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- Multiple different mat sizes available to suit your unique work environment





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# Rosscarrock 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			
Vice-President	Scott			
Treasurer	Gennaro			
Secretary	Vacant			
Events	Vacant			
Planning	Milad			
Communications	Vacant			
Facilities	Vacant			
Director-at-Large	Susan			
Director-at-Large	Gary			
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.

## ROSSCARROCK SKILL SHARE OPPORTUNITY

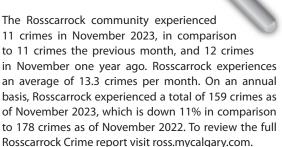
Are you an artist? Do you love to paint? We are looking for a resident in Rosscarrock who has a background in painting and would be willing to teach their skills to residents in Rosscarrock. The art created would be placed in our community hall.

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



#### **CRIME STATISTICS**

Rosscarrock Crime Activity was Unchanged in November 2023



How To Report Crime In Rosscarrock: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

#### **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.

#### **☑ CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

9 PM ROUTINE



# GOOD FOOD BOX ROSSCARROCK DEPOT

CONTACT LAURETTA @ 587-224-4340 EMAIL rcagoodfood@gmail.com

Small Box \$30.00 Medium Box \$35.00 Large Box \$40.00

ORDER OPENING DATE	PICK UP DATE
Jan 5th 2024	Jan 17th 2024
Jan 26th 2024	Feb 7 <sup>th</sup> 2024
Feb 23th 2024	Mar 6 <sup>th</sup> 2024
Mar 28th 2024	April 10th 2024
Apr 19 <sup>nd</sup> 2024	May 1st 2024
May 17th 2024	May 29th 2024
June 7th 2024	June 19th 2024
NO BOX IN JULY	NO BOX IN JULY
Aug 9th 2024	Aug 21st 2024
Sept 6th 2024	Sept 18th 2024
Sept 27th 2024	Oct 9th 2024
Oct 25th 2024	Nov 6th 2024
Nov 22th 2024	Dec 4th 2024

#### **ORDER PROCESS:**

Please email your First and Last Name along with phone number

And the number of adults, children or seniors in your household to rcagoodfood@gmail.com

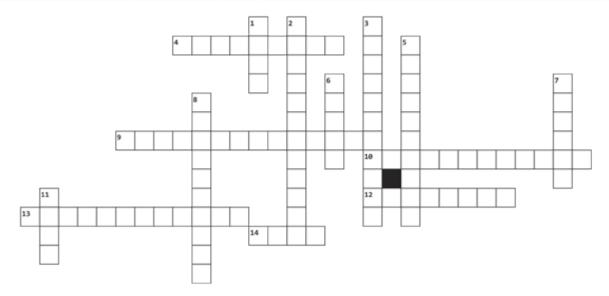
And the size of the box you wish to order. This must be done each time you place an order. Then send etransfer to rcagoodfood@gmail.com

Pick up is at Rosscarrock Community Association Office at 6:00pm to 7:00pm ONLY on the pickup date.

\*\*Note There is no holding of boxes as there is no storage. All boxes MUST be picked up by 7:00pm or they will be donated to Rosscarrock Community Fridge

It is your responsibility to pick up your box during the pickup window no phone calls or reminders are given on pick up day

## January Crossword



#### Across

- 4. Every year on January 11, Sir John A. \_\_\_\_\_ Day is observed in Canada.
- 9. Premiering on January 6, 1975, this game show features multiple contestants working with the alphabet to try and solve a puzzle. It has 41 seasons.
- 10. In 1904, the first New Year's celebration was held in Times Square to celebrate the new headquarters of this popular publishing company.
- 12. January is known for being the coldest month in this hemisphere.
- 13. Before being turned into a film, *The Girl on the Train* was written by \_\_\_\_\_ and published on January 6, 2015.
- 14. Born on January 25, 1981, this talented Alicia sings "No one" and "If I Ain't Got You".



#### Down

- People born between December 22 and January 22 are considered Capricorns. Interestingly, this word comes from 'Capricornus' which means in Latin.
- 2. A true Canadian icon, this former hockey player was born on January 26, 1961, and holds the nickname "The Great One".
- 3. This gruelling survival film came out on January 8, 2016, finally winning Leonardo DiCaprio his long-awaited Oscar.
- 5. This British singer songwriter was born on January 10, 1945, and is known for his raspy voice and his album *Every Picture Tells a Story*.
- 6. This two-faced God is the symbol of January in ancient Roman myth.
- 7. This stone is the official birthstone for January and is meant to keep you safe when travelling.
- 8. On January 25, 1961, Disney put out the spotted masterpiece, *101* \_\_\_\_\_\_.
- 11. This iconic single from Canada's own Justin Bieber features Ludacris and was released and available for digital download on January 18, 2010.

#### **Sledding Safety**

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### **Equipment**

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- · Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- · Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- · Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

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#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and togues to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed



#### SCAN HERE TO VIEW ADDITIONAL ROSSCARROCK CONTENT

News, Events, & More









#### Rosscarrock Real Estate Update

Last 12 Months Rosscarrock MLS Real Estate Sale Price Update

	Average Asking Price			
November 2023	\$769,000.00	\$757,000.00		
October 2023	\$489,999.00	\$491,000.00		
September 2023	\$739,900.00	\$710,000.00		
August 2023	\$805,000.00	\$791,500.00		
July 2023	\$659,900.00	\$655,000.00		
June 2023	\$684,900.00	\$685,000.00		
May 2023	\$650,000.00	\$635,000.00		
April 2023	\$517,000.00	\$517,000.00		
March 2023	\$747,350.00	\$748,500.00		
February 2023	\$794,450.00	\$799,500.00		
January 2023	\$562,450.00	\$550,500.00		
December 2022	\$579,950.00	\$566,500.00		

## Last 12 Months Rosscarrock MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold		
November 2023	4	5		
October 2023	5	5		
September 2023	10	7		
August 2023	1	5		
July 2023	5	9		
June 2023	14	8		
May 2023	10	8		
April 2023	9	7		
March 2023	6	10		
February 2023	7	8		
January 2023	5	2		
December 2022	5	2		

To view more detailed information that comprise the above MLS averages please visit **ross.mycalgary.com** 







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#### RESIDENT PERSPECTIVES

#### The Life of an Immigrant in Canada

by Danielle Robbertze



Immigration has been one of the key reasons for Canada's massive growth, it was projected in 2023 that immigrants compose about 30% of Canada's population. In 2023, Canada's newcomer target was 465,000 new permanent residents, of which I am proudly one. In Calgary, approximately 33.3% of the population are immigrants (according to the City of Calgary's 2021 census).

As the new year comes into effect, it is hard to not reminisce about my first year here in Canada.

My immigration experience is unique as I believe it is for all immigrants. Reasons for immigration range from work, better standard of living, to love.

My reason was love. Which I find quite special.

It wasn't easy but I don't think it is easy for anyone. I believe I was one of the lucky ones, I was able to find a job and a place to live relatively quickly. Also, I believe I settled in quite easily and did not experience the biggest culture shock.

I find Canada a very welcoming country to immigrants. Personally, in Calgary I have never felt judged or ostracized for my country of origin or unique South African accent. Stereotypical as it might sound, Canadians are really friendly.

I was able to build a life here without letting go of my South African roots, something which I never want to lose.

I would say the biggest adjustment was of course the weather! Experiencing a -40-degree Celsius week of winter was definitely a new experience, one that I would never have in South Africa. Also, prices and tax are quite different here. I still have to remind myself that the price on the shelf will be different to the price at the till. In my mind, I still compare the price difference between the South African Rand and the Canadian Dollar, and I am always surprised at the vast differences in prices of clothing, groceries, dining, and more. Hopefully, this will change one day, and I will adapt to the new currency of my life.

I also realized in my year here how privileged I am to live in this country. The price of petrol (South Africans call it petrol not gas) is more reasonable here. Public transit is safer and more convenient here, which might be a shock to some Calgarians I know. There is always electricity and water here unlike in South Africa, something which I will never take for granted. It is also a privilege to not have to pay for certain healthcare services that we would have to pay for in South Africa to receive proper care.

I must admit there were times when I wished I could go back to my family in South Africa. But I know if I stay here, I will be able to better provide for my family back home and the children I would like to have here in the future.

I look forward to what the future holds and will be forever grateful for what this country has given me – a safe, welcoming, and prosperous environment.



MLA Calgary-Currie
Janet Eremenko
211 – 1608 17 Ave SW
Calgary, AB T2T 0E3
403-426-4794

□ calgary.currie@assembly.ab.ca

Over the summer, we saw incredible spikes in our utility bills as power usage went up with the temperature. Now that usage is going up again with the cold winter weather, I felt it was important to comment on the topic. Despite what some say, the federal carbon tax is not the reason for our higher bills. In fact, the tax doesn't even apply to Alberta's electricity generation.

Calgarians are uniquely susceptible to those spikes because the local access fee on your bill is tied to the price of electricity. As one goes up and down, so does the other. This is set up by the city and has been in place since the early 1990s. Then there's the price of the electricity itself. When the NDP were in government, customers on the regulated rate option (RRO) had their price capped at 6.8 cents per kilowatt hour. In 2019, the UCP government removed that cap. That, plus a few other factors, led to the price increasing to anywhere between 22 and 30 cents per kilowatt hour. That's how bills got to be four times higher than they were before. Some measures to reduce the cost of electricity were mentioned in the Throne Speech including new provincial home energy efficiency grants but nothing new has materialized so far.

In the meantime, consider switching to a fixed rate if you aren't on it already. It requires a strong credit score so unfortunately, it's not an option for everyone. If you're stuck on an RRO, you could look elsewhere for savings, like Calgary's Fair Entry program. It recently expanded so eligible clients can access low-cost internet, wireless, and TV services.

We continue to fight for more cost-of-living relief from the UCP government. We don't need ads stoking fears of being left in the cold. We need to see real, tangible action now.





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