

NOVEMBER 2025

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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
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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Some restrictions may apply. Reg: \$17,679

SALE \$13,879

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- 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 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

ABSOLUTELY NO HIDDEN COSTS

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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

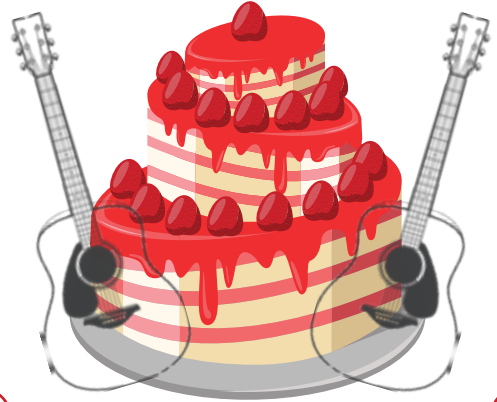
President	Craig Marceau president@rutlandparkcommunity.com
Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com
Treasurer	Lisa Luhnig treasurer@rutlandparkcommunity.com
Secretary	Acting Director secretary@rutlandparkcommunity.com
Infrastructure Projects	Mark Yobb markyobb@rutlandparkcommunity.com
Sarcee Meadows Liaison	Jeremy Hart sarceemeadows@rutlandparkcommunity.com
Membership	Ted Stewart membership@rutlandparkcommunity.com
Ice Rink	Steve Dubois rink@rutlandparkcommunity.com
Lincoln Park Liaison	Vacant lincolnparkliaison@rutlandparkcommunity.com
West View Parc Liaison	Vacant westviewparcliaison@rutlandparkcommunity.com
Currie Barracks Liaison	Dave Rose curriebarracks@rutlandparkcommunity.com
Community Events	Vacant socialevents@rutlandparkcommunity.com
Website Director	Vacant communications@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

Musical Birthdays

November is a special month for Canadian music legends as many celebrate their birthday! Among the legends are Joni Mitchell, Neil Young, Bryan Adams, Gordon Lightfoot, Denny Doherty, and k.d. lang.



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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:

Please Join Us for Our 2025 AGM - Our AGM Details:

The Rutland Park Community Association Annual General Meeting

Tuesday, November 18, 2025, at 7:00 pm at the Skateshack (3130 40 Ave SW).

Please join us to review our Audited Financial Statements as well as hear updates about our hall and a recap of our year. There are door prizes to be won, and a social event after the meeting. We look forward to seeing you there!

Please welcome Tyler S. as our new Rink Director. He will be looking for volunteers to help with the rink. Please reach out to him at rpcarinkdirector@outlook.com if you are able to lend a hand. Thanks in advance!

Sea Can Beautification: We have our first sea can on the property and will be looking into a grant to paint a mural on it. This will help prevent vandalism.

We will be reaching out to the community for suggestions on what scenes we would like there. We will keep you posted.

Sarina Homes Construction on Richmond Green: Sarina Homes has already started construction on their site on Richmond Green. They have committed to keeping the community apprised of construction disruptions. We will provide updates when they are received.

CBE Update on Sir James Lougheed School: The CBE remains fully committed to re-opening Sir James Lougheed as a school. We are just taking the time to determine the best use of the building (for example regular program versus an alternative program such as a science school), and determining what infrastructure upgrades it makes sense to do while the building is vacant. This will be a school again.

Keeping temporarily vacant buildings secure: Sir James Lougheed School (formerly home to the All Boys program) became vacant this summer due to program closure.

Vacant school buildings attract negative attention, with frequent vandalism and theft events, which also affects safety in the surrounding neighbourhood.

Temporary use of vacant schools by law enforcement agencies helps to act as a deterrent for vandalism and unauthorized entry of vacant school buildings, reducing risk to the CBE from potential damage to its facilities. And reducing risk to neighbours.

In an effort to reduce vulnerabilities related to vacant school buildings, the CBE has secured temporary uses for these school properties.

Sir James Lougheed School has been leased to the Canadian Criminal Justice Academy (CCJA) for a period of two years effective August 1, 2025. CCJA specializes in post-secondary level educational and training programs specific to police, military police, justice, and security services of Alberta. CCJA will utilize the building for provision of a variety of law enforcement instructional and training programs.

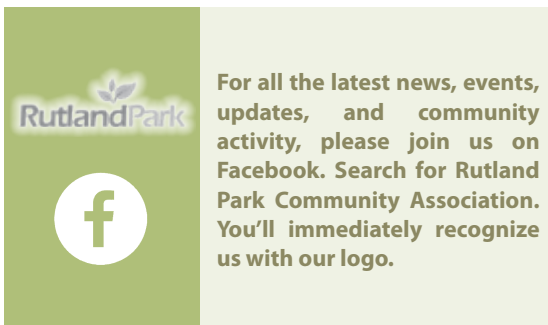
This is a win-win scenario, because this also reduces the CBE's costs, because now we don't have to maintain security at these temporarily vacant sites.

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



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/.

How Does Your Main Street Measure Up? Take the Short Survey Now

by the City of Calgary



Successful main streets bring people together. To help understand how Calgary's main streets are doing, The City of Calgary conducts an annual Main Street Metrics survey, which collects and tracks data related to how our main streets:

- Support a social and healthy environment
- Facilitate improved mobility and functionality
- Demonstrate a unique character and identity
- Create areas of economic vitality

Let us know how Calgary's main streets support communities and businesses in these areas by completing our short survey. Your feedback will help inform future main street improvements.

Visit calgary.ca/mainstreets to complete the short survey before December 7, 2025!

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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Musings

November is a special month as we gather on November 11 to remember our soldiers. Once again, area residents will gather at Valour Park to silently bow our heads in deep gratitude and thanks to those who paid the price for our freedom.

Hope all of you are keeping well—we will talk again in December.

With warm regards,

Isabell



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Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2024	\$592,500	\$593,500

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2024	\$303,950	\$302,000

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
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
October 2024	\$709,512	\$709,512

**NO OBLIGATION
HOME EVALUATION**

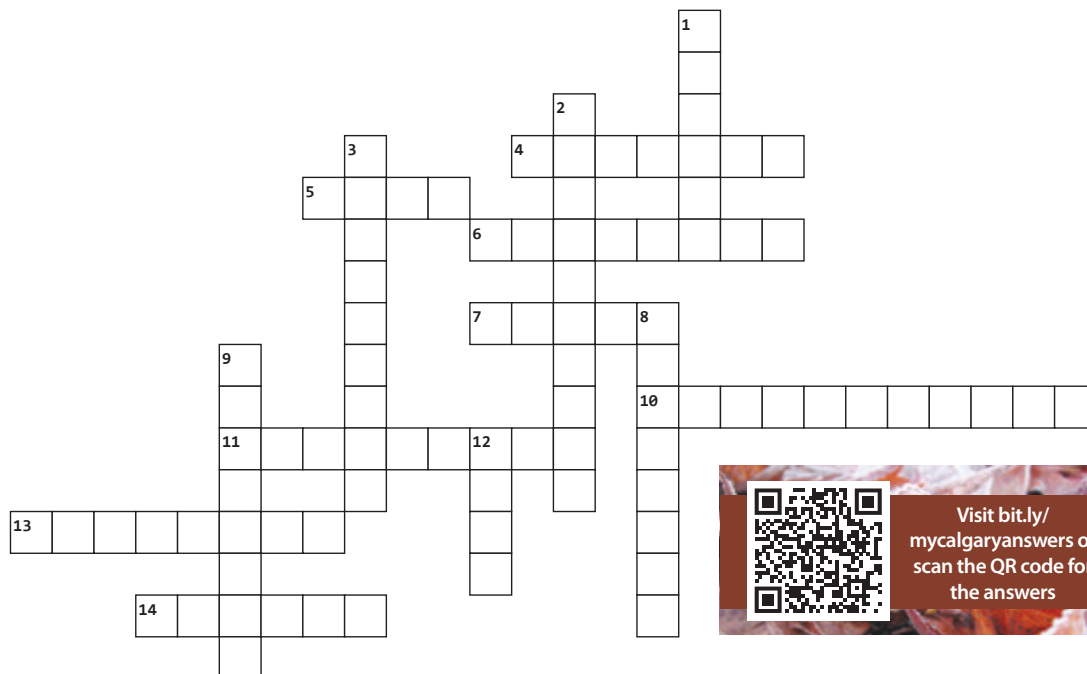
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November Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

4. In November 1896, the hydroelectric powerplant at _____ Falls started operating.
5. "Novem" is the Latin word for what number?
6. The sci-fi novel, _____ *Park*, by Michael Crichton was published in November 1990.
7. World _____ Day is celebrated annually on November 1 and raises awareness about the ethical, environmental, and health issues related to animal consumption.
10. On November 4, 1922, Howard Carter discovered the first steps to the tomb of this ancient Egyptian Pharaoh.
11. This fast-food chain served its 50 billionth hamburger on November 20, 1984.
13. On November 30, 1982, Michael Jackson released his hit album "_____".
14. On November 27, 2013, this winter wonderland Disney animation was released.

Down

1. This Britney received her star on the Hollywood Walk of Fame at the age of 21 on November 17, 2003.
2. Jacques Plante became the first NHL goalie to wear a _____ protective face mask on November 1, 1959.
3. Canadian Music Hall of Fame inductee Gordon _____ was born on November 17, 1938, in Orillia, Ontario.
8. Stars of the romantic film *The _____*, Canadians Rachel McAdams and Ryan Gosling both celebrate their birthdays in November.
9. On November 15, 2020, Lewis _____ won his record-equalling seventh F1 World Drivers' Championship at the Turkish Grand Prix.
12. One of the most complete early human ancestor skeletons (*Australopithecus afarensis*), nicknamed _____, was discovered in Ethiopia on November 24, 1974.

Stuffed Red and Yellow Bell Peppers

by Jennifer Puri

Red bell peppers belong to the capsicum family. All bell peppers start out green and progress through the yellow and orange stages before reaching their most flavourful red stage.

Red bell peppers are considered the healthiest because they contain high levels of vitamins like C and A, and antioxidants. All bell peppers offer nutritional benefits but the red, yellow, and orange are the most flavourful.

Bell peppers can be used in every aspect of cooking, but the hollow insides of the peppers make them ideal for stuffing with ground meats, cheeses, and grains as shown in the stuffed red and yellow bell peppers recipe below.

Prep Time: 10 minutes

Cook Time: 25 minutes

Bake Time: 35 minutes

Servings: 4

Ingredients:

- 4 red and yellow bell peppers
- 1 lb. lean ground beef
- 2 tbsp. olive or canola oil
- 1 tsp. minced garlic
- ½ cup chopped yellow onion
- 1 tsp. minced ginger
- 2 bay leaves
- 1 cinnamon stick
- ¼ tsp. ground cloves
- ½ tsp. salt
- ½ tsp. black pepper
- 2 cups cooked long grain rice
- 2 cups shredded mozzarella or cheddar cheese

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Wash and dry the bell peppers, then slice in half and remove the pith and seeds.
3. Brush the bell peppers with a little oil and sprinkle some salt and black pepper. Place the peppers cut side up on a baking tray and roast in the oven for about 10 minutes.



3. While the peppers are baking, prepare the filling by heating the remaining oil in a skillet. Then add onions and sauté for a few minutes until softened.
4. Next add the garlic, ginger, bay leaves, cloves, cinnamon stick, and the ground beef. Sauté the mixture until the beef turns brown then add a cup of water, cover and cook for about 12 to 15 minutes or until the beef is cooked and the liquid dries up.
5. Remove from heat and discard the bay leaves and cinnamon stick before adding the cooked rice and half the cheese.
6. Arrange roasted bell pepper halves in a baking dish and spoon the beef and rice mixture into them. Bake on middle rack of oven for about 20 minutes then sprinkle remaining cheese and bake peppers uncovered for about 5 minutes or until cheese is melted.
7. Serve with mashed potatoes, garlic bread, or cornbread if desired.

Bon Appétit!

Raising Non-Anxious Kids

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

Modern parenting has become highly involved. Many of us may hover, protect, and step in quickly to solve problems for our kids. While this comes from love, too much intervention can make it harder for children to build resilience, confidence, and coping skills. Add in the constant pull of screens and social media, and many kids grow up struggling with boredom, frustration, and independence.

A New Approach: Obstacle Parenting

Instead of removing every challenge, obstacle parenting gives kids space to face small struggles and learn from them. It's about doing less, not more, and trusting that kids can figure things out.

1. Resilience Comes Through Struggle

- Shielding kids from every difficulty robs them of practice in handling life's challenges.
- Small frustrations (like a tricky puzzle or waiting a few minutes for help) build patience and problem-solving skills.

2. Boredom Isn't Bad

- Constant stimulation from screens can dull curiosity.
- Letting kids experience boredom creates space for imagination, creativity, and self-discovery.

3. Screens and Social Media

- Technology isn't going away, but heavy use can lead to loneliness and anxiety.
- Balance matters: limiting screen time, teaching mindful use, and modelling healthy habits are key.

4. Parents Need Restraint Too

- Kids notice when adults are glued to their phones.
- Modelling presence—reading, drawing, or simply sitting quietly—teaches kids that life doesn't have to be constantly filled with screens.

Practical Tips for Parents

- **Pause Before Helping:** If your child asks for help, wait a few minutes. Encourage them to try first.
- **Make Things Just a Bit Harder:** Give challenges that require effort—like board games, chores, or puzzles.
- **Encourage Real-World Play:** Let kids play outside, climb, build, and explore with peers—even if it's messy or imperfect.



- **Embrace Boredom:** Remind kids (and yourself): "It's okay to be bored." Often, creativity follows.
- **Create Screen-Free Zones:** Mealtimes, bedtime routines, and family outings can be tech-free moments.
- **Model Healthy Habits:** Put your own phone down. Show your kids how to be present, curious, and engaged in the real world.
- **Build Community:** Rely on neighbours, friends, and extended family. Kids need more than just parents—they thrive with a wider circle of support.

Obstacle parenting isn't about making life hard for children. It's about giving them space to:

- Build confidence.
- Develop focus and endurance.
- Learn how to handle frustration.
- Discover creativity in boredom.
- Grow into resilient, less anxious adults.

Sometimes, the best gift we can give our kids is to step back, let them struggle a little, and trust that they can rise to the challenge.

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Stay Connected to Your Community!

by Recovery Alberta – Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid

of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities—food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself—make “you” a priority. Filling your own cup gives you the energy to connect with others!

Green Cart Collection Update

by the City of Calgary

Starting in November, green cart collection will shift to an every-other-week schedule. This seasonal change helps match service to the lower volumes of yard waste we typically see once colder weather arrives.

Weekly green cart collection will return in April 2026, just in time for spring clean-up season when yard waste begins to pick up again.

We understand Calgary's weather can be unpredictable, and to keep the Green Cart program reliable and cost-effective, we set the schedule using long-term trends. This means collection times are based on when green cart volumes usually decline and when snowier conditions are more likely. By planning well in advance, the City ensures the right number of trucks, drivers, and resources are in place to keep the program running smoothly.

There are a few easy ways to stay on top of your collection days and keep things simple:

- Visit calgary.ca/cartschedule to check your cart pickup schedule or sign up for free reminders.
- Download the Calgary Garbage Day app to get automatic notifications about collection days and seasonal changes.

Thank you for helping keep Calgary clean and green, no matter the season!





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

Everyday, I talk to your friends and neighbours who are struggling under the challenges of an affordability crisis. Inflation is ravaging households, especially the costs of things that you have to buy: groceries, insurance, electricity.

These stories range from the heartbreaking—pay for food or rent?—to the irritating—the bottle of moisturizer that's shrinkflationed 40%. But in every case, we are at the end of our ropes.

I'm telling the government that life is not okay and you're not okay.

First of all, wages haven't kept up with the cost of everything increasing. On October 1, five provinces increased their minimum wages, including conservative-governed Ontario and Saskatchewan. The government hasn't increased minimum wage in the last six years. It's uniquely cruel in Canada, even among conservative governments.

Secondly, the government has deliberately made things even more expensive. The government is going to increase your cost of auto insurance by 15% or more. Electricity prices peaked at three times higher than when the UCP government was elected in 2019. On both of these things, the government has the power to make your life just a little better by reducing prices.

Just these two items cost you hundreds of dollars every year. It's relentless.

And then there's the price of groceries. It's not just the sticker shock, but the shrinkflation and the replacement of good quality ingredients with lower quality.

The government could be helping you with all these costs, insults, and offenses. But they are too focused on their own extreme agenda to pay attention to the daily affordability crisis we all face.

I understand what you're going through, and I want to help. Please reach out to my office with your ideas on how we can get inflation under control.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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Word of the Month

Magnanimous: Adjective (mag-nan-uh-muhs)
Generous and high-minded. Not petty or resentful.

She paid for both her and her friend in a magnanimous gesture.





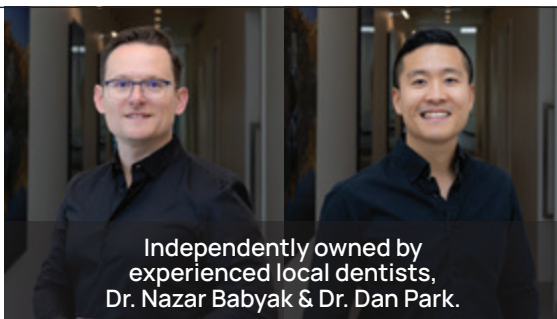
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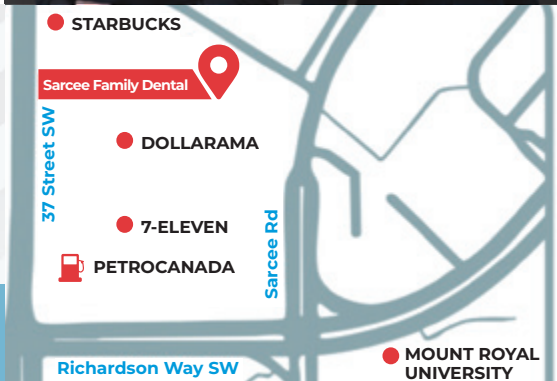
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