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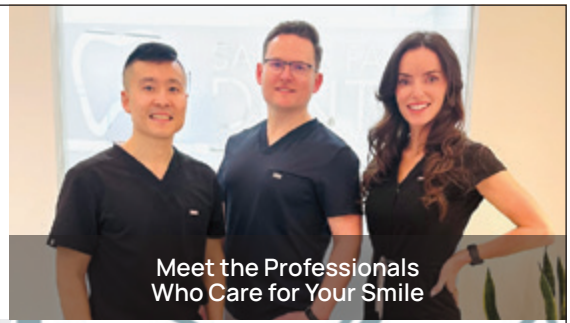
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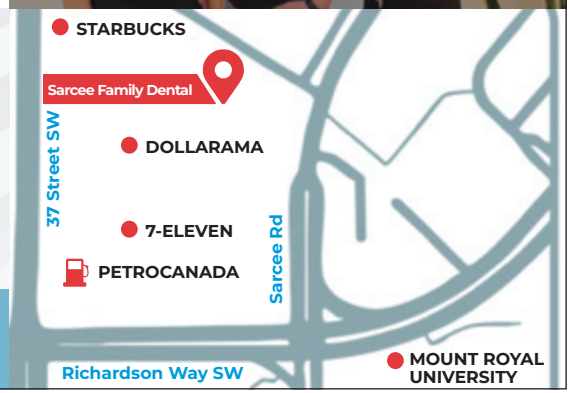
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Visit our website for the latest information:

www.rutlandparkcommunity.com

Board meetings are held the second Tuesday of each month at 7:00 pm; everyone is welcome.

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Community Events	Vacant socialevents@rutlandparkcommunity.com

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Community Association Phone Number		403-246-8318
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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

Hello Rutland Park! Yes, it is nearly that time of year again. I want to take this moment to personally wish each and everyone of you a very Merry Christmas and may the roads you travel upon in 2027 be good to you. As always, many thanks for your continued community support.

As this goes to print, our Main Hall remains closed. I do wish the doors would open again, so we could enjoy events and community fellowship.

No doubt the rink might have some ice by now, and we can at least meet for some community fun if the water restrictions are removed.

I wonder if seniors in our community would be interested in some sort of monthly lunch or coffee shop type event. If we show interest the Association may give us space at the hall. Something to consider!

Well, this is all for now, I must run. Take time to smell the roses, and happy holidays to all.

Warm regards,

Isabell



DEVELOPMENT AND TRAFFIC REPORT

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

We are still in need of someone to take over our Treasurer position. Our current treasurer, Lisa, is happy to transition the new person. This is a critical position on the Board. We do have a bookkeeper and procedures in place to simplify this role as much as possible. We appreciate you considering us for this important volunteer position.

We hope that you were able to join us at our AGM and Social Event. We continue to work toward building a safe, inclusive, sustainable community and hope that you will continue to stay involved.

As you are aware, we are still working on Hall repairs and renovations. Our hope is for a completion date in early 2027. We are looking forward to hosting events and connecting community when the work is completed.

Build Canada Homes held an engagement session to share their vision for Currie Core—the commercial heart of Currie. We hope that you were able to attend. We will continue to share information and engagement opportunities as the vision is firmed up.

The City of Calgary has removed all minimum parking requirements for commercial (and some residential) developments. We continue to insist that the minimum parking that is currently part of this DC site be maintained. We are happy to see they are moving away from 32 storey towers to predominantly 6 storey mixed use buildings. We look forward to the final build out of Currie.

Once again, Tyler is looking for some dedicated ice rink volunteers! If you are able to help, please reach out to rink@rutlandparkcommunity.com. Thanks for helping us keep this space active!

Happy Holidays and Merry Christmas to those who celebrate! Best wishes for a healthy, connected, prosperous 2027!

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, Development and Traffic

development@rutlandparkcommunity.com

RutlandPark

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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Select Membership Type:

❑ Family: 1 year - $15; 3 year - $36 ❑ Single: 1 year - $5; 3 year - $12

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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/.

Presence, Not Presents: What Does Christmas Really Mean?

by Rebecca Pink



There's a certain feeling that comes with Christmas. The lights begin to appear and twinkle, familiar traditions find their way back into our every day, and there's an excitement in the air that makes it feel like a little magic is just around the corner. As a mom, there is nothing quite like seeing the season through my daughters' eyes and finding so much joy in their anticipation, excitement, and creativity.

But I will admit, I'm sometimes a little slower to get there. I know, like so many of you out there, how much goes into creating that magic, and it can feel like a lot! The shopping, the planning, the decorating, the baking, and all the little things that somehow find their way onto the Christmas to-do list. We do all these things lovingly, but between the planning, shopping, wrapping, gatherings and countless little details, December can quickly become a season of doing rather than being.

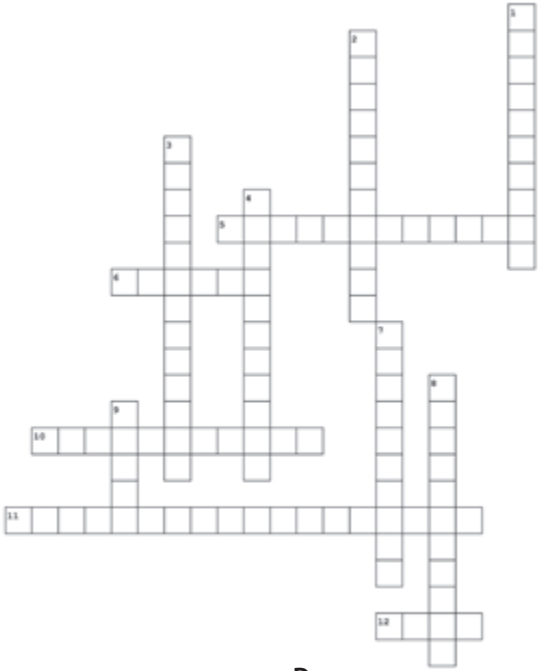
In my work, I have the privilege of hearing people's stories and learning about the things that matter most to them. I often see how expectations, perfectionism, and anxiety can make it difficult for people to slow down and enjoy the moments that they're working so hard to create. Maybe this Christmas one question worth asking ourselves is this: what are we doing because we genuinely love it and actually want to do it, and what are we doing because we feel we should.

For some, Christmas also carries grief, loneliness, financial pressures, or complicated family relationships. Maybe we can give ourselves permission to simplify a little, say no when we need to, and let go of the pressure to make everything perfect, and maybe more importantly, offer ourselves the same kindness and understanding we so often extend to the people we love.

Perhaps the magic of Christmas isn't something we need to work so hard to create, but something we allow ourselves to experience when we slow down and become more present. Maybe the greatest gift we can give ourselves and one another is a little less pressure, a little more grace, and the time to simply enjoy being together.

Wishing you a peaceful and meaningful holiday season.

December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

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

Art Isn't Just for Artists: What Happens When We Change the Rules?

by Jayne, Dover Resident, Artist, and Creator of Take Space



Most children don't hesitate when you give them a paintbrush and a blank sheet of paper. They might paint a dinosaur, their family, or something completely unrecognisable. Ask them what they've made, and they'll explain it with absolute confidence.

Give an adult the same materials, and there's a good chance the first thing they'll say is, "I'm not very good at art."

When did that change?

Somewhere between childhood and adulthood, many of us start to believe that creativity requires talent. That art needs to look like something, mean something, or, at the very least, be something we'd happily hang on a wall.

But who decided what makes art good?

I've spent plenty of time exploring that question. Art has never been one fixed thing. Throughout history, artists have challenged expectations, broken conventions, and questioned what art is even supposed to be.

Yet when it comes to our own creativity, we often hold ourselves to remarkably rigid standards.

We follow instructions, compare our work to others, and worry about making mistakes. Even recreational art activities can sometimes leave us focused more on reproducing a finished example than exploring our own ideas.

But what if the rules changed halfway through?

What if the colours you carefully selected were suddenly unavailable? What if an unexpected mark appeared on your canvas? What if the thing you were making no longer looked anything like you'd planned?

Would it be ruined? Or could it become something more interesting?

These questions aren't really about painting. They're about curiosity, expectations, and giving ourselves permission to try something without knowing exactly how it will turn out.

And I think there's something particularly valuable about exploring that in our own neighbourhoods.

Community spaces can make creativity feel less intimidating. You don't need to walk into a gallery, understand artistic terminology, or have years of experience behind you. You can simply arrive, meet people from different backgrounds and discover what happens when you're given the freedom to experiment.

Living in Dover has reinforced for me how important accessible community opportunities can be. Creativity shouldn't feel like something reserved for a select few, or something you need to be qualified to enjoy.

It can be messy, unpredictable, frustrating, funny, and occasionally quite beautiful.

And sometimes, the most interesting thing you make isn't the thing you intended to create.

Perhaps it's time we stopped asking whether we're good at art and started asking whether we're enjoying making it.

The Art of Winter

by Kristina Quapp

The season of winter has inspired artists for centuries, perhaps more so than any other time of year. While its snowy landscapes and frozen scenery have remained a constant source of inspiration, interpretations of the season have varied dramatically across time, cultures, and artistic styles. From peaceful, snow-covered villages to bleak and desolate landscapes, artists have found countless ways to capture winter on canvas.



Vincent van Gogh, Landscape with Snow, 1888. Oil on canvas.

Painted in February 1888, shortly after Vincent Van Gogh arrived in France, his piece depicts a rural landscape caught between winter and spring. Patches of melting snow interrupt the earthy browns and greens of the fields, but despite the contrasting colour usage, the piece exudes a sense of living stillness. The vivid colour usage and expressive Post-Impressionist brush strokes give the scene a sense of movement and texture—emphasizing the uneven terrain and changing season. Rather than idealizing winter through its traditional cool colour palette, Van Gogh embraces the season's fleeting beauty, reminding us that change can be just as beautiful as stillness.



Edvard Munch, Winter Night, c. 1900. Oil on canvas.

Norwegian artist Edvard Munch transforms winter into an atmospheric and emotional experience. Best known for his iconic painting *The Scream*, Munch was a pioneer of Expressionism, an artistic movement that emphasized emotion and subjective experience over realistic representation. *Winter Night* displays simplified forms and a cool colour palette to create a quiet and perhaps unsettled atmosphere. It invites viewers to reflect on winter's quieter, more introspective qualities, evoking a sense of solitude that can feel either peaceful or lonely.



Frederik Marinus Kruseman, *Winter Landscape with Skaters Near a Castle*, 1866. Oil on canvas.

In contrast to the more solitary works of Van Gogh and Munch, Dutch painter Frederik Marinus Kruseman presents winter as a picturesque setting filled with warmth and activity. Known for his romanticized winter landscapes, Kruseman utilizes a warm golden sky in contrast to the cool blues and whites of the snow, creating an inviting atmosphere. His attention to detail reflects the traditions of nineteenth-century Romantic landscape painting which often emphasized the idealized beauty and emotional appeal of nature. Despite the chilly setting, the scene evokes a sense of warmth and nostalgia, inviting viewers to imagine themselves among the skaters.

Although these artists depict the same season, their interpretations vary greatly. Van Gogh captures the change of winter's transition, Munch explores its emotional atmosphere, and Kruseman celebrates its more picturesque and romanticized beauty. Each artist's choices in colour, composition, and brushwork influence how we experience their work. Yet our own memories, emotions, and experiences also shape what we see. Perhaps your vision of winter aligns more closely with one painting than another, or maybe you can understand all three. Winter, much like art, is a matter of perspective. As we enter another winter season, consider what this time of year means to you. Do you find beauty in its quiet stillness, comfort in its familiar traditions, or hope in the changes yet to come?

Peppermint Cookies

by S. Law



This was a staple in my household growing up. Every year my mom and I would bake a huge batch of these cookies, and we'd pass them out as little gifts to my class before everyone went away on winter break. Needless to say, while I'm no longer in school, we've kept the tradition going, so if you're looking for a light, buttery snack to go with your hot chocolate this year; these cookies never fail.

Ingredients

- 1/2 cup butter
- 1 1/2 cups powdered sugar
- 2 cups flour
- 1 tbsp peppermint extract
- 1 tsp salt
- A few drops of different food colours. (We always use pink and green)

Directions

1. In a large bowl combine your flour, powdered sugar, peppermint extract, and salt.
2. Add the butter in chunks and then begin kneading everything together. The kneading is important as it allows everything to be mixed into a smooth dough that still holds its shape.
3. At this stage if the dough either looks too dry, or too sticky, add more butter or flour respectively.
4. Separate your dough into three or more even piles and dye each one a different colour. Typically, I leave one the original white because I like the way it looks. You only need a few drops of food colouring to get a soft pastel shade.
5. Once you have your desired colours, roll each section into a log, and then form a bigger log with your three sections. Roll them slightly so everything sticks together and the colours blend gently, then wrap in saran wrap and set in the fridge for a few hours.
6. Once everything is cooled slice your log into 1-inch-thick pieces and place on a sheet pan.
7. Bake in a 350°F oven for 8 to 12 minutes, or until they begin browning on the bottom.
8. Let them cool and enjoy with family and friends!

Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.

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Joke of the Month

Who is the snowman's favourite relative?

Aunt Artica!



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