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- Supply & install new toilet with soft close seat
- 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
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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Some restrictions may apply. Reg: \$15,679

SALE **\$11,679**
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TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
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- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

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RPCA BOARD

Visit our website for the latest information:

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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
Treasurer	Lisa Luhning treasurer@rutlandparkcommunity.com
Secretary	Acting Director secretary@rutlandparkcommunity.com
Infrastructure Projects	Mark Yobb markyobb@rutlandparkcommunity.com
Sarcee Meadows Liaison	Jeremy Hart sarceemeadows@rutlandparkcommunity.com
Membership	Benedikt membership@rutlandparkcommunity.com
Ice Rink	Steve Dubois rink@rutlandparkcommunity.com
Lincoln Park Liaison	Gary Axelson lincolnparkliaison@rutlandparkcommunity.com
West View Parc Liaison	Vacant westviewparcliaison@rutlandparkcommunity.com
Newsletter	Vacant newsletter@rutlandparkcommunity.com
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



GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!

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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 Rosa M. and all our Cleanup Day Volunteers! We collected 12,045 kg of waste. We also diverted a significant amount from the landfill into our scrap metal and wood collection bins. In fact, we collected an additional 1,680 kg in the wood bin and 2,450 kg in the metal bin! We also received \$562 for our e-waste recycling efforts. Great job and thanks again!

Thank you to all who took the time to share a moment of silence in remembrance of those who have sacrificed so much on our behalf.

Thank you to all who were able to join us at our AGM on November 19. Business meetings are important for transparency, and hopefully the social element made this one even more worthwhile. Both spending motions were carried at the meeting.

Shout out and thank you to Glamorgan Safeway for their generous donation toward food for our community cleanup! Much appreciated.

Thank you Performance Waste Management for supplying both the scrap metal and wood bins for our cleanup event! We appreciate being able to divert these materials from the landfill.

Special thanks to OK Tire on Richmond Road for accepting all of the tires we collected at our event! We appreciated your support!

We are sad to say goodbye to Benedikt B., our Membership Director. He has volunteered on our board and at many events over the years. He will be missed.

Thank you, Ted S. for joining us as a new board member! We welcome you.

We are still looking for a board Secretary and for volunteers to help out with infrastructure projects. Please consider us for your volunteer time.

At the time of writing, our lawyer is still trying to get us a bit more money from our insurance claim. There is still a significant shortfall between what we have claimed and what they are offering. The City's grant process has very recently changed, and we are concerned with how this excess will be covered. In addition, we have not been able to secure insurance for the building at this point in time. We will keep you posted.


Happy New Year 2025! Wishing you a safe, prosperous, and connected year ahead! We hope to see people out enjoying the rink.

Thank you to all of our rink volunteers for the many hours you have dedicated to making and maintaining the rink! Steve is always looking for more volunteers, so please reach out to rink@rutlandparkcommunity.com if you can lend a hand.

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



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.

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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/.

A SUPER BOWL SHOWSTOPPER!

On January 24, 1984, Apple Computer Inc introduced the world to their Macintosh personal computer. Apple hyped it up just two days earlier with an epic Super Bowl ad directed by Ridley Scott. The ad, inspired by Orwell's 1984, boldly declared Apple was here to smash conformity—and it worked!



Word of the Month

Cynosure: noun (SIGH-noh-syoor)
A center of attraction or attention.

The bride was the cynosure of all eyes at the wedding.



Musings

Happy 2025, hope you are all keeping cozy and warm, as winter rolls on.

November 19 was a special evening as a great group of community-minded people met for our annual meeting. Many thanks for coming, and also to our hard-working board, special appreciation for all you do throughout the year. I was sad to hear that a number of people are not returning to the board table. They will be missed, but we say thank you for your service.

I do want to say a very special thanks to Benedikt, our retiring membership director, who has served us for many years. As well as his duties on membership, he was always there for us whether it was Oktoberfest, the Chili Cookoff, or bar service at numerous events, and the community cleanup. Thank you so much Benny. We hope to see you soon, don't be a stranger.

I am hoping that this New Year brings many positive things to this community. I do see a need for new people to join the board and fill in some of the vacant positions. Volunteering can bring so many positive things, and often does not involve many hours of your time. Please consider service to your community. I for one hope our main hall willer open, so we can plan a few more social gatherings.

For now, I say goodbye, stay safe, and always remember to smell the roses. Yes, as my photo shows, they will bloom again.

Cheers,

Isabell



Those roses will bloom again!

Trauma-Informed Practice Framework in Child and Youth Care

by Rima Madi, ECE

Definition of Trauma

Trauma is often defined as an emotional response to a distressing event or series of events that overwhelm an individual's ability to cope by compromising their defense mechanism. In children, trauma can arise from various sources, including neglect, abuse, loss, and exposure to violence. According to the National Child Traumatic Stress Network, trauma can have lasting effects on a child's mental, emotional, and physical health (NCTSN, 2021).

Definition of Trauma-Informed Practice

Trauma-informed practice in CYC involves understanding the long-term negative effects of trauma on the brain and how it affects individuals' responses to stress. It emphasizes creating a safe environment that fosters trust, collaboration, and empowerment among children and youth. By acknowledging trauma's role in behaviour and emotional responses, practitioners can better support healing and resilience.

According to Shalka (2013), "in cases of traumatic stress, an imbalance can develop between the amygdala and frontal lobes in their responses to threat detection. In these situations, the frontal lobes' capacities to inhibit responses are decreased. As a result, individuals suffering the effects of traumatic stress may startle easily, become angry or upset at seemingly small frustrations, or be paralyzed and frozen by the touch of another."

In a practice of relationships, youth could not learn, grow, or form relationships if they either hyper or hypo aroused or shut down. (Shalka, 2015, p. 23).

Implementing Trauma-Informed Practice in Early Years Settings

In early years settings, implementing trauma-informed practice involves creating nurturing environments where children feel safe and valued. This can be achieved through:

- **Creating Safe Spaces:** Designing classrooms that promote comfort and safety, using calming colours, greenery, and providing cozy areas for children to retreat to when needed. Embedding art, sensory activities, breathing exercises, yoga, mindfulness practices, and ample unstructured outdoor play (Ministry of Children and Family Development, 2017).
- **Building Relationships:** Establishing strong, trusting relationships between educators and children, using positive reinforcement and consistent routines to foster attachment (Ministry of Children and Family Development, 2017).
- **Incorporating Trauma-Informed Strategies:** Implementing activities that promote emotional expression, such as storytelling and art, which can help children process their experiences (Ministry of Children and Family Development, 2017).

While trauma-informed practice offers significant benefits, it has limitations. The trauma-informed approach is considered incomplete. Ginwright (2018) argues that trauma-informed care risks focusing on treating trauma as pathology rather than fostering well-being. The emerging field of positive psychology offers insights into the limitations of focusing solely on symptom treatment and instead emphasizes enhancing the conditions that contribute to well-being (Ginwright, 2018, p. 1). The healing-centered approach provides a more comprehensive way of addressing trauma holistically by emphasizing a person's spiritual and cultural background. This approach helps ground survivors in their cultural, moral, and heritage values, empowering them to focus on well-being. It shifts the perspective from "what happened to you" to "what is right with you" (Ginwright, 2018, p. 2).

In conclusion, exploring trauma-informed practice within the context of child and youth care is essential for effectively supporting children and youth who have experienced trauma. Creating safe spaces where relationships are nurtured, voices are heard, choices are provided, and survivors are empowered to feel hope, compassion, and control in their decision-making leads to more positive outcomes. Furthermore, immersing survivors in activities and practices rooted in their cultural and heritage values can help ground them on a deeper, spiritual level. Reflecting on my readings, I've come to appreciate the complexity of being human,

with our interconnected social identities highlighting both our vulnerability and our shared humanity. We all navigate the dualities and fragility of our core, yet immense resilience resides within us. I hope that future research and practice will continue to refine and expand trauma-informed approaches, ensuring that all children and youth receive the care and support they need to thrive (Mendell, 2022).

References

- Government of British Columbia, Ministry of Children and Family Development. (2016). *Healing Families, Helping Systems: A Trauma-Informed Practice Guide for Working with Children, Youth, and Families*. Retrieved from <https://www.keepingintouchbc.com/>.
- Ginwright, S. (2018, May). *The Future of Healing: Shifting from Trauma-Informed Care to Healing-Centered Engagement*. Medium. Retrieved from <https://medium.com/@ginwright/the-future-of-healing-shifting-from-trauma-informed-care-to-healing-centered-engagement-634f557ce69c>.
- Mundell, C. (2022). *Doing No Harm: One Practitioner's Journey towards Trauma-Informed Practice*. *New Directions for Student Services*, (177), 17-25.
- National Child Traumatic Stress Network (NCTSN). (2021). *What is trauma?* Retrieved from <https://www.nctsn.org/>.
- Shalka, T. R. (2015). *Toward a Trauma-Informed Practice: What Educators Need to Know*. *About Campus*, 20(5), 21-27. <https://doi.org/10.1002/abc.21217>.



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RUTLAND PARK



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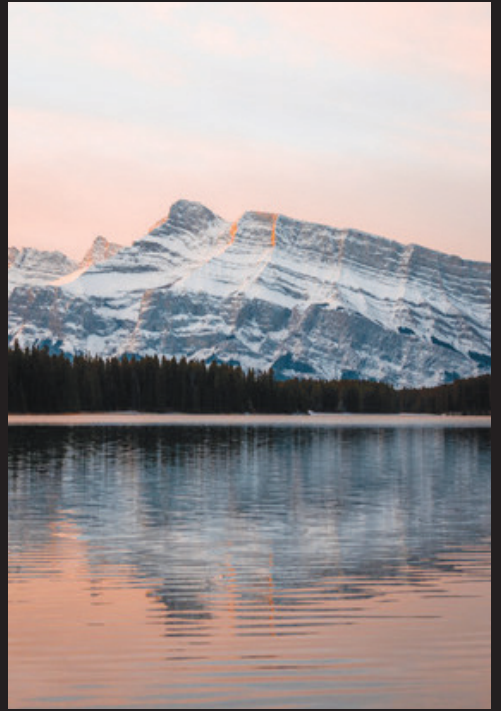


LINCOLN PARK



Photo Gallery

by Jirapan Nilmanee (Mik)





Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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	\$0
February 2024	\$0	\$0
January 2024	\$0	\$0
December 2023	\$710,000	\$682,500

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
February 2024	\$277,500	\$271,000
January 2024	\$330,000	\$340,000
December 2023	\$339,950	\$330,000

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
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
February 2024	\$787,395	\$787,395
January 2024	\$351,950	\$349,500
December 2023	\$1,450,000	\$1,350,000

Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!



MLA Calgary-Currie
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 ✉ calgary.currie@assembly.ab.ca

At my November town hall, several attendees raised questions about the environment and climate change. The main concern was the apparent lack of attention from the party and me on these issues and their impact on Alberta's economy.

Though climate change may not be front and centre as a priority when we talk to Albertans, it undoubtedly remains a critical issue.

Personally, I worked in our provincial and national parks for many years. I planted trees across BC and Alberta to pay for university. I have hiked and skied countless trails in the mountains and foothills. Like so many of you, I find solace and renewal in those ever-present mountains on the horizon.

Where you may not see 'capital-C Climate Change' in our daily statements, I trust you will see a clear position on the environment on various stand-alone issues on which we have been unequivocal:

- Ending any new coal mines in the eastern slopes.
- Demanding adequate resources for wildfire management.
- Advocating for water preservation and integrity of our headwaters.
- Calling out the short-sighted decision to restart hunting of grizzly bears, wolverine, lynx, and cougars.
- Seeking to amend Bill 35: the All-Season Resorts Act to respect the Land Stewardship Act and duty to consult Indigenous People.
- Condemning the strict regulations on new wind and solar projects.
- Taking meaningful action to reduce greenhouse gas emissions at extraction, processing, shipping, and end-user consumption.

Please know that even though it's not in the everyday, I share your concerns about the health of the air, land, and water, and our future in relation to it. Moving forward, I will strive to highlight this and related issues so there's no doubt I take my role as a steward of Alberta's environment and ecosystem with the utmost importance.

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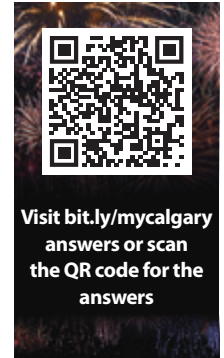
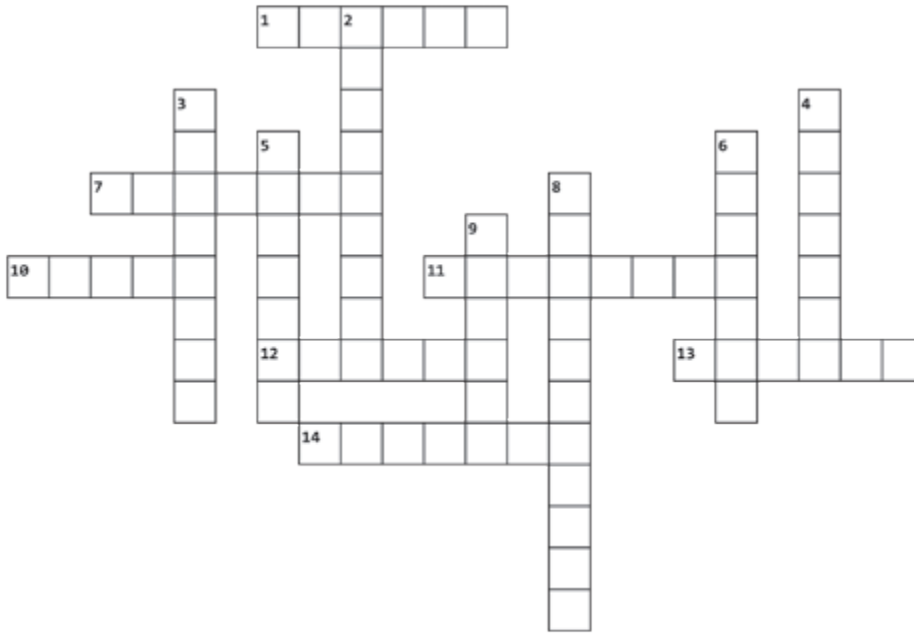
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January Crossword



Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" _____, was born on January 12, 1930, in Cochrane, Ontario.
7. World _____ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter _____'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim _____, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa _____.

Down

2. Franklin D. _____ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée _____.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays _____ in *Wicked*, was born on January 8, 1987.
6. Steve _____ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix _____, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, _____.

Chill Downtown This Winter!

by the City of Calgary

Chill downtown this winter and experience the beauty the season has to offer. Whether you're looking to sip hot cocoa, enjoy a downtown winter festival like Chinook Blast, master your skating skills, or simply soak in the festive atmosphere, there's something for everyone. Grab your mittens, gather your friends, and prepare for a season filled with twinkling lights, mouth-watering treats, and fun events that will warm you up from the inside out!

As downtown continues to transform, The City along with its partners are proud to offer a wide variety of activities and entertainment, with the goal of becoming a 24/7 destination where people live, work, learn, and play all year long. To ensure Calgarians and visitors know what's happening downtown and to help plan your day, we've created Choose Your Own Downtown Adventure Itineraries. With a new itinerary released each month

until March, you'll have fun and unique ideas at your fingertips to help plan your downtown outing.

Embrace the season and chill downtown this winter. Ready, set, explore! To learn more about the Choose Your Own Downtown Adventure Itineraries and other exciting events and activations happening downtown, visit calgary.ca/exploredowntown.



Happy New Year! Wishing you good health and prosperity as we welcome 2025.

Thank you to the kids at Brenda's House for making these snowmen for us!



Janet Eremenko
MLA, Calgary-Currie

How do you feel the Alberta government is doing?
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