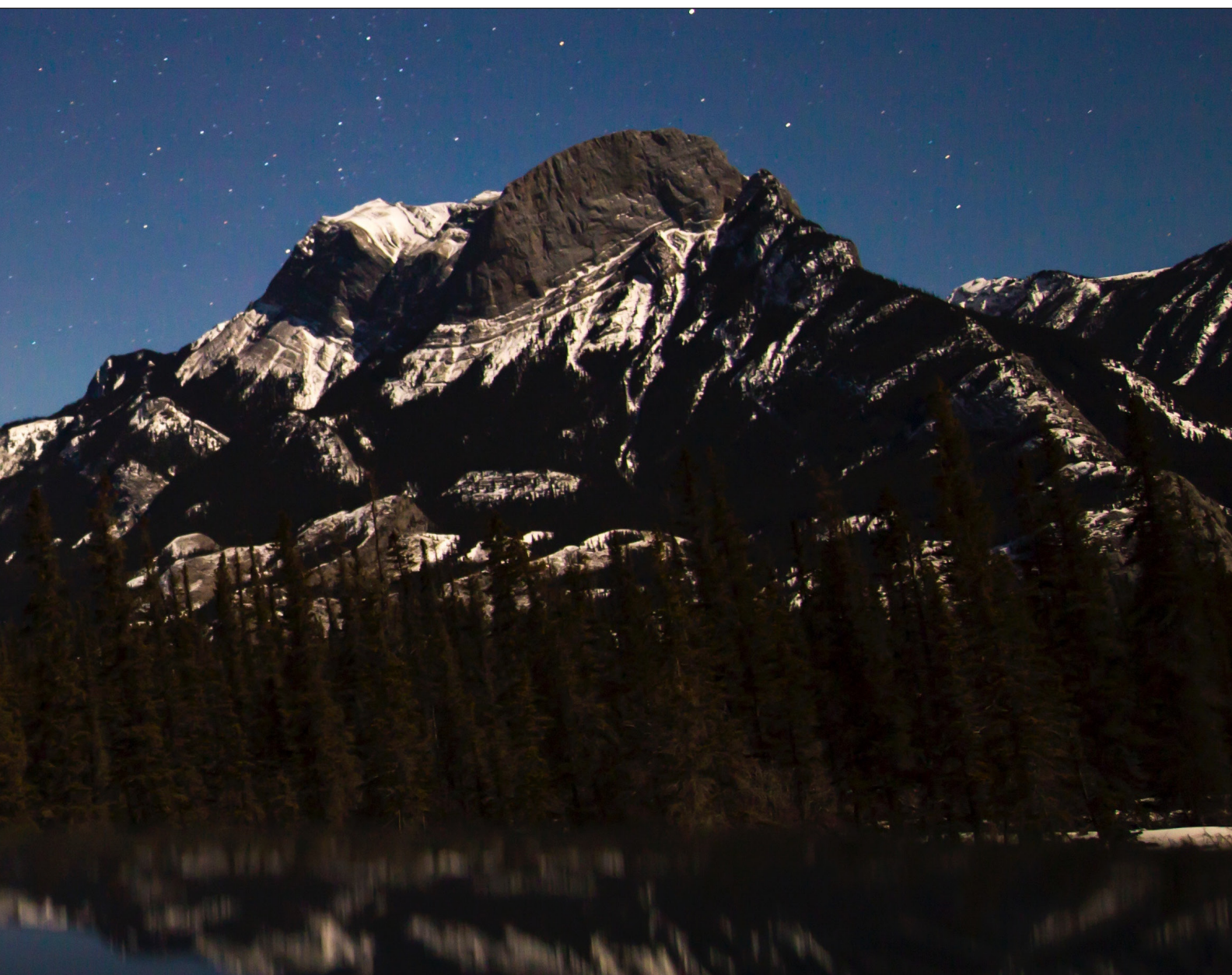


RUNDLE RUMBLES

The official Rundle community newsletter.



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Board Directors & Representatives

Larry Yasman	President	(403)285-6682
Daniel Young	1 st Vice President	(403)862-4479
Andrew Gearey	2 nd Vice President	(403)590-3558
Kate Johnston	Secretary	(403)285-1613
John Peartree	Treasurer	
Blake Pollack	Pub Director	(403)293-0450
Daniel Young	Building Operations	(403)862-4479
Marilette Palendat	Membership	(403)815-8056
Lacyne Pilaszkievicz	Newsletter	
Mary Pelland	Bingo, CCSBA	
Helen Powers	Casino Director	
Maggie Branton	Director at Large	
Kathy Collinson	Director at Large	
Judy Cormier	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	Rebels Football	
Patricia Fuentes	Ward 10 Office	
Rosanne Pinchin	Neighbourhood Partners Liaison	(403)476-8324
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. There are specials every night. Cribbage, and Texas Holdem are up and running. Remember you can order your pizza to go. If you have a special event, the pub can handle up to 100 and we can reserve for any size from 10 to 100.

The Pub is handling 3 dart leagues this year, which is keeping us very busy as we also have darts and pool on various days. Darts is also running a tournament the Remembrance Day weekend which will basically use the entire hall.

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. Google "YYC Noise" for a complaint forms or call 403-735-1408. Note that YYC has changed the format of their complaint form and it is longer and not as easy to use.

The divider curtains we ordered in June finally arrived in September. It took two days to install and we need some fabric repairs to be done to the curtains.

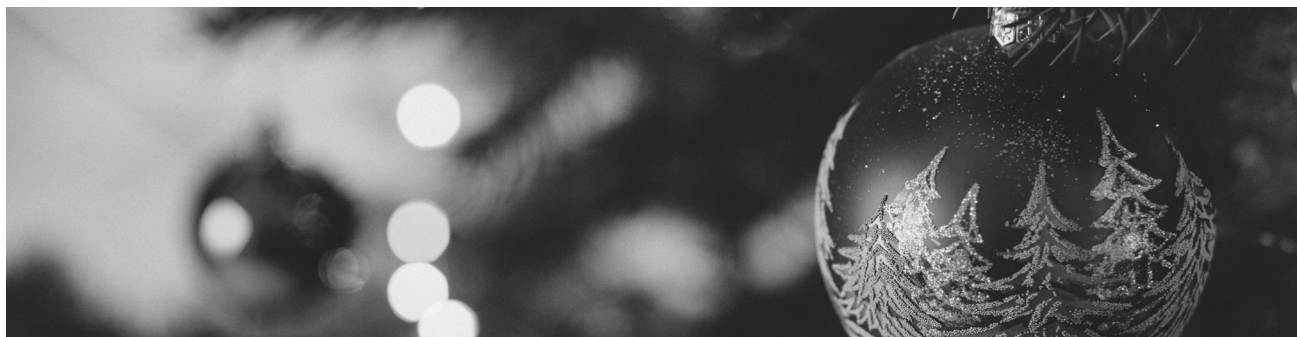
We were looking to run a fall craft fair, but may have run out of time. Is there a group that would like to run it next year?

The pub is looking to host another New Years event if there are enough pre bookings. Check the Pub for availability and tickets.

Due to the NDP's change in minimum wages, we have noticed a spike in the cost of supplies. We are evaluating the effects on our services.

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



Summit Pub

Open Tuesday to Saturday from 4PM – 10PM.

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

Monday – Closed for the Summer
 Tuesday – Crib Night
 Wednesday – Wing Night
 Thursday – Darts
 Friday – Karaoke
 Saturday – Texas Holdem
 Sunday – Closed

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 200 persons, but can accommodate any size of gathering. Please call us (403-280-4752), email us (rundlecommunity@shaw.ca) or message us on Facebook for further information.

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





— have a —
**VERY
MERRY**
christmas
— this —
YEAR!

From,
COUNCILLOR RAY JONES
& Family.



Franklin Health Clinic & Pharmacy

Family Practice, Walk-In & Pharmacy

403-453-8483 Call to book appointment

info@franklinhealthclinic.ca

www.franklinhealthclinic.ca

3149 5 Ave NE, Calgary, AB, T2A 6C9





Editor's Message

We are already entering winter, and that means Christmas is almost here.

Make sure you bring any gifts inside. Do not keep anything important inside of your car. We get break-in reports all of the time, so make sure you lock up and keep your belongings in a safe place such as your home.

The pub is open to everyone and is a family-friendly restaurant during dinner hours. We have daily specials and Wednesday is wing night. Can't go wrong with wings. This year we will be hosting a new year's party in the pub.

Check our Facebook page (facebook.com/rundlecommunity) for updates, menu specials, and events going on in Rundle and the Northeast. I will be posting any event information as it is sent to me, so keep an eye out for our new year's party event.

Our website is a great source of information as well. I try to keep that updated as much as possible.

If you have a small business looking for advertising in the Rundle area the Rumbles is the best place to start. Contact rumbles@shaw.ca for more information.

Lacyne Pilaszkievicz



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



New Year's Party at the Summit Pub

A new year's party will be held at the Summit Pub.

You can pre-purchase tickets at the bar.

Each ticket is \$30.

December 21st is the cut-off for purchasing your ticket, so grab one fast!

There will be a DJ, dinner, and door prizes. Dinner will most likely be a roast beef dinner with sides and a drink. Look for the event page on our Facebook: facebook.com/rundlecommunity

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





Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

The word "Calgary" in a white, sans-serif font on a dark grey rectangular background.

Check out The City of Calgary's service plans and budgets for 2019-2022

Every four years, The City of Calgary creates business plans and budgets to deliver on what's important to Calgarians. The 2019-2022 service plans and budgets have been developed based on direction from Council, and what we heard from Calgarians throughout the process. These service plans and budgets were deliberated and approved by Council in November 2018 and have been outlined by city service. This service view of our plans and budgets will make it clearer what services we provide, how much those services cost, and how we are investing your tax dollars to provide you with service value and make life better every day. Check out the 2019-2022 service plans at budgets at calgary.ca/yourservices.

Landfills operating on winter hours (November 1, 2018 – March 31, 2019)

City of Calgary landfills have moved to winter operating schedules for the five-month period November 1, 2018 through March 31, 2019.

Seasonal schedules maintain convenient services and locations to meet changing residential needs, and sustainable management of City facilities.

Winter landfill schedules – November 1, 2018 to March 31, 2019:

- Shepard landfill residential waste: Throw 'n' Go area and household hazardous waste drop-off, Tuesday - Saturday, 8 a.m. - 5 p.m. (continuation of extended summer schedule of 5 days/week).
- Shepard landfill industrial waste: Tuesday - Friday, 8 a.m. - 5 p.m. (last waste load at 4 p.m.). Permits and appointments may be required.
- East Calgary landfill residential and commercial waste: Monday - Saturday, 7:30 a.m. - 5 p.m. (reduced from 7 to 6 days/week; closed Sundays).
- Spyhill landfill residential and commercial waste: Monday - Saturday, 7:30 a.m. - 5 p.m., year round (no change).

For more information, visit calgary.ca/landfill



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 - \$4.00 (sm) \$8.95 (lg)
Nachos - \$14.75 (full) \$9.00 (half)
Onion Rings - \$6.25
Veggie Plate - \$4.95
Potato Skins - \$7.75
Fries - \$3.10 (sm) \$4.50 (lg)

Salads

Caesar - \$3.50 (sm) \$6.50 (lg)
House - \$3.50 (sm) \$7.00 (lg)
Chef Salad - \$7.25

Burgers

Hamburger - \$7.50
Pizza Burger - \$8.75
Bacon Cheddar - \$8.25
Hangover Classic - \$9.00
Mozza & Mushroom Burger - \$8.75
Grilled Chicken - \$7.95

Pastas

Spaghetti Bolognese - \$7.95
Lasagna - \$7.95
Spaghetti & Meat Balls - \$7.95

Sandwiches & Wraps

Club House - \$8.50
Beef Dip - \$9.00
Philly Cheese Steak - \$9.75
Grilled Cheese - \$6.25
Reuben - \$8.50
Veggie Wrap - \$8.25
Chicken Quesadilla - \$8.50
Steak Quesadilla - \$9.00
Buffalo Chicken Wrap - \$7.95
Chicken Caesar Wrap - \$8.25
Steak Caesar Wrap - \$9.20
Steak Sandwich - \$9.50

Entrées

Steak Dinner - \$11.50
Shepard's Pie - \$8.10
Fish & Chips - \$9.10
3 pc. Chicken Strips - \$7.95
Meatloaf - \$8.25

Pizza

Pepperoni - \$7.25 (8") \$10.25 (14")
Hawaiian - \$8.50 (8") \$10.75 (14")
Canadian - \$8.95 (8") \$11.15 (14")
Veggie - \$7.75 (8") \$10.75 (14")
Mountain Man - \$9.75 (8") \$12.75 (14")
Mountain Woman - \$9.25 (8") \$12.35 (14")
The Summit - \$10.00 (8") \$13.50 (14")
Cheese - \$7.75 (8") \$10.05 (14")

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.
Prices are subject to change without notice.**

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.

League: November 9, 10, 11.



City of Calgary Recreation Activities

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/recreationdeals.

Terrific Tuesdays at Southland Leisure Centre

Tuesdays, 4 - 10 p.m. Come join us for 50% off regular admission. All ages. Visit calgary.ca/southland.

Wild Wednesdays at Village Square Leisure Centre

Wednesdays, 4 - 10 p.m. Come join us for 50% off regular admission. All ages. Visit calgary.ca/villagesquare.

Toys in the Waterpark, Thursdays at Southland Leisure Centre

Toys in the Waterpark from 7 - 9 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. Visit calgary.ca/southland.

Saturday Night for 50% off Regular Admission

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

Sunday Family Swim

Sundays, 8 a.m. – noon at Southland Leisure Centre. Come enjoy our waterpark! Adults must be accompanied by a child and all children must be accompanied by an adult. Regular admission applies. Visit calgary.ca/southland.

Soccer Drop-in

Mondays, Wednesdays & Fridays, 11:30 a.m. – 1:30 p.m. at the Calgary Soccer Centre. Ages 18+. Develop foot skills, practice drills or play a game. Bring your own ball.

Drop-in Climbing Wall

Located at Southland Leisure Centre and Beltline Aquatic & Fitness Centre.

For drop-in schedules, visit us online or contact 311.

Playschool Programs for Preschoolers at Southland and Village Square Leisure Centres

Flexible options for preschoolers: registered, drop-in or year round. Visit calgary.ca/playschool.

Clown Aroun' - 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.

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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