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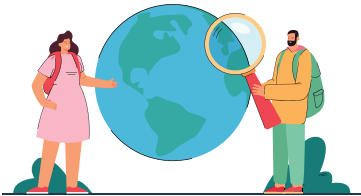
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## GAMES & PUZZLES

### Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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CODE FOR THE  
ANSWERS!

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**BRAIN  
GAMES**

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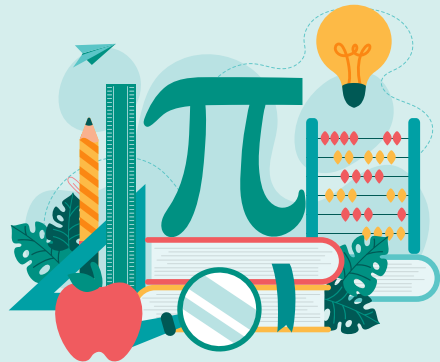
		6					5	
7			6	4				
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3				1				
	3			2		8	4	
				3	1			9
	2					5		

SCAN THE QR CODE  
FOR THE SOLUTION



## Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.





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## 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://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	<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).

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## 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).



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

## Cats, Canines, & Critters of Calgary



*Chile Mango Bean, Sundance*



*Chloe, Somerset*



*Kiki, Dalhousie*



*Stormi, Deer Ridge*

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# COMMUNITY KITCHEN

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ORDER OPENING DATE	PICK UP DATE
Mar 28 <sup>th</sup> 2024	April 10 <sup>th</sup> 2024
Apr 19 <sup>nd</sup> 2024	May 1 <sup>st</sup> 2024
May 17 <sup>th</sup> 2024	May 29 <sup>th</sup> 2024
June 7 <sup>th</sup> 2024	June 19 <sup>th</sup> 2024
NO BOX IN JULY	NO BOX IN JULY
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>th</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**

# Ten Tips for Dealing with Parental Estrangement

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



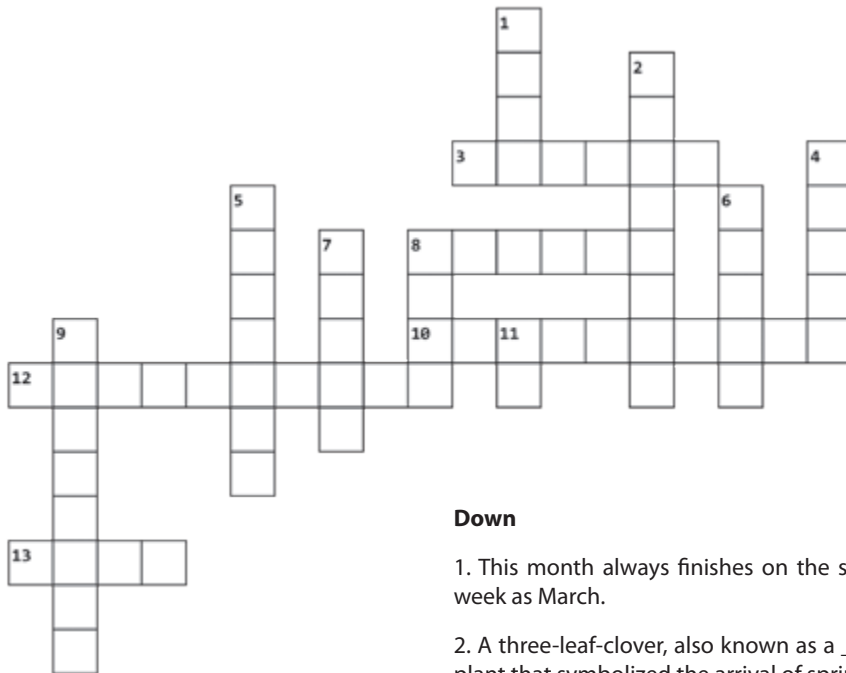
Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.
- 3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.
- 4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.
- 5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.
- 6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.
- 7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfilment.
- 8. Explore Forgiveness:** Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.
- 9. Give It Time:** Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.
- 10. Seek Professional Help:** Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.

# March Crossword



## Across

3. The \_\_\_\_\_ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin \_\_\_\_\_, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The \_\_\_\_\_ of March is well-known as the day Julius Caesar was assassinated.

## Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a \_\_\_\_\_, is a plant that symbolized the arrival of spring for the Celts.
4. International \_\_\_\_\_'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* \_\_\_\_\_ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient \_\_\_\_\_ calendar.
8. Alexander Graham \_\_\_\_\_ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



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### "Beyond the Beats" The Healing Power of Frequency

by Jonni Fox



In a world increasingly aware of holistic wellness, the concept of healing through frequency is gaining traction. This idea isn't just a new-age belief; it's rooted in the scientific understanding of how life, at its core, is a complex symphony of patterns and vibrations. Every living being, from humans to plants and animals, is composed of fractals, intricate patterns repeated at different scales. These fractals thrive on frequency, the invisible yet powerful force that envelops us.

What if the key to wellness lies not in complex medical treatments but in the ancient and simple art of sound therapy? Healing modalities like crystal bowls, gongs, drum circles, music, and dance aren't just entertainment or relaxation tools. They are conduits of healing frequencies that resonate with our body's natural patterns. Exposing ourselves to these therapeutic sounds can have profound effects, aligning our inner vibrations to a state of harmony and health.

This isn't just conjecture. There are programs that delve into numerous scientific facts about fractals, frequencies, and their effects on the human body.

By understanding these concepts, we can unlock a powerful source of healing. As the world grapples with widespread health issues, often struggling to understand the root causes of unwellness, this knowledge becomes invaluable.

Integrating sound therapy into our lives is a gentle yet potent way to invite healing. Unlike many medical interventions, this approach bears no adverse side effects. The only 'side effects' one might experience are profound well-being, happiness, joy, vitality, and relief from suffering.

In this era of rediscovery, frequency-based healing stands out as a beacon of hope. It reminds us that sometimes, the most profound healing can come from the simplest sources. Let the rhythmic pulse of the universe be your guide to a healthier, more vibrant existence.



## WINNIE IS CANADIAN

In World War I, Canadian soldier Harry Colebourn adopted a black bear cub, Winnipeg (Winnie). Donated to the London Zoo in 1914, Winnie captured the heart of Christopher Robin Milne. He named his teddy bear after her, inspiring A. A. Milne's creation of the timeless Winnie the Pooh stories. The rest is cuddly, whimsical history!



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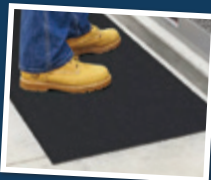
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This March, let's unite in support of the 30,000 individuals living with epilepsy in Southern Alberta. Together, we can make a meaningful impact. Wear purple, light up spaces, and be part of the movement!



MARCH 26  
**Purple Day**

### Light up the Night in Violet

**Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.

### Dress in Grape Glory!

Show your support by wearing purple clothing or accessories on March 26th.



**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.



[epilepsycalgary.com](http://epilepsycalgary.com)



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