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Phone:403.246.8318  
[president@rutlandparkcommunity.com](mailto:president@rutlandparkcommunity.com)  
<http://www.rutlandparkcommunity.com/>

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Visit the community association website to see what our beautiful hall looks like: [hallrentals@rutlandparkcommunity.com](http://hallrentals@rutlandparkcommunity.com)

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@rutlandpark.org](mailto:newsletter@rutlandpark.org), or [news@geat-news.ca](mailto: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 <a href="mailto:president@rutlandparkcommunity.com">president@rutlandparkcommunity.com</a> 403 246 3303
VP Communications & Website	Simon Davies <a href="mailto:communications@rutlandparkcommunity.com">communications@rutlandparkcommunity.com</a> 403 700 9790
Membership	Shirley Williams <a href="mailto:membership@rutlandparkcommunity.com">membership@rutlandparkcommunity.com</a> 403 240 4777
Ice Rink	Greg Winnicki <a href="mailto:rink@rutlandparkcommunity.com">rink@rutlandparkcommunity.com</a> 403 246 1746
Secretary	Grace Kim <a href="mailto:secretary@rutlandparkcommunity.com">secretary@rutlandparkcommunity.com</a>
VP Development & Traffic	Leanne Ellis <a href="mailto:development@rutlandparkcommunity.com">development@rutlandparkcommunity.com</a>
VP Infrastructure	Ben Seaman <a href="mailto:Infrastructure@rutlandparkcommunity.com">Infrastructure@rutlandparkcommunity.com</a>
Newsletter	Jeromy Farkas <a href="mailto:newsletter@rutlandparkcommunity.com">newsletter@rutlandparkcommunity.com</a> 403 975 5445
Recreation Coordinator	Gord Leach <a href="mailto:recreation@rutlandparkcommunity.com">recreation@rutlandparkcommunity.com</a>
VP Finance/Treasurer	Myles Dougan <a href="mailto:treasurer@rutlandparkcommunity.com">treasurer@rutlandparkcommunity.com</a>
Lincoln Park Liaison	Amber Cannon <a href="mailto:ajcan31@shaw.ca">ajcan31@shaw.ca</a>
Sarcee Meadows Liaison	Randy Senft <a href="mailto:sarceemeadows@rutlandparkcommunity.com">sarceemeadows@rutlandparkcommunity.com</a>
West View Parc Liaison	Craig Marceau <a href="mailto:crmarceau@shaw.ca">crmarceau@shaw.ca</a>
Currie Barracks Liaison	Patti McMillan <a href="mailto:curriebarracks@rutlandparkcommunity.com">curriebarracks@rutlandparkcommunity.com</a>
Social Committee	Megan Justason <a href="mailto:social@rutlandparkcommunity.com">social@rutlandparkcommunity.com</a>

### COMMITTEES:

Community Garden: Judy Silzer | [gardens@rutlandparkcommunity.com](mailto:gardens@rutlandparkcommunity.com)

### CONTACTS:

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



## MESSAGE FROM OUR PRESIDENT

Dear Friends,

It is the start of a new year, and rather than start my report with the typical chatter on new year's resolutions, I wanted to share with you my own reflections over the past year as I became more aware of the issue of poverty, and the social cost not just to individuals, but to our society. Again, I am not an expert, just a mindful resident like you, who cares about her neighbours.

Several months ago, our board benefitted from the visit of Vibrant Communities Calgary (VCC) to one of our meetings. What struck with me from this meeting: **In the future, we are going to be talking about poverty like we talk about slavery today.** It is an issue that our future generations are going to be ashamed of, and of us for letting it persist.

The other realization I had, several years ago, is that poverty can impact almost anyone. I am an engineer in the energy sector. I have three young children. When I was on maternity leave with my third, I was informed by my employer that there was likely no job for me to return to. I was told it was prudent for me to start my job search now, with still four months of my maternity left to go. With three children, 3 years old an under, it was a daunting task. The time needed to job hunt did not exist, so I ended up hiring a mother's helper who started exactly one week later. I was so fortunate in so many ways. I had a gainfully employed husband and we could incur the extra expense to allow me to invest in my career.

But what if I was a single mother or if my spouse was not employed? I may not have been able to afford the childcare with EI as my only source of income. Quite possibly, I may not have been able to start my job search and would have ended up unemployed. On paper, I might not have been what you typically think of, but at that time I realized that there was a path, and I only just happened to be lucky.

I also have been hearing the occasional stereotype about people living in poverty, like those who are poor or homeless are the ones that commit crimes in our neighbourhoods. Fortunately, these views are not

prevalent in our community. And by the way, according to Calgary Police statistics which were shared at our AGM, our community has the second lowest crime rate in the city, second only to Lakeview. Even if all unreported crimes were taken into account, I have a hard time believing that our relative ranking would be materially different.

Times are going to worse in this city before they get better I fear. The past year's layoffs in the energy sector I think will be spreading to other sectors of our economy that are perhaps not directly tied to the price of oil, but do benefit from it. My husband and I have never known so many people, personally, who have been impacted by this downturn. All this leads to me believe that our community will be impacted and that it is even more important that we look out for one another than before.

Earlier this week, I had the opportunity to participate in a City of Calgary workshop which gave us an introduction to tools that we could use to facilitate community-based conversations. The framework we used assessed the numerous assets within a community to determine the resilience of a community - and then how those assets could be used or strengthened to address a particular issue in a community (the issue we workshopped was poverty, though this could be used to assess almost any issue). I was very appreciative that Minister Mark Trembley from Knox Presbyterian Church, and Cynthia Lokko, our community social worker also participated. I am also looking forward to using this framework with our community members and leaders this year.

I think with this tool, with conversations, and with mindfulness, we can create even more impact within our community. In my last year as president, I am keenly interested to see us investing more of our time and energy into building our community's social fabric and resilience. In particular, supporting the most vulnerable members of our community, including those living with poverty, and further enabling a community where we continue to look out for one another during these uncertain economic times.

### AGM - November 17th

I am so in awe of our board, and their continued commitment to our community, our community association, and our vision. Not a single board member stepped down, and one more has joined. Please welcome Jeromy Farkas, our new Editor! Many thanks go to our returning board members for their continued commitment to

~continued on page 7~



## 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

## 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:

1. I had an opportunity to attend the Southwest Ring Road and Southwest Transitway presentations at Bethany Chapel; with traffic during rush hour making its way downtown, we don't want 37 Street to become the cut through of choice because of congestion on Crowchild—I have reminded the presenters that Sarcee Trail needs to be widened to encourage traffic to be directed to Bow Trail, rather than through residential communities.
2. I was able to provide feedback on the MRU Area Bikeways proposal—it focuses on connectivity and creating cyclist friendly transportation alternatives; the proposal is missing links to some other related initiatives: Richmond Road Main Street, 37 Street SW Main Street, and Westbrook TOD. As it is in the planning stages, connectivity to these initiatives needs to be considered as well. Sarcee Road SW would definitely benefit from the cross section for collector roads that is being proposed, and would add that link to Richmond Road and through to the Westbrook TOD.
3. There are recent issues with City Council making City wide decisions that directly affect development and planning (skateboard ramps for residential backyards and changes to the Community Standards Bylaw) that are not being shared with Community Associations. They have chosen instead to ask for input via click through ads on Facebook. This is absolutely an unacceptable protocol. Facebook should certainly be used as an additional resource for Community input, but City wide changes need to be circulated directly to Community Associations. I have emailed the entire City Council to address this concern, and have not received any response, even from our own Councillor. I will follow up with a further statement of concern.
4. At our AGM, we voted to install two hour parking zones on Sarcee Road between 44 and 46 Ave, and on Lincoln Way opposite existing residences. I will follow up with the City to make sure these are implemented.

If you have not already signed up for our email updates, please do so at our website-- 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  
 RPCA VP Development and Traffic  
 development@rutlandparkcommunity.com

## MESSAGE FROM OUR PRESIDENT cont'd

volunteer and to our special guests at the AGM: Constable Rich Wall from the Calgary Police and Aurora Graveland-Daines from DDRC. Many thanks go to Councillor Brian Pincott for the numerous door prizes too.

### Other News

Lastly, I am very pleased to share with you that I have been named as an Energy Futures Lab Fellow - one of 40 Alberta energy leaders working to move Alberta's energy system towards a more sustainable future. The Lab is being convened by The Natural Step Canada with sponsorship from Suncor Energy Foundation, Pembina Institute and the Banff Centre.

I'm looking forward to not only sharing with you my insights on energy as I go along this journey, but learnings on social innovation that I can bring back to our community association. For more information about The Energy Futures Lab, and to follow my own journey, please visit [www.energyfutureslab.com](http://www.energyfutureslab.com)

### Safety Moment

At the AGM, Const. Wall acknowledged the dangers of Fentanyl. Its prevalence in Calgary is frightening, and it kills. Sadly, a friend of mine lost her young nephew over the summer as a result. Please talk to your kids about this. Fentanyl is 40x more toxic than heroine, and 100X more toxic than morphine. To learn more about this dangerous drug, please check out [www.albertahealthservices.ca/drugsfool.asp](http://www.albertahealthservices.ca/drugsfool.asp)

Wishing you all the best for 2016. Stay safe and warm, everyone.

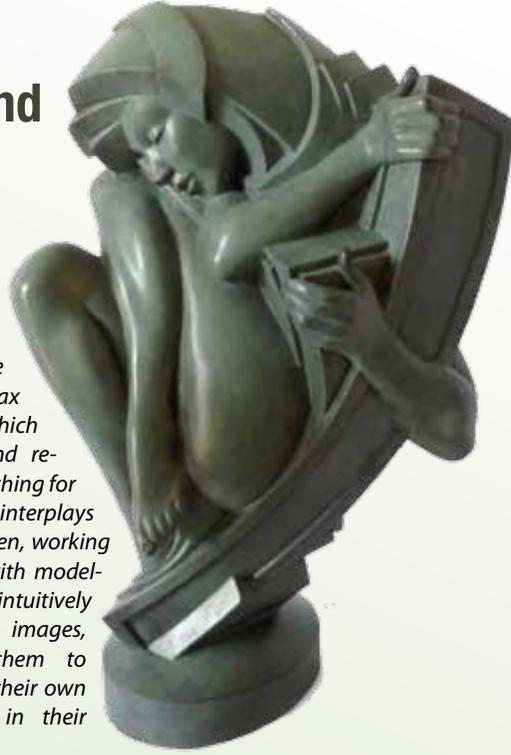
Meera

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# Interview with Calgary Sculptor and Rutland Park Resident, RODERICK MORGAN



Calgary sculptor and long time Rutland Park resident, Roderick Morgan, has learned he's been awarded a major prize for his bronze sculpture, "Volute." The work was selected in June by the New York based National Sculpture Society for display in the 82nd Annual Awards Exhibition and has been on display at Brookgreen Gardens in South Carolina. Rod won the fourth prize of 14 prizes awarded by the jury of awards. Being recognized by his peers is exciting and a real honour he says.

Rod tells me that he was originally trained as a graphic designer but discovered he was more suited to the tactile discipline of sculpture. Exploring form in three dimensions appeals to him and makes him more sensitive to the beautiful forms of the natural world. "Nature's designs have always inspired sculptors, as well as architects and other creators of form." As a sculptor, Rod enjoys not being controlled by deadlines. As he works, he explains, he goes deeper and deeper into himself, drawing on his creative reserves. "It takes me away from myself, time vanishes I lose myself in my work. I'm able to explore. I'm playing in my sandbox."

When I asked him about his preference for the human figure as subject matter, he tells me that he enjoys the special challenges it presents and that he feels "centred" working within this age-old tradition. He points out that the materials and techniques he uses are much the same as those used by ancient Greek sculptors working 2500 years ago.

In Rod's words: *"I am a figurative sculptor working in a classical style. By temperament I'm drawn to pure forms and tranquil images, and prefer to focus my thinking on a few themes and to understand these deeply. For me, the shaping of form is an end in itself, and each of my sculptures is a personal notebook of my observations, experiments, and discoveries."*

*The human figure is my chosen art form. I find its fluid surfaces and organic masses provide a limitless palette for creative image making, and working within the confines of this ancient and challenging genre focuses my imagination.*

*Ideas for my sculptures come from tiny wax figures, which I shape and re-shape searching for melodious interplays of form. Then, working full scale with modeling clay, I intuitively form my images, allowing them to emerge in their own time and in their own way.*

*My sculpture is crafted using traditional techniques, which gives me a satisfying sense of connection with sculptors of the past. More importantly, I believe tactile awareness, gained through physically manipulating clay, deepens my understanding of form.*

*Sculpting engages the playful part of me, setting me free to imagine, invent, and give shape to my visions. The figures I create are based on the human form, a motif that has preoccupied sculptors since time immemorial, and my procedures and materials are those of bronze age artisans. Strong links to antiquity keep me grounded. For me, structure and form are more important than imitation, narration, or detail. I rid my sculptures of what is not essential, looking for beauty in the essence of form and attaining a sense of timelessness in formal perfection."*

Rod has lived and worked in Rutland Park for the past 35 years. He received a Bachelor of Design Degree from the Alberta Collage of Art and Design and continued his education at the Art Student's League in New York. He taught High School Art with the Calgary Board of Education for 30 years and worked as a scientific illustrator. He has two grown children, a daughter, who is a college sculpture major and a son, who is a computer animator in the film industry.

## EDITOR'S CORNER

This will be my last issue as Editor of The Post. The position will be taken over by Jeromy Farkas and I will now have some free time to do some travelling and follow my interests in photography and computer generated books.

I have enjoyed working with the newsletter and would like to thank Rod Morgan, Susan Himman, and Leanne Ellis for their work on developing the newsletter as it is now. Leanne was often there to cover for me when times were difficult. It has been unfortunate that we have not got involvement by our general residents. You have so many stories to tell, so many ideas to share, and important comments on what is happening in our community. I wish you would take the time to put them in writing and send them in to the Editor. Things won't change if you do not step up and let your feelings be known. I often told my students what the true meaning of soap operas really was and that is, "what can happen when communication does not exist between people."

I would like to thank all of the readers for their feedback, comments, and encouragement. It has been a fun ride and I learned a lot about our community and the people who dwell here. I hope that we can keep the sense of community on the level we have now and not fall into the hands of developers who don't care about what real community means – they just build houses to earn money. A great big thank you to those residents who have cared, built and remodelled accordingly. A good way to keep the developers away is to ask top dollar for your home – you will get it because there are many people out there who want a large yard and a bungalow and are willing to pay for it. That way the developer can't make any money on demolishing you home to erect a building that takes the sun away from neighbours as well as their privacy.

I hope to be back writing articles for The Post and will also keep involved with the community association.

Thank you,  
Gayle Fields

## CRESCENT MEDICAL CENTRE

FAMILY PRACTICE AND WALK-IN CLINIC

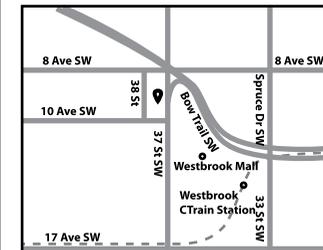
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# UPCOMING SOCIAL EVENTS

Hello everyone! It has been a while since my last posting and for that I am forever sorry. With all the activities both within the RPCA and outside of it I was unable to post about our great events these past months! 2016 will be different! Stay tuned for this column monthly to hear all about what we are going to do, thinking of doing or have already done.

I am excited about the New Year and the events the Social Committee and I have discussed, so keep an eye out on this publication, flyers, emails, Facebook and even Twitter. We are everywhere... In a good way.

First off, let us speak about November. We saw two events from the RPCA. Our AGM on November 17th and our Ukrainian and Friends evening on November 21.

Our AGM was wonderful and very informative. Here the board has an opportunity to show off what we do each month and explain to our fellow members the importance of membership. He we heard from our new community liaison officer: Constable Wall, our board members and even Aurora from our neighbours at the DDRC. Where the RPCA was awarded one of their highest honours: The 2015 Inclusion award. Highlighting all of our hard work

to make this community a wonderful place for all residents.

The Ukrainian and Friends evening was a huge success as well! With one of our wonderful residents and long time friend of the board Isabell Reznik at the helm it was indeed destined for greatness. Well folks, she did not disappoint. With a wonderful catered meal from Heritage Bakery and Entertainment from The Calgary Hopak Dance Ensemble including their band, the sweetest little dancers ever and of course singers. It was well received and from the feedback this Board member got, an event that would be welcomed back again - soon.

On December 13th of course was the RPCA's 2nd Annual Children's Christmas Party. Filled with tons of fun! Crafts, cookie decorating, facepainting and, of course, a visit from the North Pole! It was a great event and I do hope some of you fine readers would have taken a moment to check it out!

Finally to this month's event. We figured everyone is tired out from the holidays (and the lead up to them) so we figured an Adult Only Movie Date Night. Movie will be announced shortly, so bring a friend or someone to snuggle, we will provide some snacks to buy and some drinks to drink and most of all some comfy chairs to rest for a relaxing evening in. Keep an eye out for more details.



Please 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 previous time to better our community - your efforts are greatly appreciated and the results are clear. Have an amazing January!

- January 22 - "tentative" Adult Date Movie night.
- February 20 - Winterfest Billy and Cheer - time for the annual chili contest. Contact Megan to enter this great contest.
- March 20 - St Patrick's Day
- April 16 - Night of Music
- May 14 - Children's Movie night
- June - Community Clean Up and Parade of Garage Sales

Thank you kindly,  
Megan

We are looking for ideas and volunteers to help organize interesting social events in the future. We have booked these dates for community association social events but are not necessarily restricted to them. It depends upon hall bookings but we do have flexibility.

We have a number of musicians in our community, so it might be fun to have a jam afternoon or evening. What do you think - musicians?

We have a number of artists in our community, so it might be fun and interesting to have an art show with appetizers. What do you think - artists?

We have a number of people who love to travel, so it might be good to organize a travel club and encourage single travellers. What do you think travellers?

How about people who like to take photographs and want to go on photography trips. If interested in this, contact Gayle Fields.

If you have new ideas, want to be part of organizing and running an event, or just give a helping hand, please contact our social committee through Megan Justason at social@rutlandparkcommunity.com.

# KABUKU

## SUSHI

[www.kabuku.ca](http://www.kabuku.ca)

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Calgary AB T3H 0K3  
Phone: 587-955-8884

Downtown Location

414 3 Street S.W Calgary AB T2P 1R2  
Phone: 403-237-8884

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 16



### Hawaiian Pizza Wontons

These are great for parties and for snacks for the kids. You can buy wonton wrappers at any grocery store.

### Servings 20 Units

- 1 cup grated mozzarella cheese
- 1/4 cup ham
- 1 tablespoon crushed pineapple, drained
- 2 tablespoons spaghetti sauce
- 20 wonton wrappers

### Directions

Grind ham or chop very fine. Mix together ham, pineapple, and cheese. Add just enough spaghetti sauce to let the ingredients stick together. Place a wonton wrapper on the table with one corner facing you. Place 1-2 teaspoons filling on wrapper, just above the corner. Wet edges of wonton slightly. Fold corner facing you over filling, then overlap right and left corners over the top. Roll up and press slightly to seal. Deep fry in hot oil just until golden. This only takes about 30 seconds. If you leave them too long they will burst. Drain on paper towels. Freeze on a cookie sheet and transfer to a plastic bag or container. Re-heat in oven or microwave.

# Volunteer Appreciation Day

Please mark the appreciation event in your calendars for Sunday, January 17, at 2pm respectively.

Isabell has worked her charm! K2, located in Sarcee Plaza, is willing to host us as a private function for our volunteer appreciation event.

All volunteers are invited to the volunteer appreciation and that an RSVP is requested so that we can plan for numbers. If you have not received an invite please contact Meera.

# MUSINGS



## from the Meadows

Happy 2016 one and all, it is good to be back. We are now roughly one year away from the 150th anniversary of the Confederation of our wonderful nation of Canada. Wouldn't it be nice if Rutland Park could put together a committee and plan something really special and meaningful to help us all celebrate this most momentous year? Let's start to think about it now.

Before I continue to muse back too far, I want to mention the wonderful social event we held at our hall, back on November 21st. We celebrated our very first ever Ukrainian and Friends event. There was great cuisine, music and dance by the Calgary Hopak Orchestra and Dance Group. The children's dances were delightful; the guests fell in love with them. Many thanks to the entertainers, our guests and the hard working volunteers - as one resident wrote me, "We aced it".

Musing back a number of years, New Years Eve was such a special evening for the community. Granted, it was an adult celebration, but boy did we ever know how to put on a party. The hall was beautifully decorated; we enjoyed a sit down supper, complete with linens, fine china and cutlery on the tables. Neighbours and friends arrived, dressed to the nines and music filled the air.

At midnight to the tune of "Auld Lang Syne", the community welcomed yet another year! What ever happened to this signature event? I still do miss it, but things change, times change, I guess that is life. Until I talk with you again, take care and always take time to smell the roses.

Warmest wishes,  
Isabell Reznik

# your COMMUNITY business of the month

## Recovery Acres Society

Marda Loop Community

**H**ello Neighbour!  
Allow me to introduce you to Recovery Acres Society - a registered charity that operates a men's substance abuse treatment centre called 1835 House here in Marda Loop. Over our 42 year history, we have helped over 13,000 men change their lives. Last year alone, 339 men came through our doors ready to begin the process of recovery.

If you were not aware that we have been neighbours for more than four decades, we aren't offended. That just means we are doing a good job of fitting into the community. We pride ourselves in being excellent neighbours - quiet, responsible, and contributing. All of the men who come into our program are five days sober, free of pending court dates, employable and committed to their recovery. We are abstinence-based,

**We pride ourselves in being excellent neighbours - quiet, responsible, and contributing.**

which means there is absolutely no drugs or alcohol allowed on or off premises while men are in our program. We staff our facility 24 hours per day to ensure support is available around the clock.

As a neighbour of 1835 House, what you are most likely to see is men heading off to and returning from work. Following the first two weeks in program at 1835 House, the focus of our participants becomes finding a job. A basic tenet of our treatment model is that employment is an essential part of recovery. Holding a job demonstrates responsibility and accountability, builds self-esteem and is the first step in reintegrating back into society as a contributing member. Work is also a healthy focus for eight hours of the day in the early stages of sobriety when too much idle time can lead to ruminating and setbacks.

For quite some time now, the demand for treatment at 1835 House has consistently exceeded our space limits. That translates into wait times of several weeks for people who call us asking for help. In order to better meet this demand, Recovery Acres has purchased land in north Calgary and is shovel-ready for the construction of a new treatment centre that will accommodate 400 men annually. That new facility will allow us to renovate 1835 House here in Marda Loop, and open an urgently needed women's treatment center.

To date our Breaking New Ground (BNG) capital campaign has raised more than two million dollars toward expansion plans that will double our capacity (including programs for women). If you would like to help more Albertans get the treatment they need, please contribute to our BNG campaign. To learn more, visit [www.recoveryacres.org](http://www.recoveryacres.org).

Committed to building stronger communities,

Gerry Melsted, Executive Director  
Recovery Acres Society  
[gmelsted@recoveryacres.org](mailto:gmelsted@recoveryacres.org)  
403-245-1196



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or check out our website:  
[www.recoveryacres.org](http://www.recoveryacres.org)

Restoring individual, family, and community wellness 

## SARCEE MEADOWS LIAISON

### Sarcee Meadows Housing Cooperative

I will be focussing 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.

Community Policing is, quite simply, police officers and Calgarians working in partnership, to prevent crime, and to find long-lasting solutions to the problems that threaten public safety. This innovative approach to policing focuses on fostering positive relationships, engaging the community, and maintaining an open dialogue between the police and members of the community.

The reality is that police officers cannot be everywhere all the time. It is very important for Calgarians to let police know of about suspicious or criminal activities going on in their neighbourhoods. This information allows for the allocation of appropriate resources to investigations and crime prevention strategies. The Calgary Police Service works with Calgarians to learn about community priorities, the needs of crime victims, and how to best serve our city.

Calgarians are encouraged to maintain positive relationships with their neighbours, local school officials and community organizations in order to have a better understanding of the dynamics in the community. This will allow for everyone to note when something is amiss, and to work together to keep communities safe.

It is important to call 911 to report a crime in progress. Call 403-266-1234 to report suspicious individuals/vehicles, and crimes in your neighbourhood.

Some property crimes can be reported online at [www.calgarypolice.ca](http://www.calgarypolice.ca). The Calgary Police Service also has a Crime Mapping feature online that will educate Calgarians about the types of crimes that have been reported in various communities.

To learn more about the subject of Crime Prevention in our community, and a proposed new initiative, see the article elsewhere in this issue called, "Building Safe Communities".

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

## Walk About



*The observations and musings of Gayle Fields as she walks her dogs Teangi and Maikai through the streets and back lanes of our communities.*

"Well, here we are into a new year, Teangi, and I know a lot of those people persons make resolutions to change something in their life over the coming year."

"Yes they do Maikai, but most of them don't really follow through. It is just sort of a ritual that they do but that is about the extent of it."

"Does Gayle do that?"

"Nope, she has failed too many of them! But she has some ideas just like we do."

"We do? What do you mean, WE do?!"

"Well, you are not going to bark at every dog you see and I am going to eat less treats!"

"Right!"

Here are some suggestions, people might like to try, that are easy to do and not fail at. It is amazing how it will change your mood and outlook on life.

- Do a kindness everyday.
- Do something unexpected for a stranger now and then.
- Phone someone you have not talked with in a long time.
- Wave someone in, to merge in front of you.
- Wave 'thank-you' to someone who has let you in.
- Take your Mum or Dad, sister or brother, son or daughter, out on a date – just the two of you.
- Shovel your neighbour's walk.
- Smile and call by name, whoever is serving you in a store.
- Take a moment and send a thank-you note via the real mail to a friend – just a note that says you appreciate them.
- When dropping something off at a food bank, remember the animals.
- Remember it is easier to forgive, than to hold a grudge.
- When walking in the neighbourhood, say "Hi" to everyone you pass.
- Be kind to people having a rough day, as you do not know the troubles they may be having that are making them grouchy.
- Do something nice for yourself every day.

Here's wishing everyone a great 2016 and remember everyone has someone who loves them.

Teangi and Maikai

## WEST VIEW PARC LIAISON

Insurance responsibilities and coverage:

No matter if you are a renter or home owner, it is important to know not all insurance policies are created equal.

I have friends who needed to evacuate a high rise apartment style condo, they did not have their accommodations or clothing covered with minimal food allowance through their personal insurance, they felt ripped off after they found out their neighbour had full coverage for all aspects up to a year after, I am sure the premiums may have been vastly different. In hindsight this could mean an extra 5 to \$10 a month, it would have defiantly been worth it.

Starting off in a New Year it may be a good idea to take the time to curtail your coverage based on likely risk factors that you can discuss with your insurance agent, you should also ask if there are any safety devices that can be installed in or around your home to reduce your premiums.

You should know if your insurance is a rider or primary carrier and how this will affect your deductibles, a gap in any coverage could leave you holding the bag and pay out of your pocket, in the event you may need to make a claim.

You should know what responsibilities and obligations your insurance require to make you eligible to have complete coverage, such as how long you will be away may require you to report prolonged absence, having a custodian to take care of your home at specific intervals, what specific actions do they require for diligence, if the answers are vague, it may be right time to shop around.

In the event you need to make a claim, you should properly document all correspondence; phone communication is hearsay and means nothing after the fact, you must confirm everything in writing. Always make sure your adjuster takes before and after photos of all damaged property, ideally within 24 hours of the incident, and never touch damaged materials before they are documented by the insurance adjuster and given the proper instruction to proceed.

In the event of vandalism, contact the local authorities and file a police report prior to contacting insurance.

If you are in attached condos, make sure to include your property manager in all communications, especially if the damage is connected to common property, they may need to have the Corporations insurance adjuster coordinate with your home owner's insurance adjusters to determine sources of the damage, know your bylaws and double check what you think you know with the professionals.

Please stay safe and enjoy the coming New Year with your loved ones.

Craig Marceau

# Building Safe Communities

Building Safe Communities (BSC) is a proposed project for RPCA using a community development approach to working with community associations and identified partners to provide Calgarians with the tools and resources to support resident-led strategies on crime prevention and safety. Through the Federation of Calgary Communities partnership with community associations, our goal is to not only impact crime and safety but also increase resident engagement!

### Community Engagement Process

Through a facilitated process, Building Safe Communities works with residents to identify strategies and initiatives focused on preventing and reducing crime as well as creating a safe community. From this process comes a unique plan of action which residents will carry out as citizen led initiatives. The emphasis on these strategies often is preventive with many actions focusing on community engagement and community development. After the engagement process, the Building Safe Communities facilitator moves to more of an advisory role as the work of the plan begins in an effort to ensure citizens are leading and engaging to improve their neighbourhood. Partners such as the Calgary Police Service, local stakeholders and City of Calgary Community and Neighbourhood Services are also engaged in the process. The success of the plan is really up to the residents, as the goal is to ignite action at the resident level.

Do you want to be a part of this exciting initiative? We need recruits (volunteers) from all neighbourhoods within the Rutland Park Community. If this sounds like something you would like to explore further, please contact one of the following RPCA directors via email and leave them your name, phone number and address: [sarceemeadows@rutlandparkcommunity.com](mailto:sarceemeadows@rutlandparkcommunity.com) or [cmarceau@shaw.ca](mailto:cmarceau@shaw.ca) or [ajcan36@gmail.com](mailto:ajcan36@gmail.com) (Lincoln Park).

*Based on information taken from the Federation of Calgary Communities website.*

**BRAIN GAMES**

# SUDOKU

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



In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.



## Sometimes you need a family mobility plan.

*Enjoying activities with family and friends is an important part of life.* But sometimes sprains, strains, aches and pains can derail your fun. Getting you back in motion to enjoy sports and recreation is what we do. Call today and schedule an assessment with one of our licensed physiotherapists. **We can help get you back in action.**

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

- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. [www.yychotchocolate.com](http://www.yychotchocolate.com)
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. [www.storybooktheatre.org](http://www.storybooktheatre.org)
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. [www.calgaryfolkfest.com](http://www.calgaryfolkfest.com)
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. [www.stagewestcalgary.com](http://www.stagewestcalgary.com)
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. [www.artsccommons.ca](http://www.artsccommons.ca)
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. [www.hitmenhockey.com](http://www.hitmenhockey.com)
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. [www.calgaryflames.com](http://www.calgaryflames.com)
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. [www.theatrecalgary.com](http://www.theatrecalgary.com)

### FEBRUARY 16 TO 21 THE WIZARD OF OZ

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of *The Wizard of Oz* adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. [www.calgary.broadway.com](http://www.calgary.broadway.com)



### FEBRUARY 19 TO APRIL 24 STAR WARZ-A GALACTIC ROCK COMEDY

There are rebels with spaceships, Jedi with lightsabers... there is a princess, a smuggler, and robots, the Evil Darth Vader and singing... yes you heard me... singing of your favourite galactic rock tunes of the 70's and 80's. [www.calgary.jubilations.ca](http://www.calgary.jubilations.ca)



FEBRUARY

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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.

## Microphone Use 101

Have you ever been frustrated at a meeting when someone is using a microphone and you can't hear or understand what is being said? It might not mean that you have a hearing problem. It could very well be that the person is using the microphone incorrectly. This is an all too common problem. Here are a few tips on how to use a microphone properly:

1. Whether the microphone is mounted on a stand or is handheld, the ball of the microphone should be positioned below your mouth and the handle pointed toward your nose. This way, air travels over the microphone and not into it.

2. Here is something else to consider – it is **never** a good idea to blow into or tap a microphone to check if it is working. Microphones are fragile and can easily be damaged. So if you want to check for sound, just speak into the microphone – simple, eh?
3. One last and equally important note for anyone speaking before a group of people - **please** speak slowly and clearly. If something is worth saying, it is worth hearing.

If you keep these tips in mind the next time you use a microphone, it will make a **world** of difference to your audience.

Thanks to the Internet for the tips on using a microphone. [www.quickanddirtytips.com/business-career/public-speaking/how-do-you-use-a-microphone-properly?page=1](http://www.quickanddirtytips.com/business-career/public-speaking/how-do-you-use-a-microphone-properly?page=1)

## 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](mailto:kclarke@chartwell.com)



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Happy New Year Calgary Currie. Hope you all had a joyful holiday season in our lovely community with friends and family.

Caring and supporting all Albertans is a key part of many things our government does. Alberta is a province that affords great opportunity and privilege, but it is important to recognize that not all people have been experiencing the same privileges and opportunities. Many have found themselves at a great disadvantage simply because their government thought that they needed no protection.

When I look at the accomplishments of Alberta's government since May 2015, I find there is a tremendous amount to be proud of. Of particular note is some amendments made to the Human Rights Code here in Alberta. We finally have legal protections for people in this province to be free from discrimination based on their gender. For the first and only time in North American History, the transgender flag flew above a government building.

We have addressed some major concerns regarding changes to how we help Persons with Developmental Disabilities. We have reached out and consulted with those who have been directly affected and misunderstood, to find solutions that work for us all. In an historical move our government has instituted protections for Farm Workers to ensure that those who work in dangerous environments have the protection of the law on their side when it comes to unsafe working conditions.

We as a government promised to bring dignity to all people, to protect all people, and this is what it looks like. Alberta is a dynamic province, and as Albertans, we stand up for those who need help standing on their own. We are taking forward thinking stands on issues that are going to be on the forefront of public policy for years and decades to come.

I want to thank everyone that reached out so far to my office with their ideas and concerns. I truly feel I can better represent you in the legislature when I have a handle on what your thoughts are with the direction our government is taking.

At this time of year if you want to find me out and about in the community, you are in luck! Along with my constituency staff, you can find me at various skating rinks throughout the riding, ready to fuel wintertime play with hot chocolate and coffee. We hope to run into you and your families on a sunny winter day over the next few months.

See you out there!



# DO YOU READ WHAT I READ?

Barbara Shorrock

All the information you could ever want to access is on the internet now, but I still believe there is nothing so satisfying as a beautiful book with glossy photos, whether it be a cookbook, a travel book or a book about gardens. The research for today's article has been done in my own house where the serious bookshelves are laden with the collection of many years of gifts and purchases. Winter is upon us (as I write this we are experiencing a major snow and wind event with wind-chills at a dangerous level; in Saskatchewan we used to call these blizzards) and it is the best season to browse and dream of what might be possible in a few months when spring arrives. So pour yourself a cup of tea, add a plate of cookies, and browse with me through some of my favourites:

**Front Yard Gardens** – Liz Primeau. Large or small, bold or subtle, formal or cluttered – it is all good. Liz covers the whole spectrum of that space between your front door and the street.

**Favourite Plants** – Liz Primeau, editor. From Canadian Gardening Magazine, this features the best plants to choose for your Canadian Garden. Not meant to replace your "Encyclopedia of All Things Plants" it helps the gardener to make wise choices when adding to old beds and creating new ones.

**The Flower Gardener's Bible** – Lewis and Nancy Hill. Much more than a series of beautiful pictures and descriptions, this book tells you how to and why to and where to, assuming the reader doesn't have a lot of knowledge to begin with.

**A Year in the Garden** – Steven Bradley. Season by season, he takes us through projects that are manageable by most handy gardeners. This isn't a Canadian book, so you get a glimpse of what works in the

US and Britain, but the illustrations and photos are excellent.

**The Calgary Gardener Vol 1 and 2** – The Calgary Horticultural Society. I can't tell you how many of these I have given to gardeners new to Calgary. Our climate and soil can be a bit of a mystery to immigrants, particularly those who have migrated from British Columbia and Ontario, never mind other countries. No glossy pictures in these guys, just page after page of down-to-earth useful information on how to deal with winter Chinooks, alkaline soil, lovely summers that are interrupted by blasts of winter now and then, and what to plant and where.

**The Northern Gardener: Perennials that Survive and Thrive** - Barbara Rayment. Zone 3 choices for our part of the country, all organized and alphabetized. Well written and easy to navigate.

**No Work Garden** - Bob Flowerdew. I must confess I bought this solely for the title, and also the author's name, but it really does have lots of advice to lighten the work load. I would have named it "The Less Work Garden", but his title sells more books, I am sure.

**No Guff Vegetable Gardening** – Donna Balzer and Steven Biggs. They call themselves Garden Coaches, and this unusually arranged soft-cover volume is full of cheerful graphics by a couple of artists from Gabriola Island's Feedlot Studios (love that name). Of course, there is much useful info among the charming photos and amusing drawings. A fun read.

*One of the benefits of attending the Queensland Garden Club monthly meetings is access to the freebie's donated by members who are culling their collections of books, magazines, house plants, succulents, pots, baskets, etc. etc. 1st Wed. each month at the Queensland Community Centre.*



COUNCILLOR, WARD 11  
**BRIAN PINCOTT**

[www.ward11calgary.ca](http://www.ward11calgary.ca)

Happy New Year! I hope you all had a great holiday. I'm taking this opportunity to share a bit of a 'Year in Review' of 2015, and to share what is on the horizon for 2016.

This past year we've had some exciting project developments in the Ward:

- The SW Transitway BRT received GreenTRIP funding, and is now going ahead with engaging our communities in the preliminary designs. Stay posted for more information sessions to come early in the New Year.
  - Phase I of the 37th Street Stormtrunk project is near completion. We can expect to see landscaping work in Spring 2016.
  - ENMAX is in the process of moving a substation and transmission lines in the Oakridge area to accommodate the construction of the SW portion of the Calgary Ring Road. Access for you and your canine friends is expected to remain, but that access will rotate throughout the construction.
  - Engagement on the 20th Street Bikeway project is wrapped up. Stay posted for more details on the installation of the bicycle lanes in the New Year.
  - Phase I of the River Park, Sandy Beach, Britannia Slopes Improvement Project finished in Summer 2015. Phase II began in Fall 2015, you'll see work on restoration, access changes, and amenity upgrades.
  - The Crowchild Trail / Flanders Avenue Interchange is well into the construction phase, with an anticipated completion in Fall 2016.
  - The Currie Barracks development plan was approved and is moving ahead.
  - The communities of Garrison Woods, Garrison Green and Currie Barracks are now officially named as such.
- Thank you for your patience as the City works hard to create better connectivity for all citizens and modes of transportation.

I've also supported some awesome projects in our communities:

- The children in Lincoln Park created a beautiful painted mural to help create community awareness and connection.
- A rain garden has been built in Oakridge, replacing a

gravel pad. The rain garden is a great means to naturally filter stormwater before it goes back to the rivers, and create a valuable community space.

- The CKE Skate Spot opened Fall 2015 and is seeing lots of use!
- The Southwood Skate Park is under construction. We look forward to a grand opening in Spring 2016.
- The City's largest solar photovoltaic project to date was installed at the Southland Leisure Centre. This is an exciting green initiative and addition to our ward!
- Kingsland installed four Little Free Libraries. If you haven't checked them out, these hand-painted little boxes are a must-see!
- The new and improved Variety Spray Park at South Glenmore Park was unveiled in Summer 2015!
- Haysboro is building a natural playground. With natural features, this playground is one that enhances our children's relationship with the environment and fosters imagination.

These are only some highlights. My office is here to help. If your community is interested in a neat initiative, let us know!

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GREG CLARK**

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

Beginnings are a moment of opportunity. What's important is that first step, and that it is in the right direction. I am looking forward to going back into the Legislature to continue working on your behalf to continue to make Alberta a better place.

In that spirit, the Mental Health Review completed in December offers the opportunity for a fresh start to helping our neighbours and their families suffering with mental illness. Over the months of September and October last year there were more than 2,800 submissions to the public online questionnaire. There were also approximately 400 stakeholders in attendance at dozens of group meetings and presentations throughout the province, including input from First Nation, Métis and Aboriginal people and communities.

The Mental Health Review focus includes increasing access to addiction and mental health services including school-based programs for children and youth, community-based services, and preventative services. Amongst other objectives, the Review also looks at improving the system for managing the complex dealings between referring physicians and specialists or clinics offering specialized healthcare services. I am encouraged by the report and I want to offer my thanks to co-chairs Dr. David Swann, Danielle Larrivee, and Tyler White for their contribution.

In the meantime, many people are suffering. The holidays are often the most stressful time of year for many

people. With all the layoffs in our energy sector, last year was particularly challenging for many of Calgary's families. Mental health is an important issue for me. I was formerly Vice Chair of the Calgary Distress Centre so I am familiar with their incredible services available for Calgarians. The Distress Centre offers confidential, non-judgmental 24-hour crisis support. When you make a call to Distress Centre, you will always get an answer, an open mind and a caring ear. They can also refer people to a specialized Mobile Response Team, an outreach team of nurses, social workers and psychologists available to the general public to assist during times of crisis or distress. The team works in close contact with the Distress Centre, city hospitals, Calgary Police Service and current supports including counselors, doctors and psychiatrists to provide services to individuals and families living in the Calgary Health Region.

Anyone can call the Distress Centre at any time at 403-266-HELP (4357).

Another new service for Calgarians is 211, a joint initiative of Distress Centre Calgary, the United Way Calgary, and the City of Calgary. It is available to all callers in Calgary and surrounding communities including Chestermere, Cochrane, and High River.

211 is a number everyone needs to know. It's like the yellow pages: if you need information on, or help with financial issues, employment skills, parenting or child care, coping with disabilities, mental health issues, crisis support, schools, social services, support for seniors, food banks and more, 211 can connect you to the help you need.

Find more information on 211 here: [www.ab.211.ca](http://www.ab.211.ca), or simply dial 211 from any Calgary-area phone.

Let me know if I can be of help to you too. You can always contact my office, and my door is always open.



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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.

**Calgary** 

**On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.**

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

**Assessment Search – getting started**  
**First-time users will need to complete a two-step registration process:**

1. Create a City of Calgary personal myID account. Visit [calgary.ca/myID](http://calgary.ca/myID) to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at [calgary.ca/assessment](http://calgary.ca/assessment):

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053



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