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# **BATHROOM RENOVATION SALE**

# SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- $\cdot$  Supply & install new tile to ceiling

# ABSOLUTELY NO HIDDEN COSTS Some restrictions may apply. Reg: \$15,679

- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

SALE \$11,679 Limited Supplies

# **TUB TO SHOWER CONVERSION**

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling

# ABSOLUTELY NO HIDDEN COSTS Some restrictions may apply. Reg: \$13,679

- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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# **RPCA BOARD**

Visit our website for the latest information:

www.rutlandparkcommunity.com

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

#### **BOARD OF DIRECTORS 2024/2025**

DOALD OF DIRECTORS 2024/2025			
President	Craig Marceau president@rutlandparkcommunity.com		
Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com		
Treasurer	Lisa Luhning treasurer@rutlandparkcommunity.com		
Secretary	Acting Director secretary@rutlandparkcommunity.com		
Infrastructure Projects	Mark Yobb markyrobb@rutlandparkcommunity.com		
Sarcee Meadows Liaison	Jeremy Hart sarceemeadows@rutlandparkcommunity.com		
Membership	Benedikt membership@rutlandparkcommunity.com		
Ice Rink	Steve Dubois rink@rutlandparkcommunity.com		
Lincoln Park Liaison	Vacant lincolnparkliaison@rutlandparkcommunity.com		
West View Parc Liaison	Vacant westviewparcliaison@rutlandparkcommunity.com		
Newsletter	Vacant newsletter@rutlandparkcommunity.com		
Currie Barracks Liaison	Vacant curriebarracks@rutlandparkcommunity.com		
Community Events	Vacant socialevents@rutlandparkcommunity.com		
Website Director	Vacant communications@rutlandparkcommunity.com		
Directors at Large	Husayn Lalji husaynlalji@rutlandparkcommunity.com		

#### CONTACTS

-

Community Association Phone Number		403-246-8318	
Hall Rentals	Rentals		
or er	or email hallrentals@rutlandparkcommunity.com		
City Recreation Coordinator	Vacant		
Police Resource Officer		Constable Art Szabo reg# 4809	
		ASzabo@calgarypolice.ca	
Emergency Contact for RPCA Hall	Lola	403-617-3241	
Community Social Worker	Vacant		



403-837-4023 info@officialplumbingheating.ca official-plumbing-heating.ca

# GAMES & PUZZLES Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.

2. This toy originates from the Swahili word "kujenga" which means "to build".

3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.

4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.

5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.

6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.



## **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:

Thank you, Steve and Ryan and all our rink crew! We have appreciated your efforts to keep our rink up and running. Please check our Rutland Park Community Association Facebook page for a detailed schedule, as well as rink closures.

Hall Update: We are extremely disappointed to have wasted two years trying to get a proper insurance settlement for our Main Hall floor failure. We are at the point of asking for an additional \$30,000 to cover a bit more lost business income and will need to move on. We cannot move forward with any repairs until this claim is settled. Hopefully we will have started on our engineering by the time you receive our next update.

Sarina Homes will have had another information session on Richmond Green by the time you are reading this. We are not currently aware of what changes they are proposing. Our concerns with regards to the project have been focused on a six-storey development across the entire east side of the site and 400+ units on the site when the City indicated it would allow for approximately 284 units.

Currie Barracks is seeking amendments to the CFB West Master Plan. We have indicated that building heights, building setbacks, and providing sufficient parking will continue to be concerns for us. We are also looking for a vibrant commercial area that includes a grocery store and unique retail spaces.

Thank you, Ashley S., for the suggestion to sign the RPCA up for a Skip the Depot account! Funds collected through this program will be used to improve our rink and support events there. If you have bottles you would like to donate through this program, here is our link: https://app.skipthedepot.com/rutlandparkca.

With the city-wide blanket rezoning to R-CG, developers are actively seeking lots in Rutland Park for densification. The RPCA does not support densification on our low density lots beyond the one or two homes set out in the Restrictive Covenants that form part of our Development Guidelines. The RCs override the R-CG land use but must be defended in court.

Currently, developers are challenging these Restrictive Covenants on three properties in our community. Ignoring any of these proposals puts all the Restrictive Covenants at risk and would result in R-CG rules of eight plus units per lot if our RCs become unenforceable.

Even though we support the RCs in our community, the RPCA is not a landowner and has no legal standing with regards to these Restrictive Covenants. Accordingly, we will not provide funding for any legal challenges.

Some landowners have already formed a Restrictive Covenant Committee. Interested landowners can reach out to rutlandparkrc@gmail.com for more information.

If you have not already signed up for our email updates, please do so at our website, www. 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 by searching Rutland Park Community Association. Thank you for your ongoing support.

#### Leanne Ellis

Executive VP and Development and Traffic development@rutlandparkcommunity.com

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.

**Disclaimer:** 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 Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do 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. **Epilepsy Awareness Month** Shine a Light on Epilepsy

This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!

> **Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.

e

**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.

**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.

Share your purple moments using #postyourpurple



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epilepsy

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association

### RECIPE

# Breakfast Quesadilla

#### by Jennifer Puri

Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.



Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

#### Servings: 2

#### Ingredients:

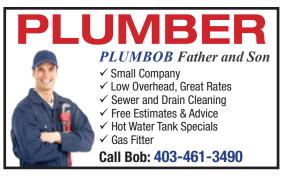
- 2 large tortillas
- 1 <sup>1</sup>/<sub>2</sub> tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter
- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- $^{1\!\!/_2}$  jalapeno, seeds removed and chopped (optional)
- Cooking spray

#### Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

#### Bon Appétit!





<b>COMMUNITY ASSOCIATION MEMBERSHIP FORM</b> 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: \$400. 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/.

## YOUR CITY OF CALGARY

# Earth Hour 2025

#### by The City of Calgary

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



# **Musings**

Hello neighbours,

Winter is about to depart, and warm spring winds will greet one and all. Community gardeners will be back in full force to impress us all with their gardening skills. I hope our newly planted orchard has survived, and we can reap the benefits of some delicious fruit.

Recently I came across an old program from 1994 of a fashion show we hosted at our main hall. Over 15 models took to the stage to proudly display the latest fashions of the day. The fashions featured were from Winners, Lady Foot Locker, Irene Hill, and Just Petites. As well, there were hairstyles and makeup from local businesses. As I recall, over 17 committee members made it happen, and our hall was buzzing with excitement. Times sure have changed, but that walk down memory lane was great. A good number of ladies and men who served on the show committee still live right here in Rutland Park.

As we all look forward to a very busy spring, let's keep one another in our hearts. This community continues to grow in the heart of our city. I am taking a break but will be back in May.

Take care, the roses are nearly back! Warm regards, Isabell RUTLAND PARK COMMUNITY ASSOCIATION PRESENTS • SPRING TASHION REVIEW 94 \*

## **TAKE ON WELLNESS**

# **Recognizing Eating Disorders**

#### by Alberta Health Services

Eating disorders (ED) are complex mental illnesses that can affect people physically as well. They affect people of all genders, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They can occur because of many factors like genetics, brain chemistry, one's environment, as well as stressful life events. This article will explain some common eating disorders and what to do if you suspect that you or someone you know has one.

#### **Types and Features of Common Eating Disorders**

The purpose of outlining some common features is to highlight the importance of proper diagnosis and treatment.

• Anorexia Nervosa: People who have anorexia nervosa can weigh less than what is healthy for them. They often think they weigh too much even when they do not weigh enough to stay healthy. People may restrict their intake, engage in excessive exercise, and/or engage in purging behaviours such as vomiting, misuse of laxatives, diuretics, or enemas.

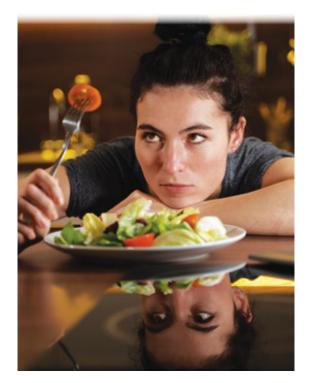
• Bulimia Nervosa: This is eating large amounts of food within a specified time, feeling out of control during eating, and compensatory behaviours to prevent weight gain (like vomiting or laxatives). Bulimia can occur for anyone, regardless of what they weigh.

• **Binge Eating Disorder**: Eating large amounts of food, feeling out of control, and can include eating rapidly until uncomfortably full, eating alone, eating when not hungry, and negative feelings after binge eating.

• Avoidant Restrictive Food Intake Disorder (ARFID): People with ARFID avoid certain foods due to their sensory characteristics, fear of adverse consequences such as choking or vomiting or general lack of interest in food or eating.

#### What to Do if You Think Someone Has an ED or if You Think You May Have an ED?

If you think your loved one has an ED, tell them you are worried and let them know you care. It is important to show support. Listen to their feelings and remember the



big picture. Eating disorders happen for many different reasons. Many people who have an eating disorder come from families in which other members have eating disorders or have other conditions such as depression. This doesn't mean that a family member caused the disorder. It simply means that these conditions seem more likely to happen in that family.

If you think you have an ED, speak with a primary care provider immediately and explain why you may suspect this. Early intervention is crucial. The primary care provider may ask you to describe any physical or emotional changes you have noticed or experienced that are concerning you.

You can also reach out to the Recovery Alberta Mental Health Helpline at 1-877-303-2642. Remember you are not alone, and help is available. Full recovery from an eating disorder is possible with proper treatment.

For more information about eating disorders, visit the Eating Disorder Support Network of Alberta at edsna.ca or National Eating Disorder Information Centre at nedic.ca.



# Real Estate Update

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

	Average Asking Price	Average Sold Price
January 2025	\$999,900	\$995,000
December 2024	\$349,000	\$370,000
November 2024	\$0	\$0
October 2024	\$592,500	\$593,500
September 2024	\$885,000	\$885,000
August 2024	\$689,900	\$689,900
July 2024	\$367,400	\$389,250
June 2024	\$794,950	\$789,250
May 2024	\$749,900	\$735,000
April 2024	\$949,900	\$1,025,000
March 2024	\$0	\$0
February 2024	\$0	\$0

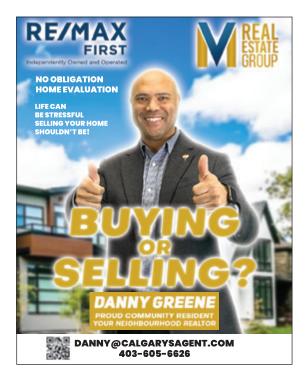
# Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2025	\$369,900	\$361,500
December 2024	\$344,450	\$338,250
November 2024	\$305,950	\$304,700
October 2024	\$303,950	\$302,000
September 2024	\$369,000	\$369,000
August 2024	\$294,450	\$298,750
July 2024	\$274,394	\$273,250
June 2024	\$298,000	\$287,750
May 2024	\$329,900	\$330,000
April 2024	\$285,000	\$285,000
March 2024	\$285,000	\$285,000
February 2024	\$277,500	\$271,000

To view more detailed information that comprise the above MLS averages please visit **rutl.mycalgary.com**, **linc.mycalgary.com or curr.mycalgary.com** 

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

	Average Asking Price	Average Sold Price
January 2025	\$686,950	\$667,500
December 2024	\$877,000	\$859,750
November 2024	\$725,000	\$750,000
October 2024	\$709,512	\$709,513
September 2024	\$350,000	\$345,000
August 2024	\$377,450	\$372,000
July 2024	\$734,895	\$734,895
June 2024	\$492,065	\$492,065
May 2024	\$1,500,000	\$1,472,000
April 2024	\$517,200	\$512,450
March 2024	\$1,299,900	\$1,265,000
February 2024	\$787,395	\$787,395



# The Art of Finding Work: Hiring Is a Process of Elimination

#### by Nick Kossovan

Job seekers owe it to themselves to understand and accept; fundamentally, hiring is a process of elimination. Regardless of how many applications an employer receives, the ratio revolves around several applicants versus one job opening, necessitating elimination.

Essentially, job gatekeepers (recruiters, HR, and hiring managers) are paid to find reasons and faults to reject candidates to find the candidate most suitable for the job and the company.

Nowadays, employers are inundated with applications, which forces them to double down on reasons to eliminate. It's no surprise that many job seekers believe that "isms" contribute to their failure to get interviews, let alone get hired. Employers have a large pool of highly qualified candidates to select from. Job seekers attempt to absolve themselves of the consequences of actions and inactions by blaming employers, the government, or the economy rather than trying to increase their chances of getting hired by not giving employers reasons to eliminate them because of:

#### Typos, Grammatical Errors, Poor Writing Skills

"Communication, the human connection, is the key to personal and career success." - Paul J. Meyer.

The most vital skill you can offer an employer is above-average communication skills. Your resume, LinkedIn profile, cover letters, and social media posts should be well-written and error-free.

# Failure to Communicate the Results You Achieved for Your Previous Employers

If you can't quantify (e.g. \$2.5 million in sales, \$300,000 in savings, lowered average delivery time by six hours, answered 45 to 75 calls daily with an average handle time of three and a half minutes), then it's your opinion. Employers care more about your results than your opinion.

#### An Incomplete LinkedIn Profile

Before scheduling an interview, the employer will review your LinkedIn profile to determine if you're

interview-worthy. I eliminate any candidate who doesn't have a complete LinkedIn profile, including a profile picture, banner, start and end dates, or just a surname initial; anything that suggests the candidate is hiding something.

#### Having a Digital Footprint That's a Turnoff

If an employer is considering your candidacy, you'll be Googled. If you're not getting interviews, before you assert the unfounded, overused excuse, "The hiring system is broken!" look at your digital footprint. Employers are reading your comments, viewing your pictures, etc. Ask yourself, is your digital behaviour acceptable to employers, or can it be a distraction from their brand image and reputation? On the other hand, not having a robust digital footprint is also a red flag, particularly among Gen Y and Gen Z hiring managers. Not participating on LinkedIn, social media platforms, or having a blog or website can hurt your job search.

#### Not Appearing Confident When Interviewing

Confidence = fewer annoying questions and a can-do attitude.

It's important for employers to feel that their new hire is confident in their abilities. Managing an employee who lacks initiative, is unwilling to try new things, or needs constant reassurance is frustrating.

Job searching is a competition; you're always up against someone younger, hungrier, and more skilled than you.

Besides being a process of elimination, hiring is also about mitigating risk. Therefore, being seen as "a risk" is the most common reason candidates are eliminated, with the list of "too risky" being lengthy, from age (will be hard to manage, won't be around long) to lengthy employment gaps (raises concerns about your abilities and ambition) to inappropriate social media postings (lack of judgement).

Envision you're a hiring manager hiring for an inside sales manager role. In the absence of "all things being equal," who's the least risky candidate, the one who:

- Offers empirical evidence of their sales results for previous employers, or the candidate who "talks a good talk"?
- Is energetic, or the candidate who's subdued?

- Asks pointed questions indicating they're concerned about what they can offer the employer or the candidate who seems only concerned about what the employer can offer them.
- Posts on social media platforms, political opinions, or the candidate who doesn't share their political views?
- On LinkedIn and other platforms, criticizes how employers hire or the candidate who offers constructive suggestions?
- Has lengthy employment gaps, short job tenure, or a steadily employed candidate?
- Lives ten minutes from the office or 45 minutes away?
- Has a resume/LinkedIn profile that shows a relevant linear career or the candidate with a non-linear career?
- Dressed professionally for the interview, or the candidate who dressed "casually"?

An experienced hiring manager will lean towards candidates they feel pose the least risk. Hence, presenting yourself as a low-risk candidate is crucial to job search success. It is worth noting, the employer determines their level of risk tolerance, not the job seeker, who doesn't own the business—no skin in the game—and has no insight into the challenges the employer has experienced due to bad hires and are trying to avoid similar mistakes.

"Taking a chance" on a candidate isn't in an employer's best interest. What's in an employer's best interest is to hire candidates who can hit the ground running, fit in culturally, and are easy to manage. You can reduce the odds (no guarantee) of being eliminated by demonstrating you're such a candidate.



# **This Canmore Wedding**

by Garth Paul Ukrainetz

Three Sisters over Canmore O beautiful the bridesmaids At the altar in the valley Where the River Bow does run

Tall groomsmen of Mount Rundle Rugged handsome chiseled features Wearing spruce tree green tuxedos Faces flushed with rising sun

Proud Nakoda poised in middle His true love will soon make entrance Yes, at last they'll be united Grassi tear wells in his eye

Though the bride is slow in coming Patient bridal party waiting Heaven knows this Canmore wedding Stands majestic to the sky





MLA Calgary-Currie Janet Eremenko 206B – 1615 10 Ave SW Calgary, T3C 0J7 403-426-4794 calgary.currie@assembly.ab.ca

It's provincial budget time again, and this year's budget is being presented under a thick veil of speculation and uncertainty, largely because of a new government to the south.

Even before the threat of tariffs landed on Alberta's doorstep, the finance minister was suggesting there would likely be cuts across most, if not all, ministries. Budget decisions, especially cuts, are rarely simple, but many of them have been unnecessary.

Recent moves from the government have either 1) granted benefit for a few, or 2) increased costs for many.

The committee that oversees MLA compensation, living allowances, and caucus funding, which is largely UCP members, voted to give themselves a big raise, far higher than an independent consultant recommended. They also changed the formula for caucus budget, adding \$1,000,000 to their political staff budget.

Clearly, the government knows the cost of living has gone up, which makes some of the following cuts a lot tougher to accept:

- Income supports like Alberta Works, Child Benefits, and AISH are no longer indexed to inflation.
- Funding was cut to three reputable organizations supporting adults with disabilities.
- They stopped providing coverage to children and seniors for partial eye exams and several other optometry services.
- They are raising the cap on car insurance hikes from 3.7 percent to 15 percent over two years.
- They refuse to improve the poverty wages of educational assistants.
- They removed local decision making from homelessness agencies during a housing and affordability crisis.
- They almost pulled funding for Calgary's low-income transit pass, until they realized it was bad press.

Unfortunately, this list is far from exhaustive. If you've been impacted by cuts, please reach out. These are certainly trying times, and you don't have to manage them alone. Your Calgary-Currie team is here to help.



MLA Calgary-Elbow Samir Kayande 205 – 5005 Elbow Drive SW T2S 2T6 403-252-0346 Calgary.elbow@assembly.ab.ca

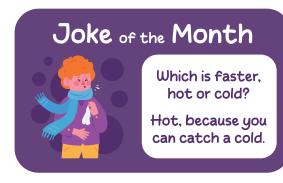
I'm writing this at the end of January, ahead of press deadlines, without knowing the full impact of recent political changes in Ottawa and Washington. Even today, January 31, I've seen four separate tariff proposals from Trump. I don't know if the past weeks have brought harsh tariffs slowing our economy, more uncertainty, or no tariffs at all.

This uncertainty makes now a good time to talk about investment stability. Competent governments should minimize unnecessary change while improving people's lives. Unfortunately, Alberta's government is doing the opposite—banning renewable investment, firing two Alberta Health Services boards in months, dismantling Alberta Health Services, overhauling the Heritage Fund's management, and rerouting the Green Line last-minute.

This uncertainty has real costs—both tangible, like the unknown millions for the Green Line re-route, and intangible, like increased risk. When governments tear up contracts, businesses charge more to hedge against losses.

At a time when our biggest trading partner, the U.S., is creating its own chaos, Alberta's government is adding to the instability.

Through this turbulence, I'm grateful for your trust and am committed to serving you. Please reach out to my office to discuss this or any other issues.





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Tax season is here and below are some changes that will affect business taxes in 2025.

# Transitioning to online mail for most business correspondence

Beginning in spring 2025, the Canada Revenue Agency (CRA) will make online mail the default for most business correspondence, delivering notices, and updates.

#### **Changes for short-term rentals**

New legislative changes require short-term rentals to be compliant with the short-term rental laws in the municipality/province in which they are located in order to claim deductions. Short-term rental hosts were required to comply with these applicable provincial and municipal registration, permit, license, and operating requirements by December 31, 2024.

# The CRA is administering proposed capital gains inclusion rate legislation

On January 31, 2025, the Minister of Finance announced that the federal government is deferring —from June 25, 2024 to January 1, 2026—the date on which the capital gains inclusion rate would increase from one-half to two-thirds on capital gains realized annually above \$250,000 by individuals and on all capital gains realized by corporations and most types of trusts. The capital gains inclusion rate represents the portion of capital gains that is taxable.

For more information and other changes, visit www. canada.ca/en/revenue-agency.



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