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FIND SOLUTION ON PAGE 10

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	Jon Jackson	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: Bob Morrison gardens@rutlandparkcommunity.com

CONTACTS

Community Association Phone Number 403-246-8318
Hall Rentals Please call Lola at 403-474-3845
or email hallrentals@rutlandparkcommunity.com

City Recreation Coordinator

Police Resource Officer Constable R. Wall r.wall@calgarypolice.ca
Emergency Contact for RPCA Hall Nathaniel 403-829-0400
Community Social Worker Vacant

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.

International Sweatpants Day



In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!

To View Additional Rutland Park Content

INCLUDING

- ▶ **News and Events**
- ▶ **Real Estate Statistics**
- ▶ **Crime Statistics**

and More...

SCAN HERE



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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

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. Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/.

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefitting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



Musings

by Isabell R.

Hello friends,

Happy 2023! The departing year was so much to so many. Our journey, in many ways, has been long and difficult, but with courage and determination, we have survived.

It is so nice to see most communities all over our city come to life again. Rumour has it that our famous 'Chili Cookoff' will be back in February. Be sure to check this issue for all the details and sharpen your chili-making skills.

The ice crew has been busy flooding, cleaning, and perfecting our ice. Thanks to all the volunteers; they are the heart and soul of this community.

Back on November 11, we gathered in Currie Park on Sarcee Road for an informal, quiet remembrance of our fallen war heroes. It was so nice to see many of you there laying your poppies and remembering those who gave so much. Thank you from the heart.

I am really hoping that this year we will be able to host more social activities, but we do need your help. Remember that our president is only a phone call or email away if you have some ideas for future socials.

Keep smiling, keep well, and oh yes, do take time to smell the roses.

Talk to you again. With warm regards.



DEVELOPMENT AND TRAFFIC REPORT

by Leanne Ellis, VP Development and Traffic

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

Thank you to all of those who were able to attend our November AGM. It was lovely to get together again. Special thank-you to Katharine B. and Chartwell Royal Park Retirement Residences for providing dessert for the social event which followed – we appreciate your support!

We supported a temporary sales centre use in Currie Barracks, and are hoping this means that we will soon see more development in the area. We were also happy to support the application for a public washroom in Alexandria Park. The space is well used and will benefit from an accessible washroom.

Our Casino fundraiser dates are January 21 and 22, 2023. Thank you, Gord L., for organizing this event once again. Please keep any eye out for our volunteer sign up if you are able to give us a hand.

Thank you, Isabell R. and Guylaine C., for organizing a Chili Cook Off toward the end of February. It has been a very popular event in the past. Hopefully you can join us.

If you have not already signed up for our email updates, please do so on our website: 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.

development@rutlandparkcommunity.com



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Casino Fundraiser Dates

Season's Greetings to all you enthusiastic casino volunteers. Our next casino fundraiser dates are January 21 and 22, 2023. We will be running the Cowboys Casino (421 - 12 Ave SE) on those dates. We are looking for 36 volunteers in all the usual positions. If you wish to volunteer, please contact Gord Leach at 403-923-5900 (cell) or by email at gbleach@telusplanet.net.

Thanking you in advance.



The 'J' is Born!

You may think that 'Z' was the last letter added to the alphabet, but it was actually 'J'! In the Roman alphabet, 'J' wasn't a letter, it was only a fancy way of writing the letter 'I.' It wasn't until 1524 that Italian grammarian, Gian Giorgio Trissino, made a distinction between the two characters, helping the 'J' to become the last letter added to the modern alphabet.





Rutland Park Real Estate Update

Last 12 Months Rutland Park

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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	\$290,00
June 2022	\$684,999	\$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
January 2022	\$699,749	\$690,000
December 2021	\$544,277	\$544,500

Last 12 Months Rutland Park

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
January 2022	1	2
December 2021	3	6

To view more detailed information that comprise the above
MLS averages please visit rutl.mycalgary.com

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MLA Calgary-Currie
Nicholas Milliken

Minister of Mental Health & Addiction
#211, 1608 17th Avenue SW, Calgary, AB
T2T 0E3

📞 403-246-4794

✉️ calgary.currie@assembly.ab.ca



Dear Neighbours,

Your government is working hard to support you. In fact, in 2022 the government's commitment to fiscal discipline and economic growth allowed for unprecedented economic development and recovery. However, some of Alberta's most vulnerable communities are still struggling. To help these Albertans, the government is working on Bill 2. Upon successful passage, Bill 2 will increase supports for individuals on Assured Income for the Severely Handicapped (AISH), Persons with Developmental Disabilities (PDD), and Income Support monthly benefits. As an example, AISH recipients will see their benefits indexed to inflation, and will receive six monthly payments of \$100, for a total of \$600 in additional support.

I've also heard from many seniors and families that the rising cost of living has had an impact on your day-to-day life. Government is focused on finding solutions that will make a real difference. That's why we're raising the Alberta Senior's Benefit and the Alberta Child and Family Benefit. Families and seniors with household incomes below \$180,000 per year will receive six monthly payments of \$100, for a total of \$600 in additional financial support for seniors and \$100 per dependant child under 18 years of age.

Your government understands the far-reaching impact that this inflation-driven affordability crisis is having on all Albertans. As a result, we have extended the Fuel Tax Relief Program, pausing the 13-cent provincial fuel tax so you can save at the pumps. Also, we expanded the Electricity Rebate Program, putting up to \$500 back into the pockets of Albertans, and we're reindexing personal income tax, meaning most people will receive a higher refund or owe less tax for 2022. But we're not stopping there. Government is also helping low-income Albertans with the cost of transit and providing millions of dollars to Food Banks supporting those most in need.

As we head into a new year, know that I will continue working hard to support you and our entire community here in Calgary-Currie. I hope you had the opportunity to spend time with loved ones over the holidays and I wish you and your family all the best for a healthy and prosperous new year.

Nicholas Milliken MLA

Calgary – Currie

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

FLORAL CLASSES: A fun and engaging indoor activity now that the weather is turned. Learn some floral and plant skills, get your hands dirty, meet some other locals. Join a class or book a custom event. Dates and offerings can be found at www.peaseblossoms.com under classes, or email marika@peaseblossoms.com.





Nicholas Milliken
Your MLA for Calgary-Currie

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