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For more information, call 403-536-6558 or email FinancialWellness@CaryaCalgary.ca.



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](https://www.facebook.com/RosscarrockCommunityAssociation)

BOARD OF DIRECTORS and COMMUNITY CONTACTS

President	Lori	
Vice-President	Scott	
Treasurer	Gennaro	
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.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Unofficial National Food



Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!

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.



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.

TAKE ON WELLNESS

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep "tunnel" around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a "memory" so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!



Community Kitchen Calgary Good Food Box

Rosscarrock Community Association

4411-10 Avenue SW Calgary

For Information Contact, Loretta.

rcagoodfood@gmail.com or 587-224-4340

Small Box - \$30

15 - 20 lbs*

Medium Box - \$35

25 - 30 lbs*

Large Box: \$40

35 - 40 lbs*

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

*weights are approximate.

Order Dates:

Thursday, August 3
Thursday, August 31
Monday, September 25
Monday, October 23
Monday, November 20

Pick-up Dates

**At The Rosscarrock
Community Association
6 - 7 PM**
Wednesday, August 16
Wednesday, September 13
Wednesday, October 4
Wednesday, November 1
Wednesday, November 29

Online Orders ONLY

Email the order to

RCAGoodFood@gmail.com

with the following information:

- First and Last Name
- Email Address
- Phone number
- Number of Families, including the number of Adults, Children and/or Seniors

Then Etransfer your total for your Order to RCAGoodFood@gmail.com

All etransfers must have an email order or will not be accepted.

***If you do not receive a confirmation email, your order has not been accepted.

All orders and etransfers must be in no later than 7:00 pm on order day

Nutrien

COMMUNITY KITCHEN X-TREME PACKAGING



Calgary



Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

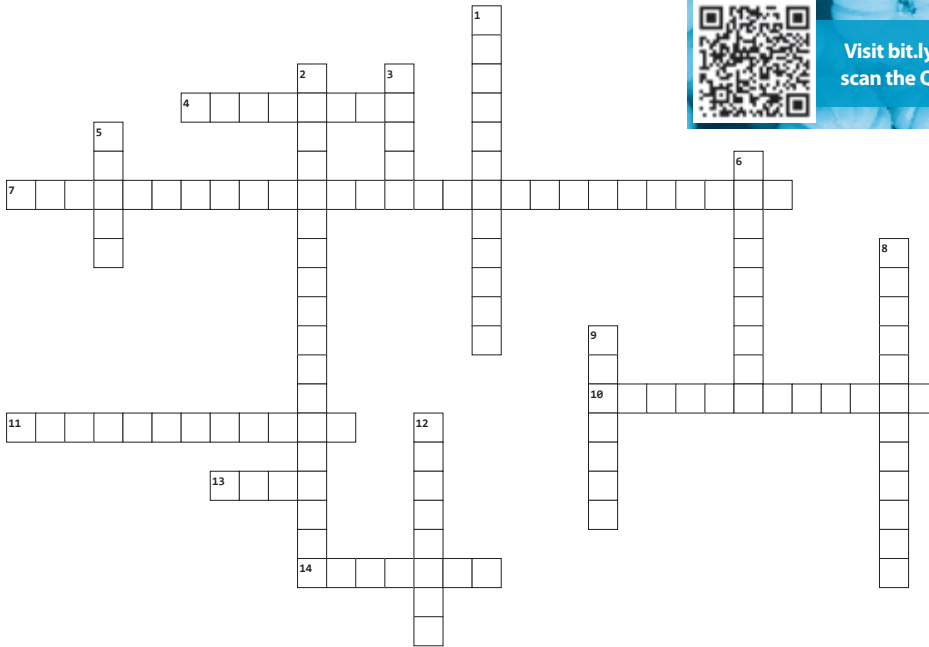
- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

October Crossword



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

Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
				1	8			
		8	7	6				

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YOUR CITY OF CALGARY

Tips to Prepare Your Home and Limit the Impact of Emergencies

from the City of Calgary

I am in month four as your MLA for Calgary-Currie and I'm delighted to be writing my first letter to you. The summer has been full! Stampede events, meetings with community groups and constituents, travel to Edmonton, and outreach related to my critic file has kept me moving. I am open to meeting with you any time to help, listen, and learn, and to advocate on your behalf.

I want to express my gratitude once again for entrusting me to be your MLA. No matter how you voted in May, my job is to represent your interests, and I have a terrific team to help me fulfill that commitment. This team includes Andrew or Kayla who you might connect with when you contact the office. Together, we've laid out our goals for the months and years ahead: My team and I had some long conversations about what it takes to be a respected and effective MLA. We produced quite an extensive list but here's what we're committed to:

- being prompt and productive in our responses to your inquiries and correspondence
- being respectful and effective in all that we do
- being a strong voice in the Legislature
- increasing our presence and visibility in all Currie communities

With that in mind, you will see my team and I regularly engaging with Calgary-Currie residents at events, community association meetings, coffee shops, and parks over the course of this term. You can also expect timely responses to your emails, and we might show up at your door to get your thoughts on the direction the government is taking our province. We're also lining up monthly volunteer opportunities for folks to come and join us. I really hope to see you sometime!

Please don't hesitate to email or call with your questions and comments. I'm here to work for you.

Take care for now.



Don't wait until it's too late! Emergencies can happen anytime, anywhere. Before a disaster, you can take various actions to minimize your home's potential risk of damage and help reduce the stress of an emergency.

Steps you can take to prepare your home for when an emergency event occurs include:

- Create an emergency action plan for your household, including a home escape plan.
- Ensure working smoke alarms and carbon monoxide alarms are on every level of your home.
- Know how to turn off utilities. This includes the power and water supplied to your home.
- If applicable, know how to check sump pumps and backflow valves in your home to ensure they are working.
- Know what to do if you suspect a gas leak in your home and who to call.
- Ensure there is proper drainage around your home to help reduce the possibility of flooding.
- Secure items around your property, such as bikes, patio furniture, and potted plants.
- Keep your roof and downspouts clean and free of debris. Check for loose shingles regularly.

Having adequate insurance coverage can help you recover as quickly as possible. Reach out to your insurance representatives for any questions related to your insurance.

The Calgary Emergency Management Agency's Prepare Your Home video series provides helpful tips to prepare and protect your home and family in the event of an emergency. The videos are available in multiple languages, including American Sign Language.

To learn more about disaster risks and ways to prepare, visit Calgary.ca/getready.

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Rosscarrock Real Estate Update

Last 12 Months Rosscarrock
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
November 2022	\$539,900.00	\$550,000.00
October 2022	\$549,900.00	\$538,000.00
September 2022	\$674,900.00	\$667,000.00

Last 12 Months Rosscarrock
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	1	5
July 2023	7	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
November 2022	4	7
October 2022	2	1
September 2022	5	3

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



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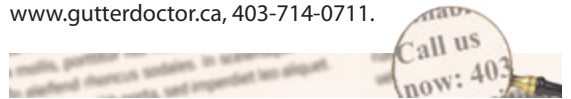
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