

DECEMBER 2024

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# THE POST

THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER



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# RPCA BOARD

Visit our website for the latest information:

[www.rutlandparkcommunity.com](http://www.rutlandparkcommunity.com)

**Board meetings are held the second Tuesday of each month at 7:00 pm; everyone is welcome.**

## BOARD OF DIRECTORS 2024

|  |  |
|--|--|
| President                                  | Craig Marceau<br><a href="mailto:president@rutlandparkcommunity.com">president@rutlandparkcommunity.com</a>                  |
| Vice President and Development and Traffic | Leanne Ellis<br><a href="mailto:development@rutlandparkcommunity.com">development@rutlandparkcommunity.com</a>               |
| Treasurer                                  | Lisa Luhnig<br><a href="mailto:treasurer@rutlandparkcommunity.com">treasurer@rutlandparkcommunity.com</a>                    |
| Secretary                                  | Acting Director<br><a href="mailto:secretary@rutlandparkcommunity.com">secretary@rutlandparkcommunity.com</a>                |
| Infrastructure Projects                    | Mark Yobb<br><a href="mailto:markyrobb@rutlandparkcommunity.com">markyrobb@rutlandparkcommunity.com</a>                      |
| Sarcee Meadows Liaison                     | Jeremy Hart<br><a href="mailto:sarceemeadows@rutlandparkcommunity.com">sarceemeadows@rutlandparkcommunity.com</a>            |
| Membership                                 | Benedikt<br><a href="mailto:membership@rutlandparkcommunity.com">membership@rutlandparkcommunity.com</a>                     |
| Ice Rink                                   | Steve Dubois<br><a href="mailto:rink@rutlandparkcommunity.com">rink@rutlandparkcommunity.com</a>                             |
| Lincoln Park Liaison                       | Gary Axelson<br><a href="mailto:lincolnparkliaison@rutlandparkcommunity.com">lincolnparkliaison@rutlandparkcommunity.com</a> |
| West View Parc Liaison                     | Vacant<br><a href="mailto:westviewparcliaison@rutlandparkcommunity.com">westviewparcliaison@rutlandparkcommunity.com</a>     |
| Newsletter                                 | Vacant<br><a href="mailto:newsletter@rutlandparkcommunity.com">newsletter@rutlandparkcommunity.com</a>                       |
| Currie Barracks Liaison                    | Vacant<br><a href="mailto:curriebarracks@rutlandparkcommunity.com">curriebarracks@rutlandparkcommunity.com</a>               |
| Community Events                           | Vacant<br><a href="mailto:socialevents@rutlandparkcommunity.com">socialevents@rutlandparkcommunity.com</a>                   |
| Website Director                           | Vacant<br><a href="mailto:communications@rutlandparkcommunity.com">communications@rutlandparkcommunity.com</a>               |
| Directors at Large                         | Husayn Lalji<br><a href="mailto:husaynlalji@rutlandparkcommunity.com">husaynlalji@rutlandparkcommunity.com</a>               |

## CONTACTS

|                                    |   |
|------------------------------------|---|
| Community Association Phone Number | 403-246-8318  |
| Hall Rentals                       | Please call Lola at 403-474-3845<br>or email <a href="mailto:hallrentals@rutlandparkcommunity.com">hallrentals@rutlandparkcommunity.com</a> |
| City Recreation Coordinator        | Vacant  |
| Police Resource Officer            | Constable Art Szabo reg# 4809<br><a href="mailto:ASzabo@calgarypolice.ca">ASzabo@calgarypolice.ca</a>                                       |
| Emergency Contact for RPCA Hall    | Lola 403-617-3241   |
| Community Social Worker            | Vacant  |

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## DEVELOPMENT AND TRAFFIC REPORT

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

Thank-you Peter F. and all of our volunteers for a successful casino event! As funds are pooled quarterly, we won't know how much money we raised until the first quarter of 2025. The quarter prior to our event, organizations raised approximately \$80,000 for themselves by providing volunteers for two days. This is a huge source of revenue for us, and everyone's efforts are appreciated!

The CBE is looking to close the All-Boys Program at Sir James Lougheed School. As the affected community association we have indicated that our preference is, of course, for Sir James Lougheed to become a local elementary school. If that is not possible, then we asked that the school remain open as a school, even if bussing is required at this time. We are vehemently opposed to closing Sir James Lougheed School for redevelopment knowing that the CFB West Master Plan has already been approved for a population of over 22,000 residents, with no Municipal Reserve requirement for a public school.

Thank you to those who took the time to join the residents' Remembrance service on November 11 in Valour Park. We are grateful for our community and for those who have made sacrifices that we might live in peace.

Thank you to all who joined us at our 2024 AGM on November 19. We appreciate your support and hope that you were able to enjoy some socializing with neighbours.

I reached out to the file manager for the proposed mixed-use development on the Carwash site on Sarcee Road. The owner has now withdrawn their application.

The Sarina development proposal for Richmond Green is still under review by the City. We will update you when we have more information.

Our insurer is offering us less than 10% of what we submitted in our Proof of Loss with regards to the Hall floor failure. We are investigating a Dispute Resolution process and the costs associated with it. This is extremely disheartening news for us.

The City has been requesting citizen and community input with regards to proposed Zoning Bylaw changes. We have serious concerns with what is being proposed—too many to list here. Please sign up for our email updates or FB page to read the list which includes supportive housing (including addiction treatment centres) as a permitted use in all low-density residential areas, removal of minimum parking requirements for all residential, mixed use and commercial use, removing the maximum density cap for many land uses, and muddling the uses with regards to park spaces and schools. We have indicated that the public needs to actually be informed of the impact of these changes, rather than just giving them a survey and asking what amenities they would like to see within walking distance of their homes... Please take the time to stay engaged!

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

*Leanne Ellis*

Executive VP and Development and Traffic

[development@rutlandparkcommunity.com](mailto:development@rutlandparkcommunity.com)



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# Royal Flush

Alfred Hitchcock's movie Psycho is thought to be the first Hollywood movie to show (and really focus on) a toilet flushing on-screen. You can hear it as well! This was very unusual in 1960 when this movie was released. I guess you could say the movie was a Royal Flush!



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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

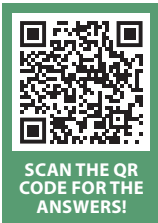
## Rutland Park Community Hall Rentals

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/).

### Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



### BRAIN GAMES SUDOKU

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



Hello! I guess winter is here, writing this column is always a bit of a challenge as we are always looking ahead. As I recall 2016 brings back some fond memories as we celebrated the annual winter solstice. Events took place at our community hall, and in the parking lot. Note this month's photo, it was a magical night, and a good time was enjoyed by all.



Memories of our winter solstice.

I am looking forward to this festive time of the year, as we prepare for Christmas, as well as many other celebrations. Our area is always beautifully decorated, and neighbours show their love. Of course, with all the unrest in our world, it is my hope that somehow this wonderful world we are blessed with feels some peace.

Having lived in the community since about 1971, I have seen so many changes along the way. I want to take this moment to wish each and every one of you much happiness, good health, and the knowledge that you are special. Our roses are asleep, but in 2025 they will bloom again

Best wishes for now, talk to you soon.

Isabell



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# Real Estate Update

## Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| October 2024   | \$ 592,500           | \$ 593,500         |
| September 2024 | \$ 885,000           | \$ 885,000         |
| August 2024    | \$ 689,900           | \$ 689,900         |
| July 2024      | \$ 367,400           | \$ 389,250         |
| June 2024      | \$ 794,950           | \$ 789,250         |
| May 2024       | \$ 749,900           | \$ 735,000         |
| April 2024     | \$ 949,900           | \$ 1,025,000       |
| March 2024     | \$ 0                 | \$ 0               |
| February 2024  | \$ 0                 | \$ 0               |
| January 2024   | \$ 0                 | \$ 0               |
| December 2023  | \$ 710,000           | \$ 682,500         |
| November 2023  | \$ 1,287,450         | \$ 1,277,500       |

## Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| October 2024   | \$ 303,950           | \$ 302,000         |
| September 2024 | \$ 369,000           | \$ 369,000         |
| August 2024    | \$ 294,450           | \$ 298,750         |
| July 2024      | \$ 274,394           | \$ 273,250         |
| June 2024      | \$ 298,000           | \$ 287,750         |
| May 2024       | \$ 329,900           | \$ 330,000         |
| April 2024     | \$ 285,000           | \$ 285,000         |
| March 2024     | \$ 285,000           | \$ 285,000         |
| February 2024  | \$ 277,500           | \$ 271,000         |
| January 2024   | \$ 330,000           | \$ 340,000         |
| December 2023  | \$ 339,950           | \$ 330,000         |
| November 2023  | \$ 299,900           | \$ 302,500         |

To view more detailed information that comprise the above MLS averages please visit [rutl.mycalgary.com](http://rutl.mycalgary.com), [linc.mycalgary.com](http://linc.mycalgary.com) or [curr.mycalgary.com](http://curr.mycalgary.com)

## Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

|                | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| October 2024   | \$ 709,512           | \$ 709,513         |
| September 2024 | \$ 350,000           | \$ 345,000         |
| August 2024    | \$ 377,450           | \$ 372,000         |
| July 2024      | \$ 734,895           | \$ 734,895         |
| June 2024      | \$ 492,065           | \$ 492,065         |
| May 2024       | \$ 1,500,000         | \$ 1,472,000       |
| April 2024     | \$ 517,200           | \$ 512,450         |
| March 2024     | \$ 1,299,900         | \$ 1,265,000       |
| February 2024  | \$ 787,395           | \$ 787,395         |
| January 2024   | \$ 351,950           | \$ 349,500         |
| December 2023  | \$ 1,450,000         | \$ 1,350,000       |
| November 2023  | \$ 360,000           | \$ 355,000         |

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*Happy Holidays*

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# Cold Weather Safety

by Alberta Health Services



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

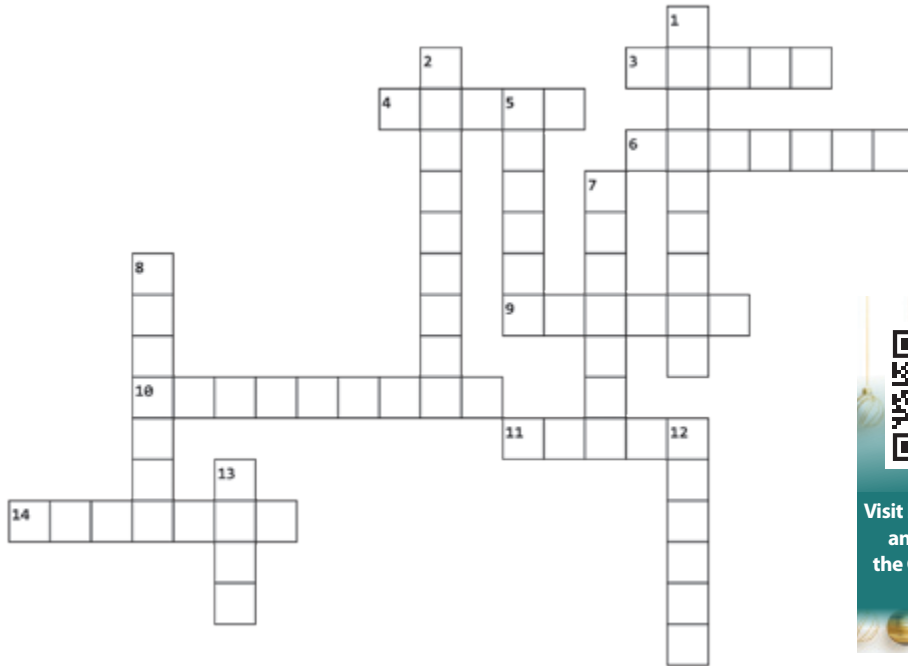
- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and 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.

# December Crossword



## Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's \_\_\_\_\_*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss \_\_\_\_\_*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly \_\_\_\_\_, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel \_\_\_\_\_ Prize on December 10, 1964.
14. James Cameron's \_\_\_\_\_ was first released on December 19, 1997, and is one of the highest-grossing films ever.

## Down

1. International \_\_\_\_\_ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the \_\_\_\_\_ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "\_\_\_\_\_ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player \_\_\_\_\_ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, \_\_\_\_\_ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the \_\_\_\_\_*, premiered in New Zealand.

## Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 1 hour

**Servings:** 6

### Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

### Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



# Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

**1. Addresses Root Causes** – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

**2. Develops Self-Awareness** – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

**3. Builds A Therapeutic Relationship** – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

**4. Prevents Relapse** – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

**5. Personal Growth and Transformation** - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

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## Word of the Month

**Absquatulate:**

**Verb (ab-skwoch-uh-leyt)**

**To run away or leave abruptly.**



*The sneaky cat managed to absquatulate any time the door was open.*



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**MLA Calgary-Currie**  
**Janet Eremenko**  
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 Calgary, T3C 0J7  
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 calgary.currie@assembly.ab.ca

I'm saddened that this government has chosen to introduce legislation that will interfere with the delivery of healthcare for transgender youth and will interfere with the provision of sexual health education in schools. I want school and sports and healthcare to be safe spaces for all. I want this for myself, my neighbours, my own children and their respective school communities. Part of ensuring safety is creating spaces where kids can feel confident to be themselves. I believe more than ever that parents, teachers, and physicians want the same, and that this legislation does not improve safety or trust.

On this issue, every single email I received has asked me to vigorously oppose the UCP government's legislation. Often, the writers have shared personal stories about gender affirming care and how it allowed themselves or their loved ones to grow up to be incredibly successful adults. They talk about how their decisions regarding health care were made together with their doctor at the appropriate age and stage. That at each step, there was informed consent.

Others have written not because of any personal relationship with a transgender or questioning person, but because they worry about the lives of youth and empathize with the school staff and healthcare workers faced with an impossible choice. Many of these people gave me permission to table their emails in the Legislature to ensure their voices are captured on the public record. If this is of interest, I welcome your correspondence.

Lastly, to those who feel alone, like you're being forced to hide your true self and carry on quietly without any support, you have a huge community in Calgary-Currie out there cheering for you and speaking up for you. To the LGBTQ+ community and your family, friends and allies, I am 100% on your side.



**MLA Calgary-Elbow**  
**Samir Kayande**  
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 403-252-0346  
 calgary.elbow@assembly.ab.ca

Seasons Greetings Neighbours!

For many of us, December is one of the happiest times of the year. It's a time to gather with friends and family and celebrate the holidays. It's also perhaps the one month of the year where Calgarians are excited about receiving a snowfall.

For others though, the holidays can serve as a stark reminder of the financial pressures of daily life. Where the costs of food and housing supersede the giving of gifts. With the affordability crisis that the province is going through right now, those pressures can feel even more overwhelming.

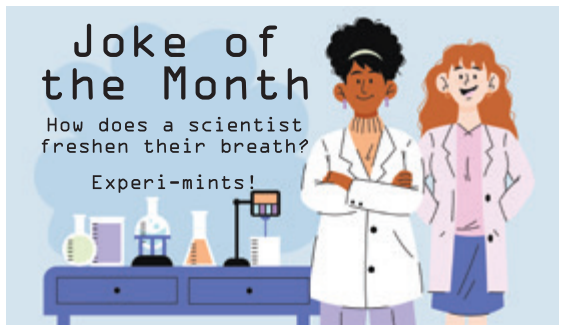
Yet despite these grim economic forecasts, Calgary remains one of the wealthiest cities in Canada and to my mind, one of the most generous. Which is why I encourage anyone with the means to contribute in any way that they can. Whether it's a donation to a local charity or volunteering at your local shelter, your contribution can help make the holidays a little more joyous for those in need. And to paraphrase a famous, "covetous, old sinner"-formerly-"Honour the holidays in your heart and try to keep it all the year."

With that, I want to wish everyone very happy holidays!

Sincerely,

*Samir*

Should you have any other questions or concerns, 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. My door is always open.





**MP Calgary Centre**  
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The festive season is almost upon us, and I hope you enjoy the time with your family and friends.

Modern societies create silos of knowledge and perspectives, but democratic processes should combine these to achieve better outcomes, acknowledging necessary trade-offs. Above all, our democracy must not be compromised for any narrative. If everything else fails, the foundation of our self-governance must endure.

As the Liberal government enters its final year, many Canadians recognize their divisive messaging. Our role as His Majesty's Loyal Opposition is to hold the government accountable, respecting parliamentary rules and the supremacy of Parliament. Executive authority and judicial speculation do not override Parliament's responsibilities. We have lost much in governance over the past decade, and we must not let democratic norms be the next casualty.

My Conservative colleagues and I will uphold these norms, even if it is a lonely effort. In this final year of Parliament, the government will continue to try and shift the narrative to gain voter support. After all, 'tis their final season to do so. We must remain aware of these efforts and ensure manufactured divisions do not lead to a more fractured nation.

As we approach the holiday season, let us reflect on the values that unite us as a nation. Despite our differences, we share a common goal of creating a better future for our children and grandchildren. Our democratic governance is one of the core building blocks from which we have grown a great society. Let's ensure we keep that cornerstone.

Warmest wishes for the holidays to you and your loved ones. May this season bring you joy, peace, and a renewed sense of hope for the future.

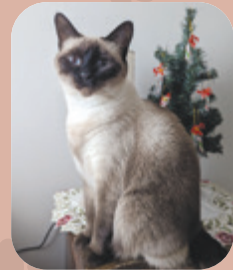
*Greg McLean, MP*



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