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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](https://www.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.



Rosscarrock Real Estate Update

Last 12 Months Glamorgan

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2024	\$876,500	\$872,250
January 2024	\$894,450	\$877,250
December 2023	\$461,450	\$455,000
November 2023	\$769,000	\$757,000
October 2023	\$489,999	\$491,000
September 2023	\$739,900	\$710,000
August 2023	\$805,000	\$791,500
July 2023	\$659,900	\$655,000
June 2023	\$684,900	\$685,000
May 2023	\$650,000	\$635,000
April 2023	\$517,000	\$517,000
March 2023	\$747,350	\$748,500

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.

Last 12 Months Rosscarrock

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2024	7	8
January 2024	5	2
December 2023	1	2
November 2023	3	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

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

COMMUNITY KITCHEN

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ORDER OPENING DATE	PICK UP DATE
Apr 19 th 2024	May 1 st 2024
May 17 th 2024	May 29 th 2024
June 7 th 2024	June 19 th 2024
NO BOX IN JULY	NO BOX IN JULY
Aug 9 th 2024	Aug 21 st 2024
Sept 6 th 2024	Sept 18 th 2024
Sept 27 th 2024	Oct 9 th 2024
Oct 25 th 2024	Nov 6 th 2024
Nov 22 nd 2024	Dec 4 th 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

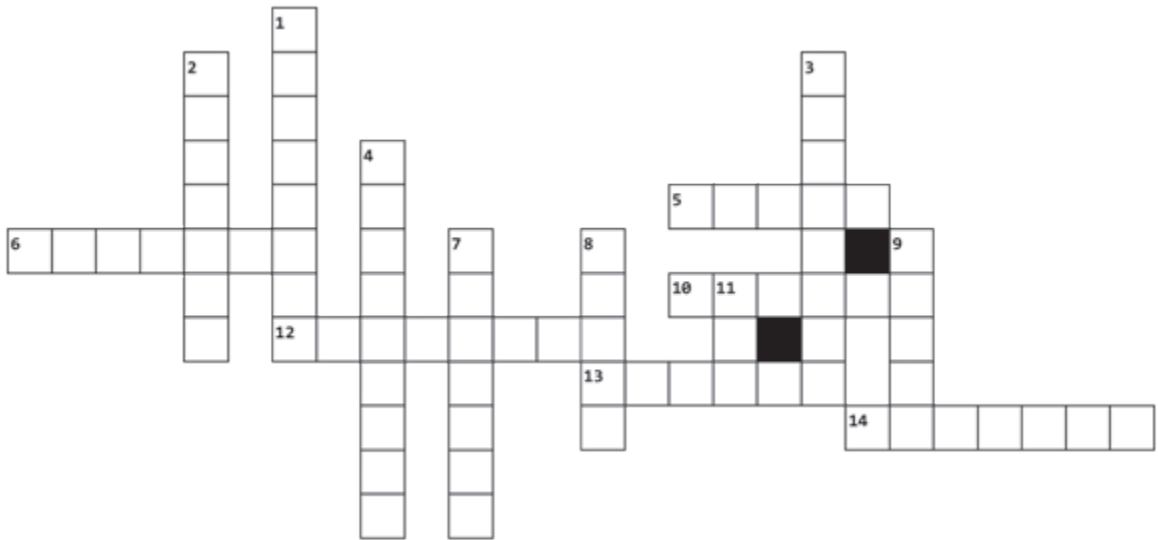
And the size of the box you wish to order. This must be done each time you place an order. Then send etransfer to rcagoodfood@gmail.com

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

April Crossword



Across

5. The _____ and the Sweet Pea are April's official birth flowers.
6. This famous Leonardo was born on April 15, 1452.
10. In April of 1970, _____ 13 launched and famously ran into difficulties 56 hours later.
12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin _____, was originally published on April 18, 2017, and written by David Grann.
13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".
14. Noah _____ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.
2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.
3. This year, the World Ski and Snowboard Festival will be held the second week of April in _____, BC.
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.
7. Ford released the first version of this beloved muscle car on April 17, 1964.
8. "I Want to Break Free" by _____ was released in April of 1984, with a controversial yet playful music video.
9. Vancouver-born _____ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.
11. On April 11, National _____ Day is celebrated and advocates against animal violence and cruelty.



Fitting In Physical Activity During the Day

by Alberta Health Services

Finding time to exercise during the day can be challenging, especially for the busiest of people with the most action-packed schedules.

But here's some good news. You don't need to spend hours at the gym or on a treadmill to be healthy. Experts recommend at least 2.5 hours of moderate to vigorous activity a week, so with some planning and creativity, you can make physical movement a regular part of your daily life.

Being active for shorter periods of time, throughout the day and week, can add up quickly! A little goes a long way, and consistent, small steps often have the greatest impact on our health.

Sit Less, Move More!

Moderate to vigorous activities elevate your heartbeat and increase the amount of oxygen that goes to the heart and muscles, which allow them to work longer. Many activities, including many kinds of daily activities, that raise the heart rate and keep it up for an extended period can improve aerobic fitness. If these activities are done regularly and long enough, they can help improve fitness.

Children as young as preschool age benefit from being active while it is best for teens and children (starting at age five) to do moderate to vigorous activity at least one hour every day.

Ways To Fit Physical Activity into A Busy Lifestyle

Fitting movement into your busy life doesn't have to be complicated. Add variety and do things you enjoy. If your job or lifestyle includes a lot of sitting, try adding short bursts of activity to your day.

Some examples include:

- Setting a "movement timer" to remind you to get up and stretch at least every hour.
- Use your commute to add in an extra walk or bike ride to your day. Park several blocks away or get off the bus a few stops early.



- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with co-workers during a walk inside or outside of the building.
- Use a free smartphone app or online exercise video. These programs often have short interval training ideas or 15-minute workouts for all abilities and fitness levels.
- Use your morning and afternoon breaks to take a quick walk.
- Go the distance when you can. Get your coffee on another floor or use the washroom that's farthest from your office.
- Find a work buddy who you can do activities with. Being accountable to someone can serve as a reminder to incorporate movement into your day.
- Put it in your calendar! Whether it's 15 minutes, 30 minutes, or an hour, block off time for your activity or activities.
- Plug in your favourite music, book, or podcast, lace up your running shoes, and head outside. You'll be amazed how differently you feel, even after a few minutes.
- Get your family involved. Combining family time with exercise is a fun way for busy parents and children to find time together and to live an active lifestyle. It's a win-win for everyone!

Mix It Up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles, which allows them to work longer.

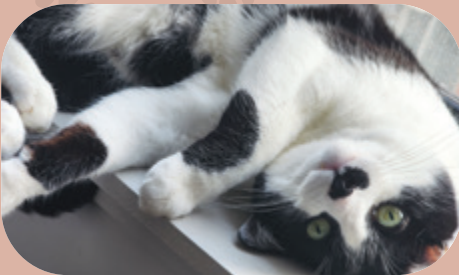
Cats, Canines, & Critters of Calgary



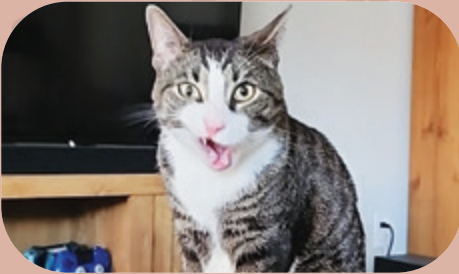
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3-1-1 Calgary Introduces New Call Back Feature to Reduce On-Hold Wait Times

by The City of Calgary

The City of Calgary has launched a new feature for its 24/7 services and information line. When you call 3-1-1, you'll be notified of the wait time, and you can choose to receive a callback if it is longer than one minute.

If the expected wait is longer than one minute, the system will advise on the estimated wait time before providing the option for a callback.

The callback feature is available on the ten-digit 403-268-CITY (2489) and 3-1-1 lines between the hours of 8:00 am and 4:30 pm, seven days a week. These hours of operation experience the highest volume of call demand, often resulting in longer wait times.

"This technology allows for 3-1-1 to strengthen our commitment and focus on providing enhanced customer service to our citizens," says Clarke Bellamy, Manager, 3-1-1, Customer Service and Communications. "We anticipate this new feature will provide additional options to callers that prefer not to wait on hold."

The City of Calgary is the first 3-1-1 service in western Canada to offer a daily callback feature.

Contact 3-1-1 via mobile app and by phone for City information and non-emergency services, such as bylaw-related issues, snow removal concerns, potholes, street cleaning, and tax account inquiries. Language translation and accessibility services are available.

Find out more at calgary.ca/311.

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Keeping Storm Drains Clear This Spring

by The City of Calgary

Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

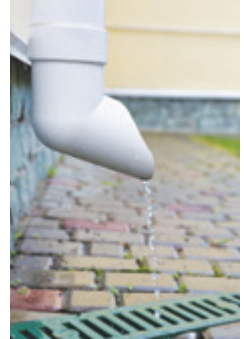
Pooled water on your street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a trap low), until the stormwater system can accept the extra water.

Take a picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 3-1-1 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.



SOUTH CALGARY COMMUNITY

FREE CLOTHING giveaway

May 4th, 2024 10 am to 1 pm

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