

MARCH 2023

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# THE POST

THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER



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# GREAT NEWS MEDIA

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### Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

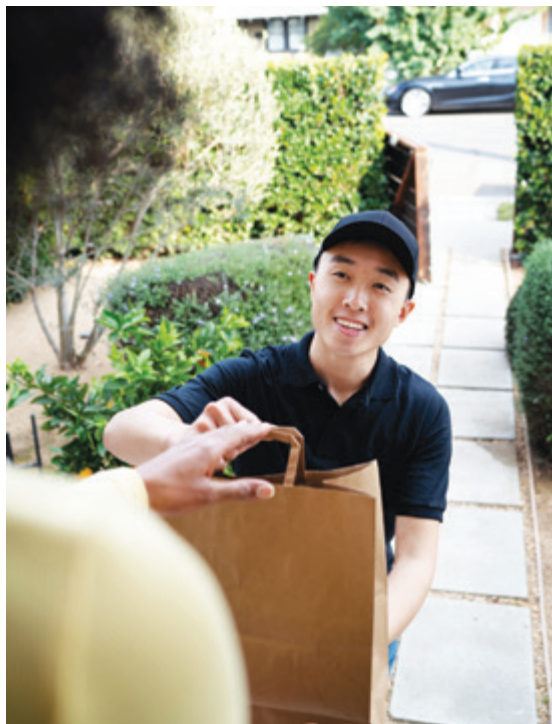
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





# 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 Ogrodnick

## COMMITTEES

Community Garden: Chantal Ogrodnick      gardens@rutlandparkcommunity.com

## CONTACTS

Community Association Phone Number	403-246-8318	
Hall Rentals	Please call Lola at 403-474-3845 or email <a href="mailto:hallrentals@rutlandparkcommunity.com">hallrentals@rutlandparkcommunity.com</a>	
City Recreation Coordinator		
Police Resource Officer	Constable R. Wall	<a href="mailto:r.wall@calgarypolice.ca">r.wall@calgarypolice.ca</a>
Emergency Contact for RPCA Hall	Nathaniel	403-829-0400
Community Social Worker	Vacant	



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.

**SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**RUTLAND PARK**



**CURRIE**



**LINCOLN PARK**



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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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](mailto: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](mailto:hallrentals@rutlandparkcommunity.com). Visit the Community Association website to see what our beautiful hall looks like: [www.rutlandparkcommunity.com/hall-rentals/](http://www.rutlandparkcommunity.com/hall-rentals/).

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

- Both the RPCA and the Richmond Knob Hill Community Association have reached out to Councillor Walcott to transfer the community boundary for Richmond Green to the community of Currie Barracks. All of the park space is part of the CFB West Master Plan and, as such, any development input for the space should be through our community, not that of Richmond Knob Hill. We will continue to pursue this request.
- Thank you, Craig M., for taking the time to nominate me for the Queen Elizabeth II Platinum Medal for my volunteer work with this board. I am extremely honored to be chosen as a recipient. Thank you all for your contributions to this amazing community!
- Our Skateshack was broken into in mid January. The thieves caused a lot of damage to our locks and doors and stole over \$1000 worth of equipment. This is both very costly and very disappointing. It has been reported to the police. Please keep an eye open for suspicious activity in the area and notify police if you see a crime being committed. Thank you for helping to keep our community safe!
- Special thank you to all of our casino volunteers! This is a huge source of income for our community association and helps us to maintain our buildings and our programs. Extra special thanks to Gord L. for spearheading the event! You are all appreciated.
- Thank you for the ongoing efforts of our rink crew! The weather doesn't always cooperate, but they continue to work hard to keep our rink in great shape!
- Thank you, Isabell R. and Guylaine C., for organizing our Chili Cookoff on February 25. Hopefully you were able to come out and help judge the entries.

If you have not already signed up for our email updates, please do so at our website, [rutlandparkcommunity.com](http://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.

*Leanne Ellis*

VP Development and Traffic

[development@rutlandparkcommunity.com](mailto:development@rutlandparkcommunity.com)

### Spring Cleaning Your Way to Better Health

*by Nina Wilder*



March is here and we all know what that means: time for spring cleaning! This time of year is all about hitting that 'refresh' button and tackling the chores

that we have been putting off. But this tradition doesn't have to just be about dusting the blinds and decluttering our garages, it can also be a great opportunity to set our environment up to support healthy habits.

To form new habits, we must make them attractive, easy, and satisfying. We can do this by cleaning and organizing our homes in such a way as to encourage us to do certain behaviours. For example, if we want to increase our activity and aren't interested in going to a gym, we can create a designated activity space in our home. We can clear out a corner or – if you have the luxury – an unused room and make it appealing for activity: set out a music player, hang up motivating images or quotes, and lay out equipment in an organized and accessible way. The more appealing the room is, the more you'll want to use it!

Conversely, to kick a bad habit, we must make it harder to do, unattractive, and unsatisfying. If our goal is to eat less junk food, we can start by reorganizing the kitchen. We can declutter our pantries and fridges of things that tempt us and put them somewhere harder to reach such as that cupboard in the garage, or the freezer downstairs. We can also organize the contents in our fridge so that healthier snacks are more towards the front so they're easier to grab and give us a strong visual reminder to go for those instead. If you find yourself throwing out uneaten vegetables and fruits that have gone bad, stop putting them in the fridge drawer, out of sight!

With a little elbow grease, we can not only make our homes cleaner and more organized, but also conducive to having better health. How's that for a new tradition?



## Rutland Park Real Estate Update

Last 12 Months Rutland Park  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$844,394	\$786,250
December 2022	\$850,000	\$862,500
November 2022	\$0	\$0
October 2022	\$0	\$0
September 2022	\$1,000,000	\$993,500
August 2022	\$694,900	\$675,000
July 2022	\$299,900	\$290,000
June 2022	\$685,000	\$629,500
May 2022	\$445,000	\$430,000
April 2022	\$725,000	\$742,500
March 2022	\$559,900	\$563,000
February 2022	\$525,000	\$530,000

Last 12 Months Rutland Park  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	2	2
December 2022	0	1
November 2022	2	0
October 2022	1	0
September 2022	1	2
August 2022	1	1
July 2022	3	3
June 2022	4	4
May 2022	5	4
April 2022	4	3
March 2022	5	5
February 2022	4	3

To view more detailed information that comprise the above  
MLS averages please visit [rutl.mycalgary.com](http://rutl.mycalgary.com)

## Currie Barracks Real Estate Update

Last 12 Months Currie Barracks  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2023	\$0	\$0
December 2022	\$0	\$0
November 2022	\$497,450	\$492,500
October 2022	\$760,000	\$743,500
September 2022	\$775,000	\$750,000
August 2022	\$535,000	\$517,500
July 2022	\$1,639,000	\$1,629,000
June 2022	\$537,350	\$520,500
May 2022	\$340,950	\$333,950
April 2022	\$1,262,500	\$1,206,500
March 2022	\$539,900	\$539,900
February 2022	\$539,900	\$521,500

Last 12 Months Currie Barracks  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2023	0	0
December 2022	1	0
November 2022	8	2
October 2022	3	6
September 2022	5	3
August 2022	5	4
July 2022	3	1
June 2022	1	6
May 2022	13	10
April 2022	11	8
March 2022	7	5
February 2022	10	3

To view more detailed information that comprise the above  
MLS averages please visit [cur.mycalgary.com](http://cur.mycalgary.com)

## St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
  - a. Canada
  - b. Ireland
  - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
  - a. Snakes
  - b. Rats
  - c. Witches
3. What colour is worn on St. Patrick's Day?
  - a. Blue
  - b. Red
  - c. Green
4. What date in March is St. Patrick's Day?
  - a. March 1
  - b. March 16
  - c. March 17
5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?
  - a. 13,000,000
  - b. 1,300,000
  - c. 1,000,000
6. What is St. Patrick's nickname?
  - a. St. Paddy
  - b. St. Patty
  - c. St. Irish
7. When and where was the first St. Patrick's Day parade held in Canada?
  - a. Quebec City in 1765
  - b. Ottawa in 1870
  - c. Halifax in 1790

SCAN THE QR CODE  
FOR THE ANSWERS!



## Musings from the Meadows

Hello one and all,

Spring is nearly upon us. Very soon, our garden group will be hard at it, planning for yet another busy growing season. It is always so much fun to meet returning gardeners, as well as the new green thumbs.

Our first social event of 2023 has come and gone. As of this printing, I truly hope it was a success. I am always impressed at the quality of our Chili entries, and must admit that picking a winner is never easy. Thanks to everyone who supported us, but most of all to our chefs who toiled in their kitchen to present that perfect concoction for one and all to enjoy.

I was just looking back at past events, and do all of you realize that it has been nearly four years since we hosted our very successful Ukrainian event? People are still talking about it. Maybe it is time to invite our dancers and the orchestra back for another event of fun. What do you all think? I know this is a ticketed event and the cost has gone up, but it was so much fun! I will look into it further and see what kind of interest there may be.

Also remember this is our 50-year celebration. Three cheers for our community. We will talk again soon, and remember to smell the roses.

Warm wishes to all,

*Isabell*





MLA Calgary-Currie  
**Nicholas Milliken**  
Minister of Mental Health & Addiction  
#211, 1608 17<sup>th</sup> Avenue SW, Calgary, AB  
T2T 0E3  
📞 403-246-4794  
✉️ calgary.currie@assembly.ab.ca



Dear Neighbours,

I would like to share with you some good news, Imperial Oil is investing \$720 million to build a new renewable diesel facility – the largest facility of its kind in Canada.

Due to Alberta's competitive taxes, skilled workers, and strong economic outlook, our province continues to be a top destination for investment. This significant capital commitment from Imperial Oil shows our plan is working to attract investment and grow the economy. An estimated 600 construction jobs will be created, not to mention all the indirect economic benefits. It also shows industry's innovation technology leadership, with Alberta's support, reducing emissions in Canada and around the world.

Initial construction on the project has already begun. The project will use vegetable oils — including canola, safflower, sunflower, and soy — and "blue hydrogen" that's produced from natural gas (combined with Carbon Capture Usage Storage "CCUS" technology) to produce renewable diesel. Once it is completed in 2025, the facility will be capable of producing about 20,000 barrels per day.

Another good piece of economic news to share is that Moody's Investors Service upgraded its credit rating for Alberta to Aa2 (stable outlook) up from Aa3 (positive outlook). Alberta's excellent financial management and strong economic performance has been recognized by this upgraded credit rating.

After years of successive downgrades under the previous government, the current government's commitment to increased savings, reduced debt, and a balanced budget have continued to generate stability and prosperity for Alberta, and frankly, all of Canada. This credit upgrade speaks volumes about our responsible decisions to invest in health care, help businesses, and create more jobs for Albertans. Your government will continue to be unrelenting in its focus on investment attraction, economic growth, diversification, and job creation.

This positive economic news reflects the hard work of all Albertans, including the residents of Calgary-Currie. I will continue to work hard to maintain this momentum.

Regards,

*MLA Nicholas Milliken*

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**9 PM ROUTINE**



CALGARY POLICE SERVICE

## ☑️ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

## Community Garden Update

For those of you looking forward to the 2023 gardening season, hooray. Like me, you may be in the early stages of planning which seeds to germinate in preparation for planting season. If you need a garden bed for those seedlings, read on.

Rutland Park Communication Association has a number of garden beds for rent and, as the Chair of the Garden Committee for 2023, I have a vision of building a community of gardeners who are interested in sharing gardening tips and ideas, are dedicated to keeping our garden area weed-free and attractive, and assisting

fellow gardeners with watering when they are unable to. It would be great to have a community of gardeners who are interested in not just their garden bed, but our community as a whole.

If you are interested in renting a garden bed for the 2023 season, or would like more information, please contact me at: [gardens@rutlandparkcommunity.com](mailto:gardens@rutlandparkcommunity.com).

I look forward to meeting everyone and collaborating on a fantastic gardening year.

Best regards,

*Chantal*



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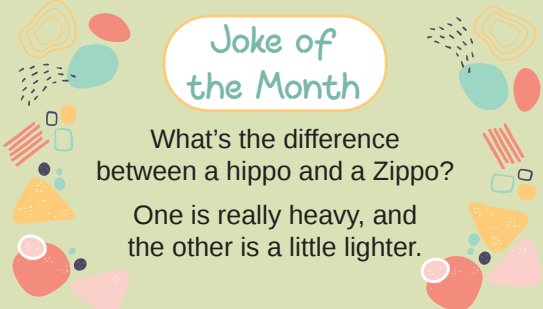
**Call Bob: 403-461-3490**



## Joke of the Month

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.



## Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

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

### First Aid for Burns

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

### Prevention of Burns

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

If you require immediate medical attention, call 911.

## Orange Vegetables Are Healthy and Delicious

from Alberta Health Services



Canada's Food Guide Plate encourages Canadians to make half their plate vegetables or fruit. One recommendation is to have orange vegetables a few times a week.

Orange vegetables contain carotenoids. These are plant compounds that convert into Vitamin A in your body. Vitamin A helps promote healthy vision and helps your eyesight in dark lighting. It also promotes the growth and health of cells in your body, and it helps regulate your immune system.

Orange vegetables that grow in Alberta are carrots, peppers, pumpkins, squash, and even sweet potatoes.

### Here are a few ways to add orange vegetables to your meals:

- Choose sweet potato instead of regular potatoes.
- Serve roasted butternut squash.
- Serve sliced carrots or peppers as a snack.
- Roast carrots or peppers as a side dish.
- Add pureed pumpkin to regular mashed potatoes, soups, and sauces. Or add it into muffin or cookie batter when baking. For a fall treat, try it in a smoothie with cinnamon and nutmeg.

For a satisfying fall dish and other health recipes, you may want to try the sweet potato and carrot crisp recipe at [ahs.ca/recipes](https://ahs.ca/recipes).

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Clothing GIVEAWAY**

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