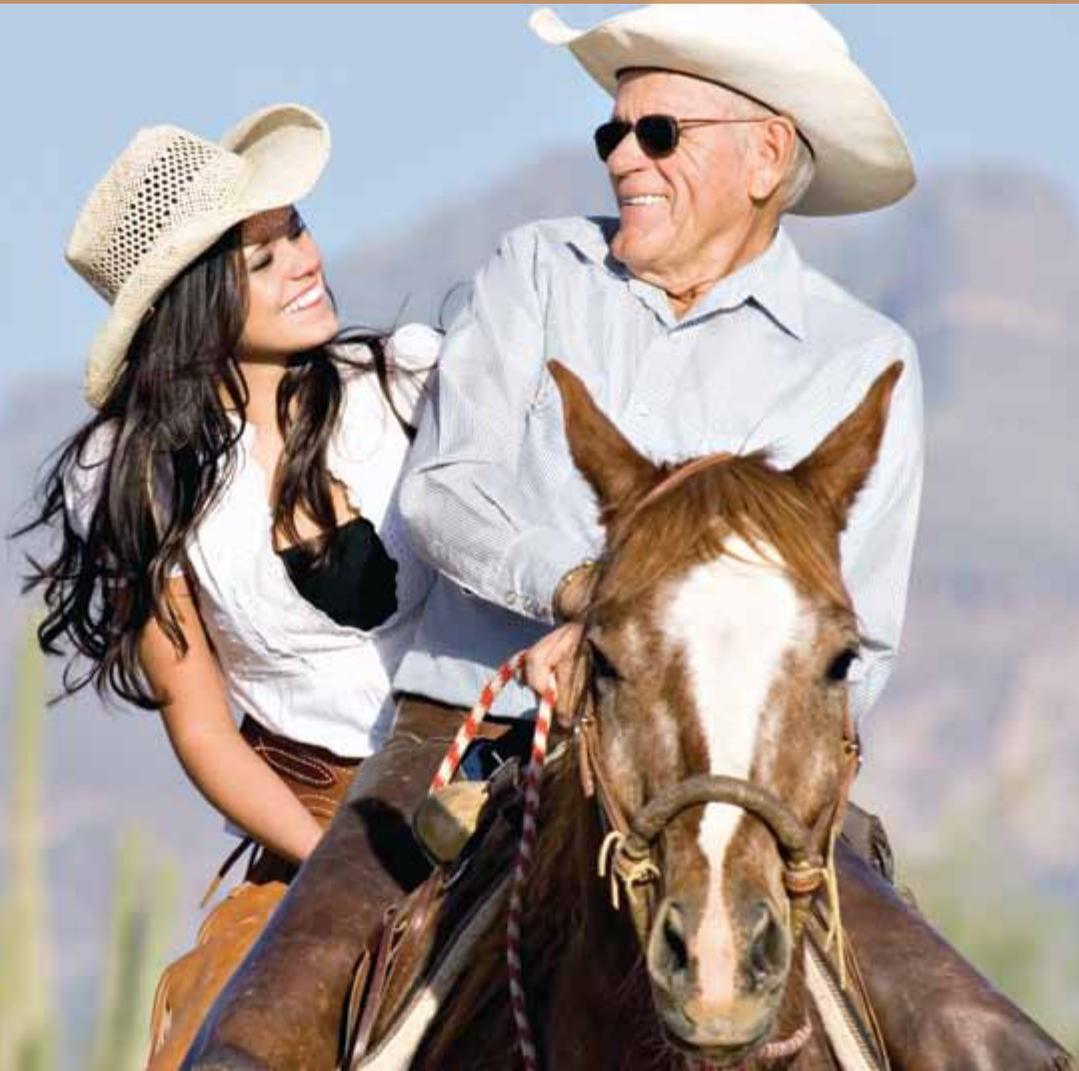


JULY 2016

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

# THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER



**Western Pride**  
Car Detailing



**403.988.6631**

Excellent Prices & Fast Turnaround  
Convenient Booking Times  
Vehicle Pick Up and Drop Off Available

Visit [CarCleaningCalgary.com](http://CarCleaningCalgary.com) to Book Your Appointment Online!

**PLUMBER**  
*PLUMBOB For All Your Plumbing Needs*



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: **403.257.3465 / 403.461.3490**

[www.kilbco.com](http://www.kilbco.com)

**READY TO INCREASE YOUR CURB APPEAL?**

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

*Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.*

It will not rust, rot or shift, and there are no seams for weeds to grow through.

**KILBCO**  
CONCRETE CURBING

Locally Owned & Operated

**Free Estimates 403-875-8463**



**MEET LOCAL PRODUCERS AND BUY STRAIGHT FROM THE SOURCE**

**JULY 28 / AUG 18 / SEPT 8**  
**RICHMOND CO-OP**  
**FROM 3 TO 7 PM**

**POP-UP FARMERS MARKET**  
**VISIT LOCALYYC.COM**

**CO-OP**



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

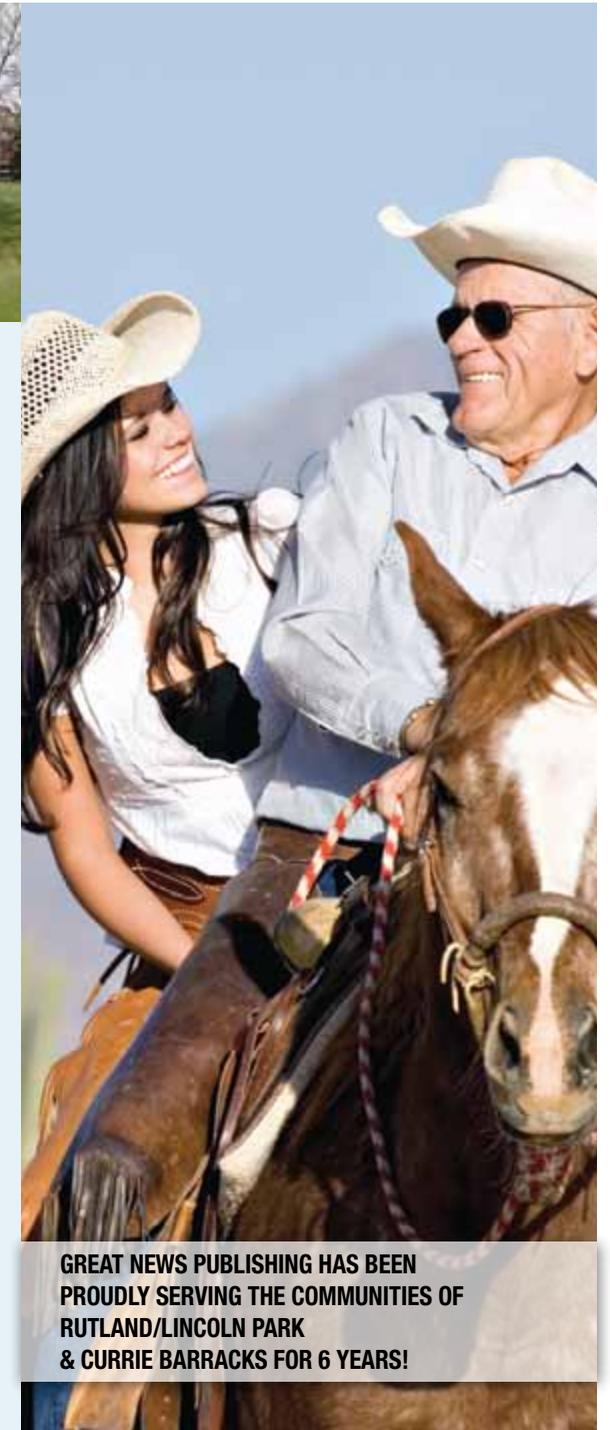
# CONTENTS

Community Development & Traffic Report	6
Editor's Corner	7
Walk About	8
Nutrition with Nancy	9
My Babysitter List	12

## NEWSLETTER AD SALES

**GREAT NEWS PUBLISHING** 27 YEARS

Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
sales@great-news.ca | [www.great-news.ca](http://www.great-news.ca)



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING THE COMMUNITIES OF RUTLAND/LINCOLN PARK & CURRIE BARRACKS FOR 6 YEARS!

# RUTLAND PARK COMMUNITY HALL RENTALS

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

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

The new rate structure is:

Hourly Rate: \$50/hour

Admin and Cleaning Fee: \$75/rental

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

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

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

## COMMUNITY ANNOUNCEMENTS!

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



**the Gutter Doctor**  
Home Exteriors  
Install/Repair/Clean  
EAVESTROUGHS | DOWNSPOUTS  
FASCIA | SOFFIT | ROOFING | SIDING  
15,000 happy customers since 2003!  
403-714-0711 gutterdoctor.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 - 403 246 3303 president@rutlandparkcommunity.com
VP Communications & Website	Simon Davies - 403 700 9790 communications@rutlandparkcommunity.com
Membership	Shirley Williams - 403 240 4777 membership@rutlandparkcommunity.com
Ice Rink	Greg Winnicki - 403 246 1746 rink@rutlandparkcommunity.com
Secretary	Grace Kim secretary@rutlandparkcommunity.com
VP Development & Traffic	Leanne Ellis development@rutlandparkcommunity.com
VP Infrastructure	Ben Seaman infrastructure@rutlandparkcommunity.com
Newsletter	Jeremy Farkas - 403 975 5445 newsletter@rutlandparkcommunity.com
Recreation Coordinator	Gord Leach recreation@rutlandparkcommunity.com
VP Finance/Treasurer	Myles Dougan treasurer@rutlandparkcommunity.com
Lincoln Park Liaison	Amber Cannon lincolnparkliaison@rutlandparkcommunity.com
Sarcee Meadows Liaison	Randy Senft sarceemeadows@rutlandparkcommunity.com
West View Parc Liaison	Craig Marceau westviewparcliaison@rutlandparkcommunity.com
Currie Barracks Liaison	Patti McMillan curriebarracks@rutlandparkcommunity.com
Social Committee	Megan Justason social@rutlandparkcommunity.com
Special Projects	Gayle Fields rpcaspecial@gmail.com

### COMMITTEES:

Community Garden: Judy Silzer | gardens@rutlandparkcommunity.com

### CONTACTS:

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



## COMMUNITY ASSOCIATION MEMBERSHIP FORM

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

Select Membership Type:

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

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

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

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

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

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

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

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

Thank you for your participation.

## Rutland Park Mission and Values:

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

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

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

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

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

# COMMUNITY TRAFFIC & DEVELOPMENT 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 attended the Public Hearing regarding the proposed changes for minimum lot widths and maximum suite size for secondary suites and reminded Council that these changes were the specific items we opposed during the last round of amendments, and that almost 300 of our residents signed a petition opposing them as well. I have pushed for a maximum suite size of 75 sq. m. if it is above grade and a minimum lot width of 9 m to protect our R-C2 properties.
2. I wrote 2 letters supporting relaxation of the restrictive covenant on lots in Rutland Park. Both owners engaged with the Community Association and both owners have contextual dwellings which met the City regulations **and maintained the spirit and intent of the restrictive covenants on our lots** with

regards to setbacks and height (one was on Hampton Cres and one was on 35 Ave). Small relaxations of these covenants allow us to maintain the character and scale of our community (1.5 to 2 storeys and generous setbacks that protect our urban canopy), while encouraging attractive redevelopment of our properties. **We support such relaxations; we do not, however, support discharge of any of these covenants** as discharging them would permit development which is out of scale with the surrounding homes.

3. Thank you to Hugo, a community member, who has also been concerned about air traffic disturbances in our communities! He has followed up with the Airport Authority and actually found out that some of the late night disruption is coming from the Springbank Airport. He has provided links for concerns for both airports, so I am sharing them here:

<http://www.yyc.com/en-us/calgaryairportauthority/environment/noisemanagementandprocedures.aspx>

<http://www.yyc.com/en-us/contactus/aircraftconcerns.aspx> (Calgary International)

<http://www.ybw.ca/YourNeighbourhoodAirport/AircraftConcerns.aspx> (Springbank)

4. I followed up our request for the stop sign at Mary Dover and Beny sur mer—the City is still reviewing the request.
5. I have asked Councillor Pincott's office to let us know what work is being done on Sarcee Road between 44 and 45 Ave SW, and have not received a response. In addition, I have received no response regarding when our speed bumps will be repaved on 44 Ave SW.

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

Leanne Ellis  
RPCA VP Development and Traffic  
[development@rutlandparkcommunity.com](mailto:development@rutlandparkcommunity.com)

# EDITOR'S CORNER



I was invited to celebrate Mother's Day this year with Inn from the Cold, a local organization providing assistance and housing to families who become homeless.

After accepting an invitation from their staff to secure shelter at the Inn, I was served with a mock eviction notice: the same way that most of the Inn's guests begin their journey. I was given the identity of a homeless parent, a summary of the events that led me and my children to walking through their doors, and a tour of my new temporary home.

Listening to the stories of guests and staff, it was an important reminder that homelessness can strike any family at any time. Even in the best of times, and through no fault of our own, events can spiral out of our control and put us in a position where we need help.

It is a story that can play out any number of ways, but no matter how it's told, children must not be forgotten. In poverty, they are rarely given a voice, and are especially powerless as victims.

I was most impacted by the Inn's work on breaking the cycle of family homelessness. They are giving countless families the priceless possibility to write a "new ending" to their story.



I fear that things may continue to get worse in our city before they get better. Between energy sector layoffs (and the impact this has on other parts of the economy), displacement caused by the northern Alberta wildfires, and Syrian refugees whose federal assistance will expire, all of our communities will be impacted.

It is extremely important, now more than ever before, that we look out for each other. Let's invest ourselves into building capacity at the community level to anticipate needs, rather than just responding in crisis mode without infrastructure in place.

Whether it is privately, as a community, or alongside any charitable organization, join me in considering how we can help support the most vulnerable of our community. Please let me know your ideas for how we can better resource and enable Calgarians to look out for one another.

Together we will build a stronger Calgary, upon the vision of a community where no family is homeless.

With gratitude and service,  
Jeremy Farkas

**ESSENCE WELLNESS CLINIC**

We provide:

- Naturopathic Medicine**  
B12 & Adrenal Shots | Microneedling  
Weight Loss Programs
- Acupuncture**  
Traditional Chinese Acupuncture  
Facial Rejuvenation Acupuncture | Cupping & Gua Sha
- Massage**  
Deep Tissue, Relaxation and Prenatal  
Hot Stone and Essential Oil Massages

We offer ONLINE BOOKING and DIRECT BILLING for your convenience.  
#305, 3425 – 22<sup>nd</sup> ST SW (inside Garrison Corner – Marda Loop)  
[www.essencewellness.ca](http://www.essencewellness.ca) (403) 383-3228

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

[safetyync.com](http://safetyync.com)  
403.668.6402

Enform IRP 9 (Revised)

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.

Free Delivery

**MEAT GUYS**

Nick B - CEO  
Bus: 403.903.9269 Mobile: 403.903.6264  
[info@calgarymeatguys.ca](mailto:info@calgarymeatguys.ca) | [Calgarymeatguys.ca](http://Calgarymeatguys.ca)



## Walk About

"Mayday! Mayday!"

"Now what is that all about, Teangi?"

"Well Teangi, it's the beginning of May so we are having a May day."

"Very funny. Ha Ha. Yes, this is a wonderful time of the year and so many things are beginning to happen. New smells, new things popping up, and people are getting ready to plant their gardens. Gayle has been visiting the garden centers and we have been able to trot along with her. Fun, fun, fun!"

"Yeah, I know you like the Gerbera Daisies, in fact, I hear you have been eating them since you were a little pup. And she thought it was the squirrels until she caught you sitting in the patch with petals hanging from your mouth!"

"Enough of that. She is busy concentrating on the lawn. You know, where we tried to help the winter drought by peeing on it. Thank goodness she has figured out a solution through scratching the lawn and putting some soil on the spots and reseeding, otherwise we would be in deep doo-doo, if you know what I mean. She uses a good fertilizer and then we have no more problems."

"Speaking of squirrels, they get a lot of bad rap from what the magpies do. Magpies pick many a seed from a freshly planted garden and remember last year when we watched the magpies go after Leanne's beautiful sunflowers? Guess who got the blame and who really did the damage?"

"Well, everyone feeds from Gayle's garden. She feeds the birds, the hares (only in winter), the squirrels, and the fish. There are always so many things for us to watch and listen to during the day. My favourite are the squirrels because they jump and leap and run, just like us!"

"Maikai, we don't climb trees and run along power lines!!"

"Cats can climb trees, so how come we can't. We have claws too."

"Don't know about that, Maikai, but even though Gayle likes cats, she sure doesn't like them in her garden – just like magpies. They kill little birds, baby squirrels, and baby hares, and they leave their mess in her gardens."

"But don't the owners keep them inside their houses or yards, Teangi? That's the bylaw, isn't it? They have that bylaw so people don't have to pick up the poop in their flower beds that the cats leave. Gayle has to pick up our poop 'cuz that is a bylaw, too!"

"Let's change the topic, Maikai, some people never learn and many don't care about their neighbours. The nice thing about spring is we get to see all our friends working in their yards, going for walks throughout the community, and sharing stories with each other. Gayle says, we have so many talented and gifted people in RPCA. It would be interesting to see how many artists, musicians, sculptors, quilters, photographers, singers, dancers, and lawyers we have."

"Not just those people, Teangi. We have people of varying ethnic communities, religions, backgrounds, and dreams." And what about how many different pets do we have? We know we have dogs and cats but what about people who have different birds, snakes, spiders, ferrets, guinea pigs, hamsters, and other such pets. Maybe we should start exploring these and writing about them."

"Should make interesting reading, Maikai."

**So you, out there, let's hear your stories.**



## SENIORS' FITNESS PROGRAM

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

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

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

### Gentle Exercise Wednesdays at 1:30 pm

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

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

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

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



## NUTRITION WITH NANCY

### Homemade Hummus for your favorite crackers!

*An original recipe by Nancy Gammack*



Chickpeas are a great source of fibre, protein and folate (Source: Eat Right Ontario). Canned chickpeas serve as a fast snack and make homemade hummus quick and easy to make at home. Don't forget to enjoy the hummus with one of your favorite crackers or veggies!

#### Ingredients:

- 2-3 garlic cloves
- one can of chickpeas (approx.. 540 ml)
- ¼ cup olive oil
- ¼ cup tahini
- 3 tbsp lemon
- ½ teaspoon paprika

#### Supplies:

Food processor, or blender

#### Directions:

- Finely chop 2-3 cloves of garlic
- Drain and rinse chickpeas and place in food processor
- Add garlic, olive oil, tahini and lemon juice
- Blend until desired consistency
- Sprinkle paprika on top
- Enjoy!

# IN & AROUND CALGARY

## Stampede Taxi Stands

Stampede taxi stands are designated areas near Stampede Park where taxis will be lined-up to wait for customers. Two temporary taxi stands will operate at all hours during Stampede. These stands are located at the South and North entrances of Stampede Park. The taxi stand located at the North entrance of Stampede Park will provide priority service to people with accessibility needs as this entrance provides the most direct route to enter into the park.

## Late Night Temporary Taxi Stands

Within Stampede Park there are multiple entertainment venues. In 2016 all venues are closing at 3 a.m. To accommodate the evening rush two additional late night temporary stands will be established. For details, visit [Calgary.ca](http://Calgary.ca) and search taxi stands.

## McLAWS LAW

ESTATE PROBATE  
WILLS

POWERS OF ATTORNEY  
PERSONAL DIRECTIVES

Experienced, cost effective  
and practical advice, representation  
and counsel to meet  
your legal needs

*Insurance Disputes - Small Business  
Employment Issues - General Litigation*

**Peter B. McLaws**  
Barrister & Solicitor  
(403) 710-3712  
[www.mclawslaw.ca](http://www.mclawslaw.ca)

## EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

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

- **August 5 to 7 - Expo Latino:** Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. [www.expolatino.com](http://www.expolatino.com)
- **August 10 to 13 - Afrikadey! Festival:** This year marks Afrikadey's 25th anniversary. That's 25 years sharing the art, music and dance from cultures across the African continent. [www.afrikadey.com](http://www.afrikadey.com)
- **August 14 - Marda Gras Street Festival:** The neighbourhood street festival includes numerous food vendors, artisan booths and buskers. Also part of the festival is the sixth annual Marda Gras pet pageant, so get your pooch ready to shine. [www.mardagrass.ca](http://www.mardagrass.ca)
- **August 18 to 20 - ReggaeFest:** According to the organizers of the festival, ReggaeFest will transform you into a "Rastafarian." There's music and there's food, and it's a festival all Calgarians need to attend at least once. [www.reggaefest.ca](http://www.reggaefest.ca)
- **August 18 to 27 - GlobalFest:** This annual fireworks and cultural festival includes five impressive shows. The first of the fireworks shows synched to music is from China, followed by the Philippines, Spain and the USA. The finale is by Canada. [www.globalfest.ca](http://www.globalfest.ca)
- **August 20 to 21 - Antiquing at the Arc:** Spend hours rummaging through everything from furniture to militaria to art deco to toys and more at this annual antique show. [www.antiquesbydesignshows.com](http://www.antiquesbydesignshows.com)
- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. [www.calgarypride.ca](http://www.calgarypride.ca)

## AUGUST 5 TO 7 EXPO LATINO

Each year, Expo Latino brings a variety of talented Latino performers to Prince's Island Park. This is a three-day celebration of Latino music, dance and culture. [www.expolatino.com](http://www.expolatino.com)



## AUGUST 13 CALGARY JAPANESE FESTIVAL OMATSURI

The one day festival has plenty of fun, cultural activities appropriate for the whole family, including galleries of Japanese arts and crafts and food kiosks selling Japanese food. [www.calgaryjapanesefestival.com](http://www.calgaryjapanesefestival.com)



## AUGUST 13 TO 14 CALGARY DRAGON BOAT RACE AND FESTIVAL

This is a weekend of dragon boat racing on the Glenmore Reservoir, where Calgary embraces a sport that stems from a 2,000-year-old Chinese legend. [www.chinatowncalgary.com/dragonboat](http://www.chinatowncalgary.com/dragonboat)



AUGUST

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31



Name	Age	Contact	Course
Kiera	14	403-922-6067	Yes
Sam	15	403-287-3740	Yes
Samantha	15	403-287-3740	Yes
Chiara	16	587-585-5652	Yes
Elaura	18	403-471-5051	Yes
Linda	60	587-892-9731	No
Samantha	15	403-287-3740	Yes

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

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

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



## Chip in Fore Communities and Golf With Us on August 12!

Are you itching for a fun round of golf that includes lunch and dinner, as well as the opportunity to win amazing prizes like a trip for two to Mexico and up to \$15,000? If so, register today for the Federation of Calgary Communities 4<sup>th</sup> Annual *Chip in Fore Communities* Golf Tournament, presented by Save-On-Foods! The tournament will take place on Friday, August 12, 2016 at The Canal at Delacour Golf Club.

Registration fees are extremely affordable at only \$160 for an individual golfer and a discounted rate of \$600 for a foursome! Your fee includes lunch, a round of golf in a power cart, a delicious dinner, and the change to win one of many exciting prizes.

Visit [calgarycommunities.com/events](http://calgarycommunities.com/events) to register today!

There are 150 community associations in Calgary with more than 20,000 volunteers involved, making it the largest collective volunteer movement in the city! Community associations come in all shapes and sizes, are run by your neighbours, offer you endless opportunities, bring you together as a community, and are dedicated to addressing local issues and ensuring you love where you live. They can be the anchor for community life, but they need support to effectively operate in today's competitive not-for-profit world. The Federation of Calgary Communities is that support organization.

This golf tournament will help raise funds for the Federation of Calgary Communities to continue providing programs and services that help community associations build capacity, support and mobilize residents, be on the front lines of important issues in their community, and improve neighbourhood life in Calgary.

If you have any questions or are interested in finding out more please contact Rebecca Dakin with the Federation of Calgary Communities at [communityrelations@calgarycommunities.com](mailto:communityrelations@calgarycommunities.com) or (403) 244-4111 ext. 204.

## IN & AROUND CALGARY

### Where there's water, there IS a risk

Calgary's rivers, lakes and waterways can be a fun and refreshing way to spend a hot summer day. **Your Calgary Fire Department** wants to remind you about Water Safety.

#### Life jacket safety

Always wear a properly fitting life jacket or personal flotation device (PFD) when boating or rafting anywhere.

- Check the PDF or jackets size and weight restrictions.
- Start with the buckles and straps loose, do them up from the bottom of the jacket to the top. Make sure the jacket or PFD fits snugly.
- Test the life jacket or PFD once you have done it up; hold your arms over your head and ask a friend to grab the tops of the arm openings and gently pull. Make sure there is no extra room above the arm openings and that the jacket does not ride up over your face or chin.

#### Swimming is a lifesaving skill

Water skills give you the confidence to safely take part in water sports throughout your life. The City offers swim lessons for all ages, throughout the year. We also offer First Aid and National Lifeguard certification classes.

**Remember**, always keep toddlers or young children within arm's reach while in or around all bodies of water.

#### Before you raft or boat

Always **SCOUT, ASSESS** and **DECIDE** from shore before going on rivers, lakes and waterways.

**Scout** the river for potential hazards and check the weather and water conditions.

**Assess** the level of danger. Check for river advisories and assess the swimming and paddling skills of your crew.

**Decide** if it is safe to raft or boat.

**Ensure** you have emergency supplies on board with you.

For further information visit [calgary.ca/CS/PS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx](http://calgary.ca/CS/PS/Fire/Pages/Safety-tips/Safety-tips-for-water/River-Safety.aspx)

**Did you know:** The Calgary Fire Department has Firefighters trained in water rescue that work out of 6 station (downtown) 21 station (Silver springs) and 39 station (Douglasglen)?



## Historic Calgary Week July 22-August 1, 2016

Please join us for Historic Calgary Week, ten days of free events, presented by the Chinook Country Historical Society. Learn about Calgary's history, culture and community through walks, talks, tours, presentations, museums and family events, held in and around Calgary. See our website: [www.chinookcountry.org](http://www.chinookcountry.org) for the program list.

**Are you looking to give back?**  
Have some extra time on your hands?  
Spend that time making a difference.

Whatever your interests are, we have diverse opportunities for any schedule, in locations across Calgary!

**Do you like to:**

- Play games
- Create crafts
- Play instruments

So do our residents and clients!

Please visit [www.carewest.ca](http://www.carewest.ca) and fill out a Volunteer Application!

RBC Dominion Securities Inc.

**LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?**

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.

**RBC Wealth Management**  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc. and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under license. © RBC Dominion Securities Inc. 2015. All rights reserved. 15\_09701\_040\_011

### Green Cart set to roll out next spring

After a successful pilot that saw a 40 per cent drop in garbage and 89 per cent satisfaction amongst residents, the Green Cart Program will roll out to all single family homes beginning next spring. All communities should have the service by fall 2017. Here are the highlights:

**All food, yard and pet waste is accepted in the program.**

**Unlimited quantity.** Use paper yard waste bags for extra yard waste that doesn't fit in the cart.

**Green and blue carts** will be collected on the **same day every week.**

**Black carts** will be picked up **once every two weeks on a separate day** since most household waste can be recycled or composted.

Residents will receive everything they need to get started including the green cart, a kitchen pail for collecting food scraps inside the home; a sample of compostable bags for the kitchen pail and yard waste bags. Once service begins, households will pay \$6.50 per month. This charge reflects the savings achieved by changing black cart garbage collection from weekly to once every two weeks.

#### Green carts go beyond backyard composting

If you're already backyard composting, keep it up. Use your green cart for all the other materials that cannot be composted at home like meat, bones, shellfish, dairy, weeds and pet waste.

#### Why we need to keep food and yard waste out of landfills

It may be hard to believe, but more than half of residential garbage is food and yard waste. Composting this material is the right thing to do. When food and yard waste is buried in the landfill it releases methane, a greenhouse gas that is 25 times stronger than carbon dioxide. By using the green carts we reduce dependence on our landfills, reduce greenhouse gas and turn food and yard waste into nutrient-rich compost.

To learn more about the Green Cart Program, visit [calgary.ca/greencart](http://calgary.ca/greencart).

*Submitted by The City of Calgary Waste & Recycling Services.*



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.

**YARDBUSTERSLANDSCAPING.COM:** Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

**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](http://www.flowhairsalon.com).

**AUDIO/VIDEO AND HOME AUTOMATION:** Contact ViTechs for your Smarthome System and home theatre needs. We offer automated lights, HVAC, shades, multi-room audio, security, and camera surveillance. [www.vitechs.ca](http://www.vitechs.ca) or call Brad at 403-585-8045.

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**K2 BOOKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**MUELLER BROTHERS CONTRACTING LTD:** Fully licensed, insured, bonded, member of the Better Business Bureau. Journeyman carpenter, very experienced in fences, decks, and home renovations/development of all kinds. Let us help you with your next project from design to completion. For more information, please contact Tim at 403-560-8169. Website at [Muellerbrothers.ca](http://Muellerbrothers.ca).

**OSBORNE'S RESIDENTIAL LANDSCAPING:** Making your outdoor living spaces enjoyable, functional and affordable. Landscape construction services include paving stone patios, walkways, driveways, retaining walls, raised planters, decks, fences, sod and irrigation. Professional landscaping for over 20 years, insured, WCB and references. Call Randy for your free estimate at 403-669-6986.

## KEYBOARD SHORTCUTS

### SENDING E-MAIL MESSAGES

Use the following keys (if you are emailing a document or a message) when the insertion point is in the email header. To move the insertion point into the email header, press **SHIFT+TAB**.

### ALT +S

Send the active document or message.



**MLA CALGARY-ELBOW  
GREG CLARK**

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

#### Fort McMurray Fire

As I write this the people of Ft. McMurray have just started to return home nearly a month after a narrow escape from the most devastating wildfire in Canadian history. Having spent a lot of time working in Ft. McMurray over the years it was heartbreaking for me to see family homes and familiar landmarks go up in smoke.

I was impressed (but not surprised) that we were able to evacuate more than 80,000 safely and I was even more impressed by the response of Albertans. It's the perfect embodiment of what it means to be an Albertan. We look out for one another in good times, and especially in bad.

Many of us in Calgary-Elbow have lived through a natural disaster. My most vivid memories are not of what we lost in the flood, but of the tremendous outpouring of

support from Albertans. I'll never forget the images of hundreds of Edmonton Police and Firefighters streaming down Highway 2 to help us. I'll never forget the day complete strangers showed up by the thousands and I'll never forget the support of neighbours who would stop work cleaning their own homes to help others.

I'm glad to see the people of Ft. McMurray heading home, but the amount of time people have been out of their homes is a reminder just how long a road there is ahead of us. Albertans stepped up to help Ft. McMurray in their time of crisis, and we'll need to stand with them in the coming weeks, months and years. Ft. Mac will fight back, but they'll need our help.

If you haven't already, please consider a donation to the Canadian Red Cross ([www.redcross.ca](http://www.redcross.ca)) or to one of the many relief agencies working in Ft. McMurray.

I want the people of Ft. McMurray to know that we are here for you. We are here for you today, we will be here for you tomorrow, and we will be here for as long as it takes to rebuild your city.

#### Carbon Tax Debate

At time of writing we are still debating the NDs carbon tax in the Legislature. Given their majority we know the bill will pass and become law, but I am trying hard to bring forward amendments to make the bill stronger and more effective. I believe that a carbon tax is the right way to reduce emissions, attract investment in new technology and kick-start innovation that will not only help diversify our economy but will also enable the continued success of our oil and gas industry.

I may support a carbon tax in principle, but I'm not sure I support the NDs approach. I have tried to amend the bill to make this program truly revenue neutral by offsetting money collected by the carbon tax with equal cuts to personal and business taxes, as well as other rebates to ensure Albertans are not paying more. Unfortunately the government hasn't accepted this or any other amendments from the opposition. I will continue to work to make this bill better.

You can track my progress on our website [www.calgary-elbow.ca](http://www.calgary-elbow.ca).

This is an important issue for the future of our province and I want to hear from you. You can contact me through my website or get in touch at [Calgary.Elbow@assembly.ab.ca](mailto:Calgary.Elbow@assembly.ab.ca) or (403) 252-0346.



**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](mailto:calgary.currie@assembly.ab.ca)

For several weeks now, Calgary Currie has invited a number of unexpected visitors to our community with open arms. The evacuation of Fort McMurray in the face of wildfire is something that has never before been seen in Canada.

Fort McMurray burned, her people fled, and we opened our homes. In Calgary, the Universities got the headlines, but the guest rooms, and schools of many neighbourhoods across the city including those in Calgary Currie have been filled by those fleeing the fire.

Nobody wants to be put in a position where they have to leave everything behind, but there are more important things than things, and in opening up our communities to these displaced people, we have once again shown our true colours as a province.

When difficult situations arise, it is important to know that there is a community of caring people in this province. No matter if you are a stranger just arrived, or born and bred here for generations, if you are in need we will find ways to support you.

I am proud of the way Rachel Notley has led Albertans through this disaster, focusing on the safety and security of the people of Fort McMurray. The rapid response in getting support to these displaced people has been a huge relief to those in need.

We are strong and we are a community of people who care. Fort McMurray is hurt but not lost, and much like after the 2013 floods here in Southern Alberta, we will rebuild Northern Alberta. As always, life will go on, and we will be stronger for it.

We welcome our guests from Fort McMurray to our community with open arms. For as long as we are needed we will be here. Our schools are your schools, our playgrounds are yours, our libraries and corner stores, community gardens and events, are all here, not for our exclusive use, but to be shared by all in need of what they can offer.

So be sure to include people, whether they've lived on your street for decades or are temporary guests from away. Show them what it's like to be among community.

On July 10<sup>th</sup> at Killarney Glengarry Community Hall 2828-28 ST. SW, you can join me for my Stampede Breakfast. Pancakes, Sausage, Hashbrowns, music and more! 9am-11am, come on out and show us your community spirit.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**FLC SENIORS CLUB – TAI CHI 55+** Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca). [www.flcseniors.ca](http://www.flcseniors.ca).

## VOLUNTEERING.... *Good for the Soul*

### DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Rutland/Lincoln Park, Sarcee Meadows, & Currie Barracks Community Associations and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Rutland/Lincoln Park, Sarcee Meadows, & Currie Barracks Community Associations and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

*Published by:*



**GREAT NEWS**  
PUBLISHING  
*Proudly serving your community for 6 years!*

**ADVERTISE YOUR BUSINESS NOW!**  
REACHING OVER 410,000 HOUSEHOLDS  
ACROSS 139 CALGARY COMMUNITIES

**DELIVERED BY**  
*Canada Post*

Phone: 403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)



**MONTESSORI  
SCHOOL OF CALGARY**

Preschool spots available for  
3 year old children!

**Contact Us**

Head of School: Lindy Arndt

✉ [lindy.arndt@msofc.ca](mailto:lindy.arndt@msofc.ca)  
[admissions@msofc.ca](mailto:admissions@msofc.ca)

📍 2201 Cliff Street SW  
Calgary AB T2S 2G4

☎ 403.229.1011

📘 Montessori School of Calgary

📷 [montessorischoolofcalgary](http://montessorischoolofcalgary.com)

📧 [msofcalgary](https://www.facebook.com/msofcalgary)

📞 [montessorischoolofcalgary.com](http://montessorischoolofcalgary.com)

AMI Montessori Learning Age 3 to Grade 6  
Active Academic Engagement

*A great place to Learn and Grow*



**MP CALGARY CENTRE  
HON. KENT HEHR**

950 6 Ave SW  
kent.hehr@parl.gc.ca  
403-244-1880  
www.KentHehrMP.ca

**Fort McMurray**

Last month, the nation looked on as wildfires raged throughout northern Alberta. As events continued to unfold, we watched the city of Fort McMurray declared a state of emergency and evacuate all residents. Our hearts went out to the community as they left entire lives behind at a moment's notice, and touching stories of loss and heroism trickled in through media reports.

Our government was quick to respond to the crisis. We assured Albertans in the very early days that we would stand with them during this difficult time, and would support their efforts to rebuild. I was in the airport heading back to Alberta when I received the call from the Prime Minister asking me to chair the federal government's Ad Hoc Committee on Northern Alberta Wildfires. My cabinet colleagues and I will coordinate across departments and take a whole of government approach to recovery and rebuilding efforts in the weeks and months ahead.

Since convening this committee, we have met to discuss strategy, resources and the coordination at all levels of government to assist our friends, families, and neighbours to the north. We committed air support, military, and have matched the generous donations of Canadians to the Red Cross.

For years Alberta has carried the Canadian economy. Now it's time for us to give back: we will assist during this acutely difficult period, and we understand that rebuilding Fort McMurray and northern Alberta will take years. The federal government will continue to play a role.

Already through federal leadership and the cooperation of other jurisdictions, we have brought in relief for Alberta's incredible first responders. Further to this, four water bombers from Quebec, three Ontario firefighting teams, 3,000 cots, blankets, generators, and living supplies were also brought in through federal agencies. Additionally, we deployed federal resources to restore communication networks, and the Canadian Space Agency to track the wildfires.

This is in addition to the hundreds of millions that will be sent to the province through the Disaster Financial Assistance Arrangements program.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter.



**COUNCILLOR, WARD 11  
BRIAN PINCOTT**

P.O. Box 2100 Stn. M, #8001A  
Calgary, AB T2P 2M5  
403-268-2430 • www.ward11calgary.ca

I was also glad to stop by the great Neighbour Day Events in our ward. Through BBQs, bike parades, and block parties, I've seen that getting out, meeting your neighbours and learning more about each other is a fundamental of building community! Thank you to all of the volunteers who worked so hard to organize these great events!

Thanks to all who joined my team and I on June 9<sup>th</sup>, 2016 for our information session on Little Free Libraries. It was great to see so much interest in the little libraries, and another great example of building community! We were honoured to have Calgary's newly appointed Poet Laureate, Micheline Maylor share her words; to have Calgary Reads share on Calgary's reading landscape; and volunteers from the Lincoln Park Tool Shed to share about sharing tools! We'd also like to thank Voltage Creative Garage for hosting us in their awesome collaborative arts space, and the expertise that some of their artists shared with us. If you missed this event, please get in touch, and we'll be happy to share the information with you.

We've got many projects and project studies happening in our ward: the 50<sup>th</sup> Avenue Corridor Study; the construction of the 20<sup>th</sup> Street Bikeway; the construction of the 61<sup>st</sup> Avenue Greenway Corridor; the phasing of the SW Transitway BRT; the construction of the Crowchild-Flanders Avenue interchange; the River Park, Sandy Beach, Britannia Slopes redevelopment; the new Southwood Skatepark, and more.

As we move into the summer season, you will notice the Roads crews out repairing sidewalks, curbs, gutters, guard rails, fences, concrete barriers, and roadway surfaces like cracks, manholes, potholes and sinkholes. Please be patient as the crews take to maintaining over 1400 hectares of boulevard green space along major roadways, and continue sweeping where needed.

Remember to subscribe to your Ward 11 updates at www.ward11calgary.ca to stay informed about projects, and if you haven't yet – ask to receive our seasonal electronic newsletter for a summary of Ward 11 happenings mentioned above!

**FOR THAT NATURAL SMILE!**



**Avenida  
Denture Clinic**

*Provides custom denture solutions for Calgary and surrounding areas. Avenida is ready to help you find your smile again.*

*Visit us to find out why people are smiling at Avenida Denture Clinic.*

**Comfortable, Natural, Beautiful!**

Thanks to Avenida Denture Clinic

**DENTURE OVER  
IMPLANT OPTIONS  
AVAILABLE!**

**For More Information visit [www.avenidadentureclinic.com](http://www.avenidadentureclinic.com)**

**403.225.2991**

**OPEN HOURS:**

**Monday & Wednesday  
8:30 AM - 4:30 PM**

**Tuesday & Thursday  
8:30 AM - 6:00 PM**

**[info@avenidadentureclinic.com](mailto:info@avenidadentureclinic.com)**

**Avenida Village, suite 209, 12445 Lake Fraser Dr. S.E.  
Peter J. Vettori D.D. and Tim Harnett D.D.**

**2ND LOCATION NOW OPEN!**

**Avenida Denture Clinic @ Glenbrook  
206-3715 - 51st Street SW | Calgary, Alberta | T3E-6V2**



© 2016 Benjamin Moore & Co. Limited. ARBORCOAT, Benjamin Moore and the triangle "M" symbol are registered trademarks, and Paint like no other is a trademark of Benjamin Moore & Co. Limited.

IF IT CAN OUTLAST  
SEASONS OF WEATHER  
AND WEAR...

IS IT STILL STAIN?



Visit us today:



**ANILIN DECORATING CENTRE LTD**  
3230 28 ST SW  
(403) 242-0910  
anilindecorating@gmail.com



**ARBORCOAT®**  
The Stain designed to endure.  
Only at Benjamin Moore retailers.