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RosscarrockCommunityAssociation

BOARD OF DIRECTORS and COMMUNITY CONTACTS

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Secretary	Vacant	
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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.



RCA Corner Notes

For more updates, make sure to select your email preferences in your membership account to receive the monthly Rosscarrock e-newsletter.

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What is SkipTheDepot? A door-to-door bottle collection service that makes refundable recycling and fundraising easier than 1,2,3.

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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.

Cats, Canines, & Critters of Calgary



Leo and Toby, Coach Hill Patterson Heights



Oreo and G, Thorncliffe



Riley and Ozzy, Coach Hill



Sir Gawain and Sir Tristan, Woodbine

To have your pet featured, email news@mycalgary.com

Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!



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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

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

Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri



Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4



Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

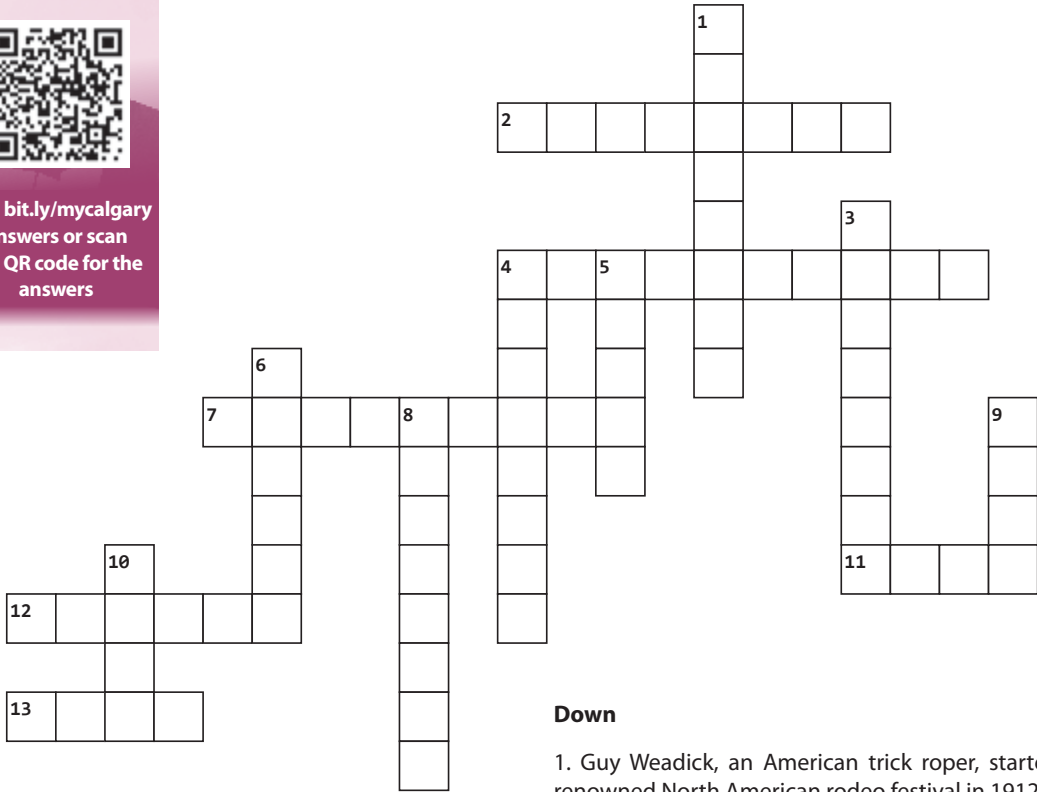
- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!

July Crossword



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



Across

2. Pamela Anderson, famous for her role in _____, was born in Ladysmith, BC on July 1, 1967.
4. This popular magical, family-friendly theme park opened on July 17, 1955, in the United States.
7. AT&T launched the Telstar, a communications _____, on July 10 of 1962, which paved the way for communications on cell phones and Wi-Fi technology.
11. This July birthstone is also known as "Ratnaraj" which is Sanskrit for "King of Gems."
12. July is named after the Roman General, Julius _____.
13. The Calgary _____ Music Festival has been a music highlight in Calgary's artistic scene since 1980 and takes place from July 25 to 28 this year.

Down

1. Guy Weadick, an American trick roper, started this renowned North American rodeo festival in 1912.
3. *The Catcher in the Rye*, written by J.D. _____, was released on July 16, 1951.
4. Canada Day is celebrated on July 1 every year but was originally referred to as _____ Day.
5. What type of animal was Dolly, the first mammal ever cloned in July of 1996?
6. The Rolling Stones, with frontman Mick _____, played their first ever concert on July 12, 1962.
8. One of July's birth flowers, the _____, is also known as a delphinium.
9. This action sci-fi prequel to the *Predator* franchise, filmed in Alberta, was released on July 21, 2022.
10. On July 20, 1969, the Apollo 11 mission landed on the moon with commander _____ Armstrong.

Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

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In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

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How to Grieve the Loss of a Pet

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

The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or protracted acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet

with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier

Word of the Month

Tintinnabulation: noun (tin-tin-nab-u-la-tion)

A sound which emulates a ringing, jingling, or tinkling of bells.

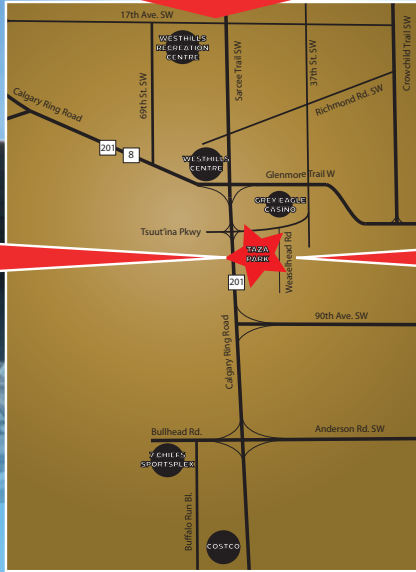
The orchestra played a composition where the percussion section summoned a ceaseless tintinnabulation, creating a wonderful echo of sound.

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