

JANUARY 2024

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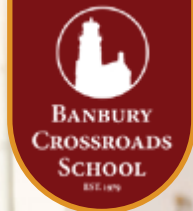
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RPCA BOARD

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 2024

President	Craig Marceau president@rutlandparkcommunity.com
Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com
Website Director	Nisha Sridhar communications@rutlandparkcommunity.com
Sarcee Meadows Liaison	Jeremy Hart sarceemeadows@rutlandparkcommunity.com
Membership	Benedikt membership@rutlandparkcommunity.com
Ice Rink	Steve Dubois rink@rutlandparkcommunity.com
Secretary	Karen Wesley secretary@rutlandparkcommunity.com
West View Parc Liaison	Vacant westviewparcliaison@rutlandparkcommunity.com
Newsletter	Vacant newsletter@rutlandparkcommunity.com
Infrastructure Projects	Mark Yobb markyobb@rutlandparkcommunity.com
Lincoln Park Liaison	Gary Axelson lincolnparkliaison@rutlandparkcommunity.com
Treasurer	Gary Axelson treasurer@rutlandparkcommunity.com
Currie Barracks Liaison	Garry Moyes curriebarracks@rutlandparkcommunity.com
Community Events	Vacant socialevents@rutlandparkcommunity.com
Website	communications@rutlandparkcommunity.com
Directors at Large	Husayn Lalji 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 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

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 to all who attended our AGM in November. We appreciate you staying engaged. We are still desperately seeking a volunteer Director of Infrastructure to help oversee our facilities.

Our Secretary, Karen, is stepping down at the end of January. Legally we require someone in this position in order to remain a Community Association. I am already covering two positions. We need someone new to step up and help with this important role!

Our rink light project is complete. Thank you, Mark Y. for overseeing this project.

Thank you, Steve D. for taking over as our Rink Director. Steve will be looking for volunteers to help with the rink. Please email rink@rutlandparkcommunity.com if you can lend a hand.

Welcome Gary A. to the board as our Lincoln Park Liaison. Gary is also taking over as Treasurer; we will benefit from his accounting background.

Thank you, Matt M. for your time as Treasurer on our board. Best wishes as you return to the work force.

We are still waiting on documentation from our insurance company. The hall continues to remain closed until further notice.

I have reached out to the City with regards to Richmond Green. They have indicated they have chosen a potential purchaser for the ball diamonds and hope to close in 2024. REDS gets to negotiate the sales terms and does not require approval from Council.

Best wishes to you and yours as we ring in a new year. Happy 2024!

If you have not already signed up for our email updates, please do so at our website, 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 by searching 'Rutland Park Community Association'. Thank you for your ongoing support.

Leanne Ellis

Executive VP and Development and Traffic Director
development@rutlandparkcommunity.com

How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques



3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.



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

The Harmonious Tapestry of Human Experience

by Jonni Fox, Rod MacCormack, and Moe Refaei
(musicians, song writers and producers)

In the intricate fabric of human existence certain threads weave together to create a tapestry of emotions and experiences. This tapestry is woven from the threads of frequency, love, gratitude, joy, celebration, music, unity, connection, and community. Each element contributes to the rich and diverse texture of our lives.

At its core, the concept of frequency refers to the vibrational energy that permeates the Universe. It is the unseen force that connects all living things. When we harness positive frequencies through acts of love, we contribute to the uplifting of our own spirits and those around us. Love, a powerful and universal emotion, acts as a beacon of light in the human experience. It fosters connection and unity by promoting empathy, compassion, and understanding.

Gratitude is the practice of recognizing and appreciating the blessings in our lives. It brings a profound sense of joy, a radiant, contagious emotion that is often expressed through celebration. Celebrations are a testament to our shared human experience. Music is often described as the universal language of the soul; it has the incredible power to elevate our frequencies and unite people from diverse backgrounds. Through music we find connection, and it often serves as the soundtrack to our most cherished memories.

Unity, connection, and community are interwoven threads in the fabric of our existence. These concepts highlight the beauty of coming together as one. In unity we find strength.

Through connection we discover meaning, and in community we discover support and belonging.

The interplay of frequency, love, gratitude, joy, celebration, music, unity, connection, and community is the essence of our shared human experience. These elements not only enrich our lives but also serve as the foundation for building a harmonious and compassionate world. When we embrace these aspects, we create a beautiful tapestry that reflects the best of humanity, fostering connection, understanding, and a shared sense of purpose. Just for the health of it, listen to your heartbeat and put it on a drum. Add frequency to your life and you will feel alive.

		8			1			
	5						1	
9			5		2		7	
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			8			7		
2	7	5			6			1
	3						5	


SCAN THE QR CODE FOR THE SOLUTION



Say Cheese? Or Maybe Not...

Back in the 1840s, instead of saying “cheese,” folks opted for “prunes” during photo sessions. Flashing a big grin was considered juvenile at the time. A savvy London photographer advised people to say “prunes” to maintain a more composed expression. This practice, predating the modern “fish face” selfie, harks back a good 180 years.





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.



Musings



Well, here we are 2024! Time does fly when we are having fun, or maybe time just flies.

Our 51st year is upon us here in Rutland Park. I must say that our new rink lights are the highlight of the departing year. The main hall remains closed for now, but we should get word soon on the repair/reno status.

This month, I would like to pay special homage to our retiring rink/ice manager, Greg Winiki. Thank you for the many, many years of service to our community. Happy trails!

Back on November 11, about 30 or more people met at the Currie Park to honour and remember our fallen from the past wars. Let's always be grateful, do good, and be kind. We are living in troubled times, our prayer for this world is that some peace can prevail.

As we move into 2024, take care of each other, and always take time to smell the roses.

Cheers,

Isabell



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Rutland Park Real Estate Update

Last 12 Months Rutland Park
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 1,287,450	\$ 1,277,500
October 2023	\$ 995,000	\$ 988,000
September 2023	\$ 549,900	\$ 555,000
August 2023	\$ 339,900	\$ 325,000
July 2023	\$ 679,000	\$ 670,000
June 2023	\$ 630,000	\$ 631,750
May 2023	\$ 899,900	\$ 871,500
April 2023	\$ 304,900	\$ 304,625
March 2023	\$ 469,950	\$ 452,500
February 2023	\$ 602,450	\$ 598,500
January 2023	\$ 844,394	\$ 786,250
December 2022	\$ 850,000	\$ 862,500

Last 12 Months Rutland Park
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	2	2
October 2023	0	3
September 2023	7	3
August 2023	2	1
July 2023	2	7
June 2023	6	2
May 2023	6	3
April 2023	2	6
March 2023	5	2
February 2023	1	2
January 2023	2	2
December 2022	0	1

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

Currie Barracks Real Estate Update

Last 12 Months Currie Barracks
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2023	\$ 360,000	\$ 355,000
October 2023	\$ 1,022,400	\$ 991,125
September 2023	\$ 1,332,450	\$ 1,302,500
August 2023	\$ 456,000	\$ 452,000
July 2023	\$ 455,000	\$ 435,000
June 2023	\$ 839,000	\$ 814,500
May 2023	\$ 320,000	\$ 314,900
April 2023	\$ 420,763	\$ 426,328
March 2023	\$ 470,000	\$ 466,000
February 2023	\$ 1,150,000	\$ 1,062,500
January 2023	\$ 0	\$ 0
December 2022	\$ 0	\$ 0

Last 12 Months Currie Barracks
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2023	4	5
October 2023	7	8
September 2023	8	4
August 2023	7	5
July 2023	6	3
June 2023	7	5
May 2023	7	5
April 2023	6	10
March 2023	12	3
February 2023	6	3
January 2023	0	0
December 2022	1	0

To view more detailed information that comprise the above
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