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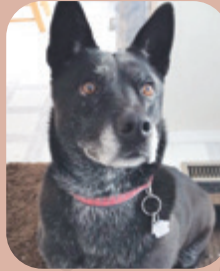
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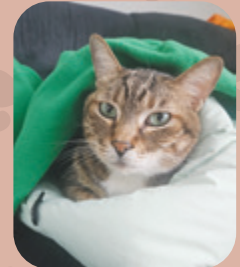
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- Installation of new tile flooring
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- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
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RPCA BOARD

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 Luhning treasurer@rutlandparkcommunity.com
Secretary	Acting Director secretary@rutlandparkcommunity.com
Infrastructure	Mark Yobb markyrobb@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



Two Rivers Flow Through Calgary

by Garth Paul Ukrainetz

Two rivers flow through Calgary
Two rivers we all know
Their source the Rocky Mountains
The Elbow and the Bow

They join at St. Pat's Island
Circle famous Calgary Zoo
Then continue on together
Through Alberta, blue and true

They wind along the prairies
Forge the soul of western plains
Brave the ice and snow of winter
Dance with spring and summer rains

Round each bend their water swirling
Past each field and farmer's plow
Until meeting with the Old Man
South Saskatchewan River now

Then on to Manitoba
Through Lake Winnipeg, still flow
Up the Nelson River northward
Into Hudson Bay they go

Yes, two rivers flow through Calgary
On their way to endless sea
Growing, changing on their journey
Just like you and just like me

DEVELOPMENT AND TRAFFIC REPORT

I would just like to highlight what has been happening and 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 have been meeting regularly with the City, Canada Lands, and Sarina Homes to come up with some traffic calming measures for 33 Ave SW between Crowchild and 37 St. A new roundabout is required for the entrance to Richmond Green Park/Quesnay Wood Drive. We want to make sure this corridor is considered wholistically. We are also pushing for a world class pedestrian corridor to connect the park space through to Marda Loop. Sarina Homes is playing an integral role in this project.

Thank you, Rosa M and all the Cleanup Day volunteers, for another hugely successful event! Special thanks as well to the Smith family for stepping up to cover the heavy lifting into the trucks. Over 13,820 kg of waste was collected. Thanks for your support!

As development activity in the community increases, we are seeing more traffic concerns. The police work on volume of incidents, so if you see traffic issues that are causing safety concerns, please take the time to send a Traffic Service Request to the following link, www.calgarypolice.ca/public-safety/traffic-and-road-safety/traffic-reporting.html.

We are also seeing a lot more graffiti around the neighbourhood. Please take a moment and report it when you see it. This can be done via the Calgary 3-1-1 App on your phone or computer. www.calgary.ca/311/mobile-app.html.

Work continues on the Hall. We are hoping to have work completed by the end of September and are planning on being able to host our AGM in the Hall this year. The date has not yet been set but would likely be November 23.

If you have not already signed up for our email updates, please do so at our website, www.rutlandparkcommunity.com. The City often gives us

very short notice for upcoming events, and this is the quickest way for us to reach you. Please also join us on Facebook—Rutland Park Community Association. Thank you for your ongoing support.

Leanne Ellis

Executive VP and Development and Traffic
development@rutlandparkcommunity.com




For all the latest news, events, updates, and community activity, please join us on Facebook. Search for Rutland Park Community Association. You'll immediately recognize us with our logo.



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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/.

Halloween Safety

by Alberta Health Services



As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.

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- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and establish a time for children to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not extend below your child's ankles.
- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.

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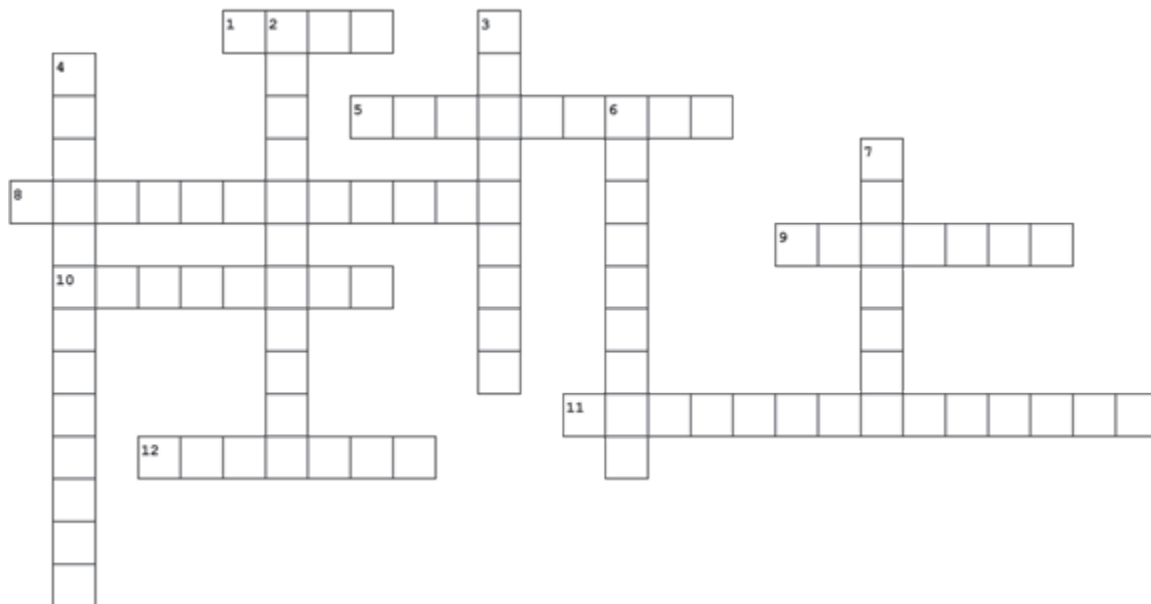
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www.canlearnsociety.ca/magic-carpet-ride

October Crossword



Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek myths.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



Beyond the Impression: Van Gogh and Post-Impressionism

by Kristina Quapp

Van Gogh is an artist that needs no introduction, but the style of his work is a different story. Vincent's style is commonly mislabelled as impressionist, where the more accurate classification would be post-impressionist. Impressionism is a 19th-century art movement that featured a strong focus on lighting, thick brush strokes, unblended colours, and everyday modern subjects painted outdoors (*en plein air*). As most art movements do, impressionism built upon the foundations of the realist movement which took place about 20 to 30 years prior. Realist painters preferred working *en plein air* as it allowed them to capture natural light and unvarnished everyday life, while pushing back on traditional academy standards that forced what some considered artificial compositions. While both art styles feature an emphasis on lighting and capturing the environment, impressionists did not focus as heavily on the realistic details.



Though Van Gogh's work certainly captures elements of impressionism such as thick brush strokes and vivid colours, his work often pushed the boundaries of impressionism. For example, Claude Monet, the founder of the impressionist movement, features large brush strokes, but the lighting

remains grounded. As can be seen in Monet's 1875 oil painting, *Woman with a Parasol*, the piece is heavily stylized. Brush strokes are visible and the hues are vibrant, but the edge light and shadow in front of the woman tells the viewer that Monet focused on



realism when capturing the atmosphere. In contrast, Vincent's *The Starry Night*—while it maintains *impasto* as Monet did—exhibits

even more vibrant colour contrast and his sentiment at the time, represented in weighty brush strokes. It's often conferred that *The Starry Night* is symbolic of Van Gogh's inner turmoil, given the swirling and turbulent skies, thick *impasto* brush strokes, and the large looming cypress tree outlined in red.

Vincent's *The Garden of Saint Paul's Hospital*, often referred to as *Leaf-Fall*, features inspired aspects from traditional Japanese woodblock prints. Van Gogh implements an elevated perspective and tree trunks that are abruptly cut off by the lower and upper edges of the canvas, eliminating the horizon line. These artistic choices create a compressed sense of space similar to the arrangements found in Japanese print designs.



Like the changing landscape around him, Van Gogh's work had moved beyond simply capturing a fleeting impression of the world. His colours became bolder, his brushwork more expressive, and his paintings increasingly shaped by emotion and personal interpretation. This October, as the leaves begin to fall, perhaps take a moment to look at the world around you—not only as it appears, but through the impression it leaves on you.

Divorce—Business Income is Personal Income

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse is the owner/operator of a business. In these families, the line between business income and personal income is often blurred. Many business owners (intentionally or not) often use their company credit cards and corporate money to pay for personal family and home expenses. As a result of this, the personal tax returns of a business owner often do not reflect their true personal income.

In the above scenario, the personal tax return of a business owner might show a very low amount of personal income, while their business tax return can show a very high amount of corporate earnings. It is also common to see personal expenses counted as “business expenses” on business tax returns. This is sometimes done intentionally so that CRA will think the business earns less and thus would be taxed less than it otherwise should be.

The mixing of personal/business income and expenses can cause significant problems in divorce cases. The amount a spouse must pay for child support and spousal support is often based on his or her reported personal income. A spouse who owns a business sometimes uses a false lower income amount on a personal tax return to argue they should pay a lower amount of support. Unfortunately, in many cases, the actual personal earnings power of the spouse is hidden within the business income.

Judges and divorce lawyers are keenly aware of situations where business owners try to muddle

their personal and business income. Fortunately, the law can protect vulnerable spouses and children in these cases. If a judge believes that a spouse is hiding income within a company, the business income can be used as the correct amount for determining support payments. Similarly, the law gives judges power to examine business expenses to ensure these are not actually personal expenses. In an Alberta divorce case, if a spouse is self-employed, he or she must demonstrate their business expenses are reasonable and that they are truly business expenses. If a self-employed spouse cannot show their business expenses are reasonable, a judge can add these expenses back into the spouse’s income amount. In these situations, the higher income level, after adding back in the unreasonable expenses, is used to determine that spouse’s support obligations.

It is also important to remember that many business-owning spouses are not intentionally hiding their income. The mixing of personal and business income can result from someone not understanding tax laws. Sometimes, a business owner is just too busy and is not paying enough attention to their personal/business spending patterns. However, whether intentional or not, divorce law is clear: business income and business expenses can both be used to determine the true personal earning power of a spouse.

Building Financial Confidence Through Action and Turning Insight into Momentum

by Karen Boudewyn, Senior Wealth Advisor



Over the past four parts of this series, we've explored how beliefs, cognitive biases, and emotions influence financial behaviour and how rewriting your financial story can open the door to better decisions.

Now we arrive at the most important step: Taking Action.

Awareness without action doesn't create change, and in personal finance it's not what we know that drive results, it's what we do.

Why Action Builds Confidence

Many people believe they need to feel confident before they take action. In reality, it works the other way around. Confidence is built through action. Small, consistent steps create evidence that you are capable of managing your financial life. Over time, this replaces hesitation with clarity and uncertainty with momentum. Without action, even the best plans remain ideas. With action, even small efforts begin to compound.

The Power of Small, Consistent Steps

Financial success rarely comes from one major decision. It's the result of many small decisions made consistently over time.

This might include:

- Setting up an automatic, monthly savings plan.
- Increasing investment contributions gradually.
- Reviewing your financial plan on a regular basis.
- Paying down debt with a structured approach.

Individually, these actions may feel modest. Collectively, they create meaningful progress. Consistency builds momentum and momentum builds confidence.

Reducing Friction in Financial Decisions

One of the biggest barriers to action is friction. Small obstacles that make decisions feel harder than they need to be.

This can show up as:

- Not knowing where to start.
- Feeling overwhelmed by too many options.
- Delaying decisions due to uncertainty.
- Relying on willpower instead of systems.

The solution is to simplify and automate wherever possible.

Helpful strategies include:

- Automating savings and investments.
- Creating clear, predefined financial rules.
- Breaking large goals into smaller, manageable steps.

When decisions become easier, follow-through becomes more consistent.

Turning Intentions into Systems

Intentions are important but systems are what create results. Instead of relying on motivation, build structures that support your goals.

For example:

- Rather than planning to “save more,” set up automatic contributions.
- Instead of “investing when the time feels right,” commit to a regular schedule.
- Rather than reviewing finances occasionally, schedule consistent check-ins.

Systems reduce the influence of emotion, helping you stay on track even when motivation fluctuates.

Progress Over Perfection

A common barrier to financial progress is the belief that decisions need to be perfect. They don't. Waiting for the perfect time, the perfect strategy, or the perfect amount often leads to inaction.

Progress is built through:

- Starting before you feel fully ready.
- Making adjustments along the way.
- Learning through experience.

Small, imperfect actions taken consistently will always outperform delayed perfection.

Staying Consistent Through Uncertainty

Markets will change. Circumstances will evolve. Emotions will come and go. Consistency is what creates stability through all of it.

This means:

- Continuing to follow your plan during market volatility.
- Avoiding reactive decisions based on short-term events.
- Staying focused on long-term goals.

Consistency doesn't eliminate uncertainty, but it helps you navigate it with greater confidence.

The Role of Accountability and Guidance

Taking action is easier when you're not doing it alone. Having a structured plan and an external perspective can help:

- Identify blind spots.
- Keep decisions aligned with long-term goals.
- Provide reassurance during uncertain times.
- Maintain accountability and momentum.

In many cases, progress accelerates when there is support and guidance along the way.

Financial confidence is not built through knowledge alone. It's built through the awareness of beliefs, biases, and emotions, a willingness to challenge limiting patterns and to have consistent, intentional action over time.

When these elements come together, financial decision-making becomes clearer, more confident, and more aligned with long-term success. Own Your Financial Mindset

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Alberta voters face a deeply consequential referendum on October 19.

The ballot has 10 questions covering issues ranging from immigration and voting requirements, to constitutional reform and Alberta's relationship with Canada.

The referendum is going to be a costly initiative with ballooning administration due to requirements for hand-counting ballots and recruiting 60,000 workers. It's estimated to cost between \$90 and \$130 million.

We know that a large majority of Albertans are strongly in favour of Alberta remaining in Canada, but voter turnout for referenda is historically quite a bit lower than during general elections. We have to reverse that trend on October 19.

I'm sure you've seen the street signs popping up all over Calgary-Currie; No to the Nine. Forever Canadian. Let Alberta Decide. For Alberta, For Canada. These are all various campaigns endorsing various positions on the 10 referendum questions.

It's important that you know where your elected representative sits on the issues. I have been unequivocal in my support for Alberta to remain in Canada.

I've also already ordered my mail-in ballot from Elections Alberta and am encouraging everyone to do the same. It takes just a few minutes to head over to elections.ab.ca or call 1-877-422-8683 to make the request. This way, you can take some time to review the questions carefully, consult credible sources and make your own informed decisions before mailing them back in the enclosed postage-paid envelope.

If you prefer to vote in-person, advance voting polls will be open from October 13 to 17. Go to elections.ab.ca to find those locations when they are announced.

On October 19, voting locations will be open from 9:00 am to 8:00 pm and electors must vote at their assigned voting location in their electoral division. You can find this information at elections.ab.ca.

Most importantly, don't sit this one out.

YOUR CITY OF CALGARY

Urban Forest Strategic Plan Update

by The City of Calgary



The City of Calgary held engagement for a new Urban Forest Strategic Plan (The Plan) this spring and a What We Heard Report summarizing findings is now available at calgary.ca/UrbanForestPlan.

The Plan's project team is currently reviewing and considering all feedback as they develop the new Plan. A status update, including the approach to finalizing a new Plan, will be provided by the end of 2026. This will include information about the timing of the What We Did Report, which will explain how public feedback helped shape the Plan. For all the latest information, please check back at calgary.ca/UrbanForestPlan.

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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

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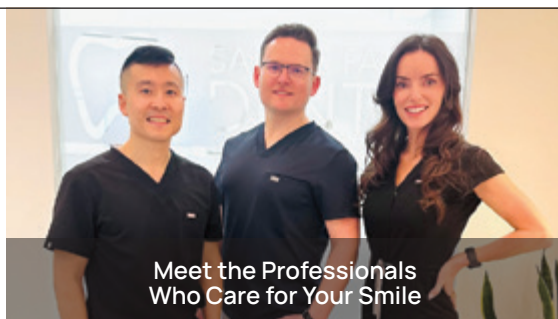
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