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RESIDENT PERSPECTIVES

World Kindness Day

by Danielle Robbertze

World Kindness Day is being celebrated this year on November 13.

The word "kindness" was first used in the year 1201. From the beginning, the word kindness was defined, according to the etymological dictionary, as "friendly, deliberately doing good to others; compassionate". The word appears in early scriptures and songs of various religions and cultures across the world.

The definition of kindness may differ from one person to another but there is one thing that I think many people can agree on - kindness is an expression of compassion. Kindness is how we show humanity.

There are so many ways we can express kindness to one another especially on this day. Ways which will only take a few minutes out of your day and will not ask too much from you. A simple smile to a stranger, a thank you to a bus driver, an embracing hug to a loved one or an uplifting comment to a coworker.

People may not overtly express their gratitude for your kindness but deep down it is something that could make their day just a little bit better. You never know how your kindness can affect others in positive ways. Expressions of kindness can not only make another person feel better, but they can also make you feel just as special.


Kindness is universal, open to anyone to express or receive. Kindness is not only abstract, it is also physical, spiritual, and visible.

I leave you with these words from the Greek storyteller, Aesop: "No act of kindness, no matter how small, is ever wasted".



THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.



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

RosscarrockCommunityAssociation

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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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ROSSCARROCK SKILL SHARE OPPORTUNITY



Are you an artist? Do you love to paint? We are looking for a resident in RossCarrock who has a background in painting and would be willing to teach their skills to residents in RossCarrock. The art created would be placed in our community hall.

If this is something you are interested in, please reach out to our community social worker, Kellie Nixon, at Kellie.Nixon@calgary.ca.



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.

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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.

Cats, Canines, & Critters of Calgary



Bisous, Deer Run



Fergus, Willow Park



Nacho, Panorama Hills

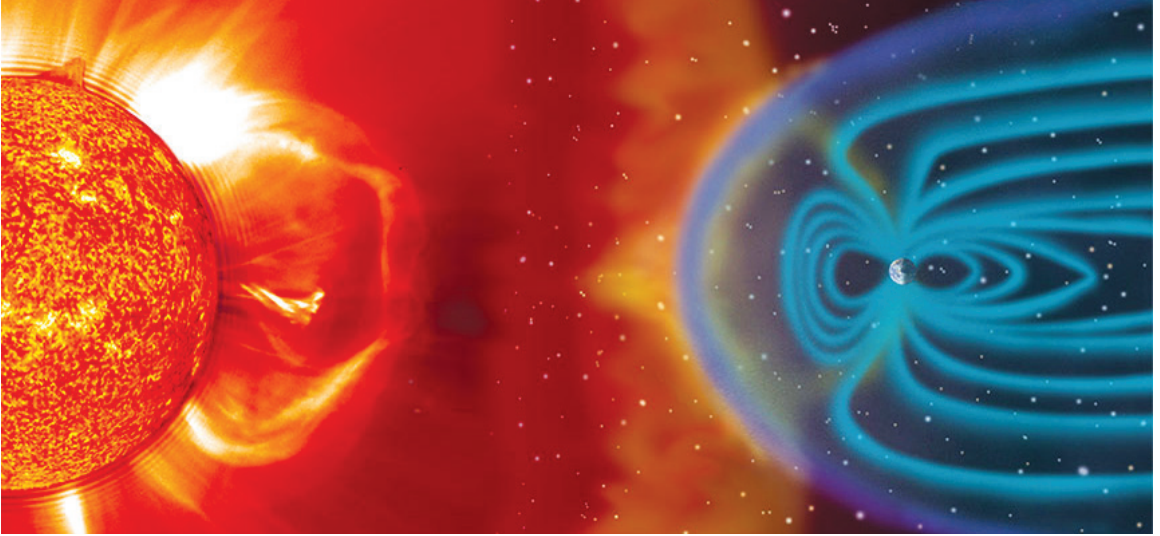


Marley, Brentwood

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The Sun: Our Friend and Sometimes Foe

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.



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 with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

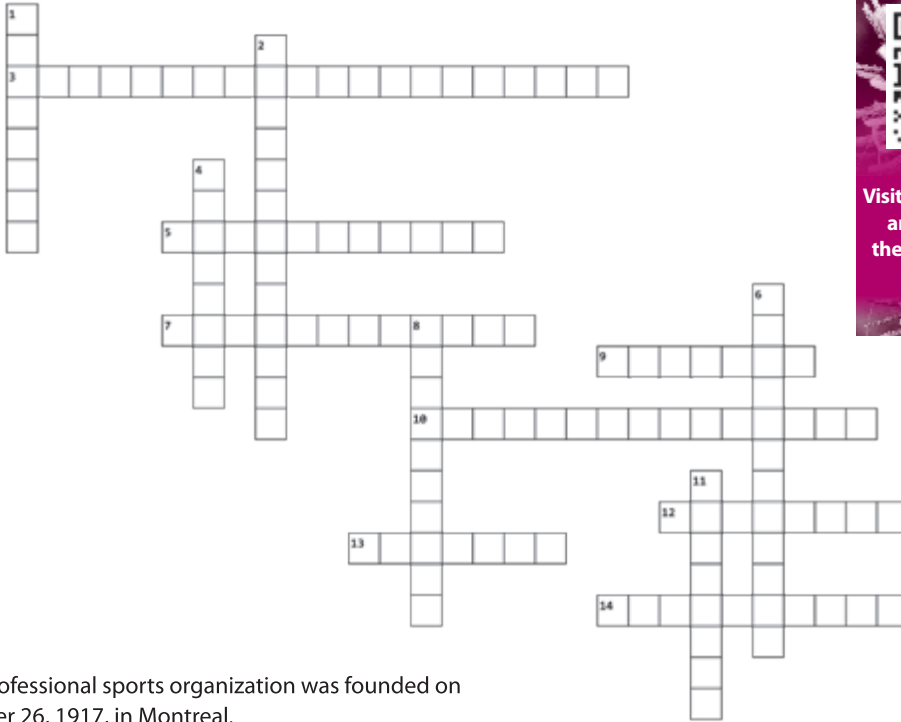
- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- 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., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is 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 roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

November Crossword



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

Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.

5. Born on November 12, 1980, but he's just Ken.

7. November is National _____ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.

9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto _____.

10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.

12. This month is the only month used in the 26-letter NATO phonetic alphabet.

13. Pink Floyd's iconic 11th album, _____, was released on November 30, 1979.

14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male _____ onboard; thankfully, he survived the three hour and 20-minute space flight.

Down

1. On World _____ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.

2. November's official flower, which originates from East Asia.

4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.

6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.

8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.

11. The reason people grow moustaches in November.



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9							1	8
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Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!



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What is Dyslexia?

by Alberta Health Services

Dyslexia is a specific learning disorder in reading. It means a person has difficulty reading, recognizing, and understanding words.

Having dyslexia doesn't mean that you or your child's ability to learn is the problem. It means that you learn in a different way. Not being able to read easily can make many areas of learning harder.

What causes it?

Experts don't know for sure what causes dyslexia. But it often runs in families. Learning issues can also develop after a brain injury.

What are the symptoms?

Signs of dyslexia may include:

- Difficulty reading or sounding out words.
- Having a hard time with spelling or writing.
- Reading slower than what is expected at your child's age.
- Difficulty remembering number facts.

After a child starts school, signs of dyslexia include:

- Problems reading single words, such as a word on a flash card.
- Trouble sounding out words.
- Understanding is better if someone reads to them, rather than reading the material themselves.
- Having to read something many times to understand it.
- Losing their place when they read or skipping words.
- Problems linking letters with sounds.
- Confusing small words, such as "at" and "to."

Dyslexia is not caused by vision problems or other conditions.

How is it diagnosed?

A doctor or school professional may ask you and your child's teachers what signs of dyslexia you've noticed. An educational evaluation can be done through your school. Another option is to have a psychologist do an assessment to look at how your child thinks and learns. This can happen through your school, at a health clinic, or in the community.



How is dyslexia treated?

Dyslexia will never fully go away, but early treatment during childhood can help. Support from family, teachers, and friends is also important.

The first step is to talk with your school to find the areas that are difficult for your child. An assessment by a psychologist can look at how your child learns, which can help in creating a learning plan for your child's needs.

Help your child

Children who have dyslexia may need emotional support for challenges they face. Here are some ways parents and caregivers can offer encouragement.

- Learn about dyslexia. Learning more can help you better understand and help your child.
- Recognize and teach to your child's areas of strength. For example, if a child understands more when listening, let the child learn new information by listening to an audiobook. If you can, follow up with the same story in written form. Text-to-speech applications on tablets or computers can also support learning.
- Encourage your child to keep trying. There may be things they will struggle with. Help them understand that struggles can lead to success.
- Help your child learn how to cope with school. Your child may need to learn how to manage their schedule, organize work, and complete multiple assignments and long-term projects.
- Consider counselling if your child needs more support. If you think your child has self-esteem problems related to dyslexia, counselling may help.



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