

MARCH 2017

DELIVERED MONTHLY TO 3,900 HOUSEHOLDS

THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER



**SPRING IS ON
THE WAY**

Great News Publishing

| Call 403-263-3044 for advertising opportunities

| www.great-news.ca



Clear Water Academy

A CATHOLIC SCHOOL OF INTEGRAL FORMATION

Limited Space in Jr. Kindergarten and Kindergarten for 2017-2018

APPLY TODAY!

Jr. Kindergarten to Grade 12
Information Evening
Wednesday, March 22 at 7:00 p.m.

RSVP: 403-240-7916 or
or register online

clearwateracademy.com



CLIMB
FOR WILDERNESS

SATURDAY, APRIL 22, 2017
THE BOW BUILDING

CLIMB
1188
STAIRS

climbforwilderness.ca

SUPPORTING THE
ALBERTA
WILDERNESS
ASSOCIATION



OPA!
OF GREECE

**KIDS EAT
FREE**



free kids meal
WITH ANY ADULT MEAL

Visit us in Marda Loop
DINE IN • TAKE OUT • CATERING
Bay 101, 2205 - 33 Avenue SW • (587) 483-8253 • opasouvlaki.ca

KIDS 12 YEARS AND UNDER. NO SUBSTITUTIONS. DINE IN ONLY. OFFER VALID AT MARDA LOOP LOCATION.



KidneyMarch

September 8 – 10, 2017
3 Unbelievable Days • 100 KM
From K-Country to Calgary

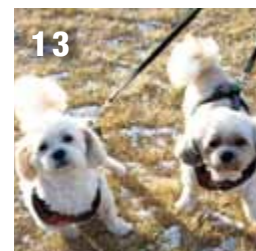
Each day 15 Canadians get the devastating news that their kidneys have failed.
Join us in a movement that is changing the face of kidney disease.



Come to our Expo April 23
kidneymarch.ca
1.866.956.2724

CONTENTS

- 7 EDITOR'S CORNER
- 7 PRESIDENT'S MESSAGE
- 9 DEVELOPMENT AND TRAFFIC REPORT
- 10 SOCIAL REPORT
- 10 TIMBITS SOCCER PROGRAM
- 11 MEET THE NEIGHBOURS:
DIANE TAIT PART 1
- 12 A YOUNG ENTREPRENEUR
- 13 WALKABOUT





RUTLAND PARK COMMUNITY ASSOCIATION

3130 -40 Ave SW | Calgary, AB T3E 6W9
Phone: 403-246-8318 | president@rutlandparkcommunity.com
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.

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

Published by Great News Publishing

Serving Calgary communities for 28 years
91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
Calgary, AB
T2C 2K2

Check out our website:
www.great-news.ca



The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and Rutland Park Community Association.

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	
Gamblers Anonymous	403-237-0654



EDITOR'S CORNER

Rutland Park is home to many young families. It's not hard to tell, just looking at the number of kids taking advantage of our parks and open places all year round. As we all know, Calgary has a lot to offer families. And anyone with kids in swimming or skating lessons knows that getting signed up requires planning ahead- sometimes by several months. Even though it's only March, many families have already started thinking ahead to the summer months, when kids are out of school. For working families, July and August can present a big challenge for child care. For those considering summer camps, it's not a moment too soon to sign up.

For Rutland Park residents, Mount Royal University offers fantastic day camps that are practically on our doorsteps. A variety of camp themes are available, and kids can experience something new each week all summer long.

Northbound up Crowchild Trail, the University of Calgary, SAIT and Vecova all offer day camps, again with several themes for kids of various ages. And for an outdoor summer camp experience, look to the YMCA's Camp Chief Hector out in the Kananaskis.

Information for all of these programs can be found online. Once you start looking, you will also find that the City of Calgary offers summer programs, alongside many other organizations in the Calgary area. The most important thing to remember is that registration moves fast: camps fill up quickly, so don't hesitate!

But you already knew that.

Happy St. Patrick's Day to everyone in Rutland Park!

Dan Ferguson, Newsletter Editor
therpcanewsletter@gmail.com

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.



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

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

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.



Name	Age	Contact	Course
Kiera	14	403-922-6067	Yes
Lauren	14	403-975-7197	Yes
Sam	16	403-287-3740	Yes
Samantha	16	403-287-3740	Yes
Chiara	17	587-585-5652	Yes
Elaura	19	403-471-5051	Yes
Ashley	21	587-215-1365	No
Aly	24	403-797-4793	Yes
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.

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 Megan Justason social@rutlandparkcommunity.com
Sarcee Meadows Liaison	Randy Senft sarceemeadows@rutlandparkcommunity.com
Recreation Coordinator	Gord Leach recreation@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 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

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 emailed our new Minister of Municipal Affairs to make sure that he was aware of the concerns we have with regards to the recently proposed City Charter for Calgary; we want to make sure that community associations are considered as stakeholders, and that the City does not get increased taxation ability without increased accountability to taxpayers.

I met with our MP, Kent Hehr, to ask him to intervene with Canada Lands (as it is a federal corporation) to ensure that CLC provides community use space as part of the Currie Barracks development; Currie will likely have their own home owners' association at some point and will require meeting and program space for 15000 plus residents that will call Currie their home

I followed up with the Statesman Group to make sure that they will be following the highest standard of asbestos remediation as they develop the Officers' Mess. (Building code changes with regards to asbestos will likely be in place by 2018.)

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

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.

WESTVIEW PARC REPORT

I had a conversation with a neighbour recently, she said she has a child going into grade 2 that is experiencing difficulty with delayed speech holding her child back, when this same child has been accelerating in other areas, the medical professionals and schools advice is to wait and see, but I can empathize with the mother's concern that her child may become frustrated with school and become withdrawn in learning.

Most of the after-school programs, tend to be very expensive at over \$40 per hour and for a single mother, this is out of reach financially.

If anyone knows of affordable speech therapy or parental support programs for children in this age group please contact me at westviewparcliaison@rutlandparkcommunity.com, so I can pass this information on.

Any help would be very much appreciated.

Westview Parc Liaison
Craig Marceau

BYLAW REPORT

Just a 'heads up' to those people with tent trailers, campers, and holiday trailers parked on the front of their property. According to Bylaw IP2007 of the City of Calgary, this is not allowed. You might want to move them before someone complains.

CURRIE BARACKS REPORT

We are still looking for a person from Currie Barracks to step forward and be the liaison for CB. Patti did a great job in establishing communications with the whole community and has now stepped up to be our treasurer. Thank you, Patti.

If you are interested in filling this position please contact Leanne or phone the community phone line at 587 356-3321.



SOCIAL REPORT

Hello again Friends and Neighbours,

Hope this finds everyone happy and well. Thank you to everyone who came out for our Annual Chilli Cookoff as well as a HUGE thank-you to the amazing entries - it was an amazing afternoon. The competition was fierce and entries were very tasty. Here are our winners for 2017

- Best Presentation - Uilliam and Abygael Justason
- Spiciest Entry – Agata Golachowska
- Vegetarian - Shirley Williams
- Best over all – Agata Golachowska

Better get your thinking caps on for next year, as the competition is stiff and will only get tighter.

In light of the St Patrick's Day, we here at the RPCA are proud to invite you all to this Month's event:

- St Patrick's Name that Tune Saturday March 18. Doors open at 7:00 with entertainment to start at 7:30. \$5.00 at the door. This is Adult only event but there will be Pay-by-donation babysitting in the lower hall from 7:00 to midnight. There will be a cash bar, a potato bar and snacks. So bring your wits, some friends and a bit of green as it is sure to be a fantastic evening.
- Looking for a Bunny? Fancy a chocolate or two? Then please come and join us for an Easter Hunt on the morning of April 9th. Stay tuned for more details.

Thank you as always everyone and hope to see you at an upcoming RPCA event.

If you have a great idea or some time you would like to give, please feel free to reach directly to social@rutlandparkcommunity.com

Megan Justason, Social Director



It's not about a bunny! It's about The Lamb
 "Behold the Lamb of God, who takes away the sin of the world!" (John 1:29)

Wednesday Lenten Services at 7pm
 March 1- April 5 2017

Maundy Thursday Service at 7pm
 April 13 2017

Good Friday Service at 10am
 April 14 2017

Easter Sunday Celebration at 11am
 April 16 2017

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



Timbits Soccer Program

This is a parented, assisted program for children aged 4 to 8 years. U4 – U6 play in the park by the Glengarry Community Hall, U6 – U8 play at the Richmond School. We play in May and June Saturday mornings between 10 and 11AM. There will be a wrap up party for players and siblings on the Final Saturday.

The program is open to families with a current Community Association membership for the primary benefit of Killarney Glengarry, Richmond Knob Hill, Bankview and Rutland Park/ Currie Barracks.

The cost is \$40.00 per child plus membership.

Registration will be announced on Community association Facebook pages and websites and can be expected to open on February 15th on www.richmondknobhill.ca

For more information contact communications@richmondknobhill.ca

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



Meet the Neighbours Diane Tait Part one

Hello once again fellow readers and community members. Recently, I sat down with Diane Tait, a long time resident of our community. She and her family have lived in Sarcee Meadows for over 33 years. I first met the family when the community had a "welcome wagon" in place for new residents. My, how the years have gone!

So, here is her story- enjoy!

"My husband and I came from a very small town named Dalhousie, N.B. We moved to Calgary in 1981, and lived with family for a short while. It was not too long when we learned that the waiting list for Sarcee Meadows was opening. In those days one had to sort of camp out, hoping they would make the list. I was even interviewed by CTV, and was in the news the next morning.

"We waited for 1 and a half years before we could move in. I must say that it has been a wonderful 33 years living in this great community of Rutland Park. Our two children grew up here, and in fact our son and his wife

live in the co-operative along with our three wonderful grand daughters."

I asked Diane about a new passion of hers: stained glass. After a visit to a family member in New Brunswick, she fell in love with the art of stained glass. After a chance meeting with a local stained glass artist, she signed up for lessons, and the rest was history. Diane tells me that the first piece she worked on was a "sun and window." It represents the Alberta energy sources- sun, oil, coal, water, windmills, wheat and mountains. Wow!!

One of Diane's other favourites is yet another window panel, which hangs in her son's home. Last year, she also donated a beautiful piece to Sarcee Meadows representing their logo. You will see it displayed in their head office if you happen to stop by.

Well readers, this is part one of my interview. Next month read her thoughts about community associations, their connections to all of us, and her wish for our community in the future. Diane, it has been great talking to you. And to all my friends: remember, do take time to smell the roses.

Your roving reporter,
Isabell Reznik

RBC Dominion Securities Inc.



LOOKING TO BUILD & RETAIN A PRODUCTIVE, MOTIVATED WORKFORCE?

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

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

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



There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_03019_000_011



A Young Entrepreneur

Anna Doruch is turning her passion for animal care into a business. Anna came up with the idea for a pet care business after babysitting her neighbour's cat. She was pleasantly surprised when she received \$20 for her services, and she realized she could extend her services to others while doing something she really enjoys.

Anna has been an animal lover as long as she can remember, and takes care of her family's two fish and three dogs. She also has experience caring for gerbils, having looked after her school's pair. Her parents have a lot of faith in her business, knowing that she is kind, gentle and determined.

Anna is taking a professional approach to her pet care service, which includes care for cats, gerbils, guinea pigs and hamsters. She has references on file, and with the support of her parents, is ready to help out Rutland Park pet owners in need.

If you want to find out more about Pet Care by Anna, call 403-457-0692.



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.

Coordinators are needed for:

- Advertisement and flyer delivery
- Recycling Services – booking partners
- Good Neighbors – coordinating senior pick ups
- Volunteer coordinator
- Arranging food for volunteers
- Set up/take down crew

Please contact Sue Helland 403-249-5900 if you are able to take on a role in organizing this wonderful event. Training is provided.

WalkAbout



"Well, Teangi, we made it through another winter and spring is on its way."

"Yes, Maikai, but remember March is a time for those big dumps of wet snow?"

"That's okay because soon the people will all be dreaming about their gardens and barbeques."

"Speaking of gardens, it is also time to start planning how to save money and grow your own food even if you don't have a real garden."

"How's that?"

"Well, you plant things like carrots, beets and Swiss chard amongst your flowers. Their leaves fill in spaces between your flowers and they are edible. If you plant Swiss chard, remember to buy the Northern Lights variety because they have yellow, red, and green foliage. Potatoes are great to plant as well and they put lots of nitrogen into the soil."

"It would be good to find a neighbour to share the seed packets with so you can save even more money."

"March is also a good time to start cleaning up behind your back fence. It is amazing how many people think that out of sight is out of mind!!"

"Yeah, other people have to look at it and it is against the by-law to put garbage there. The plus side of having a clean alley is that it deters crime. Criminals are wary of clean alleys because it means people care and are alert. With the coming of that 3rd recycling bin we will find the alleys packed enough without having to deal with junk!"

"Speaking of green bins, Gayle is still trying to figure how to pick up our 'poop.' She usually uses a biodegradable bag but cannot figure out how to use a compostable bag which is fine for hardened poop but fresh stuff is a 'no-go'. If any of our readers have figured out how to do this, please contact her. Remember when we were in Fredericton, New Brunswick? She had to pick our 'stuff' up with a Kleenex and then when we returned to the house she had to flush it down the toilet!!!"

"Enough of this talk, let's end with kudos."

Kudos in our communities:

To JASON on the corner of Sarcee Road and 32nd Avenue who bought the wreck of a house and turned it into a wonderful, appealing house. Jason put in lots of hard work, with a belief in keeping with the bungalow theme of our community and getting rid of an eyesore. WELCOME to the neighbourhood, Jason.

To SUE HELLAND for not stepping down this year from the community clean-up and leaving us in the lurch. Now let's all give her our support.

To GREG WINNIKI and GORD LEACH and their crew for keeping our rink ice in great shape for our skaters and hockey players.

To CLINTON for herding Teangi back home when she escaped from a gate left open by a visitor.

To LEANNE ELLIS for using her truck to pick up neighbour's discarded Christmas trees and another neighbour's loose spruce limbs and taking them to the drop off site.

We are waiting to hear other kudos from our residents. Come on, it only takes a minute of your time to recognize a kindness.

We have so many neighbours helping each other out and we would like to acknowledge them. We can only to that with your input, so please send us a note to gaylefields@shaw.ca.

We are also still looking for photos of RPCA furry friends so send them in.

Community Clean Up Save the Date!

The RPCA and the City of Calgary Community Clean Up takes place **Saturday June 3rd, 2017.**

More information will be shared closer to the date.

We need your help

We are looking for people to help coordinate this event. Most of the work is set from previous years.

MEMBERSHIP REPORT

Membership Rates

Family 1 Year = \$15
 Family 3 Year = \$36
 Single/Senior 1 Year = \$5
 Single/Senior 3 Year = \$12

Membership Rates—Memberships cover a period from October 1 to September 30 of the following year

The **1 Year Family membership fee is only \$15.00** which works out to \$1.25/month, and that is less than a cup of coffee these days. Buying a membership does not mean that you have to be an active participant, but it certainly indicates to the various levels of government that you support the projects and advocacy taken on by the RPCA Board on behalf of the communities which form our community association.

Please consider becoming a member. You can **sign up using the form below**, or you can contact **Shirley Williams at 403-240- 4777** to register (and/or make payment if you are not paying online with PayPal or your credit card).

These reasons are all familiar to the Board of Directors, but it's important to understand how your membership helps out the whole community. Here are a few examples of what we achieved over the past 12 months:

Events and Activities

2015 Hallowe'en Party RPCA Hall (Oct '15)
 Ukrainian Cultural Celebration (Meal & Entertainment) (Nov '15)
 RPCA Kids Christmas Party (Dec '15)
 Christmas Wish Tree for Children & Youth (Dec '15)
 Volunteer Appreciation & Celebration of 2015 Volunteer (Leanne Ellis) (Jan '16)
 Resiliency Project Workshop in collaboration with Knox Presbyterian (non-denominational) (Feb '16)
 Seniors' Fitness (Fall & Winter sessions)
 Family Movie Night (Partner & Sponsor DDRC)(Sept '16)
 Billie & Cheer Chili Cook-off (Feb '16)

Parents & Tots (Mondays (9:30-11:30 am)
 St.Paddy's Pub Night & Name That Tune (Mar '16)
 Easter Egg Hunt (Mar '16)
 Parade of Garage Sales & Sarcee Meadows Sidewalk Sale (June '16)
 Spring Clean-Up (June '16)
 Website Improvements & Updates (ongoing)
 Show & Shine Antique Car Show (partnering of Royal On-line Membership application & payment
 Park Retirement Residence & RPCA) (Aug '16)
 Trial Concession at the Skate Shack (Drinks & Snacks)

On-going advocacy regarding:

Currie Barracks: ongoing development reviews with Canada Lands, parking restrictions and development site safety
 Rutland Park: Land use, Major Renovations & New Builds
 All RPCA Communities: Traffic & Pedestrian Safety
 Skate Shack Expansion & Upgrades (ongoing)
 Community Garden (second year of Operation)
 Little Free Library established in the Community Garden
 Website Improvements & Updates (ongoing)
 On-line Membership application & payment
 Representation at City of Calgary Projects that Impact RPCA communities with comprehensive Reports back to RPCA via monthly updates in THE POST and on the Website under Traffic Development
 RPCA volunteers raise funds for RPCA
 Projects by volunteering two nights at an Assigned Calgary Casino (Jan '16)
 The Post delivered to your home the first of The month & on this RPCA website
 The RPCA Board hopes you will deem these efforts worthy of your support through MEMBERSHIP.
 If you want to help with the membership committee please contact me at:
 403-240-4777. Volunteers are needed from all three communities – Lincoln Park, Currie and Rutland Park.
 Shirley Williams



RPCA Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$641,000	\$602,500
December 2016	\$739,900	\$720,000
November 2016	\$569,900	\$555,000
October 2016	\$0	\$0
September 2016	\$695,000	\$695,000
August 2016	\$719,900	\$705,000
July 2016	\$0	\$0
June 2016	\$874,900	\$835,000
May 2016	\$799,800	\$775,000
April 2016	\$399,900	\$387,075
March 2016	\$0	\$0
February 2016	\$519,000	\$521,000

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$295,000	\$290,000
December 2016	\$259,900	\$235,000
November 2016	\$255,000	\$245,000
October 2016	\$174,900	\$170,000
September 2016	\$342,400	\$332,500
August 2016	\$324,988	\$313,000
July 2016	\$334,900	\$326,000
June 2016	\$309,900	\$305,000
May 2016	\$289,450	\$280,000
April 2016	\$308,900	\$298,000
March 2016	\$325,000	\$295,000
February 2016	\$254,950	\$248,000

To view more detailed information that comprise the above MLS averages please visit rutland.great-news.ca, lincoln_park.great-news.ca or currie_barracks.great-news.ca

Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2017	\$859,900	\$816,500
December 2016	\$0	\$0
November 2016	\$0	\$0
October 2016	\$1,119,000	\$999,999
September 2016	\$0	\$0
August 2016	\$949,800	\$935,000
July 2016	\$0	\$0
June 2016	\$1,138,888	\$1,045,000
May 2016	\$839,000	\$830,000
April 2016	\$989,000	\$961,000
March 2016	\$0	\$0
February 2016	\$0	\$0

MARCH MOON CALENDAR

First Quarter
March 5

Full Moon
March 12

Last Quarter
March 20

New Moon
March 27

EVERY WEEKEND UNTIL EASTER, THE GREAT LEGENDARY EASTER EGG HUNT – BUTTERFIELD ACRES

The hunt begins in the barn while listening to the Legend of the Easter Bunny, once you hear what the Easter Bunny needs each of the children to do, it's off with your baskets to do his bidding and find your goodies. Butterfield Acres boasts a real farm atmosphere and petting zoo that Calgarians have enjoyed for many years. Highly recommended for children 6 and under. Book in advance. More info: www.butterfieldacres.com



APRIL 8-9, 2017 KITTIES N' BLOOMS CAT SHOW – SHOULDICE ARENA

The 2017 Kitties 'N Blooms annual cat show will be presented by the Calgary Cat Association again this year. From rex to Persian there are cats of every fancy at this show. Judges from around the continent show off the entrants and award ribbons for various categories. Vendors will also be in attendance to sell various cat paraphernalia. More info: www.calgarycatshow.com



APRIL 23, CALGARY JAZZ ORCHESTRA PRESENTS THE MUSIC OF BENNY GOODMAN & SUITE JUBILATION CD RELEASE – RIVER PARK CHURCH

The Calgary Jazz Orchestra, Johnny Summers, and the NWSO are back to bring you Suite Jubilation; a remarkable 11-movement suite composed for full jazz orchestra and choir by Johnny Summers. This popular Canadian composition sparked a recording project to share this music with everyone. Adults \$30 door/\$25 advance, Students \$20 door/\$15 advance. More info: www.calgaryjazzorchestra.com



APRIL APRIL APRIL APRIL APRIL

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- ♦ **April 1, MAKEFASHION 5.0 - Telus Spark Science Centre**
MakeFashion is a world renowned fashion-tech show featuring designs debuted by international wearable technology designers from across the globe. From animated ties that display the wearer's favourite patterns, to dresses that read brainwaves and playback dreams, MakeFashion designers are inspired by fashion with high-tech functionality. More info: www.sparkscience.ca
- ♦ **April 7-9, Make it! The Handmade Revolution (craft show) – Big Four Building.** Since 2008, Make It has grown to become one of the most popular and well-attended craft fairs in Canada. Each year, more and more conscious shoppers buy from our "Makies," which in turn allows them to do the work they love. The event will feature over 175 "Makies," food trucks, a charitable silent auction, live music and a beer gardens. More info: www.makeitshow.ca
- ♦ **April 17-23, Calgary Underground Film Festival – various venues.** Founded in 2003, CUFF is a not-for-profit organization dedicated to programming films that defy convention. Actively looking to showcase titles in all genres, from horror, sci-fi and fantasy to comedies, thrillers and music-related films; you never know what you will encounter at CUFF and that's half the fun. More info: www.calgaryundergroundfilm.org
- ♦ **April 18-May 7, Calgary Perform Arts Festival (formerly Kiwanis Festival) – Mount Royal University**
In 1931, a small group of eager musicians decided to take their love of music to the next level by creating the Calgary Music Festival and today, as CPAF, it is one of the largest amateur competitive festivals in North America. Featuring piano, string, vocal, musical theatre and much more, this festival has a gem for everyone. More info: www.cpafestival.ca
- ♦ **April 20, LOVE HER presented by Ovarian Cancer Canada – Hotel Arts.** LOVE HER is back, bigger than ever and celebrating with an evening of fashion, comedy, cocktails, music and exciting live and silent auctions. Founded in 1997, Ovarian Cancer Canada supports women and their families living with the disease by raising awareness among the general public and health care professionals. More info: www.ovariancanada.org
- ♦ **April 21-22, The 2017 Dairy Classic Championship Show – Stampede Grounds**
This dairy cattle show is held in the Agriculture Barns and is offering the Youth Judging Clinic in addition to the breed shows once again this year; the Jersey Show on Friday, April 21, 2017 and the Holstein Show on Saturday, April 22, 2017. Admission for all of the events is complimentary. More info: www.ag.calgarystampede.com



Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the con-

cept was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12th this month, like it or not.

EMS – Burns and Scalds

Alberta Health Services, EMS continue to respond to emergencies each year where a young child has sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stoves), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1



Explore nonfiction books with your child and discover . . . anything and everything!

Children love to read about real people, places, and events. Nonfiction books present real information in engaging and interesting ways. However, most children read a lot more fiction than nonfiction, so spend some extra time helping your reader learn how to navigate a nonfiction book.

Nonfiction books do not have to be read from cover to cover. Readers can use the table of contents and index to jump right to the information they are most interested in.

As natural learners, young readers are drawn to books that give information about something or explain something they've always wondered about. With a little help and guidance about 'how-to' read nonfiction, you can feel good about introducing your child to a new world of information and great new vocabulary words.

Explore these nonfiction books or ask your school or public librarian for other suggestions:

First Human Body Encyclopedia by DK Publishing

This beginner's encyclopedia shows what's inside the human body and how things fit and work together — through fascinating facts and close-up photographs. (Age 6 and up)

Frogs by Nic Bishop

Stunning color photographs of frogs as well interesting and quirky facts show how these beautiful, creatures survive in the wild. (Age 4-8)

Our Solar System by Seymour Simon

This beginner's guide to our solar system is filled with facts, engaging text, diagrams and charts, maps, and remarkable photographs. (Age 6-9)

With thanks to Reading Rockets

*Calgary Reads helps children learn to read with confidence and joy. Help further our work by supporting our annual fundraiser, the **CBC Calgary Reads Big Book Sale** happening **May 12-14, 2017 at the Calgary Curling Club**. Please donate used books for our sale starting Monday April 17 to Friday April 28 at the Calgary Food Bank and Tuesday May 2 to Sunday May 7 at the Calgary Curling Club. For full details of where and when and what we can accept, visit: calgaryreads.com*



The Indoor Gardener

by Cindy DeJager

Fancy Ferns

I love, love, love ferns!

Ferns thrive in medium filtered light to low light and require humidity, but with a little bit of effort you can successfully nurture these beautiful plants. A few important tips to get you started: pot your fern in a plastic container rather than clay because the plastic will retain moisture. Choose a peat moss laden soil mixture with lots of organic matter in it. Choose north facing light for your fern.

Here are some ferns that can be found in most garden centres:

Crocodile Fern

Microsorium musifolium 'Crocodyllus'

Medium to bright light and high humidity
May grow 4 feet tall and wide.

Lemon Button Fern

Nephrolepis cordifolia 'Lemon Button'

Medium to bright light and high humidity
May grow 3 feet tall and 4 feet wide.

Maidenhair Fern

Adiantum raddianum 'Fritz Luth'

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Rabbit's Foot

Humata tyermanii

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Staghorn Fern

FYI: Staghorns don't need to be grown in soil so you often see them mounted and grown on walls or posts.

Platycerium bifurcatum

Medium to bright light and high humidity
May grow 6 feet tall and wide.

Bird's Nest Fern

Asplenium nidus

Medium to bright light and high humidity
May grow 5 feet tall and wide (but usually 1-2 feet indoors).

Silver Brake Fern

Pteris cretica 'Mayi'

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Kangaroo Paw Fern

Microsorium diversifolium

Medium to bright light and high humidity
May grow 2 feet tall and wide.

Boston Fern

Most common indoor fern.

Nephrolepis exaltata 'Fluffy Ruffles'

Medium to bright light and high humidity
May grow 7 feet tall and wide (but usually 2-3 feet tall and wide indoors).

Off the Menu

In Kentucky, it is illegal to carry an ice cream cone in your back pocket





CALGARY

WILDLIFE

The Gray Partridge

Article by J.G. Turner

Photo by Daniel Arndt (no changes made from <https://www.flickr.com/photos/ubermoogle/18050433104/>)

The Gray Partridge, also known as the Hungarian Partridge, was introduced into Alberta when 70 pairs were imported from Hungary and released in 1908 near Midnapore. The smallest of Alberta's game birds, the Hungarian Partridge has an average length of 12 in./32 cm, a wingspan of 21 in./54.5 cm wingspan, and a weight of 15.6 oz./435 grams. Its neck and tail are short, its body is stout and its wings are short and rounded. This bird lives up to its name with grey legs and a grey bill as well a dark u-shaped patch on its belly, a rusty face and chestnut bars on its flanks. This game bird is the only partridge whose breast is decorated with fine wavy lines (vermiculated) of black, white and brown. A reddish brown tail and unmarked, chestnut outer wing feathers can be seen in flight.

Fun Facts:

- Originally found in Europe and Asia, this game bird was brought to live on flat agricultural land in southern British Columbia, south central Saskatchewan and Alberta.
- The Gray Partridge lives in grassland and parkland regions of Alberta but there is also a separated population in the Peace River area.
- Its habitat is open grassland, farmland and grain fields, which have an adjacent area of woody cover for hiding in. It prefers to live on the border between scrubland and areas of cultivation.
- Although this bird can fly, it prefers to spend most of its time on the ground foraging for seeds.
- The Hungarian Partridge is a ground nesting bird, creating a grass lined nest hollow in long grass or under a bush.
- The hen produces some of the largest clutches of any bird species, averaging 16-18 and can lay up to 22 eggs at one time!

- Prior to courting, males engage in prolonged battles to establish breeding territories.
- When it is flushed, it explodes from cover with a clatter of wings and rapid cackle, taking a low and fast flight path to new cover.

If you find an injured or orphaned Gray Partridge or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or look at the website at www.calgary-wildlife.org for more information.



Book Discussion Groups

Our NEW Book Discussion Groups happen at every community library and feature new books and topics every month. No need to register—just drop in and travel the world of ideas with your neighbours! Visit worldofideas.ca for details.

Bill's Book Café with David Ward

Take in *Bill's Book Café* with Library CEO Bill Ptacek and CKUA's David Ward. It's guaranteed to be a lively discussion of *Chronicles: Volume One* by Bob Dylan. Memorial Park Library
March 21 | 7:00 pm

Download and Enjoy:

Music, Magazines, and Film
Want to download or stream free music, magazines, and films from the Library, but not sure where to begin? Learn how to access our ever-growing collection on your device using Zinio, Hoopla, Flipster, and Freegal.
To register, visit calgarylibrary.ca.

Free Online Courses

Learn online with Lynda.com, an on-demand online learning service with 4000+ videos, featuring technology, design, professional development courses, music lessons and more—all for FREE with your Library card!

REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

I heard that if someone calls themselves a “contractor,” they don’t need to have a licence to provide property management services. Is that true?

No, that's not true. The truth is it doesn't matter what a person calls themselves. If they are providing property management services and they are not the owner of the property or an employee of the owner, they require a licence from the Real Estate Council of Alberta (RECA).

The *Real Estate Act*, which RECA administers, defines property management as:

1. leasing, negotiating, approving or offering to lease, negotiate or approve a lease or rental of real estate;
2. collecting or offering or attempting to collect money payable for the use of real estate;
3. holding money received in connection with a lease or rental of real estate; and
4. advertising, negotiating or any other act, directly or indirectly for the purpose of furthering the activities described in items 1-3.

Licensed property managers can find suitable tenants, deal with nuisance tenants, draft lease agreements, and regularly inspect and maintain property on behalf of a property owner. It is up to property managers and the property owners to negotiate the specific tasks the property manager will provide, but ultimately, before providing property management services, the property manager needs a licence.

Property manager licensing provides vital protection for property owners. Individuals must complete comprehensive education before becoming licensed as a

property manager, they must also provide a Certified Criminal Record Check to RECA prior to receiving a licence, and there are ongoing education requirements.

If a property owner is working with a licensed property manager, they have the added protection of the Consumer Compensation Fund. The Fund compensates consumers who suffer a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member in connection with a real estate trade, mortgage deal, or property management services.

If you work with an unlicensed property manager, and the property manager disappears and takes rental payments or damage deposits with them, your only recourse is through the courts.

As a property owner, you're not required to hire someone to manage your rental or investment property, but if you do, take steps to protect yourself. Ensure that the company and individual you hire are licensed to provide property management services in Alberta. You can check if someone is licensed through RECA's website at www.reca.ca.

“Ask Charles” is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Saint Patrick

Saint Patrick (Latin: *Patricius*; Irish: *Pádraig*) was a fifth-century Romano-British Christian missionary and bishop in Ireland. Known as the "Apostle of Ireland", he is the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. He is also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal-to-apostles and the Enlightener of Ireland.

The dates of Patrick's life cannot be fixed with certainty but there is broad agreement that he was active as a missionary in Ireland during the second half of the fifth century. Early medieval tradition credits him with being the first bishop of Armagh and Primate of Ireland, and they regard him as the founder of Christianity in Ireland, converting a society practising a form of Celtic polytheism. He has been generally so regarded ever since, despite evidence of some earlier Christian presence in Ireland.

According to the *Confessio* of Patrick, when he was about 16, he was captured by Irish pirates from his home in Great Britain, and taken as a slave to Ireland, looking after animals, where he lived for six years before escaping and returning to his family. After becoming a cleric, he returned to northern and western Ireland. In later life, he served as a bishop, but little is known about the places where he worked. By the seventh century, he had already come to be revered as the patron saint of Ireland.

Saint Patrick's Day is observed on 17 March, the supposed date of his death. It is celebrated inside and outside Ireland as a religious and cultural holiday. In the dioceses of Ireland, it is both a solemnity and a holy day of obligation; it is also a celebration of Ireland itself.

https://en.wikipedia.org/wiki/Saint_Patrick

CCSD BOARD OF TRUSTEES

Website: www.ccsd.ab.ca/board-of-trustees • Email: trustees@ccsd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

Our Calgary Catholic School District (CCSD) Board of Trustees, along with our senior administration, have identified four key priorities for the 2016-2017 school year: Faith Formation, Academic Excellence, Student Wellness and Success for our First Nations, Métis and Inuit (FNMI) students.

We recognize the provincial direction around eliminating the achievement gap for our FNMI students and our district has worked in an authentic partnership with our broader community, and in particular, with our Elders and Indigenous communities, to create learning opportunities that are responsive to this mandate.

While we are inspired by the success of all of our students across the district, the success that our FNMI students have seen in many facets of their education is exciting. In reviewing our Accountability Pillar data, we celebrate the fact that our FNMI students exceed the provincial average relative to diploma success, high school completion, Rutherford Scholarship eligibility and transition to post-secondary education.

Our FNMI team has crafted strategies that create opportunities for success not only for our FNMI students, but for our student community as a whole. The creation of resources for students on treaties and the residential school experience, the creation and expansion of Aboriginal Studies programming throughout all of our high schools, liaising with post-secondary institutions and assisting with scholarship applications has all facilitated success. By their efforts in also creating relevant professional development opportunities for staff, our FNMI team has been integral to the creation of positive learning outcomes throughout our district. We are deeply appreciative of their work.

The authentic involvement of, and collaboration with, our broader Indigenous communities have also been pivotal to the success of our students. In November 2016, the Alberta School Boards Association recognized this work and awarded CCSD the Premier's Award for School Board Innovation and Excellence, which awards school boards for their role in launching innovative programs and initiatives that enhance student achievement. While we are pleased to have been recognized for our work through this award; we are even more proud of our students and staff who have made this possible.



Maximize your RRSP today and reap the rewards!

by Janine Rea, BA Economics

There are a number of strategies to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

1. Remember, taking full advantage of your unused RRSP contribution room could help to build your portfolio.
2. Understand how much contribution room you have. Move money into your RRSP sooner rather than later.
3. Work your RRSP contribution into your monthly budget.

OVERVIEW

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their registered retirement savings plan (RRSP). If your annual income tax assessment includes a notice from the Canada Revenue

Agency (CRA) that details how much unused contribution room you have left in your RRSP from previous years, the time to act is now.

For example, contributing \$10,000 into an RRSP that generates a 6% return, compounded annually could turn into \$57,435 over the span of just 30 years. Plus, contributing the full amount creates a larger income tax deduction that could result in a significant tax refund.

KNOW YOUR LIMITS

It's important to know how much contribution room you have, prior to sitting down with us to discuss your RRSP strategy. Each year, the CRA identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. CRA's website can also provide that information.

INVEST SMART

It may be to your benefit to move money you currently have in savings accounts or other investments into your RRSP sooner, rather than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill – but it also allows you to maximize growth inside your RRSP, without generating immediate taxable income. It's important to remember that interest earned on savings accounts and both realized and unrealized capital gains on non-registered investments, will be taxed prior to when they are moved into your RRSP. You can also withdraw from a tax-free savings account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are added to the available TFSA contribution room for the following year.

INVEST REGULARLY

Consider working your RRSP contribution into your budget. Our monthly investment plan automatically deducts a specified amount from your savings or chequing account on a regular basis, and invests it into funds held inside your RRSP. Monthly investment plans can be customized to work best for you. We will work with you to help determine the appropriate dollar amount and frequency.

CONSIDER THE BENEFITS OF BORROWING

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year, and tax-deferred potential growth for many years to come. Using this strategy can make it beneficial to borrow for a short period to maximize your plan. ** As your Consultant, I can help you determine whether a loan fits into your plan by looking at the following factors:

- Your age: The impact of compound growth increases depending on the time that money is invested. While borrowing to invest may have more impact at a younger age, I can prepare an illustration that shows it's never too late to save for your retirement.
- Your ability to repay: We would never recommend that you borrow more than you could possibly repay, because it could make it difficult to save for next year's RRSP contribution. Together, we will create the right plan to make sure you can pay off the balance of your loan quickly and then start a regular investment plan to automatically take care of future RRSP contributions. In addition, contributing to an RRSP generates an income tax deduction that may result in a significant tax refund that could be used to help paydown a portion of the loan almost immediately.
- Your ability to borrow: An RRSP loan or line of credit available through Solutions Banking™, like any other use of credit, will increase your debt service ratio (the percentage of your monthly income that goes to pay off debts) and lenders rely on this ratio to determine your loan eligibility. When preparing your plan, we'll be sure to take your complete financial picture and other monthly commitments into account.

Managing space for our students

When the provincial government announced several years ago that they would be building more than 20 new CBE schools in Calgary, we were very pleased. Many of our existing schools were operating at or beyond capacity, and we simply needed more learning space for students.

With 15 of those new schools opening in the 2016-17 school year, we knew thousands of students would be able to attend school in their own communities, and that many of our existing schools would be impacted.

A year ago, we started planning how we could make the best use of student learning space across our system. We connected with employees, parents and community members to gather feedback on possibilities for use of available school space. Feedback was gathered through meetings, open houses and an online survey. What we heard helped us develop possible scenarios for impacted schools in several areas of our city.

Students, parents and community members came out to numerous meetings in the fall to provide input on the scenarios. Many more responded to a second online survey. That input, along with our planning principles and student accommodation regulations, shaped the proposed plans that were made available to communities last month.

While we have always strived to involve students, staff, parents and community members in decisions that affect them, this past year has seen an unprecedented level of involvement with our communities. The plans presented at open houses and on our website in January reflect what was most important to our students, staff, parents and communities overall, and demonstrate what we can achieve when we work together in the best interests of students.

We would like to thank everyone who contributed time and effort over the past year to help us plan how to best use our schools for the benefit of our students. Your voices matter, and contribute significantly to the choices we make.

We've heard positive feedback about the process and know that we have difficult choices to make. Please visit cbe.ab.ca/dialogue to keep up to date on current community engagement projects and learn more about how you can share your perspectives with us.

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @yycbedu.



We hope you are having a great early spring. At Calgary Humane Society our dogs are enjoying the first few sprigs of green in our dog park (though our volunteers are less enthused about the early spring mud!). Spring also means that Easter is just around the corner and our school field trips have been asking some great questions about rabbits! Today, we wanted to share 5 of the best questions we've heard!

- 1. How much work is a rabbit?** Like all pets, rabbits take a lot of time and attention. Rabbits need regular feeding, cleaning, grooming, playtime, vet care and attention to be happy and healthy. Some people think that rabbits are OK to be left alone at home for a weekend, but this is not true, they need care every day.
- 2. How long can rabbits live?** Rabbits come in many breeds and different breeds have different lifespans (just like dogs!). An average rabbit lifespan is 8-12 years, but at the shelter we have met people with rabbits who are more than 16 years old!
- 3. What should rabbits eat?** Rabbits have a food pyramid just like people! Rabbits should have access to fresh hay all of the time. In addition to hay, rabbits at the shelter eat rabbit pellets every day and get vegetables as a treat from our awesome bunny huggers. Your rabbit's vet is the best person to tell you how much a rabbit should eat.
- 4. Do rabbits need to go to the vet?** Absolutely! Rabbits should have regular check-ups. To get your rabbit a check-up you will need to find an "exotics" veterinarian – they have special training about how to look after rabbits!
- 5. Are rabbits a good pet?** For some people rabbits are a great pet, but just like any animal they are not the best choice for everyone. If your family is looking for a pet our adoption counselors would love to help you find the perfect new friend!

A big thanks to all of the classrooms that have visited the shelter and asked us such good questions! If you or your family is interested in learning more about rabbits and other pets, we would love to meet you! We have just finished renovating our rabbit room at the shelter and our adorable bunnies cannot wait to show off their new home. You can visit any time during our opening hours which are available at www.calgaryhumane.ca.

Happy spring everyone!



New Year Resolution to Family Conflict

by Erin McLaughlin, Q.Med.

The holidays are over, our New Year' resolutions now a distant hazy memory. Life is getting back to normal. What does your normal look like? Is it the tranquil blissful state of your dreams or is it running from job, to home, to activities, to obligations, that leave you tired and resentful? Nowadays, stressful family life is the norm. Many of us find ourselves in the "Sandwich" generation pinned in by caring for children and parents while holding down a job. We need help caring for parents but siblings, for whatever reason, are not stepping up to the plate. Does it seem that asking for help appears to be begging and you don't have the time to figure out what exactly you need, let alone have the patience to verbalize it? Well you are not alone.

A 2013 study conducted by PEW Research states that 47% of adults in their 40's and 50's have a parent age 65 or older, and are either raising a young child or financially supporting a grown child (age 18 or older). About one in seven middle- aged adults (15%) is providing financial support to BOTH AN AGING PARENT AND A CHILD. Nearly four in ten (38%) say both their grown children and their parents rely on them for emotional support.

Is the solution to your stress to grit your teeth and bear it? Not necessarily, but you need a plan, a straightfor-

ward simple non-judgmental plan to have siblings come to the table to divvy up the responsibility. To calmly let people know how they can contribute. Simple but not easy. You need to set up the environment to make it conducive to having the conversation. There are 6 things you need to consider when setting up the meeting.

- Choose a quiet mutually convenient time. Don't try and squish a meeting in between groceries and laundry. About 2 hours should be enough time. After that you are probably too tired to make cohesive decisions.
- Neutral space without distractions where no one will feel at a disadvantage.
- Turn off your phone for the duration of the meeting. You need to focus on the task at hand.
- Use your best listening skills. You are there to discuss your needs, but do not dismiss their needs. Don't assume that you know what is happening in anyone else's life. No matter how close you are, you don't know what is going on with them unless they tell you.
- Do you hear what others are saying or do you just wait for them to stop talking so you can get your point across. If you expect respect give it.
- Write up a plan. No matter how in sync you may think you are, you may have a different interpretation of what heard the next day.

The most important thing you can do is to put your differences aside and have an honest open conversation. Not a pity party and not a blame game.

If you don't think you can do it on your own, use a mediator. They help facilitate the conversation and keep things on track to help you achieve a win/win.



Readers recommend

Have a book you would like to recommend? The more books you recommend, the more personalized this list becomes. Email us at news@great-news.ca

BEST BOOKS OF 2016

(compiled by Goodreads)

Fiction

- Truly Madly Guilty*, Liane Moriarty
- End of Watch*, Steven King
- The Underground Railroad*, Colson Whitehead
- Harry Potter and the Cursed Child*, J.K. Rowling
- It Ends with Us*, Colleen Hoover
- Morning Star*, Pierce Brown
- The Fireman*, Joe Hill
- The Girl with the Lower Back Tattoo*, Amy Schumer

Nonfiction

- Hamilton: The Revolution*, Lin-Manuel Miranda, Jeremy McCarter
- When Breath Becomes Air*, Paul Kalanithi
- Leonard: My Fifty-Year Friendship with a Remarkable Man*, William Shatner, David Fisher
- Are We Smart Enough to Know How Smart Animals Are*, Frans De Waal
- Cravings*, Chrissy Teigen
- Adulthood is a Myth*, Sarah Andersen
- The Princess Saves Herself in this One*, Amanda Lovelace

Young Adult Fiction

- Salt to the Sea*, Ruta Sepetys
- Court of Mist and Fury*, Sarah J. Maas

Middle Grade and Children's

- The Trials of Apolla*, Rick Riordan
- The Thank You Book*, Mo Willems



How to turn your passion into a business during retirement

Suzanne Smith-Demers – Consultant

Did you know that Colonel Sanders didn't create the Kentucky Fried Chicken franchise until he was 65? If you have a passion that you'd like to turn into a business during retirement here's what you need to know:

Your passion becomes your product If you're ready to turn your passion into a retirement career be aware that you may come to look at your passion differently, especially when things may not be going too well. The keys are to be honest with yourself about the potential for your business and to work equally hard at staying motivated.

Know the risks and challenges Your business idea is brilliant, but it is also risky – so protect your retirement savings by keeping your start-up costs to a minimum and avoiding heavy debt. Avoid leasing office space or hiring employees until you absolutely have to.

Test the market If your new venture includes a new or different product or service; test the market before you make any rash decisions. Start with the most basic version of your product or service and sell it economically, perhaps online through social media sites, and gauge customer feedback to decide if your business venture makes financial sense.

Keep it simple Finance your business with money you can afford to lose. If you find yourself tempted to tap into your retirement account to fund your business, take it as a warning that you're probably about to get into something you're not financially prepared for.

Creating a retirement business from your passion could end up being the most satisfying and rewarding life decision you have ever made. Make sure you have all the information before you take the first step into your new career.

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.

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.

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.

ORGANIC, LOCALLY-GROWN VEGETABLES: at a reasonable price. A limited number of Garden Shares are still available for the 2017 season. Freshly picked veggies will be delivered weekly for 14 weeks to Rutland Park from June 27 to September 26. For more details on how to purchase a share please contact Glenda by email: glyder@shaw.ca.

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

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 www.Muellerbrothers.ca.

VOLUNTEERING.... *Good for the Soul*

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 28



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

This March will mark the legislature's longest scheduled sitting since 2009, and I am excited by our continued efforts to focus on the needs of Albertans. Budget 2017 will be debated this session, and it couldn't have been prepared without your help. Thank you to every one of you who completed the online budget survey that was created with the help of Generation Forum and sought to engage those under 35. Many had great ideas such as mental health initiatives, reconciliation with First Nations people, and building energy efficiency into our infrastructure that I shared with Finance Minister Joe Ceci.

I will also be working with those in the disability community and self-advocates about the possibility of introducing Henson Trust legislation here in Alberta. Originally established in Ontario in the 1980s, the Henson Trust ensures that persons with disabilities, who inherit assets like a family home, cannot have their government benefits terminated. Alberta is the only province in Canada that does not protect persons with disabilities from losing their disability benefits should they inherit assets. If you or anyone you know has been impacted by this, please contact my office.

In January, your government also unveiled new energy efficiency programs for your business, non-profit, or home. If you want to learn more about how to install Solar on Your Home, the Solar Energy Society of Alberta is hosting a FREE workshop on Tuesday, March 28 from 7 to 9PM at SAIT. Having changed legislation in 2016, the time has now arrived for sunny Alberta to harness another of its energy resources.

Significant improvements to four social and seniors housing units in Calgary Currie are set to begin following an investment of \$18 million in joint funding from the Governments of Canada and Alberta. This year will see repairs and renovations at Bankview House, Horizon Housing Society, Shalem Manor, and St. Marks Manor, ensuring that seniors and low-income families and individuals have safe and efficient places to call home.

2017 is also the year that Canada celebrates its 150 Birthday. Non-profit community groups in Alberta are

eligible for \$2 million in grant funding to commemorate the anniversary of Confederation. Non-profit organizations may apply for up to \$25,000 through the Community Initiatives Program to support community-based projects. Applications are accepted with a deadline of the fifteenth of each month. The final deadline for applications is Oct. 15, 2017.

While I will spend much of March in Edmonton at the Legislature, I will be back in our riding every weekend attending events and meeting with you on your doorsteps. If you have any additional questions, concerns, or would like me to attend an event in your community please do not hesitate to contact my office. While there will be a Constituency Week from March 27 to March 31, I always keep Fridays open for appointments and caffeine.

BRAIN GAMES SUDOKU

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



MLA Calgary-Elbow
Greg Clark
 Leader - Alberta Party
 (403) 252-0346
 calgary.elbow@assembly.ab.ca
 Twitter: @GregClark4AB

Jobs and the Economy

I am cautiously optimistic that the Calgary economy has started to rebound after experiencing the highest unemployment rate in over 22 years. While there are tentative signs of growth, we all have friends, family and neighbours who are still coping with unemployment. Last October, I held a career event featuring speakers presenting interview and resume skills, transitioning talents to a new career, and tips for starting a new business. The feedback was amazing and I was thrilled to hear success stories as a result of the session.

I'm hosting a second event on March 4th from 10 am to noon. This event will focus on job search skills including "Transitioning your Resume from Career History to Impact and Accomplishment" and "5 Tips to Boost your Chances at Landing Interviews". I am very thankful that Joy Cohen, co-author of "Surviving the Downturn" and Richard Bucher from Right Management are volunteering their time to provide these sessions at no cost. If you are interested in attending, please visit: www.calgaryelbow.ca to register. Space is limited!

Spring Sitting of the Legislature and Budget 2017

As I write this newsletter I am preparing for the spring sitting of the Legislature. We know the government will release another deficit budget, the only question is how big that deficit will be. The Alberta Party Caucus will again be releasing our own shadow budget to show Albertans how we would address the challenges facing our province. Our budget will focus on job creation, creating an attractive investment climate and support for the energy industry while ensuring high-quality front line services are maintained. We'll also put forward a concrete plan to not only balance the budget, but to start paying down debt.

I am hosting an open house to discuss the 2017 Alberta Budget on April 8th from 10 am to noon. I invite you to attend and join the conversation. For more information please visit www.calgaryelbow.ca.

MLA for a Day

Mr. Speaker's MLA for a Day program gives Alberta high school students the chance to find out what it really means to be a Member of the Legislative Assembly. Participants learn more about the role of an MLA and experience firsthand what it's like to deal with diverse points of view when making decisions on provincial issues.

Last year I really enjoyed hosting a student from Calgary Elbow. If you are interested in joining me this year, you can find out more at <http://www.assembly.ab.ca/> or by contacting my office. The program is free to participants, including travel and accommodation expenses.

As always, I'd love to hear from you. You can contact me by email at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346.

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.

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocalatitudes.org.

VOLUNTEERS NEEDED: The Calgary Performing Arts Festival seeks volunteers for the 2017 Festival, April 18 to May 6 at Mount Royal University. Positions are available mornings, afternoons, evenings and Saturdays. For more information contact Holly at 403-283-6009 or volunteer@cpafestival.ca.



MP Calgary Centre
Hon. Kent Hehr
 950 6 Ave Sw
 kent.hehr@parl.gc.ca
 403-244-1880
 www.KentHehrMP.ca



Councillor, Ward 11
Brian Pincott
 P.O. Box 2100 Stn. M, #8001A
 Calgary, AB T2P 2M5
 403-268-2430 • www.ward11calgary.ca

Budget 2017

Budget 2017 (budget.gc.ca) is about investing in the middle class and working towards a more innovative economy. By directly investing in Canadians and families we are putting our country in better stead with firmer foot forward into the future.

At the tail end of 2016 our government approved two major pipelines after consulting with Canadians, building up an environmental consensus with the carbon price, and creating the balance between the environment and industry. By doing this work we are building the framework to create long term prosperity of Alberta and all of Canada.

On the subject of building up long term prosperity for our country – my colleague in cabinet and fellow Alberta Liberal Member of Parliament, Infrastructure Minister Amarjeet Sohi, is continuing his work to invest in projects like the Green Line LRT, flood mitigation projects, and more for our city. Since the 2015 election our government has invested some \$3 billion into Albertan infrastructure: more than the last five years of the previous government combined. This work continues in Budget 2017.

Looking back at Budget 2016 we went forward with three of our main platform planks. First amongst them was the Canada Child Benefit which gave simpler, tax-free, and more generous and better targeted help to families. 9 out of 10 Canadians families benefit from higher payments under our newly implemented system – and is now on the way to lifting hundreds of thousands of children out of poverty.

Our second commitment was a middle class tax cut. As one of our first acts as a government was to cut taxes for nearly 9 million Canadians by reducing the second personal income tax rate, and delivering tax relief to Albertans.

Thirdly – we created a \$2.7 billion reform package of Employment Insurance to support Albertans and Canadians during the commodity price downturn. By reducing wait-times (from two weeks to one week), and specifically work with Albertans on accessing more benefits, these changes would support those impacted by the decrease in oil prices. Some of these benefits we extended up to 50 weeks for hurting Albertans, with long-tenured workers able to receive an additional 20 weeks up to a maximum of 70 weeks. Further to this – we doubled the maximum of the work-sharing agreements to 76 weeks.

Budget 2017 is a continuation of our work as a government. It is actively seized with supporting the middle class and working towards a better future for all. For more details please visit our website at budget.gc.ca.

This year as we celebrate Canada’s 150th Birthday, my wish is for us to celebrate our diverse community, our unique landscape, and the connections between them. And, a birthday party just happens to be a great excuse for us to get to know each other better. There are many exciting initiatives in our city helping us to strengthen our communities and the connectivity between them for the next 150 years.

Connectivity is a word I really like and use often. Connectivity is the quality, state, and capability we have of being connected to each other, within our communities, and across our city. For me, it captures what I strive to do, what The City of Calgary strives to do, and what our Community Associations strive to do.

Together, we are continually working to strengthen the connectivity between people and their environment, natural and built. We’re continually working to improve the accessibility of those connections, whether that is a pathway to your local park, marked pedestrian crossings, or providing the option of a sliding scale fee for low-income transit passes.

When we talk about connectivity, we’re also talking about our values – individually and collectively. As a city we value our parks and our pathway systems, our festivals and events, our educational institutions, our attraction for business and tourism, our ability to be innovative, our desire to be diverse and inclusive.

This year began with a small act of inclusivity, with Council voting to rename the Langevin Bridge to the Reconciliation Bridge. The Calgary Aboriginal Urban Affairs Committee has further recommendations on how we can heal our community, and achieve great things together. This small act of reconciliation is an important first step along the path towards healing and understanding.

If you’re wondering how to connect, a great place to start is your Community Association. Becoming a member to your Community Association supports events and local improvements in your area.

There are many ways we can support each other. Remember, a small act of kindness goes a long way!

If you have not, please subscribe to your Ward 11 Updates, and connect with your Ward 11 team.



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:

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



Benjamin Moore®

Paint like no other.™

Repels the
Toughest Stains.



Paint Like No Other®

Anilin Decorating Centre Ltd.

3230 28th Street SW

Calgary, T3E 2J6

403-242-0910

