

NOVEMBER 2017

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# THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER



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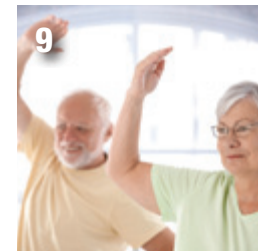
**INFORMATION SESSION**  
Wednesday, November 22 (Evening)  
Email to RSVP:  
admissions@clearwateracademy.com  
clearwateracademy.com



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## RUTLAND PARK COMMUNITY ASSOCIATION

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

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

### Editorial Submissions

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

### 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  
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
 Calgary, AB  
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Check out our website:  
[www.great-news.ca](http://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.*

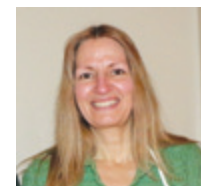
*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*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

## 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*

## Get Involved in Your Community!

### Rutland Park Community Association – Annual General Meeting

Residents of Rutland Park are invited to the Rutland Park Community Association Annual General Meeting on November 21, 7 pm. The meeting will be held in the basement of the Rutland Park Community Hall.

The AGM is our chance to elect members to the board of our community association. There are currently vacant roles that need to be filled including president. Come down, get involved and vote! If you aren't sure what it's all about or how you can help, come down and find out! It's your neighbourhood, after all!

## LETTER TO THE EDITOR



Hello community friends,

Wasn't it a great summer and fall? Our community is back in action, so to speak. We have a lot to be proud and grateful for. I have taken a break from writing, but hope to be back in action soon, with some new interviews of our great community people.

I am sharing a photo of three great community members: Rita, JoAnn, and Marlene who joined me this summer for lunch and a walk down memory lane. A lot of us remember Rutland Park in its infant stages, we certainly have come a long way. Kudos to everyone who never gave up on us, walked with us through the tough times to where we are today.

Warm regards,  
*Isabell Reznik*

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# 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.



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 & Social Committee	Simon Davies - 403 700 9790 social@rutlandparkcommunity.com
Sarcee Meadows Liaison	John Preston sarceemeadows@rutlandparkcommunity.com
Membership	Shirley Williams - 403 240 4777 membership@rutlandparkcommunity.com
Ice Rink	Greg Winnicki - 403 246 1746 rink@rutlandparkcommunity.com
Secretary	Grace Kim secretary@rutlandparkcommunity.com
West View Parc Liaison	Craig Marceau westviewparcliaison@rutlandparkcommunity.com
Newsletter	Dan Ferguson newsletter@rutlandparkcommunity.com
VP Infrastructure	Bill Baird (TBD) infrastructure@rutlandparkcommunity.com
Lincoln Park Liaison	Roni Sagal lincolnparkliaison@rutlandparkcommunity.com
Treasurer	Patti McMillan treasurer@rutlandparkcommunity.com
Currie Barracks Liaison	Srimal Ramasinghe curriebarracks@rutlandparkcommunity.com
Special Projects	Gayle Fields rpcaspecial@gmail.com
Website	communications@rutlandparkcommunity.com

**COMMITTEES:**  
Community Garden: Judy Silzer | gardens@rutlandparkcommunity.com

**CONTACTS:**  
Community Association Phone Number 587-356-3321  
Hall rentals Lizzel Krueger hallrentals@rutlandparkcommunity.com  
City Recreation Coordinator  
Police Resource Officer S. Gallant s.gallant@calgarypolice.ca  
Emergency contact for RPCA Hall Lionel 403 890-7017  
Community Social Worker Cynthia Lokko Cynthia.lokko@calgary.ca

## DEVELOPMENT AND TRAFFIC REPORT

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

- Hopefully this will reduce some of the airplane noise in our community:  
NavCanada has released a proposal to create a balance for the use of runway 17 on the weekends
  - This proposal is to address community concerns about noise and the request to use runway 17 more on weekends and nights
  - This proposal will start in October and last for 6 months
  - The primary departure for weekends will be on:
    - 17 Left on odd number days from 7 am to 11 pm
    - 17 right on even number days from 7 am to 11 pm
    - Midnight shift will not change
  - For safety and operations concerns, there may be deviations from this schedule or this pilot may end completely.
- I am saddened to report that we are losing our Social Director, Megan Justason. She has contributed so much to the social fabric of our community and will be dearly missed! Her attention will be focused on her own family, but we hope to see her as a guest at our upcoming social events. Thank you and best wishes, Megan!
- We have put in a request for an MRU student volunteer to join us on the Board as Social Director and have already had some interest. Hopefully I will be welcoming a new director in our next newsletter.
- We have hired a part-time building operator to address some of the ongoing issues with the hall, and may have a resident interested in taking on the VP Infrastructure role, with this new support. Hopefully I will be welcoming another new Board member in our next Post.
- I have put in a 311 request to have the centre line marking on Sarcee Road at 40 Ave SW changed before it becomes permanent. The west side of the street permits parking (the east side does not), and cars have to go over the line in order to get around the parked vehicles.

- I have put in a follow up request with Tony Churchill from the City to address Sarcee Road, Richmond Road, and a left-hand turn light off of Richardson Way onto 37 St SW. There are a number of traffic related concerns that we have been requesting remediation for, for several years, and we just get shuffled to Nowhereland until I find a new contact. Tony is the latest of many, and if we don't get any results from him, I have asked for another contact—maybe our new Councillor will be of some help...
- Please be sure to join us for our Annual AGM on November 21—we look forward to seeing you!

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



### Letter to the editor

Dear Great News Publishing,

Please **DO NOT run my ad next month. My ad has been WAY TOO EFFECTIVE. My phone won't stop ringing with people saying they saw my ad in the newsletter. I'm amazed at how well this worked!**

Thanks for all your help,  
Sincerely,  
Laura  
Owner of Buds and Blooms

Contact us today to find out how you can make this customer's experience your reality!

**403-263-3044**  
**sales@great-news.ca**

\*Actual customer experience.

## Do you appreciate our Community Garden?

Would you like to see it continue into 2018 and beyond?

If you answered "Yes," here's one more question:

**Will you consider joining the garden committee to help the garden continue to thrive?**

It has been four years since the planning began to create a garden for the community. Year one was crazy busy (and fun!) planning, fundraising and building the garden. This was followed by three successful growing seasons. Three people from the initial committee have moved away. We were sad to see them go but understand that life is all about change. Of the three remaining original members, Pearl and Judy have also decided to move on to pursue other activities.

**So much is already in place** – it remains for others to carry on the yearly tasks. The bulk of the work occurs in the Spring, bringing in new and returning gardeners and starting up the garden in May. Autumn is harvest time followed by garden cleanup and shut down, with everything done by mid-October. Special projects such as bringing in speakers, writing articles for the Post, adding to the garden area (eg. building a shed, installing a garden sign) require extra commitment from committee members.

Judy, the outgoing chairperson, has agreed to be available to assist the committee with a "walk-through" of the various tasks.

If the work is shared by five or six people, it won't amount to a huge time commitment. Meetings need only occur when there is business to discuss. (In 2017, the committee met 6 times – January, March, May, June, Sept. and Oct.)

**Your community garden needs you - please consider putting your name forward. Email [gardens@rutlandparkcommunity.com](mailto:gardens@rutlandparkcommunity.com).**

**Thank You!**



## Community Garden **EXTRA**

Gardeners from 2017 who wish to rent a plot in 2018 may submit their names by email now. Please have your names in by Dec. 1st.

New persons wanting to rent a garden plot in 2018 – please check the December Post for details.

Reminder to ALL gardeners – please ensure that you hold a current RPCA membership before submitting your name to the garden committee.

Email: [gardens@rutlandparkcommunity.com](mailto:gardens@rutlandparkcommunity.com).

## COMMUNITY ANNOUNCEMENTS

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

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

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

**I AM LOOKING FOR EGG CARTONS:** I know a young girl who is raising chickens as part of her 4H program on a ranch south of Longview. Hazel is learning lots and really enjoying her charges, but needs egg cartons. If you have some, please contact me and I will pick them up from you. Thanks! Gayle, 403-249-1358.



## EASY COOKIN'



## Chicken and Dumplings

### Ingredients

- 1 onion, chopped
- 1 1/4 lb. boneless skinless chicken thighs
- 1 tsp. oregano
- Kosher salt
- Freshly ground black pepper
- 2 cans cream of chicken soup
- 2 c. low-sodium chicken broth
- 4 sprigs thyme
- 1 bay leaf
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 c. frozen peas, thawed
- 3 cloves garlic, minced
- 1 tube refrigerated biscuit dough
- 1/2 c. freshly grated parmesan
- 2 tbsp. chopped parsley

### Directions

Add onion in an even layer in the bottom of the bowl of a large slow cooker and place chicken thighs on top. Add oregano and season with salt and pepper.

Pour soup and chicken broth on top then add the thyme and bay leaf. Cover and cook on high for 3 hours, or until the chicken is cooked through.

Discard thyme and bay leaf, then shred the cooked chicken with two forks. Stir in celery, carrots, peas and garlic.

Cut biscuits into small pieces. Top the chicken mixture with the biscuits and cook on high for another hour, until the vegetables are tender and the biscuits are cooked through.

Garnish with parsley and serve.



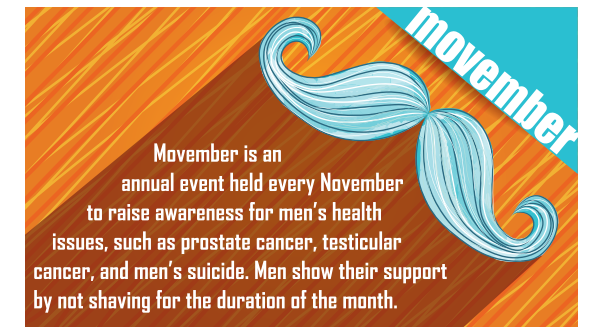
# Free Drop-In Exercise For Mature Adults

**Chartwell Royal Park  
4315 Richardson Road SW**

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

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

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





# The Fall Harvest Bazaar

## Crafters and Vendors Market

Come and browse a variety of products by Calgary's talented vendors and crafters: knitting, beauty products, art, antiques, jewelry, clothing, baked goods and so much more!

Most of these vendors and crafters are creative, mostly single or stay at home moms who have their own businesses. Come support them by purchasing their products for holiday gifts!

All table proceeds go back to Lincoln Park CHC neighbourhood, for workshops, speakers, threads and more.

**Where: Bethany Chapel Gym,  
3333 Richardson Way SW, Calgary**

**When: November 25, 2017  
Time: 9:30am-4:00pm**




**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



## COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to:  
Rutland Park Community Association, 3130- 40 Avenue SW, Calgary, AB, T3E 6W9  
or call Shirley at 403-240-4777 or membership@rutlandparkcommunity.com

Select Membership Type:

- Family: 1 year - \$15.00; 3 year - \$36.00
- Single: 1 year - \$5.00; 3 year - \$12.00
- Senior: 1 year - \$5.00; 3 year - \$12.00

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ *(please print)*

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Payment Enclosed: \_\_\_\_\_

*Be sure to include your email address so we can keep you up to date with community news and events of interest to you.*

Your support through membership is critical to Rutland Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.

## Rutland Park Mission and Values:

The results of several brainstorming sessions by the Rutland Park community board were presented at the May 23 Town Hall Meeting. These important statements will be used to guide our work and decisions. Your feedback is welcome!

### **Our Mission and Values:**

Our mission is to engage community residents, advocate on their behalf, foster community spirit, and practice meaningful stewardship while honouring our past.

### **What your Board Commits to Do:**

- I. Engaging and including residents of our community
- II. Addressing community concerns in a transparent fashion
- III. Conducting board business in an ethical and fiscally responsible manner
- IV. Making decisions based on the needs of the community as a whole

- V. Communicating board decisions with one voice
- VI. Following through on the commitments and action plans we undertake

### **Community Values we will uphold:**

- honouring our heritage
- connectedness: bringing people together
- knowing neighbours, cultural hub, social activities
- everybody is given a voice
- slow inner city living
- pride in our community: volunteerism, participation
- safe community where people can have fun
- pleasant surroundings/maintaining green space and excellent community facilities
- pedestrian friendly: easy walking, cars secondary to people
- self contained: close to amenities, community garden, sustainable
- accessible, age friendly
- desirable quality of life: all season activities
- promote accessible recreational activities

## THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpey and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: [lunchboxtheatre.com/the-santaland-diaries/](http://lunchboxtheatre.com/the-santaland-diaries/)



## TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



## A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: [artstarcreations.net/category/news/](http://artstarcreations.net/category/news/).



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

## International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: [sprucemeadows.com](http://sprucemeadows.com).

## Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. [www.eventbrite.ca/e/boy-registration-37158757845?aff=es2](http://www.eventbrite.ca/e/boy-registration-37158757845?aff=es2).

## A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebee-Jeebees, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: [cowtownoperacompany.com](http://cowtownoperacompany.com).

## The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: [hitmenhockey.com/teddy-bear-toss](http://hitmenhockey.com/teddy-bear-toss).



WalkAbout

"Hey, Teangi. We've got to do something about Gayle!"

"What do you mean, Maikai, she seems okay to me."

"Well, she's not! She is frustrated with her work with the community. She thinks no one really cares so why is she putting all this effort in keeping our community whole, together, and planned so we don't wind up with all the congestion and disconnect taking place in nearby neighbourhoods. Places where it is dangerous for kids to cross crowded streets, places where neighbours don't care about each other. Places where people just live and not interact and look out for one another."

"But, Maikai, we have a friendly, happy, safe, and caring Crescent we live on, should that not be enough?"

"Well, you're the wise one, Teangi, but Gayle wants more. She'd like to see people take time from their own lives and support their community association and take proactive steps to ensure we remain the gem of a community we have always been. We could lose it so easily to developers who don't care about the ethos in a community – they just build houses to make as much money as they can without respect to neighbour's right to sunshine in their yards, privacy, and safety."

"Well, Teangi, many people believe that change is good."

"Yes, it is when it is planned and considerate of the essence of a community of people and their lives. Their right to comfort, ease, and safety in a liveable community in which to raise their families. And speaking of that, maybe it is time to get our community school back instead of people having to bus their kids to a public school or enroll them in an alternative program. There is just so much we can do to enrich our community but it takes the adults in the community to get involved and help keep our communities stable to continue to be rewarding places in which to live."

"You have made some good points here, Maikai. We need to encourage our residents to get involved. They should come to the AGM on Tuesday, November 21st

at 7:00 pm. The meetings are short and to the point, not long and boring the way they used to be in years past. This would be a good time for our residents to have some input as to their priorities and get involved by volunteering. If we don't have a certain number of people on the board of directors then we don't have a community association and I can't imagine the impact that would have on our lives and community. The positions do not take a lot of time. A two-hour meeting of the board once a month and some time during the month to see to the job description. As they say, many hands make light work."

"Well that sounds good, Maikai. Let's both say we agree that we need more involvement. Leaving the majority of the association's business to just a few people just doesn't work. Why? Because it is OUR community, OUR lifestyles, OUR families, OUR fun activities for adults and children alike, OUR safety, and OUR obligation to ensure we have a great, liveable community."

Well, enough said. Please give this some thought and hope to see you at the AGM or contact any one of the board of directors.



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Valid Nov 1-30, 2017

# PLUMBER

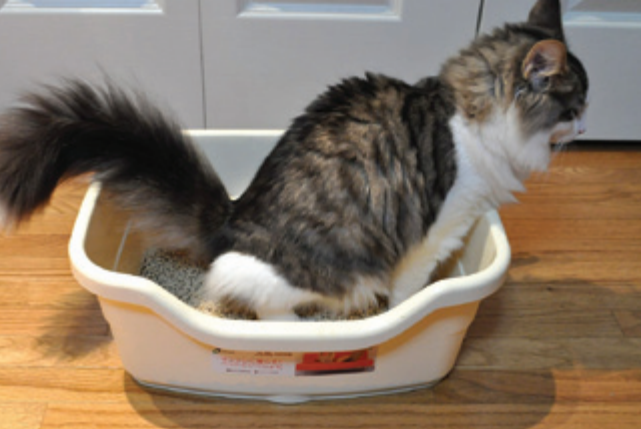
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RESIDENT PERSPECTIVES

# Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.



## Real Estate Update

### Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$659,000	\$625,000
August 2017	\$0	\$0
July 2017	\$660,000	\$615,000
June 2017	\$550,000	\$551,000
May 2017	\$644,000	\$625,000
April 2017	\$499,000	\$470,000
March 2017	\$907,450	\$886,750
February 2017	\$699,900	\$663,500
January 2017	\$641,000	\$602,500
December 2016	\$739,900	\$720,000
November 2016	\$569,900	\$555,000
October 2016	\$0	\$0

### Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$259,900	\$245,000
August 2017	\$264,900	\$259,000
July 2017	\$385,000	\$385,000
June 2017	\$230,950	\$223,250
May 2017	\$279,900	\$263,500
April 2017	\$274,900	\$270,000
March 2017	\$264,450	\$248,100
February 2017	\$319,450	\$315,000
January 2017	\$295,000	\$290,000
December 2016	\$259,900	\$235,000
November 2016	\$255,000	\$245,000
October 2016	\$174,900	\$170,000

To view more detailed information that comprise the above MLS averages please visit [rutland.great-news.ca](http://rutland.great-news.ca), [lincoln\\_park.great-news.ca](http://lincoln_park.great-news.ca) or [currie\\_barracks.great-news.ca](http://currie_barracks.great-news.ca)

### Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$1,198,000	\$1,125,000
August 2017	\$0	\$0
July 2017	\$819,000	\$807,500
June 2017	\$999,000	\$998,000
May 2017	\$1,090,000	\$1,070,000
April 2017	\$0	\$0
March 2017	\$0	\$0
February 2017	\$0	\$0
January 2017	\$859,900	\$816,500
December 2016	\$0	\$0
November 2016	\$0	\$0
October 2016	\$1,119,000	\$999,999



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## Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

### When operating a vehicle:

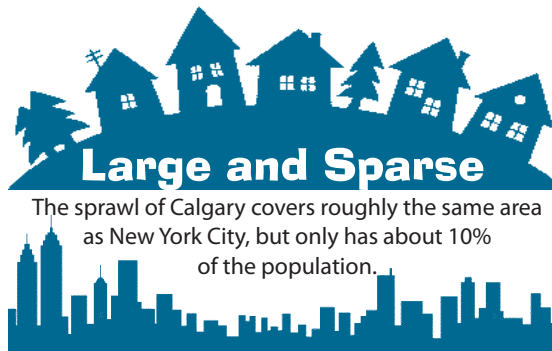
- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.



## Café at Knox

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

Warm regards,  
Isabell Reznik



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After a busy summer spent here in Calgary-Elbow and around the province, I returned to the Legislature at the end of October. We have a full agenda this fall addressing issues that will impact Alberta employees, business owners, parents and students. Also, by the time you read this the final report of the Electoral Boundaries Commission should be out, and we'll be finalizing the updated electoral map in this fall's sitting as well.

The provincial government's consultations on proposed changes to Alberta's Occupational Health and Safety legislation wrapped up mid-October. I expect we'll see an update to this legislation, and I'll be keeping a close eye out to ensure that the changes genuinely improve worker safety while not unduly adding to the cost of doing business. I've heard from many business owners in Calgary-Elbow and beyond who are concerned about the cumulative impact of the changes the government has made in many areas, and I want to ensure Alberta remains safe for workers and is also a great place to do business.

The Minister of Education is also expected to bring changes to the School Act. I will push for clarity on school fees, in particular those relating to transportation for students in alternative programs like French Immersion. I've heard from many parents concerned about the recent changes to bussing and bell times and I will be sure to raise these in the debate on the School Act.

In addition to my work on the floor of the Legislature, I am continuing work on the Child Intervention Panel. The panel will move from consultation to deliberations on how we can improve Alberta's child welfare system, focusing on how to address the over-representation of indigenous children in care. These discussions will continue through the fall and our recommendations will be released early in 2018.

If this fall is anything like the past Legislative sessions there will also be a few surprises, and I'm always interested in hearing from you on anything going on in the Legislature or here at home. Feel free to contact my constituency office at 403-252-0346 or [Calgary.Elbow@assembly.ab.ca](mailto:Calgary.Elbow@assembly.ab.ca) any time.



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Across Alberta there will be ceremonies on November 11 to show our gratitude and appreciation to all those who served, and who continue to serve, so that we may live freely. I am humbled to once again attend the annual Remembrance Day Service at the Killarney Glengarry Community Association hosted by the Millennium Branch 289 of the Royal Canadian Legion and lay a wreath in honour of those who have made the greatest sacrifice for their home and country.

The start of the fall legislative session means that the bulk of my time this month will be spent in Edmonton where I am working hard to ensure that our government is doing all we can to make your life better. But I will continue to advocate for Calgary Currie here at home. This month I am meeting with local childcare providers to discuss how they can become \$25/day Early Learning and Child Care centres in our riding. On Fridays I will continue to visit local businesses, non-profits, and schools - like Clearwater Academy - to ensure that all Albertans' needs are being met. To stay up-to-date about constituency events and initiatives, please sign up for my new e-newsletter via my Facebook page.

Finally, I would like to thank the many families, disability advocates, and associations who added their names to a petition supporting my proposed Private Member's bill. Last month when the petition closed, over 500 of you had added your names in an effort to make Henson Trust legislation a reality: thank you. And thank you to all who took the time out of your busy schedules to attend my Pizza Open House last week - it was great to catch up. Now that the municipal election campaign is over (thank you to all who put their names forward) you will once again find me knocking your doors!

You may have heard I was recently named Canada's Minister of Sport and Persons with Disabilities. The role allows me to:

- Continue to bring the needs of all Calgary Centre residents to the Cabinet table
- Promote healthier Canadians through sport and recreation
- Ensure greater accessibility and opportunities for Canadians with disabilities

The role combines two important aspects of my life, from my younger days loving swimming and baseball to the disability I acquired at age 21.

Growing up, my family and I took part in everything Calgary had to offer. By 1991, I was attending Mount Royal College and planning to become a phys-ed teacher. I played college hockey, worked part-time and had a busy social life.

Then I lost it all. I became a C-5 quadriplegic. Suddenly it was just me and my family, with no sense of direction.

One in seven Canadians has a disability. By age 75, it's one in two. People with a disability are more likely to be unemployed, divorced, or homeless. In all of Calgary, there are only 400 fully accessible rental suites.

It's tough. And, it's expensive.

That's part of why we made historic new investments in affordable housing. That's why we brought in the Canada Child Benefit, putting more money in the pockets of nine out of ten families, and helping lift hundreds of thousands of kids out of poverty. That's why we're investing in public transit, including \$1.5 billion for the Calgary Green Line - which will incorporate accessibility.

Whether you have a disability, whether you're born into a wealthy family or one that struggles, our government wants you to have the opportunity to succeed.

**PS: I hope to see you at my Holiday Open House:**  
December 16, 11:00 a.m. to 2:00 p.m.  
1133 7 Ave. SW (Kerby Centre)  
Register at [www.KentHehrMP.ca](http://www.KentHehrMP.ca)

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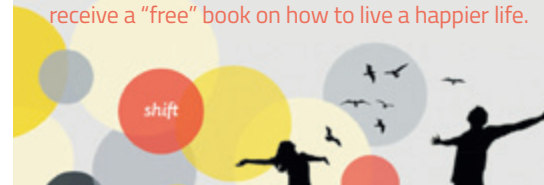
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