

SEPTEMBER 2016

DELIVERED MONTHLY TO 4,200 HOUSEHOLDS

THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER





Over **200,000**
patients cared
for since 2006.

*Think of us as part of
your neighbourhood.*

www.cwcpn.com



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

CONTENTS

Board Recruitment	5
Community Traffic & Development Report	6
I Love My Neighbourhood	9
Calgary Reads	14

NEWSLETTER AD SALES

GREATNEWS  **27** YEARS
PUBLISHING

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!



Clear Water Academy

A CATHOLIC SCHOOL OF INTEGRAL FORMATION

Learn about Jr.
Kindergarten &
Kindergarten on
Wednesday, Oct. 5,
(AM Session)
Register by using
QR Scan Code or
visit
Admissions on our
website.

clearwateracademy.com



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.

newsletter@rutlandparkcommunity.com

Editorial Content DEADLINE

1st

of each month for the next month's issue



LEARN TO CURL

Leagues starting in October

Garrison Open House, October 1
2 Hour Discover Curling, October 1

More info on our website

www.garrisoncurling.com | info@garrisoncurling.com

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	Jeromy 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



Board Recruitment

The board is looking to fill the following roles at our upcoming AGM:

President


Priorities for role include board member recruitment and training, increasing capability and influencing behaviours of the board, aligning board members on a shared vision, supporting board members in their respective roles, and increasing the influence of the community association.

Treasurer

Priorities for role include organizing materials for financial statements and tax filings, overseeing bookkeeping and yearly audit, and ensuring community association/AGLC funds are used and balanced properly.


Newsletter Editor

Priorities for role include editing and organizing submissions for the monthly newsletter, coordinating future content, and ensuring prompt delivery to publisher by deadline.




HIGHLY EXPERIENCED DENTAL AND ADMINISTRATIVE STAFF

SPECIALIZING IN SMILES (AND FREE PARKING TOO) ASK US ABOUT DIRECT BILLING NOW OFFERING invisalign



GRAND OPENING

ACCEPTING NEW PATIENTS SAME DAY EMERGENCIES



Glenbrook PLAZA #204, 3715 51 ST SW

GoodLife Fitness Canadian Tire

DR. TONNY TANG BSC. DDS | PH: 587-483-9900
WWW.GLENBROOKDENTAL.CA

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:

I attended the Crowchild Trail Study. It is currently in phase 4, which is concept evaluation of 6 potential scenarios. The South Section 17th Ave Optimization is currently underway and includes dual left turn lanes from northbound Richmond Rd to westbound 17 Ave SW, as well as bike lanes as part of the City's Bikeways Program. To stay connected with this project, please subscribe to emails at www.mailoutinteractive.com/Industry/Subscribe.aspx?m=28577

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

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 12

Rutland Park Neighbourhood Plan Survey

The Rutland/Lincoln Park and Currie Barracks Community Social Worker (With the City of Calgary) is conducting a survey targeted towards residents in the community. The purpose of this survey is to give the Community Social Worker, stakeholders and residents a better picture of what is important to all those that live, work and play in the neighbourhood and to use this information to help guide development of a Neighbourhood Plan that will ensure effective and efficient delivery of programs, services and opportunities that will improve the health and wellbeing of residents in the community.

Your participation in this survey is completely voluntary and the answers you provide will remain anonymous. Your name will not be used on this survey or associated with any of the data collected.

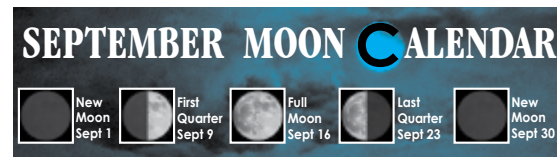
This is your opportunity to get involved and have your say in what happens in your neighbourhood!

Fill out the survey on-line by September 30, 2016 and you will have a chance to be entered into a draw to WIN one of five gift cards (\$50.00 value). The draw will take place the first week of October 2016.

Survey Link: <http://fluidsurveys.com/s/rutland/>

For more information on the survey, the Neighbourhood Plan and the work your Community Social Worker is doing in your community, contact: Cynthia Okafor, Community Social Worker with the City of Calgary at 403-476-7184 or cynthia.okafor@calgary.ca

Thank you for your participation!



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: _____ (please print)

Home Address: _____

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:

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

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

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

Ring Road Update

Schedule for City of Calgary work

As we approach the start of the Government of Alberta's construction on the Southwest Calgary Ring Road (SWCRR) in late 2016, The City of Calgary began work on its SWCRR-related projects. With each City project having its own timeline over the next four years, we'll be updating and talking with communities and residents throughout the different design and construction phases. The goal is to complete this work before fall 2020, with the Government of Alberta scheduled to open the first section of the SWCRR.

If you have questions or would like to chat more about the listed projects, you can email the project team directly at CalgaryRingRoad@newsletter.calgary.ca or contact 311.

Here's an update on The City's projects and their timelines, in alphabetical order:

90 Avenue S.W and Southland Drive connections

Design: 2016-2017
Construction: 2018

162 Avenue S.W. connection

Design: 2016-2017
Construction: 2017-2018

Anderson Road widening, between SWCRR and Elbow Drive

Design: 2016-2017
Construction: 2017-2018

Bow Trail/85 Street S.W. intersection improvements and the Bow Trail widening, between 85 Street S.W. and Old Banff Coach Road

Design: 2016-2017
Construction: 2017-2018

Glenmore Trail widening and changes to the Glenmore/Crowchild Trail interchange

Design: 2017
Construction: 2018-2019

Sarcee Trail/Richmond Road interchange

This work revisits existing interchange plans from 2008 so it fits with the ring road, Sarcee Trail, Richmond Road,

and provides good connections for communities and destinations.

Planning and design: 2016-2017
Construction: TBD, project is unfunded

Spruce Meadows Way widening

Design: 2016
Construction: 2017

Westhills Way- www.calgary.ca/westhillsway

Design: complete
Construction: 2016 (underway)

More information

As these designs progress through 2016 and 2017, and more information is confirmed on each of these project schedules, more information will be available to the community. You can find more about the Government of Alberta's SWCRR project, its location, access, designs, schedule, etc. at www.sw-crr.ca. You can read more about The City's involvement on the SWCRR at www.calgary.ca/swrr.

Subsidies are available for City services

Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.



If you've had this thought, you may also have wondered how you could fund a great community-related idea. Small Grants of up to \$600 are available to support projects that strengthen connections between residents in each of Rutland Park, Lincoln Park and Currie Barracks and make these neighbourhoods and our broader community an even better place to live.

Since the 'I Love My Neighbourhood' grant program began in the greater Rutland Park community in 2015, over \$1300 in total grant money has been awarded. The three successful applications were for a Winter Carnival in Lincoln Park, a Common Space Revitalization Project in a Calgary Housing complex, and the Rutland Park Community Association Christmas Party. Projects that have been funded in other Calgary neighbourhoods include community murals, pedestrian safety campaigns, and babysitting cooperatives start-up costs.

When contemplating a grant application, consider whether your project achieves one or more of the grant goals of:

- Fostering neighbourhood connections and inclusion
- Improving amenities, programs and services
- Improving the built or natural environment
- Improving local economic development

The 'I Love My Neighbourhood' program is a City of Calgary initiative, coordinated in our community by Community Social Worker, Cynthia Okafor. A grant committee, comprised of a resident from each of Rutland Park (Mary Emro), Lincoln Park (Samira Naili), and Currie Barracks (Carly Grimsen Seligman), makes recommendations after assessing the grant applications. The committee evaluates whether a project has the potential to: get people involved who do not usually get involved in community activities, help people feel they belong in the community, provide an opportunity for people to practice leadership skills, provide an opportunity for people to learn about community issues and strength, and be sustainable. Projects are encouraged to support community connections between the neighbourhoods within the broader Rutland Park community

For more information, please contact Cynthia Okafor, Community Social Worker, at 403-476-7184 or cynthia.okafor@calgary.ca.



Apply now for September 2016
Limited Preschool placements still available for 3 year old children!

Contact Us

- ✉ admissions@msofc.ca
- 📍 2201 Cliff Street SW
Calgary AB T2S 2G4
- 📞 403.229.1011
- 🌐 montessorischoolofcalgary.ca
- 📘 Montessori School of Calgary



AMI Montessori Learning Age 3 to Grade 6
Active Academic Engagement

A great place to Learn and Grow

Ornamental landscape maintainers

Full Service Landscape Company specializing in:

- Tree pruning
- Shaping,
- Trimming,
- Tree removal
- Tree Health Assessments



Don MacDonald, Arborist

Over 45 years' experience
One of Calgary's most respected professional Arborists &
Journeyman Landscape Gardeners
Graduated of Horticulture - Dalhousie University



Onsite ISA Certified Arborists at every job
TOP QUALITY EXPERT SERVICE

403.273.7957



Photograph: www.alamy.com

WHEN A CHILD FALLS BEHIND:

TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educa-

tional programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

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.

STEP INTO FALL



Are you thinking of becoming more active?

The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:

- 18 years of age or older
- Exercising less than 3 days per week
- Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:

- A pedometer (\$25 value)
- \$10 gift card
- Prize draw entry for \$1000 gift card

To participate contact:

Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary
Conjoint Health Research Ethics Board.



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



Sometimes you need a family mobility plan.

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

*Come and see us at our new Lakeview Plaza location.
New facilities, more treatment rooms and still plenty of free parking.*

Mon-Fri: 7AM-7PM
Sat: 7:30AM-1PM



(403) 249-5253
www.lakeviewphysio.ca

Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point.

BRAIN GAMES SUDOKU

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

With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tippers. Working class people normally are the best tippers. College and high school students are very poor tippers (unless ordering from a party). **And the big one - women are better tippers than men (although there are exceptions).**

A decent tip would be minimum of \$5 - \$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



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.

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.

YARDBUSTERSLANDSCAPING.COM: Snow removal \$129.95. 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.

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.

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.



DJ PAINTING AND CONTRACTING: is a licensed, insured, and locally-owned company that offers top-quality services at affordable prices. As a small company, we're invested in you, providing personal solutions to turn your vision into reality. Call Devon 403-807-6857 or Dan 403-993-6816 or visit www.djdecor.ca.

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.

K2 BOOKKEEPING: 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.

YOUR CLEANING LADY: Private cleaning lady, high quality cleaning. Local resident with over 10 years' working in our community. Punctual, dependable, discrete and honest. Great local references. Call 403-249-4808 or email suzn_morgan@yahoo.ca.

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.



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
Ashley	21	587-215-1365	No
Linda	61	587-892-9731	No

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

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

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

Call Now for your **FREE ESTIMATE** For Landscape Construction

403.301.3300 **ASSINIBOINE**
www.assiniboine.com LIGHTS & LANDSCAPES

LANDSCAPE CONSTRUCTION
Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fencing • Decks & much more

WEEKLY, BI WEEKLY & VACATION CUTS
FALL CLEAN UPS
Mowing • Trimming • Pruning and Beds

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

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**



Writings about Reading

Parents as Partners

It's 'back to school' and the perfect time to revisit how you can be the best partner in your child's education. You, as parent, grandparent or caregiver have been helping your child to learn since they were a tiny baby . . . and your role continues. Here are ways to help your child build their language and reading skills:

Get to know your child's teacher

You'll build a connection and be able to ask questions. The teacher will suggest ways you can help your child at home.

Read aloud with your child every day

In order to read fluently, your child needs lots of practice with hearing how good reading sounds. Take turns reading aloud a story; the more familiar the words become the easier it will be for your child to read.

Incorporate literacy activities anywhere

Literacy skills are used in all kinds of situations. Encourage your child when reading food labels, talking with other children, discussing a movie with the family, or when writing lists to be posted on the refrigerator.

Teach phonemic awareness and phonics (letter names and their sounds)

Young children hear "dog," but not the "duh"- "aw"- "guh." To become readers, they have to learn to hear these sounds (or phonemes). And, a child can't sound out words or write them without knowing the letter sounds. There are lots of websites and ABC books to help.

Keep the fun and encouragement flowing!

Write notes to your child in their lunch kit so they feel supported during the first days of school. Ask specific questions at the end of their day: what games did you play today? Who is in your class? Did you teacher read a great book today, what was it about?

For resources to help your child develop critical literacy skills and the joy of reading, visit calgaryreads.com.



COUNCILLOR, WARD 11

BRIAN PINCOTT

P.O. Box 2100 Stn. M, #8001A

Calgary, AB T2P 2M5

403-268-2430 • www.ward11calgary.ca

Another summer has come and gone. I hope you enjoyed all it had to offer in and around our city. The City of Calgary and our Community Associations held many great events to get out moving and socializing like the Canada Day celebrations in the downtown, Stampede breakfasts, festivals, and mobile skateparks.

Council is back in session after the August break, along with all Councillor appointments to special committees. I'm involved in many facets of City and partner functions, and I love these opportunities to work with great organizations and make positive changes. Here's a bit about what I have been and will be up to. I sit on two Standing Policy Committees: on Community and Protective Services, and on Transportation and Transit. I also serve on Audit Committee and the Intergovernmental Affairs Committee.

I am on the board of Attainable Homes Calgary Corporation (AHCC), Calgary Housing Company (CHC), and the Calgary Homeless Foundation (CHF). These three committees represent the continuum of ensuring Calgary's citizens are able to address their housing needs. By helping to create strategies to get Calgarians into homes, stay sheltered if they face physical or financial hurdles, and move out of the system and into home ownership, I am able to recommend policy proposals which make sense within the larger picture.

My work on the boards of Family and Community Support Services Association of Alberta (FCSSAA), and the Federation of Canadian Municipalities (FCM) allows me to guide municipal policy development in conjunction with initiatives at the federal and provincial levels, and vice versa. FCSSAA meetings take me up to Edmonton once a month and FCM meetings take me all over Canada every few months to meet with colleagues in other Canadian municipalities. With FCM, I am the Chair of the Executive Committee, on the Governance Committee, part of the Prairies and Territories Regional Caucus, on the Standing Committee on Environmental Issues and Sustainable Development, the Chair of the network of francophone municipalities, the Standing Committee

on Increasing Women's Participation in Municipal Government, Chair of the Standing Committee on Social-Economic Development, on the National Municipal Energy Infrastructure Task Force and the Governance Representative for Haiti projects.

The City of Calgary is the sole shareholder of ENMAX (while the City "owns all the chips", it doesn't play them). In my role on the ENMAX Board of Directors, I am really excited about the future possibilities of electrical distribution. ENMAX is a separate legal organization, and pays the City of Calgary dividends when able. I prefer that the City use these dividends for re-investment, such as into the ENMAX Legacy Parks Fund. This is the funding mechanism behind the Sandy Beach/River Park rehabilitation project.

I also act in an advisory capacity to the BiodiverCity Advisory Committee, the Climate Change Action Advisory and the National Zero Waste Council. Healthy native flora and fauna populations give our city increased resilience in the face of climate change. Especially at the municipal level, it's important to address waste, and the real cost of waste to both the municipality and our environment.

I also serve on the Calgary Arts Development Authority board. Besides my past involvement in and love of the arts community, there is a real economic argument for the arts that we as a City need to support.

As we gear up for a busy fall, be sure to subscribe to your Ward 11 update at www.ward11calgary.ca to receive an email or two a month letting you know about important happenings in your community and city.

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

**MP CALGARY CENTRE
HON. KENT HEHR**



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

Changes to Employment Insurance (EI)

Employment Insurance provides economic security for Canadians when they need it most. For Canadians who have lost their jobs, or who must take time away from work to care for a new baby, an ill or injured loved one, assist aging parents, or get skills training – they should have the support they need and have earned - to make ends meet.

Our Government is committed to helping the middle class and those working hard to join it. During the 2015 election my colleagues and I committed to reforming Employment Insurance and to addressing gaps in the program that were leaving many Canadians without needed assistance during difficult times. The Government of Canada has kept its promise by improving the EI system across the country. Here's how:

We have extended regular benefits in 15 priority regions that have experienced the sharpest and most severe increases in unemployment due to downturn in commodities.

We are repealing the unfair rules enacted in 2012 which forced unemployed workers to commute further and take lower-paying jobs.

We're ending the 910-hour eligibility penalty for workers entering or re-entering the workforce, thereby stopping the discrimination that makes it harder for our most precarious workers – such as parents returning to the workforce, younger workers, people who have left the workforce due to illness, and new Canadians – from accessing the benefits that help them get back to work;

These changes were made so that the people of Calgary Centre, Alberta - and Canadians right across this country have access to help when they need it most. During challenging economic times, Employment Insurance must be available to help people in our communities get back on their feet. This program is an anchor of economic security for Canadian workers and we are working hard to ensure a system that is reliable, will help grow Canada's economy, and makes a real difference in the lives of people in Calgary and across the country.

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. We look forward to hearing from you and wish you a restful and fun filled summer!



**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

With summer just about over, that means it is time for the young people of Calgary Currie to be heading back to school, and that is what I want to use my newsletter inches to talk about.

Here in Calgary Currie, we are quite lucky, we have an abundance of schools, however just to the west of us, like many places around the city there is a shortage. Over the past 20 years, we have grown immensely as a province and a city, but over that time we failed to build the schools to match the growing need. But that is in the past. Today we look toward a better future where promises are kept, where schools get built, and children have a safe, inclusive space to grow and learn in the heart of our communities.

Part of having an abundance of schools where others have shortages means that we often play host to many young people in our schools who come from other parts of the city, and from around the province. Even many months later we still find ourselves playing host to families who find they still cannot return home to Fort McMurray in the wake of the devastating fires there. It is a great strength of Alberta's public education system that no matter where you go, in this province, no matter where you come from, no matter who you are, if you are a child in this province, you are entitled to one the of the best educations out there.

To those who have welcomed displaced people in their communities, thank you, you are the people who make our communities welcoming places to be.

Moving beyond things happening in our community, for the first time in almost 30 years, Alberta is going to be revamping its school curriculum. The last time this was done, most people didn't have a computer in their home, let alone carry one around in their pockets all the time. It will take some time for the changes to happen, but I for one am pleased that we are finally modernizing the way we teach our children.

Since getting elected I have spent a fair amount of time getting to know school trustees, principals, teachers and parent groups. Through these people and groups I am able to be connected with a whole assortment of unique and creative ways our schools contribute to the vibrant fabric of Calgary Currie.

If your school community does something unique, innovative, or interesting, I would love to hear about it. There is nothing I like more than learning more about the communities I serve.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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.

**COMMUNITY
ANNOUNCEMENTS**

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

Contact news@great-news.ca

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

FREE ENGLISH CONVERSATION CAFE (ESL) AT THE SCA COMMUNITY CENTRE: Practice speaking English at this fun conversation class for adults provided by St. Martin's Anglican Church. Tuesdays 9:30-11 am September 13 - December 13, 2016. All welcome. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

COOKING WITH FRIENDS: a fun cooking class where we share recipes, cook together and have lunch with new friends. All Welcome. Childcare available with pre-registration. Thursdays, 10:30 -1 pm, September 15 - December 8, 2016 at Knox Presbyterian Church. Contact Laura at 403-612-9949 or email community.stmartins@yahoo.ca for more info or to register.

NOT SURE WHAT TO DO WITH YOUR CLUTTER? The Clothesline program in Calgary collects gently used clothing, electronics and small household items-where proceeds support the Canadian Diabetes Association. To donate and schedule your free pick-up, call 1-800-505-5525 or visit www.diabetes.ca/clothesline.

Published by:



ADVERTISE YOUR BUSINESS NOW!
REACHING OVER 415,000 HOUSEHOLDS
ACROSS 141 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca



MLA CALGARY-ELBOW GREG CLARK

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

September is here and students are back at school!

School Zones

Now is a good time to remember that school zones to have been converted to playground zones. This means speed restrictions are in place year round, so there is no need to question whether or not you are required to slow down. Playground zone speeds of 30 km/h are in effect daily, year-round from 7:30 am to 9:00 pm. As kids return to school it's important to be extra-cautious around schools and remember to respect school patrollers and any additional posted signs around schools.

School Fees

Back to school can be a costly time. Parents or guardians experiencing financial difficulties are encouraged to speak to their school principal, or visit the Calgary Board of Education site at www.cbe.ab.ca or the Calgary Catholic School District at www.cssd.ab.ca, for information on waiving school fees.

I will also continue to push the government to live up to their promise of eliminating school fees. I strongly believe that a public education should be accessible to all, and school fees that can exceed \$750 per student are a huge burden for many parents, especially in challenging economic times. In addition to contacting your school board, please contact my office if you have concerns and we will do what we can to help.

Brown Bagging It for Calgary's Kids

Brown Bagging for Calgary's Kids is an amazing organization that works in partnership with Calgary schools to make and deliver over 3,000 free, healthy lunches every day for students who would otherwise go hungry. BB4CK works with school staff to identify hungry students, and help ensure they receive the nutrition they require to perform in the classroom. To get involved with or donate to this great organization, visit <http://bb4ck.org>.

Updating Alberta's curriculum

Beginning in September 2016 Alberta Education will start work on new curriculums for Alberta schools. Work will be done on six subject areas: Arts, Language Arts, Math, Social Studies, Sciences, and Wellness. Below is informa-

tion provided by the Alberta Government in a recent news release with some background on the initiative.

- New curriculum will be developed for Kindergarten to Grade 4 by late 2018. That will be followed by Grades 5 to 8 in late 2019. After that, our high school curriculum will be developed in phases from 2020 to 2022.
- Current curriculum remains in effect until new curriculum is implemented.
- New curriculum will contain an explicit focus on the development of learner outcomes that support and reinforce 21st-century competencies across curriculum as well as literacy and numeracy.
- Support for First Nations, Métis and Inuit student learning, as well as the inclusion of Education for Reconciliation, which includes ways of knowing and diverse perspectives, will be reflected in future K-12 curriculum

Albertans will be asked to provide feedback on the development of the curriculum through face-to-face meetings and online surveys. Watch my website at www.calgaryelbow.ca to find out how you can provide your input, and feel free to get in touch any time if you have questions or ideas you would like to share.

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

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports,
Hall of Fame Gallery & Museum Tour

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. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. ® Registered trademarks of Royal Bank of Canada. Used under licence. © 2015 RBC Dominion Securities Inc. All rights reserved.

WIC

WEST ISLAND COLLEGE

Grades 7 to 12

Classes resume Sept. 7

Be Bold. Be Brave. Be Ready.

West Island College Calgary

@WICYC

West Island College Calgary

westislandcollege.ab.ca

403.255.5300

7410 Blackfoot Trail S.E.

admissions@mywic.ca



© 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.

