

AUGUST 2024

DELIVERED MONTHLY TO 2,475 HOUSEHOLDS

# ROSS-CHARACTER

BRINGING ROSSCARROCK RESIDENTS TOGETHER



CHOOSE A \$100 GIFT CARD FOR VISITING THE DENTIST\*

 EMERGENCIES

Got a tooth problem? Same-day appointments and treatment often available.

 CONVENIENCE

In a rush? Book your appointment online. We are open evenings and Saturdays!

 DIRECT

We direct bill your insurance. Payment plans are also available.



\*visit our website for details

[bowtraidental.com](http://bowtraidental.com) | 587-871-5224

# OFFICIAL



PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



## DUNCAN LAW

Impeccable  
Legal Advice.



- ▶ Personal Injury
- ▶ Real Estate
- ▶ Wills & Estates
- ▶ Family Law

📍 Conveniently located in Aspen Landing

Phone: 403.300.0870 | DuncanLawYYC.ca

[www.kilbco.com](http://www.kilbco.com)

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

Locally Owned &  
Operated

Free Estimates to 403.870.0737

# BARKER'S

• FINE DRY CLEANING •

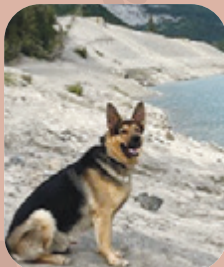
PICK UP & DELIVERY  
SERVICES

403-282-2226

# Cats, Canines, & Critters of Calgary



Chiko, *Stradwick Rise*



Dude, *Evanston*



Harry, *Bridgeland*



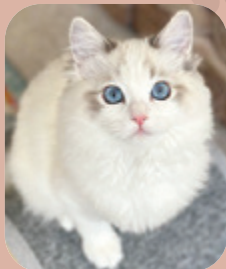
Pikko, *Hillhurst Sunnyside*



Riley, *Kensington*



Sawyer, *Beddington*



Snowbelle,  
*Discovery Ridge*



Tilly, *Deer Run*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Rosscarrock Community Association



4411 10 Ave SW, Calgary, AB T3C 0L9

403-242-0212 or [info@rosscarrock.org](mailto:info@rosscarrock.org)

Visit us at [rosscarrock.org](http://rosscarrock.org) or [facebook.com/RosscarrockCommunityAssociation](https://www.facebook.com/RosscarrockCommunityAssociation)

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	<a href="mailto:info@rosscarrock.org">info@rosscarrock.org</a>
Community Social Worker	Kellie Nixon	<a href="mailto:kellie.nixon@calgary.ca">kellie.nixon@calgary.ca</a>

### 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](http://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](mailto:Kellie.Nixon@calgary.ca).



## Rosscarrock Real Estate Update

Last 12 Months Glamorgan  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2024	\$774,500	\$790,000
May 2024	\$749,950	\$744,500
April 2024	\$975,000	\$965,000
March 2024	\$711,500	\$742,000
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

## 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.skipthedept.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](http://rosscarrock.org).

Last 12 Months Rosscarrock  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
June 2024	8	6
May 2024	10	12
April 2024	7	9
March 2024	13	6
February 2024	9	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

To view more detailed information that comprise the above MLS averages please visit [ross.mycalgary.com](http://ross.mycalgary.com)

# COMMUNITY KITCHEN

## GOOD FOOD BOX

### ROSSCARROCK DEPOT

CONTACT LAURETTA @ 587-224-4340 EMAIL [rcagoodfood@gmail.com](mailto:rcagoodfood@gmail.com)

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

ORDER OPENING DATE	PICK UP DATE
Aug 9 <sup>th</sup> 2024	Aug 21 <sup>st</sup> 2024
Sept 6 <sup>th</sup> 2024	Sept 18 <sup>th</sup> 2024
Sept 27 <sup>th</sup> 2024	Oct 9 <sup>th</sup> 2024
Oct 25 <sup>th</sup> 2024	Nov 6 <sup>th</sup> 2024
Nov 22 <sup>nd</sup> 2024	Dec 4 <sup>th</sup> 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](mailto:rcagoodfood@gmail.com)

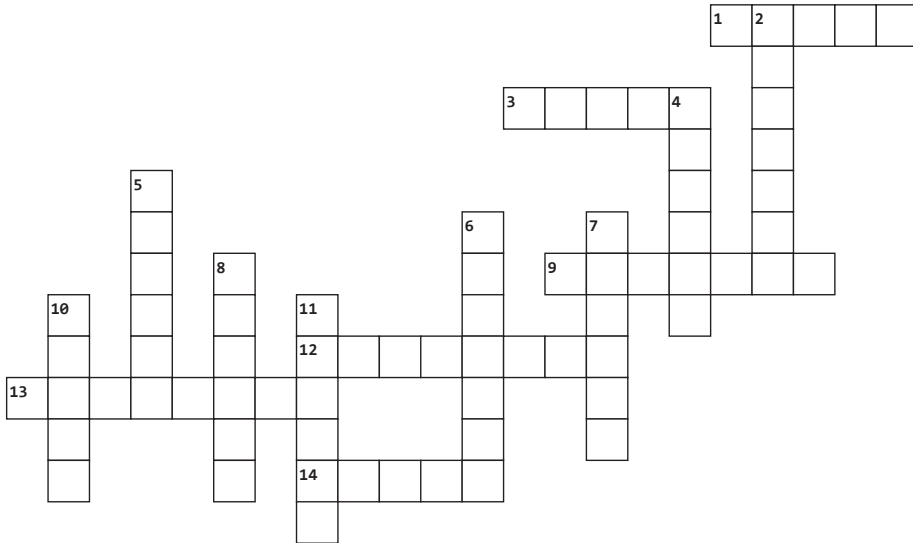
**And the size of the box you wish to order. This must be done each time you place an order. Then send etransfer to** [rcagoodfood@gmail.com](mailto:rcagoodfood@gmail.com)

**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**

# August Crossword



## Across

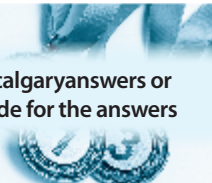
- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
- The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
- Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers



# Celebrate, Elevate, and Enjoy: Nutrition for Older Adults

by Alberta Health Services

Let's celebrate getting older and aging healthfully. There are many aspects of aging that are out of our control, but food and nutrition research indicate there are many things that can be helped.

If you are, or if you know someone who is 65 years or older and lives independently or with others, this article may interest you. It will cover things we do in our life that can give us the best chance of maintaining good nutrition and health.

Weight loss is often seen as a positive topic that is promoted on social media and with family and friends. There are some medical conditions where weight loss is helpful in prevention or management like in Type 2 diabetes and fatty liver disease, but it can present a risk for older adults. When we lose weight, we don't just lose fat. We also lose muscle. People can start to lose muscle as early as age 30, but muscle loss increases quickly after age 70, independent of weight loss. Muscle is hard to regain in older adults. Generally, weight loss is not recommended in older adults. Maintaining weight and muscle is important to help you maintain your strength.

### The Importance of Adding in Protein to Your Diet

Protein is a nutrient that helps you to keep the muscle you have. Many seniors do not get enough protein. Since your body can't store protein in your body, you need to eat higher protein foods, at least three times each day – every day – to maintain the muscle you have.

Try to consume protein foods at each meal. Here are some practical ways you can get more protein at meals and snacks:

- Add cheese, nut butter, or beans to toast.
- Make an omelet for breakfast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Add beans or meat (example wild game or fish) to pasta or vegetable dishes.
- Try adding a plant-based protein, like chickpea falafel or tofu to a stir-fry.



- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

### Elevate Your Eating Experience

Enjoyment of eating and quality of life are important for good health. If older adults have a health condition, such as diabetes or health disease, they may have been told to eat a special diet. If your heart healthy, low sodium, or diet for diabetes is affecting your appetite, it is important to talk to your healthcare team about making some changes to make your diet less restrictive.

Other ways to elevate the eating experience is to make the dining environment pleasant. Research shows that eating with others (like at work or with family, friends, or neighbours) makes it more likely to eat more food. Mealtime can be a time for nourishment and socializing. One way that can make having a meal together fun is hosting a potluck.

Visit [ahs.ca](http://ahs.ca) and search 'Shift to Healthy Eating at Work' to find great potluck ideas for work or any gathering.

Emphasizing enjoyable, social mealtimes as well as nutritious foods are ways to age healthfully to maintain strength and vitality.

### 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.

# Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child.
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested.

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



*Elmira Hiebert*  
Your Rossarock Realtor®  
& Property Manager  
Over 15 years of experience

Calgary's Top Choice  
Property Management Services 2024

Power Properties

"Making our neighbourhood feel like home, one property at a time."

[www.powerproperties.net](http://www.powerproperties.net)  
[agentelmira@gmail.com](mailto:agentelmira@gmail.com)  
403-894-1413

# PLUMBER



**PLUMBOB Father and Son**

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

## international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.





# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**ROSSCARROCK MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**ROSSCARROCK PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**INDEPENDENT DENTAL HYGIENIST:** I am a home based dental hygiene clinic in the Knob Hill area. I provide dental hygiene cleaning - hand scaling, visual dental hygiene exam, polish, fluoride and teeth Zoom whitening. I accept consignment from your insurance company, and accept all types of payment for services rendered. Charlotte Cadrain RDH 403-680-6322. [www.sparklingbritesmiles.ca](http://www.sparklingbritesmiles.ca).

*continued on next page*

# BUSINESS CLASSIFIEDS

## continued

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**CAPSTONE ENGINEERING ACADEMY:** Enroll now for grades 1 to 9 STEM education at Vivo for Healthier Generations Rec. Centre! Featuring a full Alberta curriculum with immersive, hands-on Engineering and Technology focus. Secure your spot for September classes now! See our website for more information and to apply: [www.capstoneacad.ca](http://www.capstoneacad.ca).



**the Gutter Doctor** 403-714-0711  
[gutterdoctor.ca](http://gutterdoctor.ca)

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

**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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

**SCAN HERE TO VIEW ADDITIONAL ROSSCARROCK CONTENT**

**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



**MLA Calgary-Currie**  
**Janet Eremenko**  
206B – 1615 10 Ave SW  
Calgary, T3C 0J7  
📞 403-426-4794  
✉ [calgary.currie@assembly.ab.ca](mailto:calgary.currie@assembly.ab.ca)

On September 1, the first new health organization to come out of the dissolution of Alberta Health Services officially comes online. This means 10,000 employees, 500 contracts, and more than a billion dollars dedicated to addiction and mental health services under AHS will be transferred to a new entity called Recovery Alberta. If all goes according to the government's plan, it will streamline services and offer Albertans better access to the health care they need.

As the Critic for Mental Health and Addiction, it's my role to ensure the transition pays off, always with the goal that Albertans can access the health resources they need. Over the past few months, I've spoken with many people who described nightmare scenarios trying to find doctors, counsellors, and psychologists, prescriptions, and group programs to help themselves or a loved one with complex mental health issues. While the government is committed to building addiction treatment centres, I'm hearing about mental health programs being eliminated, and deeply inadequate services outside of Calgary and Edmonton.

So, I watch the transition to Recovery Alberta with cautious optimism. In the days following its announcement, there was a lot of confusion amongst addiction and mental health workers about how the transition would impact them. Healthcare is an incredibly complex system that is already difficult for families to navigate and consultation with those who know the system best is critical. Bill 22, the Health Statutes Amendment Act, introduces a new health system framework that is equally complex. We will all need to learn it together, and I look forward to supporting patients, families, and healthcare workers through the transition and beyond.

P.S. Thank you to everyone who came out to my Stampede BBQ. It was an amazing time, and I can't wait to do it again next year!





No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



### OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT  
**403-726-9301**  
calgaryfreshjock.com



Hate Your Renewal Rate? Call Me!



Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
anita@anitamortgage.ca

Licensed by Avenue Financial

#### Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

#### Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

#### Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

### CALGARY MAT & LINEN SERVICES

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

## JOKE OF THE MONTH

WHAT KIND OF KEY OPENS A BANANA?  
A MONKEY

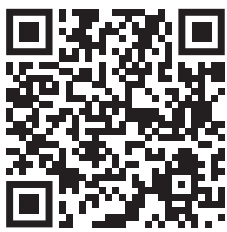


# GET NOTICED

**ACQUIRE AND RETAIN NEW CUSTOMERS.**

**Your Ad Geofenced Precisely in Your Target Market  
on our Carefully Selected Network of Premium Sites.**

**Call 403-720-0762 | [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)**



**SCAN ME**

**GREAT NEWS MEDIA**

**LEADERS IN COMMUNITY FOCUSED MARKETING**