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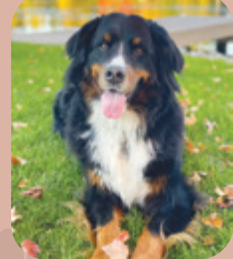
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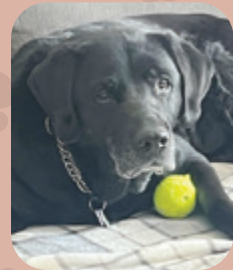
Casper, Huntington Hills



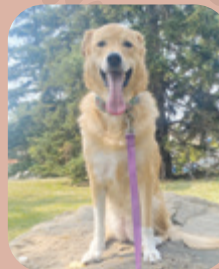
Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



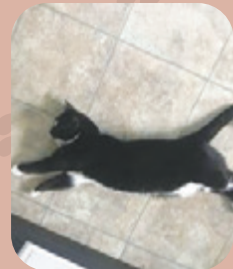
Holly, Millrise



Kabuki, Bridgeland



Mochie, Acadia



Oreo, Acadia

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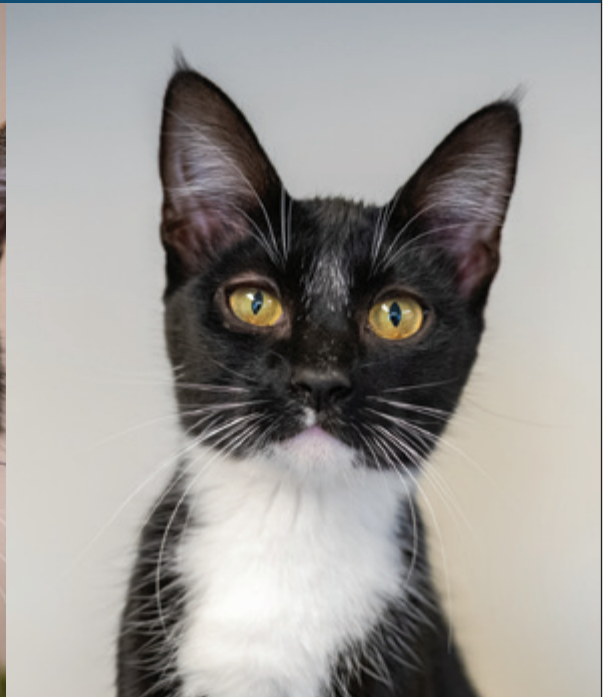


MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

Your donation helps fund our essential community programs, supporting both cats and the people who love them.

Together, we can give cats the second chance they deserve.

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CONTENTS

- 6 ROSSCARROCK SKILL SHARE OPPORTUNITY
- 8 COMMUNITY KITCHEN GOOD FOOD BOX
ROSSCARROCK DEPOT
- 10 JULY CROSSWORD
- 13 SAFE AND SOUND: HEAT-RELATED ILLNESS
- 15 BUSINESS CLASSIFIEDS



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ROSSCARROCK CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
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Rosscarrock Community Association



4411 10 Ave SW, Calgary, AB T3C 0L9
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Visit us at rosscarrock.org or 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.

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.

GAMES & PUZZLES

Yahoo!

1. The first organized rodeo in Canada took place in this town, south of Lethbridge, on Canada Day in 1902.
2. The Calgary Stampede was originally funded by the "Big Four," including this owner of the historic Bar U Ranch.
3. Old Billy, an English Barge Horse, holds the equestrian longevity record, and reached this advanced age before passing in 1822.
4. This organization, founded in 1963, strives to "make a winner out of every cowboy."
5. In 2012, to celebrate the 100th anniversary of the Calgary Stampede, a 500-dollar gold coin was minted featuring this legendary bucking bronco.
6. Cowboy Trail, nestled between the Rockies and the prairies, follows along this numbered highway.

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SCAN ME

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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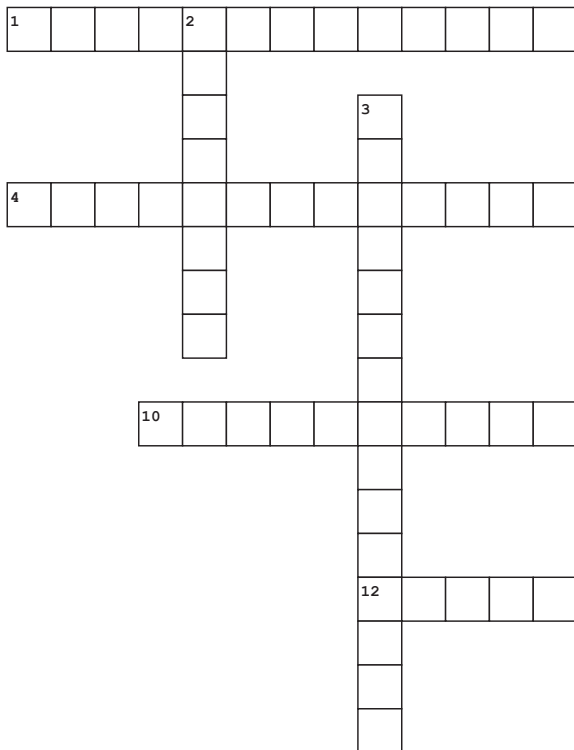
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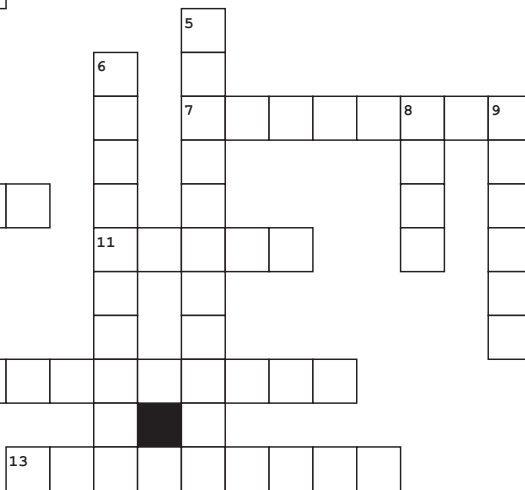
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July Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on two small rivers. When it rains, water runs off our streets, driveways, and yards, ultimately ending up in our rivers, creeks, and wetlands. This runoff, also called stormwater, picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and out to our rivers. Stormwater is not cleaned by a treatment plant, so keeping it pollution-free is critical to ensure our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations. The City uses storm ponds, to naturally treat stormwater. These ponds, located primarily in newer communities, slow the flow, allowing sediment and pollution to settle before entering our rivers.

You can also help keep our rivers healthy by doing these simple actions to keep stormwater clean:

- Use a rain barrel or point downspouts toward your lawn or garden and consider transforming part of your landscape into a YardSmart yard.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

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.



TOUR DE FRANCE

The Tour de France is one of the most famous cycling races of the past century. Did you know the route measures over 3,000 km and has riders on the road for 23 days!



The Growth of Professional Soccer in Calgary and Canada



Since the launch of Canada's professional soccer landscape in recent years, Calgary has emerged as an important contributor to the sport's national growth. The rise of professional soccer in the city reflects a broader shift across the country, as communities connect more deeply with the world's game and its expanding future in Canada. As excitement builds toward the FIFA World Cup in 2026, communities across Calgary are finding new ways to feel connected to the global game through shared local pride.

That momentum is driven by a shared belief in soccer's power to unite communities, develop talent, and strengthen Canada's place on the global stage. Professional clubs now serve not just as competitive teams, but as local ambassadors for the sport, linking Canadian fans to an increasingly international game.

Set against the iconic backdrop of Spruce Meadows, Cavalry FC blends world-class facilities with a strong local identity. Emphasis has been placed on developing Canadian players - particularly those from Calgary and

Alberta - while integrating experienced international professionals who raise standards on and off the field. This approach plays a vital role in strengthening Canada's soccer pathway, supporting both domestic competition and the national team system.

Matchdays themselves have become a defining part of the experience. ATCO Field's intimate setting brings fans closer to the action, creating an atmosphere distinct from any other sporting venue in the city. Combined with the natural beauty and prestige of Spruce Meadows, it showcases what a uniquely Canadian soccer environment can feel like.

Beyond competition, Cavalry FC continues to make a meaningful difference through school programs, youth camps, community appearances, and grassroots partnerships. As Canada prepares to welcome the world in 2026, the legacy being built in Calgary centres on growing the game locally, strengthening community connections, and inspiring the next generation of players and supporters nationwide.

Heat-Related Illness

by Alberta Health Services



ALTA Paramedic Health would like to remind everyone to stay safe in the heat and sun this season. While children, older adults, and individuals with underlying health conditions may be more susceptible to the effects of heat and sun, everyone should take basic preventive measures to avoid heat-related illness during periods of hot, humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Symptoms may include headache, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The person is often cool and damp to the touch, and the skin may appear pale or dusky grey.

Heat Stroke

- Heat stroke is a medical emergency and, without prompt treatment, can be fatal.
- It occurs when the body is unable to regulate its temperature (e.g., through sweating), causing body

temperature to rise to dangerous levels.

- Due to severe dehydration and failure of the cooling system, the skin may appear hot, dry, and flushed.

First Aid

- First aid for all heat-related illness begins with removing or sheltering the person from the hot environment.
- Remove excess or tight-fitting clothing and allow the person to rest in a cool environment.
- If the person 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 water regularly.
- Be aware that excessive alcohol and caffeine consumption may contribute to dehydration.
- Wear a broad-brimmed hat to protect your face and neck from the sun.
- Apply (and reapply) water-resistant 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.



**MLA Calgary-Currie
Janet Eremenko**

206B – 1615 10 Ave SW
Calgary, T3C 0J7

📞 403-426-4794

✉️ calgary.currie@assembly.ab.ca

Celebrating Summer in this Beautiful Province

Summer in Alberta is truly something to celebrate.

Whether your passion is hiking and camping, or if you prefer exploring everything our cities and towns, there is always something for everyone to enjoy.

As usual, my family will be spending a lot of our time outdoors this summer, but we'll be staying a little closer to home. I hope to see some friends in Cold Lake, take in Open Farm Days on August 15 and 16, and stay in one of those amazing star-gazing domes at Metis Crossing.

And certainly, this July we won't have to go much further than Westbrook CTrain station to take in the greatest outdoor show on earth. After a lifetime spent in Calgary, the Stampede still blows me away. The community spirit, the volunteerism, the tourism, and celebration make it one of my favourite times of the year.

The Stampede is a perfect reminder of what we can accomplish together. We do it all under the waving Canadian flag, and I hope that it will be that sentiment that wins the day as we prepare to vote in the October referendum.

My staff and I wish you a safe and happy summer with friends and family. Take in something new and a little off the beaten path – I don't think you'll be disappointed.

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

P.S. These summer months are the perfect time to get reconnected with the communities of Calgary-Currie. If you have an event that you'd like me to attend, I would love to be there.



**MP Calgary Signal Hill
David GL McKenzie, KC, MP**

8561 8A Ave SW
Calgary, AB T3H 0V5

📞 403-695-0570

✉️ david.mckenzie@parl.gc.ca

Alberta Separation Referendum

As Albertans prepare to vote in the upcoming referendum on Alberta's future within Canada, I believe it is important to clearly state my position: I support Alberta remaining in Canada.

Like many Albertans, I recognize the legitimate frustrations that have fuelled support for separation. Concerns about equalization, unfair representation in Parliament, excessive federal regulation, and a perceived lack of respect for Alberta are real and deserve attention. Alberta has contributed significantly to Canada's prosperity and Albertans rightly expect acknowledgement and fair treatment in return.

However, I do not believe separation is the solution.

As a landlocked province, Alberta relies on access through other jurisdictions to reach global markets. Independence would not automatically solve challenges around pipelines and tidewater access. Instead, Alberta would need to negotiate with Canada as a separate country, likely weakening our position and creating new barriers for trade and energy exports.

Claims that separation would dramatically reduce taxes are also uncertain. While federal taxes would no longer be paid to Ottawa, Alberta would assume major new responsibilities, including national defence, border security, tax collection and foreign relations. These costs, combined with the loss of economies of scale, could offset many anticipated savings.

There is also significant uncertainty regarding Alberta's future relationship with the United States and the broader international community. Such risks should not be dismissed lightly.

Importantly, Alberta already enjoys substantial autonomy within Confederation. Successive provincial governments have demonstrated the ability to challenge federal policies and defend Alberta's interests while remaining part of Canada.

Canada is not perfect, but it remains one of the most stable, prosperous, and respected countries in the world. Rather than abandoning Confederation, we should continue working to address Alberta's legitimate concerns and build a stronger future together. I firmly believe Alberta's best days remain ahead, as part of Canada.

For my full statement visit davidmckenziemp.ca/alberta-separation-referendum/.

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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



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 to help ease the inconceivable financial hardship the Fortuna family is facing.

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gofund.me/31fdeef6f

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