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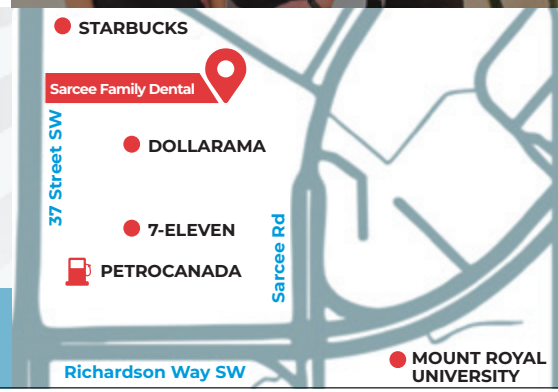
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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
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- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
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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	
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Vice President and Development and Traffic	Leanne Ellis development@rutlandparkcommunity.com
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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	

Musings

Hi. The "wise old owl ", but is it true? Note my photo this time around, an original by Diane T., a stained-glass artist. Thanks Diane. I missed you all last month, but I am back on track this time.

Once again, we will gather in Currie on November 11 to honor our soldiers I am always amazed at the great group of area residents who take time to remember and celebrate these men and women.

It looks like our beautiful main hall will very soon be back in operation. It seems like so long that we have been able to gather there as a community. It will be nice to see one another again. Hopefully we can plan a few social events. The call will be out for volunteers, please call us if you can help out now and then.

Folks this is really how our community grew over the years, through volunteers. You will be glad you did. The rink manager is already for another busy season at the rink. Maybe we can host a winter carnival or such in the New Year, those are always great fun.

Also, now that fall is here, check your membership status, it may be time to renew your card so to speak. As I conclude my column, I want to say a very special hello to those of you I know well. I enjoy our communication through the written word. Take care and always remember to smell the roses.

Warm wishes,

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.

The Rutland Park Community Association AGM has been set for Tuesday, November 24 at 7:00 pm at the Skateshack 3130 40 Ave SW, Calgary AB.

We hope you will join us to learn more about our Hall renovation and highlights from the previous year. Free Social Event after the meeting. Please make sure your membership is up to date. We hope to see you there!

Thank you, Dave R., for manning the table at the Currie Night Market—we want to make sure that Currie residents know that we are their Community Association.

Currie Core is in the initial planning stages. The vision is changing to 6 storey buildings (rather than 32 storeys). Canada Lands is now Build Canada Homes and will be seeking input for the project in the months ahead. Be sure to stay engaged.

Sarina Homes is making some minor adjustments to their Richmond Green plans but is still on track for a 2028 completion date. We hope to have some traffic calming measures in place before the final build out.

Thank you, Craig and Ted, for attending biweekly construction meetings on the Hall rebuild. Construction is progressing, but there are always unforeseen developments.

There will be an informal Remembrance Day ceremony on November 11 at Valour Park. All are welcome.

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

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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A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



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/.

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YOUR CITY OF CALGARY

Protect Your Household Water Line and Meter from Freezing



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, configuration of water pipes, and history of freezing. Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, taking some of the steps below could have prevented household pipes from freezing.

Ways to Avoid Freezing Include:

- Keeping your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

Remembering and Reconnecting

by Rebecca Pink



November gives us a moment to pause and honour, with deep gratitude, those who served and sacrificed for others, and those who continue to serve today. It is also a reminder that remembering is something we all carry in different ways. Remembrance is not limited to one day or one kind of loss, it can take many shapes, often quietly woven into our everyday lives. Sometimes remembering brings comfort; other times, it brings sadness, longing, or emotions we weren't expecting. There is no right way to remember or feel. We can continue to try to make room for whatever comes, with a little gentleness and self-compassion,

Grief is something that many people carry quietly. I know this from my own experience as well. It can be complicated, heavy, and unpredictable, bringing waves of emotions that can shift from one day to the next. We don't always talk about it, and sometimes we may feel as though we are expected to "move on" or "be fine". However, grief doesn't follow a timeline and is never linear. We can make room for both the sadness of what is no longer here and the gratitude for once was.

November can be a challenging month for many of us. The days grow shorter, the temperatures drop, and for many of us, our energy shifts with the season. Rather than seeing this as something we need to push through, maybe it can be an invitation to slow down and check in with ourselves. What might you need a little more of right now? Rest? Connection? Time for yourself and your loved ones?

November gives us an opportunity to pause, remember, and reconnect. We might reach out to someone we haven't spoken to in a while, revisit a memory, or make a little more room for the people and experiences that matter to us. For those carrying grief, these moments of connection can be especially meaningful. Sometimes remembering together is a way of reminding ourselves that we don't have to carry it alone.

As we move through November, I also want to take a moment to remember and honour those who have served and continue to serve, and the families who stand alongside them.

Lest We Forget.

RSV Season is Here: What Parents Need to Know



Every fall and winter, respiratory viruses begin to spread in our communities—but one virus in particular poses a high risk to babies.

In Canada, respiratory syncytial virus (RSV) is the leading cause of hospitalization for babies under 12 months of age with lung infections. While most children will get RSV before the age of two, babies under six months are at higher risk for serious illness.

What is RSV?
RSV is a common virus that affects the lungs and airways. For many people, it causes mild cold symptoms, but in babies, it can be more serious, causing severe respiratory illness and pneumonia.

"A lot of people think RSV is just another cold, but it can be very serious for babies," says Dr. Paul Roumeliotis, Pediatrician and Public Health Leader. "Some end up in the hospital needing oxygen to help them breathe, and even after they recover, it can lead to long term issues like asthma."

What are Your Options for Protection?
In Canada, families have options to help protect babies during their first RSV season:

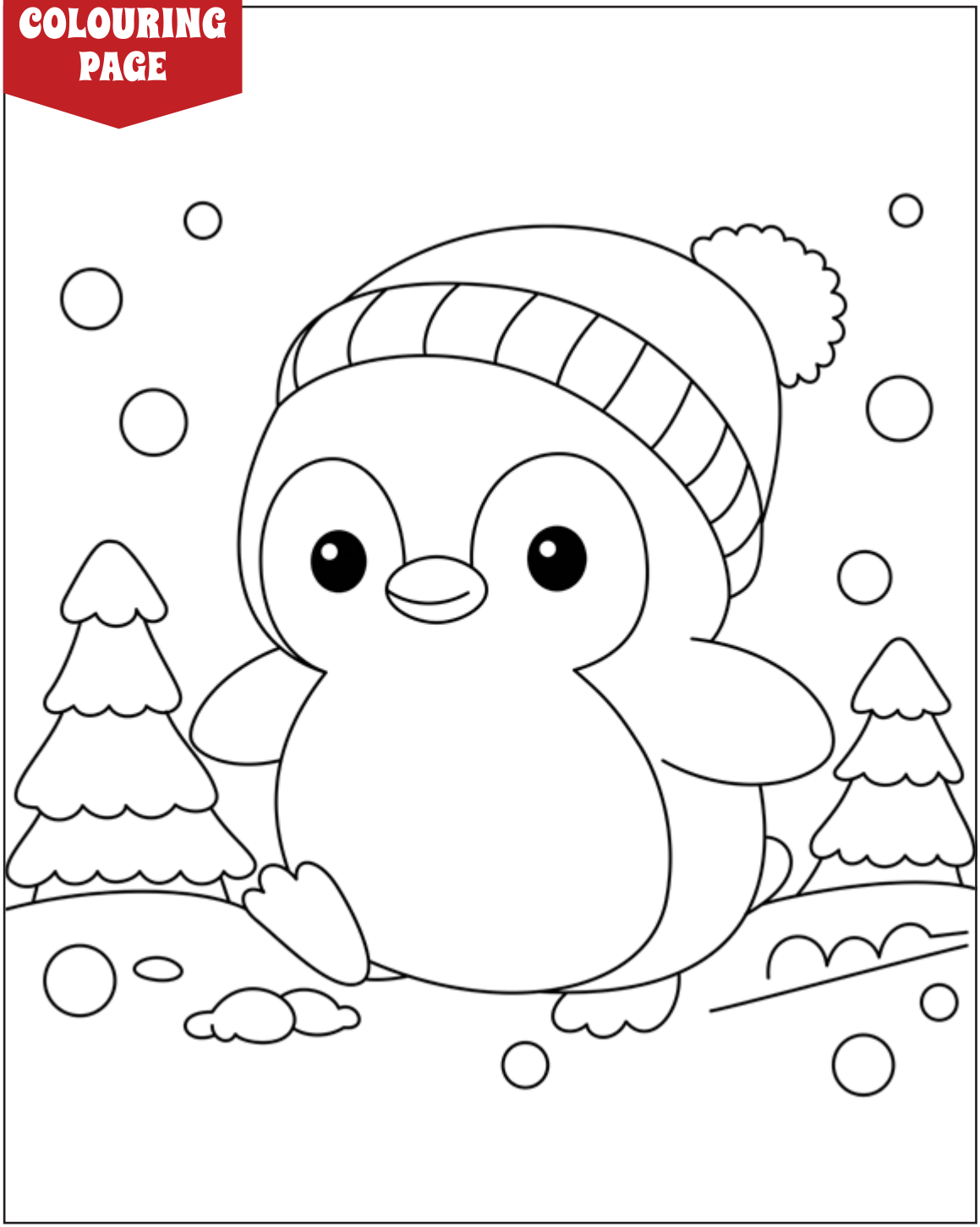
1. RSV Vaccine for Pregnant People: During RSV season, pregnant people can receive the RSV vaccine between 32 and 36 weeks of pregnancy.

2. RSV Immunizations for Babies: Depending on when they are born, babies can receive an RSV immunization either shortly after birth or at the start of RSV season.

This year, families in Alberta will have access to publicly funded RSV immunization for their infants, following new guidance from Alberta Health. The program will cover infants born from November through April.

Talk to a Healthcare Provider
If you're pregnant or have a new baby, having a conversation about RSV with your healthcare provider can help you stay informed and prepared.

COLOURING PAGE



Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles when their lights and sirens are activated. You can help all first responders navigate roads quickly and safely by following these basic rules.

When an Emergency Vehicle Approaches with Lights and Sirens Activated:

- If you're in the middle of an intersection, safely clear the intersection and then pull over to the right curb.
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- On one-way streets move to the nearest curb, either the right or left, and stop.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When Operating a Vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the road and the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is $390.00 and three demerit points.
- Do not follow within 150meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150m is nearly 1.5 times the length of a football field.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

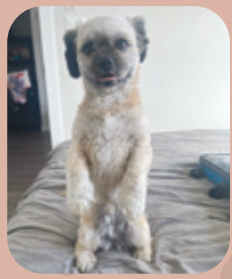
Michelle

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

Write It Forward

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Cats, Canines, & Critters of Calgary



Bean, *Seton*



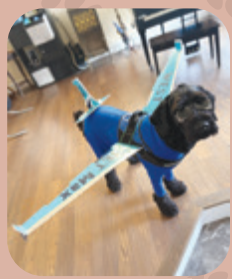
Coco, *New Brighton*



Ember, *Seton*



Kato, *McKenzie Lake*



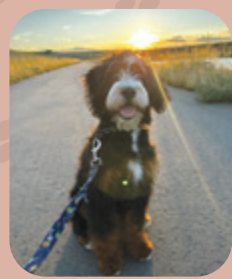
Max, *Signal Hill*



Teasha, *Huntington Hills*



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- **Municipal (City Councillor): 311 services (garbage, water, roads, parks), police, fire, ENMAX.**

Support with Federal Departments

My team can help you navigate issues with federal agencies such as the Canada Revenue Agency (CRA), Immigration, Refugees and Citizenship Canada (IRCC), and Service Canada (EI, CPP, etc.). If your file is delayed or you're having trouble getting answers, we can look into the matter and ensure your case is reviewed fairly. While we cannot influence decisions or offer legal or financial advice, we can help make sure all relevant information is considered.

Congratulatory Certificates

We offer certificates for milestone birthdays, anniversaries, and other special celebrations. We can also help request messages from the Prime Minister or Governor General when eligible. To ensure timely delivery, please contact us four weeks before the event.

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As your MP, I can notarize documents or commission oaths at no cost. Please provide about two weeks' notice, as availability may vary when the House is in session.

Visiting Ottawa?

If you're planning a trip to Parliament Hill, we can help arrange a tour or request tickets to Question Period (when the House is sitting). Please contact us at least two weeks in advance so we can confirm availability.

If you need support or have questions, reach out anytime—my office is here to help.

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