



RUNDLE RUMBLES

The official Rundle community newsletter.

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Helen Powers	Casino Director	
Maggie Branton	Director at Large	
Kathy Collinson	Director at Large	
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Sabrina Fulmer	Director at Large	
Margaret Olu	Before & After School Care	
Maggie Branton	Block Watch	
Larry Yasman	719 Properties Scouting	
Kate Johnston & Karma Lanneville	Girl Guides	(403)651-0038
Steve Charles & Stu Bruce	Broncos Football	
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. Remember you can order your pizza to go.

With the cold weather, there was an uptick in the number of vehicle thefts due to cars left running with the keys in them. Lock it or lose it.

A big thanks to all the neighbors that helped each other during the heavy snow days by shoveling more than just your own walkway. There are a lot of people that appreciate your help.

We continue to get calls concerning the increased noise from the aircraft taking off from the new runway. I am noticing an increased number of flights that are not respecting the 10 degree deviation. We are getting more and more flights

in the 20 to 25 degree deviation. One day in February, I sent in over 15 complaints.

Google "YYC Noise" for a complaint form or call 403-735-1408

We are working on the community clean-up this year. Please email the hall at rundlecommunity@shaw.ca if you can help.

The Annual General Meeting has been scheduled for May 28. Mark that date and plan to attend. Hopefully by then we will have a clearer picture on the rules regarding cannabis use and how to manage its use in a community setting.

Thanks again to Lacyne 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





City supported community cleanups kick off for 2018

Once again, it's time to comb through your garage, survey your off-site storage locker and purge your garden shed of that never-used stuff that has been collecting dust for the past decade. The City of Calgary is kicking off its Community Cleanups this month to encourage all Calgarians to help keep our city clean and safe and save residents a trip to the landfill. Community Cleanup events run from April through September.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. Check Calgary.ca/cleanup for the list of community associations that are hosting cleanup events. You can also check your community association web site for full details on the Community Cleanup event in your community.

Please don't bring:

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbeques)
- Rail way ties
- Sod or dirt
- Household hazardous waste including (see Calgary.ca for a list of household hazardous waste drop-off locations)

Yard waste is accepted for composting. The City also encourages residents to check for what can be recycled (visit calgary.ca/whatgoeswhere). Some communities may also organize a "free store" where you can drop off and select items for donations free of charge. Check your community association website for details.





Editor's Message

Happy Easter! Time to eat more chocolate and spend time with family.

Spring is almost here. Get ready for some Spring cleaning. The city is organizing street sweeping so keep an eye out for those signs and make sure your cars are out of the way.

Rundle's AGM (annual general meeting) date is currently scheduled for May 28th at 7 PM. Signing up to become a member allows you to attend the AGM and voice your opinions. Members can also apply for scholarships, given out at every AGM. Memberships support the community and keep things like the newsletter going. You can apply for membership online at rundlecommunity.ca/membership or fill out the form on page 15.

I'd like to thank Alicia, Branden, and Jenn for attending our monthly meeting in January, and Jenn for keeping up with our Facebook page. I hope more young people attend and want to contribute to the association in the future.

Lacyne Pilaszekiewicz

Community Preparedness - A message from the Federation of Calgary Communities

As Calgarians we know that emergencies can affect our communities at any point. Many emergencies may not be preventable but we can minimize the risk by being prepared. Here is a list of ways you and your neighbours can be prepared.

Know your neighbours

If an emergency does arise, if you know your neighbours you can readily identify neighbours who may have special needs, mobility or those who need additional assistance in an event of emergency.

Know the potential risks and hazards in your community

The more residents are aware of areas in their community that are potential risks, the better prepared a community can be. Be proactive!

Know the evacuation routes

Knowing how to get of your neighbourhood can

reduce traffic congestion and allow for emergency personal easy access.

Emergency numbers, Calgary and area:

Ambulance, Fire, Police, Hazardous Materials Spills 9-1-1

Gas Emergency – ATCO Gas
403-245-7222

Electrical Emergency - ENMAX Power
403-514-6100

All other City services
3-1-1

Poison & Drug Information Service
1-800-332-1414

Calgary Emergency Management Agency
3-1-1 or calgary.ca/cema

For more resources, check out the Building Safe Communities tab at calgarycommunities.com

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



Scholarship Application

Please send your application to:
Rundle Community Association
2409 - 50 Street NE Calgary, AB T1Y 1Z5

Applications must be recieved prior to the AGM on May 28th, 2018.

Applicant Name _____ Application Date _____

Date of Birth _____ Phone # _____

Address _____ Current School _____

RCA Membership _____ Member Name _____

Eligibility: Any individual registered at an educational institution and planning to attend a post secondary institution within 12 months. The applicant must be a member or the son or daughter of a member of the Rundle Community Association holding a current membership, which has been active for more than 12 months, is eligible to apply. Proof of the eligibility may be requested. The applicant or a family member must be present at the draw to win.

CANADIAN MENTAL HEALTH ASSOCIATION - CALGARY
RECOVERY COLLEGE PRESENTS:

Dive into Diversity

This course consists of you thinking deeply about your personal identity which includes culture, spirituality, race, etc, and how these impact who you are.

The course is FREE to attend



Friday's March 2 - 23 from 10 am - 12 pm
at Suite 704 2631 38 Street NE

Register online or by calling:
www.cmha.calgary.ab.ca/recovery-college
or phone (403) 297-1402

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

Ask for Mary Pelland at
rundlecommunity@shaw.ca for Bingo volunteer dates or call 403-280-3976.



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





Alberta Health
Services

Emergency
Medical
Services

Burns and Scalds



Each year, Alberta Health Services, EMS, continues to 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 aggressively 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 9-1-1**

www.albertahealthservices.ca

CANADIAN MENTAL HEALTH ASSOCIATION - CALGARY
RECOVERY COLLEGE PRESENTS:

The Art of Friendship

This course focuses on building and maintaining healthy relationships in your personal life. It includes hands-on tools that can be used to navigate interpersonal relationships.

The course is FREE to attend



Thursday's April 12 - May 31, 2018
from 1:30 pm - 3:30 pm
at Suite 704 2631 38 Street NE

Register online or by calling:
www.cmha.calgary.ab.ca/recovery-college
or phone (403) 297-1402



A Message from Kathy Collinson

I so appreciate my Community – how about you? We have access to everything required for a happy and meaningful life – health care facilities & a hospital, LRT, schools, library, leisure centre, social programs, shopping and restaurants, movie theatre...

We have many channels to exit the Community to quickly get downtown or out of town; there are groups and clubs for our youth; there are activities for older age groups; neighbors are helpful and friendly; volunteers who put on

functions (family day skate, pancake breakfast and carnival, community cleanup, New Years eve Party).

We have a Community Hall that you can rent for a function; we have a Community Pub which offers various activities and has great food and pricing... It's all within blocks of your home!

Lately we have seen a modification to the mini mall on Rundelhorn Drive and 36 Street. There are new businesses – an optician, a dress shop, a sweet shop, a couple new food choices...

All I'm saying is... we live in a great community - lets support our local businesses and programs!

Kathy Collinson

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.

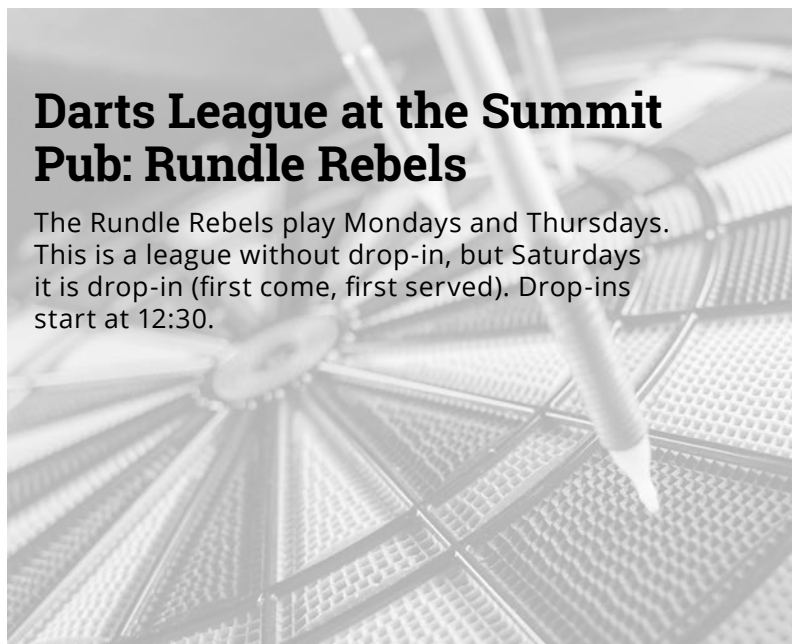
Rundle AGM

The AGM for Rundle is currently scheduled for May 28th at 7 PM.

If you hold a membership please come down to give us your opinions, concerns, and votes for possible board directors!

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.





City Crews Ready for Spring Street Sweeping Program

Spring is just around the corner! That means the City's street cleaning crews are coming to our neighbourhoods to remove debris and gravel off the roads.

Street sweeping removes the sanding material and debris that has accumulated on our roads and along major sidewalks and boulevards during the winter months. The program, which improves safety and mobility for Calgary motorists, cyclists and pedestrians, kicks off at the beginning of April. But you might see crews out there working hard beforehand, pre-sweeping along major roads and boulevards.

This year, street sweeping will wrap-up in June. In order to make this happen, crews will be sweeping streets on a compressed schedule, working 7 days per week.

Keeping Calgary clean is a collaborative effort.

We are asking all Calgarians to help us make the city beautiful and roads safe by removing vehicles and carts from the street when you see road-sweeping signs in your community.

You can visit Calgary.ca/sweep to:

- Enter your address to confirm their street sweeping date
- Find answers to all of your questions on our FAQ
- Visit a live map to track sweeper progress across the city

Make sure to visit the website to learn more about street sweeping, and don't forget to watch for signs in your neighbourhood starting this month.

A black and white photograph of a young child from behind, looking at a large teddy bear. The child is wearing a light-colored shirt, and the teddy bear is very large and fluffy.

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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