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- Transaction Closing
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Epilepsy Awareness Month

Shine a Light on Epilepsy

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

Share your purple moments using

#postyourpurple



Birthday Sunflowers

On Vincent van Gogh's 134th birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million!



Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

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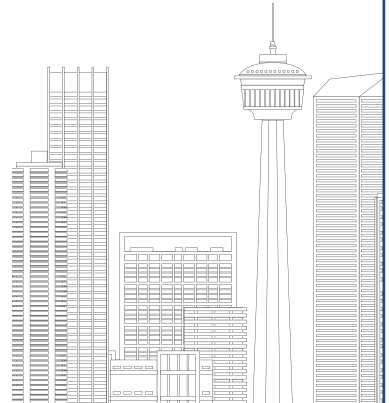
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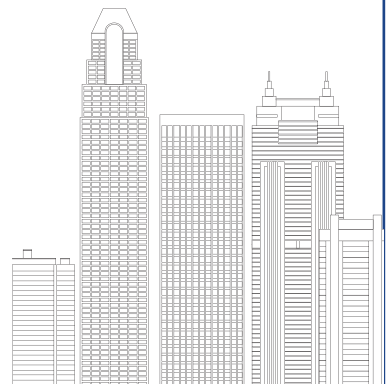
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**Real Estate
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Rosscarrock Community Association



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	
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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	info@rosscarrock.org
Community Social Worker	Kellie Nixon	kellie.nixon@calgary.ca

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
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.

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 Lauretta at 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

Ordering Opens	Ordering Closes at Noon	Delivery Day (Wednesday)
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

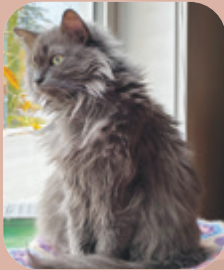
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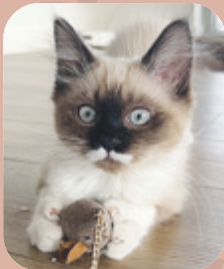
Louie, Panorama Country Hills



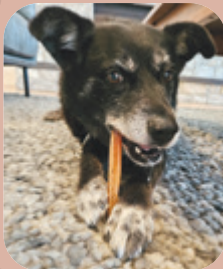
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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

Energy Efficient Future Introduction Workshop

A free workshop to help you understand your home energy use and how to take steps to make your home more energy efficient.

Everyone in attendance will take home an Energy Efficiency Kit that includes weather stripping, window film, LED light bulbs, a power bar, and more!

Register for free by searching 'Energy Efficient Futures Introduction' on Eventbrite.

Where: Rosscarrock Hall (4411 10 Ave SW)

When: Tuesday, March 11

Time: 6:30 to 7:30 pm

For more information, contact Kellie.Nixon@calgary.ca.



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6:30-7:30 pm
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4411 - 10 Street SW

A FREE workshop to help you understand your home energy use and how to take steps to make your home more energy efficient.

Everyone in attendance will take home a **Energy Efficiency Kit** that includes: weather stripping, window film, LED light bulbs, power bar, etc.

Register at:
<https://www.eventbrite.ca/e/energy-efficient-futures-introduction-tickets-1219722636239?aff=oddtcreator>



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Learn more about your Calgary Catholic School District Board of Trustees!

Provincial Funding

The Calgary Catholic School District (CCSD) serves approximately 64,000 students in 118 schools and is the largest Catholic school district in Alberta. We are unique in that we represent the interests of over five municipalities which include rural, urban, and metro areas in Airdrie, Calgary, Chestermere, Cochrane, and Rocky View County. Since 2021, our district has experienced consistent and significant student growth. During this time, we have seen a 12 percent increase, approximately 6,800 students. In addition, CCSD has seen the number of students with complex needs grow significantly over the past few years. Approximately 20 percent of our students are English as an Additional Language (EAL) learners and approximately 20 percent of our students have significant diverse learning needs. These complex needs may include autism, significant dysregulation, cognitive disabilities, medical diagnoses, and mental health challenges. Since 2018, the district's fixed costs have also increased more than 50 percent. Fixed costs include utilities, maintenance, insurance, carbon taxes, internet fees, etc., all of which are necessary to student learning.

In the face of these challenges, provincial funding per student has not increased since 2018. It is crucial that we receive appropriate and sustainable funding to accommodate rising costs. Without significant additional funding in Budget 2025, our district will be forced to make difficult decisions which will negatively impact the educational success of our students.

Did You Know?

- Alberta spends the least on its students. In 2023-2024, Alberta Education spent the lowest per student, roughly \$10,000 compared to the Canadian provincial average of approximately \$12,000.
- In the 2024-2025 operating budget, the CCSD's operating costs will exceed \$700 million. Due to the increase in costs, the budget forecasts an operating deficit of \$21.5 million.
- The deficit in the approved 2024-2025 operating budget was funded using \$18.6 million of the CCSD's reserves. The \$18.6 million is equivalent to 215 teachers.

- Government funding accounts for 95 percent of the district's revenue and is based on student enrolment. Just over 80 percent of the district's costs relate directly to student learning.
- Per provincial government requirements, the CCSD must maintain an accumulated operating surplus to cover any potential funding shortfalls. However, in recent years, the district has elected to use our savings to fund budget shortfalls. This approach is not sustainable as our savings are at the minimum level required by the government.

We are grateful for the support of the Alberta government. As trustees, we are actively working to inform and educate the government about the district's financial pressures and the challenges that our students are facing. It is crucial that they are made aware that adequate and sustainable funding is needed to fully address our financial challenges and to ensure the long-term success and well-being of our students. Your Board of Trustees has been working diligently to advocate and shine a light on the areas in which our schools require additional support. Learn more about our efforts by reviewing our advocacy booklet at ccsd.ab.ca/advocacy. You can also reach out to your Member of the Legislative Assembly (MLA) to express concerns regarding education and funding. MLAs are your elected provincial government representative. They represent your needs and wants and work with other MLAs to enact policies that meet your needs. Visit the Legislative Assembly of Alberta website to find your MLA and their contact information.

Happy March everyone. May God hold you in the palm of His hand.



Landlord and Tenant Law in Condominiums

by Charmaine Coutinho, Volunteer Lawyer



This article will only discuss leases covered by Alberta's Residential Tenancies Act (RTA), and only when the rental unit is a condo unit. I will highlight some of the differences between the RTA and the Condominium Property Act that may surprise both landlords and tenants.

Renting a Condominium Unit

Though rental of a whole condo unit is generally covered by the Residential Tenancies Act (RTA), the Condominium Property Act trumps the RTA in some circumstances. Importantly, condo bylaws take precedence over the terms of a lease, so a tenant in a condo unit should always ask for the condo bylaws. If, for example, you sign a lease for a condo unit that permits pets, but the condo bylaws permit only dogs under 20 lbs, you may be evicted by the condo board for keeping a cat or a large dog in your unit. This scenario also demonstrates that a condo board has authority to sanction and/or evict a tenant even when a landlord may not. Even if a landlord is prohibited from taking action under the RTA (for example, from evicting a non-harmful, rent-paying tenant in the midst of a fixed-term lease), the condo board may have authority to do so under condo legislation or the condo bylaws.

If a tenant breaches the bylaws or damages common property, the condo board is entitled to sanction or evict the tenant without the landlord's (the condo unit owner) consent. If the condo board evicts a tenant, the tenancy terminates on the last day of the month immediately following the month during which the

notice was delivered. So, for example, regardless of whether the condo board issues an eviction notice on August 1 or August 25, the tenancy will terminate on September 31. This notice period is much shorter than needed from a landlord for a periodic tenancy and even trumps a fixed-term lease.

The condo board also has the authority to require a tenant to redirect their rent payment to the condo board. In these circumstances, condo legislation deems the rent to have been paid to the landlord such that the tenant is not considered in breach of their obligations under the lease.

The condo board can also require an owner to pay a deposit for renting out the unit. All deposits requested by the landlord are aggregated and considered a 'security deposit' under the RTA, and a security deposit cannot exceed the amount of the first month's rent. Any deposit requested by the condo board is payable by the landlord; if a landlord asks the tenant for this amount, it too is lumped in with any other deposit and considered a component of the 'security deposit'. Regardless of any requirement by the condo board on the owner, the security deposit payable by a tenant cannot exceed the amount of the first month's rent.

I hope that this brief helps community members to understand their rights and obligations in the context of a condo lease covered by the Residential Tenancies Act. I wish my neighbours amicable tenancies and peaceful enjoyment of their rental premises!

Celebrating Calgary 150 - Fort Calgary

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

Fur trading provided First Nations with manufactured goods and saw more people arriving from the east. John Palliser led a hunting/science expedition in 1857. He described Palliser's Triangle as an arid area surrounded by agricultural lands.

Calgary soon saw its earliest settlements. The first European to arrive was John Glenn (ca.1873), who established a farm where Fish Creek meets the Bow. Sandford Fleming meanwhile was surveying a route for Canadian Pacific Railway.

The second group were Francophones. In 1861, Father Lacombe founded a chapel in St. Albert, Alberta's oldest building. Father Doucet later established St. Mary's, Calgary's first mission.

Third, starting in 1869, former Métis HBC employees arrived on the Elbow River. One family, Antoine Godin and Susanne Bruneau, were likely Calgary's first permanent residents.

Illegal whisky from the U.S. was trading in the area, which led Ottawa to create the North-West Mounted Police. They began their March West in July 1874. They made slow progress and struggled to supply themselves. Eventually, they founded Fort Macleod and started arresting whisky traders. There, Lt.-Colonel James Macleod met with Chief Isapo-Muxika ("Crowfoot"), who wanted peace and security for his people.

Macleod then sent a detachment to establish a fort along the Old North Trail halfway between Forts Macleod and Edmonton. For millennia, the Trail was used as a food-rich and sheltered route between the harsher montane and prairie environments.

On August 25, 1875, George C. King became the first NWMP officer to cross the Bow River and arrive at its confluence with the Elbow. Macleod named it Fort Calgary, after his good memories from staying at Calgary House, Scotland.

More Métis arrived from Fort Edmonton. They constructed log cabins along the Elbow and HBC opened a post in 1876 called Hunt House, the oldest building in Calgary remaining on its original site.

Meanwhile, John Glenn and Sam Livingston become the first to cultivate cereal crops and use mechanized farm equipment. Livingston established Glenmore School, named after his Irish home village.

What would the future hold for all the people now calling the Calgary area home? Join us next month.

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https://commons.wikimedia.org/wiki/File:Palliser%27s_Triangle_map.png. Map showing the extent of Palliser's Triangle in Western Canada, 2005. Created by NormanEinstein, via Creative Commons Attribution-Share Alike 3.0 Unported license. <https://digitalcollections.ucalgary.ca/asset-management/2R3408I0JW?WS=SearchResults>.



"Fort Calgary, Alberta.", [ca. 1878-1879], (CU1137653) by Hook View Company Incorporated. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. https://commons.wikimedia.org/wiki/File:Calgary_House_-_geograph.org.uk_-_5946142.jpg.



"North-West Mounted Police crossing, Belly River, Alberta., 1874-09-14, (CU198691) by Julien, Henri. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FQ582P?WS=SearchResults>.



"North-West Mounted Police scouts at Fort Macleod, Alberta.", 1890-12-20, (CU1138291) by Steele and Company. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. L-R back row: Mr. Hunbury; Jerry Potts. L-R middle row: Cecil Denny, Staff Sergeant Chris Hilliard; Sergeant George S. Cotter. L-R front row: Black Eagle; Elk Facing the Wind. See also NA-936-9. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SU9WIR?WS=SearchResults>.



"North-West Mounted Police inspection, Fort Macleod, Alberta," [ca. 1894], (CU1171653) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F7DRQ?WS=SearchResults>.



"Mission, St. Albert, Alberta.", 1877, (CU2120436) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FXWQPR?WS=SearchResults>.



"View of Roman Catholic mission in Calgary, Alberta.", [ca. 1883], (CU1155424) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. First building on the Mission property. Possibly Father Albert Lacombe at left. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FR1KU4>.



"The John Glenn Ranch, near Calgary, Alberta.", [ca. 1884-1885], (CU1129267) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OABABA?WS=SearchResults>.



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Hunt House (H.B.C. Log Cabin) 806 - 9 Avenue SE, Calgary. This building has been substantially restored by the property owners of Cross House Restaurant. 23 March 2018, Author Benlarhome. Creative Commons Attribution-Share Alike 4.0 International license.

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Canada is home to 60% of the world's lakes, this equates to over 2 million shimmering bodies of water across this beautiful country we call home. But that's not all - Canada also has the longest coastline in the world stretching an astonishing length of 202,080 kilometres.

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CALGARY POLICE SERVICE

CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Breakfast Quesadilla

by Jennifer Puri



Eggs are tasty, filling, and good for your health as a whole; eggs contain a little bit of every nutrient you need. Cheap and easy to prepare, they are an inexpensive source of high-quality lean protein.

Blue, green, brown, or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 to 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost, and garden fertilizer. In many cultures, the egg is a symbol of new life, fertility, and rebirth.

Eggs are also a breakfast/brunch mainstay, and scrambled, poached, baked, or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for breakfast quesadillas below.

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 large tortillas
- 1 ½ tsp. olive oil
- 1 chorizo sausage, cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp. salt
- 1 tbsp. butter

- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed, and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno, seeds removed and chopped (optional)
- Cooking spray

Directions:

- Heat olive oil in a pan or nonstick skillet on medium heat. Add onions and sauté for about two minutes. Next add red peppers and mushrooms and sauté for another two minutes and then add kale, jalapeno pepper, and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet, melt butter on medium heat and pour in the egg mixture with a ¼ tsp. of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into two or three slices and serve with your favourite hot salsa, guacamole, or sour cream.

Bon Appétit!





MLA Calgary-Currie
Janet Eremenko
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 Calgary, T3C 0J7
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 ✉ calgary.currie@assembly.ab.ca

It's provincial budget time again, and this year's budget is being presented under a thick veil of speculation and uncertainty, largely because of a new government to the south.

Even before the threat of tariffs landed on Alberta's doorstep, the finance minister was suggesting there would likely be cuts across most, if not all, ministries. Budget decisions, especially cuts, are rarely simple, but many of them have been unnecessary.

Recent moves from the government have either 1) granted benefit for a few, or 2) increased costs for many.

The committee that oversees MLA compensation, living allowances, and caucus funding, which is largely UCP members, voted to give themselves a big raise, far higher than an independent consultant recommended. They also changed the formula for caucus budget, adding \$1,000,000 to their political staff budget.

Clearly, the government knows the cost of living has gone up, which makes some of the following cuts a lot tougher to accept:

- Income supports like Alberta Works, Child Benefits, and AISH are no longer indexed to inflation.
- Funding was cut to three reputable organizations supporting adults with disabilities.
- They stopped providing coverage to children and seniors for partial eye exams and several other optometry services.
- They are raising the cap on car insurance hikes from 3.7 percent to 15 percent over two years.
- They refuse to improve the poverty wages of educational assistants.
- They removed local decision making from homelessness agencies during a housing and affordability crisis.
- They almost pulled funding for Calgary's low-income transit pass, until they realized it was bad press.

Unfortunately, this list is far from exhaustive. If you've been impacted by cuts, please reach out. These are certainly trying times, and you don't have to manage them alone. Your Calgary-Currie team is here to help.

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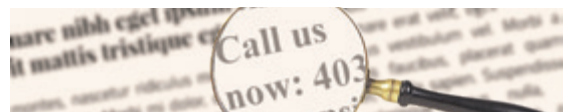
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



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