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THE POST

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Dr. Murray Knebel

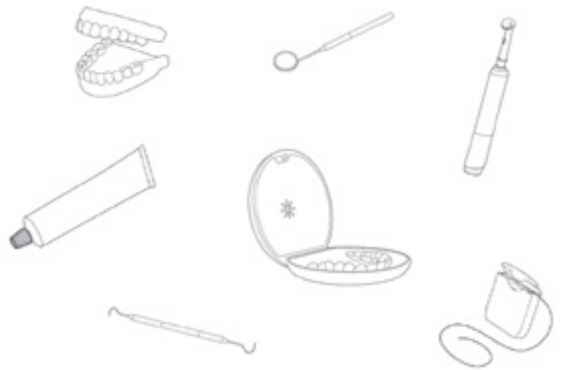
6707 Elbow Drive SW - Suite #217

Father & Daughter



Dr. Murray Knebel
DDS

Kendra Knebel
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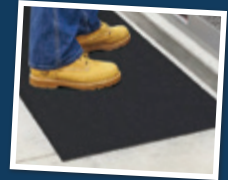
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RPCA BOARD

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	Vacant 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

Musings


Hello area residents and community members. By the time my report goes to print, May flowers will be here. Our 50th anniversary has come and gone basically, for many residents we remember the great times and events that shaped this community.

With our main building still closed to the public, it has been difficult to plan gatherings of any sort. I, for one, hope that we can resolve this issue and return to normal. Over the years our centre has been the hub for activities.


Hopefully, we will host Neighbour Day in June, as well as our ever-popular community cleanup day. Start cleaning up your basements, garages, and yards as this is always an excellent time to give your home a fresh new look.

Soon, I will be working on our spring and summer floral beautification at the main door of the hall, and the gardeners will be back, so things are looking up. For now, I wish you all a happy spring, take care of yourselves, and always take time to smell the roses.

As always,
Isabell R.



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.



SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

RUTLAND
PARK



CURRIE



LINCOLN
PARK



Rebuild – Renew – Rejuvenate

Sarcee Meadows Housing Cooperative has been part of the Rutland Park Community since its first member moved into their home in 1971. For over 52 years, members have made this community their home.

Now it is time for us to rejuvenate the community. Beginning in November, we embarked on a two-year renovation project. Over the two years, all 380 units will have their entire exterior renovated including new Hardie Board siding, new roofs, new windows, and new doors. Beyond extending the life of our members' homes we are also increasing the energy efficiency of the homes and reducing their greenhouse gas emissions.

While we are very excited about this project, we are also aware of the challenges it will present. With over 100 tradespeople on site, parking will be a major issue. We have plans in place to minimize the impact of both the construction and the increased vehicle traffic on our neighbours.

We are working with our construction manager, CANA, to limit the impact of noise in our community but it will occur at times. Our construction team will not start their day before 7:30 am (8:30 am on Saturdays) and will be done by 5:00 pm most days.

We appreciate the patience and accommodation of our community as we complete this very important project. During the project you are still welcome to walk through the community and use our playgrounds. We would just ask that you please respect the construction signage and, for safety, stay away from the construction zones.

With our project intended to be completed in November of 2025 we truly believe it will add to the rejuvenation of our community and we hope it contributes to the success and beauty of the Rutland Park Community overall.

Regards,

Krystal Dafoe

Chair of the Board of Directors

Sarcee Meadows Housing Cooperative



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Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

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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/.

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:

We provided feedback to the City with regards to the 14 Ward System as a community association. We indicated that one of our biggest concerns was that Councillors needed to speak up in support of their communities to address the concerns raised by their residents; this does not always appear to be the case. Since the City is not prepared to change the number of wards in the system, we suggested that any sympathetic Councillor should be allowed to put forward a notice of motion on behalf of any community, in order to start the discussion with the full Council rather than restricting communication to the one Councillor in the ward.

The final park design plans have been made available for Richmond Green. We are happy that they supported the change we requested to the pump track location, as the earlier location would have removed a significant number of trees. We are also happy that they are providing a separate parking lot rather than creating pedestrian visibility issues with parking on both sides of the road. You can find the final design here: <https://engage.calgary.ca/RichmondGreen>.

The subdivision plan layout for potential development on the Richmond Green baseball diamonds has been submitted. We have opposed the road alignment for the site. The City had indicated that one end of Hampton Crescent should be closed so that it didn't become a bypass route for the north entrance to the site. The current configuration creates just that effect. We have proposed that the northernmost access point should be right in and right out to avoid left hand turns so close to the intersection.

We are still awaiting confirmation of coverage from our insurance company with regards to the hall floor collapse. We submitted our Proof of Loss on March 12, 2024, and the insurance company has 60 days to respond. Depending on their response, we will seek legal counsel. After that, a building permit will be required, as well as multiple grant applications. Given the number of contacts required, we still have no timeline for repairs at the hall. Thank-you for your patience.

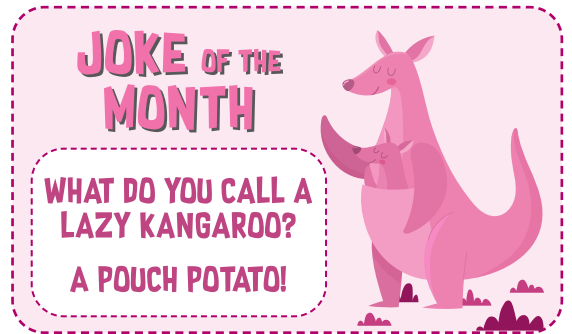
We asked to see the Detailed Team Review from the City

for the carwash site. They agreed that the fifteen-storey tower proposal was out of context with the surrounding community and have asked the owner to come back with a proposal for four to six storeys along the road, and potentially up to twelve storeys in the middle. We will continue to follow this application.

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
development@rutlandparkcommunity.com



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



Directions:

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.

4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.

5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.

6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



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Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
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

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2023	\$264,900	\$262,500
September 2023	\$349,900	\$350,000
August 2023	\$300,950	\$296,500
July 2023	\$244,500	\$241,500
June 2023	\$291,500	\$289,000
May 2023	\$259,900	\$253,000
April 2023	\$239,900	\$230,000

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

Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
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

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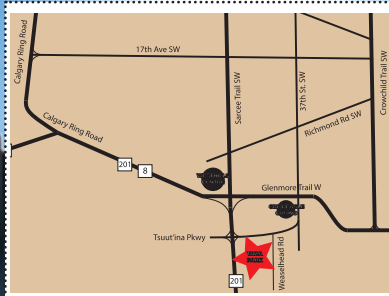
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