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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 Weather Information	511
Gamblers Anonymous	403-237-0654

EDITOR'S CORNER

Happy Canada Day, and happy July!

One thing about being a parent: it helps to remind you of the vast promise and unbridled freedom of the endless summer vacation (at least, it always felt endless in those first few days). In my youth, Canada Day was always the official kick-off marking that final crossover from exams and other end-of-school activities. It was a day of barbecues, hot sun, music, and of course, the fireworks closing out the whole thing just as the light of that long day fades.

What came after is a jumble now, family camping trips mixed in with swim meets, days of riding bikes and skateboards, sprinklers, popsicles and late nights- and lots of time wasted in the best and laziest possible ways.

I assume the experience is a little different for my own kids. Summer camps have replaced the teenage babysitters of my youth, introducing a level of structure and purpose that seems antithetical to the free-for-all I grew up in. Still, I don't think that my kids are worse off for it, and for a working family like ours, it seems like the best way to ensure we are all in a safe, positive environment. It helps that the kids have a healthy enjoyment of their camp activities.

Still, I suspect the part of summer they will cherish most is the part where they get to stay home and do their own thing, without too many rules or schedules. A little freedom goes a long way to sparking creativity and discovery, after all.

What do you think? What is the right mix of structure and freedom for your family? Post your thoughts to the Rutland Park Facebook page this month.

And remember to keep that sunblock close at hand!

Dan

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

YOUR CITY OF CALGARY

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, and some Transit passes are now available on a sliding scale, 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 and Low-Income Seniors Yearly Pass
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.

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.

RutlandPark
COMMUNITY ASSOCIATION

facebook

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.

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 &	Simon Davies - 403 700 9790
Social Committee	Megan Justason social@rutlandparkcommunity.com
Sarcee Meadows Liaison	 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	Patti McMillan (interim) 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 & TRAFFIC REPORT

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

I followed up with MLA Greg Clark with regards to the proposed City Charters. We have concerns that the City is being given addition authority (including over taxation, development, and engagement) while reducing their accountability to stakeholders. In addition, the City continually makes Land Use Bylaw changes that affect communities without seeking input from residents or the community association. The ones that have the most impact on us are those focused on increasing density i.e. through City supported (but not community supported) rezoning, changes to minimum lot width and maximum suite size, changes to contextual building sizes and lot coverage, and blanket rezoning to permit secondary suites, when Rutland Park has restrictive covenants on our lots which form part of our development guidelines. Only 32% of our housing is low density (R-C1 and R-C2). Our development guidelines are focused on maintaining the character and scale of those low-density sections of the community, and on restricting the impact of re-development in our higher density areas. We will continue to push for traffic calming before density is added.

I attended the Ward 11 Workshop on Traffic Safety. While our collision rates are lower than the national average for a city our size, there is still a lot of room for improvement. Higher speeds contribute to greater risk of injury—at 30km/h pedestrians are likely to survive an accident with a vehicle, but at 50km/h, there is less than a 20% chance of survival. Calgary has a Safer Mobility Plan and it can be found at-- calgary.ca/trafficsafety

Residents can report a traffic concern to the police—the more service requests about a particular problem, the more consideration it is given:

http://www.calgary.ca/cps/Pages/Traffic/Traffic-Service-Requests.aspx

I identified Sarcee Road, Richmond Road, the intersection of Richardson Way and 37 St SW, and the intersection of Beny sur Mer and Mary Dover as areas on concern and ongoing frustration with the City, and will follow up with the presenters.

I provided feedback for the final Development Permit application on Valour Circle. Empire will be the developer, and they are looking to build a 52-unit luxury condo building there. Like all of the Empire products, quality and aesthetics are combined into an attractive build. Concerns have been raised about potential massing and shadowing because they are looking to build 4 storeys. In addition, current Currie residents are concerned that the back alley needs to be widened if it is to accommodate 2-way traffic, or the alley will need to be designated as one way.

We continue to have a number of car prowlings in our communities. I discussed this with our CRO, Officer Wall, and he asked that we remind everyone to remove valuables from your vehicles and lock them.

~cont'd on page 9~

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LETTERS TO THE EDITOR

We look forward to receiving your letters. Please let us know if you have suggestions about articles or events. We also welcome any kudos you would like to give to a neighbour.

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.

The Rutland Park Community Association needs volunteers for our casino fundraiser in August. This fundraiser is a major source of support for the RPCA, helping to make possible the many events and activities that the RPCA brings to your community. Volunteers are required for a range of roles, all with one thing in common: no experience is necessary! Please consider supporting us with some of your time so that we can continue to give back to you!

Dates: Thursday, August 17 and Friday, August 18, 2017

Location:
Elbow River Casino

Contact info: Gord Leach
gsleach@telusplanet.net
Phone: 403-249-5900

DEVELOPMENT & TRAFFIC REPORT...cont'd

With baseball season upon us, we see more traffic and parking congestion. Unfortunately, we also see vehicles parked facing the wrong direction on a 2-way street. This creates safety concerns for all pedestrians and young children using our green spaces. It is a ticketable offence, and residents are being asked to call the parking authority if you see it happening. If you happen to be one of the offenders, please park facing the direction of traffic and keep our kids safe.

The City is currently waiving the fees for some land use re-designation applications. Unfortunately, many people may not be aware that Rutland Park has restrictive covenants on all of our R-C1 (and R-C2) lots. Some people may be thinking that this would be a good opportunity to increase the density on their properties by changing the land use. However, our restrictive covenants supersede any land use the City may attach to a property, because they are instruments registered through land titles and attached to the property in perpetuity.

Please be aware that we do NOT support land use re-designation from R-C1 to R-C1s (unless it is of specific benefit to the community) for several reasons. We have restrictive covenants on all of our R-C1 properties. Our R-C1 lots are restricted to one single family residence-- a secondary suite becomes a second residence and thereby contravenes the covenant. We do not support any re-designation which only benefits the owner, as opposed to benefiting the community. In addition, we do not support the removal of these restrictive covenants because they are part of our development guidelines and serve to maintain the character of our community.

Only 12% of the residences in Rutland Park are deemed single family homes, and we already exceed the Municipal Development Plan 60-year goal for density in our community. Twenty eight percent of our properties already permit a suite (R-C2), in case someone is interested in moving within the community to have a suite. The other 60% of residences are all located on higher density properties. Please be respectful of the R-C1 properties in our community and the legally binding restrictive covenant attached to each of them.

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

Kiss D.A. Kook

Lettuce Wraps

Yield: 4 servings
Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes

A copycat recipe that you can easily make in just 20 minutes. And it tastes a million times better too!

Ingredients:
1 tablespoon olive oil
1 pound ground chicken
2 cloves garlic, minced
1 onion, diced
1/4 cup hoisin sauce
2 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon freshly grated ginger
1 tablespoon Sriracha, optional
1 (8-ounce) can whole water chestnuts, drained and diced
2 green onions, thinly sliced
Kosher salt and freshly ground black pepper, to taste
1 head butter lettuce

Directions:
1. Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
2. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha until onions have become translucent, about 1-2 minutes.
3. Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.
4. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

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

Café at Knox

Since about October 2016, every Thursday the doors open at the "Cafe at Knox " from 9 a.m. to noon. I must say that this has been a community success story with the Knox Church, Royal Park Retirement, and Rutland Park providing coffee, tea, and delicious snacks for our guests. Some weeks we even enjoy music and song provided by some very talented entertainers. People have come, made new friendships, and enjoyed themselves. A yoga group meets from 9:30 to 10:30. The cost is only $5.00 per session. Could it get any better?

Please join us- this coffee shop is for everyone: grannies, grandpas, moms, dads, babies, and all residents. We would love to see you there.

Submitted by Isabell Reznik

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Green Cart Tip –
Five Opportunities To Collect Food During Kitchen Clean-Up

As weekly green cart collection is set to start for southwest communities the **week of July 17**, you'll be amazed at the amount of food and yard waste that's accepted in the green cart. Here are five times to remember to include the food from your kitchen clean-up.

Preparing meals: Instead of throwing out vegetable peels, eggshells and other food scraps, add them to your kitchen pail for composting.

Scraping plates: Keep your kitchen pail visible and accessible and encourage everyone at home to help with the clean-up.

Cleaning the fridge of spoiled leftovers: Give a second life to food that has spoiled by emptying it into the kitchen pail for composting.

Leftover grease and sauces: Use a spatula or paper towel to scrape out excess grease. The paper towel is compostable too.

Paper plates and napkins from summer barbeques: If a lot of guests are coming over, line your green cart with a paper yard waste bag and toss the paper plates and napkins inside for a no fuss solution.

Tip: To keep things neat and tidy, line your kitchen pail with a compostable bag or newspaper. You can also give your pail a quick rinse or put it in your dishwasher to clean it out.

For more tips and a complete list of what's accepted in the Green Cart, visit **calgary.ca/greencart**.

I LOVE MY NEIGHBOURHOOD

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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Open Hearts, Open Doors: The Women's Circle at Sarcee Meadows

The Women's Circle at Sarcee Meadows is a model of how to build a welcoming community. Little wonder that their work is getting noticed: this spring, the Women's Circle has been honoured with the CHF Canada (Cooperative Housing Federation) Award for Cooperative Achievement. This prestigious award recognizes the inspiring achievement and legacy of a CHF Canada member.

The Women's Circle came together over a desire to create a sense of community with a focus on friendship, support, and bridging cultural differences. At a time where news headlines seem to reflect a worrisome societal shift toward intolerance and strife, the efforts of the Women's Circle point to a much more optimistic, civil, and welcoming outlook among neighbors. A true grassroots organization established in December 2014 by Community Social Worker Joan Farkas, Roberta Miller (SMHC General Manager), Farha Khan, Shabana Aslam, Meraj Fatima, Slawa Gruszczynska and Kathy Aubichon, the Women's Circle creates opportunities to socialize, celebrate diversity, and build understanding and appreciation for the variety of cultural perspectives and practices of its members.

"It is inspiring and vital when we hear of people and groups who are building bridges instead of barriers. Sarcee Meadows and their Women's Circle is one such community who are doing so," according to Barb Millsap, Director of CHF Canada. "The Women's Circle has made very real and meaningful impacts in the lives of the women involved. Empowering, sense of community, belonging and friendship are just some of the many powerful words that the women of the Circle use to describe their group."

The Women's Circle is affecting lives outside of the Sarcee Meadows community, hosting cultural events and building partnerships with the City of Calgary's Recreation department. One initiative borne of this collaboration is the creation of girls and women-only swims at city pools, providing culturally sensitive opportunities for Muslim women and girls to swim and socialize. These swims epitomize the forward-thinking and welcoming approach of the Women's Circle in their effort to ensure all members of the community feel a sense of belonging.

The CHF Canada Award for Cooperative Achievement is given in honour of Jim MacDonald, a trailblazer who laid the groundwork for Canada's cooperative housing movement. The award is given according to the following criteria:

- Exceptional commitment to the values of the international cooperative movement
- Outstanding achievement in cooperative governance and/or management
- Dedication to social change, community development and/or environmental sustainability
- Significant engagement of young cooperative members or those members from underrepresented groups (diversity), or support of aging in place measures.

To learn more about the Women's Circle at Sarcee Meadows, see the inspiring video created for the CHF Canada Award for Cooperative Achievement here: http://popeyemedia.ca/portfolio/chf-canada-2017-sarcee-meadows

EMS: Heat Related Illness

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

Heat exhaustion

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

Heat stroke

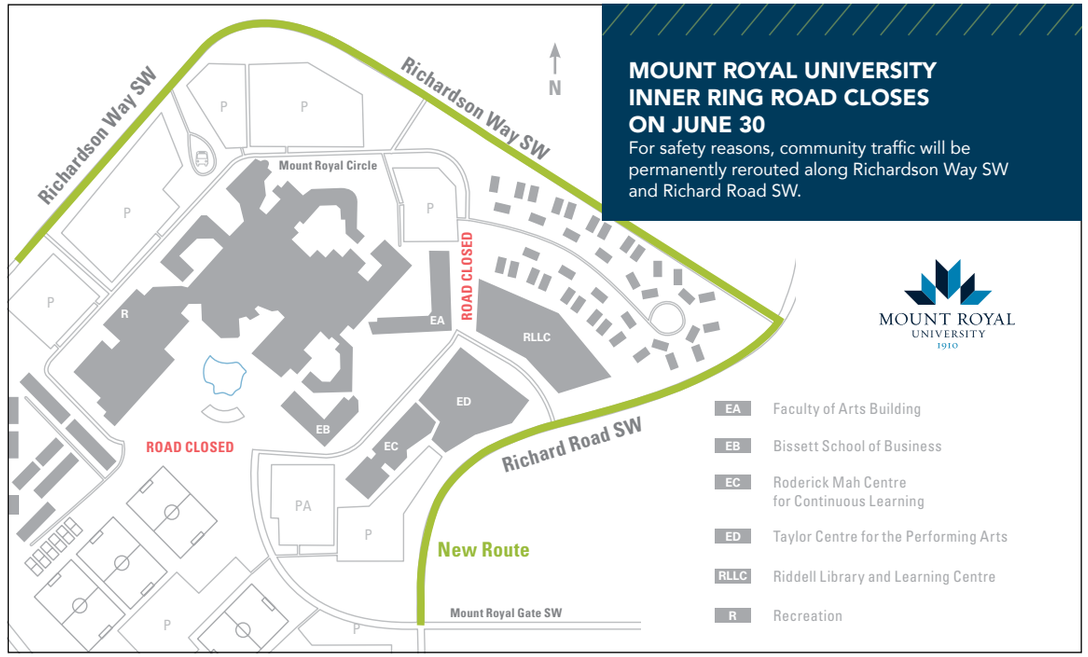
- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear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

First aid

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

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote *de*hydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.



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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.

YARD BUSTERS LANDSCAPING: Weekly lawn mowing $36, power-rake $120, aeration $70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. yardbusterslandscaping.com.

THE GUTTER DOCTOR! We install, fix and clean eavestroughs and downspouts. We also install and fix fascia, soffit, drip-edge, siding, roofing, cladding. Over 20,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. 2017 Consumer's Choice Award Winner. 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.

VOLUNTEERING....
Good for the Soul

MP Calgary Centre
Hon. Kent Hehr
950 6 Ave SW
Calgary, Alberta T2P 1E4
kent.hehr@parl.gc.ca
403-244-1880
www.KentHehrMP.ca

2017 is Canada 150th anniversary, and this July celebrate with friends, family, and the greater community our nation's sesquicentennial!

The 2017 Calgary Stampede | July 7-16th 2017
The Calgary Stampede is more than the greatest outdoor shown on earth - it's our opportunity for the community to come together and celebrate our heritage, traditions, diversity, and civic pride. After all, Calgary is the heart of the new west.

So, take the time, get out, and enjoy! And like every year, the Calgary Stampede has special days on offer so the fun times last longer.

- Parade Day | July 7th free entry from 11 a.m. – 1:30 p.m. Go straight from the Parade to the Park!
- Cenovus Family Day | July 9th free entry 8 a.m. – Noon and the first 20,000 guests get a FREE Breakfast!
- Canada 150 Day | July 11th free all day entry for seniors 65+ plus a free WestJet Skyride!

For all the details and more special Stampede events go to www.calgarystampede.com

Canada 150: Beyond July 1st
Calgary Chinese Cultural Centre Street Festival | July 1- 7
To Celebrate Canada 150, the Calgary Chinese Cultural Centre Street Festival is a new week-long festival of Chinese Culture that will bring Calgarians to the core of their City's Chinatown. This event is open to all Calgarians and offers tours, tea tastings, and street performances. Attendees will make their own Chinese handcrafts and learn about fusions between Chinese and Western medicines.

2017 Discovery Pass | Free admission to Parks Canada – Come visit Canada's parks for free and pick up your pass at www.KentHehrMP.ca/Canada-150

The weather is warming up and camping and hiking season is in full swing. So, grab your free 2017 Discovery Pass that provides you free admission for the entire year to Parks Canada! So, this year's trips to Banff, Lake Louise, and Jasper become that much more affordable for you and your family!

As always, you can contact my office by email or by phone. My door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.

MLA Calgary-Elbow
Greg Clark
Leader - Alberta Party
403 252-0346b
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Alberta Parks Day
Summer is a fantastic time to take advantage of the natural beauty Calgary-Elbow and Alberta have to offer. Our outdoor spaces are world class.

Albertans are invited to celebrate "Parks Day" on July 15th. Provincial parks across Alberta will be hosting a variety of activities from scavenger hunts to sand castle building competitions. Alberta Parks has an extensive list of events on their website. Visit www.AlbertaParks.ca to find out more.

We are fortunate to have Fish Creek Provincial Park located inside our city boundaries and many other parks within a few hours' drive. There are new and exciting programs and activities being offered by Alberta Parks including geocaching and "comfort camping". Did you know:

- More than 12.5 per cent of Alberta is designated as national or provincial parks (8.3 per cent - national parks, 4.2 per cent – provincial parks)
- The Alberta Parks system protects more than 27,600 square km of the province. That's more than four times the size of Prince Edward Island
- There are about 250 campgrounds with nearly 14,000 campsites in the Alberta Parks system

Get out and enjoy!

The Alberta Electoral Boundary Commission
The Alberta Electoral Boundary Commission published their interim report at the end of May. Recommendations for the constituency of Calgary Elbow are as follows:

It is recommended that the boundaries of this electoral division be adjusted to add the neighbourhoods of Lower Mount Royal and Kelvin Grove while moving the community of Rutland Park into Calgary-Currie.

The population would be 50,216, 8% above the provincial average. The level of positive variance in population created is justified, in the view of the majority, by the fact that the future population growth rate is likely to fall below provincial average given the character of this south-central area. As a result, its population levels will likely be at or below provincial average by the time of the next electoral boundaries review.

You can view and comment on the proposed changes by visiting www.abebc.ca. This website also provides information on public hearing taking place in Calgary on July 20th. Please feel free to share your comments with my office at calgary.elbow@assembly.ab.ca.

Have a great summer!

MLA Calgary Currie
Brian Malkinson
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403-246-4794 403-686-1543
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When I worked as mechanic and then later, as a diesel engine salesman, I was lucky to have had positive experiences with each of my employers. But my experience is not everyone's experience. And that is why I am proud of the changes our government is making to ensure that Alberta has fair, modern and family-friendly workplaces that support our growing economy.

One of the bills of this past session was Bill 17 - Fair and Family-friendly Workplaces Act. This brought our Employment Standards Code and Labour Relations Code legislation in line with trends and standards across Canada. These amendments will make life better for Alberta families and protect vulnerable Albertans by, for example, repealing the ability for employers to pay employees with disabilities less than minimum wage. Albertans also had to work for one year before they were able to access compassionate care, maternity and parental leave. That was the longest wait period in Canada. Our government has reduced that period to 90 days like Saskatchewan, Manitoba, Quebec, and Nova Scotia.

Because all Albertans deserve to be treated fairly at work, you are now eligible for new unpaid leaves that would provide up to 36 weeks of job protection for parents with critically ill or injured children. Parents caring for a critically ill child should not have the extra stress of worrying about if they will have a job once they return to work. In addition, 36 weeks of job protected leave applies to those fleeing domestic violence. A new unpaid leave provides up to 10 days of job protection per year for employees addressing a situation of domestic violence. And as we celebrate Canada Day this July first, I am happy that we are providing new Canadians with a half-day leave so they will not lose their job for attending their Canadian citizenship ceremony.

This session also saw the passing of Bill 205 – Advocate for Persons with Disabilities Act – We will be one of three provinces in Canada to have such an advocate. I continued my consultative work on my own bill, The Henson trust. I travelled to Lethbridge in June, and in July I will hold a consultation in Medicine Hat. Thanks to all for your excellent contributions. I look forward to this becoming the law of land in Alberta.

Here in Calgary Currie I recently attended the opening of a newly renovated affordable housing unit in Bankview. This Calgary Housing Company renovation provides 26 households with modern, safe, and affordable housing, and is part of a $1.3 million investment in senior and affordable housing in our riding. In June, I saw many of you at the Lilac Festival and I look forward to seeing many more of you at my Stampede Breakfast at the Glenbrook Community Association on July 9th from 9:00-11:30pm. We will have food with halal options, face painting, music, and even wiener dog racing! I'd love to visit your events too - please contact me at the office, or on Facebook or Twitter @BrianMalkinson.

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OH, CANADA!

Great News Publishing asked Calgary residents what they love about Canada and being Canadian. Thank you to everyone who submitted their answers!

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