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RosscarrockCommunityAssociation

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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 Rosscarrock
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2024	\$ 912,450	\$ 915,000
September 2024	\$ 0	\$ 0
August 2024	\$ 949,000	\$ 935,000
July 2024	\$ 799,000	\$ 807,500
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

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.

Last 12 Months Rosscarrock
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2024	5	6
September 2024	10	0
August 2024	5	7
July 2024	5	3
June 2024	6	6
May 2024	9	12
April 2024	7	9
March 2024	13	6
February 2024	8	8
January 2024	5	2
December 2023	1	2
November 2023	3	5

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

#HealthyTechnologyUse

by Community Health Promotion Services



Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles, and other electronic devices have given many the opportunity to always be connected. However, it is the time, the content, and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 Ms that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use. It is also useful to continually learn about different platforms, especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks, or learning about privacy settings on apps like TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or are the people you love feeling FOMO “fear of missing out” on an event that may be posted by their peers.

- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on your phone during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are any warning signs of problematic use. When they are not using technology, are they bored or angry, have low self-esteem, are they exhibiting worsening symptoms of mental health issues such as anxiety, or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 Ms as a tool to ensure the positives of technology outweigh the negatives.

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The Art of Finding Work - You Can Minimize the Odds of Being Ghosted

by Nick Kossovan



When job seekers complain about being ghosted—a form of silent rejection where candidates hear nothing after submitting an application or having been interviewed—I wonder if they're unaware of the changes in social norms and mannerisms. Do they not know that social norms and the workplace are intertwined? Since the advent of social media, manners, courtesy, and empathy have significantly diminished.

If there's one thing job seekers can be certain about, it is that they'll be ghosted multiple times throughout their job search. It wouldn't be a stretch to say ghosting candidates has become a norm. It's worth pointing out that companies don't ghost candidates, the company's employees ghost candidates. When the recruiter or hiring manager is of a generation that finds ghosting an acceptable way to terminate a relationship, romantic or otherwise, it shouldn't come as a surprise when they ghost candidates.

Bad News: You can't change or control other people's behaviour.

Good News: You can take proactive steps to minimize—as with all human interactions, there are no guarantees—the chances of being ghosted.

Build a Strong Relationship. Focus on Being Likeable.

Understandably, hiring managers—recruiters less so since they won't be working with the candidate—look to hire candidates they can envision getting along with; hence, most job seekers would significantly boost their chance of job search success by focusing more on being likable.

By likable, I mean being pleasant, respectful, and expressing genuine interest in the company and the role. I've yet to meet a hiring manager who hires candidates they don't like. As I've mentioned in previous columns, likeability supersedes your skills and experience. Most job seekers don't focus enough on being likeable.

The stronger the relationship you establish with the recruiter or hiring manager, the more likely they won't ghost you. From your first interaction, focus on creating a rapport beyond just transactional communication.

Personalizing your correspondence can make a significant difference. Use the hiring manager's name instead of a generic 'To Whom It May Concern.' Find commonalities such as place of birth, hobbies, schools attended, associations you belong to, favourite restaurants, and people you know.

Avoid Appearing Confrontational

Anyone reading this can relate to the number one reason why people ghost: to avoid confrontation. Today, many people feel entitled, resulting in job seekers being frustrated and angry. You only need to scroll through LinkedIn posts and comments to see that bashing employers has become an unproductive trend. Hence, it's likely that a candidate will become confrontational if told they don't get the job.

Smile throughout your interview! Avoid appearing desperate! My best interviews have been those in which I was nonchalant; I was indifferent to whether or not I got the job. In addition to being a turn-off, showing signs of desperation will raise questions about how you'll react if told you aren't hired.

Lastly, tell your interviewer how much you enjoyed talking with them and that you look forward to hearing back.

"I really enjoyed our conversation, Khloe. Thank you for taking the time to meet with me. I look forward to hearing your hiring decision."

"Either way, please call or email me to let me know about my application status."

You're more likely to receive a response by asking explicitly for communication.

Earn Your Interviewer's Respect

People tend not to ghost someone they respect.

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9		6	1		2			
		3			6	1		
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6				8	1		5	
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	6			1	7			
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SCAN THE QR CODE FOR THE SOLUTION



Respect must be earned, starting with one of life’s golden rules: Treat others how you want to be treated. In other words, give respect to get respect.

Throughout your job search, be professional and courteous. Respond promptly to emails and calls and thank people for their time. Approaching recruiters and hiring managers politely and professionally improves your chances of being treated similarly.

Ask For Advice, Not Feedback

Asking for advice encourages communication. As your interviewer is wrapping up the interview, mention that you’d welcome their advice. “Given your extensive background in project management, any advice you may have for me wanting to advance my career would be greatly appreciated.”

Why ask for advice and not feedback? The first problem with asking for feedback is it puts the other person on the spot. The second problem is feedback can lead to disagreement, hurt feelings, or defensiveness, a common reaction resulting in confrontation. On the other hand, asking for advice is asking for guidance and suggestions to achieve a better result. Essentially, you’re acknowledging the other person’s experience and massaging their ego. Do you know anyone who doesn’t like being asked for advice?

Send a Thank You Note

Sending a thank you note expressing appreciation for the interview and the insights you gained reinforces your interest and keeps the lines of communication open. Conclude with a forward-looking statement, encouraging the recipient to respond.

“I look forward to hearing from you regarding the next steps.”

“I look forward to staying in touch.”

Job searching aside, direct, open, and honest communication—say what you mean, mean what you say—which I highly value, has become rare, which explains the prevalence of ghosting. When you’re ghosted, assume the company isn’t enthusiastic about hiring you. Silence may be golden in some things, but ghosting is not one of them.

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Calgary's Christmas Markets

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

From malls to promenades to markets, there's plenty of heritage tied to Calgary's history as a bustling commercial city and trading centre.

Christmas markets date back to medieval Europe, with the first in Vienna in 1296. Early markets were not explicitly for Christmas, they were opportunities to gather provisions before winter. By 1310 in Munich, crafts, confectionaries, and roasted chestnuts were on sale at a Saint Nicholas market. As the tradition spread across German-speaking regions, markets became stylized as "Christkindlesmarkt".

Today the winter and Christmas season is marked by annual markets all around Calgary. Two are especially interesting for their heritage aspects. First up is Heritage Park's Once Upon A Christmas, complete with carol singing and wagon rides.

Heritage Park Historical Village opened in 1964 with the goal of connecting people to history and preserving our culture and heritage. It's a living museum spanning the history of the West from Indigenous cultures and the 1860s fur trade to the 1960s.

Many Calgary and area heritage buildings were relocated here, including Banff's NWMP Barracks and Bruderheim Windmill. While it's preferable to retain heritage buildings at their original locations to best interpret local history, relocation is sometimes the only option to preserve a structure. And then there are reconstructions, like the Wainwright Hotel.

At Gasoline Alley Museum, there's a public collection of antique vehicles and artifacts. You can also experience 19th-century travel either by steam train or lake paddle steamer.

Another market happens at Spruce Meadows. Its International Christmas Market began in 2001, following cities worldwide in a revival of markets in the 1990s. The location is a premier international horse sports venue. It was opened in 1975 by the Southern family, who sought a down-to-earth atmosphere for the sport.

The facility hosts equestrian show jumping and breeds and trains Hanoverian horses. In 2019, it became the home of Cavalry FC, Calgary's Premier League soccer team.

Let's not forget the markets held all around Calgary. Check out your neighbourhood's event information for one near you.

And stay tuned in 2025 for a special series of articles for Calgary's 150th anniversary year.

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"Wainwright Hotel, Wainwright, Alberta., [ca. 1911-1912], (CU1126598) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. The hotel burned down in 1929. A reconstruction is in Heritage Park, Calgary, Alberta. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FJKK33?WS=SearchResults>.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OJNKB3?WS=SearchResults>. "First Nations parading on 7th Avenue at the Santa Claus parade, Calgary, Alberta.," 1931, (CU1107062) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First Nations parading on 7 Avenue, Calgary, Alberta. At the Santa Claus parade. Courthouses and land titles building to rear.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OS0U1F?WS=SearchResults>. "Mill at Bruderheim, Alberta," 1934, (CU1114041) by Bamber. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Windmill three miles north of Bruderheim, Alberta. Moved to Glenbow Foundation (1959). Moved to Heritage Park (1983). L-R: Mrs. Mallon, Mr. William Mallon (owner and operator), Mr. Meyers.



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Amy Millar for Canada at Spruce Meadows, photo by daveblogs007, 2016 (This image is licensed under the Creative Commons Attribution 2.0 Generic license). [https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_\(2897354363\).jpg](https://commons.wikimedia.org/wiki/File:Spruce_meadows_Calgary_Alberta_Amy_Millar_(2897354363).jpg).



Carolyn's Corner: Winter Wonders - Bringing Holiday Magic to Your Planters

by TJ Yurko

As the holiday season approaches, it's time to let your creativity shine with seasonal décor. Capture the magic of winter and invite festive cheer into your home with these beautifully crafted, whimsically inspired holiday planter ideas.

Containers

Start with picking the perfect container. Terracotta pots, ceramic vases, wooden crates, woven baskets, and metal buckets work perfectly for indoor arrangements. For outdoor planters, choose containers made from durable, weather-resistant materials like waterproof plastic, metal, or wood.

Plants

Next, think about plant selection. Seasonal flowers like poinsettias, cyclamen, and amaryllis kindle holiday glamour indoors. Evergreens like pine, spruce, cedar, fir, and juniper evoke a classic holiday feel in any setting, with holly, euonymus, magnolia, and eucalyptus adding unique features. For a cascading effect, use weeping or trailing plants near the container's edges.

Quality substrate is crucial for keeping plants fresh. Use hydrated floral foam or a reusable floral grid with well-drained potting mix to keep your plants thriving all season long.

Ornaments

Add character to your holiday planter with decorations like cones, twigs, branches, ornaments, ribbons, faux birds, and lights. Battery-operated lights provide a warm, comforting glow without the hassle of cords and plug-ins. Arrange these accessories, so they complement your plants rather than overshadow them.

Designs

When designing your holiday planter, use the "thriller, filler, spiller" technique: Begin with a tall, focal plant or decoration ("thriller"), fill in with medium-height materials ("filler"), then let elements drape over the edge ("spiller"). Experiment with different holiday

colours like red, green, gold, blue, silver, and white. Place arrangements in high-traffic areas to showcase your creations.

Remember, the best holiday pots reflect the unique style and design of your home. So, embrace the spirit of the season, have fun with arrangements, and transform your planter into a masterpiece that personifies the true meaning of the holidays.

Need help sprucing up your landscape this holiday season? Don't hesitate – contact a professional today!



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Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper



- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.
- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!





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I'm saddened that this government has chosen to introduce legislation that will interfere with the delivery of healthcare for transgender youth and will interfere with the provision of sexual health education in schools. I want school and sports and healthcare to be safe spaces for all. I want this for myself, my neighbours, my own children and their respective school communities. Part of ensuring safety is creating spaces where kids can feel confident to be themselves. I believe more than ever that parents, teachers, and physicians want the same, and that this legislation does not improve safety or trust.

On this issue, every single email I received has asked me to vigorously oppose the UCP government's legislation. Often, the writers have shared personal stories about gender affirming care and how it allowed themselves or their loved ones to grow up to be incredibly successful adults. They talk about how their decisions regarding health care were made together with their doctor at the appropriate age and stage. That at each step, there was informed consent.

Others have written not because of any personal relationship with a transgender or questioning person, but because they worry about the lives of youth and empathize with the school staff and healthcare workers faced with an impossible choice. Many of these people gave me permission to table their emails in the Legislature to ensure their voices are captured on the public record. If this is of interest, I welcome your correspondence.

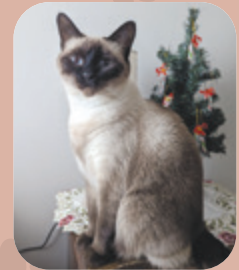
Lastly, to those who feel alone, like you're being forced to hide your true self and carry on quietly without any support, you have a huge community in Calgary-Currie out there cheering for you and speaking up for you. To the LGBTQ+ community and your family, friends and allies, I am 100% on your side.



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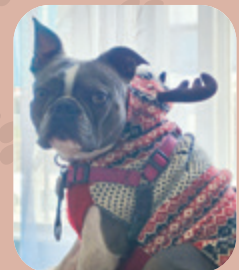
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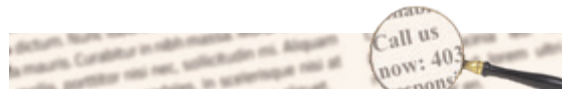
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Word of the Month

Absquatulate:

Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.



The sneaky cat managed to absquatulate any time the door was open.



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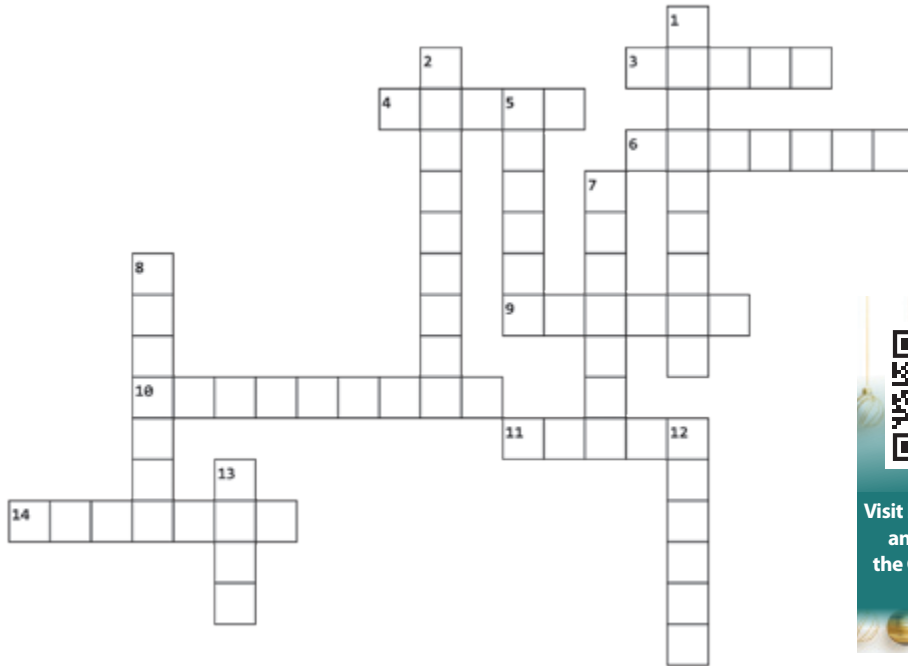
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December Crossword



Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.

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