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Rosscarrock Community Association



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Visit us at rosscarrock.org or facebook.com/RosscarrockCommunityAssociation

RosscarrockCommunityAssociation

BOARD OF DIRECTORS and COMMUNITY CONTACTS

President	Lori	
Vice-President	Scott	
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Secretary	Susan	
Events	Lauretta	
Planning	Milad	
Communications	Lauretta	
Facilities	Vacant	
Director-at-Large	Vacant	
Hall Manager	Terry	info@rosscarrock.org
Community Social Worker	Kellie Nixon	kellie.nixon@calgary.ca

Board Meetings

Board meetings are held on the last Tuesday of each month.

Memberships

Support your neighbourhood by joining our community association. Membership fees (\$10 to \$20) help pay for events, programs, and maintenance of the community hall.

Discover the benefits of a membership and sign up today at rosscarrock.org/membership.

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Trivia: Calgary Edition

1. What year did the Calgary Flames win the Stanley Cup?
2. What was Calgary's original name?
3. What iconic indie pop duo hails from Calgary?
4. In 1969, what cocktail did Walter Chell invent in Calgary?
5. Who was Canada's flag bearer at Calgary's 1988 Winter Olympics?



**SCAN THE QR CODE
FOR THE ANSWERS!**



Rosscarrock Social Learn and Play Group

Thursday Mornings from 10:00 am to 1:00 pm

Are you a parent or guardian of young children? Come join us on Thursday mornings and enjoy a cup of coffee or tea while we engage in group discussions, participate in an interesting workshop, or have fun learning a craft together.

Children ages five and under are also welcome to come meet new friends while being supervised by one of our wonderful adult volunteers. Kids will be able to free play, learn a craft, or listen to a story, all while learning social skills and meeting new friends.

This is a free group, all workshops and crafts are free of charge. However, we encourage everyone to register at the link below so we can ensure we have enough volunteers to help the group run smooth.

Registration link: <https://bit.ly/RCAsociallearnandplay>.

RCA Corner Notes

For more updates, make sure to select your email preferences in your membership account to receive the monthly Rosscarrock e-newsletter.

We've Partnered with SkipTheDepot!

What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3.

1. Download the app and book a pickup using <https://app.skipthedepot.com/rosscarrock>
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SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!

Rosscarrock Community Fridge

The community fridge and pantry are always in need of more donations. Learn how to get involved by visiting rosscarrock.org.

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Fitness at Rosscarrock Community Hall

Gentle Movement Class with Rebecca is back.

\$5 drop in from 9:00 to 10:00 am every Tuesday.

Friday Gentle Yoga with Rebecca started Friday January 13.

9:00 to 10:00 am. \$5 drop in.



Rosscarrock Community Association
4411-10 Avenue SW Calgary
For Information Contact, Lauretta.
rcagoodfood@gmail.com or 587-224-4340

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*weights are approximate.

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Cash Payment Required When Ordering

Friday, December 30
Monday, January 23
Thursday, February 16
Monday, March 13
Monday, April 17
Monday, May 8
Monday, June 5
Thursday, August 3
Thursday, August 31
Monday, September 25
Monday, October 23
Monday, November 20

Pick-up at the
Rosscarrock Community Association
6 - 7 PM
Receipt Of Payment Required for Pick-up

Wednesday, January 11
Wednesday, February 1
Wednesday, March 1
Wednesday, March 22
Wednesday, April 26
Wednesday, May 17
Wednesday, June 14
Wednesday, August 16
Wednesday, September 13
Wednesday, October 4
Wednesday, November 1
Wednesday, November 29



Bored? Think Twice Before Taking That Facebook Quiz

from the Better Business Bureau



Social media is used as a fun distraction for some people, and taking a Facebook quiz may seem like a harmless way to pass the time. But are you giving away more information than you think?

How the scam works

A fun quiz pops up on your Facebook feed or another social media platform. A few questions are answered to prove how well you know a friend. Or a short personality test is offered to match you with a character from a favourite TV show.

These quizzes appear to be meaningless, but the intent behind them is to collect information. For example, questions like: "What was the first car you owned?", "What is your mother's maiden name?", or "What is the name of the street you grew up on?" These are common security questions for insurance, banking, and credit card accounts. Sharing this information can lead to accounts being hacked, and personal and financial information being stolen.

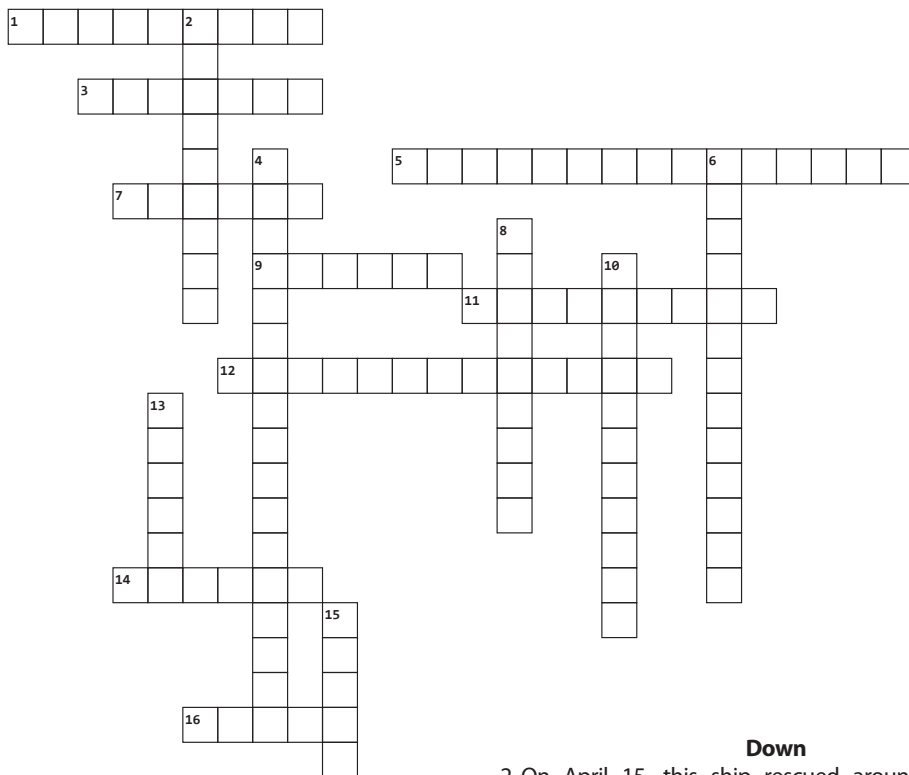
Not all social media quizzes are data collection scams; however, BBB cautions users to be careful about what they share online and to check the privacy settings on the account. Social media data and quiz answers can be used to steal identity or enable a scammer to impersonate you to your friends and family.

Tips to avoid social media scams

- **Be skeptical:** Before answering a quiz, figure out who created it. Is it a brand you trust? Just because something appears to be fun and innocent, doesn't mean there isn't an inherent risk.
- **Adjust privacy settings:** Review the social media account's privacy settings and be strict about any information that is shared - and be mindful of who you are sharing it with.
- **Remove personal details from your profile:** Don't share information like your phone number or home address on social media accounts.
- **Don't give answers to common security questions:** Be cautious if the questions in a quiz ask for things like your mother's maiden name, street you grew up on, previously owned vehicles, favourite foods, or the name of your high school.
- **Monitor friend requests:** Don't accept friend requests from people you don't know. Also be wary of a second friend request from someone you are already connected with; the second profile may be an imposter trying to access your data and your friends list.

Read more at [BBB.org](https://www.bbb.org).

April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April'.
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dæges-eage'.

SCAN THE QR CODE FOR
THE ANSWER KEY



Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indes” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tps. honey
- 1 ½ tps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!

27 Ways to Say No

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

Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.
- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions.



Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

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**MLA Calgary-Currie
Nicholas Milliken**

Minister of Mental Health & Addiction
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✉ calgary.currie@assembly.ab.ca



Dear Neighbours,

Alberta's government presented Budget 2023: Securing Alberta's Future.

With a forecast surplus of \$2.4 billion, and an economy poised to lead the country in economic growth, Budget 2023 is an opportunity for the government to invest in Alberta's future. Alberta's responsible fiscal management over the last three years made this possible – growing the economy, creating good paying jobs, strengthening health care and education, and keeping communities safe.

Alberta's government is setting new records for spending in health care. Our province has the best front-line health-care workers in the world and Budget 2023 provides the right supports to ensure Albertans get the care they need when and where they need it. An additional \$965 million in operating expense this year will help build a stronger healthcare system and ensure that government can do what's needed to improve wait times for ambulance services, emergency rooms, and surgeries. The budget also includes \$158 million this year to attract, recruit, and train more doctors and nurses, with a focus on family physicians for rural areas.

Your government is growing and diversifying Alberta's economy. According to a recent report from the Canadian Venture Capital and Private Equity Association, Alberta smashed its venture capital investment record for the fourth year in a row, attracting \$729 million in investment in 2022 – a 30% increase over 2021. The increase in year-over-year values stands in stark contrast to Canada as a whole, which saw a near 30% decline in venture capital dollars invested in 2022.

Alberta is attracting big names in the technology world and undoubtedly, 2023 will be another big year for our technology and innovation sector. That means more high-paying jobs for Albertans. Calgary Herald business writer Chris Varcoe recently wrote that "despite a global slowdown and layoffs in the [technology] sector, Alberta technology companies continue to attract the interest of investors." And Alberta Enterprise Corporation President and CEO Kristina Williams said, "Alberta's tech sector has become a force to reckon with in Canada and beyond."

Government is also setting up Indigenous communities for success. Fourteen Indigenous community-owned businesses are receiving an economic boost through the Aboriginal Business Investment Fund. Five million dollars in grants will be distributed through the fund, supporting the growth of Indigenous communities, community-led job creation, and economic development. Grants will go toward capital costs like equipment purchases and infrastructure builds.

Best wishes for a wonderful spring as well as a happy Easter.

Regards,

Nicholas Milliken

MLA for Calgary – Currie

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