com](mailto:agreene@chartwell.com)



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It has been over 100 days since I was appointed Minister of Veterans Affairs and Associate Minister of National Defence. Each and every day I am honoured and proud to serve those who wear—or who have worn—our nation’s uniform.

The opportunity to work with my caucus colleagues from across Canada is rewarding, and being a strong voice for Calgary and Alberta at the cabinet table is a tremendous privilege and responsibility that I do not take lightly.

The Prime Minister has given me an aggressive mandate, one that I plan to fulfill through stronger relationships with veterans and the organizations that represent them.

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During my first days, I participated in a number of Veterans’ Week activities, including Remembrance Day ceremonies in Ottawa. This special day was humbling and concluded a week of learning and listening. It reconfirmed my commitment to ensuring that we get Veterans the care they need, when and where they need it.

Within the first month, I travelled across the country to engage with Veterans and Veterans’ organizations, and held my first Veterans’ Stakeholder Summit in Ottawa in December. Next, I travelled to Poland and Ukraine to meet our Canadian Armed Forces troops during the holidays and to thank them for their service on behalf of all Canadians.

Veterans will once again be able to access services in offices closed in recent years. And, we have already rehired more than 175 front-line staff to provide more support to Veterans across Canada.

I know that times are tough for Alberta and Canada. In the first 100 days as a government, we have quickly begun work on key campaign promises that I believe will make a real difference in the lives of Canadians.

We have already reduced taxes to the middle class. This will put more money in to 9 out of every 10 Canadian pockets.

We have implemented a consultation process for pipeline projects that allows for industry, communities, first nations and people who are concerned about the environment to take part. I truly believe we are on a path to build public trust in our approach so that we can move forward in a thoughtful manner that will see success for our industry in the long run.

The Prime Minister confirmed that \$700 million in Infrastructure funds would start flowing to Alberta in the weeks ahead. Those investments in projects identified by our Provincial partners and their municipal partners will create thousands of jobs and generate economic benefits for our great province.

My first 100 days have been exciting and I look forward to achieving much more in the future. My door, and my mind, will always remain open to the input and ideas of Canadians. We were elected on a mandate of real change, and part of that real change is a commitment to evidence based decisions and consultation with all of you.



**COUNCILLOR, WARD 11**  
**BRIAN PINCOTT**

www.ward11calgary.ca

Spring is just around the corner! That means the **City’s annual Spring Clean-up** is coming to neighbourhoods across Calgary.

Spring Clean-up is an annual street sweeping program that removes sanding materials and debris that has accumulated on roads and along major sidewalks and boulevards during the winter months. The program, kicking off April 3, improves safety and mobility for Calgary motorists, cyclists and pedestrians. But you might see crews out there working hard before April 3: pre-sweeping has already begun, so we’re busy removing materials along roads and boulevards. This year, street sweeping will end by June 1. In order to make this happen, crews will be sweeping streets on a compressed schedule, working seven days per week.

Keeping Calgary clean is a collaborative effort. To make sure the program runs smoothly, we’re asking all Calgarians to help us make the city beautiful by removing vehicles and carts from city roads when they see street sweeping signs in their community. This year, that includes weekends. During the program, Calgarians can visit [calgary.ca/sweep](http://calgary.ca/sweep) to:

- Find answers to all of their questions on our FAQ
- Visit a live map to track sweeper progress across the city
- Learn if there will be a parking ban in their neighbourhood, and
- Enter their address to confirm their street sweeping date.

Make sure to visit the website to learn more about street sweeping, and don’t forget to watch for signs in your neighbourhood starting April 3.

I also want to let you know about **Neighbour Day**, held annually on the third Saturday of June, it is an opportunity for neighbours to come together in the form of BBQs, cleanups and potlucks to celebrate our strong community spirit in Calgary. Make Saturday, June 18 the day you host a block party, a picnic at your local park or even introduce yourself to a neighbour and lend a helping hand.

The City of Calgary wants to encourage as many people as possible to host a local activity on their block or in

**IN & AROUND SCHOOLS**

**St. Andrew Elementary School**

What’s happening at St. Andrew Elementary School? Given our size, fundraising is critical to the enrichment programs we provide. To this end, we’re running our annual Spring Fundraising Campaign in April and May. We’re selling an array of beautiful outdoor plants from a top notch local greenhouse, along with an assortment of Spolumbo sausages, perfect for barbeque season. This year, for the first time, we’re reaching out the community at large to help support our fundraising efforts. So as your attention turns to the great outdoors this spring, please give consideration to supporting your local school by purchasing your outdoor plants and Spolumbo sausages from our fundraiser. Details will soon be available on our school’s website at [www.schools.cssd.ab.ca/standrew](http://www.schools.cssd.ab.ca/standrew).

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their residential building. That is why they are waiving the fees for small scale local block party permits and neighbourhood park bookings for events that take place on June 18 this year. Please note the deadline for road closure permit applications is May 27. Visit [calgary.ca/neighbourday](http://calgary.ca/neighbourday) for more information about Neighbour Day including an event planning kit, information about permits and other logistical considerations.

As always, you can contact me at [ward11@calgary.ca](mailto:ward11@calgary.ca) or feel free to connect with me on Twitter @bpincott, or on Facebook at Brian Pincott, Councillor Ward 11.

# Renovation Beautifies Saint James Church

Established May 15, 1966, Saint James Roman Catholic Church is home to some 600 parishioners. The church is named after Saint James the Great (one of the twelve apostles of Jesus) and is located on the corner of 54th Avenue and 20th Street SW in North Glenmore Park.



The church recently underwent a major renovation of its interior. While the original interior befitted the style of the day, with its red carpeting and black wood rafters, the renewed interior stands as a stunning contrast to the old.



Countless hours of planning and labour were poured into the project. Dozens of solid oak pews had to be hefted from the church into the adjacent hall for temporary storage while the new flooring was installed. For several months during the renovation, the gym at nearby Saint James School served as the temporary place of worship for parishioners.

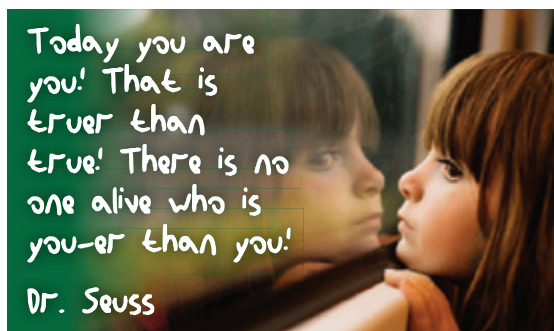
Apart from all the many aesthetic changes to the walls, ceiling, and floors, an aging choir loft had to be completely demolished.

With the old loft removed, light now streams down from the domed skylight onto a new sparkling baptismal font near the entrance to the church.



Parishioners are delighted with the results. Even for people who had never seen the original, stepping into the renovated church today is a remarkable experience. The overall impression is a profound sense of space and light, qualities that help define a sacred place.

May 15, 2016 marks the 50th anniversary of Saint James Church, a date that fortuitously falls on a Sunday this year. Bishop Frederick Henry will be on hand for the celebrations.





**MLA CALGARY-ELBOW**  
**GREG CLARK**

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By the time you receive this newsletter the Second Session of the 29th Legislative Assembly of Alberta will have started. This spring we'll be debating a new budget and I'll be keeping a close eye on how the government addresses the serious economic challenges facing our province. They have some tough choices to make and I will again release my own budget to show Albertans how I would address these challenges. I will focus on job creation and support for the energy industry, while ensuring high-quality front line services are maintained while keeping the deficit to a minimum. We will also lay out our plan to purposefully diversify Alberta's economy by building on our strengths in energy, agriculture, logistics and technology.

I've also pushed for greater transparency for the North-West Redwater Refinery and have led the charge to ensure MLA's aren't able to claim extra money over and above their actual living expenses when in Edmonton.

## Mental Health Review

The province has released the long-anticipated mental health review. You can read the full report and find more information here [www.health.alberta.ca/initiatives/Mental-Health-Review.html](http://www.health.alberta.ca/initiatives/Mental-Health-Review.html).

I'm encouraged that the government seems to be taking this important issue seriously. For too long it has been difficult for people in need to access mental health services when they needed them, and as a result too many people have fallen through the cracks. I'm optimistic the government take action but I will work hard to ensure they follow through on the promise of this report.

This is a good opportunity to remind you of the mental health resources available in our community.

**211 Alberta** is a 'one-stop-shop' for convenient and stigma-free access to everything from advice on child-care available to information for seniors to mental health supports and suicide prevention. It's a multilingual service providing 24 hour information and referral system for thousands of services available throughout Calgary.

**The Distress Centre** is there when you need someone to talk to, 24 hours a day, seven days a week. You can reach them at 403-266-HELP (4357) or online at [www.distress-centre.com](http://www.distress-centre.com). They specialize in crisis support and suicide prevention services for everyone, including peer support services for teens at [www.calgaryconnecteen.com](http://www.calgaryconnecteen.com).

**The Calgary Counselling Centre** provides accessible one-on-one and group counselling services for adults, children and couples. You can learn more and register for counselling here [www.calgarycounselling.com/counselling](http://www.calgarycounselling.com/counselling).

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



## SARCEE MEADOWS HOUSING COOPERATIVE

We're well into the "Spring Season" now and should be expecting some "April Showers", which in Calgary usually means a little more snow. Oh well, at least the temperature is warm enough to quickly melt that white stuff into the ground where we need the moisture. I trust you all celebrated the Easter Weekend and enjoyed the Spring Break days off recently.

As I had declared in The Post January issue I will be focusing on crime prevention and safety within our community for a few issues. In order to do so, I will be using some articles from the Federation of Calgary Communities, with their permission of course.

Let's look at home safety and how you can be prepared for emergency situations such as electrical or gas outage, unsafe water, fire, flood or pandemic.

### Build your 72-hour emergency preparedness kit

In the event of an emergency, responders may be busy assisting those in immediate danger. The 72-hour kit holds supplies to support you and your family for 3 days in an emergency situation. Ideally, your kit should be stored in a waterproof and wheeled container. Here's a checklist you can use to build your family's kit. A full page pdf version is available from [www.calgary.ca/CSPS/cema/Documents/CEMA72hr-checklist.pdf](http://www.calgary.ca/CSPS/cema/Documents/CEMA72hr-checklist.pdf).

### Food and water

- Two litres of water per person per day.
- Food that doesn't require cooking and won't spoil, such as granola and protein bars, trail mix, dried fruit

and canned tuna (remember to replace food and water once a year).

### Equipment

- Manual can opener.
- Flashlight (wind-up or battery-operated) and batteries (replace batteries every year).
- Wind-up or battery-powered radio (replace batteries every year).
- Candles, lighter, waterproof/strike-anywhere matches.
- Pens and paper.
- Duct tape.
- Pocket knife.
- Cooking and eating utensils.
- Warm clothes and blankets or sleeping bags.
- Garbage bags.
- Whistle and flares (to attract attention).

### Toiletries

- Cleaning supplies (hand sanitizer, dry shampoo, etc.).
- First aid kit.
- Toilet paper.
- Dish soap.
- Feminine supplies.

### Special needs items

- Infant needs (diapers, formula, bottles, etc.).
- Prescription medicines.
- Extra pair of prescription glasses or contact lenses.
- Pet items (food, leash, muzzle, medication, etc.).

### Personal documents and items

- A list of your emergency contacts (names and contact numbers).
- An extra set of house and car keys.
- Some cash in smaller bills.
- Copies of important documents like passports, birth certificates and insurance policies.

Randy Senft  
[sarceemeadows@rutlandpark.com](mailto:sarceemeadows@rutlandpark.com)



## Crock Pot Pork Chops

by Gayle Fields

### Ingredients

- 6 pork chops (cut 1/2 - 3/4-inch thick)
- 1 onion (sliced or chopped)
- 1 tablespoon fresh minced garlic
- 1/2 teaspoon crushed red pepper flakes (optional or to taste)
- 1/4 cup brown sugar
- 1 teaspoon ginger
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 1 -2 tablespoon fresh minced garlic
- 1/2 teaspoon black pepper (or to taste)

### Directions

Place the pork chops in the crock pot. Sprinkle with onions and garlic over and around the chops. In a bowl mix together all remaining ingredients except the salt; pour over the chops. Cook on low setting for about seven hours or until the pork chops are cooked through and tender (cooking time will vary slightly depending on the size of your pork chops). Season with salt to taste if desired. Serve with rice and peas.

## Roasted Butternut Squash Soup

by Nancy Gammack

This soup is made with fresh vegetables and delicious spices. It works well for a main dish the day of, and freezes well for a meal a couple days later!

### Ingredients

- Olive oil
- 3 cups butternut squash
- 3 medium carrots
- 1 cup onion
- 1 medium red bell pepper
- 2 cloves of garlic
- Italian seasoning (optional)
- 1 small can of evaporated milk (370 ml)
- 1/2 cup chopped walnuts
- 1 teaspoon ginger
- 1/2 teaspoon Nutmeg
- blender, or food processor

## COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**WANTED:** Someone to help me with sharpening garden tools and kitchen knives. I would like to learn to do this or hire someone to do it for me. Please call Gayle at 403-249-1358.

**WANTED:** Outdoor activity partners of any skill or fitness level. Whether it's walking, running, hiking or back-country skiing, I'd love your company! Please call Jeremy at 403-975-5445.

**VOLUNTEERS NEEDED:** The Calgary Performing Arts Festival seeks volunteers for the 2016 Festival, April 18 to May 7 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or [volunteer@cpafestival.ca](mailto:volunteer@cpafestival.ca).

### Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a large baking sheet with tin foil and spread a thin layer of olive oil on top.
3. Dice the butternut squash, carrots, onion, pepper and garlic. Mix together and spread out on the baking sheet.
4. If desired, season lightly with Italian seasoning.
5. Drizzle a layer of olive oil on top and bake in the oven for 25-30 minutes, stirring halfway through.
6. When vegetables are soft and can be easily cut, remove from oven.
7. Pour contents into blender and add evaporated milk. Blend until smooth.
8. Once smooth, add walnuts into blender and pulse two to three times.
9. Pour soup into saucepan and heat on medium, while adding ginger and nutmeg.
10. Pour into bowls and sprinkle some extra walnuts on top. Enjoy!
11. Serve with whole wheat buns.
12. Makes four cups.

### Tips and variations

For extra protein and still a creamy taste, try adding plain greek yogurt to your serving. If you are allergic to, or do not like walnuts, try adding almonds, or pine nuts.





## MLA CALGARY CURRIE BRIAN MALKINSON

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This month I would like to talk about one of the backbones of our city: Community Associations. These volunteer organizations are run by our friends and neighbours, often acting as the voice of the community, and they bring us together as Calgarians.

Making the community a great place to live work and play is probably one of the most important things Community Associations do. People come together to create the kind of community they want. We have stunning community gardens to enjoy, a variety of locally organized youth sports, seniors activities and several farmers markets, all thanks to Community Associations.

Working with the city, Community Associations are often those consulted first on changes coming to the community. Whether that be a new school zone, community garden, or changes to zoning, Community Associations are the front line our communities have representing our local interests.

It never ceases to amaze me how much creativity, hard work and commitment I see from people, taking time out of their busy lives to strengthen the community around them. There's the soccer coach who is so dedicated to their kids that, even if it means driving around playing taxi before and after games, the coach ensures that all the kids in his community have a chance to play. There are the people who tend to the community skating rinks and make their phone number available to neighbours, so that when problems arise, as they always do, the first step of problem solving is kept local, with supportive friends and neighbours.

I try very hard to get out and participate in as many events that local Associations put on as I can. Recently I attended the Rossbarrock AGM. I've been skating and tasting delicious popcorn at the winter festivals in Glenbrook, Glendale and Westgate, and I've sat in the basement and had a beer in Killarney Glengarry with veterans from the legion.

## IN & AROUND CALGARY

### Maria Montessori Education Centre

Amanda Kershaw, Principal, Maria Montessori Education Centre

Spring is in the air! The students at MMEC are enjoying extended outdoor time as the warmer weather begins. We recently enhanced our drumming skills with One World Drum Co. and learned about natural resources through an afternoon at Evergreen Theatre. Our Student Leadership Team hosted the annual Lloyds Party which was a fun and fabulous success.

The Erdkinder (Jr. High) students have begun to forge a relationship with Grow Calgary. They are currently growing seedlings in class and preparing for outings to support the spring planting. Grow Calgary provides fresh, local produce to the Calgary Interfaith Food Bank. This partnership furthers our Erdkinder link with the land as well as cultivating a spirit of community involvement, volunteerism, and generosity.

MMEC students have been working hard in class; their joyfulness and internal motivation are a pleasure to see. The classroom community and three-year age span create a thriving group, where children are encouraged to treat everyone with respect and dignity. The older children guide and model for their younger classmates. Through modeling and lessons in grace and courtesy, the adults reinforce respectful behaviours. The ability to behave responsibly and cooperatively enhances self-confidence and creates an overall sense of emotional, academic and social well-being.

If you have an event taking place in your community and might be interested in having me out, do not hesitate to give the office a call at 403-246-4794.

I am proud to represent so many communities supporting one another in such great ways. I would like to sincerely thank all of the hard working and talented community organizers we have here in Calgary Currie.



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Head of School: Lindy Arndt

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