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# THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER



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**Ensuring seniors age with dignity**

Making reckless cuts as our economy recovers would hurt Calgary-Currie families, including the seniors who built our province.

As your MLA, I'm working to protect the following senior services and projects:

- ✓ Affordable housing and seniors lodge projects under construction
- ✓ Investing more in home care
- ✓ Investments in initiatives to create dementia-friendly communities
- ✓ Dental and optical services for low income seniors



**Brian Malkinson**  
MLA, Calgary Currie

Phone: 403-246-4794  
Calgary.Currie@assembly.ab.ca  
2108B 33 Avenue SW Calgary, AB T2T 1z6









## RUTLAND PARK COMMUNITY ASSOCIATION

3130 -40 Ave SW | Calgary, AB T3E 6W9  
Phone: 587-356-3321 | president@rutlandparkcommunity.com  
[www.rutlandparkcommunity.com/](http://www.rutlandparkcommunity.com/)

Delivered monthly to 3,900 households and businesses for 7 years!

### Editorial Submissions

therpcanewsletter@gmail.com  
All editorial content must be submitted by the 1st of the month for the following month's publication.

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403-263-3044 | sales@great-news.ca  
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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*Great News Publishing and Rutland Park Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654

## PRESIDENT'S MESSAGE



I have taken over as interim President, but we would love to have a volunteer that could join our Board as President. Depending on your time commitments, you could chair our 2 hour monthly meeting and monitor and respond to emails, or you could also get involved in a number of initiatives both around our communities and around the City—we appreciate whatever time you have to give!

If you don't feel that you are able to take on the position of President, we would also appreciate your participation around community initiatives such as resiliency, engagement and communication, building safe communities, our annual clean up, and social activities. You can join the Board, join/head up a committee, volunteer at events, or contribute to our newsletter— many hands make light work, and many minds make what we do more meaningful. Please join us where you can!

*Leanne Ellis, Acting President*

## NEWS FROM THE COMMUNITY GARDEN PATCH

### A Garden Plot: The Perfect Present for Spring

Looking for just the right present for a gardener you know – or maybe yourself? The Rutland Park Community Garden has opened up garden bed rentals for 2018. A sunny location. Pesticide-free. Gardening tools and water supplied. Perfect if you live in a condo or apartment or simply don't have enough space in the backyard.

Garden plots are \$20 per year and available to members of the Rutland Park Community Association. E-mail [gardens@rutlandparkcommunity.com](mailto:gardens@rutlandparkcommunity.com) to find out how to reserve a garden plot.

Act soon, there is a limited number of garden plots available. Make Spring, 2018 extra special for someone who enjoys the gift of gardening.

*Volunteering*  
is good for the soul



## Café at Knox

Our Cafe is now into the second year of operations. People continue to meet every Thursday at Knox Church for coffee, tea, goodies, great conversations, music, and yoga for one hour, if you like. The yoga session is only \$5 per visit. As I've said before, can it get any better? Join us from 9 am to noon, bring a friend or come on your own. The welcome mat is out!

Warm regards,  
*Isabell Reznik*



*Pure Poinsettias*

Poinsettias are indigenous to Mexico, and were originally used by the Aztecs for red dyes, medicine, and represented purity. Later in the 16th century, they were adopted by Mexican Franciscan friars as a Christmas symbol.

# RUTLAND PARK COMMUNITY HALL RENTALS

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

## Current Rental Rates

Hourly Rate: \$50/hour  
Friday, Saturday, Sunday - full day rate: \$350  
Non-refundable admin fee: \$50

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.



For all the latest news, events, updates and community activity, please join us on Facebook. Search for Rutland Park Community Association. You'll immediately recognize us with our logo.

## GRACE LUTHERAN CHURCH

3610 Sarcee Road SW | 403-249-8562  
www.calgarygracelutheran.com



We would love to share the greatest gift  
with you this Christmas!

Please come celebrate Jesus' birth!

Christmas Eve Candlelight Services: 11am & 5pm  
Christmas Morning Worship Service: 10am  
Weekly Sunday Worship: 11am  
Sunday School Pageant on December 17th: 11am

# 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	Leanne Ellis (Acting) president@rutlandparkcommunity.com
VP Development & Traffic	Leanne Ellis development@rutlandparkcommunity.com
VP Communications & Social Committee	Simon Davies - 403 700 9790 social@rutlandparkcommunity.com
Sarcee Meadows Liaison	John Preston sarceemeadows@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
West View Parc Liaison	Craig Marceau westviewparcliaison@rutlandparkcommunity.com
Newsletter	Dan Ferguson newsletter@rutlandparkcommunity.com
VP Infrastructure	Bill Baird (TBD) infrastructure@rutlandparkcommunity.com
Lincoln Park Liaison	Roni Sagal lincolnparkliaison@rutlandparkcommunity.com
Treasurer	Patti McMillan treasurer@rutlandparkcommunity.com
Currie Barracks Liaison	Srimal Ramasinghe curriebarracks@rutlandparkcommunity.com
Special Projects	Gayle Fields rpcaspecial@gmail.com
Website	communications@rutlandparkcommunity.com

## COMMITTEES:

Community Garden: Judy Silzer | gardens@rutlandparkcommunity.com

## CONTACTS:

Community Association Phone Number	587-356-3321
Hall rentals	Lizzel Krueger hallrentals@rutlandparkcommunity.com
City Recreation Coordinator	
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

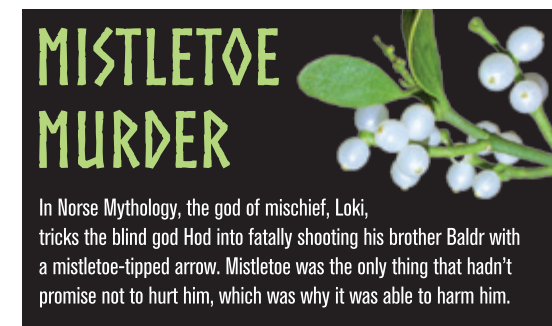
## DEVELOPMENT AND TRAFFIC REPORT

I would just like to highlight what has been happening/going on behind the scenes this past month, in no particular order:

1. We are waiting to hear back from our Resource Officer, Constable Wall, with regards to our CPTED which will provide strategies to improve overall safety around the Hall, through strategic design.
2. I have reached out to our new Councillor, Evan Woolley, and introduced myself. I have also asked him to follow up with the re-designation of Hampton Cres SW to parkspace as it was intended.
3. I have yet to hear back from the City with regards to our traffic concerns on Sarcee Road, Richmond Road, left turn light at Richardson Way, and stop sign at May Dover.
4. Our Currie Barracks liaison, Srimal Ramasinghe, has been in discussion with Canada Lands reminding them of the need for community use space as part of their development plans.
5. I am meeting with our MLA, Greg Clark, to discuss community concerns that may be overlooked as part of the new City Charters that are to be implemented.
6. We had a stop sign taken out by a vehicle at the corner of 36 Ave and 31 St SW. I have put in a high priority request to have it replaced.
7. Hopefully you were able to attend our AGM on Nov 21 at 7:00. Maybe our new sign even helped remind you to join us.

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 President development@rutlandparkcommunity.com



**Small Grants of up to \$600 are available** to support projects which strengthen connections between residents and make the neighbourhood of **Rutland Park, Lincoln Park & Currie Barracks** an even better place to live!

If you have a project idea or would like to be part of the selection committee, please see the details below.

## GOT A GREAT IDEA?

**Submit your Community Project today!**

Examples of projects that have been funded in other neighbourhoods are:

- Block Parties
- Pedestrian Safety Campaigns
- Community Murals
- Container Gardening Workshops
- Community Clean-Ups
- Neighbourhood Walking Groups
- Babysitting Cooperative start-up costs

Projects need to be for the 2017 calendar year

More details and guidelines provided on the application form.

Application deadline: Applications will be accepted until December 1, 2017

## WANT TO JOIN THE TEAM?

**Help us with the decision process!**

Some requirements of Decision Committee members include, but not limited to:

- Having an interest in the neighbourhoods of Rutland Park, Lincoln Park & Currie Barracks and the residents living here
- Able to work with others
- Free to attend a few meetings to review grants and project updates, as needed
- Attend some community events that have been funded through the initiative

A meeting with the Community Social Worker will be arranged prior to joining the team.

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



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## Insert yourself in front of the competition!

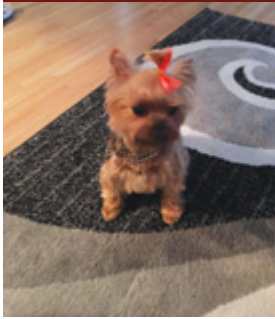
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## HELLO FROM THE NEIGHBOURHOOD



Hi there! I live in the neighbourhood. Perhaps you've seen me out for a stroll? Thought I'd drop you all a line to say hello.

I love it here! Such an oasis of tranquillity. Some people don't know this community's name or even that it exists. It's

somewhere between Marda Loop and Glamorgan. I like it that way!

Walking about, it's usually pretty quiet. The streets are wide and the trees are right out of Lord of the Rings: big, old and friendly. The houses and yards reflect a certain individuality and are really lovely. Looking at my neighbourhood, sometimes I have to shake myself, it's so much like living in an old '50s TV show.

I have the sweetest neighbours, proving us aging girls can be fun and fabulous! On my walk this week, two of the nicest teenage girls stopped for a few minutes to greet me...really that law of attraction must work.

On the other hand, maybe I shouldn't be too vocal about this fabulous place. Remember the character in the old novel Good Earth by Pearl Buck? Once the elderly Chinese fellow got rich, he and his wife were careful to be modest, so the gods wouldn't notice them and change their circumstances.

On a more personal note, if you've seen me, you will have noticed my ponytail (though it's more in front than a tail). Us girls and ponytails. My stylist insists on it, but don't ponytails always give you a headache? It feels so good to have my scalp massaged without it.

Also, us girls, aren't we always just a few pounds overweight? Gee, I weigh just 6.8 pounds and I'm supposed to be only 6 and a half pounds!

I do have a pretty nice "semi-royal" name though, Pippa! I'm right in style!

Anyway, nice chatting. Trust all is well with you. See you in the neighbourhood. And remember to always pick up after yourself and say thanks for this lovely place in the city!

## EASY COOKIN'



### Macaroni Casserole

An oldie but a goodie on a cold winter night.

#### Ingredients

- 1 lb lean ground beef
- 5 -6 garlic cloves, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 onion, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (14 ounce) can diced tomatoes, undrained
- 1 (8 ounce) can tomato sauce
- 8 ounces uncooked elbow macaroni or 8 ounces bow tie pasta
- 8 ounces shredded cheddar cheese
- 1/4 cup parmesan cheese

#### Directions

1. Cook noodles until al dente, 8-10 minutes, and drain.
2. Preheat oven to 350°F.
3. Cook ground beef with garlic, oregano, basil, onion, and salt and pepper until beef is browned, cooked through, and veggies are tender.
4. Drain any fat.
5. Add tomatoes and tomato sauce to beef mixture, then simmer 5-10 minutes.
6. Mix beef mixture with cooked macaroni and place in a 9x13-inch casserole dish or lasagna pan.
7. Top casserole with cheddar and Parmesan cheeses.
8. Bake at 350F for 20 minutes, or until cheese is melted and casserole is bubbly.



## Free Drop-In Exercise For Mature Adults

**Chartwell Royal Park  
4315 Richardson Road SW**

We would like to invite community seniors to join the fun exercise programs we offer at Chartwell Royal Park. Come alone or bring a friend! We are looking forward to meeting you.

- Monday (9:30a) – Stretch & Relaxation
- Tuesday (10:30a) – Exerfun
- Wednesday (1:30p) – Gentle Exercise
- Wednesday (2:30p) – Stay Sharp for Fit Minds
- Thursday (10:00a) – Rhythm & Moves
- Friday (10:30a) – Exerfun
- Saturday – no classes
- Sunday (2:30p) – Sit'n Get Fit

Occasionally, class substitutions or cancellations may occur – please call Amanda at 587-287-3940 to confirm prior to visiting.

## Naughty or Nice?

In Iceland, in the thirteen days leading up to Christmas, children leave their shoes by the windows for the thirteen Yuletide Lads to put gifts in. However, if you've been a naughty child, Lads will leave you rotten potatoes for Christmas.



## Off-Leash Ambassador Program Volunteer Recruitment

We are recruiting volunteers to participate in the Off-Leash Ambassador program.

The Off-Leash Ambassador program is an innovative approach with a volunteer-based, citizen-led initiative to promote responsible pet ownership in Calgary's 150 off-leash parks.

Volunteers in the program will:

- Promote responsible pet ownership, positive pet interactions and safety in off-leash areas through the provision of information and demonstrations
  - Answer questions regarding Calgary's bylaws in off-leash areas
  - Act as positive role models in off-leash parks in terms of adhering with Calgary's bylaws
  - Provide an avenue for citizens to express concerns and pass along concerns to City staff
  - Promote the work of Calgary Community Standards and the services available at the Animal Services Centre, such as animal adoption and licensing
- Ambassadors will receive training to familiarize themselves with bylaws, canine body language, as well as tactics to communicate with the public.

Visit us at: [www.calgary.ca/offleashvolunteer](http://www.calgary.ca/offleashvolunteer).

### Be a Snow Angel!

"Lucky and proud." – That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit [calgary.ca/SnowAngels](http://calgary.ca/SnowAngels).



### Help Neighbours in Need this Holiday Season with the Calgary Food Bank

Every year we at the Federation of Calgary Communities along with our city's community associations, and other community partners across the city, join Mayor Naheed Nenshi in the Mayor's Annual Christmas Food Drive, in support of the Calgary Food Bank.

Last year, over 35 community associations participated in the event and with the generosity of their residents helped raise more than \$14,000 in food and funds for The Calgary Food Bank!

We invite *you* to help us raise even more this year by donating non-perishable food items at your local community association throughout the month of December!

In Alberta, one in ten individuals experience food insecurity, with 17% of children living in food insecure households. In Calgary, 47% of Calgary Food Bank clients are families with children. These are our neighbours from across the city. Let's step up to help them this holiday season. Every little bit counts!

Items on this year's "Holiday Wish List" include canned fish and vegetables, soup, rice, pasta, pasta sauce, boxed macaroni and cheese, peanut butter, fruit juice, baby food and formula, and diapers.

In addition to your local community association donations can also be made at any of the Calgary Food Bank partners including Safeway, Co-op, Superstore, Sobeys, Costco, and many more.

Visit [calgaryfoodbank.com](http://calgaryfoodbank.com) for more information on items to donate and drop-off locations.

*This monthly column provided courtesy of the Federation of Calgary Communities, a not-for-profit organization that supports the city's 152 community associations, and offers resources like organizational development, financial services, urban planning, crime prevention and safety, engagement, and more. Visit [calgarycommunities.com](http://calgarycommunities.com) to learn more.*



## 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](mailto: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





### TO-DO LIST FOR FEBRUARY 2018

- Choose a chili recipe or make one up!
- Make a batch and transfer it to a large slow cooker
- Take chili and family/friends to Rutland Park Hall for the Chili Cook-off on Sat. Feb. 24th. Event goes from 4:00 pm to 7:00 pm
- Challenge friends to submit a chili too

#### MORE CHILIS = MORE TASTING FUN FOR EVERYONE!

- \*\* Prizes for best overall, spiciest, vegetarian, and original presentation \*\*
- Family-friendly event
- Admission is free with chili submitted OR \$2.00 per person (including children over 2)
- There will also be a box for food bank donations.

### WALKABOUT



"Here comes Christmas, Teangi, and I am so excited!! Hopefully we will have light fluffy snow to play in and burrow under. And bright blue skies and a yellow sun so we can see the sparkles on the snow."

"Yes, the hubbub of Christmas begins again. Gifts don't really matter but the gift of "presence" is what is all important. It is a time of giving, a time of sharing love and understanding. It is a time to practice giving of oneself to bring joy to another, whether it be a person or an animal. It is a time to acknowledge those people in the service industries that make your life so much easier and safer throughout the year."

"Well, I like gifts that I can eat and play with when Gayle is busy!"

"That is all well and good, if not done to excess. The amount or cost of a gift shouldn't matter. It should be the amount of LOVE that it comes with. Far too often we get caught up in the commercialization of Santa and forget about the spirit of Christ in Christmas and how the whole season started. The key to this spirit is the act of giving."

"Well, Gayle is not a church goer but she definitely believes in giving and not just at Christmas. In fact, she doesn't like being told she needs to give gifts at Christmas. Does that mean she is a Grinch?"

"No, Maikai, it means she tries to keep the Christmas spirit all year-round. It means she gives a gift when she sees one is needed or wanted. She doesn't pack it away until Christmas Day!"

"That's probably because she will have forgotten where she put it!"

"Now, come on now, Gayle believes in doing a kindness a day and it means a lot to her. More than having to give something on a specific day. Some of her ideas and deeds are taking things to the SPCA, taking tins of shortbread cookies to the Firemen, Police department, EMTs, and Emergency Wards. Dropping things off at the Mustard Seed, the homeless shelters, and adopting a family at Christmas. She believes kids should go with their parents to these types of things. Also, going to old folk's homes to see if she could visit someone who doesn't have visitors, or a hospital. Gayle doesn't have an immediate family to share Christmas with but has great friends who take her in for that turkey dinner."

"Now there is an idea. What if everyone sat down and thought of someone they know who might be spending Christmas alone? You could invite them for lunch or supper and just make their day. It is quite amazing how many people actually have nowhere to go at Christmas!"

"So, we wish all of our readers a wonderful Christmas season and hope you carry the spirit all year long!"

- Teangi and Maikai

"This is my wish for you: Comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss your lips, sunsets to warm your heart, hugs when spirits sag, beauty for your eyes to see, friendships to brighten your being, faith so that you can believe, confidence for when you doubt, courage to know yourself, patience to accept the truth, love to complete your life."



**Christmas Craft Parade...**

Sponsored by:  
**St. Michael School**  
4511 8 Ave. SW  
 (2 blocks South of Bow Trail – off 45 St. SW)

**Saturday, December 9, 2017**  
**10:00 am to 3:00 pm**

**FREE Admission**  
**Huge Raffle!**  
**Fabulous Food!**  
**40+ Amazing Vendors!**  
**Jewellery – Art – Wood Crafts**  
**Knitting – Crochet - Candles**  
**Pottery – Homemade Baked Goods & much more!**



### THE CHRISTMAS PICKLE

There's a tradition in the U.S. to hang a pickle-shaped ornament on their Christmas trees. The first child to find the pickle on Christmas morning receives an extra present from Santa or will have a year of good luck.

## A WORD FROM YOUR COMMUNITY RESOURCE OFFICER

Hello, I'm Constable Rich Wall, and I'm the Community Resource Officer based in District 2. I cover the zone of 2-1 which encompasses your community. I wanted to keep you updated on some of the crime issues that we are facing in our communities. The communities that have been affected are Altadore, Bankview, Garrison Woods, Lincoln Park, Marda Loop, Richmond, Rutland Park and South Calgary.

In recent months we have had some car prowlings and break and enter crimes from detached garages. These crimes have involved the stealing of bikes, electrical goods, sports equipment, even small change. In a high percentage of these cases the vehicles were left unlocked and garages were also insecure and man doors unlocked. Valuables and other property have been left on view in vehicles and in open garages before being taken. Also, there is a clear link between vehicles being prowled and the garage opener being stolen then used to enter the garage. This is very popular with offenders and can easily be avoided.

As a property owner you have a responsibility and obligation to keep your property safe and secure. The Calgary Police Service has been successful in arresting offenders through proactive and covert investigations and this stems the activities for a while but then soon after the crimes start to go up again. We have assigned extra patrol resources into communities, fanned out media strategies, attended community events and meetings and used social media to get the message across but the message is still not being heard. We cannot drop our guard and with simple prevention tips we can reduce the instances of these crimes happening. We have received amazing information from the community to assist us in dealing with this criminal activity but we are still seeing common sense mistakes that are allowing and assisting offenders to target our communities and create victims of crime.

Here are some crime prevention tips to help make you and your property safer and prevent the risk of being a victim of crime:

### Garages

**Protect your valuables:** Put curtains or blinds up to cover any windows in the garage, so thieves can't look for items to steal, or see if your vehicle is there.

**Make it secure:** The person-door between your house and attached garage should swing inward into the garage, be solid core, and have a deadbolt lock. The same goes for other exterior person-doors on your garage.

**Don't give thieves an open invitation:** Keep your overhead door closed and your other garage doors locked, even when you are at home — this includes the door between your home and an attached garage.

**Check your locks:** Secure your person-doors with deadbolts (which need to be operated from the outside with a key).

**Make it bright:** Install lights near your garage to keep the area around doors and windows lit: These can be motion sensor or photo (light) sensitive, so that they turn on automatically when someone walks past or when the sun sets.

**Put up a number:** Put your house number on your garage, especially if it opens up into a back alley. This helps emergency personnel to identify which house is yours.

**Keep records:** Catalogue your garage's contents, including serial numbers of valuable items and vehicle identification numbers. Taking photographs, videos or digital recordings of contents can also help police and your insurance company if there's a break-in, fire, or flood.

**Double-check:** Never drive away without checking that your overhead garage door is down. Also check the operation of automatic doors once a month for safety (read your instruction booklet or contact the door's manufacturer for details).

**Maintenance:** Keep bushes trimmed back from garage windows, to avoid letting thieves use the bushes to hide their break-in attempt.

**Double Up:** Lock up vehicles and high-value items such as lawnmowers even when they're inside the locked garage.

**Out of Town:** Disconnect your automatic garage door opener when you're out of town.

### Vehicles

**Lock it up.** Close the windows, lock the doors and the trunk, and take your keys with you — never leave your vehicle unlocked, even for the few minutes it takes to

duck into a store or run back into the house. And don't hide a key on the vehicle — criminals know ALL the hiding spots.

**Turn it off.** Never leave your vehicle idling alone, even if you lock the doors. It costs the environment in emissions, and it could cost you when a criminal bypasses the door lock in seconds.

**Hide your valuables.** Wherever and whenever you park, remove your valuables. If that's not practical (you're in the middle of a shopping day, for example), hide the valuables in the trunk, out of sight, and then move the vehicle to a different place in the parking lot. Thieves watch parking lots to see who is stashing shopping bags and then heading back into the mall.

**Garage Opener:** Please take your garage opener into the house with you. This is the number one reason for an offender gaining entry into garages, by stealing the opener from the car prior to stealing from the garage.

**Stow it right.** If you have a garage, use it and lock it. If you don't, choose a parking spot that's as well-lit and well-travelled as possible, within sight of your windows.

**Protect yourself.** Never leave any identifying information, such as your name, address, phone number or vehicle registration/insurance in the vehicle. Carry it in your wallet or purse instead, and never leave these items in the vehicle. You'll also need the registration and insurance details in case the vehicle is stolen, so it's a great idea to make an extra copy of these documents, to keep at home.

**Report it!** If you see suspicious people in or around vehicles, call the Calgary Police Service at 266-1234. And if your vehicle is broken into or stolen, report it to police right away, regardless of loss or insurance coverage. Break-ins are rarely isolated — reporting them immediately with as much detail as possible can help police in their investigation.

*Thanks,  
Constable Rich Wall #4160  
District 2*

## MUSINGS OF THE MEADOW



Hi neighbors. A lot happened in our area this past summer. Our community garden was excellent, the veggies produced well, and all the garden enthusiasts enjoyed the harvest. I see where our Hall received a nice new paint job in the main area, it looks fantastic. And the sign is up and running, it is nice to get messages once again. Thanks to everyone for their hard work. Looking back, I recall when the skate change building was our "Hall". Can you believe that? Our board met there, we held social events like the winter carnival, concessions for weekend skating, I taught two babysitting courses, we held a farewell social or two for folks who were leaving our area, and the list goes on. Somehow, looking back helps us to look ahead. I know there are many possibilities in this neighbourhood. Let's just keep working at it. Last February, we hosted a Ukrainian a Night to a sold-out crowd. Is anyone interested to see this type of event again? Or perhaps something similar? Call me at 403-242 6334 and we may be able to get the ball rolling! We need to hear from you. Have a wonderful holiday season, talk to you soon.

And do remember to smell the roses.

*With warm regards,  
Isabell Reznik*

## COMMUNITY ANNOUNCEMENTS

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

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

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



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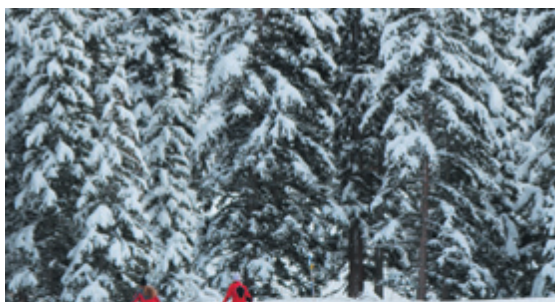
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**Help for those working hard to join the middle class** First, I'd like to invite you to join me at my **Holiday Open House** on Saturday, December 16 from 11 a.m. to 2 p.m. at the Kerby Centre (1133 7 Ave. S.W.). You can RSVP at [www.KentHehrMP.ca](http://www.KentHehrMP.ca).

Second, I'd like to highlight a couple programs that are helping our friends and neighbours to meet their basic needs and re-invest in the local economy. When middle class and low income Calgarians have more money in their pockets, it's quickly used to pay for things like healthy food, skating lessons and warm winter clothes.

#### Canada Child Benefit

Our government is going a step further to help lift children out of poverty, by increasing Canada Child Benefit payments to keep pace with inflation.

- 3.3 million families receive Canada Child Benefit payments, providing \$6,800 on average per family per year.
- 90% of families receive more through the Canada Child Benefit than they did under the previous government's programs.
- For a single parent with two kids making \$35,000, the increase will mean an additional \$560 next year, tax free.

#### Working Income Tax Benefit

By letting low-income workers take home more money while they work, the Working Income Tax Benefit offers real help to Calgarians and encourages more people to join the workforce.

- In 2016, 1.4 million low-income workers received an average of \$785 per year.
- Starting in 2019, we are enhancing the benefit by an additional \$500 million per year.
- For families, the Working Income Tax Benefit and the Canada Child Benefit combine to provide more money to help with the costs of raising a family.

**Get in touch:** To contact me, please email [kent.hehr@parl.gc.ca](mailto:kent.hehr@parl.gc.ca) or call 403-244-1880. You can subscribe to email updates at [www.KentHehrMP.ca/email-updates](http://www.KentHehrMP.ca/email-updates).

## SAFE & SOUND



## Holiday Pet Safety

The holiday season is a joyful time for many who want to include their pets in the festivities by sharing treats from the dinner table and having them be a part of the celebrations. Here are some tips and considerations to keep your pet safe:

#### Food:

- Leftover food that is rich, spicy, or fatty can be hard for pets to digest.
- Many foods are toxic or harmful for pets, including: turkey bones, artificial sweeteners and other baking ingredients, chocolate, and alcohol.
- Secure the lid on your garbage can or put your garbage outside right after the meal.

#### Décor:

- Poinsettias, Christmas cactus, and holly are toxic to cats and dogs.
- Secure your Christmas tree if you have pets that like to climb.
- Hang breakable ornaments higher on your tree.
- With natural trees, make sure pets don't drink the water.
- Shiny tinsel and ribbons are appealing for cats, but if swallowed can cause serious injury or lead to surgery.
- Unplug holiday lights and extension cords prior to leaving your home.
- Don't put candy or chocolates under the tree.

#### Socializing:

- While hosting parties, give your pet a safe and quiet place to retreat.
- Be mindful as guests come and go as it's easy for pets to slip out unnoticed.

It is important to call your veterinarian if you suspect your pet has eaten any toxic foods or substances. For additional pet safety tips, visit [calgary.ca/animalservices](http://calgary.ca/animalservices).



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**Year-End Reflection**

As another year draws to a close, I wanted to share my personal reflection on a year that has brought great change to our province. Many Albertans continue to struggle in a slow economy, and nowhere is that truer than in oil and gas. My team are doing everything we can to help get people back to work, in a job that fits their experience and expertise. Last month we held the latest in our series of job-skills workshops, which you can read about below.

There have also been changes in the Legislature. I want you as my constituents to know as our team expands and changes that everything we do is for the betterment of our province and for the great people here in Calgary-Elbow.

**Networking 101**

Calgary's economy continues to struggle, and unemployment is a real concern for many people I speak with. On November 9th I held a workshop on networking to help provide Calgarians with valuable job search skills. This was the third in a series of workshops I have hosted, and was pleased to hear that those who attended found the information provided to be extremely valuable. I will continue to do what I can to help get Calgarians back to work.

**Holiday Open House**

I would like to invite you to join me for a holiday open house on Tuesday, December 19 from 4pm to 6pm at my constituency office at 205, 5005 Elbow Drive SW. I will be collecting donations for the "Seniors Secret Service" who strive to enhance the quality of life of for individuals 60 years or older who are alone or isolated in the community. If you have any questions, please don't hesitate to contact my office at 403-252-0346 or by email at calgary.elbow@assembly.ab.ca.

With less than two weeks to go in fall session, this has been an especially significant one for me as I had the opportunity to table my first bill: *Bill 211 Assured Income for the Severely Handicapped (Discretionary Trust) Amendment Act, 2017*. I am so grateful to the over 3000 Albertans who signed the Inclusion Alberta petition supporting this bill and the countless families who shared their stories about why Bill 211 is important for their loved ones.

In addition to my private member's bill, the government has also debated (and passed) numerous pieces of legislation this session. Whether it be Bill 19 that protects gas and convenience store workers or Bill 24 that supports students in GSAs in Alberta schools or Bill 20 that will bring fresh water to Indigenous people in the Beaver River Basin, each bill has been designed to make life better for Albertans.

In November, I was happy to share some of the important work being done in Calgary with the Minister of Seniors and Housing, Lori Sigurdson, as well as Child Services Minister, Danielle Larivee. Thank you to the students, staff, and faculty in the Department of Child Studies and Social Work at Mount Royal University for welcoming Minister Larivee and I on campus. It was a pleasure to tour the campus child care centre and the university's innovative Child Development Lab.

Over the next few weeks—and as the holiday season gets into full swing—I look forward to visiting many of your community events. On December 8, I am very excited to attend the Association for the Rehabilitation of the Brain Injured (ARBI) Open House - they always have the best cookies!

As always, if you have questions please contact me at the office and be sure to sign up for my constituency newsletter on Facebook. Wishing you and yours a Merry Christmas and happy, healthy holiday season.



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