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SCAN THE QR CODE BOOK								

FOR THE SOLUTION

RESIDENT PERSPECTIVES



Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the

family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

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

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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.

 \pm

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

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.

Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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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

Small Box - \$25

Medium Box - \$30

Large Box: \$35

15 - 20 lbs*

25 - 30 lbs*

35 - 40 lbs*

Rosscarrock Community Association

Receipt Of Payment Required for Pick-up

Each Good Food Box contains a combination of fruits and vegetables. The content varies monthly due to seasonal availability. *weights are approximate.

Order In-Person At The **Rosscarrock Community Association** 10 - 11 AM Or 6 - 7 PM 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, November 20

Monday, October 23

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

Pick-up at the

12-1 PM Or 6-7 PM

Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

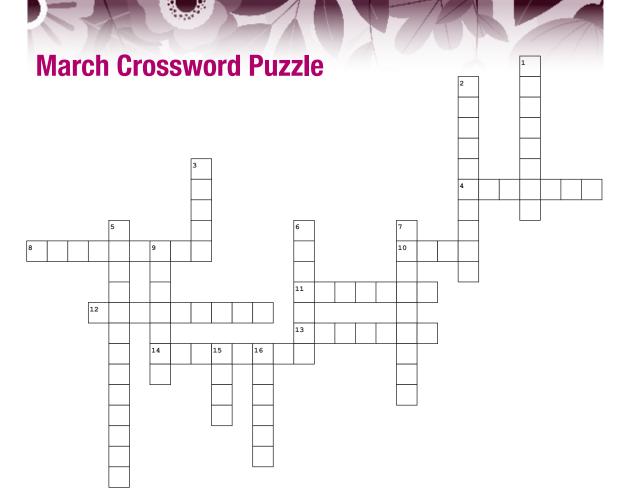
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem a missing recipe card or ingredient, for

- example you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.
- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





Down

- 1. March's birth flower
- 2. This best-selling French-Canadian singer was born on March 30, 1968
- 3. You get pinched if you don't wear this
- 5. Both a dessert and a celebration of mathematics that takes place on March 14
- 6. The saint most popularly associated with March 17
- 7. Popular chocolate and what you might find at the end of a rainbow
- 9. This children's author and cartoonist was born on March 2, 1904
- 15. Roman god of war who shares a name with this month
- 16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

- 4. This day signals the start of spring in the northern hemisphere
- 8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
- 10. On March 6, we celebrate this cookie's 111th birthday
- 11. According to ancient Greeks and Romans, this was believed to be a path from the gods
- 12. An important international holiday celebrating gender equality
- 13. Each March, this city's river is dyed green
- 14. Another word for a three-leaf-clover

SCAN THE QR CODE FOR THE ANSWER KEY





The island of Dominica in the Caribbean Sea is home to a flooded fumarole (a vent for volcanic gases) full of hot, bubbling water and vapour. The hike to this World Heritage Site is treacherous and involves trekking through boiling, muddy forests and sulphuric gas. Although it's beautiful and otherworldly, visitors beware!

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GAMES & PUZZLES

St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



- 1. What country is St. Patrick the patron saint of?
- a. Canada
- b. Ireland
- c. Scotland
- 2. According to Irish lore, what did St. Patrick drive out of Ireland?



- a. Snakes
- b Rats
- c. Witches
- 3. What colour is worn on St. Patrick's Day?
- a. Blue
- b. Red
- c. Green
- 4. What date in March is St. Patrick's Day?
- a. March 1
- b. March 16
- c. March 17
- 5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?
- a. 13,000,000
- b. 1,300,000
- c. 1.000.000
- 6. What is St. Patrick's nickname?
- a. St. Paddy
- b. St. Pattv
- c. St. Irish
- 7. When and where was the first St. Patrick's Day parade held in Canada?
- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

SCAN THE QR CODE FOR THE ANSWERS!



RESIDENT PERSPECTIVES

The Children of Weather

by Ananya Mirok, Grade 5



Icicles are like shards of glass growing on the windowpane Wind whirls around it as it goes Trees put on its coat of snow The pine dances in the air Doing the waltz with the snow The frost lands lightly on the hill Chilly wind sways the trees and bends the leaves Sparks of snow, fall so bright Glittering even in the night The only colour is grey and white Throughout the day and in the night

The snow is now melting Frost is all gone Ice is slipping off the bark And now it's dawn Sprouts and beans are growing now The butterflies are flying around Petals are growing but not here yet People are planting, knees on the ground Seedlings are hatching, growing right now Caterpillars are crawling around Eating every leave in sight With the butterflies in the sky They wish they could take to flight

Petals in the sky Blossoms in my eye Day as bright as light As well as in the night Sky as blue as the sea But is lighter than thee Birds are coming back And that is a fact In the warmth and light The sun comes very bright At the beach we play In the hotness of the day Greenest grass in all the land Same with the trees and leaves Summer is coming to an end That means school will start again

The smell of apple pie walks through the air Filling our nostrils with the scent of cinnamon We see streaks of colour hitting the ground All the leaves floating around Autumn is leaving us once more Winter is now walking through the door

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Dear Neighbours,

I would like to share with you some good news, Imperial Oil is investing \$720 million to build a new renewable diesel facility – the largest facility of its kind in Canada.

Due to Alberta's competitive taxes, skilled workers, and strong economic outlook, our province continues to be a top destination for investment. This significant capital commitment from Imperial Oil shows our plan is working to attract investment and grow the economy. An estimated 600 construction jobs will be created, not to mention all the indirect economic benefits. It also shows industry's innovation technology leadership, with Alberta's support, reducing emissions in Canada and around the world.

Initial construction on the project has already begun. The project will use vegetable oils — including canola, safflower, sunflower, and soy — and "blue hydrogen" that's produced from natural gas (combined with Carbon Capture Usage Storage "CCUS" technology) to produce renewable diesel. Once it is completed in 2025, the facility will be capable of producing about 20,000 barrels per day.

Another good piece of economic news to share is that Moody's Investors Service upgraded its credit rating for Alberta to Aa2 (stable outlook) up from Aa3 (positive outlook). Alberta's excellent financial management and strong economic performance has been recognized by this upgraded credit rating.

After years of successive downgrades under the previous government, the current government's commitment to increased savings, reduced debt, and a balanced budget have continued to generate stability and prosperity for Alberta, and frankly, all of Canada. This credit upgrade speaks volumes about our responsible decisions to invest in health care, help businesses, and create more jobs for Albertans. Your government will continue to be unrelenting in its focus on investment attraction, economic growth, diversification, and job creation.

This positive economic news reflects the hard work of all Albertans, including the residents of Calgary-Currie. I will continue to work hard to maintain this momentum.

Regards,

MLA Nicholas Milliken

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South Calgary Community

Clothing GIVEAWAY



Saturday, May 6, 2023 10:00 am to 1:00 pm

380 MIDPARK BLVD SE All Saints Lutheran Church