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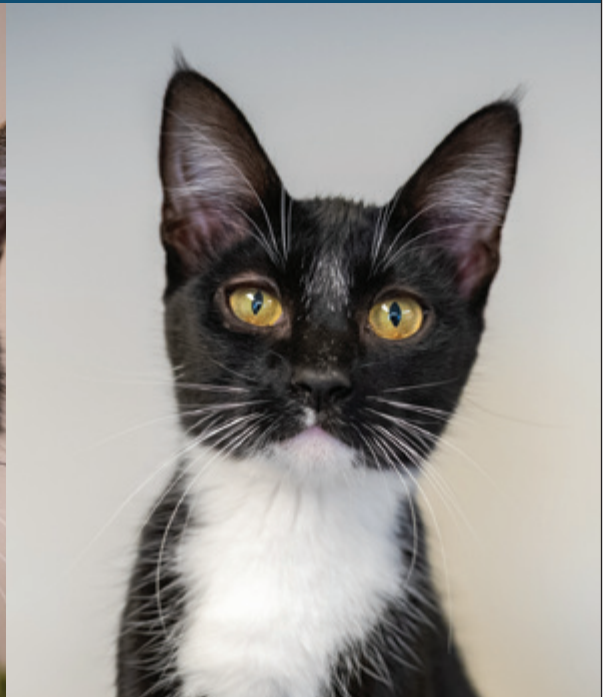


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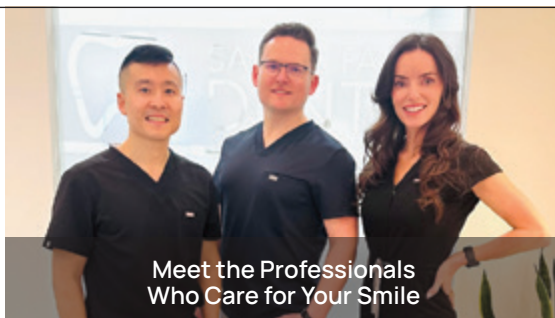
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RPCA BOARD

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.

BOARD OF DIRECTORS 2025/2026

President	Craig Marceau president@rutlandparkcommunity.com
Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com
Treasurer	Lisa Luning treasurer@rutlandparkcommunity.com
Secretary	Acting Director secretary@rutlandparkcommunity.com
Infrastructure	Mark Yobb markyobb@rutlandparkcommunity.com
Sarcee Meadows Liaison	Ray Sali sarceemeadows@rutlandparkcommunity.com
Membership	Ted Stewart membership@rutlandparkcommunity.com
Ice Rink	Tyler Smith 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

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

BRAIN GAMES

SUDOKU

					6	5	7	
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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:

1. We are pleased that the speed limit on Sarcee Road will soon be reduced to 40 km/h. We will be asking the City for some additional traffic calming measures on this road as well.
2. I will be meeting with representatives of O2 to discuss changes to the DC site for 220 Dieppe Dr. My big concern is how close the landscaping walls will be to the sidewalk and will be seeking maximum height wording in the changes.
3. I participated in the City survey with regards to updating the Applicant Update Toolkit. I have suggested that real engagement needs to be conducted before an application is submitted, and that developers should try and address concerns with the plans that are raised rather than just check off a box that they communicated the plan.
4. Thank you Karen W. for completing the Inspiring Neighbourhoods Grant for us for our Sea Can Beautification Project. Much appreciated.
5. Thank you Chantal O. for continuing to spearhead the Garden Committee. Hopefully everyone has a great growing season.
6. Please welcome Ray S. to our Board as the new Sarcee Meadows Liaison!
7. We are still in need of someone to take over for our Treasurer, Lisa L. She is happy to transition someone and will help with our Audit. Please consider taking on this very important role!
8. Hall repairs are underway! We look forward to having it completed this fall – should be ready for our November AGM. Thank you all for your patience.

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 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!

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: _____
Home Address: _____ (please print)
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/.

Musings



Hey!

The Calgary Stampede, the World Cup for soccer, all sorts of summer fun, the annual Grey Cup in Calgary this time around, and our very own cookbook printed back in 1982 – does it get any better?

Yes, our very own chefs and celebrities shared their favourites with us. I served on the cookbook committee, and there was great pride in our little community when the first copies arrived. Imagine each copy sold for a mere \$6, and if we ordered two or more the price was reduced to only \$5.

Wow! I still love to prepare some of my favourites to this very day. The pizza buns sent in by Ellen Vickermann are so yummy and easy to prepare. The spaghetti sauce is really nice, and the salmon pie by Diane Jones Konihowski is light and delicious to say the least.

As our summer hums along, I hope you are all doing well. Repairs on the Hall are under way, and we should be back in action come fall. I am taking the summer off but hope to return come September. As always, do take time to smell the roses.

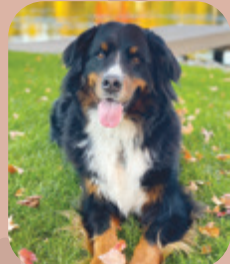
See you soon,

Isabell

Cats, Canines, & Critters of Calgary



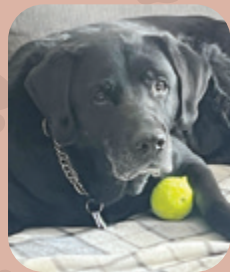
Casper, Huntington Hills



Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



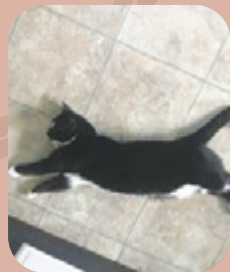
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

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Divorce And Spousal Support – How Much, and for How Long?

by Christopher Bungay, Divorce Lawyer



You have decided to get a divorce. After this decision is made, either you or your spouse move out. This is also about the time that economic reality kicks in: one of you will need financial support, and one of you realizes you must pay support. Two immediate questions arise:

1. How much monthly support must be paid?
2. How long (months, years) must support be paid?

The law can answer these questions, but only by looking at the circumstances of your marriage. Specifically, the law looks at who worked, how much they earned, and how much will you earn in the future?

Rich Dad, Stay-at-Home Mom

The largest and longest payouts for spousal support arise in the “Rich Dad, Stay-at-Home Mom” marriage. Dad has earned a lot of income by working many hours over the years. Mom has enabled Dad’s success. She has done this by taking care of the children/home responsibilities while Dad worked. In this situation, Dad will likely have to pay a large amount of support for a long time.

The Power Couple

One of the easier cases to determine is the “Power Couple”. Here, both the husband and wife work long hours at high-paying jobs. In this divorce, it is possible that no support is payable. Alternatively, if support is

owed, the amounts may be smaller and for a shorter period of time.

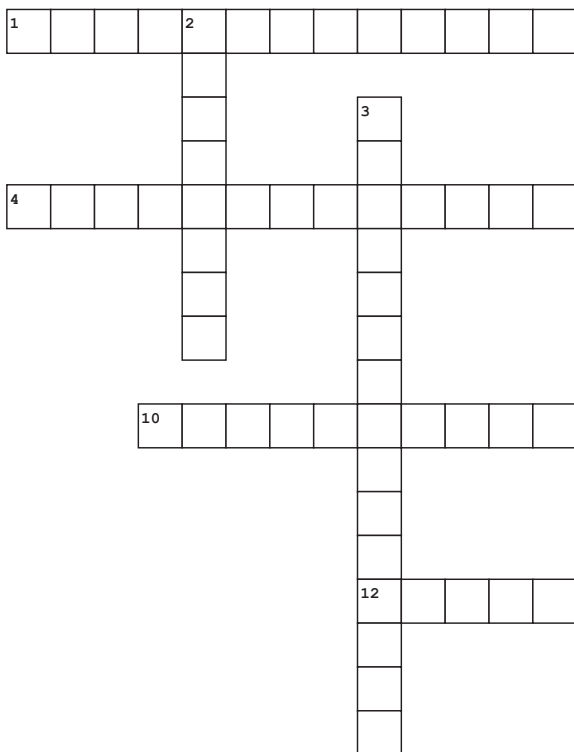
The “Somewhere in the Middle” Couple

A more difficult situation to determine is a couple whose marriage did not follow set patterns for employment and domestic responsibilities. For example, one spouse may have earned a lot of money in the past, but for some reason (health, bad luck, etc.) this is no longer the case. The other spouse may have stayed home and raised the children and then resumed their career later after the kids became teens. Trying to figure how what is “fair” in these situations can be very challenging for lawyers and judges.

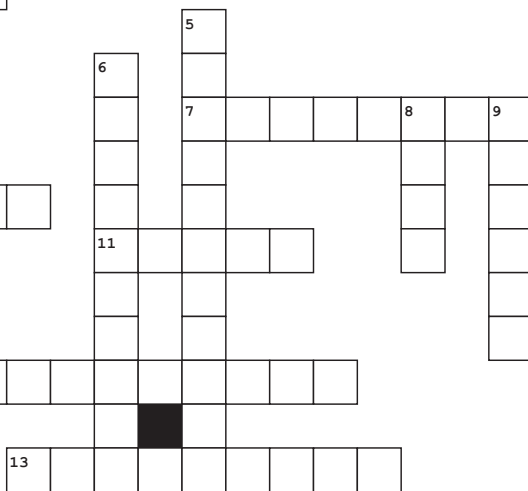
To assist with these difficult decisions, lawyers and judges often rely on Canada’s Spousal Support Guidelines. This is a legal tool that helps to link the facts of each marriage with an appropriate formula for determining support. Calculations based on these guidelines can also be accessed for free at www.mysupportcalculator.ca.

It must be emphasized again that each divorce is unique, and guidelines/calculators may not account for the facts of your marriage. However, as a rule of thumb, the past often determines the future. If you were the breadwinner in the past, you likely have an obligation to provide support in the future.

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



Photo Gallery

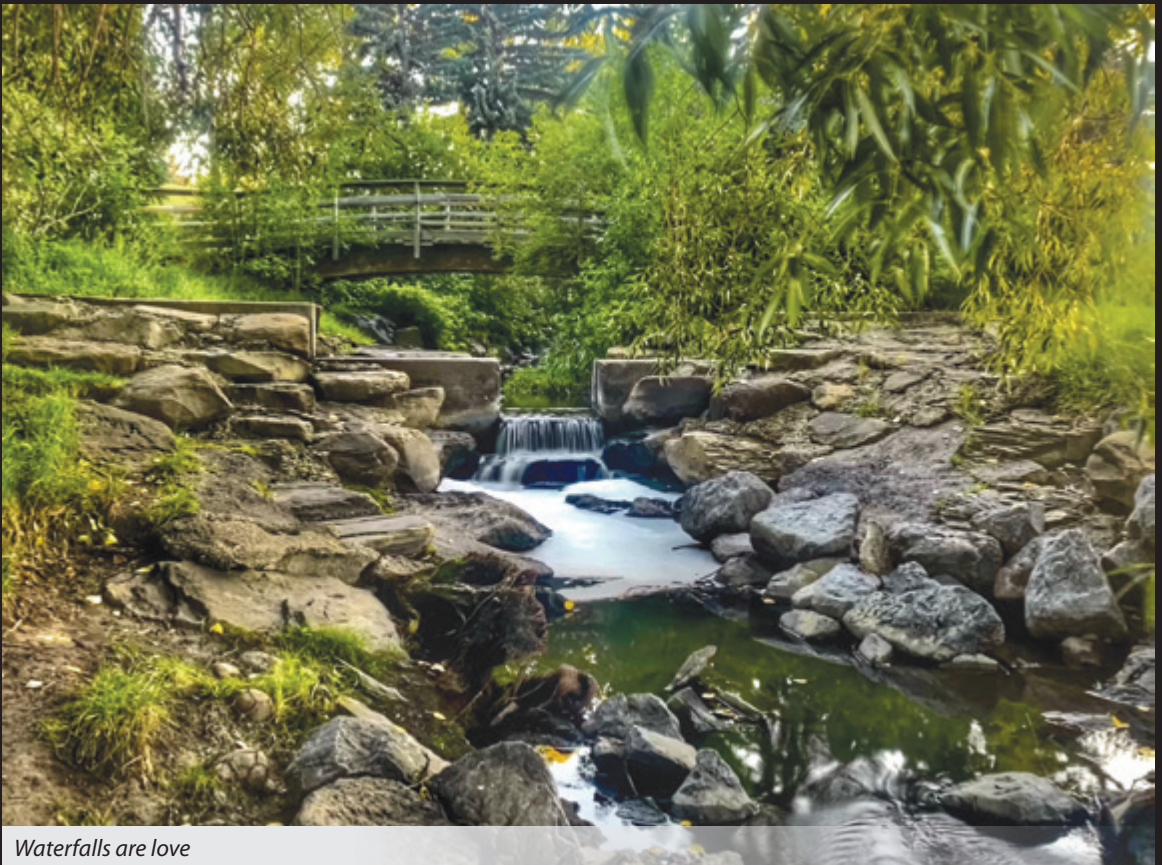
Images by Syed Adeel Hussain



Green Ravine



Secret Boardwalk



Waterfalls are love

July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

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.



The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist



Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

When every weekend is booked and every sunny evening feels like something we should maximize, we

can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.



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Yahoo!

1. The first organized rodeo in Canada took place in this town, south of Lethbridge, on Canada Day in 1902.
2. The Calgary Stampede was originally funded by the "Big Four," including this owner of the historic Bar U Ranch.
3. Old Billy, an English Barge Horse, holds the equestrian longevity record, and reached this advanced age before passing in 1822.
4. This organization, founded in 1963, strives to "make a winner out of every cowboy."
5. In 2012, to celebrate the 100th anniversary of the Calgary Stampede, a 500-dollar gold coin was minted featuring this legendary bucking bronco.
6. Cowboy Trail, nestled between the Rockies and the prairies, follows along this numbered highway.

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Celebrating Summer in this Beautiful Province

Summer in Alberta is truly something to celebrate.

Whether your passion is hiking and camping, or if you prefer exploring everything our cities and towns, there is always something for everyone to enjoy.

As usual, my family will be spending a lot of our time outdoors this summer, but we'll be staying a little closer to home. I hope to see some friends in Cold Lake, take in Open Farm Days on August 15 and 16, and stay in one of those amazing star-gazing domes at Metis Crossing.

And certainly, this July we won't have to go much further than Westbrook CTrain station to take in the greatest outdoor show on earth. After a lifetime spent in Calgary, the Stampede still blows me away. The community spirit, the volunteerism, the tourism, and celebration make it one of my favourite times of the year.

The Stampede is a perfect reminder of what we can accomplish together. We do it all under the waving Canadian flag, and I hope that it will be that sentiment that wins the day as we prepare to vote in the October referendum.

My staff and I wish you a safe and happy summer with friends and family. Take in something new and a little off the beaten path – I don't think you'll be disappointed.

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

P.S. These summer months are the perfect time to get reconnected with the communities of Calgary-Currie. If you have an event that you'd like me to attend, I would love to be there.



**MP Calgary Signal Hill
David GL McKenzie, KC, MP**

8561 8A Ave SW
Calgary, AB T3H 0V5

📞 403-695-0570

✉️ david.mckenzie@parl.gc.ca

Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return.

However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit davidmckenziemp.ca/alberta-separation-referendum/.

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