

SEPTEMBER 2025

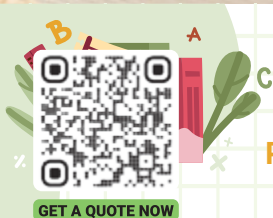
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# The David

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# Rosscarrock Community Association

4411 10 Ave SW, Calgary, AB T3C 0L9

403-242-0212 or [info@rosscarrock.org](mailto:info@rosscarrock.org)

Visit us at [rosscarrock.org](http://rosscarrock.org) or [facebook.com/RosscarrockCommunityAssociation](https://www.facebook.com/RosscarrockCommunityAssociation)

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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](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.

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**All proceeds will benefit  
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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)
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>

# Long-Time Rosscarrock Resident Rollin Showalter

by Linda Flury



As many of you already know, in February of this year, our dad passed away just shy of his 95th birthday. Thank you to all the people that have stopped and asked about our dad and thank you for all your kind comments and the stories you have shared. He meant a great deal to us, but from people's reactions to the news of his passing he meant a lot to all of you as well.

Each and every one of you, your children, and your dogs, that stopped to say hello and chat about his garden or just the weather, were important to him. You made sure he was never lonely. He had a great sense of humour and enjoyed talking to people and sharing stories of his life. Thank you to his amazing neighbours, Dave Husar, Connor and Erin Curran, and Russ and Cheryl Burke for checking in on him, mowing, and shovelling when he needed help.



Our dad loved Rosscarrock. In 1953 he built the house at 1141 43 St. He lived here for 72 years and in all that time we can only remember one time that he thought about leaving. The house was becoming too small for his growing family, and he briefly considered moving outside the city. In the early 1970s, rather than move, he added an addition that extended the kitchen and added a new master bedroom with an en-suite. Rosscarrock was a great neighbourhood to grow up in.

We would like to share some of his history and hopefully some things that you did not know about him.

Rollin was born in 1930 at the old Calgary General Hospital on 10 St and 6 Ave W. He was the sixth of seven children, one brother and five sisters. At the time of his

birth the family lived on a farm at Lyalta, approximately 40 km NE of Calgary. His father was a farmer, and his mother was a schoolteacher. At one time all seven children went 3.5 miles to the Cheadle Butte one room schoolhouse. One teacher taught grades one to nine. Rollin was the only pupil in grade one. If they were lucky, they went to school by horseback, wagon, or sleigh, depending on if the horses were working.

It was the Depression and life on the farm was tough, but he said they always had fun and that he had had a good life. His only brother was ten years older. The two of them slept in a tar paper shack outside that had no heat. It had a pot belly stove but most of the time there was nothing to burn. While the stove offered no heat, dad told us it was comforting to look at, the same way we watch the fireplace on TV today. The old shack had several luxuries including the enamel pot, complete with handle, under the bed! The tar paper had rips so they had a year-round supply of fresh air and sometimes they could see the northern lights through the rips! Dad loved to tell us that he got a new mattress every year. It was a canvas sack that after the fall harvest you stuffed full of straw. The first night it was about three feet thick and by the next year it was three inches.

During Christmas of 1937, his family left the farm and moved to Calgary to 3605 10 Ave SW. This later became Spruce Cliff. It was an old sandstone house that had been built by a banker with stone from the local quarry. Rollin attended Sunalta School until grade nine. In 1940, prior to the widespread use of penicillin being used to treat infections, his father passed away from Septicemia. Around the end of grade four, Rollin spent 28 days in the hospital with Scarlet Fever. The treatment of the day as he remembered it was to starve a fever. He said he received nothing but milk for 21 days. His entire life he loved a daily glass of milk! "Good old milk, the best drink in the world!" he used to say as he smacked his lips together. The house was surrounded by a tall Caragana bush that blocked most of the house from the view of passersby. When we were children our school friends used to call it the "haunted house" until we would tell them our cousins lived there. The city annexed the land in the 1950s but Rollin's oldest sister maintained the property until the late 1960s. The city later built public housing, a library, and Community Health Centre on the land. In the 1960s Bow Trail was developed from the dirt trail known as Banff Coach Road, the former route to Banff.



As a young teen he delivered newspapers on his bike. One of his deliveries was to a business on Banff Coach Road. This is where he met our mother,

Jeanette Wilson. Her parents ran the store and garage. Later he attended Western Canada High School and after high school the electrical program at SAIT. He completed his apprenticeship in April 1954 and wrote and qualified as a Master Electrician in 1969. In March 1953 he purchased the lot at 1141 43 St from the Municipality of Springbank. In 1953 the west limit of the city was 37 Street. The lot had no running water and a partial cinder block basement on it. In those days people did not have money and could not and did not borrow money. People lived off what they earned. It was not uncommon to buy the land, put a basement on it, and then roof the basement until you could save more cash to continue building. All the land west of the house was pasture. The lot north of where our parents were building was vacant until the late 1960s. The next property was owned by Jeanette's parents. In the early 1980s the Wilson house was torn down and two infills were built. Next to the Wilson's on a large parcel of land lived a family named Zeer. At the north end of 43 Street a bachelor of the name Lotson had a sheep farm and some cattle. The land east of 43 Street to 37 Street was prairie. At one time there was outdoor hockey rinks on it. The land between 45 Street to 37 Street between 17 Avenue, south to approximately 20 Ave was the West Calgary Jersey Dairy.



Our parents were married in August 1953 and raised their family of five children, John, Deborah, Linda, David, and Michael in Rosscarrock. We all attended Rosscarrock Elementary, Vincent Massey Junior High, and Ernest Manning High School.

Our dad loved the outdoors, and we spent any free time he had camping and fishing at Jumping Pound, Spray Lakes, and Kananaskis. Our dad was involved with the Rosscarrock Community, coaching community hockey and nightly flooding the hockey and skating rinks that used to be located outside the old community hall.

As an apprentice he had to work Saturday mornings to clear \$20 per week. After he finished his apprenticeship,

he worked in the private sector for Comstock International on construction projects like the Belcher Hospital, the Main Post Office, Calgary House, the General Hospital Service Wing, SAIT Power House, the Stampede Grandstand, the Glenbow/Convention Centre, John J. Bowlen Building, and the Sam Livingston Fish Hatchery. The last ten years with Comstock he was the Electrical Superintendent. He very much enjoyed working with apprentices to mentor them and see how they progressed in their chosen careers.

In 1964 Rollin was President of the Calgary and District Square Dance Association. In December of that year our parents travelled to Nassau and Jamaica on Air Canada's inaugural flight to the West Indies with a troupe of dancers from across Canada to showcase square dancing. Over the years he coached and managed all levels of AA hockey. He was the President of the Calgary Buffalo Hockey Association and in March 1976 travelled to Czechoslovakia with the Canadian Midget Champion Calgary Spurs for a three-day tournament as well as other exhibition games. When he came back from Europe he acted as the chairman for the Bell Memorial Society who were building the Max Bell Arena, and then for the next three years he committed to running the arena. In 1980 he embarked on what he felt was "the best job he ever had" with the Government of Alberta, first as a Maintenance Superintendent at the Bowness Shops. He did this job for ten years and was then moved to the John J. Bowlen Building as a Property Manager where he served nearly every department in the government. He had many portfolios, the last being the construction of the new Court of Queens Bench which was awarded a Silver Premier's Award of Excellence. He retired at age 81 after 31 years of service.

Rollin loved hunting ducks and pheasants. It was an activity that he enjoyed every weekend he could with his sons and later his grandsons. He started hunting at an early age with his brother. On one occasion they had gone out hunting on his brother's motorcycle. On the way home the two shotguns were between them on the motorcycle with two grain sacks containing 62 ducks strapped over the back of the bike. As they stopped at an intersection his brother stalled the bike in front of a police officer but managed to get it going before the officer could ask what they had in the bags! Rollin played baseball, hockey into his late 70s, golfed regularly, and on two occasions he achieved a hole in

*continued on next page*

one, one at the Radium Golf Course and one at Coy's south of Fairmont. He curled, skied, and taught many of his grandchildren to ski. Our dad loved a good party and over the years organized many parties and events for family, friends, and co-workers.

Rollin had a travel bucket list and managed to complete most of it. Some of his trips included an Alaskan cruise; the Panama Canal; the Grand Canyon and Arizona; Churchill Manitoba to watch polar bears; a weeklong raft trip down the South Nahanni with his wife, daughters, two of his grandchildren, and a family friend; two trips to Mount Assiniboine; and many yearly camping trips to various destinations in his motor home. On his 86th birthday he travelled to the Antarctic with his daughter Linda and their friend Doreen for a 12-day voyage on a research vessel where he was able to walk among different species of penguins, seals, birds, and whales. It was the trip of a lifetime.

He said the secret to a long life was to do something everyday. He could fix anything and was the go-to guy for many of our family members, friends, and neighbours to bring cars and other items to that required repairing. He loved to figure things out. He said a day without laughter was a day wasted, and he did not waste any days.

Sadly, the house will likely be torn down to make way for new development. We can only hope that the people that live here will love it and the Rosscarrock community as much as our family did.

He said he had a lot of privileges in his life and one of those was the privilege of growing old. Our parents had 12 grandchildren and seven great grandchildren.

On an afternoon in February, as he often did, our dad had a nap and quietly slipped away from us. The last of his generation.

Thank you, Rosscarrock.

WORD OF THE MONTH

RIGMAROLE: NOUN  
(RIG-MUH-ROHL)

Something long, tedious, and complicated.

Mr. Scott went through the usual social rigmaroles at the party.



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# Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: “Why is my partner so emotionally unavailable?” or “Why won’t he open up to me?”. If you’re in a relationship with a man who seems emotionally distant, you’re not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it’s often rooted in early life experiences and cultural messages, not a lack of love or care.

### 1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

“Don’t cry.” “Man up.” “Be strong.” are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear “in control,” which means avoiding emotions, both their own and others’.

### 2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn’t be met. Perhaps their caregivers were:

Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

### 3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as “not enough”.

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn’t mean they don’t care. It means their nervous system is trying to protect them.

### 4. Lack of Emotional Awareness or Language

Many men simply haven’t been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they’re feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

“I don’t know what I’m feeling.” “I’m fine.” (when they’re clearly not). Defensiveness or silence during emotionally charged moments.

### 5. Modelling and Role Expectations

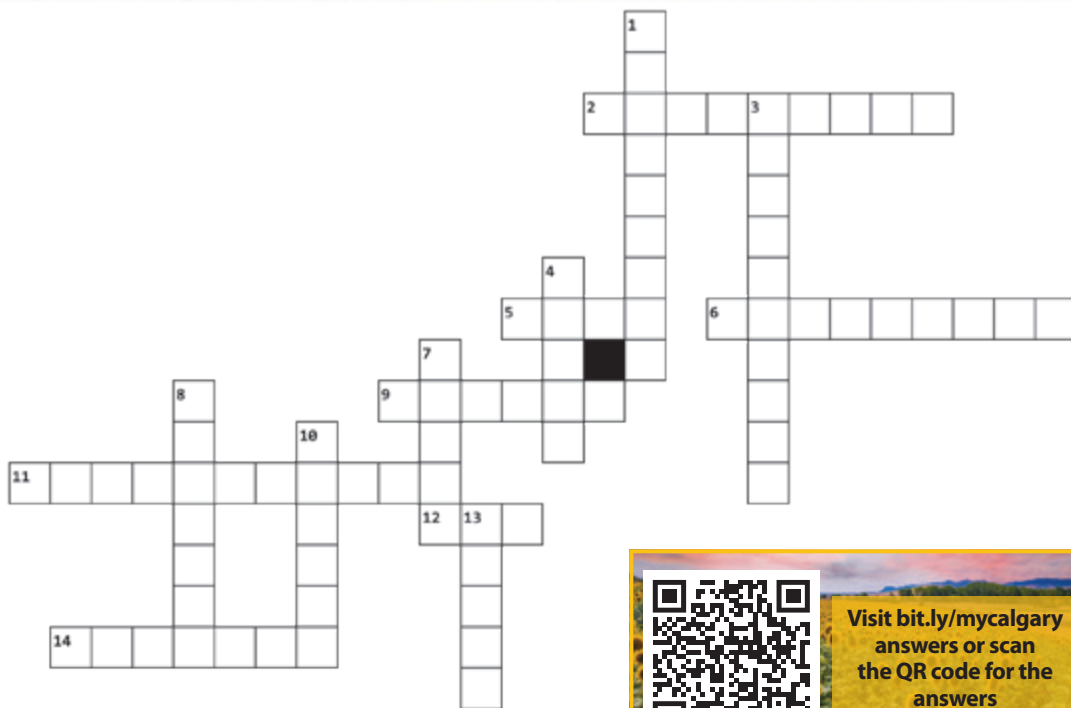
Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn’t show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally “lost” and unsure how to engage on a deeper level.

### 6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

**Book Suggestion:** *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

# September Crossword



## Across

2. Ernest \_\_\_\_\_'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the \_\_\_\_\_ Islands.
9. *The \_\_\_\_\_ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in \_\_\_\_\_, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William \_\_\_\_\_, *Star Trek* premiered on September 8, 1966.

## Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in \_\_\_\_\_, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard \_\_\_\_\_ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international \_\_\_\_\_ match.
10. On the first Monday of September, \_\_\_\_\_ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin \_\_\_\_\_ and Hugh Grant, were both born in September 1960, just one day apart.

## Creamy Beef Enchiladas

by Jennifer Puri

The idea of rolling tortillas around food originated in Aztec times but it was the Spanish Conquistadors who adopted the dish and added new ingredients like cheese, pork, and chicken.

Enchiladas, meaning “to season with chilies”, refers to stuffed corn tortillas that have been dipped in a chilli sauce. A traditional Mexican dish, Enchiladas have a unique flavour and are a perfect combination of tortilla, meat, cheese, and sauce.

Smothered in sauce and baked, creamy beef enchiladas are filling and rich, so they are best paired with a simple bean salad or Mexican rice.

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Bake Time:** 30 minutes

**Servings:** 5 to 6

### Ingredients:

- 1 ½ lbs lean ground beef
- 1 tbsp. canola oil
- ½ cup yellow onion, sliced
- 1 cup cooked and rinsed black beans
- 2 packets (24 gm each) hot and spicy taco seasoning
- 6 large flour tortillas
- 1 ½ tsp. powdered cumin
- ¼ cup all purpose flour
- 1 can diced green chili peppers
- 1 cup milk
- 2 cups light sour cream
- ½ cup low fat Greek yoghurt
- 2 cups Mexican shredded cheese

### Directions:

1. Heat oil in a medium size pan, add onion and sauté until it turns a light brown. Then add the ground beef and brown about 3 to 4 minutes. Next add the taco seasoning and the black beans and continue to stir for 2 to 3 minutes.
2. Add the water and simmer the beef and bean mixture for about 20 minutes or until the liquid has dried up. Remove from heat and allow to cool.



3. Preheat oven to 350 degrees Fahrenheit.
4. Grease a large, rectangular oven-proof dish with butter. Place the tortillas on a flat surface and divide the cooled meat mixture between the tortillas. Fold tortillas and place them in the baking dish seams side down.
5. Prepare the cream sauce by combining the flour, cumin, sour cream, milk, yoghurt, and chilies in a bowl. Then spoon the sauce over the tortillas and sprinkle the cheese over it. Cover with non-stick foil and bake in the oven for 30 to 40 minutes.
6. Garnish with chopped tomato, avocado, and coriander leaves, and serve with a salad, salsa, and sour cream if desired.

Bon Appétit!

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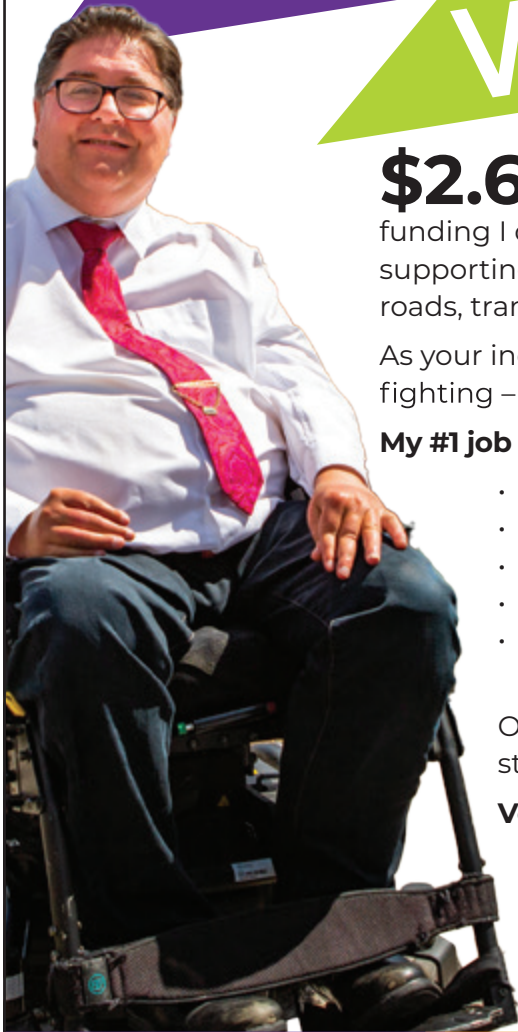


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Elect

HEHR

WARD 8



**\$2.6 billion.** That's the federal funding I delivered to Calgary as your MP, supporting seniors, people with disabilities, homes, roads, transit, arts, and the economy.

As your independent Ward 8 councillor, I'll keep fighting – and winning – for our communities.

**My #1 job will be championing your interests to:**

- Grow communities thoughtfully
- Create safer communities
- Modernize transportation
- Attract jobs & opportunity
- And, most importantly, ensure your voice is respected at city hall

On October 20, let's start building a stronger Ward 8 together.

**Vote Kent Hehr for Ward 8.**



[KentHehr.ca](http://KentHehr.ca)



Authorized by the official agent for Kent Hehr for Ward 8

**Experienced**

**Accessible**

**Independent**