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Badlands by Syed Adeel Hussain



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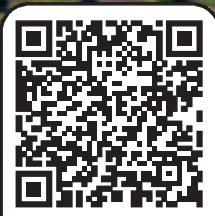
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THE MORTGAGE GROUP

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

**Scan to donate or visit
gofund.me/31fdeef6f**

Any help is appreciated ♥



O Newfoundland

by Garth Paul Ukrainetz

In Newfoundland we took a walk
Among the streets of Port Aux Basques
We started at the boating dock
To reach the lighthouse was our task

A sunken graveyard on the way
A whitewashed church upon a hill
A warm and sunny August day
With precious little time to kill

On Island top beside the sea
A lighthouse standing tall to greet
We climbed the rocks just you and me
While waves were crashing at our feet

But time was short, we could not stay
So back to ferry we did run
We'll come explore another day
O Newfoundland, we're far from done

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ROSSCARROCK CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
Statistics**



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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

BOARD OF DIRECTORS and COMMUNITY CONTACTS

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Communications	Vacant
Garden	Mark
Planning	Gennaro
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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.

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.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.

New Body, Mind, and Nutrition Programs Started January 2026

Looking for ways to support your body, mind, and nutrition in 2026? The Rosscarrock Community Association has new programs close to home.

Beginning in January, Eagle Light Mountain will host Raw Food Nutrition workshops monthly on Friday evenings, focused on fueling your muscles and supporting overall wellness. Starting this month, they will also offer Raw Food Nutrition sessions for Type 2 Diabetes on alternate Friday evenings.

Interested in gentle movement and connecting with your neighbours? Our popular Move and Mingle program will return, offering an easy way to get moving while building community. We are constantly looking for ways to get programs and services to our membership and residents.

Watch our Instagram, Facebook, and website for more details and other exciting programs coming this year.



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Summer Art Camps at RCA - Online Registration Is Open!

Summer is a great time to have fun, learn, and create by joining us at COF summer art camp! Visual art education teaches campers how to interpret, criticize, and use visual information to make choices based on what they see. Art education strengthens problem solving and critical thinking skills and develops a sense of innovation which is important to campers of all ages. Each week of camp we offer a sketching, shading, colour theory, mixed media, and visual art descriptor/communication class to lay the foundation for making art.

Using a wide variety of mediums such as acrylic and watercolour paint, chalk and oil pastel, coloured pencils, pens and sharpies, charcoal, tissue, string/ribbon, and more, campers are encouraged to develop their own personal styles to create their artwork. Each week on Thursday the campers and the COF team produce an art exhibition for all to enjoy. Whether campers are beginners or have previously acquired skills they are well supported as they delve into their imagination and experiment with their artmaking. Campers enjoy artmaking time indoors and outdoors.

All art materials and supplies are included. For more information contact 403-542-0178.



THE FIRST EMPEROR

The month of August is named for Augustus (Octavian) Caesar
– the first Emperor of Rome and adopted son of Julius Caesar!



Get Engaged! Three Ways to Get Involved in Your Community

Strong communities are built when people come together. Across Calgary, more than 150 Community Associations and over 20,000 volunteers are helping to shape neighbourhoods by running local programs, hosting events, improving public spaces, supporting safety initiatives, and creating opportunities for neighbours to connect.

If you've ever wanted to get more involved in your community but weren't sure where to start, you're not alone. The good news is that getting connected is easier than you might think. Whether you have a few hours to spare, a great idea to share, or simply want to meet your neighbours, there are plenty of ways to make a difference.

Here are three easy ways to get started:

1. Attend Community Association Events

One of the simplest ways to get involved is to show up and participate.

Throughout the year, Community Associations host events that bring neighbours together and create opportunities to connect. From seasonal celebrations and family activities, to markets, movie nights, and workshops, there's something for everyone.

This past June, many Community Associations celebrated Neighbour Day. At the Winston Heights Mountview Community Association, residents enjoyed food, drinks, a magic show and more activities for all ages. Families connected, new friendships were formed, and neighbours spent time together in a fun and welcoming environment.



Photographs from Winston Heights Mountview Community Association's Neighbour Day Event

When we attend local events, we strengthen the sense of belonging that makes our communities special.

Not sure which Community Association serves your neighbourhood? Use the Find My CA tool at calgarycommunities.com/FindMyCA.

2. Volunteer With Your Community Association

Want to take your involvement a step further? Consider volunteering.

Community Associations rely on volunteers to support programs, events, and neighbourhood initiatives. Whether you're helping out at a community barbecue, joining a committee, sharing a specific skill, or serving on the Board, every contribution helps strengthen your neighbourhood.

The best part is that volunteering can fit your schedule. You can give a few hours when you're available or take on a larger role if you're looking for a deeper connection to your community.

When we volunteer, we're not just helping our community, we're building relationships, developing new skills, and creating a better place for everyone.

3. Bring a Community Project to Life

Many of Calgary's most successful community projects started with one person who saw an opportunity to make their neighbourhood better.

Maybe you've noticed an underused space, identified a local safety concern, or dreamed of hosting an event that brings people together. Whatever your idea, you can help turn it into reality.

In Westgate, volunteers improved winter safety by making pathway gravel more accessible during the colder months. In Haysboro, residents organized an intergenerational holiday luncheon that brought older adults, families, and youth together to connect and celebrate the season.

In the Beltline, one resident noticed that a busy intersection felt unsafe for pedestrians and cyclists. Working alongside neighbours, community partners, and volunteers, they launched a Paint the Pavement project that transformed the intersection with colourful

designs. The project added vibrancy to the area, brought people together, and helped encourage drivers to slow down and share the road safely.



Photos from the Victoria Park Paint the Pavement Project

If you have an idea for your neighbourhood, we can help. The Federation of Calgary Communities offers resources, guidance, and funding opportunities that can help bring community-led projects to life.

A great first step is connecting with your Community Association. They can help you find volunteers, build partnerships, access local knowledge, and navigate available resources.

Because when you get involved, great things happen. Together, we can continue building vibrant, connected communities across Calgary.

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Community Kitchen Good Food Box Rosscarrock Depot

Good food boxes are filled with a variety of fresh produce. The main items include but are not limited to apples, carrots, celery, lettuce, onions, oranges, potatoes, tomatoes, and in-season items such as berries or squash.

Box Sizes

Size	Price
Small (25 to 30 lbs)	\$35
Medium (30 to 35 lbs)	\$40
Large (35 to 40 lbs)	\$45

Order Process

Step One: Email Lauretta at rosscarrockgfbdepot@gmail.com. You must include the following information:

- Your first and last name,
- Phone number,
- Number of adults, children, and seniors in your household as well as information on any additional households you may be purchasing for,
- The size of box you're purchasing.

Step Two: Send your e-transfer for the order(s). Please send your e-transfer at the same time as your original email so as not to risk forgetting the payment.

Order Deadlines

Order Opening	Order Closes	Order Pick Up
August 21, 2026	August 25, 2026	September 2, 2026
September 18, 2026	September 22, 2026	September 30, 2026
October 16, 2026	October 20, 2026	October 28, 2026
November 20, 2026	November 24, 2026	December 2, 2026

Please note that all orders close at noon on their scheduled date.

Orders may be picked up between 6:00 and 7:00 pm at Rosscarrock Church of Christ at 1140 40 St SW.

Please contact Lauretta at 587-891-4340 or rosscarrockgfbdepot@gmail.com with any questions.



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Divorce and Family Businesses

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse owns and runs a business. Alberta divorce law recognizes this kind of business as “family property.” This means that, in most of these cases, a business is an asset that must be valued and divided between the spouses as part of the divorce process. This point raises an obvious question: How is the business divided between the spouses?

The percentage each spouse receives depends on the roles each spouse played during the marriage. For example, if mom stayed home and raised the children, and allowed dad to build and run the business, the result would likely be a 50/50 split. Practically, this makes sense because at least half of the company’s success was based upon mom’s domestic contributions.

However, there are other circumstances where the division might not be equal. Let’s say the wife (Mrs. Darnold), owned a successful dental clinic. Her husband, Mr. Darnold, also earned a significant income working full-time, outside the home. The couple had 3 children, and most of the child-care was performed by a live-in nanny.

In this situation, it is very possible that Mr. Darnold would not be entitled to a 50% share of his wife’s dental clinic. This is because Mr. Darnold did not make any contributions to the success of his wife’s business. It

would be unfair for Mr. Darnold to get half of something he had nothing to do with.

Unequal division of a family business also occurs in the following situation: where one spouse owned the business before the relationship began. In these circumstances, the financial worth of the company is broken down into two different time frames:

1. The business’ value before the marriage, and,
2. The business’ value after the marriage.

The non-business-owning spouse is only entitled to a portion of the after-marriage value of the business. The logic here is that, since the spouse had nothing to do with the business before the marriage, they should not get any share of the pre-marriage value. Conversely, the value of the business post-marriage is a family asset. Here, the spouse likely contributed in some way to the business after the marriage, and thus, they would be entitled to a portion of the business as part of the divorce.

It is important to note that dividing a business between spouses does not always mean the business ends. The company may carry on doing business after the divorce. However, in most cases, part of its value must be paid out to the non-business-owning spouse as part of the divorce process.

From Gardens to Green Spaces: A New Study Explores Nature's Role in Cancer Care

by ACTION Centre, Cumming School of Medicine, University of Calgary



As someone impacted by cancer, you know things researchers don't.

You know what it felt like to sit with a diagnosis, or to sit with a loved one with a diagnosis. You know what helped, and you know what didn't. Whether a walk outside cleared your head when nothing else could. Whether the person caring for you needed support just as much as you did.

That lived knowledge matters. And now, researchers at the University of Calgary want to hear it.

Led by principal investigator Dr. Linda Carlson, the Nature-Connected Oncology Research Exploration, Nature-CORE, is a national study inviting people affected by cancer to share their perspectives on nature-based therapies and their potential role in cancer care. Through an online survey, your experiences could directly shape the programs developed for future patients and caregivers across Canada.

The idea behind the research is straightforward. A growing body of evidence suggests that time spent in natural environments such as parks, gardens, or green spaces may help reduce stress, lift mood, and support overall well-being. Researchers are also exploring possible links between increased nature exposure and improved gut health, which strengthens the immune system. For people navigating cancer, those potential benefits could be game changers.

But researchers can only go so far without hearing from the people who've actually lived it.

The Nature-CORE survey is open to cancer patients, survivors, caregivers, healthcare providers, and policymakers—anyone touched by cancer or healthcare providers involved in cancer care. It asks about the nature-based approaches people may already be using, what barriers make them hard to access, and what kinds of programs would be most useful and realistic.

This is not about replacing medical treatment. It's about exposure to nature as complementary therapy, strengthening recovery from cancer and its effects.

Every voice adds something that data alone can't capture. Whether you spent time outside during treatment and felt the difference, or cared for someone who did, your perspective belongs in this research. Likewise, the perspectives of those who didn't, or couldn't, spend time in nature are equally valuable.

Canadians 18 and older are welcome to participate in our online survey.

What you've been through has value beyond your own story. Share it with us and help build something better for the people who come after you.

Please access our survey here: www.action-centre.ca/ncorestudy.



MLA Calgary-Currie
Janet Eremenko
206B – 1615 10 Ave SW
Calgary, T3C 0J7
📞 403-426-4794
✉️ calgary.currie@assembly.ab.ca

Summer is the season for politicians to get out into their constituencies and hear what's on people's minds. And healthcare has been coming up a lot in my conversations in Calgary-Currie.

People talk about not having a family doctor, long wait times in the emergency department, and a cumbersome and confusing system to navigate. They talk about staff who are stressed out, overworked, and frustrated by the never-ending reorganization.

I also hear from people who are disappointed at the waste. Where there was once one ministry, there are now four. Tens of millions of dollars spent, only to cancel a project, like with the Emergency Health Services rebrand. And we still don't know precisely how much has been spent on private consultants to do all this restructuring.

Meanwhile, Alberta is officially a two-tier system with its dual-practice model whereby physicians can have a foot in both public and private service delivery. To shorten wait times, we should resolve the reason for vacant operating rooms and work on workforce retention. Facilitating private practice does neither of these.

We should always strive for a health care system that is coordinated and patient centred. Public healthcare is a core Canadian promise, and governments have a duty to protect it.

That's why the Alberta NDP Caucus is proud of our vision for healthcare, the development of which was led by Dr. Luanne Metz, who was a neurologist and researcher before being elected as MLA for Calgary-Varsity in 2023. We'll have more to say in the coming weeks on our plans for healthcare that will ensure every Albertan can access timely, high-quality care.

The Alberta NDP Caucus will always defend a fair and equitable, publicly funded healthcare system that works for all Albertans.

Please don't hesitate to reach out to my office at calgary.currie@assembly.ab.ca any time with your ideas, issues, or concerns.

RECIPE OF THE MONTH

Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid. Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.
5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

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The Dog Days Are Here

The popular phrase, "the dog days of summer," actually has nothing to do with pets!

It originated from the Greeks and Romans, who saw the rising of Sirius, the brightest star in the Canis Major constellation, and associated it with the growing heat.



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