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Rosscarrock Community Association



4411 10 Ave SW, Calgary, AB T3C 0L9
403-242-0212 or info@rosscarrock.org
 Visit us at rosscarrock.org or facebook.com/RosscarrockCommunityAssociation

BOARD OF DIRECTORS and COMMUNITY CONTACTS

President	Lori	
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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.



Nicholas Milliken
Your MLA for Calgary-Currie

PRIORITIES

- ✓ ADDRESS AFFORDABILITY
- ✓ STRENGTHEN HEALTHCARE
- ✓ IMPROVE EMS RESPONSE TIME
- ✓ ENHANCE MENTAL HEALTH AND ADDICTIONS TREATMENT

calgary.currie@assembly.ab.ca 

Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



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.

Volunteers Needed

Do you have spare time that you don't know what to do with? Consider volunteering with Rosscarrock Community Association.

We are looking for people who enjoy meeting new people and want to be more involved in the community. We are currently looking for individuals to volunteer for several upcoming events as well as our casino fundraiser on January 1 and 2.

Contact Laretta at events@rosscarrock.org if you are interested in volunteering for any event or joining a committee.



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>
2. Place your bags outside
3. Receive a refund or donate to us!

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.

To View Additional Rosscarrock Content

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and More...

SCAN HERE





New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

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Fitness at Rosscarrock Community Hall

Starting January 10, Gentle Movement Class with Rebecca is back.

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

Friday Gentle Yoga with Rebecca Starts Friday January 13.

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

Fly Safely on Your Vacation

from the Better Business Bureau



Are you thinking about traveling by air for a few days?

Before Clicking the Button to Buy Tickets, BBB Recommends the Following:

- Check current requirements for domestic and international travel. In Canada, look for Canadian travel advisories.
- Make sure everyone who is traveling has the appropriate ID. Make certain parties traveling together have a current compliant ID as required by the provinces or countries you're traveling to.
- Read all cancellation policies carefully. Not all situations require a full refund of the ticket value and fees if your flight is canceled. Each online travel agency, airline, and broker is different.
- Book tickets only after reviewing travel restrictions. Save time and stress by reading the updated status of restrictions on the Health Canada website.
- Consider trip insurance. Have a complete understanding of what the policy does and does not cover.

- Be an informed traveler. Refer to the Department of Transportation website for details on consumer issues, filing complaints, and other aviation information.
- Avoid hidden fees. Read the fine print!

Flying isn't the only aspect of your trip to consider.

Here Are Some Other Travel-Related Resources from BBB:

- **Rental cars:** Make your next car rental experience a little easier.
- **Hotel rooms:** Learn what to keep in mind when booking a hotel room.
- **Travel agents:** Know what to look for in a travel agent and find one near you.

During the holiday or any time of year, find ways to travel safely and avoid scams. If you plan to travel to or from Canada, check for travel advisories. Remember to report any suspicious activities to BBB Scam Tracker and sign up for Scam Alerts.

For more information go to [BBB.org](https://www.bbb.org).

Rosscarrock Social Learn and Play Group

Thursday Mornings from 9:30 until 11:00 am

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>.

Good Food Box

Great news! The Good Food Box is coming to Rosscarrock Community Association!

January Order Day is January 22

Come in person to Rosscarrock Community Hall between 10:00 and 11:00 am or 6:00 and 7:00 pm on order day to order and pay for your Good Food Box. All orders are cash only.

Pick Up is February 1

Pick up is at Rosscarrock Community Hall. Hours of pick up are noon until 1:00 pm or between 6:00 and 7:00 pm.

Next order day is February 18 and pick up of this order will be March 1.



VOLUNTEERS NEEDED

CASINOS ARE AN IMPORTANT PART OF RCA FUNDRAISING AND WE NEED YOUR HELP TO MAKE IT IS FUNDRAISING EVENT A SUCCESS

IF YOU ARE INTERESTED IN VOLUNTEERING AT OUR CASINO JANUARY 1ST & 2ND, 2023 AT COWBOYS CASINO, 42112 AVENUE SE, PLEASE CONTACT INFO@ROSSCARROCK.ORG OR 403.947.0210.



FEDERATION OF
CALGARY COMMUNITIES

Protect Yourself from Identity Theft

A message from the Federation of Calgary Communities

Identity theft occurs when your personal information is collected and used by persons without authorization to do so.

The result of this illegal activity includes, but is not limited to, applications in your name being made for credit with financial institutions, retail outlets, mortgage companies, etc. Once your identity is compromised, it may take tremendous amounts of effort on your part to restore your good name and credit rating.

Tips on how to reduce your chances of becoming a victim of identity theft include:

- Before you reveal any personal identifying information, find out how it will be used and if it will be shared with others.
- Pay attention to your billing cycles. Follow up with creditors if your bills do not arrive on time.
- Guard your mail. Deposit outgoing mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Ensure mail is forwarded or re-routed if you move or change your mailing address.
- Utilize passwords on your credit card, bank, and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, the last four digits of your SIN, or your phone number.
- Minimize the identification, personal information, and number of cards you carry.
- Do not give personal information on the phone, through the mail, or over the internet unless you have initiated the contact or know with whom you are dealing.
- Keep items with personal information in a safe place. An identity thief may pick through your garbage or recycling bins. Be sure to tear or shred receipts, credit applications, insurance forms, physician statements, and credit offers you get in the mail.
- Give your SIN only when absolutely necessary. Ask to use other types of identifiers when possible.
- Do not carry your SIN card or birth certificate; leave them in a secure place.
- Become familiar with schemes such as Phishing and Vishing which are designed to glean personal information from you via the Internet or telephone.

Reference: Calgary Police Service. (n.d.).
16032-CalgaryScamsBooklet. In CalgaryScamsBooklet
1F LowRes.



Rosscarrock Real Estate Update

Last 12 Months Rosscarrock MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2022	\$ 539,900	\$ 550,000
October 2022	\$ 549,900	\$ 538,000
September 2022	\$ 674,900	\$ 667,000
August 2022	\$ 624,450	\$ 591,500
July 2022	\$ 299,750	\$ 271,250
June 2022	\$ 672,450	\$ 669,950
May 2022	\$ 739,900	\$ 712,500
April 2022	\$ 594,950	\$ 610,000
March 2022	\$ 674,450	\$ 695,000
February 2022	\$ 639,900	\$ 666,900
January 2022	\$ 584,900	\$ 586,250
December 2021	\$ 590,000	\$ 580,000

Last 12 Months Rosscarrock MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2022	4	7
October 2022	3	1
September 2022	6	3
August 2022	9	4
July 2022	4	2
June 2022	5	8
May 2022	4	3
April 2022	14	10
March 2022	13	10
February 2022	11	10
January 2022	7	10
December 2021	2	5

To view more detailed information that comprise the above
MLS averages please visit [rossmycalgary.com](https://www.rossmycalgary.com)

Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!



The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

MLA Calgary-Currie
Nicholas Milliken

Minister of Mental Health & Addiction
#211, 1608 17th Avenue SW, Calgary, AB
T2T 0E3
☎ 403-246-4794
✉ calgary.currie@assembly.ab.ca



Dear Neighbours,

Your government is working hard to support you. In fact, in 2022 the government's commitment to fiscal discipline and economic growth allowed for unprecedented economic development and recovery. However, some of Alberta's most vulnerable communities are still struggling. To help these Albertans, the government is working on Bill 2. Upon successful passage, Bill 2 will increase supports for individuals on Assured Income for the Severely Handicapped (AISH), Persons with Developmental Disabilities (PDD), and Income Support monthly benefits. As an example, AISH recipients will see their benefits indexed to inflation, and will receive six monthly payments of \$100, for a total of \$600 in additional support.

I've also heard from many seniors and families that the rising cost of living has had an impact on your day-to-day life. Government is focused on finding solutions that will make a real difference. That's why we're raising the Alberta Senior's Benefit and the Alberta Child and Family Benefit. Families and seniors with household incomes below \$180,000 per year will receive six monthly payments of \$100, for a total of \$600 in additional financial support for seniors and \$100 per dependant child under 18 years of age.

Your government understands the far-reaching impact that this inflation-driven affordability crisis is having on all Albertans. As a result, we have extended the Fuel Tax Relief Program, pausing the 13-cent provincial fuel tax so you can save at the pumps. Also, we expanded the Electricity Rebate Program, putting up to \$500 back into the pockets of Albertans, and we're reindexing personal income tax, meaning most people will receive a higher refund or owe less tax for 2022. But we're not stopping there. Government is also helping low-income Albertans with the cost of transit and providing millions of dollars to Food Banks supporting those most in need.

As we head into a new year, know that I will continue working hard to support you and our entire community here in Calgary-Currie. I hope you had the opportunity to spend time with loved ones over the holidays and I wish you and your family all the best for a healthy and prosperous new year.

Nicholas Milliken MLA
Calgary – Currie



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TAKE ON WELLNESS

What is Monkeypox?

from Alberta Health Services

Monkeypox is a rare disease caused by the Monkeypox virus. It can infect humans. It's usually mild and most people recover on their own after a few weeks. However, some people can get very sick and even die.

Early symptoms may include:

- Fever
- Chills
- Swollen Lymph Nodes
- Headache
- Muscle Pain
- Joint Pain
- Back Pain
- Exhaustion (Feeling Very Tired)

Most people with Monkeypox infection will get a rash or sores on their hands, feet, mouth, and genitals. The rash can last 14 to 28 days. You can spread Monkeypox to others from the time your symptoms start until the rash goes away and your skin heals.

Who is most at risk?

You're at risk if you have close contact with someone who has Monkeypox (for example, you live with the person or have sexual contact with them). You may be at higher risk of getting very sick if you:

- Have a weak immune system
- Are under 18 years old
- Are pregnant

How does it spread?

Monkeypox spreads through close contact with someone who has Monkeypox. It may also spread if you have contact with bedding, sheets, or clothing that touches the rash and has virus on it. The virus enters the body through broken skin or your eyes, nose, or mouth.

How can I prevent Monkeypox from spreading?

- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Don't touch your face, nose, or mouth with unwashed hands.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you're sick or have skin sores.
- Practice safer sex (use condoms or other barriers against skin-to-skin contact).
- Avoid close contact with people who have Monkeypox and their clothing, towels, or bedding.

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Please visit
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for more information.

