



RUNDLE RUMBLES

The official Rundle community newsletter.

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Maggie Branton	Block Watch	
Larry Yasman	719 Properties Scouting	
Kate Johnston & Karma Lanneville	Girl Guides	(403)651-0038
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Bruce Fahlman	Calgary Police Liaison	
Patricia Fuentes	Ward 10 Office	
Joylynn Matheson	Neighbourhood Partners Liaison	
Bruce Hardart	YYC Liaison	

Need to Contact a Director?

Send an email to rundlecommunity@shaw.ca and we will forward any questions to the director.

President's Message

The Summit is open and ready for you and your family. Check out the dates for Karaoke. There are also specials every night. Cribbage, and Texas Holdem are up and running. We have been running a number of dart leagues this year, so the pub has been kept quite busy.

The Christmas break gave us a chance to do a thorough cleaning of the carpets and chairs.

We continue to experience garage break-ins and car prowlings. Vandalism and vehicles racing through the neighborhood are the highest criminal activity in the community.

The rink is holding up fairly well. As well, you can always bring a shovel and help clean the rink. Reminder. If we have ice, there will be a free skate on Family day.

A big thanks to the City for continuing to keep the pathways clear of snow. It is greatly appreciated by the people that take their daily walks and walk their dogs. For pet owners, please remember to pick up after your pets.

We continue to get calls concerning the increased noise from the aircraft taking off from the new runway. Continue to send in your noise complaints to the various agencies. We need to let them know that it is an issue that will not go away unless you let them.

Below is a list of groups that you can call or email to voice your concern:

- Questions@tc.gc.ca (Transport Canada)
- service@navcanada.ca (NAV Canada)
- services@tc.gc.ca (Civil Aviation Communication Centre)
- http://wwwapps.tc.gc.ca/saf-sec-sur/2/CAIRS-SSQAC/e_rfr.aspx?lang=eng (Transport Canada Complaint form)
- Google YYC Noise for a complaint form or call 403-735-1408

We had an issue with a new fire marshal from the City's Fire Department. Items that had never been required before were now mandatory, including labeling all exit signs and requiring a certified electrician to verify that the light is on. The new requirements added about \$4,000 to our building costs this year. Thanks Calgary.

We are waiting to determine if there will be a community clean-up this year. The Board could use some additional help to manage some of our potential projects.

Thanks again to Lacy for helping to put this newsletter together.

Larry Yasman

Women's English & Social Group – Meet your neighbours & practice English!

The New Friends and Neighbourhood Group program is a safe and fun environment for immigrant women to improve their English and meet new women in the community. Registration is FREE and there are no minimal English requirements. Groups meet once a week for 2 hours to practice English, make new friends and have fun! Free childcare is also provided (6 months – 6 years). JOIN ANYTIME!

Village Square Library 2623 56th Street NE

Thursdays 10:00am -12:00pm

Debra Colley, Program Coordinator

Calgary Immigrant Women's Association

Email: debrac@ciwa-online.com

Phone: 403-444-1752

Website: www.ciwa-online.com





2409-50 St NE
Calgary, AB, T1Y 1Z5
Phone: (403)280-4752
rundlecommunity.ca
rundlecommunity@shaw.ca

Editorial Submissions

All editorial content must be submitted by the 10th of the month for the following month's publication to **rumbles@shaw.ca**. The Rundle Rumbles are published bi-monthly.

Advertising Opportunities

Contact rumbles@shaw.ca for our price guidelines. All advertisements must be submitted by the 10th of the month before the next publication. More information on rundlecommunity.ca

Hall Rentals

We offer a bright and clean facility, whether it's for a wedding, anniversary, reception or meeting. Let us help you plan your event. The hall's capacity is 225 persons, but can accommodate any size of gathering. Please call us (403-280-4752) or message us on Facebook for further information.

Summit Pub

Open Monday to Saturday from 4PM – 10PM.

Call ahead to check for special events! Our phone number is (403)285-2397.

Monday – Darts
Tuesday – Crib Night
Wednesday – Wing Night
Thursday – Darts
Friday – Karaoke Night (every 2nd)
Saturday – Texas Holdem
Sunday – Closed



Important Numbers

EMERGENCY

Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addiction Hotline	1-866-332-2322
ATCO Gas - 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police - Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX - Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414

HOSPITALS/URGENT CARE

Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111

OTHER

Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions - Calgary Weather Information	511
Gamblers Anonymous	403-237-0654



719 Scouts

Beavers – (Aged 5-7) meet Thursdays at Rundle Community Association
 Cubs – (aged 8-10) meet Mondays at Temple Community Association
 Scouts – (aged 11 – 14) meet Tuesdays at Temple Community Association
 Venturers/Rovers – meet as required

For information or registration, please contact 719 Scouting through scouts.ca





Get active and creative this winter with The City of Calgary

Become more active and creative this winter by taking part in City of Calgary recreational programs and classes. The Winter Recreation Program Guide is now available. Offering fun, affordable programs for Calgarians of all ages, programs are led by certified, professional instructors at convenient locations throughout the city. With hundreds of programs to choose from, there is something for everyone. For more information and to register, visit calgary.ca/recreation.

Compost your real Christmas tree

Make it a green Christmas and compost your real tree this year. There are now two ways to compost your real tree: Use your green cart or drop your real tree off at one of our 12 drop-off locations between December 25 and January 31. If composting in your green cart, follow the same steps as you would for branches in your yard. All trees should be free of lights, ornaments, tinsel, tree stands and string, and should not be wrapped or bagged. Visit Calgary.ca/christmastree for more information.

Did you know?

All trees collected will be composted with the other food and yard waste collected from the Green Cart program. By composting your Christmas tree, you can keep waste out of our landfills and reduce harmful greenhouse gas emissions.





Editor's Message

Welcome to the new year!

Hoping everyone had a fantastic Christmas and had an opportunity to spend it with family like I did. Hopefully this January and February will be just as mild!

The association is thinking about planning a Family Day event at the hall, so keep an eye out for signs or read the website here: rundlecommunity.ca.

Our Christmas craft sale was a success, unfortunately I couldn't be there.

I'd like to thank Sue Holt, who has retired from the Rundle Community Association. She was the one who invited me to a board meeting last year and got me into the association. She's a wonderful lady and I hope she finds some time to volunteer with us again.

I look forward to working with the Rundle Community Association for a second year.

Lacyne Pilaszekiewicz

Be a Snow Angel!

"Lucky and proud."

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.



Girl Guides

Girls – looking for a fun and exciting after school activity?

Why not join Girl Guides! Sparks is for girls in Kindergarten and Grade 1, Brownies is for girls in Grades 2 and 3, Guides is for girls in grades 4-6, Pathfinders is for Junior High aged girls in grades 7-9, and Rangers for High School aged girls in grades 10-12. They are all part of the larger organization Girl Guides of Canada.

Sparks, Brownies, Guides and Pathfinders meet on Wednesday evenings starting at 6:30 pm in the upper hall at the Rundle Community Centre – 2409 50 Street NE. and Rangers meet twice monthly on Monday evenings starting at 7:00 p.m. Meetings run September through to June.



Registration is ongoing.

The hands-on program is all about encouraging girls to develop their own identity and positive relationships with others. Girls gain confidence by learning skills they can use in their daily lives and develop a commitment to their communities through service projects and special events. Programming covers safety and healthy choices, science and technology, the arts and eco-awareness, and camping. Girls can earn a variety of badges and will enjoy such activities as crafts, singing, games, camping or overnight adventures, life skills, leadership and planning opportunities.

Please email:

Kirsten at tawnyowl.kirsten@gmail.com for more information or visit www.girlguides.ca



Girl Guides in Rundle

Chocolate Mint cookies are here! \$5 per box. Please watch for us at your door or at local venues. Purchasing a box of cookies helps girls learn about handling money and interacting with customers. They learn about planning and setting goals, and how to choose activities they will do with the money the unit earns with the profits.

Registration is ongoing for all units. Sparks, Brownies, Guides at Pathfinders meet Wednesday evenings starting at 6:30 p.m. at the Rundle Community Centre, and Rangers meet Monday evenings as required.

The girls have spent time this fall learning about the environment, participating in a Shoreline clean-up, tree planting and camps.



FREE English Classes!!

in partnership with **Centre for Newcomers**



When: Monday and Wednesday; 9:30-11:30 am

**Where: Marlborough Community Association
636 Marlborough Way N.E.**

Learn basic English to help you in your daily life...
Make friends.... Learn about Calgary and Canada....

For more info, contact Elaine Mew
Email: e.mew@centrefornewcomers.ca
Phone: (403) 539 - 5854

Bingo & Fundraising

If you can volunteer for this fund-raising event, please call Mary at 403-280-3976. If you have never done bingo before, no worries! Training is provided - just show up 10 minutes early. Refreshments are provided for workers.

Volunteering your time can help you pay for school and youth activities, as they provide you with a voucher you can use to offset these fees. A few hours can make a huge difference!

Bingo Volunteer Dates

2018 dates will be announced in the next newsletter!



Yoga

Monday nights at the Rundle Community Hall: 2409 - 50 St NE
Thursday nights at Prince of Faith Church: 2523 - 56 St NE
Contact Val: 403-809-2170
Email: perizad3@gmail.com





Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment;
Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

Recreation Activities

Free public swimming

Free swimming is available on some statutory holidays at select pools. Check online for the dates and locations of upcoming free public swimming at calgary.ca/pools. Not available at our Leisure Centres. Various locations Age: All Ages Free Drop-in.

Free public skate

Free skating is available on some statutory holidays at select arenas. Check online for the dates and locations of upcoming free public skating at calgary.ca/arenas.

Various locations Age: All Ages Free Drop-in

Saturday and Sunday Splash Swim – \$1 for kids

Check your favourite pool schedule for Splash Swims, admission is \$2/adult and \$1/child or senior. Search calgary.ca/pools.

Terrific Tuesdays at Southland Leisure Centre

Tuesdays, 4 - 10 p.m. Come join us for 50% off regular admission. (Waterpark access begins at 7 p.m.).

Wild Wednesdays at Village Square Leisure Centre

Wednesdays, 4 – 10 p.m. Come join us for 50% off regular admission. All ages.

Thursdays at Southland Leisure Centre

Toys in the Waterpark from 7:00 - 9:00 p.m. Try out our giant inflatable obstacle course

or “walk on water” in one of our WOW balls. Anyone age 7 and up can try them out. General admission applies.

Saturdays for 50% off regular admission

Saturdays, 7 – 10 p.m. at Village Square Leisure Centre. Come join us for 50% off regular admission.



The Summit Pub Menu

Appetizers

Deep Fried Pickles - \$7.95
Chicken Wings - \$7.50/lb
Boneless Pork Ribs - \$8.50
Mozza Sticks - \$7.50
Mexi Fries - \$5.25
Chicken Taquitos - \$4.00
Poutine - \$6.25
Nachos - \$12.25 (full) \$8.50 (half)

Salads

Garden - \$7.00 (full) \$3.00 (side)
Caesar - \$7.00 (full) \$3.00 (side)
Add chicken/beef - \$2.00

Burgers

Grilled Chicken - \$7.50
Swiss Mushroom - \$8.50
Bacon Cheddar - \$7.50
Extra Cheese/Bacon - \$1.50
Extra Patty - \$2.00

Sandwiches & Wraps

Club House - \$8.50
Beef Dip - \$8.75
Pulled Pork - \$8.50
Steak Sandwich - \$9.50
Grilled Cheese - \$6.75
Chicken/Steak Caesar Wrap - \$8.50

Entrées

Steak Dinner - \$11.50
Shepard's Pie - \$7.85
Fish & Chips - \$7.95
3 pc. Chicken Strips - \$7.95
Meatloaf - \$7.85
Chicken/Steak Quesadilla - \$8.25

Pastas

Spaghetti & Meatballs - \$8.50
Chicken Penne Carbonara - \$8.50

**We have a variety of sides and toppings for
create your own pizza as well as a kid's menu.**

Ask your server for daily specials.

Darts League at the Summit Pub: Rundle Rebels

The Rundle Rebels play Mondays and Thursdays.
This is a league without drop-in, but Saturdays
it is drop-in (first come, first served). Drop-ins
start at 12:30.





Calgary AfterSchool

Never again hear the phrase "I'm bored".

Calgary AfterSchool offers, fun, safe, free and low-cost after school programs for children and youth. A collaborative effort between The City of Calgary and its community partners, Calgary AfterSchool drop-in programs run on school days and begin after school hours. Activities may include basketball, swimming, arts, leadership, cooking, music, skating, sports, games and much more. The goals of the program are to develop self-esteem, develop positive relationships and assist children and youth in becoming successful adults.

For more information, visit calgary.ca/AfterSchool

Discover your inner artist this winter with Calgary Recreation

Think you don't have an artistic side? Think again! We all have the ability to be creative and recreational programs at The City of Calgary can help you find your inner artist. The City of Calgary offers hundreds of artistic and creative programs for all skill levels and age groups. Performing and visual arts classes range from beginners drawing and painting for adults, to pre-school dance and ballet, clay classes for families, and even belly dancing for those looking for something a little different. If you are looking to discover your artistic side, Calgary Recreation has something for everyone to get more creative, more often. To tap into your inner artist or see which program is right for you, visit Calgary.ca/recreation.

Meeting your fitness goals is closer than you think

With thousands of affordable, quality programs, meeting your fitness goals this year is closer than you think. Adult admissions to City of Calgary Aquatic & Recreation facilities start at less than \$8. Looking for more of an adventure? Catch a wave at one of our two Leisure Centres. Family admissions are less than \$29. Visit Calgary.ca/recreation or call 311 to find a facility near you.

A black and white photograph showing the back of a young child's head and shoulders. The child is holding a large, shaggy teddy bear. The background is dark and out of focus.

Clown Around - Before & After School Care Program

Rundle Community Center: 2405-50th Rundle NE

The program runs Monday to Friday 6:30AM to 6:00PM including professional school days.
Subsidies are available.
Transportation is provided to and from your child's School.
Registration is ongoing.
Call: 403 275 4098



Community Membership Application

Family membership is only \$10 per year.

Please make your cheque out to: Rundle Community Association
and mail to: 2409 - 50 Street NE Calgary, AB T1Y 1Z5

Last Name _____ First Name _____

Spouse/Family Member Names _____

Address _____ Postal Code _____

Phone # _____ Email _____

Consent requested. You request permission to receive emails from the Rundle Community Association

Yes _____ No _____

You may withdraw your consent any time by emailing rundlecommunity@shaw.ca and placing "Please unsubscribe me" in the subject line.

Suggestion Box

We are always open to suggestions and improvements that are helpful, and if you just want to give our staff/management any praise, we're open to that too. Let us know how we are

doing! You can contact the Rundle Community Association through email:
rundlecommunity@shaw.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 the Rundle Community Association (RCA) and CentralWeb.

The RCA and CentralWeb do not endorse any person(s) advertising in this newsletter.

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