

FEBRUARY 2023

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THE POST

THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER



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RPCA BOARD

Visit our website for the latest information:

<http://www.rutlandparkcommunity.com>

Board meetings are held the second Tuesday of each month at 7:00 pm; everyone is welcome.

BOARD OF DIRECTORS 2022

President	Craig Marceau	president@rutlandparkcommunity.com
VP Development and Traffic	Leanne Ellis	development@rutlandparkcommunity.com
VP Communications and Website	Nisha Sridhar	communications@rutlandparkcommunity.com
Sarcee Meadows Liaison	Vacant	sarceemeadows@rutlandparkcommunity.com
Membership	Benedikt	membership@rutlandparkcommunity.com
Ice Rink	Greg Winnicki - 403 246 1746	rink@rutlandparkcommunity.com
Secretary	Karen Wesley	secretary@rutlandparkcommunity.com
West View Parc Liaison	Vacant	westviewparcliaison@rutlandparkcommunity.com
Newsletter	Vacant	newsletter@rutlandparkcommunity.com
VP Infrastructure	Craig Marceau	Infrastructure@rutlandparkcommunity.com
Lincoln Park Liaison	Open	lincolnparkliaison@rutlandparkcommunity.com
Treasurer	Matt Millard	treasurer@rutlandparkcommunity.com
Currie Barracks Liaison	Garry Moyes	curriebarracks@rutlandparkcommunity.com
Community Events	Guylaine Cormier	socialevents@rutlandparkcommunity.com
Website	communications@rutlandparkcommunity.com	
Directors at Large	Mark Yobb Husayn Lalji	
	Steve Dubois Chantal Ogradnick	

COMMITTEES

Community Garden: Chantal Ogradnick gardens@rutlandparkcommunity.com

CONTACTS

Community Association Phone Number 403-246-8318
Hall Rentals Please call Lola at 403-474-3845
or email hallrentals@rutlandparkcommunity.com

City Recreation Coordinator

Police Resource Officer Constable R. Wall r.wall@calgarypolice.ca
Emergency Contact for RPCA Hall Nathaniel 403-829-0400
Community Social Worker Vacant

RutlandPark



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.

LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

To View Additional Rutland Park Content

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and more...

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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 membership@rutlandparkcommunity.com

Select Membership Type:

- ☐ Family: 1 year - \$15; 3 year - \$36 ☐ Single: 1 year - \$5; 3 year - \$12
☐ Senior: 1 year - \$5; 3 year - \$12

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

Rutland Park Community Hall Rentals

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

Current Rental Rates Hourly Rate: \$50/hour Friday, Saturday, Sunday – full day rate: \$350. Non-refundable admin fee: \$50. A four-hour minimum rental is required on Fridays, Saturdays, 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 Lola at 403-474-3845 or email hallrentals@rutlandparkcommunity.com. Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/.



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

DEVELOPMENT AND TRAFFIC REPORT

by Leanne Ellis, VP Development and Traffic

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

We supported a number of temporary uses in Currie, including a new housing sales center. Hopefully we will see more development there in the spring.

We also provided feedback for a villa style development that is being proposed in Currie. It looks like an interesting build, and our only concern was visitor parking. Hopefully there is a quick fix so the development can proceed.

Thank you to our secretary, Karen W., for submitting an Energizing Spaces grant application in support of LED lights to replace the lights in our rink standards—she was successful in getting us \$8,720 for this project!

Our rink light standards are at the end of their usable life, so we will require a total redesign and upgrade of our existing rink lights. We will need to apply for some additional grant funding and are hoping to dovetail the LED light installation with the new rink standards. Thank you, Mark Y., for starting this investigation.

By the time you are reading this, we will have already had our casino event. Thank you so much to all of you who took the time to volunteer for this very important event!

Speaking of volunteers, our rink crew is always looking for extra support. Please reach out to Greg Winnicki at 403-540-3320 if you can help.

Keep an eye out for the details of our Chili Cookoff at the end of February! Thank you, Guylaine and Isabell for organizing this event.

We hope that 2023 is off to a great start for all of you! Hopefully you will join us for a skate at the rink, or will get involved with our men's coffee group, or maybe we will even see you at the Chili Cookoff—we look forward to your support and engagement.

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. Please also join us on Facebook—Rutland Park Community Association. Thank you for your ongoing support.

development@rutlandparkcommunity.com

Musings

Wow! Batten down the hatches! Chili Cook Off 2023 is just weeks away. Guylaine and I are excited to welcome and see you all once again. This is always a fun time for our community.



This year, if memory serves me right, is our 50th anniversary. In July of 1973, we were incorporated as a community. The years have gone by, so much history and great memories, and really a lot to be proud of from my vantage point. I hope we can make it a year of celebrations.

Maybe the odd barbeque, coffee party, or just a supper night at the Hall would be nice. Keep an eye out for news through this publication or our website.

Before I sign off, I want to pay tribute to some people of our past, they were the heart and soul of our community. We remember them and thank them from the heart. They are Doreen S, Rick E, Ben G, Sally S, Howard V., our ice man for about 15 years, Randy S, Jim C, and Bill B. This list could go on and on.

Many thanks to our current Board and volunteers. You rock!

Until next time, goodbye, and remember to smell the roses!

Warm wishes,

Isabell

Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



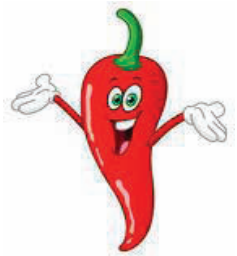


Annual Rutland Park, Currie Barracks and Lincoln Park Chili Cook-off!

Think you have what it takes to win the coveted RPCA Chili Championship? Then put your Chili up to the test! Bring in a crock pot full of your finest (dress it up a little too if you want) and pit it against your fellow neighbour in the year's foremost culinary cook off!

Saturday, February 25th, 2023
3:00 to 5:00 pm

Show off your cooking skills!
Challenge your friends to submit a chili too!
Bring your family and friends!
Win Prizes!
Have Fun!



[This Photo](#) by Unknown

Prizes for best overall chilli, spiciest, vegetarian, and original presentation.

If you are not the cooking type, bring your empty tummy and an open mind and help judge this year's contenders.

Make sure to drop off your entry off by 2:45, judging will begin at 3:00 pm and end at 4:30 pm. Winners will be announced around 4:45.

Admission is free with chili submission OR \$2.00 per person (including children over 5)

Refreshments will be provided, and a cash bar will be available.

Please visit the Rutland Park Community Association Facebook page for more details or email socialevents@rutlandparkcommunity.com.

**Event is open to all Rutland Park Community Association members and their friends and family. Memberships can be purchased at www.rutlandparkcommunity.com or at the door. (Individual \$5 per year/ family \$15 per year)*

Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: no screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

Keeping Track of Screen Time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.
- Make a family TV show schedule together and post it where everyone can see it (e.g., on the fridge).
- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

Lead by Example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.
- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.
- Show your children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get your family up and moving.

Focus On Family Time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.



- At mealtimes, put your media devices aside. Use the time to talk to each other.
- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.
- Go for a walk or bike ride as a family.
- Go to the library for a story time or to check out a book.

Use Screen Time to Learn

- Help your child learn by watching and talking about TV shows together.
- Choose TV shows that:
 - Repeat ideas to help kids learn.
 - Pause and ask kids to join in.
 - Teach only one message at a time.

Cutting back on screen time is very difficult to do, and while you may want to cut back, this may not be a good time for you. If you cannot start now, perhaps you can think about doing it later.

Remember that you can control how fast you make any changes. Making small, gradual changes to what and how much you watch on TV and other screens will help you and your child maintain the changes. The decision to change and how you do it are up to you. You can find a way that works for your family.

When you are ready to try, your doctor can give you information and support to help.



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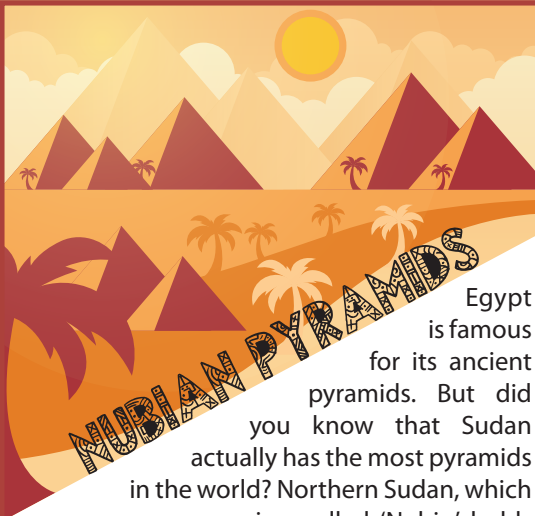
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The Northernmost Settlement



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!



NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

MLA Calgary-Currie
Nicholas Milliken

Minister of Mental Health & Addiction
#211, 1608 17th Avenue SW, Calgary, AB
T2T 0E3

📞 403-246-4794

✉️ calgary.currie@assembly.ab.ca



Dear Neighbours,

I am pleased to report that help is on the way for Albertans needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Your government values and recognizes Alberta's paramedics. Government aims to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. The plan proposes only using ambulances for patients who require medical support during transport. For patients who do not require medical support during transport, AHS will arrange for alternative transportation options like community shuttles and wheelchair accessible taxis. This means more ambulances on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to reduce pressures and improve system performance. This also includes reducing wait times for surgeries and improving overall patient flow and capacity.

Government is also working with AHS for additional action. This includes adding a triage physician to emergency department waiting rooms to support patient offloads and allowing paramedics to assess and treat patients without having to transport them to hospital.

I would also like to provide some good economic news. A new TD Economic report projects Alberta's economic growth will lead the country in 2023 with Alberta outperforming all other provinces. In 2023, oil production is still expected to grow, as well as oil patch spending, driving optimism among banks and businesses. Further, the \$21.4 billion Trans Mountain pipeline expansion project is expected to be completed later in the year.

Job numbers reveal that 88,800 new jobs were created in December alone! Since 2021, Alberta has created 221,000 jobs. Policies matter, and we are putting the right policies in place to grow and diversify the economy.

Your government is taking action on healthcare and the economy, and I am working to make sure my constituents of Calgary-Currie are supported.

Sincerely,

MLA Nicholas Milliken

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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.



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Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

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