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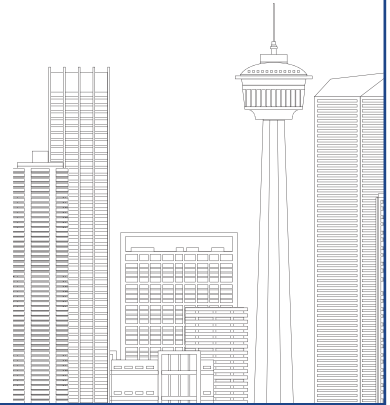
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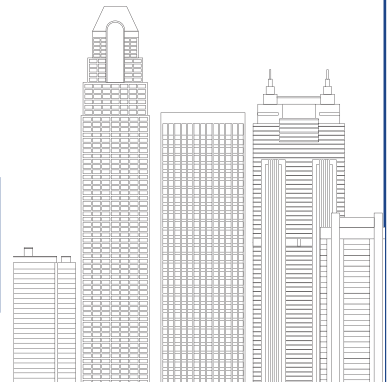
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# Rosscarrock Community Association



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://www.facebook.com/RosscarrockCommunityAssociation)

## BOARD OF DIRECTORS and COMMUNITY CONTACTS

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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 Monday 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).

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

## Community Kitchen Rosscarrock Good Food Box Depot



**Good Food Boxes are filled with Fresh Produce as you see in the above Photos**

**Large Box 35-40 lbs \$40.00 Medium Box 30-35 lbs \$35.00 Small Box 25-30 lbs \$30.00**

This is a great opportunity to cut some costs on your grocery bill. The Good Food Box is open to everyone.

Please Email Laretta at [rosscarrockgfbdepot@gmail.com](mailto:rosscarrockgfbdepot@gmail.com) Or Call or text 587-224-4340

### To Order

Send an email to the above email address with the following

- First and Last Name
- Number of Adults, Children and Seniors and Households ( ie if you plan to purchase a box for someone plus your own household.)
- Size of box(es) you are wishing to order.

Then send an etransfer to the same email address for the amount of your order.

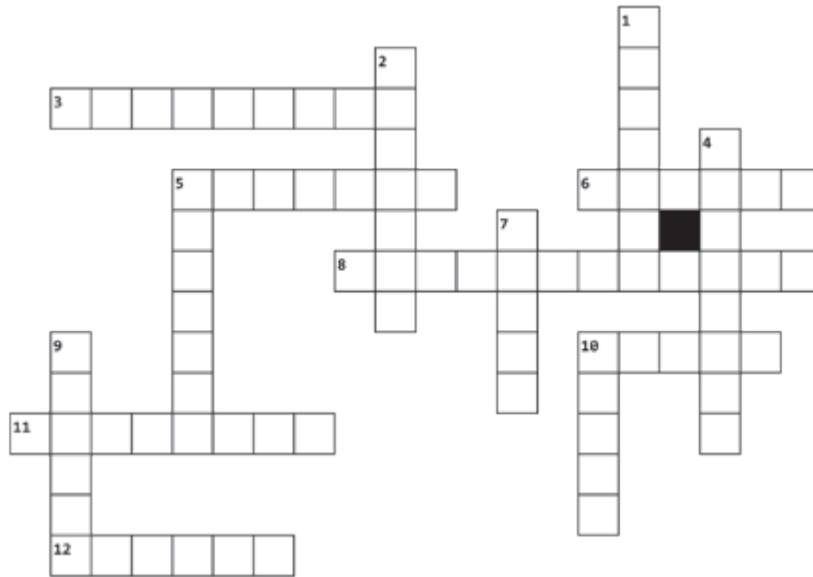
Once both are received you will receive a confirmation email along with your pickup instructions.

Pick up Location for the Rosscarrock depot is at The Rosscarrock Church of Christ located at 1140-40 st SW

<b>Ordering Opens</b>	<b>Ordering Closes at Noon</b>	<b>Delivery Day (Wednesday)</b>
Apr 25 <sup>th</sup> 2025	Apr 29 <sup>th</sup>	May 7 <sup>th</sup>
May 23 <sup>rd</sup> 2025	May 27 <sup>th</sup>	Jun 4 <sup>th</sup>
Jun 13 <sup>th</sup> 2025	Jun 17 <sup>th</sup>	Jun 25 <sup>th</sup>
Aug 1 <sup>st</sup> 2025	Aug 5 <sup>th</sup>	Aug 13 <sup>th</sup>
Aug 29 <sup>th</sup> 2025	Sept 2 <sup>nd</sup>	Sept 10 <sup>th</sup>
Sept 19 <sup>th</sup> 2025	Sept 23 <sup>rd</sup>	Oct 1 <sup>st</sup>
Oct 17 <sup>th</sup> 2025	Oct 21 <sup>st</sup>	Oct 29 <sup>th</sup>
Nov 21 <sup>st</sup> 2025	Nov 25 <sup>th</sup>	Dec 3 <sup>rd</sup>



# April Crossword



## Across

3. Simon & Schuster released the first-ever \_\_\_\_\_ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the \_\_\_\_\_ flu pandemic.
6. On April 30, 1952, Mr. \_\_\_\_\_ Head became the first toy ever to be advertised on television.
8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, \_\_\_\_\_.
10. This meteor shower takes place in April every year.
11. ABBA won the 1974 Eurovision Song Contest with their song \_\_\_\_\_ on April 6.
12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

## Down

1. April's birthstone is the \_\_\_\_\_, a popular choice for engagement rings.
2. Stanley Kubrick's sci-fi adventure film, *2001: A Space \_\_\_\_\_*, premiered in April 1968.
4. The Royal \_\_\_\_\_ Air Force was officially established on April 1, 1924.
5. \_\_\_\_\_ *Island* by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
7. Comedian and actor Seth \_\_\_\_\_ was born on April 15, 1982, in Vancouver, BC.
9. The World \_\_\_\_\_ Organization was established by the United Nations on April 7, 1948.
10. On April 16, 2018, Kendrick \_\_\_\_\_ won the Pulitzer Prize for Music, becoming the first rapper to do so.



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Green Calgary Rain Barrel Sales

by *The City of Calgary*

Did you know, water use in Calgary communities increases up to 20 percent in the summer months? Capturing rainwater can help you and your community build resiliency during times of hot and dry weather while keeping your yard and garden healthy. Rain barrels typically fill up after a single rainfall and help keep water on your property, so less dirt and contaminants wash into the rivers.

Made locally with recycled material, Green Calgary rain barrels can be used to water the plants in your yard. Rain barrels are \$75 after rebate for a limited time with pick-up and delivery options available.

Visit [greencalgary.org](http://greencalgary.org) for details on all sales event dates and locations. Join the thousands of Calgarians already conserving water by using a rain barrel. Pre-order yours at [greencalgary.org](http://greencalgary.org), starting April 1, 2025.



## Admiration... Always

by *Cheryl Dunkley*

Seventy years fly by fast  
Live in the present, not the past.  
What's your secret, we have to ask  
Joan would say: "at everything you just laugh!"

Joan is a special gal -  
A loyal friend through and through.  
The world would be a better place  
If this skill was one everybody knew.

Her circle has been busy and wide  
Golf, curling, travel, bridge  
But, if you need a friend  
Joan is right there by your side.

She has tackled many sports,  
Always showed up with a smile  
If you need love and support,  
Joan always goes the extra mile.

A kind word, a compliment, a laugh  
She understands what's on your mind.  
She listens, has a thought, perhaps an idea new  
Joan cares about each and everyone of you!

Happy birthday, dear Joan!  
Thank you for being a good friend to all of us.  
We are all better for knowing you and could learn  
from your example.

We have watched you approach life with  
compassion and intention putting others' need  
first while making light of your own.

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## Celebrating Calgary 150 - Treaty 7 and Cow Town

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

The NWMP arrived in 1874. Colonel Macleod met with Chief Crowfoot, who wanted respect for Blackfoot rights and encouraged friendly relations with the newcomers.

Conflict in America and the planned trans-continental railway led Canadian authorities to offer treaty negotiations with Indigenous peoples. The negotiations took place at Blackfoot Crossing, a traditional gathering place near Cluny, AB.

Crowfoot delivered an account of the talks to the other Chiefs. Land for settlement was exchanged for Indigenous land rights as well as farming support, food, and annuities. The Treaty was signed on September 22, 1877.

Increasing settlement and the buffalo's near extinction upended the Treaty. As well, property was not part of Indigenous tradition, and the location and size of reserves was not clarified.

The end of the buffalo meant Indigenous peoples arrived on their reserves in need of food and shelter. The winter of 1883 to 1884 is known as the Starvation Winter. Government bureaucrats worsened the situation by restricting movements and limiting agricultural support.

Louis Riel returned from America to again argue for Indigenous rights. In 1885 at Batoche, SK, he established a provisional government. Shots were fired and the police retreated. Some Cree in Alberta took up the cause at Frog Lake, but Crowfoot would not side with Riel. Troops were ordered to Saskatchewan via the newly constructed railway. At the Battle of Batoche, the North-West Resistance ended, and Riel was tried and executed.

With the railway completed in 1885, Calgary was connected to the world. One result was more homesteading. American John Ware, a former slave, arrived and developed a reputation as a skilled and daring cowboy. Along Fish Creek, John Glenn's irrigation system powered Samuel Shaw's woollen mill.

Calgary was incorporated as a town in 1884. Surveyor William Pearce set aside St. George's and St. Patrick's

Islands as parkland. James Walker, owner of Bow River Sawmill, expanded the fort. He was the first Board of Trade president and petitioned for a school district. In 1975 he was named Citizen of the Century.

With Cow Town firmly established, the next decade would shape the city you're probably most familiar with today.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OY2G50?WS=SearchResults>. "Blackfoot crossing, Bow River, Alberta," 1882, (CU181390) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FTUJL?WS=SearchResults>. "Blood woman at the ration house, Blood reserve," 1897, (CU1156926) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OM09J6?WS=SearchResults>. "Colonel James Walker's sawmill, Calgary, Alberta," [ca. 1880-1883], (CU182558) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

# Overcoming Dating Anxiety

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

Dating anxiety is common, but you can manage it with the right mindset and strategies. Here are some suggestions to get you started:

### 1. Shift Your Mindset

Lowering the pressure or expectations. Treat dates as casual meetups instead of stressful interviews.

Reframe any rejections. Not every match works out, and that is normal. See each time as a learning experience.

Focus on the enjoyment of the date. Instead of trying to impress your date, focus more on whether you are enjoying their company.

### 2. Prepare and Practice

Start small. Get comfortable with social interactions by practicing with friend or in low pressure environments.

Plan ahead. Choose a familiar setting for the date to feel more at ease.

Have conversation starters. Think of a few topics in advance to avoid awkward silences.

### 3. Manage Anxiety in the Moment

Breathe deeply. Try slow breathing exercises.

Use grounding techniques. Focus on your senses - what you see, hear, feel to stay present.

Accept your nervousness. It's normal. A little anxiety can make you appear more engaged and authentic.

### 4. Build Confidence Overtime

Expose yourself gradually. The more you date, the more natural it will feel.

Positive self-talk. Remind yourself of your strengths and why you are a great person to date.

Don't overanalyze. Avoid replaying the date in your head. Just move forward.

### 5. Seek Support if Needed

Talk to friends. They can offer their encouragement and a different perspective.



Consider therapy. If your anxiety is overwhelming, a therapist can help with confidence building strategies.

### 6. Confidence Tips

**Before the Date:** Dress in a way that makes you feel good and comfortable. Listen to music that pumps you up. Visualize the date being successful. Remind yourself why you are going to be a great date.

**During the Date:** Open body language by maintaining good posture, an open smile, and making eye contact. Try to slow your speech, reminding yourself that it's okay to pause and breathe. Focus on the other person as it helps keep away self-consciousness. Laugh off any mistakes you make. Humility is actually attractive.

**After the Date:** Don't overanalyze the date in your head. It is what it is, they either like you or they don't. It's a two-way street...you're evaluating them as well. Celebrate that you took a chance even if the date wasn't perfect. You break your anxiety cycle by facing your fears and learning as you go!

Practice makes each attempt easier and builds confidence. Get out there and have some fun.



# The Art of Finding Work: Stop Asking Your Interviewer Cliché Questions

by Nick Kossován

Most job search advice is cookie-cutter. The advice you're following is almost certainly the same advice other job seekers follow, making you just another candidate following the same script.

In today's hyper-competitive job market, standing out is critical, a challenge most job seekers struggle with. Instead of relying on generic questions recommended by self-proclaimed career coaches, which often lead to a forgettable interview, ask unique, thought-provoking questions that'll spark engaging conversations and leave a lasting impression.

English philosopher Francis Bacon once said, "A prudent question is one half of wisdom."

The questions you ask convey the following:

- Your level of interest in the company and the role.
- Contributing to your employer's success is essential.
- You desire a cultural fit.

Here are the top four questions experts recommend candidates ask; hence, they've become cliché questions you should avoid asking:

### **"What are the key responsibilities of this position?"**

Most likely, the job description answers this question. Therefore, asking this question indicates you didn't read the job description. If you require clarification, ask, "How many outbound calls will I be required to make daily?" or "What will be my monthly revenue target?"

### **"What does a typical day look like?"**

Although it's important to understand day-to-day expectations, this question tends to elicit vague responses and rarely leads to a deeper conversation. Don't focus on what your day will look like; instead, focus on being clear on the results you need to deliver. Nobody I know has ever been fired for not following a "typical day." However, I know several people who were fired for failing to meet expectations. Before accepting a job offer, ensure you're capable of meeting the employer's expectations.

### **"How would you describe the company culture?"**

Asking this question screams, "I read somewhere to ask this question." There are much better ways to research a company's culture, such as speaking to current and former employees, reading online reviews and news articles. Furthermore, since your interviewer works for the company, they're presumably comfortable with the culture. Do you expect your interviewer to give you the brutal truth? "Be careful of Craig; get on his bad side, and he'll make your life miserable." "Bob is close to retirement. I give him lots of slack, which the rest of the team needs to pick up."

Truism: No matter how much due diligence you do, only when you start working for the employer will you experience and, therefore, know their culture firsthand.

### **"What opportunities are there for professional development?"**

When asked this question, I immediately think the candidate cares more about gaining than contributing, a showstopper. Managing your career is your responsibility, not your employer's.

Cliché questions don't impress hiring managers, nor will they differentiate you from your competition. To transform your interaction with your interviewer from a Q&A session into a dynamic discussion, ask unique, insightful questions.

Here are my four go-to questions—I have many more—to accomplish this:

### **"Describe your management style. How will you manage me?"**

This question gives your interviewer the opportunity to talk about themselves, which we all love doing. As well, being in sync with my boss is extremely important to me. The management style of who'll be my boss is a determining factor in whether or not I'll accept the job.

### **"What is the one thing I should never do that'll piss you off and possibly damage our working relationship beyond repair?"**

This question also allows me to determine whether I and my to-be boss would be in sync. Sometimes I ask, "What are your pet peeves?"

### **"When I join the team, what would be the most important contribution you'd want to see from me in the first six months?"**

Setting myself up for failure is the last thing I want. As I mentioned, focus on the results you need to produce and timelines. How realistic are the expectations? It's never about the question; it's about what you want to know. It's important to know whether you'll be able to meet or even exceed your new boss's expectations.

**"If I wanted to sell you on an idea or suggestion, what do you need to know?"**

Years ago, a candidate asked me this question. I was impressed he wasn't looking just to put in time; he was looking for how he could be a contributing employee. Every time I ask this question; it leads to an in-depth discussion.

Other questions I've asked:

- "What keeps you up at night?"
- "If you were to leave this company, who would follow?"
- "How do you handle an employee making a mistake?"
- "If you were to give a Ted Talk, what topic would you talk about?"
- "What are three highly valued skills at [company] that I should master to advance?"
- "What are the informal expectations of the role?"
- "What is one misconception people have about you [or the company]?"

Your questions reveal a great deal about your motivations, drive to make a meaningful impact on the business, and a chance to morph the questioning into a conversation. Cliché questions don't lead to meaningful discussions, whereas unique, thought-provoking questions do and, in turn, make you memorable.



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## Cats, Canines, & Critters of Calgary



Chestnut,  
Canyon Meadows



Clifford, Patterson



Essex, Bridlewood



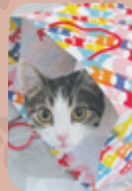
Harry, Rosscarrock



Max, Woodlands



Peanut, Signal Hill



Roxy, Woodlands



Tony, Quarry Park

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



ELDERDOG  
CANADA



## HELP KEEP LOVE IN THE HOME

ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/vet clinic), to volunteer with us, or for more information at [calgaryldr@elderdog.ca](mailto:calgaryldr@elderdog.ca).

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*Help us provide  
assistance to people  
and dogs in need.*

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