THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER





dr. douglas vincelli

100, 628-12th ave sw

calgary ab t2r0h6

phone 403-263-5193

www.drvincelli.ca

oral and maxillofacial surgery

dental implants · wisdom teeth · jaw surgery · bone grafting



Hoffman

The Hoffman Process helps remove the barriers that are holding you back from being the best version of yourself.

Visit www.hoffmaninstitute.ca to find out how you can,

- Gain better personal relationships
- Renew your enthusiasm for life and vitality
 - Create greater emotional resilience
- Have relief from anger and depression and more...



RBC Dominion Securities Inc.

Questioning Your Investments?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP Investment Advisor

403-266-9655

michael.t.martin@rbc.com

If market volatility is making you secondguess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?Are you taking too much risk in
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



RBC Wealth Management Dominion Securities

There's Wealth in Our Approach.™

CONTENTS

- 5 EDITOR'S CORNER
- 7 DEVELOPMENT AND TRAFFIC REPORT
- 8 WE HONOUR OUR VOLUNTEERS
- 9 NEWS FROM THE COMMUNITY GARDEN PATCH
- 9 CAFÉ AT KNOX
- 11 RPCA COMMUNITY CLEAN UP
- 13 WALKABOUT
- 14 MEET THE NEIGHBOURS













RUTLAND PARK COMMUNITY ASSOCIATION

3130 -40 Ave SW | Calgary, AB T3E 6W9 Phone: 587-356-3321 | 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 Weather Information	511
Gamblers Anonymous	403-237-0654



EDITOR'S CORNER

Hi Neighbours,

I hope as I write this (at the end of March) that fine spring weather has set in by the time you read it in May; I also hope that we have not forgotten to water our seedlings so that we actually have something to plant this month!

Gardening season is here, and as we all enjoy the sunny days in May, you'll find lots of useful information in this issue of the Post. Some seasonal highlights to look for include the News from the Community Garden Patch and some important Community Clean Up dates.

I recently had a resident reach out to me, imploring that we ask all pet owners to take responsibility and clean up after your animals so that we can all enjoy sidewalks and green spaces. If you entrust your kids with dog-walking duties, please make sure they know the rules too.

As always, please feel free to reach out to me with any ideas for stories or community information.

Cheers, Dan

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.



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

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



RUTLAND PARK 3130 - 40 Avenue SW, Calgary, AB, T3E 6W9 COMMUNITY HALL RENTALS

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.





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	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		
	we stview parcliais on @rutland park community.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

	<u> </u>	
CONTACTS:		
Community Association Phone Nu	ımber	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



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.



TRAFFIC REPORT I would just like to high

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

I emailed MLA Shaye Anderson, who is the new Minister of Municipal Affairs, reiterating the concerns we raised with regards to the proposed City Charters and lack of accountability to stakeholders;

we wanted to make sure that community associations are included as stakeholders, especially with regards to smarter growth and decision making for communities.

I escalated the stop sign at Mary Dover and Beny sur Mer. It was originally approved and then declined when the City changed their system over.

I escalated the left hand turn light from Richardson Way onto 37 St SW. Another item that was originally warranted/approved, that somehow became unwarranted even though traffic has increased.

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

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.

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.



A great time was had by all, as we celebrated our appreciation of community volunteers on Sunday, March 26th at the Wild Rose Brewery. Six people were nominated for Volunteer of the Year but we decided to honour them all rather than just one. Those nominated were: Megan



RPCA

Pasino

Fundraiser

Justason, Meera Nathani-Crowe, Sue Helland, Gord Leech, Amber Canon, and Shirley Williams.

We did draws for bottles of wine and gift certificates and honoured Greg Winniki for all the cold hard work he and his crew have done to keep the ice rink in good condition over the winter. He received a gift certificate for a massage from Optimum Wellness Centre in Glamorgan Shopping Centre.

A great feast was had thanks to Wild Rose Brewery; people reconnected after our long winter, and plans were made about volunteering in the coming year. Those volunteers in attendance were:

Susan Himann, Sydney McGinnis, Lynn Meadows, Leanne Ellis, Jim Ellis, Benedikt Boudie, Brandy Nelson, Tanja Kopijewski, Amanda Greene, Darcy Genest, Grace Kim, Brian Yu, Debbie Smith, Scott Smith, Emma Smith, Jeff Justason, Lynn Tajcnac, Cathy Erhardt, Greg Winniki, Katherine Leonard, Roni Sagal, Aga Gochcrowska, Greg Maciejewski, Lesley Hossack, Bob Hossack, Randy Senft, Judy Silzer, Brad and Patti McMillan, Laurie Harris, Merle Woods, Shirley Williams, Jeromy Farkas, Megan Justason, and Gayle Fields.

I apologize for any spelling errors of names. Even with the background of being a resource teacher, there were some that I couldn't make out properly.

We hope to see even more volunteers attending next year's celebration. Thanks to all of our volunteers for stepping up to the plate to help our communities be as successful as they have been. The more volunteers we have, the more activities we can offer to our residents.

If you have an idea for an activity and/or would like to volunteer, please contact Megan Justason or Gayle Fields by calling the community telephone line at 587-356-3321.

Gayle Fields



Location: Elbow River Casino

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



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





Happy Spring to all!

Gardening season is just around the corner and we in the community garden are gearing up with a pre-season get-together on May 10. Originally, we planned to have this as a "Meet and Greet" for our new and returning gardeners, but hey - why not extend the invite to any interested community members. Why not indeed!

When: Wednesday, May 10 7:00 - 8:00 pm

Where: Rutland Park Skate Shack

FRFF Cost:

There will be some gardening info available such as a quick way to start seeds (or at the very least, find out if your seeds are still viable). We also encourage people to bring seeds to exchange or give away.

Light refreshments will be available.

Please feel free to drop by and say hi.

For general information on the community garden, please email the garden committee at gardens@ rutlandparkcommunity.com

Judy Silzer

Chairperson, Rutland Park Community Garden Committee

Call Now for your FREE ESTIMATE 403.301.3300 www.assiniboine.com

LANDSCAPE CONSTRUCTION

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

SPRING CLEAN-UPS & WEEKLY LAWN CARE

Power-rake • Aerate • Leaf Clean • Cut & Trim • Fertilize Pruning • Vacation Services and much more



2yr Quality Guarantee • WCB • Insured • Licensed • Bonded f 🔯 🛤 🚞



☐ 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 prin
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

RPCA Community Clean Up

Saturday June 3rd, 2017 9:00 am - 1:30 pm

Located at the RPCA Community Hall parking lot Bring along your community membership or purchase on

Some of the many services available on site for disposal and recycling

- City Of Calgary
- Organic truck leaves, branches, plants, grass clippings and other yard waste ((excluding sod)
- Garbage Packer truck
- Recycle Logic electronic goods
- Diabetes Association- Clothing, bedding, toys, books, small appliances, decorative items, sporting equipment in season
- Free Store- Leave and grab items in good condition for free
- OK Tire Richmond Road tires with or without rims
- Bottles and Cans Glendale 101 Scouts and Ventures

Guidelines:

We are **NOT** able to accept the following items:

- home appliances, paint, household chemicals, propane tanks, microwaves, batteries, liquids, railroad ties
- hazardous wastes drop off at Lincoln Park Fire Station 20
- paper shredding AMA members- May 13 10am 3pm Mount Royal University Lot B, 4825 Mount Royal Gate SW

GOOD NEIGHBOURS

Seniors who require assistance with the pick up of items from their home for disposal or recycling please contact Sue by June 1, 2017 for pick-up on the 3rd.

Help Wanted

- Trucks or trailers for Good Neighbor support
- Printing of flyers
- Delivery of flyers in late May
- Help on site on June 3, 2017

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

For other dates and locations of City Clean Up events go to: to www.calgary.ca/cleanup. Please watch for updates on the community website: www.rutlandparkcommunity.com

Kiss D.A. Kook

Every so often we come across recipes that are awesome. I have been totally taken with my cousin's pancakes, and finally got the recipe, so thought I would share:

Feather Weight Pancakes

3 eggs, separated

3 Tbsps melted butter

1 Tbsp sugar

1!/2 c. sifted flour

1 tsp baking soda

½ tsp baking powder

½ tsp. salt

1- 2/3c. buttermilk or sour milk

Beat yolks of eggs lightly. Blend in butter and sugar. Sift flour, soda, baking powder, and salt. Add flour mixture, alternatively with buttermilk. Beat until smooth. Gently fold in stiffly beaten eggs whites and bake on ariddle.

Feel free to add fruit to these pancakes.

If you have any leftover, which is rare, store in fridge till you want them. Warm them and serve with jams (these are known as piklets).

We are always looking for short recipes that you think might be a winner. Please feel free to send them in so we can put them in The Post. Send your recipe to gaylefields@shaw.ca



cbe.ab.ca









Calgary Board of Education



All Boys Program

Now Accepting Registrations

The All Boys Program is now accepting registration for boys in Kindergarten through to Grade 6. We are a program of choice within the Calgary Board of Education.

Call 403-777-8400 or email us at All-Boys@cbe.ab.ca for more information and to book a school tour.

We are located at: Sir James Lougheed School 3519 - 36th Ave SW





Golf courses - fun and affordable family time.

Youth Packs only \$60 - awesome deal for Juniors 6 games for the price of 5, plus bonus offers

Family Golf rates anytime

- McCall Par 3/Richmond Green
- Family of 4 only \$33
- Lakeview family rates \$44

Event Nights: We're Family Friendly

- Family Nights (FREE golf for Juniors)
- Beginner Nights
- Fun, prizes and free tips from the Golf Pros

Quality time with family and friends

- 8 courses/3 Driving Ranges in Calgary
- · Fun lessons with friendly Golf Pros

Connect with us.



- Download our FREE golf app
- Sign up for our e-Newsletter
- Find us on Facebook

For dates and details visit calgary.ca/golf



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



"Here we are at the beginning of May and it is time to do some planning for the summer, MaiKai."

"Well, Teangi, like plan for what?"

"We have **the Community Clean-Up** coming June Saturday June 3rd, and we need lots of volunteers to help out. Those with trucks are really needed to help the seniors and others who can't bring the stuff to the community hall site by themselves. This has always been a fun day for everyone involved."

"We also have **Neighbourhood Day** coming on Saturday, June 17th. That's the day to appreciate and enjoy your neighbours."

"Do you know much about that, Teangi?"

"This can be a great day and awesome for the kids. People can have garden parties or even block parties. The City of Calgary will wave permit costs for these days. The requests must be made by May 26th.

"What about front yard barbeques, having events for all the kids, potluck luncheons or dinners? Those are great idea. MaiKai."

"SO, let's all put our thinking caps on and see how we can celebrate our neighbours!!"

"Let's change the topic a bit, Maikai. I am hoping that all dog and cats owners have micro-chipped their pets. If one of us gets lost or stolen, we can easily find our home through the micro chip as the Animal control people and vets screen for these chips when a new dog arrives in their care."

If you have a cat that roams free, against the Calgary by-law, it might be nice to offer to clean their garden beds along their house. They have been nice and not reported you straying cat so it might be nice to acknowledge this and do them the kindness to pick up after your cat in the spring.

Kudos

We are still waiting for some Kudos to come in. We are sure there are many people doing nice things for neighbours, so let's hear from you and give them a high five for their deeds.

When Gayle was suffering with her knee problems, ELAINE ATWAY offered to walk her dogs and LEA RICHARDS came over and trimmed her rose bushes. Is she the only one on the receiving end of kindnesses? We think not! So let's hear from you.



Neighbours

Hi community neighbours,

Recently I spoke to yet another community great: Shirley Gordon! Here is her story.

I am a grandmother, a widow, a neighbour, and a friend. My husband Ben, myself and our two-year-old son Angus moved to Calgary from Vancouver in February of 1963. Our front window looked out onto the Army Field. We also enjoyed watching horses, sometimes deer, and always gophers. The army itself always put on shows, with soldiers repelling down ropes, tanks, war games, and even helicopters buzzing about. In 1965 we welcomed our second son, Edward. He was born at the Calgary General Hospital, but that is not why they later blew it up!! Just kidding!

Sarcee Meadows was still just a meadow then. In fact, an American jet once tried to land on the short army base runway, bounced across Sarcee Road and bellied up in the field. It was a sad day, so to speak.

I worked at the Sarcee Auxillary Hospital and Nursing Home for 26 years. Those days we also volunteered at Sir James Lougheed School, and for the community, which started out as South Richmond. We were also affiliated with our neighbours, Glamorgan community. Later we formed an association and were known as Sarcee Park. Those were good times; we played Volley Ball at the school, held social events, had a lot of fun and made lasting friendships."

As I spoke to Shirley, I realize that we go back a long way. Shirley still continues to volunteer when she can, and is a regular at the Cafe at Knox.

I asked Shirley she would you still like to see in Rutland. She answered, "I would like to see a crossing light on Sarcee Road and 40th Ave. near the community centre. Kids heading to school, people trying to cross, cars going to work. It can be scary." Well spoken, Shirley.

We ended our talk discuss what she likes best about Rutland. Shirley answered, "I find this a great place to live---lots of green space, friendly people, great neighbours, our beautiful community garden and the little bird house-like library. Rutland is sort of shaped like a slice of pie, if we think about our old borders. The pastry is on the outside, and inside are lots and lots of good sweet things." I never thought about it that way, Shirley!

Many thanks Shirley for giving us just a wee glimpse of a lady who I consider one of our "Founding Mothers".

So long for now friends, but one thing- do remember to smell the roses. Talk to you soon.

Isabell, Your roving reporter.

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

COME VISIT OUR NEW WEBSITE! www.mclawslaw.ca

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.

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 Consumers 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 Quick-Books and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

Small Hands, Great Treasures Playschool

3333 Richardson Way S.W. | (403) 249-8605 Across from MRU

3 year olds: Tues/Thurs. \$160/month 4 year olds: Mon/Wed/Fri, \$185/month Classes run from 9:15 a.m. - 11:30 a.m. Subsidy available!

For More Information: janna@bethanychapel.com

HANDYMAN/CONTRACTOR: Hire-a-husband type of jobs performed: interior repaints carpentry, doors installed, trim and baseboard, laminate and vinyl flooring, drywall repair, ceramic tiling, minor plumbing and electrical, fence and deck building and repair. Contact Rob Ziffle 403-606-8876, robziffle@gmail.com.

CALGARY FENCE & DECK: We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.



Calgary



Upcoming Information Sessions: Sarcee Trail/Richmond Road S.W. **Interchange Functional Planning Study**

The City of Calgary is undertaking a study for the Sarcee Trail/Richmond Road S.W. interchange. In late 2016, we sought input on potential designs and your priorities for the interchange. We are holding two information sessions to share the results of our evaluation and gather feedback on the recommended plan.

Information Session #1: Tuesday, May 30

Time: 5 to 8 p.m.

Location: Glamorgan Community Centre, Main Hall - 4207 41 Ave. S.W.

Information Session #2: Wednesday, May 31

Time: 5 to 8 p.m.

Location: Glamorgan Community Centre, Main Hall - 4207 41 Ave. S.W.

Please visit www.calgary.ca/sarceerichmond for more information on the study. No RSVP is required.



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

Budget 2017 is about putting people first and delivers the programs that Albertans – and all Canadians – can benefit from today, not a decade from now. It is an essential step to restore prosperity to the middle class and support Alberta.

As one of the youngest and most innovative and dynamic provinces, Alberta is at the forefront of those who can most benefit from investment and support for young families. With an average median age of 36.1 years old (according to Statistics Canada), Alberta has the highest proportion of working-age persons of any province (70.6%) and is characterized by a high birth rate and immigration from other provinces.

With these realities in mind, Budget 2017 positively impacts our city, province, and country directly with our commitment to middle class families.

Let's take a look at some of the key points for Alberta.

There is a strong connection between child care and the economic security of families. To support Canada's families, Budget 2017 proposes measures that will increase support for early learning and child care, so that more parents here in Alberta can pursue new opportunities to learn and to work. To make sure Canadian children get the best start in life, and to better support Canadian families, #Budget2017 invests \$7 billion over 10 years, to support and create more high-quality, affordable child care spaces across the country.

Being a working parent is hard. That's why we're committing \$152 million over five years and \$27.5 million per year thereafter to help working parents navigate the challenges that come with a growing family by allowing them to choose to receive El parental benefits over an extended period of up to 18 months at a lower benefit rate. And, for expecting parents, \$43.1 million over five years and \$9.2 million per year thereafter to allow expectant mothers to claim El maternity benefits up to 12 weeks before their due date—expanded from the current standard of 8 weeks—if they so choose.

~cont'd next page~





MLA Calgary Currie Brian Malkinson 2108 B - 33 Avenue SW Calgary, AB, Canada T2T 1Z6 **4**03-246-4794 **1** 403-686-1543 ✓ calgary.currie@assembly.ab.ca

Wow, what a two years it has been! As I gear up for another busy month in the Legislature I thought I would reflect on what we have accomplished together and share some of the work I have been doing around Calgary Currie. Back in 2015 I was selling large diesel generators to oil rigs and, like so many of you, I was concerned with the direction of the economy and the government of the day. Sales were slowing, and the solution being proposed was cuts and increased costs to average families. Health care premiums were increasing; no investments in schools were being made. Progress on the construction of new pipelines had stalled.

I offered Calgary Currie residents a more progressive, inclusive vision for our province's future, and I am honoured you trust me to do that work. I promised to support an increase to the minimum wage, because a person working full time shouldn't need to go to the food bank. I promised that we would invest in new schools and affordable housing. In Calgary Currie this year alone \$1.3 million is being spent on housing for seniors, while new schools opening to the west will ease the burden on those within our riding. I am also proud that your NDP government kept its promise to reduce school fees. Many have told me that come September it will be a welcome change to no longer scramble to cobble together the funds to get their kids out the door and into their schools. Every day our government is working to make life better and more affordable for families in Calgary Currie and across Alberta.

My office and I have also been hosting consultations for my first Private Member's Bill - Bill 211 - which seeks to ensure that persons with disabilities who inherit assets following a parent's death cannot have their government benefits terminated. Alberta is the only province where the government is allowed to claw back the access a person with disabilities has to government services if they inherit assets. Many have shared with me their worry that a loved one's AISH would be cut or that their child would no longer be able to afford the medication they need. If this issue impacts you, please contact my office. We would love to hear your concerns and keep you informed as this bill progresses.

After having spent much time working with the fine seniors organizations in our riding, this April I had the pleasure of taking the Minister of Seniors and Housing Lori Sigurdson on a tour of some those very facilities that provide care and support for so many. I was also happy to attend Richmond Knob Hill Community Association Earth Day Fair that brought together local businesses, musicians, and community members to celebrate the installation of the new solar panels on their hall. And finally, I invite you to join me on July 9 - to enjoy and celebrate our community - at my annual Stampede Breakfast. This year's breakfast is at the Glenbrook Community Centre from 9:00AM to Noon, All are invited to attend. And for those keen to volunteer, please do contact my office. Helping hands are always welcome!

MP Hon. Kent Hehr...cont'd

For too many families, the lack of affordable, highquality child care means difficult choices—some parents may have to sacrifice retirement savings to pay for child care, while others may leave their careers because child care is unavailable or unaffordable. These choices are especially hard for single parents – we all know single parents who are making incredible sacrifices for their children, and how a lack of affordable, high quality childcare places even more stress on them and their children.

It's why I ran for office and that's what I'm promoting in Ottawa every day I am there: help for families and the middle class, along with those we are helping to join

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.



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

Alberta Electoral Boundaries Commission

The Alberta Electoral Boundaries Commission will be presenting their interim report to the public on May 31, 2017. The report will provide recommendations to changes to the current provincial boundaries.

Following the report, a second round of public hearings will take place in July and August, with the final report being presented October 31, 2017. Upon receiving the final report, the Members of the Legislative Assembly will debate whether or not to accept the recommendations of the Commission. Should the changes be accepted, the constituency boundaries will change in time for the next provincial election.

The average number of constituents living in each area should be approximately 46,698, with a desired variance of +/- 25%. Calgary-Elbow currently has 47,893 constituents which is well within the 25% variance allowed. However, there are several areas in Calgary where the population has grown significantly and exceeds the 25% variance. For example, Calgary-SouthEast has over 92,000 constituents. This means that the boundaries in Calgary will need to be shuffled, and that could impact some or all of the constituency boundaries. For more information, please visit: http://abebc.ca.

Vimy Ridge Commemoration

April 9, 2017 marked the 100 year anniversary of the battle at Vimy Ridge. To commemorate this battle and others that helped shape our nation, there are a number of exhibitions taking place in the province.

War Stories: 1917 will be on display at The Military Museums (4520 Crowchild Trail SW) from April 9 – August 25. The exhibit provides personal stories about the battles of 1917, through the eyes of the men and women who were there. For more information on the event visit https://www.themilitarymuseums.ca/.

The new exhibition at the Borealis Gallery at the Alberta Legislature, *Alberta & the Great War*, has an immersive, interactive display that explores the impact of the conflict both abroad and at home. The gallery has been transformed to feature a re-creation of a trench, parlour and a public space from the Great War era. Artifacts and archival photos complement the hands-on experiences. This exhibition is a free and runs until May 22. For more information visit www.assembly.ab.ca/visitorcentre.

Budget Event

On April 8 I held a Budget Town Hall to hear what you had to say about the current state of Alberta's finances. I received lots of great feedback on where we should be making cuts and how we could increase our revenue sources. We compiled all the information and have made it available on our website, www.calgaryelbow.ca. If you did not have the opportunity to attend the event, please feel free to share you thought and ideas with my office at calgary.elbow@assembly.ab.ca.

COMMUNITY Announce and the

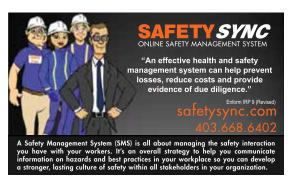
Any member of the community may submit a personal classified ad and we will print it. Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc. Send your ad to newsletter@rutlandparkcommunity.com.

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.

HELPING HAND, CASH PAID: Need a helping handwith truck preferably—for household odds and ends and errands. One or two caring young people would be great. Will pay cash. Please call 403-719-7900.

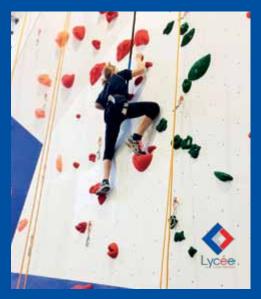








COME



No Experience Required! Party Bookings Available

Drop-in Hours:
Mon Wed & Thur:
6:15 to 9 p.m.
Sunday: 11 a.m. to 3 p.m.

climbing@lycee.ca lycee.ca/facility-rentals 4099 Garrison Blvd SW



THE DURABLE, FURNITURE-LIKE FINISH FOR CABINETS & TRIM



The finish that professionals prefer.

Anilin Decorating Centre Ltd. 3230 28th Street SW Calgary, T3E 2J6 403-242-0910

