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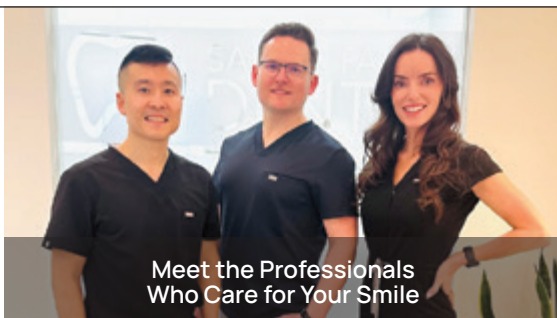
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- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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

SALE **\$13,879**
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- Remove all old materials from bathroom and job site
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- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

ABSOLUTELY NO HIDDEN COSTS

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RPCA BOARD

Visit our website for the latest information:

www.rutlandparkcommunity.com

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

BOARD OF DIRECTORS 2025/2026

President	Craig Marceau president@rutlandparkcommunity.com
Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com
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Secretary	Acting Director secretary@rutlandparkcommunity.com
Infrastructure	Mark Yobb markyrobb@rutlandparkcommunity.com
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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

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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with 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 to help ease the inconceivable financial hardship the Fortuna family is facing.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ❤️



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.

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 are 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 are extremely concerned that the City has asked the CBE to turn the Sir James Lougheed site into a DC site instead of the protected S-SPR site that is used for schools. They have not provided a comprehensive list of public benefit compatible uses and have no reason to redesignate this site when we have supported a temporary (two-year) use as an educational site for the Canadian Criminal Justice Academy.
- We have passed our financial review for our Hall repairs and have committed to Cana Management Ltd as our contractor. Hall repairs should start in June and finish at the end of September. We are still looking at additional sources of funding.
- I have met with Sarina Homes regarding their Richmond Green development and appreciate them keeping us updated. I raised a potential storm sewer concern with regards to the extension of 34 Ave SW and have followed up with a 3-1-1 request. They are on schedule to complete building one in quarter four of 2026 and building two and an amenity building in quarter three of 2027. They have changed the amenity building from a retail fitness use to a lower-level gym

for residents and upper-level offices for Sarina, as well as a meeting room for residents. They have been strong advocates for tree enhancements across Sarcee Road and will work with us and the City to increase our urban canopy.

Upcoming Events

- June 20 is Neighbour Day this year and we are working on planning a free, fun-filled event at our Skateshack from noon until 3:00 pm. We are hoping you will join us!
- August 8 will be our annual Community Cleanup, and we will be reaching out for volunteers. Thank you for considering us for your volunteer time!
- Thank you, Peter F. for organizing our Casino event this year! By the time you are reading this, it will likely be behind us as we have June 2 and 3 as our dates this year. Thank you as well to all our wonderful volunteers!

If you have not already signed up for our email updates, please do so at our website at 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



Joke of the Month

What do you call a noisy horse?
A heard animal.



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/.

Celebrate Canada Day!

by The City of Calgary



Come downtown on July 1 for The City of Calgary's Canada Day celebrations, a full day of fun, connection, and culture for all ages.

Starting at 11:00 am, festivities take place throughout downtown, including The Confluence Historic Site and Parkland, Eau Claire Plaza, Prince's Island Park, Sien Lok Park, and the Municipal Building. Each location offers unique activities and experiences that reflect the diversity of communities that call Canada home.

Featured highlights include an Indigenous spotlight and powwow, the Cultural Carousel showcasing cultural accessories, the Main Stage show with live performances and a variety of food trucks.

Wrap up the day with a spectacular fireworks show above Stampede Park just after 11:00 pm.

Plan your visit with our interactive map and full event schedule at calgary.ca/CanadaDay.

Musings



All aboard! The Model Railway show was great fun back in April. Hope this finds you well. No doubt many folks are ready for summer holidays. Hopefully construction at the Hall is nearly under way.

Looking back on days gone by, I want to pay homage to the good old paper boy or girl. Remember when the daily papers arrived on your doorstep after school? Our carriers rushed home from school, grabbed their paper bags or wagons, and set out on their area routes, come rain or shine. People in the neighbourhood got to know their carrier well. Christmas was always fun for the kids because they always got something a little extra that month. Ah, those were the days. As a parent of the carrier, once in a while I was called into action. Let me tell you, we have some great folks in Rutland Park, and I still see some of you now and then. Hats off to the paper boy, who brought the news to us.

Can't believe that our Stampede is a month away. Hope you all take in some of the fun of this annual festival. I love the parade and will try to attend.

Hope to meet some of you down the trail...talk soon!

Isabell

Backyard Play Safety

by Emergency Health Services



Emergency Health Services (EHS) Alberta would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.

- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, and lockable gate.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention or call 9-1-1.

Divorce: Who Gets the House?

by Christopher Bungay, Divorce Lawyer

The decision of “should we or should we not” get a divorce is not easy. It is a process that involves asking yourself a lot of questions about the future. A common question people ask themselves is “If we get a divorce, who will get the house?”

Many divorcing couples own a home together. There are a lot of emotions and memories attached to the home: A child’s first steps, family dinners, family movie nights, the list goes on.

Most often, the question of “who gets the house” arises from another important question: “What is best for the kids?” Children who grew up in the house likely attend schools nearby. Their friends may live in the neighbourhood.

50/50 Roadblock

One major roadblock to one parent owning the house is this: the law (in most cases) says the house is a 50/50 split after a divorce. This means that each spouse is entitled to 50% of the value of the home.

In cases such as this, there are options to avoid this 50/50 roadblock. As part of the divorce process, most couples can negotiate with each other and agree how property and other assets will be split between them. This can be seen from the following example:

- Mr. and Mrs. Lahey own a home worth \$1 million dollars. They also have investments in stocks worth \$1 million dollars.
- Mrs. Lahey wants to stay in the home with the kids. Her aging mom also lives with them. The children attend school near the house.
- Mr. Lahey is okay with moving out, but he does not want to lose out on the money tied up in the house.

Solution: they can agree that Mr. Lahey gets the \$1 million dollars in stock investments, and in turn, Mrs. Lahey becomes sole owner of the family home that is also worth \$1 million dollars.

If Spouses Can’t Agree, a Judge Can Step In

If a couple cannot agree on who stays in the house, there are times when an Alberta judge will step in



and make this decision for them. Sometimes, a judge will order the house to be sold, and the proceeds split between the couple.

However, in other cases, a judge can issue something called an “exclusive possession order.” This is a legal directive that says, “Who lives in the house, and who does not.”

The following are circumstances where a judge might order that one spouse can live in the home:

- There is an economic imbalance – example: a stay-at-home mom has no income, and dad earns \$300,000 per year.
- The children need the home for stability – Here, educational needs, health, or extra-curricular activities may require a child to continue living in the home with one parent.

When deciding what to do with the house, it is always best if a couple can agree on something fair for each of them. However, when that is not possible, one spouse may have to go to Court and ask a judge for help.

What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief,

anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

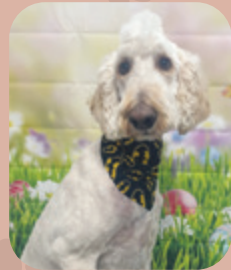
7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.

Cats, Canines, & Critters of Calgary



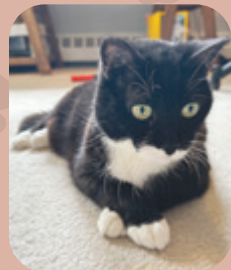
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Copper, Hidden Valley



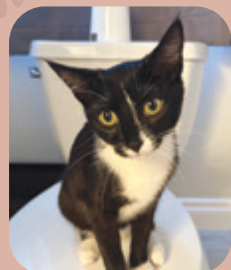
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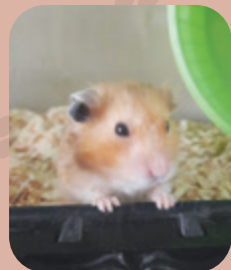
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The Invisible Load Behind Modern Burnout

by Shayla Moulton



Nearly half of Canadian workers report feeling burned out, and more than three in ten say burnout is on the rise, according to a March 2025 report from Robert Half. While much of the conversation focuses on work and performance, a quieter reality is setting in for many people: modern life itself is becoming harder to manage.

Digital tools have made it faster to communicate, organize, and stay on top of tasks. But they have also introduced new layers of complexity. More notifications, more platforms, and more decisions competing for attention throughout the day. What was intended to simplify life has, in many cases, made it feel constant.

Across Calgary, many people are navigating increasing demands on their time and energy outside of work as well. Personal scheduling, errands, coordination, and day-to-day responsibilities continue to build, often without pause. Over time, this combination can contribute to a steady buildup of mental load and fatigue. There is a difference between getting things done and feeling supported. That gap is where many people are experiencing burnout.

While tools and systems can help organize tasks, they cannot always account for shifting priorities, competing responsibilities, or the mental effort required to keep life running smoothly. As a result, small details and ongoing obligations accumulate in ways that are not always visible, but are consistently felt.

This is part of a broader shift in how support is being understood in everyday life. Increasingly, people are recognizing the value of approaches that create more clarity, reduce friction, and restore a sense of ease in how daily responsibilities are managed. It also reflects a changing definition of balance. Rather than trying to do everything personally, there is growing interest in how life can function more smoothly when certain responsibilities are simplified or shared. It is not just about saving time, it is about creating time for what matters most, whether that is family, health, hobbies, or self-care.

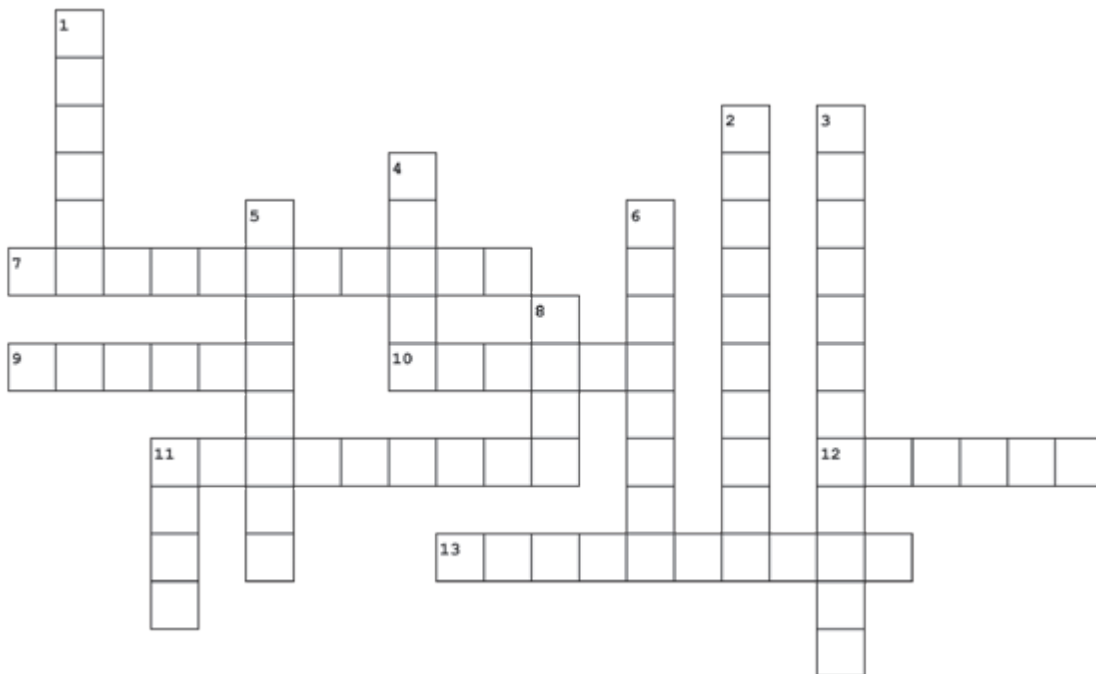


What is notable is how widely this is resonating. From busy Calgary households to executives, professionals, and entrepreneurs managing full personal schedules, there is increasing recognition that doing everything alone is not always the most sustainable approach. Some are beginning to rethink how they structure their time outside of work. Others are exploring different ways to reduce the ongoing mental load that comes with managing everyday life.

There is no single solution to feeling overwhelmed. But there is a growing understanding that how daily responsibilities are handled plays an important role in overall well-being. As modern life continues to evolve, so does the realization that not everything needs to be managed alone. Finding ways to simplify and offload parts of everyday life is becoming a more accepted approach for those looking to create more space, clarity, and balance. For many, that shift is opening the door to a more sustainable way of living, where time and attention feel less fragmented and more intentional.

As the nature of work continues to evolve, so does the realization that not everything needs to be managed individually. Delegating and offloading parts of day-to-day life is becoming a more accepted approach for those looking to create more freedom and balance. For many, that shift is opening the door to more intentional forms of support that help lighten the cognitive load of everyday life and make time feel more manageable again.

June Crossword



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

Across

7. This colourful *My Little Pony* represents the element of loyalty.
9. June 2025 saw the premiere of this live action adaptation; *How to Train your* _____.
10. These citrus fruits can be made into a refreshing drink on a hot June day.
11. This famous author published what she claims to be her final book, *In the Unlikely Event*, on June 2, 2015.
12. This water zodiac sign covers the last of June's birthdays.
13. This holiday, established Sonora Smart Dodd occurs on June 21, 2026.

Down

1. This famous singer, _____ Grande, was born on June 26, 1993, and was recently in the 2024 movie adaptation *Wicked*.
2. National _____ Peoples Day is celebrated in Canada on June 21.
3. This classic Spielberg movie about dinosaurs was released in theatres on June 11, 1993.
4. This gem associated with wisdom is also the birthstone for June.
5. *Elvis Presley* performed this song on June 5, 1956, on the *Milton Berle Show*.
6. The summer _____ marks the beginning of longer days in the Northern Hemisphere.
8. This white bird is commonly a symbol of peace.
11. _____ is the Roman counterpart to Hera, the Greek goddess of marriage.

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GAMES & PUZZLES

Space Trivia

1. Which galaxy is closest to the Milky Way?
2. Which planet in our solar system has the most moons?
3. What gas is Saturn mostly made of?
4. What is the coldest planet in our solar system?
5. What was the name of the spaceship that recently flew past the moon before landing back on Earth?



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						7		
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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