

JUNE 2016

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER



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

Western Pride
Car Detailing

403.988.6631

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

Visit CarCleaningCalgary.com to Book Your Appointment Online!

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."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

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.

New School Location & Tuition Incentives

North Point School for Boys taps into boys' natural curiosity and energy as a foundation for life-long learning. North Point is excited to announce our new central location in SW Calgary beginning in the Fall of 2016.
2445 – 23 Avenue S.W.

North Point School is extremely sensitive to the current state of the economy and its impact on the people of our province. We are pleased to announce that all students registering for this upcoming school year (2016-17) will receive 50% off of base tuition for the 2016 -17 school year.

Additionally, North Point School is also offering **sibling discounts of 50% for as long as those siblings remain at Northpoint, for the first 25 families** who register a child for the 2016-17 school year.

visit our website www.northpoint.school

NORTH POINT
SCHOOL FOR BOYS



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

CONTENTS

| | |
|--|----|
| Message From Our President | 6 |
| Seniors' Fitness Program | 7 |
| Walk About | 9 |
| My Babysitter List | 10 |
| Community Development & Traffic Report | 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



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.



SHAW RENOVATION & CONSTRUCTION

We specialize in Home Renovations:

- Roofing
- Siding
- Stucco
- Soffit
- Fascia
- Eavestrough
- Windows
- Doors
- Patio Covers
- Sunrooms
- Decks
- Fences
- Painting
- Concrete
- Garages

CALL 403-233-9367

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

Call Now for your FREE ESTIMATE

403.301.3300
www.assiniboine.com



LANDSCAPE CONSTRUCTION

Stone Patios • Retaining Walls • Sod • Trees • Flowerbeds
Fences • Decks • Landscape Designs and much more

WEEKLY LAWN CARE

Cut & Trim • Fertilize
Pruning • Vacation Services and much more

2yr Quality Guarantee • WCB • Insured • Licensed • Bonded



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



MESSAGE FROM OUR PRESIDENT

Dear Neighbours,

Thank you again to everyone who came out to the community workshop held at Knox Presbyterian Church on February 27. The conversation continues, and if you would like to help us with those, then I welcome you to join our monthly meeting. **The next meeting will be held on Friday, June 10 from 3:00 pm to 4:30pm at Knox Presbyterian Church.**

The purpose of these future discussions will be to deepen our understanding of our community, as we only scratched the surface at the workshop. We wish to better understand the great talent and resources that we have in our community, and hopefully build connections between those talents and resources. With those connections and shared understanding, we hope in time we can evolve the conversation to our community's needs, such as what our residents and business need from our community to succeed and thrive. Lastly, the desire is then to understand what we need to do to create the kind of community that meets those needs. I hope you will come out and join us.

Best wishes,

Meera



THE PARADE OF GARAGE SALES

Saturday June 4, 2016

Contact Shirley 403-240-4777

Spring is here and once again it's time for you to check the basement, garage, closets and the attic for those things that you have been thinking about getting rid of and who knows, those things may be just what someone else is looking for!

COMMUNITY CLEAN UP

Saturday June 11, 2016

9:00 am – 1:30 pm

Located at the RPCA

Community Hall parking lot

Services available on site for disposal and recycling

- City Of Calgary
- Organic truck – leaves, branches, plants, grass clippings and other yard waste ((excluding sod)
- Garbage Packer truck
- Performance Waste Management- metal recycling
- Recycle Logic - electronic goods
- Diabetes Association- Clothing, bedding, toys, books, small appliances, decorative items, sporting equipment in season
- Free Store- Leave and grab

items in good condition for free

- OK Tire Richmond Road – tires with or without rims
- Bicycles for Humanity- bikes and bike parts
- Bottles and Cans – Glendale 101 Scouts and Ventures Please tarp your load.

Guidelines:

We are NOT able to accept the following items:

- home appliances
- paint
- household chemicals
- propane tanks
- microwaves
- car batteries
- liquids
- railroad ties

Batteries can be taken to IKEA, Rona, Staples and to the Landfill

Hazardous Wastes drop off- Our closest site is at Lincoln Park Fire Station 20

Paper Shredding at Mount Royal University on May 14

For more information or to volunteer please contact Sue at 403-249-5900 gsleach@telusplanet.net.

For other dates and locations of City Clean Up events, go to www.calgary.ca/cleanup.

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



Insects & Technology

The Namib Desert's darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle's body has little bumps that repel water, sending the droplets down his back into his mouth.



Discovery Magazine



K.I.S.S. D.A. Kook

Black Bean Burger

Ingredients

- 3 (16 ounce) cans black beans, rinsed and drained
- 1 1/2 cups uncooked oats
- 1 medium onion, diced
- 2 jalapeno peppers, seeded and diced
- 1/2 cup chopped fresh cilantro
- 2 large eggs, beaten
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1/4 cup cornmeal
- 1 tablespoon vegetable oil
- 8 hamburger buns

Directions

1. Coarsely mash the beans with a fork or potato masher.
2. Mix together the mashed beans, oats, and next five ingredients.
3. Shape mixture into eight patties.
4. Mix together the flour and cornmeal; dredge patties in flour mixture.
5. Let the oil get hot in a large non-stick skillet over medium-high heat; cook the patties for five minutes on each side or until lightly browned; drain on paper towels.
6. Serve on buns (toasted buns work well).
7. Top with desired condiments.



Walk About

"Hello, out there. Maikai and I just wanted to thank all those great residents of Rutland Park for moving their vehicles on street cleaning days. Believe me when I say all of us little four legged creatures are appreciative of not having those little rocks getting stuck in our toes. As I am sure neighbours appreciate that there is less dust getting into their houses."

"Well, Teangi, here we are in June and summer is only a few weeks away. Everybody will be out in their gardens and having barbeques so our noses are in for a treat, we just love to walk through the neighbourhood and sniff all the wonderful smells and see other dogs, and especially get pats and listen to conversations. It is really a wonderful place to live. We have room to breathe, we get to see beautiful gardens, smell wonderful flowers, and we feel safe."

"One of the reasons we feel safe is we are not in a crowded community, we can keep an eye out for our neighbours, and most people know the people next door and behind them. If you are one of the rare ones that don't know your neighbours, please get to know these people as they can be a great alarm system when something unusual is happening at your house or to your vehicle."

"Yes, that is very important, Maikai. And everyone should have a neighbour that they can trust with the key to your house. If you are in an accident or can't get to your house and animals, then someone can at least make sure they let the dogs out to relieve themselves or make sure they have food and water."

"If you see strangers in a strange car load things out of a house, you can just call your neighbour to see if everything is all right. On our crescent everyone has a list of everyone's phone number just for security and information contact."

"Another great way to discourage crime is to be out walking. Everyone should take a walk either after work

or after supper. It is good for your health, both mentally and physically. It can lead to encounters with other residents that you may click with and form new friendships. It can give you garden ideas. It can even give you decorating ideas. But most of all it will let strangers know that this is a well looked after and active community."

"Right, Maikai, and it makes it a safer community for our kids."

So remember everyone, keep your cats in your own yard, your dogs on a leash, and get yourselves out walking. Happy summer, everyone!

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**

GLENBROOK DENTAL

HIGHLY EXPERIENCED DENTAL AND ADMINISTRATIVE STAFF

GRAND OPENING

**ACCEPTING NEW PATIENTS
SAME DAY EMERGENCIES**

SPECIALIZING IN SMILES

(AND FREE PARKING TOO)

ASK US ABOUT DIRECT BILLING

Dr. Tonny Tang Bsc. DDS | PH: 587-483-9900

WWW.GLENBROOKDENTAL.CA

www.kilbco.com

CONCRETE SEALING

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

Please call Kilbco to maintain the value of your investment.

SEALED

UNSEALED

Locally Owned & Operated

Brad 403.875.8463 | Stephen 403.478.1737

DDRC
Developmental Disabilities
Resource Centre of Calgary

Stampede Breakfast

Free pancakes and more!

Thursday, July 14, 2016
8:00am to 11:00am
4646 Sarcee Road S.W.

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

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 – 22nd ST SW (inside Garrison Corner – Marda Loop)
www.essencewellness.ca (403) 383-3228

RPCA
mybabysitterlist

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

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

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

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

FEDERATION OF CALGARY COMMUNITIES

Neighbour Day 2016

A message from the Federation of Calgary Communities

Neighbour Day is fast approaching, and will take place on Saturday, June 18!

Held annually on the third Saturday of June in commemoration of the 2013 floods, Neighbour Day is an opportunity for neighbours to come together to get to know one another and celebrate your community.

The idea is to meet one another, make new friends, have fun, and maybe work together on a project that benefits the entire community. So make Saturday, June 18, 2016 the day you get to know your neighbours!

Check with your community association to see if they have anything planned, and to find out how you can get involved!

And don't forget to share your experiences on social media using the hashtag #yycNeighbourDay.

Visit calgary.ca/NeighbourDay for more information.

IN & AROUND CALGARY

EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Calgary Community Standards River Safety Tips

Your safety and the safety of others should always be top of mind. Rafters, boaters and paddlers need to be aware of water levels, temperature, current speed, cloudy water conditions, and river hazards including bridge abutments, trees and other large debris in the water that can catch, trap or overturn vessels.

Being impaired while on the water is never tolerated, nor is the transport or consumption of alcohol.

Always be prepared

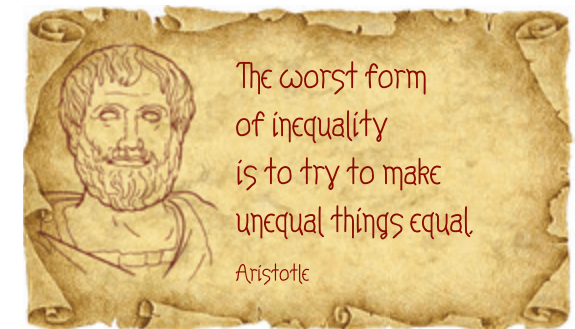
Your safety is your responsibility. All river passengers must wear a life jacket or personal floatation device (PFDs) on the water. Make sure it fits well and is fastened properly. All river vessels must also have a sounding device such as a whistle, and a buoyant heaving line (throw-bag) no less than 15 metres long.

Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you enter on the river. Leave emergency contact phone numbers with someone who can report that you are overdue.

Be aware of river conditions

Although our City rivers may appear calm in some areas, this isn't always the case. The City has tools and resources available to help Calgaryans check river conditions before you begin your trip. If river flows are high, especially after a major rainfall, postpone your trip until the flows have returned to safer levels. Keep in mind that flows can change quickly.

Visit calgary.ca/floodinfo for the latest information including flood advisories. You can also subscribe to our weekly newsletter and download the Alberta Rivers: Data and Advisories mobile app.



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 was disheartened to find out that once again City Council is trying to make changes which directly affect communities, without consulting any of us. With the 2015 proposal around secondary suites, the City proposed reducing the minimum lot width and increasing the maximum suite size without pointing out the consequences. Now they are proposing similar changes without engaging the Public. The effect of these changes would allow four dwelling units and six parking stalls on our R-C2 lots (goodbye trees, goodbye character) which are 60% of our current bungalows, and "duplexes" on our R-C1 lots which are the remaining bungalows. Almost 300 of our residents signed a petition opposing this just last year. Council needs to engage constituents and respect their wishes when it comes to blanket land use changes. We already exceed the 60 year MDP density goal in our community, and Currie Barracks will far outstrip any previously anticipated density. The proposed changes also contravene the MDP section 2.2, which focuses on-- Reinforcing the character, quality and stability of neighbourhoods. Please make your voice heard on this and other City matters.

2. Unfortunately, someone from Post Media has been using our dumpster to discard all of their newspapers on a regular basis, to the point that there is no room for our renters to put their trash. I have contacted

Post Media, and they claim to have talked with the person that was identified by a neighbour as being the person responsible, and stated that it should now become a police matter. **It has now become a police matter and a report has been filed.** If you happen to see someone dumping newspapers into our dumpster, and you know the individual or get a chance to record the license plate, could you please let us know, this information would be turned over to the police. **Please be reminded that the dumpster at the Community Hall is not for public use,** it is to manage the waste created by rentals and programming at the hall, the skate shack, and the community garden.

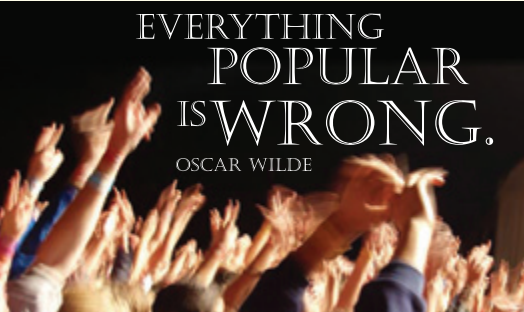
3. Residents have recently been served regarding the relaxation of the existing covenant on one of our properties. We continue to be supportive of relaxations around setbacks that will allow for contextual redevelopment which fits within our community. We do **not** support the removal of these covenants on any of our properties because they help maintain the character of the low density residential section of our neighbourhood.

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



Susan and Nina
Insured & Bonded
587-438-4288
kachiena99@yahoo.com



EVERYTHING
POPULAR
IS WRONG.
OSCAR WILDE

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Rutland Park area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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.

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, 403-269-2707.

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 403-714-0711.

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.

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.

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.



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

Summer is almost upon us and that means that Calgarians turn their eyes to one of the jewels in Alberta's crown: our natural environment.

When the thermometer cranks up in Calgary we look for ways to cool down. While some take to air conditioned movie theatres, others wander farmers markets in search of lemonade. Many however look outside the city to find an escape from the monotonous summer heat.

In Alberta we are privileged by the bounty of natural beauty right on our doorstep. From large natural parks right here in Calgary like Nose Hill and Fish Creek, to afternoon outings to Big Hill Springs, or day trips to Dinosaur Provincial Park and of course the abundance of parks and recreational areas throughout the Rockies and Foothills.

We protect them for our enjoyment today, but also to ensure that they are there for future generations. It would be a terrible thing if in 100 or more years from now, for people to look back and ask why we didn't do more to protect out fragile ecosystems.

The parks and protected areas of Alberta inspire people to discover, value, protect and enjoy the natural world and the benefits it provides for current and future generations.

Children who are exposed to the natural world take greater care of the natural world later in life. The learning that goes on in our wilderness teaches invaluable lessons, lessons that teach them to protect our watersheds, nurture our wildlife, and ensure that our natural bounty is here for the enjoyment of all, including the flora and fauna that grow and thrive there.

We as Albertans have inherited a world of transcendent beauty, let us make sure we do not spoil it. We may be the ones who live here now, the land is not ours, we are merely custodians of it for our children's children.

Get out there, enjoy and protect it Alberta's pristine wilderness. It's here for all of us and all future generations.

To learn more about our parks and how to access them, feel free to visit www.albertaparks.ca or give them a call at 1-866-427-3582.



MP CALGARY CENTRE HON. KENT HEHR

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

Youth Employment

In late April I read an article on the CBC's website speaking to the plight of students in Calgary trying to find summer work. I printed this article to share with the different members of my staff and fellow MPs on Parliament Hill. Let me tell you why.

That first job for a student or youth entering the workforce establishes valuable skillsets and experience, and in some cases are the beginnings of a career. This first chance builds confidence and makes a strong impact on their ability to serve their communities and build the society that we all share and enjoy. Providing these opportunities for success is one of our most important responsibilities.

First of all, investing in youth jobs and opportunities is part of our plan to help the middle class and those seeking to join it. Our investments from Budget 2016 will help support young Canadians, including vulnerable youth, Indigenous Canadians, immigrants, youth with disabilities, single parents, those who have not completed high school and others.

We will help create thousands of new green jobs, more summer employment, participation in the Skills Link program and employment in the heritage sector.

We've **doubled** the Canada Summer Jobs Program (from 35,000 jobs to 70,000 for 2016, 2017, and 2018). This program invests in local non-profits, local government, and small businesses to hire youth over the summer months. Places like the Trinity Foundation, Kerby Centre and the YWCA receive grants for hiring these students. This program has a proven track record – employing some 330,000 students since its inception – and supporting local organizations in their work in the community.

This is part of our \$105 million commitment over five years, starting in 2016–17, and \$25 million per year thereafter in support for youth service.

Further to this, our government has created the Prime Minister's Youth Advisory Council to provide advice on key issues such as employment and education, building stronger communities as well as climate change and clean growth. Oftentimes I've found the best policies and ideas come from those you're seeking to help, and this is one part of this listening to those in our communities.

These are investments in Canada's future: we're going to help our youth find jobs and get the best start possible to their careers.

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.



MLA CALGARY-ELBOW GREG CLARK

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

It has been a busy couple of months in the Legislature and like many of you I'm looking forward to a busy summer of festivals, outdoor activities and family time. I am excited to be back in the constituency and meeting with residents and community groups.

As summer approaches we need to consider how we can safeguard our property while many of us travel away from home. The Calgary Police Service suggests some simple practices, including locking your doors, removing valuable from vehicles, trimming shrubs and maintaining property, using motion detection lights and keeping an eye out for one another. Get to know your neighbours and have them take in your mail and mow your lawn while you're out of town.

Data recently released by the Calgary Police Service (CPS) shows break-ins are on the rise in Calgary, with four of the top five communities located here in Calgary-Elbow. A number of factors account for this city wide 56% increase from last year, including the economic downturn and increased addiction to fentanyl.

Visit our new website at www.calgaryelbow.ca to find a link to more details on Calgary crime statistics or you contact my office at calgary.elbow@assembly.ab.ca to find out more.

CPS encourages us to report all crimes, so they can track trends. It is through the use of these statistics that police resources are deployed. But not every incident requires we phone 9-1-1. So who should we call, and when?

Call 9-1-1 when you believe someone is in immediate danger, or you are witnessing a violent or criminal act. These types of incidents may include house break and enter, vehicle theft, or domestic violence.

The CPS non-emergency number, 403-266-1234, should be called when you believe the police should be engaged but there are no immediate threats to safety. These are lower priority calls that the police will respond to at a later time. These crimes may include phone

scams, damage to property, a drug tip, or theft from a vehicle. You can also report these crimes using the CPS website at www.calgary.ca/cps and clicking on 'Report a Crime Online'.

3-1-1 Calgary is a single point of contact for City of Calgary non-emergency services. The service can be reached by dialing 3-1-1 or online at www.calgary.ca/311online. Please contact 3-1-1 to report graffiti or bylaw related concerns.

The Federation of Calgary Communities has a great resource centre that offers a wide range of resources on crime prevention, safety, community engagement, and more. Visit them at www.calgarycommunities.com and search 'virtual resource centre' to access the information.

I wish you a relaxing and fun filled summer. I'll be in the constituency until the Legislature sits again in October. Please feel free to stop by the office and say hello. We are located above the Sunterra in Britannia.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

SARCEE MEADOWS HOUSING COOPERATIVE

3-MINUTE DRILL: DETECTION

Carbon monoxide detectors

Installing a carbon monoxide (CO) alarm in the home will alert occupants to the presence of this deadly gas, which is colorless and odorless. A CO alarm provides early warning before the gas becomes life threatening.

CO poisoning can cause flu like symptoms without fever, headache, nausea, dizziness, weakness, dizziness, loss of consciousness and death.

Sources of CO in the home are gas or oil furnaces, hot water heaters, gas stoves, fireplaces, wood-burning, propane fired appliances used indoors, charcoal or kerosene heaters, exhaust ducts and vehicle exhaust fumes.

Install CO alarm certified by Underwriters' Laboratories (UL), to CSA standard on every level of your home outside sleeping areas. Additional alarms should be installed in an adjacent to rooms with fuel-burning appliances. Follow manufacturer's instructions.

Ensure all fuel-burning appliances operate properly. Have them checked annually at the beginning of the heating season by a qualified technician.

Never run your vehicle in an attached garage or in the garage door is open. Homes containing CO will enter your house.

If the alarm sounds, evacuate the house and call 9-1-1. Do not re-enter the home until a qualified technician has checked the system.

Follow manufacturer's instructions on replacement of your CO alarm. Life expectancy of a CO alarm ranges between three to seven years.

3-MINUTE DRILL: DETECTION

Types of fire extinguishers

A fire extinguisher can be used to put out a small fire in its early stages.

The type of suitable extinguisher must match the type of fire being fought.

- Class A: fights ordinary combustibles like wood, cloth and paper.
- Class B: fights fires fueled by flammable liquids like gas, oil and paint.
- Class C: fights electrical fires started by wiring and appliances.
- Class D: fights fires involving combustible metals such as magnesium.
- Class K: fights commercial cooking oil fires.

Consider purchasing an approved ABC extinguisher that has an ABC rating. This type can be used on most types of domestic fires. Your fire department can guide the purchase of extinguishers.

3-MINUTE DRILL: DETECTION

Sprinklers

Sprinklers provide 24-hour protection from fire. They can control, contain or put out fires until the fire department arrives.

Because sprinklers are triggered by heat and not smoke, only those in the vicinity of the fire will activate to save water.

By building smoke development and control, sprinklers give firefighters more time to escape safely.

Sprinklers reduce the risks faced by firefighters when they must fight large fires or rescue trapped occupants.

Consider having residential fire sprinklers when purchasing or building a new home.

3-MINUTE DRILL: DETECTION

Smoke alarms

Install at least one smoke alarm on every level of your home, including outside of sleeping areas and in the basement. Follow the manufacturer's instructions.

If you close your bedroom door at night, install additional smoke alarms inside bedrooms. Beam detectors and photo-electric type smoke alarms are suitable for basements.

When purchasing smoke alarms make sure they carry the label of a recognized testing organization such as the Underwriters' Laboratories of Canada (ULC, U.S. UL).

Newer models of smoke alarms have additional features such as "hush-buttons" to avoid nuisance alarms.

Specialty designed smoke alarms for the hearing and visually impaired are available.

A family's response will be quicker with a new, interconnected smoke alarm system. Interconnected smoke alarms provide early warning of smoke and fire danger anywhere in the house!

For older homes, a wireless interconnected smoke alarm system is more cost-effective than hard-wired models.

When installing hard-wired smoke alarms, consider using self-test-and-battery-backup monitoring hardwired smoke alarm should be done by a qualified electrician.

Don't install alarms near shafts that prevent smoke from entering the unit, or near bedrooms and windows.



COUNCILLOR, WARD 11
BRIAN PINCOTT
 P.O. Box 2100 Stn. M, #8001A
 Calgary, AB T2P 2M5
 403-268-2430 • www.ward11calgary.ca

What does it mean to be flood ready? Higher river flows typically occur in Calgary from the middle of May to middle July. However flooding can strike any Calgary community in any season, often with little or no warning. Interestingly this has less to do with spring run-off from the mountains, and more to do with precipitation.

The City has plans in place that guide our response to floods of various sizes. Every event is different and actions leading up to and during a flood depend on the specifics of each event. In general, as a City, we take these actions to mitigate the impact of a flood:

- Manage the flow of water out of the Glenmore reservoir
- Close the gates on storm water outfalls to prevent river water from entering the storm system
- Deploy temporary lift stations to supplement pumping
- Deploy temporary berms, flood tubes or sandbags to critical locations.

Last month, the City of Calgary held two open houses to provide information to residents about on-going 2013 flood recovery efforts. This information is available online if you missed the session at Calgary.ca/flooding, along with resources on preparing yourself and your community in the event of a flood.

Community building in your neighbourhood! June is a busy month for Ward 11 communities. Be sure to check your Community Association for their family-friendly event listings – festivals, bike parades & Neighbour Day events – just to name a few! Community clean-ups are also underway from now until September. They are a great way to meet your neighbours, and take a burden off of your spring clean-out. See the full schedule at Calgary.ca/cleanup.

As mentioned last month, my team and I will host a community information session on **Little Free Libraries** on **Thursday, June 9th at 6:00 pm at the Voltage Creative Garage, 2101 – 34th Avenue SW**. Light refreshments will be provided. We hope to see you there!

Remember to sign up for Ward 11 updates to receive information on upcoming events, City programs, and public engagement opportunities relevant to you at www.ward11calgary.ca.

COMMUNITY ANNOUNCEMENTS

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

BRAIN GAMES SUDOKU

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

Published by:



ADVERTISE YOUR BUSINESS NOW!
 REACHING OVER 400,000 HOUSEHOLDS
 ACROSS 138 CALGARY COMMUNITIES

DELIVERED BY
Canada Post
 Phone: 403-263-3044 | sales@great-news.ca



NUTRITION WITH NANCY Kale and Quinoa Salad

An original recipe by Nancy Gammack

According to the Canada's food guide, one cup of raw kale is one serving. One cup of kale provides 35 calories and vitamin A, C and K, and calcium (Eat Right Ontario). Kale is a nutrient-rich green and this kale salad is filled with so many colors and works great for a light lunch on a hot summer day!

- Salad Ingredients:**
- 1 medium beet roasted (for convenience- roast in oven the day before)
 - 1/2 cup uncooked quinoa (1.25 cup water)

- 3 cups chopped kale
- 1 medium yellow pepper diced
- 1/2 cup red onion finely diced
- 3/4 cup feta cheese cubed

Sauce Ingredients:

- Juice of 1 lemon
- 1 tbsp honey
- 1 teaspoon garlic powder

Directions:

1. Peel the skin off the beet and wrap in tin foil. Roast in the oven for 1 hour on 400 degrees Fahrenheit. (This can easily be done days before, and left in the fridge for 3-4 days until salad is desired).

2. Rinse quinoa and boil with 1.75 cup water for approximately 15 minutes. Quinoa is done when the seeds starts to break away easily with a fork and no water is left.
3. Place quinoa in a bowl and in the fridge to cool.
4. Chop Kale, yellow pepper, onion and feta cheese and place in a large bowl.
5. Add cooled quinoa to salad mixture.
6. In a small bowl, squeeze the juice out of 1 lemon.
7. Add honey and garlic powder. Mix.
8. Pour sauce over top of salad and stir.
9. Enjoy!



Healthy Kitten Basics

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

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.

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 licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11_30701_890_011

Preschool spots available for 3 year old children!

Contact Us

Head of School: Lindy Arndt

✉ lindy.arndt@msofc.ca
admissions@msofc.ca

📍 2201 Cliff Street SW
Calgary AB T2S 2G4

📞 403.229.1011

📘 Montessori School of Calgary

📧 montessorischoolofcalgary

🔗 msofcalgary

🌐 montessorischoolofcalgary.com

AMI Montessori Learning Age 3 to Grade 6
Active Academic Engagement

A great place to Learn and Grow

Your own community Pharmacy

Free delivery of Medication!

WE OFFER:

| | |
|---|--|
| Medication Review | BOTOX is available |
| Rx Medication | Medela Rental Station (electric breast pump & accessories) |
| OTC Products, Vitamins and Natural Products | Home Health Care products & Compression Stocking |
| Compounding (all kinds) | <u>Senior and Student discount</u> |
| Blister pack (no charge) | 10 - 20% Discount on all Rx medications (after insurance) |
| Flu Shot now available | 10% Discount on all over the counter products |

Monday to Friday 9:00AM – 8:00PM
Saturday 10:00AM – 6:00PM
Sundays/Holidays Closed

Open 6 days a week

E 13 10 RICHARD WAY SW CALGARY AB T3E 7M9
Ph: 403-984-9534 Fax: 403-984-9535
email :calgarydrugmart@yahoo.ca

IF ITS COLOUR
STANDS UP TO THE
TEST OF TIME...

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

IS IT STILL PAINT?



Visit us today:



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

Aura® Exterior
Endures the elements.
With a lifetime warranty.
Only at Benjamin Moore retailers.

