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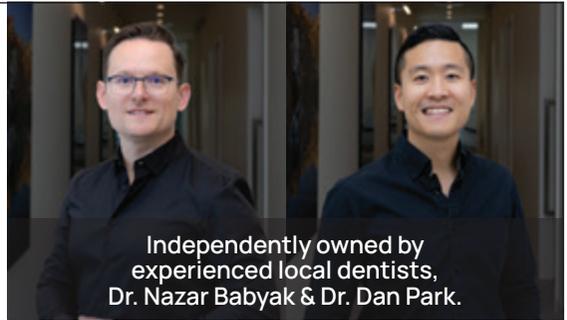
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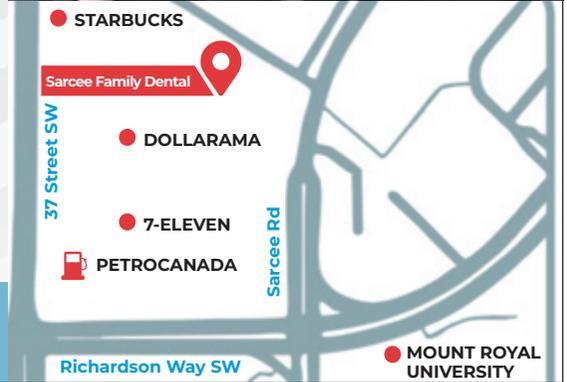
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WORD OF THE MONTH

Phantasmagoria: Noun
(phan-tas-ma-go-ria)

A rapidly shifting scene or
sequence of pictures, like
those in a dream.

What happens next was a
phantasmagoria of mystery.

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- 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 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

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

Musings

Hi! What summer is gone!?

This is just a very quick Musings this month, to say hello. Hope you are all keeping well. As this goes to print, we will be getting ready for Thanksgiving; a time to reflect and be grateful for all we have. For community friends who have lost someone special, just remember our love and thoughts are always with you, and those special people live in our hearts.

I am trying to keep busy but always have Rutland Park in my daily life. Thank you as always for all you do in our community to make it a great place for all who live here, and beyond. We will talk again in December, take care.

With kind regards,

Isabell



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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:

We hope everyone had a wonderful summer! Just a reminder to be extra careful in playground zones as students are still building new routes and routines.

Thank you to all the volunteers who helped with our Community Cleanup. Special thank you to Rosa M. for organizing this event once again! It is a great event that draws everyone together.

Sarina Homes held their final engagement session on their Richmond Green development. They have tried to address concerns with regards to overlooking and will be planting more trees than they are required to. They are providing more than the minimum required parking and have adjusted the exterior finishes to blend in better with their surroundings. They have included a cafe at the corner of Sarcee Road and 33 Ave SW as requested by residents. They have also incorporated a right in/right out access point at the end of Hampton Crescent to help reduce traffic backup as people are turning onto Sarcee Road. While very few people were in favour of selling the Richmond Green Regional Park space, Sarina Homes has made an effort to minimize the impact on the surrounding community, and we appreciate their engagement.

We have not received any further updates with regards to timelines for upgrades to the remaining park at Richmond Green.

The City has done additional engineering on our hall floor failure, but no further updates or timelines have been provided. Lack of progress may reduce the

amount of provincial grant funding we are eligible for, and this causes further frustration as you can imagine.

Please keep an eye open for the official date of our AGM. It will likely be either the 18th or the 25th of November and will need to be held in the Skateshack again. The date will be set at our September board meeting. We hope you will join us for our November AGM.

Happy fall! We look forward to seeing you out and about in the community.

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 at 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.

9 PM ROUTINE
CALGARY POLICE SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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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/.



Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2024	\$885,000	\$885,000

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
September 2024	\$369,000	\$369,000

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
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
September 2024	\$350,000	\$345,000

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How You Can Support an Emotionally Avoidant Partner

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

Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

1. Model Emotional Safety

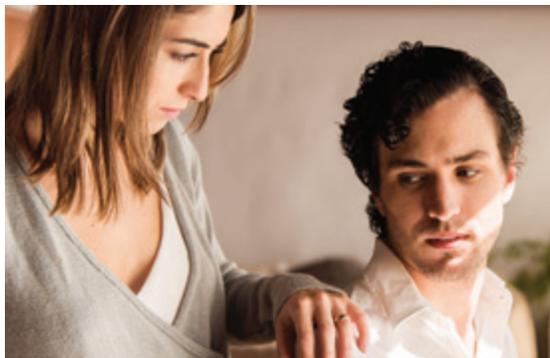
- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that. It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.



4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

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Rhubarb Rhythm

Did you know that along with the health benefits and delicious taste rhubarb provides, it also has some sweet musical sensibilities? Well, not exactly musical, but growers do say that when it is in the dark the plant grows so fast you can HEAR the squeaks, snaps, crackles, and pops of its rapid growth. How cool is that?!

Halloween Safety

by Alberta Health Services

As a member of Calgary's Child Magazine Partners for Safety initiative, AHS EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.



- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.



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Celebrating Calgary 150 - Booms and Busts (1967-1987)

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Calgary has seen many booms and busts, including the turmoil of the 1970s and 1980s. War caused gas shortages and then overdevelopment crashed oil prices, leading to Calgary's worst economic slump.

Great Canadian Oil Sands operated near Fort McMurray (ca.1962), the largest private investment in Canadian history.

Petro Canada became Calgary's newest, tallest building. Toronto-Dominion Square (ca.1977) was built, including Devonian Gardens. Calgary's downtown now has the most skyscrapers in Canada outside Toronto.

Bow Valley College received a building (ca.1972). Nearby the federal government's Harry Hays Building was built (ca.1978), with city hall relocating to the Municipal Building (ca.1985).

General Hospital #2 was demolished in 1973. A preservation society tried to save it. Today, Rundle Ruins holds its original sandstone foundations.

Deerfoot took a decade to build, named after the Siksika man, Api-kai-ees, who was known for winning the 1886 Dominion Day race. The C-Train opened (ca.1981) and has expanded since.

The Flames arrived from Atlanta (ca.1980), beginning a decade-long playoff streak. They occupied the Saddledome in 1983. It has a reverse hyperbolic paraboloid roof (think Pringles chip). But Calgarians saw a horse saddle and the name stuck.

For Calgary's 100th anniversary, Fort Calgary's site was preserved, which hosted a re-enactment of the NWMP's arrival. The Bow River Pathways and Century Gardens were established.

Glenbow Museum opened in 1976, followed by Arts Commons (ca.1985). It hosts the Orchestra in Jack Singer Concert Hall, one of North America's most acoustically acclaimed venues.

Brutalist architecture was all the rage. Mayland Heights School (ca.1968) has open spaces and sloping concrete walls. St. Luke's Church in Brentwood is another example.

More community institutions appeared. St. Vladimir's Church has unique copper-domed towers. Sien Lok Park celebrates Chinatown's preservation.

Nose Hill was also preserved. A stone medicine wheel represents where Indigenous ceremonies were once performed. Fish Creek Park was created from Burns' ranch lands.

1977 was the centennial of Treaty 7, when The Prince of Wales placed a marker at Blackfoot Crossing.

For recreation, Calaway Park (ca.1982) became Western Canada's largest amusement park. At Banff, Sulphur Mountain Gondola received a new complex (ca.1980). The summit had previously hosted a cosmic ray station.

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<https://commons.wikimedia.org/wiki/File:Calgarytowershot.JPG>. A view from the Calgary Tower overlooking downtown (Suncor Energy Centre West Tower in centre), Calgary, 2008. Photo in the public domain.



[https://commons.wikimedia.org/wiki/File:Calgary_Devonian_Gardens_5_\(222085639\).jpg](https://commons.wikimedia.org/wiki/File:Calgary_Devonian_Gardens_5_(222085639).jpg). Calgary Devonian Gardens, July 2006 (Tony Hisgett, via Creative Commons Attribution 2.0 Generic license).



https://commons.wikimedia.org/wiki/File:Calgary_city_hall1.jpg. Calgary city hall and municipal building, July 2004 (Qyd, via Creative Commons Attribution-Share Alike 3.0 Unported license).



<https://commons.wikimedia.org/wiki/File:Atlantaflashesgoalhug.jpg>, Tom Lysiak (left), center with the Atlanta Flames (NHL), celebrates a goal with teammates during a game against the Colorado Rockies, circa 1978 (Rick Dikeman, image in the public domain).



https://commons.wikimedia.org/wiki/File:Glenbow_NE_corner.jpg, Glenbow Museum, NE corner, August 2015 (Darthrusel, Creative Commons Attribution-Share Alike 4.0 International license).

<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJ33MM?WS=SearchResults>. "[Deerfoot], Blackfoot runner; 1886, (CU1107025) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

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The Art of Finding Work: Job Seekers: Be Clear on Your “Secret Sauce”

by Nick Kossovan

Most job seekers present themselves to employers as a jack of all trades, master of none, when they should be presenting a unique set of skills.

You think you're talented.

Everyone you're up against thinks they're talented.

What makes you special?

When you apply for a job, possessing the necessary skills and qualifications is not enough. You need to find ways to differentiate yourself; otherwise, you will blend in with the other job seekers you're competing against.

The key to differentiating yourself and rising above all the noise so you're seen and heard rather than ignored lies in your “secret sauce”—the unique skills, experiences, and attributes that make you one-of-a-kind. Thus, you become what most job seekers aren't: memorable.

Asking Yourself the Following Questions Will Help You Define Your Secret Sauce:

In My Current or Previous Positions, What Were My Favourite Tasks?

For the most part, we enjoy activities we're good at (e.g., working with numbers, designing costumes, conducting research, organizing events, writing blogs). Our inherent strengths and aptitudes create a natural talent for the activity, thereby making it enjoyable since you're not fighting who you are.

List everything, work-related and non-work-related, you enjoy doing.

What Feedback Have I Received from Colleagues or Supervisors Regarding My Work?

Reflect on your career journey. Think of all the positive and negative feedback you received, whether in formal performance reviews or an offhand manner, regarding your work or something you did.

- “I enjoy sitting in on your presentations.”
- “You have a knack for listening.”
- “The way you motivate your team is impressive.”

What Problems Have I Successfully Solved in Previous Positions?

Every position exists to solve a problem. For instance, accountants are hired to monitor a company's incoming revenue and outgoing expenses and oversee its compliance with local tax laws.

What problems have you solved for your employers? Increased website traffic? Decreased spending? Increased customer satisfaction? Decreased safety violations? Increased sales? (employers' favourite).

What Unique Experiences or Backgrounds Do I Have That Contribute to My Skill Set?

A candidate who grew up in Québec City will have a competitive edge being fluently bilingual over someone who simply attended French immersion in Calgary, Alberta. The same could be said for a candidate whose mother was a social worker, making them more attuned to the needs of others, or their father who was a pharmaceutical representative, thus exposing them to human dynamics that influence.

Everyone has a unique story of how their place of birth and experiences, especially first experiences, developed their strengths and passions. Explaining to an employer that your enjoyment of and passion for providing customer service comes from having spent your weekends and summers working the front desk at your family's 85-room hotel in Estevan, Saskatchewan, has much more impact than simply saying, “I like helping people.”

What Skills Have I Gained Through Hobbies or Volunteer Work?

I once hired a call centre agent who volunteered at a local suicide prevention hotline for several years. And a candidate who coached a little league baseball team turned out to be one of the best first-time managers I ever hired.

Don't ignore the skills and experience you've acquired outside your employment or education. Skills, experience, and knowledge aren't just acquired at work or school. The skills and experience you gain from volunteering, starting/running a business, being a parent, playing in a sports league, or serving on your condo board can be valuable to employers.

If the above questions don't solicit as many skills as you'd like, seek the opinions of family members, friends,



and colleagues. Ask them what they think your key strengths are. Their insights may surprise you.

Once you've identified your hard and soft skills—your soft skills (e.g., communication, critical thinking, time management) are the most important to employers—you need to communicate your unique skills as selling points. Merely listing your “skills” and “qualifications” doesn't distinguish you from other applicants. You must describe who you are and what you offer in a straightforward, memorable narrative conveying your unique value proposition.

Not memorable: “I speak French.”

Memorable: “I was born in Québec City. French is my mother tongue.”

Additionally, frame your skills and qualifications in terms of how they can benefit an employer.

No value add: “I have strong analytical skills.”

Value add: “During my seven years as a financial analyst at Wayne Enterprises, I developed above-average analytical skills that enabled the company to take advantage of several initial public offerings that turned out to be quite lucrative. One recommended buy resulted in a \$7.5 million gain within less than a year.”

Based on my experience, most candidates fail to emphasize their uniqueness; hence, they don't stick in my head. Given the number of candidates I've interviewed throughout my career, one would think I'd have heard many inspiring, funny, entertaining, and sad career and life stories. Unfortunately, that's not the case. Job seekers need to work on being mentally sticky. In a competitive job market filled with qualified candidates, articulating your secret sauce will ultimately set you apart.

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Dear Neighbours,

So many of my Calgary-Elbow constituents, like many Albertans across the province, continue to feel pressure from the ongoing affordability crisis.

From soaring taxes to eroding public health care services, I've heard too many stories from our friends and neighbours who feel abandoned by the UCP government.

Our province has had the slowest wage growth in Canada since 2019, the highest inflation, and the highest youth unemployment in the country.

From rising property taxes to real estate transfer fees and the ad valorem wine tax, UCP government policies have hit families and businesses hard. On top everything else, the UCP government is going to raise the cost of auto insurance.

Alberta already has the highest auto insurance premiums in Canada and because of the UCP government, drivers can soon expect to pay 15 percent or more. To make matters worse, the right to sue insurance companies if they don't provide the benefits that injured people are owed will no longer exist.

On the health care front, chaos continues to reign. Look no further than the UCP government's promise to reduce wait times through the Alberta Surgical Initiative (ASI). A recent report by the Parkland Institute, a non-partisan research institute based at the University of Alberta, revealed the "average cost per outsourced procedure has risen by 79 percent since 2019," when the province started contracting private surgical services through the ASI.

The report also points out that wait times have increased. Since the start of the ASI, wait times have increased for nine of 11 priority procedures tracked by the Canadian Institute for Health Information, including knee replacements and all cancer surgeries.

It's extremely concerning considering there are now multiple ongoing investigations by the Alberta Auditor General and the RCMP following allegations raised by former AHS CEO Athana Mentzelopoulos of political interference and contract irregularities in private surgical contracts.

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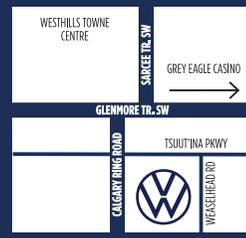
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