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So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



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)

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.

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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.



Rosscarrock Real Estate Update

Last 12 Months Rosscarrock
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
October 2023	\$489,999	\$491,000

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.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.

Last 12 Months Rosscarrock
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2024	9	0
August 2024	5	7
July 2024	6	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
October 2023	5	5

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

COMMUNITY KITCHEN

GOOD FOOD BOX

ROSSCARROCK DEPOT

CONTACT LAURETTA @ 587-224-4340

EMAIL rosscarrockgfbdepot@gmail.com

*****NOTE Please Do not Contact the Church.**

They are only volunteering their space for pick up, if you have any questions about the good food box or ordering please email me or call me

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

ORDER OPENING DATE	ORDER CLOSING DATE AT NOON (No Exceptions)	PICK UP DATE
Nov 22 nd 2024	Nov 26 th 2024	Dec 4 th 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
rosscarrockgfbdepot@gmail.com

And the size of the box you wish to order. This must be done each time you place an order. Then send e-transfer to rosscarrockgfbdepot@gmail.com

*****No Orders will be accepted Past Noon On Order Closing Day*****

Pick up is at **Rosscarrock Community Church** 1140-40st SW 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 someone in need**

It is your responsibility to pick up your box or make arrangements accordingly.

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Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

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Tips and Gifts for a Less Stressful Holiday Season

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



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no”

to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Colouring Books and Pencil Crayons – To reconnect with your inner child, take the focus off your anxiety, or just a quiet activity to destress.
- Puzzles – I’m referring to good, old-fashioned, lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines – Whether it’s the sound of waves crashing, a thunderstorm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don’t think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don’t care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year’s Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful and stress-free holiday season.

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	1		4		2	3		
7		1		2				
8			1	4				
	6							

SCAN THE QR CODE
FOR THE SOLUTION



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ROSSCARROCK CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR
CODE FOR THE
ANSWERS!

A Minute Lost in Silence

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

A minute lost in silence
Loud the roar of wartime years
Sacred poppies of November
In remembrance of their tears
In our minute lost in silence
We must listen close together
Lest we all forget to hear it
Lest the silence lasts forever



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Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
 - On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
 - Move right or left to the nearest curb on one-way streets.
 - On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
 - Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.

Peach and Prosciutto Flatbread

Prep Time: 10 minutes

Cook Time: 7 to 8 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.

Roasted Red Pepper and Olive Flatbread

Prep Time: 10 minutes

Cook Time: 10 to 12 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved

- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!





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WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!

Fall Town Hall

with Janet Eremenko

MLA FOR CALGARY-CURRIE



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