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# Rosscarrock Community Association



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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)

RosscarrockCommunityAssociation

## BOARD OF DIRECTORS and COMMUNITY CONTACTS

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Vice-President	Scott	
Treasurer	Gennaro	
Secretary	Amanda	
Events	Vacant	
Planning	Milad	
Communications	Vacant	
Director-at-Large	Marcelo	
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 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.

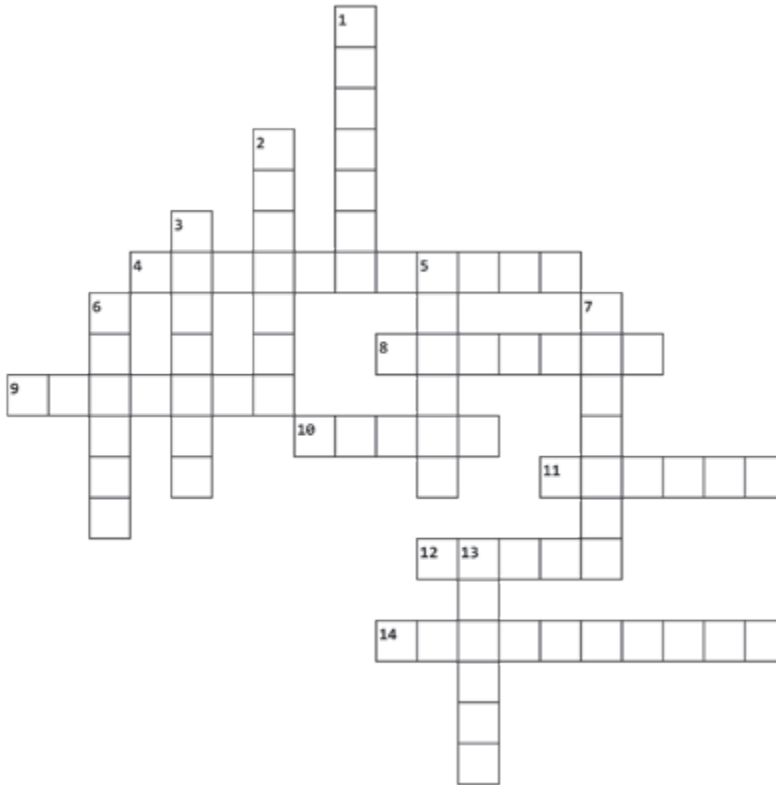
1. Download the app and book a pickup using <https://app.skipthedept.com/rosscarrock>
2. Place your bags outside
3. Receive a refund or donate to us!

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).

# July Crossword



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

## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



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ROSSCARROCK CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!

# Community Kitchen

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- 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

Ordering Opens	Ordering Closes at Noon	Delivery Day (Wednesday)
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>



## Celebrating Calgary 150 - Oil Town

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

Calgary was booming by 1920.

The CPR built the Palliser Hotel, called the “Castle by the Tracks”, which employed immigrants like my Nona and father. The Kings Arm Tavern inside was frequented by gay men. Meanwhile, Fort Calgary was razed.

A splendid City Hall reflected Calgary’s prominence. And another public building is Heritage Hall, Western Canada’s first post-secondary institution. Hudson’s Bay’s new store opened with a granite columned arcade, unique in North America.

Parks Superintendent William Reader sought to beautify Calgary with Reader Rock Garden, his experimental site. Shaganappi (“rawhide lacing” in Cree), an Indigenous gathering place, became the first municipal golf course (ca.1914).

St. George’s Island became the zoo’s home, with concrete dinosaurs added in 1935. Dinny is the only survivor. Annie Gale, the British Empire’s first woman city councillor, supported self-sufficiency through the Vacant Lot Gardens Club.

Energy resources started dominating the economy. Coal was mined in the Crowsnest Pass - my great-grandfather Salvatore was a miner who died in an accident. Nearby is Turtle Mountain, known to Indigenous peoples as “the mountain that moves”. On April 29, 1903, the Frank Slide destroyed the mine and several homes. Between 70 and 90 people perished.

At Turner Valley, William Herron’s well struck gas. He’s considered the father of Alberta’s petroleum industry. The Herald wrote, “a lively but fairly sane cow town became a madhouse”. Oil was discovered in 1936, sealing Calgary’s fate as Oil Town.

New main streets developed. Off 10 Street NW is the Art Deco-style Plaza Theatre (ca.1934). Apartment buildings also appeared, including Spanish Colonial-style President Apartments and Tudor Revival-style Barnhart Apartments.

Another kind of community formation occurred in 1928 when Métis Nation of Alberta was founded to establish eight settlements.

Then the Great Depression began in 1929. Public works projects generated employment, including the Glenmore Reservoir and Banff-Jasper Highway. Norman Luxton spearheaded Banff’s Winter Carnival and Buffalo Nations Museum. Mount Norquay and Sunshine became ski resorts.

During hard times, sport offered respite. The Calgary Tigers played rugby football and threw Canada’s first forward pass in 1929. The Stampeders won their first game in 1945, perfect for a city approaching 100,000.

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“Palliser Hotel, Calgary, Alberta,” 1929-06-20, (CU1101121) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1WU3E87WS=SearchResults>.



“City Hall, Calgary, Alberta,” [ca. 1911], (CU169103) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SLYACF?WS=SearchResults>.

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“Provincial Institute of Technology, Calgary, Alberta,” [ca. 1925], (CU1212545) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1ZY6LN>.



“Dinny the Dinosaur under construction at zoo, Calgary, Alberta,” 1937, (CU1225525) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O8Q5OQ>.





"Hudson's Bay Company Department Store, Calgary, Alberta.; 1917, (CU166208) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F3I3I3?WS=SearchResults>.



"First Nations camp, Shaganappi Point, Calgary, Alberta.," 1901, (CU1125950) by Notman. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Please credit Notman Archives, McCord Museum. On occasion of Royal Visit of Duke and Duchess of Cornwall and York. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF108XTG9?WS=SearchResults>.



"Entry to St. George's Island, Calgary, Alberta.," [ca. early 1920s], (CU1104276) by McDermid Photo Laboratories. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XZKVOH>.



"View of Turtle mountain and slide area, Frank, Alberta.," [ca. 1903], (CU1104678) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F1MFB1?WS=SearchResults>.



"View of Dingman #1 (Calgary Petroleum Products #1) well, Turner Valley, Alberta.," 1914, (CU1157433) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FRZGBP?WS=SearchResults>.



"Filtration plant, Glenmore dam, Calgary, Alberta.," [ca. 1938], (CU1130063) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FP1RIS?WS=SearchResults>.



"Stoney at Banff Carnival, Banff, Alberta.," 1922, (CU1154126) by McCowan, Dan. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OKFKF?WS=SearchResults>.



"Sunshine ski lodge, Simpson Pass, Alberta.," [ca. 1936-1937], (CU1118448) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

## Cats, Canines, & Critters of Calgary



Lily and Fern, Calgary



Enzo, Calgary



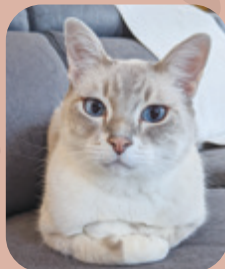
Molly, Elbow Scene



Roscoe,  
McKenzie Towne



Stella,  
Elbow Scene



Tigger,  
Elbow Scene



Willow,  
McKenzie Towne

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# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.

Downtown Summer Festivals and Events

by The City of Calgary



Calgary’s Summer Festival Season is in full-swing and downtown is where you’ll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life’s moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you’re just a click away from staying connected. That’s why we’ve created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).



Rosscarrock Real Estate Update

Last 12 Months Rosscarrock  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2025	\$850,000	\$829,500
April 2025	\$1,094,800	\$1,080,000
March 2025	\$589,900	\$611,000
February 2025	\$675,000	\$635,000
January 2025	\$649,900	\$615,000
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

Last 12 Months Rosscarrock  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2025	10	5
April 2025	11	3
March 2025	5	3
February 2025	5	3
January 2025	4	1
December 2024	0	4
November 2024	5	7
October 2024	5	6
September 2024	9	0
August 2024	4	7
July 2024	5	3
June 2024	6	6

To view more detailed information that comprise the above  
MLS averages please visit [ross.mycalgary.com](http://ross.mycalgary.com)



## GAMES & PUZZLES

### Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



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### Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!



## BEFORE THE BEATLES

John Lennon, Paul McCartney, and George Harrison are well-known for their incredible roles in the English rock band *The Beatles*. But did you know that it wasn't the first band these three talented musicians were in together? First, they were in a band called *The Quarrymen*!



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### Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

#### Québec Village



On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de

Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!





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## No Yolk

Why don't eggs tell jokes?  
They might crack up!




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**Janet Eremenko**  
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403-426-4794  
calgary.currie@assembly.ab.ca

Stampede is truly one of my favourite times of the year in Calgary. It reminds me of the amazing feats we're capable of as a city, and all that we can accomplish within community. When the street flags are raised and the windows are painted, we know it's "go time" for local businesses, organizations, and tourist services to welcome visitors from near and far. It's estimated Calgary greets over one million visitors from outside Calgary during this ten-day period. Remarkable!

Already, we see that Canadians are choosing to stay closer to home and explore this incredible country we have the privilege to call home. If you haven't been to the Stampede for a while, maybe this is the year. Check out the new Elbow River Camp at the northeast end of the grounds.

But certainly, if the Stampede isn't your cup of tea, there are so many other ways to soak in all that is amazing about Alberta in the summer. Try canoeing on the Glenmore Reservoir or hiking in Nose Hill. Head south to Crowsnest Pass or Waterton Lakes (I can't believe I had never been before 2022!) or go camping in Writing-on-Stone or Drumheller. Take in a festival or visit a local farmers market—so many great options!

Thank you to every single volunteer and organizer who help to make the summers extra special. If you have the ability to lend a hand, please do! It's the kind of investment in your community and your well-being that is a perfect antidote to isolation and loneliness. I look forward to enjoying the long summer days in Calgary-Currie, door-knocking, attending events, and indulging in a few pancakes here and there.

Wishing you, your friends, and family a safe and memorable summer.





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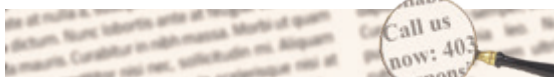
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