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**SCAN THE QR CODE  
FOR THE SOLUTION**





# 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

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

### 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.skipthedepot.com/rosscarrock>
2. Place your bags outside
3. Receive a refund or donate to us!

SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!

### Rosscarrock Community Fridge

The community fridge and pantry are always in need of more donations. Learn how to get involved by visiting [rosscarrock.org](http://rosscarrock.org).



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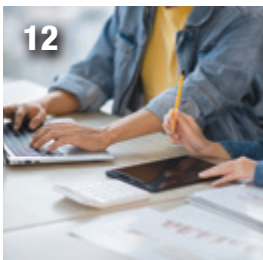
SCAN ME



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ROSSCARROCK CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



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# 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](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.

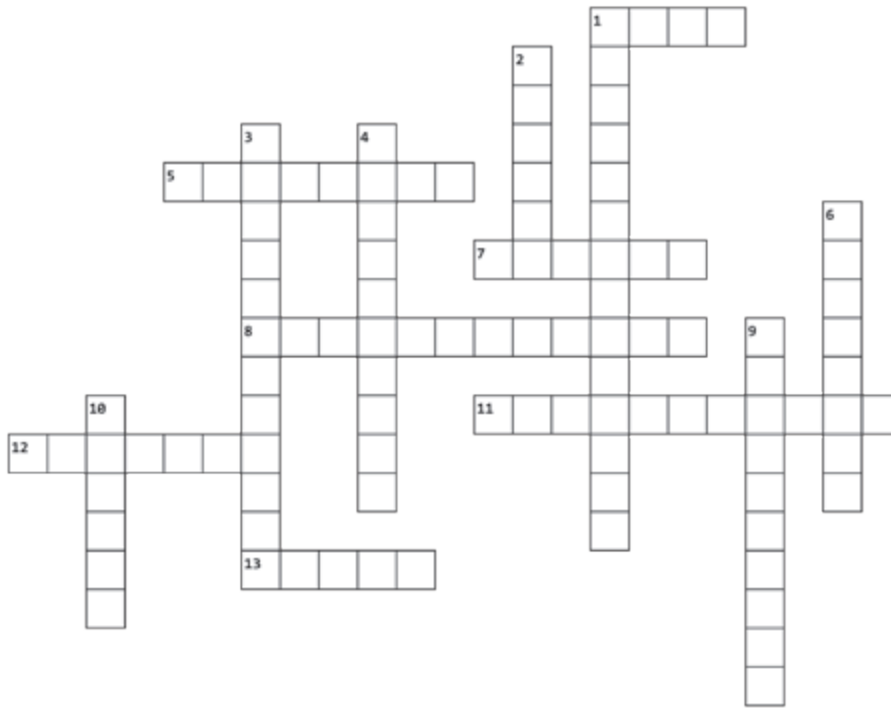
Then send an etransfer to the same email address for the amount of your order.

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

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

# October Crossword



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

## Across

1. This Andrew Lloyd Webber musical debuted on Broadway at the Winter Garden Theatre in October 1982.
5. On October 5 World \_\_\_\_\_' Day is celebrated to honour those who educate us.
7. Queen Elizabeth II officially opened this iconic Opera House on October 20, 1973.
8. Canadians celebrate this holiday on the second Monday of October.
11. The vibrant hues of autumn leaves are due to a lack of what pigment.
12. This iconic single by John Lennon was released on October 11, 1971, in the United States.
13. On October 8, 2004, Wangari Maathai was awarded the \_\_\_\_\_ Peace Prize, making her the first African woman ever to receive the award.

## Down

1. The Orient Express departed on its first journey from Paris on October 4, 1883, to this city now known as Istanbul.
2. Stock markets crashed worldwide on October 19, 1987, and became known as Black \_\_\_\_\_.
3. NHL star Glenn Hall, nicknamed Mr. Goalie, was born on October 3, 1981, in Humboldt, \_\_\_\_\_.
4. Canadian filmmaker James Cameron released the sci-fi action hit, *The \_\_\_\_\_* in October 1984.
6. This beloved Canadian Ryan was born on October 23, 1976, in Vancouver, B.C.
9. The dystopian novel where books are banned and burned, \_\_\_\_\_ 451 by Ray Bradbury, was published on October 19, 1953.
10. The "Thrilla in \_\_\_\_\_" on October 1, 1975, saw Muhammad Ali beat Joe Frazier after 14 rounds.



# How You Can Support an Emotionally Avoidant Partner

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



Supporting a partner who struggles with emotional vulnerability can be challenging—especially if your own emotional needs aren't being met. You can offer support, but you are not responsible for doing their emotional work for them. Here are some ways you can create a safer environment for emotional connection:

### 1. Model Emotional Safety

- Be open with your own emotions in a grounded, non-blaming way.
- Use “I feel” statements instead of “You never” accusations.
- Normalize vulnerability by showing that emotions are human, not shameful.

### 2. Respect Their Pace—but Hold Boundaries

- Understand that emotional change takes time.
- Avoid forcing deep conversations when they're emotionally shut down.
- At the same time, be clear about your own needs. It's okay to say, “I need emotional openness in this relationship to feel connected.”

### 3. Affirm Effort, Not Just Outcomes

When your partner makes even a small attempt to open up, acknowledge it gently. “Thank you for sharing that.

It means a lot.” “I know that wasn't easy for you to say.” Positive reinforcement helps override the fear that emotional vulnerability will lead to shame or rejection.

### 4. Don't Take Avoidance Personally

Their emotional withdrawal is usually about self-protection, not about you. Try not to interpret their distance as lack of care—it's more often fear, confusion, or discomfort.

### 5. Encourage—but Don't Rescue

- Invite them into deeper connection but avoid doing all the emotional work.
- Encourage therapy or men's support groups where they can build emotional awareness in a safe space.

### 6. Stay Connected to Your Own Emotional Needs

Supporting someone else emotionally doesn't mean abandoning your own needs. Therapy, journaling, or support groups can help you stay grounded and clear about what you need in the relationship.

Emotional avoidance doesn't mean a man is incapable of love—it means he may be stuck in old protective patterns. With patience, boundaries, and the right kind of support, many emotionally avoidant men can learn to build deeper, more connected relationships.

# Rightsizing vs Downsizing: It's Not About Less, It's About What's Next

by Christopher Matlashewski, Calgary Realtor and Rightsizing Specialist



The word downsizing can feel heavy. For many, it brings up thoughts of giving something up — losing space, letting go of memories, or saying goodbye to a home that's been filled with life. But what if we shifted the conversation? What if this next move wasn't about less, but about more? More freedom. More simplicity. More time. That's what I call rightsizing — finding the space that fits the life you're living now, not the one you had ten or 20 years ago.

### Living in Alignment with Today

The home that served your family beautifully for decades might not serve your life today — and that's okay. Rightsizing is about recognizing that life evolves, and your space should, too. Maybe you no longer need a big backyard to mow or multiple levels of stairs to climb. Maybe those extra bedrooms are just collecting dust — or storage bins. When your home reflects your current stage of life, it becomes a place of comfort, not upkeep. Rightsizing doesn't mean lowering your standards. In fact, it often means raising them. It's about creating a home that supports your lifestyle, your values, and your next chapter.

### It's Not About Square Footage — It's About Quality of Life

A smaller space can still feel luxurious. In fact, when your space is intentional, well-designed, and filled

only with the things you truly love, it becomes easier to enjoy the home and the life that comes with it. Without the burden of excess rooms, maintenance, or unneeded furniture, your time opens up. You can focus on what really matters: your health, your hobbies, your relationships, or that trip you've been meaning to take for years. Rightsizing means prioritizing freedom over square footage — and that shift can be incredibly empowering.

### Making Space for What's Next

We often think of moving as leaving something behind. But what if it's about making space for what's next? Whether that means locking the door and heading south for the winter, spending weekends with grandkids, or finally taking up painting or golfing; the right-sized home is the launchpad, not the limit. By choosing a home that fits your life (rather than the other way around), you open the door to more experiences, more flexibility, and less stress.

### You're Not Giving Up — You're Moving Forward

If you've been wrestling with the idea of downsizing but something about the word feels off — trust that instinct. You're not settling. You're evolving. Rightsizing is a move made with clarity, intention, and vision. It's not about having less. It's about creating more of what matters.

## Beltline Community Investment Fund (BCIF) Call for Letters of Intent

by The City of Calgary

The Beltline Community Investment Fund (BCIF) supports capital projects that enhance the wellbeing of residents and visitors in Calgary's Beltline community.

Past funded projects include:

- Upgraded sidewalks and lighting
- Park and open space improvements
- Street trees and landscaping
- Benches, bike racks, and waste/recycling bins
- Public art installations

Applications are accepted year-round and reviewed quarterly by the BCIF Committee. The next review date is December 8, 2025, and the deadline to submit your application for this round is October 31, 2025.

Before applying, organizations must submit a Letter of Intent (LOI) for approval. LOIs are accepted and reviewed on an ongoing basis. To get started, email your LOI to [BCIF@calgary.ca](mailto:BCIF@calgary.ca).

For more information about BCIF and how to apply, go to [calgary.ca/bcif](http://calgary.ca/bcif).





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## Rosscarrock Real Estate Update

Last 12 Months Rosscarrock  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2025	\$899,900	\$890,000
July 2025	\$924,450	\$892,500
June 2025	\$412,500	\$395,000
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

Last 12 Months Rosscarrock  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2025	5	3
July 2025	8	6
June 2025	8	4
May 2025	8	5
April 2025	11	3
March 2025	4	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

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

# The Art of Finding Work: Job Seekers: Be Clear on Your “Secret Sauce”

by Nick Kossovan

Most job seekers present themselves to employers as a jack of all trades, master of none, when they should be presenting a unique set of skills.

You think you're talented.

Everyone you're up against thinks they're talented.

What makes you special?

When you apply for a job, possessing the necessary skills and qualifications is not enough. You need to find ways to differentiate yourself; otherwise, you will blend in with the other job seekers you're competing against.

The key to differentiating yourself and rising above all the noise so you're seen and heard rather than ignored lies in your “secret sauce”—the unique skills, experiences, and attributes that make you one-of-a-kind. Thus, you become what most job seekers aren't: memorable.

### Asking Yourself the Following Questions Will Help You Define Your Secret Sauce:

#### In My Current or Previous Positions, What Were My Favourite Tasks?

For the most part, we enjoy activities we're good at (e.g., working with numbers, designing costumes, conducting research, organizing events, writing blogs). Our inherent strengths and aptitudes create a natural talent for the activity, thereby making it enjoyable since you're not fighting who you are.

List everything, work-related and non-work-related, you enjoy doing.

#### What Feedback Have I Received from Colleagues or Supervisors Regarding My Work?

Reflect on your career journey. Think of all the positive and negative feedback you received, whether in formal performance reviews or an offhand manner, regarding your work or something you did.

- “I enjoy sitting in on your presentations.”
- “You have a knack for listening.”
- “The way you motivate your team is impressive.”

#### What Problems Have I Successfully Solved in Previous Positions?

Every position exists to solve a problem. For instance, accountants are hired to monitor a company's incoming revenue and outgoing expenses and oversee its compliance with local tax laws.

What problems have you solved for your employers? Increased website traffic? Decreased spending? Increased customer satisfaction? Decreased safety violations? Increased sales? (employers' favourite).

#### What Unique Experiences or Backgrounds Do I Have That Contribute to My Skill Set?

A candidate who grew up in Québec City will have a competitive edge being fluently bilingual over someone who simply attended French immersion in Calgary, Alberta. The same could be said for a candidate whose mother was a social worker, making them more attuned to the needs of others, or their father who was a pharmaceutical representative, thus exposing them to human dynamics that influence.

Everyone has a unique story of how their place of birth and experiences, especially first experiences, developed their strengths and passions. Explaining to an employer that your enjoyment of and passion for providing customer service comes from having spent your weekends and summers working the front desk at your family's 85-room hotel in Estevan, Saskatchewan, has much more impact than simply saying, “I like helping people.”

#### What Skills Have I Gained Through Hobbies or Volunteer Work?

I once hired a call centre agent who volunteered at a local suicide prevention hotline for several years. And a candidate who coached a little league baseball team turned out to be one of the best first-time managers I ever hired.

Don't ignore the skills and experience you've acquired outside your employment or education. Skills, experience, and knowledge aren't just acquired at work or school. The skills and experience you gain from volunteering, starting/running a business, being a parent, playing in a sports league, or serving on your condo board can be valuable to employers.

If the above questions don't solicit as many skills as you'd like, seek the opinions of family members, friends,





and colleagues. Ask them what they think your key strengths are. Their insights may surprise you.

Once you've identified your hard and soft skills—your soft skills (e.g., communication, critical thinking, time management) are the most important to employers—you need to communicate your unique skills as selling points. Merely listing your “skills” and “qualifications” doesn't distinguish you from other applicants. You must describe who you are and what you offer in a straightforward, memorable narrative conveying your unique value proposition.

Not memorable: “I speak French.”

Memorable: “I was born in Québec City. French is my mother tongue.”

Additionally, frame your skills and qualifications in terms of how they can benefit an employer.

No value add: “I have strong analytical skills.”

Value add: “During my seven years as a financial analyst at Wayne Enterprises, I developed above-average analytical skills that enabled the company to take advantage of several initial public offerings that turned out to be quite lucrative. One recommended buy resulted in a \$7.5 million gain within less than a year.”

Based on my experience, most candidates fail to emphasize their uniqueness; hence, they don't stick in my head. Given the number of candidates I've interviewed throughout my career, one would think I'd have heard many inspiring, funny, entertaining, and sad career and life stories. Unfortunately, that's not the case. Job seekers need to work on being mentally sticky. In a competitive job market filled with qualified candidates, articulating your secret sauce will ultimately set you apart.

## Salmon and Broccoli Rice Bowl

by Jennifer Puri

Raw or cooked, broccoli is a nutrient-rich vegetable packed with vitamins, minerals, and fibre.

Steaming or roasting tends to preserve the most nutrients and flavour, but raw broccoli is also a great option when paired with dips or in salads.

Cooking broccoli can soften the tough fibres making it easier to chew and digest. Nutrient-rich and low in fat, broccoli can be a healthy, low-calorie snack.

When purchasing broccoli, choose bright green broccoli with crisp, dark green leaves and tightly closed buds. Store in the refrigerator and wash only when you plan to use it.

Create your own stir-fry sauce or use a store-bought one as shown in this simple and easy to prepare salmon and broccoli rice bowl recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Servings:** 2

### Ingredients:

- 2 fillets of Salmon (4 oz. each)
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. olive oil
- 2 tsp. black sesame seeds
- 1 crown of broccoli sliced
- ½ cup store-bought stir-fry sauce
- ½ tsp. crushed garlic
- ½ tsp. crushed ginger
- 1 tbsp. sesame seed oil
- 2 cups cooked white, brown, or black rice
- ½ avocado sliced

### Directions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place salmon fillets on a foil lined baking sheet. Drizzle the olive oil on the fillets, sprinkle the salt and pepper, and then bake on the middle rack of the oven for 18 minutes or until salmon is cooked through. Remove salmon from oven, sprinkle with black sesame seeds,



and cut into small chunks.

3. Heat 1 tbsp. of sesame seed oil in a skillet, add the broccoli florets, and sauté on medium heat for 3 to 4 minutes.
4. Next add the garlic, ginger, and stir-fry sauce and continue to sauté until broccoli is tender.
5. To serve, divide the rice into two bowls and top with salmon pieces, broccoli, sliced avocado, and lemon wedges. Spoon additional stir-fry sauce on the broccoli if desired.

Bon Appétit!

# BUSINESS CLASSIFIEDS

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## SPIRIT HALLOWEEN

Halloween is a favourite holiday for many. One particularly exciting tradition that some enjoy is visiting the popular costume, mask, and makeup store called Spirit Halloween. Popping up all over Canada and the United States, Spirit Halloween is actually the largest Halloween retailer in the United States. What a Spooky Scary Superstore!







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