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THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER



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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.



Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥



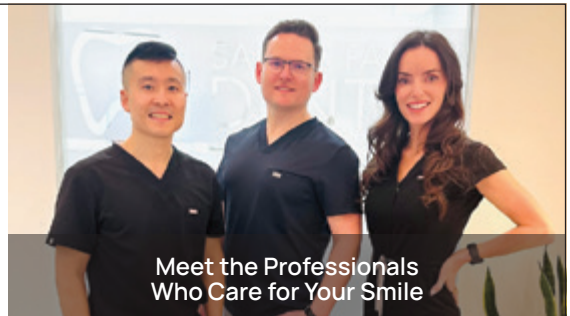
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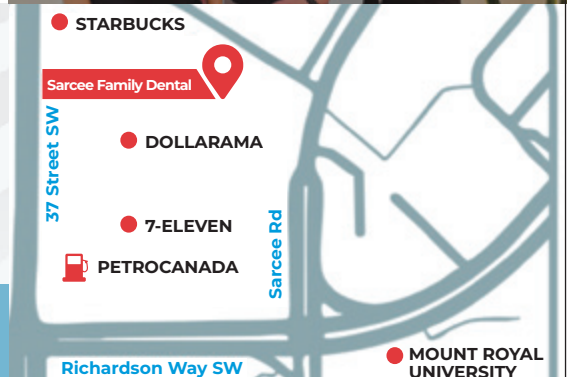
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RPCA BOARD

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.

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Currie Barracks Liaison	Dave Rose curriebarracks@rutlandparkcommunity.com
Community Events	Vacant socialevents@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

Community Cleanup

RPCA Community Cleanup August 8

Our Cleanup Day, in partnership with the City of Calgary, will take place on Saturday, August 8 from 9:00 am to 1:30 pm (gate closure).

We will offer onsite recycling for electronics, wood (maybe), metal, and easy disposal of household waste via the City of Calgary packer trucks. You can also donate any usable household items to our Free Store or to our partner, Diabetes Canada. We will be accepting used tires for recycling as well.

Empty bottles can be donated to the RPCA by dropping them off at our bottle station.

We hope to provide a Good Neighbour Service for those with mobility issues, where we would go to your location and pick up the items for you. However, this service cannot be provided unless we have an adequate number of volunteers.

We still accept bicycles for donation or so others can purchase one for a small fee.

Please note that the Free Store will accept drop-off items the day before the event on Friday, August 7, 2026, throughout the day. Please inform Rosa about the drop-off. If no one is at the Hall, please leave the items by the sea cans or skate shack.

We are looking for volunteers. Please reach out to Rosa at RPCACleanUpDay@shaw.ca. Please indicate which shift you would like to be part of, and if you are able to lift heavy items (up to 50 lbs), or if light duties are preferred.

This year, we are changing our shifts to the following:

Morning Shifts:

- Breakfast/lunch team: 8:00 to 10:00 am (stay or come back for lunch around 11:30 am).
- Pre-event setup team: 8:00 to 9:00 am (stay or come back for lunch around 11:30 am).
- All other morning duties: 9:00 to 11:30 am.

Afternoon Shifts:

- Lunch team: 11:00 am to 1:00 pm.
- Post-event takedown/cleanup team: 1:00 to 2:30 pm (come for lunch around 11:30 am).
- All other afternoon duties: 11:30 am to 2:00 pm.

We hope that you can join us and look forward to seeing you!

DEVELOPMENT AND TRAFFIC REPORT

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

We are very excited to have been approved for The City of Calgary Inspiring Neighbourhoods Grant to provide 50% of the funding for our Sea Can Beautification Project. Rob Murray of Master Murals Inc painted some wonderful scenes on our sea cans from July 16 to 18. Do drop by and have a look.

Thank you, Peter F, for organizing our Casino again this year! Thank you as well to all our volunteers! Peter will be stepping down as Casino chairperson—we will need to find a replacement for him in the next 18 months. Please consider us for your volunteer time.

Thank you to all of the volunteers who showed up to help with Neighbour Day this year— we had a great turn out and lots of fun! Special thanks to Danny Greene (local realtor) for sponsoring a bouncy castle for the event!

Thank you to the City of Calgary and the Ward 8 Office for providing funding for our Neighbour Day Event. People of all ages showed up for free food and fun. Nice way to meet some new neighbours.

Our Hall repairs are finally underway! Unfortunately, issues with our deck and our air conditioning unit have also been found. The City will cover 75% of these charges and we will need to make up the rest of the funds. More grant writing is required. We hope to have all repairs completed by the end of September.

Canada Lands has recently put in a Land Use Application to accommodate a new vision for the Currie Core. It will be predominantly six-storey mixed use buildings with

a potential twelve-storey tower. There will be a market square off Flanders Ave that will be used for gatherings and festivals. A grocery store is already planned for. CLC intends to work predominantly with one builder for this quadrant. Engagement will start in the fall of 2026 with the hope that the full plan is complete before Council in winter of 2027. We continue to stress the importance of maintaining sufficient parking and a commitment to setbacks that create pedestrian scale development. We look forward to seeing the final vision.

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.

Let's Canvas

the Situation

On August 21, 1911, Leonardo da Vinci's Mona Lisa was stolen from the Louvre. It took twenty-eight months for the painting to be returned. Today, the Mona Lisa is valued so highly that most would simply call it priceless.





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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)

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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/.

Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid.

Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.

5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

What If You Deserved Your Own Compassion

by Rebecca Pink, Registered Provisional Psychologist



When was the last time that you offered yourself the same kindness that you so freely give to others?

Most of us don't hesitate to comfort a friend who is struggling. We remind them that they're doing their best, reassure them that difficult times don't last forever, and gently encourage them to keep going. We can look into someone else's eyes, recognize their pain, and meet it with empathy, endless compassion, and love. Yet when we look in the mirror, that compassion can be dimmed or disappear altogether.

I've come to appreciate that self-compassion isn't something we master; it's something we practice. I'm reminded of that truth in conversations with clients every day. Beneath anxiety, stress, perfectionism, or self-doubt, there's often a quiet but a relentless inner voice whispering that we should be doing more, achieving more, or somehow being more. Over time, that voice becomes so familiar that we mistake it for the truth.

Here's the irony: many of us already know what helps us feel better. We know we need rest, connection, movement, creativity, or time in nature. Yet we

convince ourselves we haven't earned those things until we've accomplished just one more task or met one more expectation.

But what if healing doesn't begin with doing more?

What if it begins by changing the way we speak to ourselves?

Self-compassion isn't about lowering our standards or making excuses. It's about recognizing our shared humanity. We stumble. We all carry lived experiences that others cannot see. And we all deserve the same grace we so naturally extend to the people that we care about.

This month, I invite you to pause when that inner critic begins to speak. Ask yourself: "Would I say these words to someone that I love?" If the answer is no, perhaps it's time to choose a kinder response.

Because maybe the compassion you so freely give to everyone else is the very compassion you've been needing and deserving all along. Take good care of yourself.

August Crossword



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

Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day.

August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

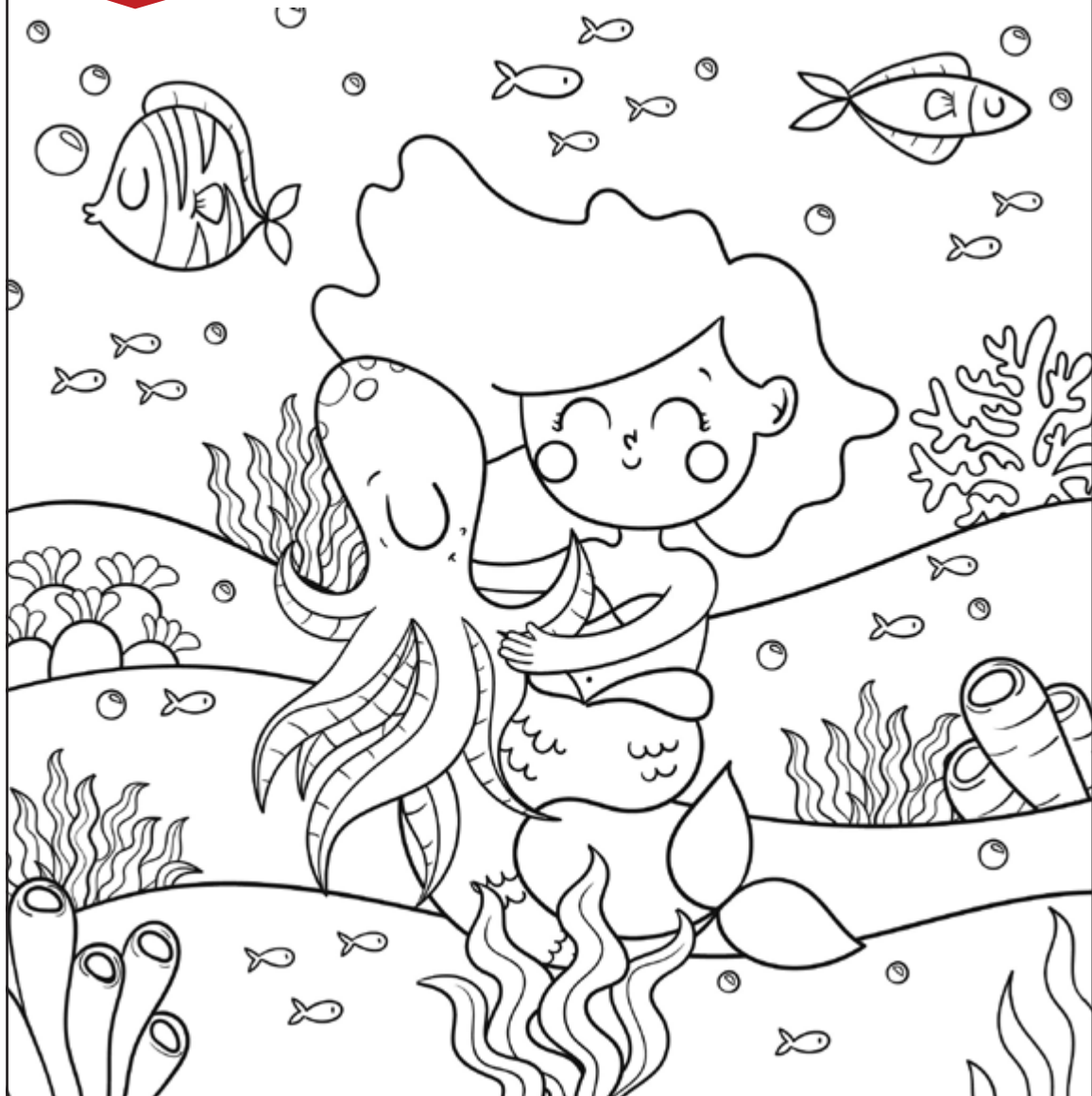
Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

**COLOURING
PAGE**



Divorce and Family Businesses

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse owns and runs a business. Alberta divorce law recognizes this kind of business as “family property.” This means that, in most of these cases, a business is an asset that must be valued and divided between the spouses as part of the divorce process. This point raises an obvious question: How is the business divided between the spouses?

The percentage each spouse receives depends on the roles each spouse played during the marriage. For example, if mom stayed home and raised the children, and allowed dad to build and run the business, the result would likely be a 50/50 split. Practically, this makes sense because at least half of the company’s success was based upon mom’s domestic contributions.

However, there are other circumstances where the division might not be equal. Let’s say the wife (Mrs. Darnold), owned a successful dental clinic. Her husband, Mr. Darnold, also earned a significant income working full-time, outside the home. The couple had 3 children, and most of the child-care was performed by a live-in nanny.

In this situation, it is very possible that Mr. Darnold would not be entitled to a 50% share of his wife’s dental clinic. This is because Mr. Darnold did not make any contributions to the success of his wife’s business. It

would be unfair for Mr. Darnold to get half of something he had nothing to do with.

Unequal division of a family business also occurs in the following situation: where one spouse owned the business before the relationship began. In these circumstances, the financial worth of the company is broken down into two different time frames:

1. The business’ value before the marriage, and,
2. The business’ value after the marriage.

The non-business-owning spouse is only entitled to a portion of the after-marriage value of the business. The logic here is that, since the spouse had nothing to do with the business before the marriage, they should not get any share of the pre-marriage value. Conversely, the value of the business post-marriage is a family asset. Here, the spouse likely contributed in some way to the business after the marriage, and thus, they would be entitled to a portion of the business as part of the divorce.

It is important to note that dividing a business between spouses does not always mean the business ends. The company may carry on doing business after the divorce. However, in most cases, part of its value must be paid out to the non-business-owning spouse as part of the divorce process.

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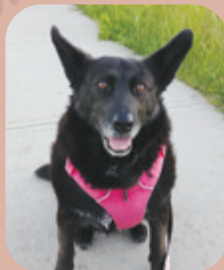
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Summer is the season for politicians to get out into their constituencies and hear what's on people's minds. And healthcare has been coming up a lot in my conversations in Calgary-Currie.

People talk about not having a family doctor, long wait times in the emergency department, and a cumbersome and confusing system to navigate. They talk about staff who are stressed out, overworked, and frustrated by the never-ending reorganization.

I also hear from people who are disappointed at the waste. Where there was once one ministry, there are now four. Tens of millions of dollars spent, only to cancel a project, like with the Emergency Health Services rebrand. And we still don't know precisely how much has been spent on private consultants to do all this restructuring.

Meanwhile, Alberta is officially a two-tier system with its dual-practice model whereby physicians can have a foot in both public and private service delivery. To shorten wait times, we should resolve the reason for vacant operating rooms and work on workforce retention. Facilitating private practice does neither of these.

We should always strive for a health care system that is coordinated and patient centred. Public healthcare is a core Canadian promise, and governments have a duty to protect it.

That's why the Alberta NDP Caucus is proud of our vision for healthcare, the development of which was led by Dr. Luanne Metz, who was a neurologist and researcher before being elected as MLA for Calgary-Varsity in 2023. We'll have more to say in the coming weeks on our plans for healthcare that will ensure every Albertan can access timely, high-quality care.

The Alberta NDP Caucus will always defend a fair and equitable, publicly funded healthcare system that works for all Albertans.

Please don't hesitate to reach out to my office at calgary.currie@assembly.ab.ca any time with your ideas, issues, or concerns.

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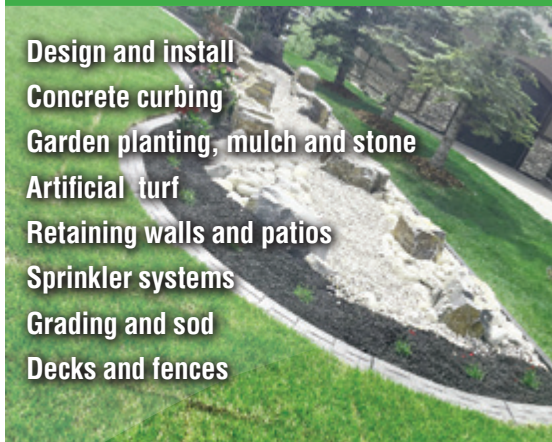


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