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Basha and Molly, *Elbow Scene*



Daisy Nulo and Nulo Pickles, *McKenzie Towne*



Howie and Pepper, *Crestmont*



Tucker and Bentley, *McKenzie Towne*

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A Journey Through Winter

by Les Robertson

What should we do when there is snow on the ground?

More than you think, and this is what I found
You can build a snowman outside your front door
Or cuddle by the fireplace on your living room floor

You can take in a hockey game at your local hockey rink

or go for hike and try to spot a mink
Head out to the mountains and ski down the hills
Check out the scenery which is always a thrill

If you have a snowmobile there are many trails to explore

Glistening white frosted branches are easy to adore
Take out your snowshoes and glide across the land
Getting exercise in the cold or as much as you can stand

Find a winter carnival with ice sculptures on display
Watch the modern-day lumberjacks competing on that day

At home you reflect and take time to appreciate
While sipping your cocoa, you realize it must have been fate

Let Us Enjoy the Winter Season

February Snow

by Garth Paul Ukrainetz, Poet of the Blackmud Creek

February snow can't miss your falling

Always sure to drift my way

Cling to pant legs, holding tightly

Begging me to come and play

Slide upon a long toboggan

Skate across a pond of ice

Downhill ski on powdered mountain

Friendly little snowball fight

February snow I know you're lonely

This time of year I feel it too

Maybe we should get together

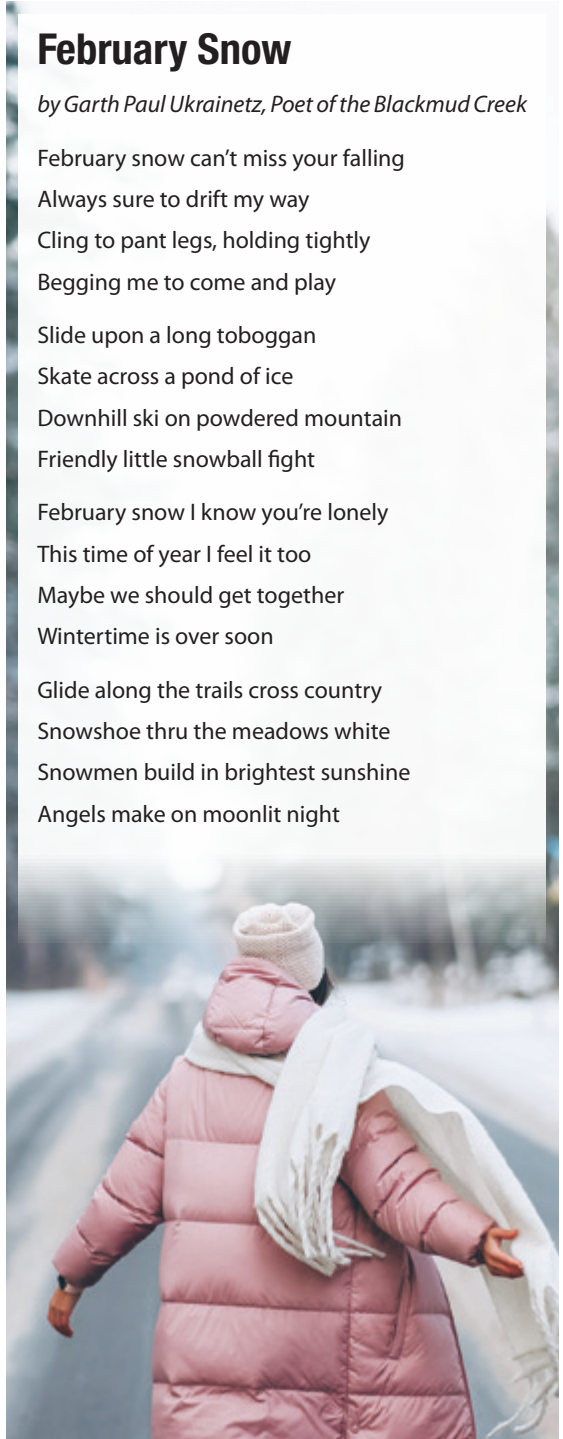
Wintertime is over soon

Glide along the trails cross country

Snowshoe thru the meadows white

Snowmen build in brightest sunshine

Angels make on moonlit night



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& More**



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Rosscarrock Community Association



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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.

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.skipthedept.com/rosscarrock>
2. Place your bags outside
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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.

How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Community Kitchen Rosscarrock Good Food Box Depot



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

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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

Ordering Opens	Ordering Closes at Noon	Delivery Day (Wednesday)
Feb 28 th 2025	Mar 4 th	Mar 12 th
Mar 21 st 2025	Mar 25 th	Apr 2 nd
Apr 25 th 2025	Apr 29 th	May 7 th
May 23 rd 2025	May 27 th	Jun 4 th
Jun 13 th 2025	Jun 17 th	Jun 25 th
Aug 1 st 2025	Aug 5 th	Aug 13 th
Aug 29 th 2025	Sept 2 nd	Sept 10 th
Sept 19 th 2025	Sept 23 rd	Oct 1 st
Oct 17 th 2025	Oct 21 st	Oct 29 th
Nov 21 st 2025	Nov 25 th	Dec 3 rd



Rosscarrock Real Estate Update

Last 12 Months Rosscarrock
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$825,000	\$832,500
November 2024	\$998,000	\$975,000
October 2024	\$912,450	\$915,000
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

Last 12 Months Rosscarrock
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2024	0	4
November 2024	6	7
October 2024	5	6
September 2024	9	0
August 2024	4	7
July 2024	5	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

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



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The Great Joni Mitchell

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.



Getting Active in the New Year

by Alberta Health Services

The New Year is a perfect opportunity to embrace healthier habits and prioritize well-being. You can start today.

Start by finding activities you enjoy, whether it's jogging, swimming, lifting weights, or joining a fitness class. Make movement a regular part of your routine. Although adding more activity to your life may seem overwhelming, it helps to start small. Make one lifestyle change that helps you move more regularly at an effort level that matches your current condition.

One Step at a Time

Walking is a great way to be active. For most people, walking is a safe activity, and it helps make the bones stronger and keep the joints healthy. It can make you feel less tired and can put you in a good mood. To help get into the habit of walking, try wearing a pedometer for a day or even a week. At the start, you might be surprised to see how few steps you take each day. To boost your daily step count, make simple changes in your daily routines like:

- Park a few blocks away from work and walk.
- Take the stairs instead of escalators or elevators.
- Walk in your neighbourhood before or after supper. Start with short walks and slowly increase the distance. Set new goals when you're ready.
- Invite a friend or family member to join. You may find you can walk longer when you walk with another person.

Remember, some activity is better than none. The more you do, the better. Finding activities you enjoy and that are practical is an important first step to becoming active.

Get Outside!

Spending more time being active outdoors offers many benefits like boosting your mental health, increasing energy, or lowering your risk of diabetes, heart disease, and some types of cancer. Although Alberta winters can be difficult because of the shorter days, cold weather, and snow and ice, there are many reasons to still get outside. Check out hard-to-reach places on snowshoes or skis or go skating outside. Being outdoors more can also make you feel good about your community.

It Doesn't Have to Be Hard

Most people who dance, swim, play tennis, or go hiking do these activities because they enjoy them. Having fun is good for your health. Taking part in an activity that you enjoy will help you relax and help lower your stress. It will help you feel good about yourself, which is good for your mental health. Physical activity doesn't have to be hard to be good for your body. If you don't like going to a gym, do something outside or walk in a mall.

What activity appeals to you? Try to find an activity you enjoy doing by yourself or with others. If you like what you're doing, you'll probably keep doing it. Find out about activities in your community to try new things and learn new skills.

Physical activity can help you live better as you grow older. Staying active will help you reach, bend, lift, carry, and move around easier, so you can keep doing things you like to do. The more you sit or lie around, the stiffer your joints get. Stretching and strength exercises will keep your muscles and joints moving and help stop falls and injuries.

Being active is safe for most people. Start slowly and work your way up. If you aren't sure about how much activity you can do, talk to your healthcare provider.

Physical activity doesn't need to be dull or boring. Do activities you enjoy more often. You may be surprised how quickly you start to feel stronger and like you have more energy.



Winter Sun Safety: Protecting Yourself Year-Round

by Alberta Health Services

When winter arrives, many people living in Alberta may stop thinking about sun safety. However, ultraviolet radiation (UVR) can still pose a health risk, even in the chilly months.

UVR comes from the sun but is invisible to humans. Two of the three forms of ultraviolet light, UVA and UVB rays, reach the earth and can harm you.

Around 65 to 90 percent of all skin cancers are linked to UVR exposure. Melanoma is the most serious type of skin cancer. In Alberta, around one in 42 males and one in 46 females will develop melanoma within their lifetime. From those who develop melanoma, around one in 276 males and one in 674 females will die.

Ultraviolet Radiation Reflects Off the Snow

During winter, UVR can be as harmful as in the summer. The UV Index is a rating of how strong the sun's rays are. The higher the UV rating, the more careful you have to be when outside in the sun.

When skiing, snowshoeing, walking, or skating, you can be exposed to more UVR than you think. Bright white surfaces like snow can double your UVR exposure. Being at a higher altitude can also expose you to more UVR, putting you at higher risk of sun damage.

Protect yourself from the sun during the winter by following these tips:

- Check the UV index (a rating of how strong the sun's rays are) when planning to be outside in the sun. If the UV index is above three, be careful. Consider planning activities in the shade, away from the sun.
- Wear winter clothing that covers as much skin as possible. Most winter clothing will provide good UV protection because of tight windproof construction with multiple layers.
- Some areas that are not always covered by winter clothes are your face, head, and hands.
- Choose a sunscreen that has a broad-spectrum sun protection factor (SPF) of 30 or higher. Apply sunscreen generously 20 minutes before going outside and reapply frequently.

- Wear sunglasses that fit closely and wrap around the face. Try to find sunglasses that reflect or filter out 99 to 100% of UVR light.
- Find out if your medication causes you to be more sensitive to sunlight or heat stress.

Escaping to Warmer Weather? Stay Sun Safe!

While a sunny destination escape is exciting, you might be caught off guard by how strong the sun's rays are in certain climates. Bringing sunscreen, long sleeve shirts, and clothing with good UV protection, hats, sunglasses, and other measures can help protect your skin and eyes from short- and long-term damage from the sun.

A "base tan" from either indoor tanning (also known as tanning beds) or outdoor tanning before a trip will not prevent a sunburn. In fact, it's estimated that indoor tans only give you two to four percent protection from the sun. Tanning equipment usually emits higher levels of UV radiation than the UV radiation outside. Use of tanning beds is not worth the health risks.

Did you know? The World Health Organization has placed UV tanning beds into its highest cancer risk category, ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

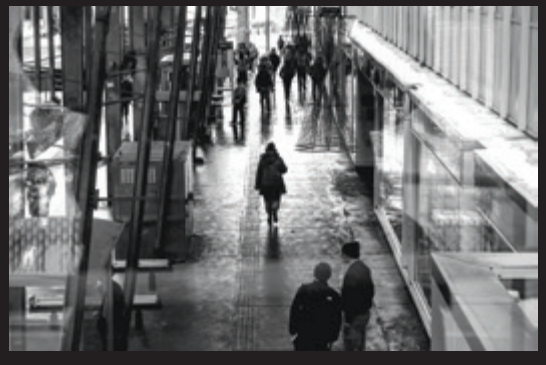
Skin Types: What Is Yours?

The colour of your skin also plays a role in your sun burn risk. The fairer your skin is, the higher the risk. It's important that you know what your skin type is and understand the risks.

Risk level	Skin Type	How Skin Reacts to Sun
High	• Light, pale white	• Always burns, never tans
High	• White, fair	• Usually burns, tans with difficulty
Medium	• Medium, white to olive	• Sometimes mild burn, gradually tans to olive
Medium	• Olive, moderate brown	• Rarely burns, tans with ease to moderate brown
Low	• Brown, dark brown	• Very rarely burns, tans very easily
Low	• Black, very dark brown to black	• Almost never sunburn, tans very easily

Photo Gallery

by Khoa Nguyen



Nevi are benign melanocytic tumours, also known as moles. They are strongly associated with risk for melanoma. The greater the number of moles on a person's skin, the greater the risk of melanoma. Someone who has more than 100 common moles or more than two atypical moles has a five- to twenty-fold increased risk of melanoma.

Learn more about your skin type and the risks of indoor tanning by visiting <https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/>.

Learn more about skin cancer screening and skin self-exam:

- <https://www.canadianskincancerfoundation.com/early-detection/skin-check/>
- <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=skc1179>

Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

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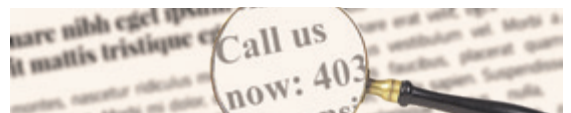
Call Bob: 403-461-3490

Joke of the Month



Why aren't dogs good dancers?

They have two left feet.



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