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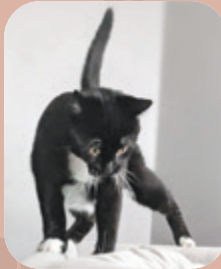
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Archie, Sage Hill



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Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

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

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)

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.



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.

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Stampede BBQ
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Aug 9 th 2024	Aug 21 st 2024
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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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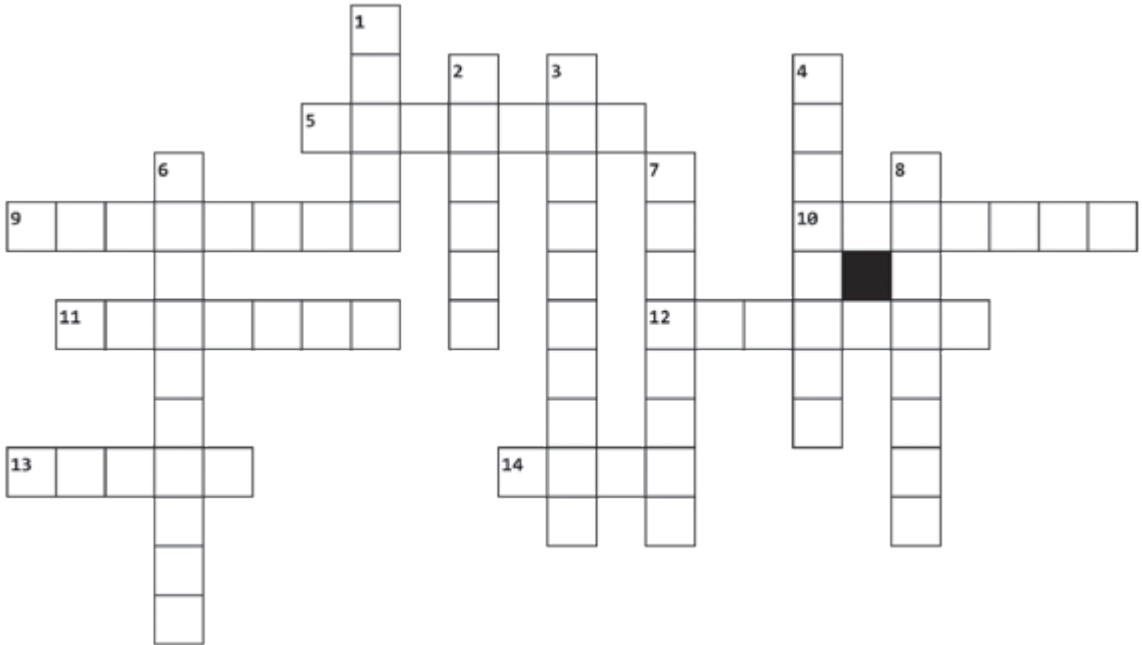
And the size of the box you wish to order. This must be done each time you place an order. Then send etransfer to rcagoodfood@gmail.com

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

June Crossword

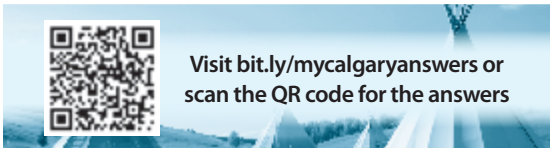


Across

5. On June 21, 1957, Canada's Prime Minister Louis St. _____, who had the distinction of having the longest continuous term as prime minister, resigned.
9. This year's F1 Canadian Grand Prix in _____ will be held from June 6 to 10.
10. In history books, June 21, 1749, marks the date that _____, Nova Scotia was founded.
11. The _____ released their hit album "Sgt. Pepper's Lonely Hearts Club Band" in June of 1967.
12. In June 2003, J.K. _____ released *The Order of the Phoenix*, the fifth book of the Harry Potter series.
13. Interestingly, the most _____ Laureates are born in June.
14. June is named after which Roman goddess of marriage, childbirth, and love?

Down

1. June's birthstone, the _____, is the only stone that is made by a living sea creature.
2. On June 5, 1998, audiences were captivated by the release of "The _____ Show," featuring Jim Carrey in the lead role, portraying a man unwittingly thrust into the spotlight as the star of a live television program.
3. On June 21, Canada honours the contributions of First Nations, Inuit, and Métis peoples by celebrating National _____ Peoples Day.
4. The novel *Crazy Rich Asians*, released on June 11, 2013, later became a film starring Oscar-winning actress _____ Yeoh.
6. June's full moon, known as the _____ Moon, will illuminate the sky on June 21 this year.
7. June 28, 1980, _____ entered Ontario as part of his incredible Marathon of Hope.
8. Founder of Tesla and SpaceX, _____, was born on June 28, 1971.





A Tale of Natural Beauty: Mr. and Mrs. Na'a, Our Nesting Geese at Trinity Hills

by Katelyn Kinsella

Amidst the bustling energy of Trinity Hills in Calgary, Alberta, a heartwarming scene unfolds as we welcome back our cherished guests, Mr. and Mrs. Na'a, the nesting Canadian geese. Nestled in the heart of our community, their presence is a testament to the harmony between urban living and the wonders of nature.

For the second consecutive year, we have been privileged to witness the remarkable journey of Mr. and Mrs. Na'a as they prepare to expand their family right in front of our eyes. Their choice to nest in our midst is a testament to the welcoming spirit of Trinity Hills and the nurturing environment we strive to cultivate.

Mrs. Na'a, the devoted matriarch of the pair, tenderly guards her nest, cradling six precious eggs beneath her protective wings. Her unwavering dedication is a reminder of the profound instinctual bond between parent and offspring, a bond that transcends species and speaks to the universal language of love.

As we eagerly anticipate the hatching of their eggs, let us take a moment to appreciate the remarkable nature of these magnificent creatures.

1. Community Connection: Mr. and Mrs. Na'a's presence serves as a gentle reminder of our interconnectedness with the natural world. Their choice to nest in Trinity

Hills is a testament to the sense of belonging and safety they find in our community.

2. Environmental Guardians: Canadian geese play a crucial role in maintaining the balance of ecosystems, contributing to the health and vitality of our surroundings. By embracing their presence, we reaffirm our commitment to environmental stewardship and conservation efforts.

3. Symbol of Resilience: Despite the challenges of urban living, Mr. and Mrs. Na'a have found a safe haven amidst the hustle and bustle of Trinity Hills. Their resilience serves as an inspiration to us all, reminding us of the strength and adaptability inherent in nature.

As we eagerly await the arrival of their fluffy goslings, let us celebrate the beauty of this natural spectacle and the sense of wonder it evokes within us. May the presence of Mr. and Mrs. Na'a serve as a beacon of hope and inspiration, guiding us towards a future where humanity and nature thrive in harmony.

In closing, we extend our heartfelt gratitude to Mr. and Mrs. Na'a for gracing Trinity Hills with their presence once again. We are honored to share this journey with them and look forward to welcoming their adorable goslings into our community.



Word of the Month

Biblot: *noun* (bi-be-lot)

A petite decorative ornament of particular beauty or rarity.

Lucy's grandmother liked to adorn her cabinets with bibelots, each one a miniature marvel that piqued her curiosity.



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Dietitians: Essential Partners in Health

by Alberta Health Services

Whether at home, in the community, school, or hospital, dietitians can help at any age and stage of life. Registered dietitians are experts in diet and nutrition that can help you evaluate your diet and create a plan and detailed menu to work with your lifestyle and daily routine. Food and nutrition are a critical part of health, but food is also integral to traditions and celebrations. Dietitians work with you to support your nutritional health and find solutions that factor in taste, culture, budget, and lifestyle.

What Does a Dietitian Do?

Many people have eating habits and relationships with food which are influenced by life events, family, friends, what food is available to them, and the media. As professionals, dietitians help individuals and families navigate food allergies, intolerances, and mealtime struggles which can happen for a variety of reasons. Dietitians help people of all ages reduce the risk of, and treat health conditions like high blood pressure, diabetes, and heart disease.

A dietitian will ask you about your eating habits, suggest strategies and tips, and, most of all, make it fun by suggesting creative recipes and helping you find ways to eat foods you enjoy most.

They can discuss many nutrition-related topics including:

- Healthy eating
- Pregnancy
- Breastfeeding or infant formula
- Feeding your toddler or young child
- Health conditions such as: diabetes, high cholesterol, high triglycerides, kidney disease, celiac disease, irritable bowel disease, irritable bowel syndrome, pancreatitis, cancer, obesity, malnutrition, long-COVID-19
- Eating after discharge from hospital
- Eating after surgery
- Weight gain or loss
- Digestive symptoms such as: Heartburn, constipation, diarrhea, or vomiting

- Nutrition supplements to provide extra protein and calories
- Vitamin and mineral supplements
- Food allergies

Some of the questions dietitians may ask include:

- What times of the day do you usually eat?
- Do you skip meals?
- When do you eat your largest meal of the day?
- Where do you typically eat? At work? At home?
- How do you prepare meals at home? From packaged or fresh foods?
- What are your favourite foods?

How Can an AHS Dietitian Help?

The information below includes resources and services, developed by AHS registered dietitians, that translate the science of nutrition into practical advice and information.

AHS' Nutrition Services develops handouts to provide patients with nutrition education and guidance. These handouts are developed by dietitians along with healthcare professionals and patients to provide up-to-date, evidence-informed information. From heart health or tips on feeding your child, you can find information on over 25 nutrition topics.

Try a workshop or a class! There are free in-person and virtual classes on a variety of topics like eating well for pregnancy, feeding babies, young children, meal planning, virtual grocery store tours, and more. Check it out to learn more about nutrition and the work of dietitians.

Are you a teacher looking for ways to promote nutrition and healthy relationships with food? Public health dietitians have developed lesson plans that align with the Alberta curriculum. There is also information available for Alberta teachers, including promoting healthy relationships with food.

Do you need to talk to someone one on one? There are HealthLink dietitians available for all Albertans. These professionals can respond to a wide variety of nutrition questions and concerns. Call 8-1-1 and ask to speak with a dietitian, or complete a self-referral form.

Nutrition screening is an excellent tool to help older adults remain healthy and strong. Nutrition screening is a set of specific questions about nutrition which can determine if someone is a low, medium, or high risk of developing health problems. Find out how to set up a screening program in your community for older adults or take the nutrition screen yourself!

Dietitians are essential partners in health. They hope to enrich lives with specialized food and nutrition knowledge while understanding that food plays an important role in meaning and connection throughout the lifespan.



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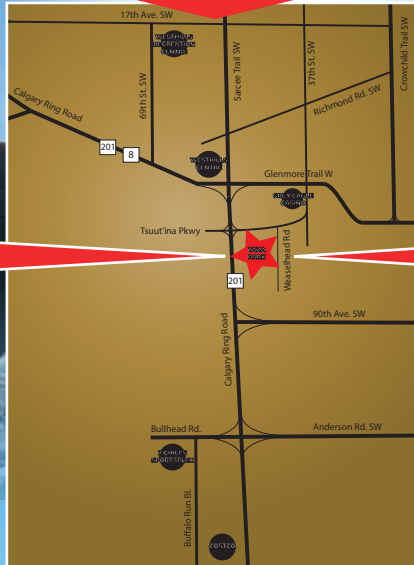


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