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THE POST

THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER



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On April 6, 648 BC, the Ancient Greeks recorded one of the earliest solar eclipses! Greek historian Herodotus described how the eclipse coincided with the battle between the Lydians and the Medes, scaring the armies into a truce. Talk about a cosmic peacekeeper!

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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
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- Supply & install new drain system & pop-up stopper

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- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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RPCA BOARD

Visit our website for the latest information:
www.rutlandparkcommunity.com

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

BOARD OF DIRECTORS 2024/2025

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Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com
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Currie Barracks Liaison	Vacant curriebarracks@rutlandparkcommunity.com
Community Events	Vacant socialevents@rutlandparkcommunity.com
Website Director	Vacant communications@rutlandparkcommunity.com
Directors at Large	Husayn Lalji husaynlalji@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	Vacant
Police Resource Officer	Constable Art Szabo reg# 4809 ASzabo@calgarypolice.ca
Emergency Contact for RPCA Hall	Lola 403-617-3241
Community Social Worker	Vacant





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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.



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:

Our CA President, Craig Marceau, attended a summit with the police and other CAs in early March. The discussion focused on how the police and our community can work together to improve safety in public spaces, and how our community can help people in crisis to prevent crime and disorder.

GamePLAN is a strategy for a 25-year, \$6 billion dollar investment in recreational facilities and programming for the City. We reached out to Council and asked that its approval be postponed. We engaged with the City in November 2023. Feedback was never provided, solicited, or shared with CAs. Our Neighbourhood Partnership Coordinator has just recently received information on the document and reached out to Recreation to ask about an engagement process. We are extremely concerned about the lack of engagement for this project. Council approved this on February 25. We intend to make sure CAs are included in future engagement.

We had brought the Marc and Mada development to your attention in the past. The intent is to build a 19-storey tower in Marda Loop on 33 Ave. The application was open for comments here: <https://dmap.calgary.ca/?p=DP2024-08395>. Our concerns are focused on the density impact to 33 Ave SW in terms of traffic. We have suggested that this level of density would be better in Currie, where it is already planned for and supported.

Sarina Homes made a presentation on their revised Richmond Green plans on February 3. They have indicated that the presentation will be made available online at their engage website, <https://richmondgreenengage.ca/>. We have specifically requested that a December shadow study be provided, as one was not provided during the presentation. The plans included an updated focal point for the café area. Our concerns continue to be the six-storey wall of development across the east side of the site, 400-unit density in that location, and ensuring no left turn at the end of Hampton Crescent because of the traffic impact.

Some residents have been asking why the RPCA is not sending out specific information and direction

with regards to our Restrictive Covenants. The RPCA is happy to support the RCs because they form part of our Development Guidelines, but we are not a landowner, so have no legal standing.

If you would like more specific information and direction, then you can sign up for emails through the Restrictive Covenant Committee at rutlandparkrc@gmail.com.

Residents have also been asking for maps to try and understand what properties are restricted to one home and what properties allow for two homes. That information is already posted on our website under our Development Guidelines—on the right side of the page in green writing you will find two files on zoning. These are the maps which reflect the RCs. <https://www.rutlandparkcommunity.com/development-guidelines>.

Hopefully by the time you are reading this, we will have settled our insurance claim. We are unable to proceed with any engineering or repair work until the insurance claim is settled. The amount of the settlement will be significantly less than the costs of repairs and lost income, but a recently received engineering report indicates that deficiencies in the design and installation of the trusses were contributing factors.

The City has indicated that both engineering and capital conservation grants will be available to us once we have settled our insurance claim.

We are happy to report that Lloyd Sadd agreed to take on insurance coverage for our buildings when no other insurer was prepared to do so. It was extremely stressful and time consuming looking for coverage for a damaged building. We are glad to have secured coverage for both buildings.

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—Rutland Park Community Association. Thank you for your ongoing support.

Leanne Ellis

Executive VP and Development and Traffic
development@rutlandparkcommunity.com

Learn more about your Calgary Catholic School District Board of Trustees!

Easter Message

Welcome to April, where we continue our journey through Lent to Good Friday, remembering the death of Jesus, who was rejected, despised, oppressed, condemned, and crucified. And then gloriously and full of joy, we come to Easter Sunday celebrating the resurrection of Jesus Christ. The resurrection is the cornerstone of our faith, the beacon of hope that illuminates our darkest moments and guides us through the shadows of doubt and despair.

I love the magnificence of and the beauty in the Easter message. The springing forth of new life in all its colours, the green starting to show in the grass and the trees, lavender hydrangeas, white and brown bunnies, yellow chicks, and sunrise-yellow daffodils, all accentuating the unfathomable concept of Jesus' power over death. Easter is a celebration of the transformative power of God's love. Death had been defeated by light, love, and life. Jesus lives. Love has prevailed.

There are many things to appreciate and look forward to in April, planning our gardens, less winter gear, the start of outdoor sports such as soccer and baseball, moisture for the land (hopefully in the form of rain, not snow), warmer weather, the trees starting to bloom, and a renewed sense of life after winter with eyes to summer and summer holidays. These hopeful events will have to sustain us with Easter being so late in April this year. Patience will be needed by our teachers, staff, and students as they wait for Easter celebrations and the Easter break. May the Lord bless teachers and staff with many moments of positivity and gratitude throughout April!

On behalf of the Board of Trustees of the Calgary Catholic School District, I wish you Christ's many blessings including peace, faith, hope, and happiness throughout April and the joyous Easter season!



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ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

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 [@elderdoggyyc](https://instagram.com/elderdoggyyc)

 elderdog.ca

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Learn more:



Bicycle Helmet Safety

by Alberta Health Services EMS

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury or even save a life.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride tricycles need to wear helmets.
- Parents must lead by example – always wear a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

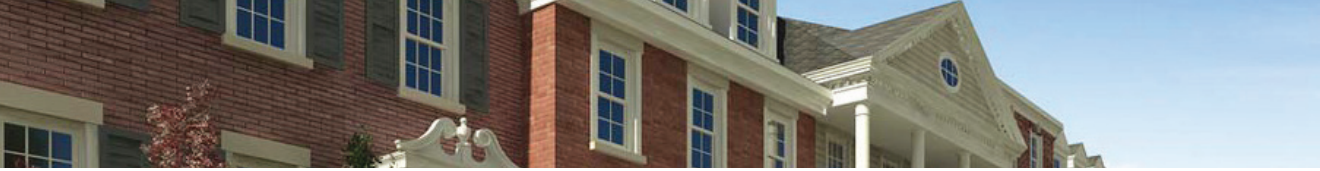
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Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2025	\$0	\$0
January 2025	\$999,900	\$995,000
December 2024	\$349,000	\$370,000
November 2024	\$0	\$0
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	\$794,949	\$789,250
May 2024	\$749,900	\$735,000
April 2024	\$949,900	\$1,025,000
March 2024	\$0.00	\$0.00

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2025	\$349,450	\$332,500
January 2025	\$369,900	\$361,500
December 2024	\$344,450	\$338,250
November 2024	\$305,950	\$304,700
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

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
February 2025	\$364,900	\$349,900
January 2025	\$686,950	\$667,500
December 2024	\$877,000	\$859,750
November 2024	\$725,000	\$750,000
October 2024	\$709,512	\$709,512
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

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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: _____ (please print)

Home Address: _____

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/.

Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at **403-266-1234** to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

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Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

6. Confidence Tips

Before the Date: Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

During the Date: Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

After the Date: Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.

Shaping Calgary's Future Through Community Engagement

by *The City of Calgary*

The Federation of Calgary Communities, in partnership with The City of Calgary, bring you Partners in Planning, a free, award-winning certificate program. Through a series of engaging events, residents are empowered to help shape the city's future. This year's program features workshops aimed at fostering collaboration and deepening community understanding of city planning. Here are some upcoming events:

Crafting Calgary: Planning Implementation Unveiled **April 5, 9:00 am to noon** **Capitol Hill Community Association**

This workshop delves into the complexities of city planning, offering insights into how the City of Calgary implements change. Learn about the balance planners strike between policies, the Land Use Bylaw, and five community needs through various application reviews, including land use amendments and development permits.

Navigating Calgary's Blueprint: Understanding Planning **May 31, 9:00 am to noon** **Capitol Hill Community Association**

Explore Calgary's planning framework and the legislative policies that guide it. This event covers the Municipal Development Plan, Local Area Plans, and how these policies work together to prepare Calgary for future growth.

Elective One: Built Forms Walking Tour **June 22, 9:00 am to noon** **Marda Loop Communities Association**

Join this walking tour to learn about different built forms in low-density residential districts. Attendees will explore architectural elements and how they contribute to the urban fabric, highlighting how these elements enhance established communities.

Join the Federation of Calgary Communities and The City of Calgary for these insightful events and be part of shaping Calgary's future!

Travel Safe Student Video Contest is Now Open

by *The City of Calgary*

Calling filmmakers of all ages and abilities. Whether you are an aspiring movie producer, working on your stop-motion skills, or you shoot videos as a hobby, this is the contest for you!

The Travel Safe Student Video contest is open to Calgary students from kindergarten to Grade 12. Win great prizes and a chance to have your work showcased! The deadline is April 30.

The contest is not only a fun and engaging way for students to think about traffic safety, but also part of the Calgary Safer Mobility Plan, a partnership between the City and Calgary Police Service aimed at improving the overall safety of our transportation network.

"We know students have unique perspectives when it comes to traffic safety and we can't wait to see solutions through their eyes," said Jacquelyn Oriold, Mobility Education Specialist with the City. "Whether that's a video from a kindergarten student worried about safety as they walk or wheel to school, or from a middle school student concerned about speeding drivers, or a teenager's perspective on navigating rush hour, we can't wait to see their work."

Key Dates:

- April 30, 2025, at 11:59 pm: Contest closes
- May 14, 2025: Public screening event of finalists and winners announced at the Central Library in the Patricia A. Whelan Performance Hall.

For full contest rules, eligibility, waiver, tips, and resources visit calgary.ca/travelsafevideo. For general inquiries about the contest, email streetsafekids@calgary.ca.



Green Calgary Rain Barrel Sales

by *The City of Calgary*

Did you know, water use in Calgary communities increases up to 20 percent in the summer months? Capturing rainwater can help you and your community build resiliency during times of hot and dry weather while keeping your yard and garden healthy. Rain barrels typically fill up after a single rainfall and help keep water on your property, so less dirt and contaminants wash into the rivers.

Made locally with recycled material, Green Calgary rain barrels can be used to water the plants in your yard. Rain barrels are \$75 after rebate for a limited time with pick-up and delivery options available.

Visit greencalgary.org for details on all sales event dates and locations. Join the thousands of Calgarians already conserving water by using a rain barrel. Pre-order yours at greencalgary.org, starting April 1, 2025.



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 ✉ greg.mclean@parl.gc.ca

Almost every conversation elected officials have had these past several weeks revolves around the threats posed by the U.S. Administration to impose tariffs on trade with Canada, and the non-starter comments about our country becoming the '51st state'. Let's start by stating clearly that that is not a possibility.

It's safe to say that the stability of our trade treaty with the U.S. is now an afterthought. And stability was always the calling card of the string of trade agreements we've negotiated over the past 37 years.

Canada will adjust to the changes, and I challenge anyone that suggests tariffs imposed by our largest trading partner represents 'an existential crisis' for our country. Yes, our economy will suffer, and we will learn our lessons as to the importance of broad trade and commerce (including with ourselves). Perhaps, it will hasten what was always necessary: nationwide free trade; resources to market domestically and internationally beyond the United States; a well-funded and functioning military; stricter border security; regulatory speed and certainty; a crackdown on crime, fentanyl distribution, and money laundering.

If Canada uses this moment to correct the above policies, then we will strengthen our country internally, and make our economy more resilient in a more volatile world. I'm confident we will rise to this challenge.



MLA Calgary-Elbow
Samir Kayande
 205 – 5005 Elbow Drive SW T2S 2T6
 ☎ 403-252-0346
 ✉ calgary.elbow@assembly.ab.ca

Dear Neighbours,

Allegations of political interference and bloated healthcare contracts shocked us all in early February when a *Globe and Mail* story first revealed the allegations that were in a letter the recently fired CEO of Alberta's health system sent to her lawyers.

Athana Mentzelopoulos' \$1.7 million wrongful dismissal lawsuit against Alberta Health Services and the UCP government, alleges the former CEO was fired for investigating sweetheart deals with private surgery companies she said had links to provincial government officials.

In the following weeks, as the CorruptCare scandal dominated the airwaves, the UCP's infrastructure minister resigned from cabinet citing a lack of support from his colleagues over his concerns "regarding the Government of Alberta's procurement practices across all departments."

Alberta's Auditor General has launched an investigation into spending by the province's health authority and Alberta Health Services has "paused" signing new for-profit surgical contracts pending an internal review.

The Alberta NDP has also been calling for a public inquiry which would have a broader scope than what the auditor general can investigate.

CorruptCare has always been about allegations that the UCP wastes and mismanages taxpayer funds instead of delivering Albertans an ethical, competent government.

CorruptCare has real consequences for all Albertans: if private surgeries cost double what the public system cost, then every private surgery means the waiting list for hips and knees gets longer, unless spending increases.

Albertans deserve a transparent public inquiry into the disturbing allegations raised by the CorruptCare scandal and my hope is that by the time you are reading this that inquiry is well underway.

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 hear what is on your mind.

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