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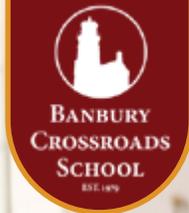


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Address:  
36 Lincoln Way SW, Calgary, AB



# 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<br>president@rutlandparkcommunity.com           |                   |
| VP Development and Traffic    | Leanne Ellis<br>development@rutlandparkcommunity.com          |                   |
| VP Communications and Website | Nisha Sridhar<br>communications@rutlandparkcommunity.com      |                   |
| Sarcee Meadows Liaison        | Jeremy Hart<br>sarceemeadows@rutlandparkcommunity.com         |                   |
| Membership                    | Benedikt<br>membership@rutlandparkcommunity.com               |                   |
| Ice Rink                      | Greg Winnicki - 403 246 1746<br>rink@rutlandparkcommunity.com |                   |
| Secretary                     | Karen Wesley<br>secretary@rutlandparkcommunity.com            |                   |
| West View Parc Liaison        | Vacant<br>westviewparcliaison@rutlandparkcommunity.com        |                   |
| Newsletter                    | Vacant<br>newsletter@rutlandparkcommunity.com                 |                   |
| VP Infrastructure             | Vacant<br>infrastructure@rutlandparkcommunity.com             |                   |
| Lincoln Park Liaison          | Open<br>lincolnparkliaison@rutlandparkcommunity.com           |                   |
| Treasurer                     | Matt Millard<br>treasurer@rutlandparkcommunity.com            |                   |
| Currie Barracks Liaison       | Garry Moyes<br>curriebarracks@rutlandparkcommunity.com        |                   |
| Community Events              | Vacant<br>socialevents@rutlandparkcommunity.com               |                   |
| Website                       | communications@rutlandparkcommunity.com                       |                   |
| Directors at Large            | Mark Yobb   | Husayn Lajji      |
|                               | 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<br>or email hallrentals@rutlandparkcommunity.com |                         |
| City Recreation Coordinator        |   |                         |
| Police Resource Officer            | Constable R. Wall   | r.wall@calgarypolice.ca |
| Emergency Contact for RPCA Hall    | Lola  | 403-617-3241            |
| Community Social Worker            | Vacant  |                         |

## BRAIN GAMES

# SUDOKU

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 7 |   |   | 2 |   |   | 4 | 6 |
|   | 6 |   |   |   |   | 8 | 9 |   |
| 2 |   |   | 8 |   | 3 | 7 | 1 | 5 |
|   | 8 | 4 |   | 9 | 7 |   |   |   |
| 7 | 1 |   |   |   |   |   | 5 | 9 |
|   |   |   | 1 | 3 |   | 4 | 8 |   |
| 6 | 9 | 7 |   |   | 2 |   |   | 8 |
|   | 5 | 8 |   |   |   |   | 6 |   |
| 4 | 3 |   | 5 | 8 |   |   | 7 |   |

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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.

## The Thrive Five

by Alberta Health Services

Everybody has mental health; it is all different, with so many ways to support it. For example: engaging in culture, being in nature, and spiritual and gratitude practices. Most important is you find something you value.

Thrive Five are factors that are evidence based that can help foster and maintain a healthy mind. These include, exercise, sleep, healthy nutrition, supportive relationships, and helping others. These are not the only ways to support mental health but are actionable areas that we can all review if in a challenging situation and wanting to enhance our coping skills.

### Here Are the Thrive Five and Tips to Embrace These Factors

#### 1. Sleep Soundly

We need between seven and nine hours of “restful” sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and consider taking a short nap if needed as long as it does not interfere with your nightly ZZZs. Establish a routine that works for you!

#### 2. Eat Well

You must nourish to flourish! Fuel your body in a balanced way that feels right. A balanced diet can fuel our body and reduce symptoms associated with poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those you genuinely enjoy. It is all about balance!



#### 3. Move More

Adding movement for at least 30 minutes per day can help manage stress and boost your mood. Take a walk around your neighbourhood, join a community exercise class, or explore a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

#### 4. Give Back

People who are kind, generous, and compassionate see clear benefits to their well-being and happiness. Lend a helping hand by running errands or shoveling the driveway of a neighbour, or volunteer with a local organization. Give back in a meaningful way that resonates with you.

#### 5. Say Hi

Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide a sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!

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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: \$400. 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/).

# 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:

We sent an email to Mayor Gondek and City councillors asking them to reconsider the new residential parking fees. Our communities are under institutional parking pressure from Mount Royal University and an Alberta Health Services facility. The current fee schedule is set to generate excess revenue (above covering the cost of the program), while a recent City audit has indicated that the Calgary Parking Authority has an accumulated surplus of \$348 million as of December 31, 2021. These new fees will specifically affect inner city communities which are already heavily taxed based on market assessment of properties. The City has recently sent notification that these fees will be discussed in Council, and no new charges will be implemented until December 4, 2023. In the meantime, permits for residents in restricted residential parking zones will be extended.

There have been no new development permit applications this month.

There are a number of smaller park spaces (both within our community and across the city) that are currently designated R-C1 and would allow for low density housing to be constructed on them with that current land use. With the City intending to make R-CG the lowest density land use across the city, these small parks would then accommodate eight units and would ultimately become very attractive to developers. We had reached out to a previous councillor and asked that this land use be changed to S-SPR to add a higher level of protection to these park spaces. Once the councillor realized how many parks were involved, his office indicated that an error had been made and that he would put forward a notice of motion to address all of these park spaces. This was never done. We have recently reached out to Councillor Walcott in an effort to make sure that these park spaces are protected before any changes are made to the lowest density land use across the city.

We have submitted a CCG application for the replacement of the rink light poles at our skating rink. Mark Y. (Director of Infrastructure Projects) will take the lead on this project and we hope to have it completed before skate season is upon us.

A final engineering report for our hall floor's structural failure was submitted to our insurance adjuster on June 22, 2023. At this time, we have yet to hear back on whether we have any insurance coverage and cannot proceed until we know for sure. Our main hall remains closed until further notice. Thank you for your patience.

We have followed up on our request to Councillor Walcott to make sure that Richmond Green Regional Park falls within the community boundaries of Currie rather than the boundaries of Richmond Knobhill. The Richmond Knobhill CA is supportive of this transfer.

If you have not already signed up for our email updates, please do so on our website, [www.rutlandparkcommunity.com](http://www.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](mailto:development@rutlandparkcommunity.com)



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**LINCOLN PARK**



## CRIME STATISTICS



### Rutland Park Crime Activity was Down in July 2023

The Rutland Park community experienced 3 crimes in July 2023, in comparison to 5 crimes the previous month, and 1 crime in July one year ago. Rutland Park experiences an average of 3.5 crimes per month. On an annual basis, Rutland Park experienced a total of 42 crimes as of July 2023, which is down 28% in comparison to 58 crimes as of July 2022. To review the full Rutland Park Crime report visit [rutl.mycalgary.com](http://rutl.mycalgary.com).

### Currie Crime Activity was Up in July 2023

The Currie community experienced 2 crimes in July 2023, in comparison to 1 crime the previous month, and 3 crimes in July one year ago. Currie experiences an average of 0.9 crimes per month. On an annual basis, Currie experienced a total of 11 crimes as of July 2023, which is unchanged 0% in comparison to 11 crimes as of July 2022. To review the full Currie Crime report visit [curr.mycalgary.com](http://curr.mycalgary.com).

### Lincoln Park Crime Activity was Unchanged in July 2023

The Lincoln Park community experienced 3 crimes in July 2023, in comparison to 3 crimes the previous month, and 4 crimes in July one year ago. Lincoln Park experiences an average of 5.5 crimes per month. On an annual basis, Lincoln Park experienced a total of 66 crimes as of July 2023, which is up 32% in comparison to 50 crimes as of July 2022. To review the full Lincoln Park Crime report visit [linc.mycalgary.com](http://linc.mycalgary.com).

*How To Report Crime In Rutland Park | Currie | Lincoln Park: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



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## Word of the Month

**Metanoia: noun (met-uh-noi-uh)**

A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”



**MLA Calgary-Elbow  
Samir Kayande**

205 – 5005 Elbow Drive SW T2S 2T6

📞 403-252-0346

✉️ calgary.elbow@assembly.ab.ca



**MP Calgary Centre  
Greg McLean**

445 – 1414 8 Street SW

Calgary, AB T2R 1J6

📞 403-244-1880 📠 403-245-3468

✉️ greg.mclean@parl.gc.ca

Dear Neighbours,

Like everyone else in the city, I'm shaking my head at how fast this summer has flown by. The back-to-school outfits are hanging in the closet and our family is gearing up for Labour Day weekend to enjoy the last of the summer sunshine.

It has been a very special season for me as I have had the chance to connect with so many of you as I settle into my new role. Some particular highlights of the last month include Calgary Fringe Festival, Carifest, and Globalfest. I can't wait to participate in Calgary Pride this coming weekend and to celebrate our wonderful 2SLGBTQ+ community together.

As I have been settling into my role as MLA for Calgary-Elbow, I have been hearing from many of you about the challenges that you face in accessing healthcare. I have heard your stories about waiting months for lab work, the difficulty of finding a family doctor, and being placed on year-long waitlists for life-changing surgeries. Thank you to everyone who has taken the time to share their experiences with me. My caucus colleagues and I are committed to fighting for comprehensive, timely and fully public healthcare and we will never stop advocating for you.

A reminder that my office is located at 205 – 5005 Elbow Drive SW. You can also reach me at calgary.elbow@assembly.ab.ca or by phone at 403-252-0346. I am always happy to meet with constituents and listen to what is on your mind. Thank you to everyone who has taken the time to call, write and meet with me so far; it is a privilege to serve this community!

Sincerely,

*Samir*



Friends,

As we commemorate National Day for Truth and Reconciliation, we must reflect on the ongoing struggles that Indigenous communities in Canada face. Decades of systemic neglect have led to numerous adversities, some as fundamental as the lack of clean water. Indigenous communities often grapple with major problems such as extended water advisories, exacerbating existing health and sanitation issues.

Furthermore, many reserves lack comprehensive sustainable economic opportunities. We need to act and create new opportunities. For instance, this is why the conservatives have proposed constructing pipelines in partnership with first nations groups to foster economic growth.

Lastly, the haunting legacy of residential schools persists. This dark chapter in our history has inflicted intergenerational trauma and continues to impact Indigenous communities in multifaceted ways to this day.

This National Day for Truth and Reconciliation, it is our responsibility to acknowledge these hardships and foster dialogue around solutions that respect the rights and dignity of first nations communities. As we remember the past, we must ensure that the spirit of reconciliation informs our actions for the future.

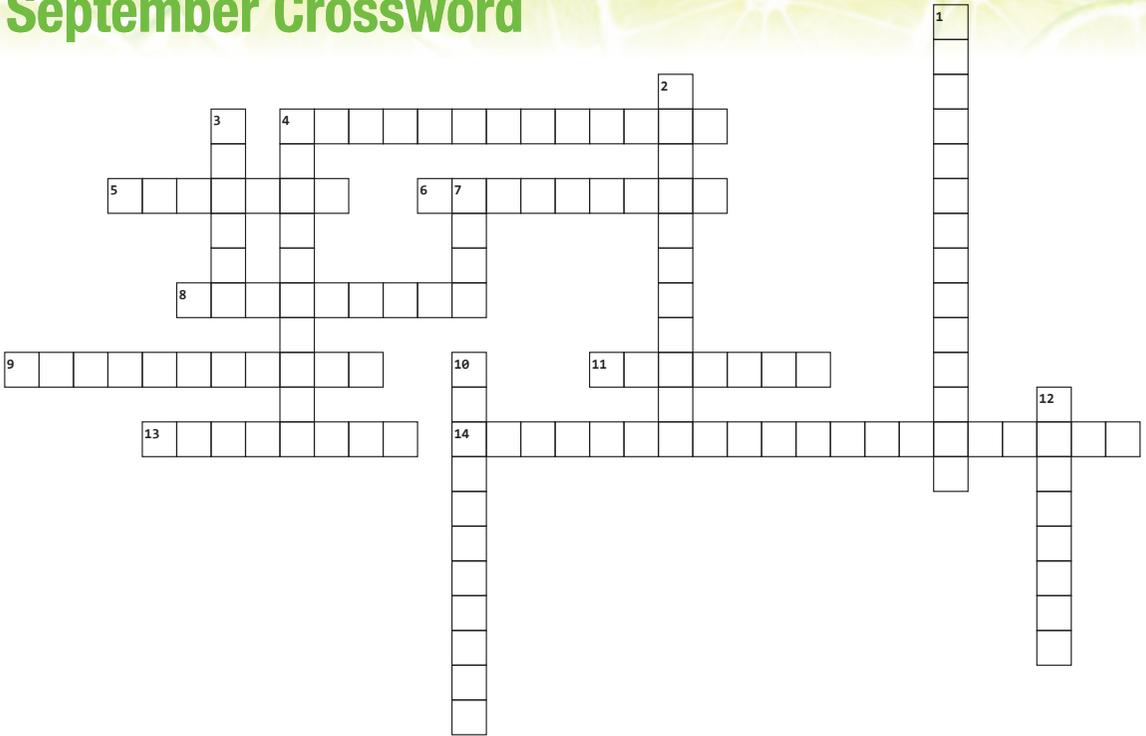
September also marks our annual Calgary pride celebrations. This is a splendid opportunity to acknowledge the considerable progress made by the LGBT+ community in Calgary and to celebrate those who are living their authentic lives. I have always been a supporter of the 2SLGBTQ+ community and continue to stand with them.

Sincerely,

*Greg McLean*



# September Crossword



## Across

- On September 23, 2023, also known as the \_\_\_\_\_, night and day are approximately the same length.
- On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
- Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
- On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as \_\_\_\_\_ Day.
- Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
- Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
- This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
- Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

## Down

- Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
- On September 12, 1970, the \_\_\_\_\_ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
- The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
- On September 13, 1899, the first ever recorded fatal \_\_\_\_\_ crash occurred in the United States.
- This iconic Enrique Iglesias song was released on September 3, 2001.
- This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
- International \_\_\_\_\_ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



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