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# THE POST

THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER



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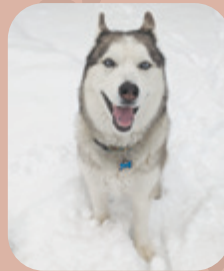
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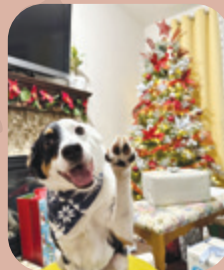
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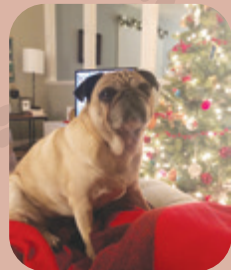
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# RPCA BOARD

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 2024/2025

President	Craig Marceau <a href="mailto:president@rutlandparkcommunity.com">president@rutlandparkcommunity.com</a>
Vice President and Development and Traffic	Leanne Ellis <a href="mailto:development@rutlandparkcommunity.com">development@rutlandparkcommunity.com</a>
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Infrastructure Projects	Mark Yobb <a href="mailto:markyobb@rutlandparkcommunity.com">markyobb@rutlandparkcommunity.com</a>
Sarcee Meadows Liaison	Jeremy Hart <a href="mailto:sarceemeadows@rutlandparkcommunity.com">sarceemeadows@rutlandparkcommunity.com</a>
Membership	Ted Stewart <a href="mailto:membership@rutlandparkcommunity.com">membership@rutlandparkcommunity.com</a>
Ice Rink	Tyler Smith <a href="mailto:rink@rutlandparkcommunity.com">rink@rutlandparkcommunity.com</a>
Lincoln Park Liaison	Vacant <a href="mailto:lincolnparkliaison@rutlandparkcommunity.com">lincolnparkliaison@rutlandparkcommunity.com</a>
West View Parc Liaison	Vacant <a href="mailto:westviewparcliaison@rutlandparkcommunity.com">westviewparcliaison@rutlandparkcommunity.com</a>
Currie Barracks Liaison	Dave Rose <a href="mailto:curriebarracks@rutlandparkcommunity.com">curriebarracks@rutlandparkcommunity.com</a>
Community Events	Vacant <a href="mailto:socialevents@rutlandparkcommunity.com">socialevents@rutlandparkcommunity.com</a>
Website Director	Vacant <a href="mailto:communications@rutlandparkcommunity.com">communications@rutlandparkcommunity.com</a>

## CONTACTS

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

## Musings

2025! Where has the year gone? Looking back... hmm. Maybe we can say it has not been the best. Our main hall, the cornerstone of this community remains closed for yet another year. For area residents, this is not fair, and very disheartening. Halls nearby remain open and in business as one might say. So, what is going on in Rutland Park?

As this goes to print, everyone is preparing for winter and the busy holiday season. Our area is always so pretty and all aglow. I want to take this opportunity to wish each of you the best. This year, a number of our beloved residents have passed. We remember and think of them fondly. They are so missed. To their loved ones, please know that we care.

Always take time for yourself, remember to smell the roses.

Blessings to all with warm regards.

*Isabell*



## Cold Weather Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- 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.
- Seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°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. 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.

# 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

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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

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

We are extremely disappointed that The City has chosen to change, yet again, the plans for the improvements in Richmond Green Regional Park. They have decided to remove the tennis courts, go back on their commitment of a cricket net, and eliminate the pump track. We are working on opposing these new changes. Removing the tennis courts means that additional sports amenities are being lost above the two baseball diamonds. It is not sufficient for The City to say that tennis courts are available in other communities.

Thank you, Rosa M., and all of our Community Cleanup Day volunteers! Our Free Store diverted a lot of items out of the landfill. The Diabetes Association took a truck load of donations in support of their fundraising efforts. We raised funds for the community through the e-cycle program and have a number of bicycles to pass on to charity. We also salvaged a whole bin of scrap metal. In addition, we efficiently collected 8,230 kg of waste thanks to the services provided by The City. Thank you all for your support!

As Sarina Homes continues their construction at Richmond Green, we are likely to see more road closures on Sarcee Road. We will try to keep you updated on our Facebook page.

By the time you are reading this, we should have had our AGM. Thank you to all who turned up to hear what we have been up to.

At this point in time, we are applying for both a grant from The City and a grant from the province to assist with our hall repair. These grants will not cover the totality of the repair, so we will be seeking additional grants.

We are hoping to schedule a Skating Party for Neighbour Day on December 28. We will need additional volunteers. Further details will be provided as we have more information to share.

Best wishes to you and yours as we head into the holiday season!

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)

RutlandPark



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SCAN ME



### Adult ADHD

by Carley Hyder, Reg. Psychologist



The typical stereotype of Attention Deficit/Hyperactivity Disorder (ADHD) often centres on young boys who appears restless and unable to sit still. However, ADHD has vastly changed now that research in the past ten years has (finally) branched out to include girls and adults. Adult ADHD is one of the top diagnoses right now, next to adult autism because so many of us were missed or never diagnosed as children. What does adult ADHD look like? Adult ADHD can differ by person, but these common traits are associated with adult ADHD:

1. **Disorganization:** Documents being scattered, messy cabinets/closets, missing appointments. Some people are able to 'keep it together' at work, even when their home life feels chaotic. This is called masking, and can work for a while, but can also lead to burnout. Other people struggle to stay employed due to the severity of their disorganization.
2. **Impulsivity:** Some indicators include impulsive spending, impulsive decisions, and erratic changes in daily schedule. Some individuals may not be able to

plan for things in advanced. There also seems to be a preference for change their routine.

3. **Executive Function:** The ability to plan and execute, such as meal planning, prioritize tasks, and being able to stick with them might be challenging.
4. **Struggles To Get Simple Activities Completed:** Having a hard time doing chores or tasks that are not exciting or 'less dopamine rich' such as dishes, laundry, tidying up, and balancing a budget.

If this sounds like you, you could have some of the symptoms associated with ADHD. There are great tools to help you stay on task and organized. Use a calendar to keep track of deadlines, appointments, and events. Do the less favourable task first, followed by a 'reward' or favourable task. Try to schedule each day to get a balance of items completed. You are not in this alone, ask for help; professional organizers, financial planners, executive function support from a licenced psychologist and in some cases, talking to your family doctor can also be helpful.

# Poison Prevention During the Holidays

by Tracey Warren, Child Safe Canada National Director of Injury Prevention and Education



The holiday season is a magical time, but it can also be a risky one for little explorers. Child Safe Canada wants to remind families that poisoning incidents increase during the holidays. The good news is that most of these accidents are preventable with a few simple safety steps. Let's make this holiday season joyful and safe.

Ensure this holiday season is the most enjoyable and safest ever. Safety proofing your home, or areas within your host's home, takes only a few minutes and provides priceless comfort and safety.

**Stay Vigilant During the Busy Holiday Season.** We know the holidays are busy with meals to prepare, guests to entertain, and gifts to wrap. But small distractions can lead to big mishaps. Slow down, take a breath, and focus on potential hazards, especially when little ones are around.

- **Batteries** - A swallowed battery can cause severe airway burns. Keep all items with batteries, including button-type batteries, out of reach, and ensure battery doors are secured well.
- **Bags** - Guests' handbags and suitcases may contain medications, cosmetics, nail products, perfumes, and other poisonous products. Ask guests to store these items out of reach for children.
- **Decorations** - Holiday decorations may look fun, but many are choking or strangulation hazards for children. Keep fragile ornaments, small pieces, and strings or ribbons out of reach, and supervise little ones around holiday decor.

**Be Aware of Sneaky Poisons.** Here is a simple rule: If you would not serve it on a dinner plate, treat it as a poison. Even tiny amounts of make-up, cigarettes, or certain plants can land a toddler in the emergency room.

- **Fluids** - Move antifreeze, windshield washer fluids, bleach, detergents, and other cleaning products out of sight and reach.
- **Plants** - Check the safety of holiday plants and flowers online or via your local poison control site before decorating.
- **Alcohol** - Keep alcoholic drinks out of reach of children.

**Travelling? Talk Safety with Your Host.** Visiting relatives or friends can be tricky if their home is not child proofed. Take charge of your child's safety while travelling. Be diligent in safety-proofing the space you're staying in, secure anything that could be hazardous, and keep a close, watchful eye on your child. Have a friendly conversation about your child's safety.

- Do a safety check/proof together with your host and ask them to identify any areas that should be off-limits to your child.
- Ask that all medications, cleaning supplies, and other hazardous items be stored in locked cupboards.
- Set clear rules and boundaries for your child in the host's home (if age appropriate), and make sure everyone, hosts included, understands them to keep expectations consistent and the child safe.

A few minutes of preparation can prevent accidents and keep your family safe and healthy. Make this holiday season the safest and most enjoyable ever.



# Real Estate Update

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

	Average Asking Price	Average Sold Price
October 2025	\$984,900	\$960,000
September 2025	\$849,945	\$812,500
August 2025	\$874,950	\$867,750
July 2025	\$0	\$0
June 2025	\$884,250	\$875,000
May 2025	\$0	\$0
April 2025	\$0	\$0
March 2025	\$879,000	\$856,500
February 2025	\$0	\$0
January 2025	\$999,900	\$995,000
December 2024	\$349,000	\$370,000
November 2024	\$0	\$0

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

	Average Asking Price	Average Sold Price
October 2025	\$339,900	\$315,000
September 2025	\$312,500	\$303,750
August 2025	\$304,900	\$304,000
July 2025	\$277,500	\$271,750
June 2025	\$333,888	\$317,425
May 2025	\$337,450	\$336,450
April 2025	\$282,444	\$281,250
March 2025	\$299,900	\$296,000
February 2025	\$349,450	\$332,500
January 2025	\$369,900	\$361,500
December 2024	\$344,450	\$338,250
November 2024	\$305,950	\$304,700

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 2025	\$444,900	\$444,900
September 2025	\$525,000	\$485,000
August 2025	\$800,000	\$755,000
July 2025	\$799,888	\$775,000
June 2025	\$844,900	\$878,000
May 2025	\$444,900	\$444,900
April 2025	\$707,450	\$690,000
March 2025	\$489,900	\$459,900
February 2025	\$364,900	\$349,900
January 2025	\$686,950	\$667,500
December 2024	\$877,000	\$859,750
November 2024	\$725,000	\$750,000

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# The Art of Finding Work: When Job Searching You Are Being Compared

by Nick Kossovan



Job hunting is a ‘winner takes all’ competition in which you’re compared and judged against other applicants. Putting in an application for a job is no different from entering a baking or short story contest. However, there’s one difference: there’s no second place—silver medal—nor does “everyone win for doing their best,” hence why giving participation trophies does a disservice to children; it fails to prepare them for two universal life truths that they’ll one day confront:

1. Everything in life is earned. (Yes, birthright exceptions exist. Choosing to squander your time and energy, resenting those who’re an exception doesn’t change this truism.), and
2. Sometimes, your best isn’t good enough to beat those you’re up against.

Job searching intensifies these truths.

Irrespective of your feelings about the “fairness” of having to do “what it takes,” you don’t rise through the ranks of whatever career path you’ve chosen by being meek. Be it corporate, artistic endeavours, athletics, or military, without a competitive spirit, you won’t have a career comparable to someone who does. Thus, generally (keyword) speaking, CEOs of Fortune 500 companies, higher-ranking military officers, celebrities, and elite athletes tend to be hyper-competitive.

I keep the following phrase from American author Ashley Antoinette in my head: “You can’t compete where you don’t compare.”

When entering any competition, for instance, job searching, it’s crucial to understand the standards and benchmarks—your ego may insist you have the skills and qualifications. But do you really against those which you’ll be compared; therefore, consider the following:

### Awareness of Standards

Knowing and accepting what employers in your profession and industry will most likely expect from you is critical.

If you’re applying for any job requiring strong writing skills (e.g., grant writer, content creator, communications manager), it’s a given that your writing skills need to be well above average. When applying for a sales position, your sales record and ability to sell yourself will be evaluated.

Along with industry and profession expectations, employers evaluate applicants based on the expectation of applying professionally.

I repeatedly see sloppy applications and an unprofessional appearance as the biggest hindrance to a successful job search. Even with all the online job search advice, typos, grammatical errors, incomplete LinkedIn profiles, and dressing inappropriately for interviews—dress for the position you’re interviewing for—are common. In 2025, there’s still a strong conservative element in the workplace, albeit not as strong as before.

### Self-Assessment

You can identify your strengths and weaknesses by honestly comparing yourself to those you’re competing against. My advice: To be competitive and considered a contender, focus on your strengths (read: lead with) and be less concerned about your weaknesses.

My “go with your strengths” story:

Years ago, over a Thai lunch, I asked my then-boss how he managed to work so fluidly. He never seemed stressed; it was as if he floated through his workday, accomplishing high-level tasks. His answer: “I work with my strengths. As long as my weaknesses do not hinder me from doing my job, I don’t spend time and energy trying to overcome them. I spend my time and energy improving my strengths.” The food wasn’t memorable,



but my then-boss's words were. As a result of ignoring my non-detrimental weaknesses and focusing on my strengths, I've become a stronger competitor and have benefited from it.

### Strategic Positioning

Knowing where you stand in relation to your competitors helps you improve your strategy.

The words uttered by another ex-boss during what I think was a friendly dust-up some 20 years ago, "There's always someone younger, more skilled, and hungrier than you," have stayed with me all these years. His words remind me that I must always be at least one step ahead of those nipping at my heels. I've seen many careers implode because the person rested on their laurels.

It's surprising how many people don't try to stay relevant by learning and becoming proficient in the technological advances affecting their profession and industry, AI being the latest.

Demonstrating continuous learning and adaptation is what employers like to see in candidates and their employees.

Always know where your skills and experience stand and what you can offer employers in terms of measurable value. Calling yourself "talent," as many nowadays do without quantifying how your supposed talent will make money for an employer, isn't a compelling argument for why an employer should hire you.

I hear from many job seekers experiencing the "Silver Medal Curse," where they land interviews and then hear, "We went with someone else." Clearly, their resume and LinkedIn profile are competitive, which anyone can achieve with all the resume help available. However, one thing no one can do for you is your interviews, the meetings where the hiring manager assesses your suitability for the position and the company and compares you to the other candidates they're interviewing.

My tip for making your interviewer see you as a contender for the job is to prepare specific examples that showcase your skills and achievements and aligning them with the job requirements. The best strategy for beating your competition is to show employers that you are a winner who has produced measurable value (key) for your previous employers.



## It's Christmastime in Calgary

*by Garth Paul Ukrainetz*

It's Christmastime in Calgary  
In foothills west a silent night  
The constellations fill the sky  
Forever sharing starry light

The whitetail deer in Nose Hill Park  
Prancing over city's glow  
Sweet homes of dancing candlelight  
Gentle as the falling snow

And high on top of every tree  
The stars and angels overlook  
For bleak and icy winter hearts  
The melting grace of warm chinook

It's Christmastime in Calgary  
Though heights of mountains cold in snow  
Our gifts stay warm beneath the trees  
Wrapped with love by River Bow

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*Wishing you a joyful  
holiday season filled with  
love, laughter, and many  
cherished moments.*



**JANET EREMENKO**  
MLA for Calgary-Currie

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## GAMES & PUZZLES

### Guess the Christmas Song!

1. Brenda Lee was only 13 years old when she recorded this "new old-fashioned" Christmas favourite.
2. In December of 1965, this was the first song played in space. Hint: It is a classic written by James Lord Pierpont.
3. This song was originally called "Tinkle Bells".
4. Thurl Arthur Ravenscroft, the singer of this mean, green song, was also the voice of Tony the Tiger.
5. Sammy Cahn and Jule Styne ironically wrote this romantic winter song during a heat wave.
6. There are three official music videos for this modern Christmas song, as well as a celebrity lip-syncing montage video.



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## Fingerprints

Though identical twins have the same DNA, they experience development differently. One interesting part of this, is that due to environmental factors in the womb they will not have the same fingerprints!





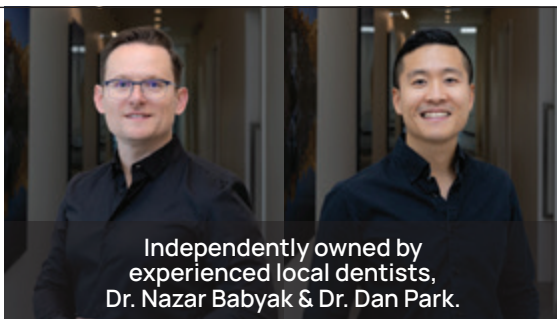
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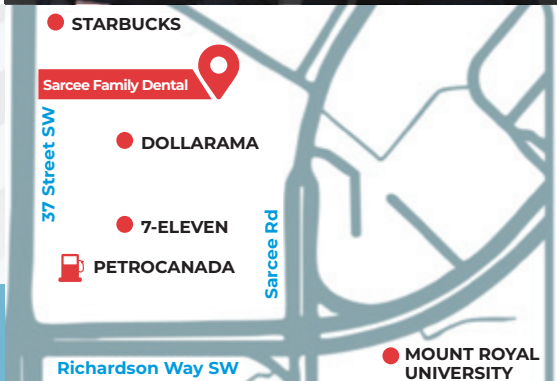
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