

FEBRUARY 2016

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THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK, SARCEE MEADOWS & CURRIE BARRACKS COMMUNITY NEWSLETTER





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Rutland Park Community Association

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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 rutlandparkhall@gmail.com.

Visit the community association website to see what our beautiful hall looks like: hallrentals@rutlandparkcommunity.com

Contact Lizzel at 403-246-8318.

newsletter@rutlandparkcommunity.com
Editorial Content DEADLINE
1st of each month for the next month's issue

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@rutlandpark.org, or news@geat-news.ca.

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 lincolnparkliaison@rutlandparkcommunity.com
Lincoln Park Liaison	Amber Cannon ajcan31@shaw.ca
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



MESSAGE FROM OUR PRESIDENT

Our New Board

I am very pleased to announce that we have found a new editor for The Post. Please join me in welcoming

our newest board member, Jeromy Farkas (jeromy.farkas@gmail.com), who will be taking over this position from Gayle Fields. Gayle has been our editor for three years and was very committed to keeping our community informed. Fortunately, Gayle will continue on the board as a Director at Large. Thank you, Gayle!

As well, all our board members who were approaching the end of their two year term have decided to renew their commitment for another two years. I am just so grateful for the continued commitment and support of our board members, and for all the work you do to better our community. Thank you, all!

Community Hub

As I deepen my understanding of the importance of community, I have been exploring the concept of community hub models, and how a community association can support a resilient community. Last month you will recall me sharing with you a new framework which could be used to assess the resiliency of a community. Our community association, along with other partners in the community, such as Knox Presbyterian and Chartwell, and other organizations such as Momentum and the United Way, are planning to pilot this new initiative, to map the assets of our community needed for a resilient community, and identify ways to strengthen those assets in the community. Please watch The Post for progress.

Energy Poverty and Community Resilience

Last month, I also shared with you my concerns about poverty, in particular, the impact that the economic downturn in the city could have on many of our friends and neighbours in the community. But has anyone thought about the concept of energy poverty, referencing one's ability to access energy and the conveniences, or products and services, it provides? Access to low-cost energy is something that many of us in the city take for granted, and it has shaped the way we have designed our city, our subdivisions, our homes, and our modes of transport.

With the glut of oil now on the market, our energy system has shifted from the "peak oil" discussion to "limitless oil", and the ultimate constraint on oil consumption, is expected not to be supply as once thought, but environmental constraints, including carbon emissions. These constraints will ultimately increase the cost of energy to consumers, as regulatory frameworks that attach a carbon cost to energy propagate through jurisdictions. Alberta is a very recent example of that.

As the cost of energy increases, products and services such as food and transportation will also increase. Fortunately for Alberta, there will be some form of rebate or compensation to those most exposed to rising energy prices, so that they will not live in energy poverty. And for those of us that are not, we can choose to continue our lifestyle with a higher cost, or choose to make changes. For me, one aspect of community resiliency is being able to make choices. For example, residents should be able to choose between driving to work or taking the bus, because both are convenient options, or driving to the grocery store or walking, again because both are convenient options, or living in a large house on a large lot, or a smaller one with a smaller footprint, again because both are possible in a given community. **I would like us all to continue to live with our existing or better quality of life as our energy system evolves, and fortunately, our community association can influence how our community can adapt.**

Volunteer of the Year

Thank you all for your nominations. The prestigious award was presented at our annual volunteer appreciation event on January 17th, and will be shared in the next edition of The Post.

Thank you all for taking the time to read The Post. Stay safe, and warm.

Best wishes,
Meera

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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.

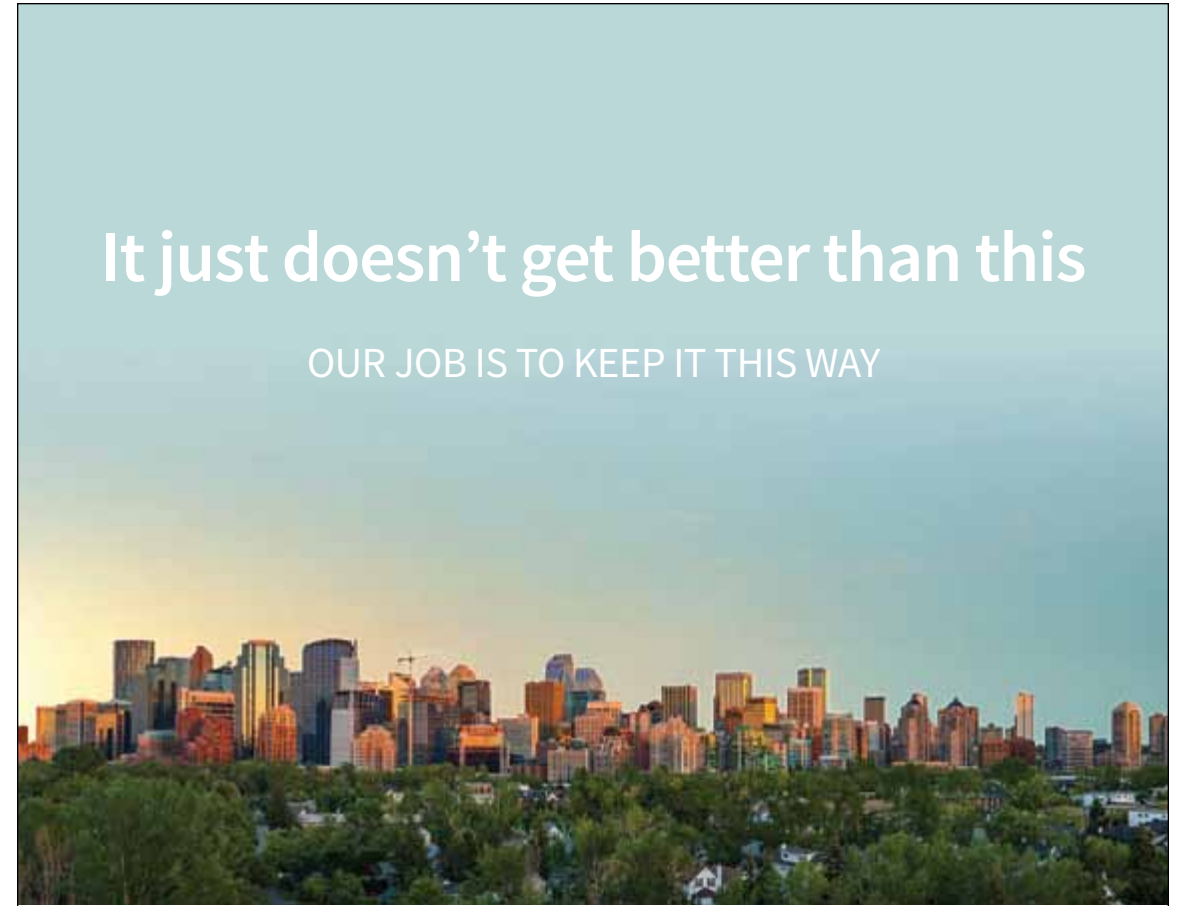
What your Board Commits to Do:

- 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



It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
 Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted

UPCOMING SOCIAL EVENTS

Hello again all my favourite neighbours and welcome, of course, to February!

It is that time of year again and by this of course I mean RPCA Chili Cook Off time! Remember, this is a competition. Think your Chili is like no other? Got a recipe you think is unbeatable? Then gather up the ingredients, cook your best and pack your crockpot. Because on February 20 in the main hall, your stock will be tested! Not to mention all the glorious winter fun that can be had outside. Great event!

The second annual children's Christmas party was another wonderful success. Had a great turnout and wonderful bunch of volunteers could not have asked for a better festive afternoon. Hope you were able to check it out.

Next month our committee will be hosting a St Patrick's Day pub night in the main hall. Should be a great night full of friends, fun and a whole lot of green.

As part of our mandate to help keep our community informed, we have tried very hard to get the word out about our monthly events. Sometimes this can be a struggle. So we here on the social committee have decided to do a monthly publication - very short both via email and flyer to let you our neighbours stay informed. These all should be out to you by the 10th of every month. Please if you have not received yours by then please contact me directly at: social@rutlandcommunity.com and we can make sure you get it. Or if you prefer to just receive it electronically, please advise as well.

Make sure to keep watch every month both on the website as we have just updated the events page, Facebook for upcoming events plus what going on in our community, emails and now Twitter! As always if you should ever like to volunteer or host an event please feel free to contact us at: social@rutlandparkcommunity.com and we would be more than happy to assist.

Thank you as always to everyone who gives their precious time to better our community - your efforts are greatly appreciated and the results are clear. Have an amazing February.

Here are a few dates to set your calendar for:
February 20 - Chili Cook Off
March 19 - St. Patrick's Day
April 16 - Night of Music
May 14 - Burlesque Show
June - Community Clean Up

Thank you kindly,
Megan

CURRIE BARRACKS LIAISON

I'm very happy to announce the arrival of back alley garbage pick-up for Currie Barrack residents! Without having room for proper storage of garbage and recycling bins on the front boulevards, and knowing the congestion these bins cause on the streets on garbage day, back alley pickup has been highly anticipated. Thank you to Gavin Read of Canada Lands on behalf of the residents of Currie Barracks. Gavin worked hard petitioning the neighbourhood, communicating with the city, and hosting an information night to spread the word with regards to the rules of back alley pick up. Three main points I took from this drop in session were as follows. One, bins must be on your driveway pad and not in the alley to allow room for trucks to manoeuvre. Two, cars may not be parked in the alley on garbage pickup day. And third, when looking at your garage, blue bins go on the left and black on the right. There will be more information forwarded to residents from the city regarding alley pick up, currently this is scheduled to commence February 2016.

Kind regards,
Patti McMillan
Currie Barracks Liaison



Aztec emperor Montezuma drank 50 golden goblets of hot chocolate every day. It was thick, dyed red and flavored with chili peppers.

EDITOR'S CORNER



Hello everyone! My name is Jeromy Farkas, and I have been given the privilege and responsibility of being the new editor of The Post. I'm a mix of excited and nervous to be following in Gayle Fields' footsteps. As you well know, Gayle was the editor

of The Post for the past three years and we have most certainly been better off as a community because of her efforts. Thank you, Gayle!

I am very grateful to have the opportunity to contribute and take part in our community in such a meaningful way as your newsletter editor. It's my hope to continue Gayle's excellent work in making The Post about stories. I will continue to be "people focused" and help to share our community's original stories, in addition to being a calendar of events to connect you with your neighbours. It is my hope that, as you read through these pages, you will read new stories, connect with old friends, and learn about secrets that are just waiting to be discovered in our communities.

In this digital age, it's easy to not notice what our neighbours are doing or to otherwise just be focused on our own goings-on. In contrast, I feel that we are truly a story-telling species. One of our most human needs is our craving to share our stories, and to be heard. The faces may change, the technology may evolve, but I hope to help in a small way to ensure that our stories will never be forgotten.

I also hope to learn from, and lean on, all of you for your feedback, comments, or criticisms! If you'd like to get in touch, you can email me at any time at newsletter@rutlandparkcommunity.com, although I prefer you call me at 403-975-5445. And as always - we're looking for photographs! If you happen to snap any cool shots at community events or even just around the neighbourhood, send them my way!

Rutland Park, Lincoln Park, and Currie Barracks are alive, just waiting to be discovered. Let our stories be told!

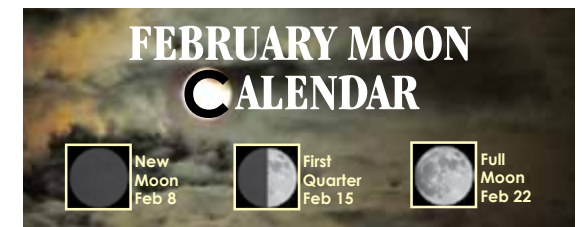
Jeromy Farkas, Editor, The Post
newsletter@rutlandparkcommunity.com

LETTERS TO THE EDITOR



I am always looking for community residents to feature in future editions of The Post. Everyone's life is an interesting story and Rutland Park is full of interesting people. If you think your neighbour, the person who bought the house down the block, or your spouse has an interesting story let us know. Please forward me their contact information and I'll take it from there!

Jeromy Farkas, Editor, The Post
newsletter@rutlandparkcommunity.com



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City Hall Watch

By Jeromy Farkas

City Council rang in the New Year with something pretty unusual for Calgarians these days: a pay raise.

In just five years, Council salaries have quietly risen nearly 20 per cent from \$97,551 to \$116,313. Meanwhile, our mayor's salary, which is the highest in Canada, has grown nearly 25 per cent, from \$177,100 to \$218,285.

Just two months ago, Council voted overwhelmingly to approve the City Manager's \$10,080 pay raise to \$326,080, along with a \$26,775 bonus. And if you work for the City's largest union, you can count on a minimum 3.5 per cent increase in pay this year and the next.

There's no question that City Hall workers should receive fair compensation for the vital and often thankless work that they do. And in fairness to the managers and politicians, the skills needed to run a complex, 15,000-person organization are rare in the corporate world and even rarer in government.

Instead, we should ask if we are getting good value. In just seven years, Council has pushed through compounded residential tax rate increases of 55 per cent, and business tax rate increases of an astounding 180 per cent.

Unlike most Calgarians, Council has the luxury of looking past their next paycheck and toward the next election. As in past years, they will claim to have no choice but to accept their generous pay hikes. However, they are among the few of us these days who actually still have a choice. And it's as easy as saying "no."

Reprinted with permission, this is an abbreviated version of an article published early January 2016 in the Calgary Herald.

Insect Trivia



Wish Tree

I don't even remember where I got the idea. I think it was after seeing a Wish Tree on someone's Facebook page. And the thought came to mind would that not be cool, if the neighbourhood kids made a wish, hung it on the tree for Christmas, and had their Christmas wish come true.

The idea came just before I was asked to give the final presentation of Painting Hope to the Congregation of Knox Presbyterian and put it up on my Facebook page. Mark Tremblay, the pastor at Knox, loved the idea and asked me to present it to the congregation. I did, and then two days later I told the Rutland Park Community Association Board what was being done.

They asked to make it a part of the board, as they thought people would be more likely to want to give if it came from the community association. So the word went out through social media. Flyers were delivered to the neighbourhood for families who had kids who wanted the wish to come true for Christmas.

I was amazing, and fantastic. Wishes had come true before a wish was even made and put on the tree. The community came together as one and we worked as a team to fulfill all the wishes coming true.

I joined my Poverty Talks group for the last meeting of the year and Assembly, a Coworking space in Calgary presented us with Random Act of Kindness (RAKs) cards. Which included gift cards to Walmart. Through this and a member of our community, we were able to get board games along with each wish.

34 children, 14 families and very happy and grateful people.

Santa arrived at my house on December 24th at 11:30 AM to hand out gifts. It was cold and snowing so we all gathered inside my cozy living room. Ben's father, Paul, played Saint Nick, and Katherine Leonard and I were Santa's Elves. It was a wonder and delight to see the look of awe and twinkle in their eyes when they saw Santa Claus.



Thank you to everyone who gave so generously. Calgary truly is a great place to live, and I really do believe, after watching what took place this holiday season, that each community, together, makes it a place for us to have enough for all.

Enough love, food, spirit, faith, hope, and a helping hand. We each individually uniquely offer something to each other. And I was so very blessed and grateful to be able to watch that take place.

You are all beautiful. Thank you for making wishes, continuing to dream, and making wishes come true.

Amber Cannon



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Lev	12	587-891-7789	Yes
Maxine	13	403-455-8427	Yes
Brooke	13	403-212-1014	Yes
Kiera	13	403-922-6067	Yes
Sienna	13	403-240-1128	Yes
Holly	15	403-287-0370	Yes
Samantha	15	403-249-0581	Yes
Samantha	15	403-287-3740	Yes
Henry	15	403-719-8282	Yes
Emma	15	403-220-1537	Yes
Sam	15	403-287-3740	Yes
Lilly	15	403-719-8282	Yes
Kaitlynn	15	403-874-4034	Yes
Makayla	16	587-888-9389	Yes
Julianna	16	403-604-0034	Yes
Connie	16	403-862-2081	No
Chiara	16	587-585-5652	Yes
Charlee	17	587-225-6323	Yes
Nia	17	403-991-8045	Yes
Bree	17	905-376-9229	No
Kaiden	17	403-926-3399	Yes
Makenzie	18	403-796-7733	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Jakarta	18	403-808-8503	No
Elaura	18	403-471-5051	Yes
Maddy	18	587-888-7298	Yes
Abigail	18	705-706-4338	No
Maddy	18	587-888-7298	Yes
Taryn	19	403-999-1777	Yes
Yena	19	403-479-7911	Yes
Danita	21	403-990-0205	Yes
Jamie-Lyn	21	403-892-0176	No
Siobhan	22	403-923-9499	No
Emily	23	403-999-8525	Yes
Kelsea	23	403-370-7170	Yes
Sarah	23	819-679-3059	Yes
Andrea	23	403-465-0933	No
Sydney	24	403-993-5441	Yes
Christoph	24	587-998-6172	Yes

Megan	24	403-861-3718	Yes
Christina	24	587-855-5074	Yes
Alana	24	587-888-4854	Yes
Alison	24	587-999-1278	Yes
Blaise	24	587-223-8583	Yes
Josefa	25	587-437-1252	Yes
Genevieve	25	581-307-6165	Yes
Camila	27	403-680-0942	No
Catherine	27	514-293-1395	Yes
Heather	29	403-966-5233	Yes
Amber	30	587-438-4789	Yes
Michelle	31	403-923-5111	Yes
Harvinder	31	587-830-6217	Yes
Kaur			
Salma	38	403-252-5052	Yes
Maria	45	403-818-0560	No
Jane	50	403-467-3607	Yes
Linda	60	587-892-9731	No

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.

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.

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IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

- Heart attack risk factors include:
- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Crowchild Tr. Study: Upcoming Events

Attend an upcoming public drop-in session to see how the ideas gathered from Calgarians in fall 2015 look when applied to the Crowchild Trail corridor. Learn more about why some ideas will not move forward for further consideration. As well, help us review and evaluate the remaining ideas and the associated benefits, impacts, constraints and trade-offs against the project key principles. Feedback received will help the project team identify concepts for further development.

Drop-in Session #1: Saturday, February 27

Time: 2 to 5 p.m.

Location: Sunalta School, Gym – 536 Sonora Ave. S.W.

Drop-in Session #2: Thursday, March 10

Time: 5 to 8 p.m.

Location: Red and White Club, McMahon Stadium – 1833 Crowchild Tr. N.W.

Drop-in Session #3: Saturday, March 12

Time: 10 a.m. to 1 p.m.

Location: Queen Elizabeth (Senior) High School, Auxiliary Gym – 512 - 18 St. N.W.

In addition to the events above, similar drop-in sessions for residents, businesses and other stakeholders located within a block of Crowchild Trail have been scheduled in February. These invite-only events provide those with homes and businesses in close proximity to Crowchild Trail an opportunity to participate in the same sessions with others who share their unique perspective or concerns.

An opportunity to provide feedback online will also be available in late February.

For more information about this study and opportunities to provide your input, visit calgary.ca/crowchild.



A honey bee must tap two million flowers to make one pound of honey.

LINCOLN PARK LIAISON

Mental Health

According to the Toronto Canadian Mental Health Association's website, the suicide statistics according to the World Health Organization (WHO), someone around the globe commits suicide every 40 seconds. In the year 2000, 815,000 people lost their lives to suicide — more than double the number of people who died as a direct result of armed conflict every year (306,600). For people between the ages of 15 and 44, suicide is the fourth leading cause of death and the sixth leading cause of disability and infirmity worldwide.

January/February are colder months in Calgary, more opportunity for "cabin fever", isolation, stress due to bills after Christmas, and not enough sunshine.

Please remember your neighbours. Go knock on their door, smile, say Hi. Tape a note to the door that says "I'm thinking of you".

I've heard that this small act of kindness, a simple gesture, has saved people from taking their own lives. Please seek help if you are feeling the strains yourself. www.cmha.ca is a helpful website, if you need someone to talk to the Calgary Distress Centre is available 24 hours a day at 403-266-4357 (HELP).

Remember, there is no shame in seeking help, there is STRENGTH in that. Please try not to make others feel shamed for this either.

Neighbour Cards

Do you know what this is? If not, you should! This card helped contact a family in our neighbourhood when they're house was on fire in 2015. It could help you too! If you don't have a My Neighbour Card you can pick one up at any of the 18 Calgary Public Library branches, your local community association or at home on-line by visiting calgarycommunities.com.

Amber Cannon
Lincoln Park Liaison for Rutland Park Community Association

KEEP YOUR NEIGHBOURHOOD SAFE

Do you know the first name of at least 5 different neighbours?

Would you be able to tell police the addresses of the houses around you in the event you witnessed a break-in or other suspicious activity?

Would your back door neighbour know your address in the event that they witnessed suspicious activity?

If you answered NO to any of these questions, use the chart on the back of this card to:

KNOW YOUR NEIGHBOURS



FEDERATION OF
CALGARY COMMUNITIES



CALGARY POLICE SERVICE

My NEIGHBOUR Card

IF YOU SEE A CRIME IN PROGRESS, CALL 9-1-1
TO REPORT SUSPICIOUS ACTIVITY, CALL 403-266-1234



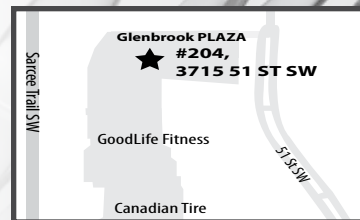
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MY NEIGHBOUR CARD
Be Alert • Be Aware • Know Your Neighbours
Visit www.calgarypolice.ca/goodwitness.html



CALGARY POLICE SERVICE

HOUSE # _____	HOUSE # _____	HOUSE # _____
NAME _____	NAME _____	NAME _____
PHONE _____	PHONE _____	PHONE _____
HOUSE # _____		HOUSE # _____
NAME _____		NAME _____
PHONE _____		PHONE _____
HOUSE # _____	HOUSE # _____	HOUSE # _____
NAME _____	NAME _____	NAME _____
PHONE _____	PHONE _____	PHONE _____



RPCA Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$736,950	\$719,950
November 2015	\$529,900	\$502,500
October 2015	\$649,600	\$632,283
September 2015	\$0	\$0
August 2015	\$0	\$0
July 2015	\$561,450	\$544,000
June 2015	\$674,500	\$672,500
May 2015	\$0	\$0
April 2015	\$0	\$0
March 2015	\$599,700	\$590,000
February 2015	\$0	\$0
January 2015	\$0	\$0

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$0	\$0
November 2015	\$273,700	\$260,375
October 2015	\$265,660	\$246,500
September 2015	\$273,333	\$262,333
August 2015	\$297,900	\$289,133
July 2015	\$287,642	\$279,464
June 2015	\$301,175	\$289,875
May 2015	\$310,839	\$304,966
April 2015	\$318,350	\$310,125
March 2015	\$346,783	\$338,950
February 2015	\$319,900	\$308,125
January 2015	\$374,999	\$384,000

To view the specific SOLD Listings that comprise the above MLS averages please visit rutland.great-news.ca, lincoln-park.great-news.ca or currie_barracks.great-news.ca

Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$0	\$0
November 2015	\$0	\$0
October 2015	\$0	\$0
September 2015	\$0	\$0
August 2015	\$1,229,900	\$1,200,000
July 2015	\$0	\$0
June 2015	\$0	\$0
May 2015	\$977,800	\$990,000
April 2015	\$0	\$0
March 2015	\$735,000	\$730,000
February 2015	\$0	\$0
January 2015	\$1,260,000	\$1,245,000

The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

Closes February 28, 2016
Avenue Calgary.com/survey

avenue
magazine

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. www.sparkscience.ca
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. www.harlemglobetrotters.com
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. www.calgaryphil.com
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. www.calgarydowntown.com
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. www.decidedlyjazz.com
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. www.esfscanada.com
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. www.acad.ca
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. www.disneyonice.com
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. www.scpa.ucalgary.ca
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. www.shakespearecompany.com

MARCH 5 BLITZ SNOWSHOE FUN RUN — LAKE LOUISE

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. www.snowshoe.blitzevents.ca



MARCH 5 TO 6 ALGARY MAPLE FESTIVAL DES SUCRES

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. www.calgarymaplefest.com



MARCH 18 TO 28 SPRING RALLY IN THE ALLEY

This annual, family-friendly event offers a range of activities centered around different modes of transportation. www.heritagepark.ca



MARCH

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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.

FLOW IS A DIFFERENT KIND OF HAIR SALON: Relax into soft jazz, fine art, and a chaos-free atmosphere. Jay Lamb has 30 years of experience in salons such as The Ginger Group and Angles. FLOW is a home-based salon in the Marda Loop area. Haircuts \$52. 403-281-1704. www.flowhairsalon.com.

DOUG GREEN CONTRACTING: Handi-gal home repairs. We are licensed and insured with 20 years experience in Calgary. Services include all forms of carpentry and interior finishing work. Specializing in replacing counter tops. Painting, drywall repairs, moldings, and baseboards. Free estimates, small jobs are welcome. Call Doug or Terrie at 403-686-1526 or 403-815-9304 or email dgreen.contracting@gmail.com.

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A poem written
to celebrate
a wedding is called
an epithalamium.



MLA CALGARY CURRIE BRIAN MALKINSON

2108 B - 33 Avenue SW
Calgary, AB, Canada T2T 1Z6
Phone: (403) 246-4794; Fax: (403) 686-1543
calgary.currie@assembly.ab.ca

Winter in Calgary is unlike anywhere else in Canada. Bitter cold and blowing snow can be followed up the next day with chinook winds melting it all away. Even with those chinook winds, sometimes winter can get to us.

I find one of the best ways to kick the wintertime blues is to get out in the community and take advantage of some of the snowy weather recreational activities that this city has to offer.

While I like taking advantage of the mountains close by for skiing, with so many community skating rinks scattered throughout Calgary Currie, you don't need to go far to enjoy the benefits of living in such a great place as Calgary.

February is the Heart and Stroke foundation's Heart month. It is important to remember to stay physically active for both our bodies and our minds. The Heart and Stroke Foundation recommends that adults do at least 150 minutes of moderate to vigorous physical activity per week, in bouts of 10 minutes or more. The activity doesn't have to be non-stop, nor does it need to be strenuous. You can do 10 minutes or more at a time throughout the day to reach your daily total. A brisk 10 minute walk during lunch, playing for 10 minutes with your kids after work, and then another 15 minutes walking your dog in the evening. Five minutes here and there add up to better health.

If you're like me and sometimes like a bit more excitement, there is little that exemplifies the Canadian spirit more than a game of pickup shinny at the outdoor community rink where coming together for community recreation has no need for formal organization. All it takes is people coming together to have fun.

I love the sense of community these rinks bring to our city, and despite my busy schedule with my work at the Legislature in Edmonton, I spend as much time as I can at these meeting places at the heart of our communities. You may have seen me out there over the past couple months warming people up with coffee and hot chocolate, and if you keep your eyes open, you might catch me out there again before the end of skating season.

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 Kelsey Clarke, below, for more information.
Kelsey Clarke | 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 | kclarke@chartwell.com





MLA CALGARY-ELBOW GREG CLARK

Leader - Alberta Party
(403) 252-0346
calgary.elbow@assembly.ab.ca
Twitter: @GregClark4AB

Hello,

The Alberta Legislature will resume sitting this month. I have enjoyed the opportunity to spend more time at home in Calgary-Elbow working on constituency issues, and I also managed to have some personal and family time over the holidays. I hope you got a break as well.

But I am itching to get back to the important work in the Legislature. People often ask me how I can be effective as a single MLA from my party. The answer is simple, I choose to not just oppose everything the government does, but to propose ideas I think would put Alberta on a better path. Those of us in opposition have a basic choice, and I choose to contribute new ideas and provide insight into what they I would do, rather than only providing criticism without contribution.

In the fall session, I prepared an Alternative Budget, and a Climate Change strategy I worked with members of the opposition to propose and pass amendments to government legislation. On an issue of particular importance to me and I know too many of you in Calgary-Elbow, I was able to advocate to the Minister of Municipal affairs to call for floodway buyout properties to be resold once flood mitigation is in place. I will also continue to push hard for the Springbank mitigation project to stay on track.

In the House I talked about the important work being done by not-for-profit organizations and urged the government to partner with the many efficient and cost-effective organizations delivering services around Alberta rather than replacing them with top-heavy government services. I also presented a motion urging the Government to require all public, separate, private, and charter school boards to implement a clear policy for how they will support LGBTQ youth (including gay-straight alliances) as required by Bill 10.

This spring the government will present a budget for the upcoming fiscal year. Given the challenging economic

circumstances facing Alberta they have some tough choices to make. I will again release my own budget to show Albertans how I would address these challenges. We'll focus on job creation and support for the energy industry, and ensure high-quality front line services are maintained while keeping the deficit to a minimum.

You have a voice in the Legislature too. I can ask your questions directly to Government during question period, or I can write a letter to a Minister on your behalf. Please contact my office to learn more.

Another way you can be heard by the Government is to have me present your petitions. While it is not within the Assembly's power to perform the functions of the Government, it can urge the Government to govern in a certain way. If you are interested in petitions that you check out this short guide: www.assembly.ab.ca/pro/Petition_guide.pdf

In these difficult times, and at all times, it is important that I represent the views of my constituents in the Legislature. I look forward to hearing from you.

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS / URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ 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 Jeromy 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.

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Assessment

In early January the Assessment Department mailed out the 2014 Assessment Notices to property and business owners in Calgary. The City is currently in the Customer Review Period, which ends on March 7, 2016. If you have not already done so, I encourage you to review your assessment notice to ensure that the information it contains is accurate. The Assessment Department can be reached via telephone at 403-268-2888, and many questions can be answered at www.calgary.ca/assessment.

Any inquiries received within the 2015 Customer Review Period will be reviewed by an assessor, and appropriate action taken. This sometimes includes amending an assessment to ensure that it is accurate.

When reviewing your 2015 property assessment, please remember that under provincial legislation the value of your property reflects the market value of the property on July 1, 2014 and the physical condition as of December 31, 2014, meaning any improvements made in this timeframe will appear on your assessment.

Southwest BRT

There is lots of talk on the SW BRT Transitway and how it affects you and your community. The Southwest Transitway will provide high-quality, efficient and a reliable level of service for communities in southwest Calgary. The Transitway will serve southwest communities, downtown and major destinations including Southland Leisure Centre, Glenmore Landing, Heritage Park, Rockyview Hospital, Mount Royal University, and Currie Barracks. The service includes constructing new bus stations, which will provide transit customers with heated waiting facilities and real-time travel information. Buses will run every 10 minutes in peak hours, and every 20 minutes in off-peak hours.

BRT Ridership Figures

The Southwest Transitway infrastructure will be used by both the new BRT service as well as local bus routes which may be able to use a portion of the Transitway. Calgary Transit recently completed existing ridership counts for current routes that will connect with, or are anticipated to use the infrastructure built as part of by

the Southwest Transitway Project. Ridership numbers shown are average all day passenger trips and take into account both directions of travel (see attached Southwest Transitway Ridership figure for reference):

Crowchild into Downtown (Routes 18, 20, 63, 112, 181): 5,200 passengers/weekday

Glenmore Trail over the Reservoir (Routes 20, 47, 72, 73, 182): 3,500 passengers/weekday

Rockyview Hospital (Routes 20, 306): 1,300 passengers/weekday

Southland Drive at 14th St SW (Routes 16, 56, 79, 80, 84): 1,600 passengers/weekday

The Transitway Team is going out to Ward 11 communities with more public information sessions this month and next. Additional facts and information are available online at calgary.ca/swtransitway, as well as through the Ward 11 office.

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calgary HomeTeam
Ryan MacDonald, B.Sc.
Sheri MacDonald, M.Sc.
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