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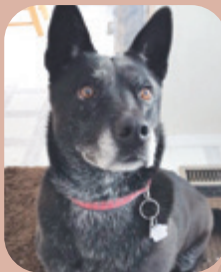
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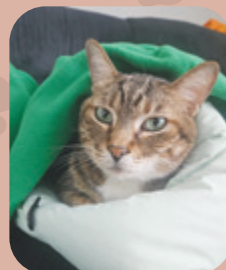
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Rosscarrock Community Association



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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.

Halloween Safety

by Alberta Health Services



As a supporter of Calgary's Child Magazine's Partners for Safety initiative, Emergency Health Services (EHS) Alberta would like to remind parents and trick-or-treaters of important Halloween safety tips as October 31 approaches.

Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks or at well-lit corners. It is safest to work your way up one side of the street and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home where you feel unsafe.
- Let your parents know where you are going and what route you plan to take. Let them know if you will be late returning home.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Predetermine the boundaries for trick-or-treating and

establish a time for children to return home.

- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with or are not properly wrapped.

Costumes

- Choose brightly coloured costumes that are highly visible. Adding reflective tape to costumes can further increase visibility.
- Consider sending your children with a flashlight for additional safety and visibility.
- When purchasing or making costumes, look for materials and accessories labelled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup instead of masks that may impair breathing or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not extend below your child's ankles.
- Ensure your child is wearing adequate footwear that takes the weather conditions and walking into consideration.



Move & Mingle:

Free Gentle Fitness & Coffee Social



Dates: Wednesdays,
September 16 - December 16

Place: RossCarrock Hall,
4411 10 Ave SW

Movement Class: 9:30 - 10:30 am

Social Time: 10:30 - 11:30 am

Free Activity!

All Welcome! Drop IN!

For More Information,
please contact
Info@rosscarrock.org
403-242-0212

Join us every week for a fun and friendly gathering!

Whether you're in the mood to get moving or just want to chat over coffee, there's a spot for you.

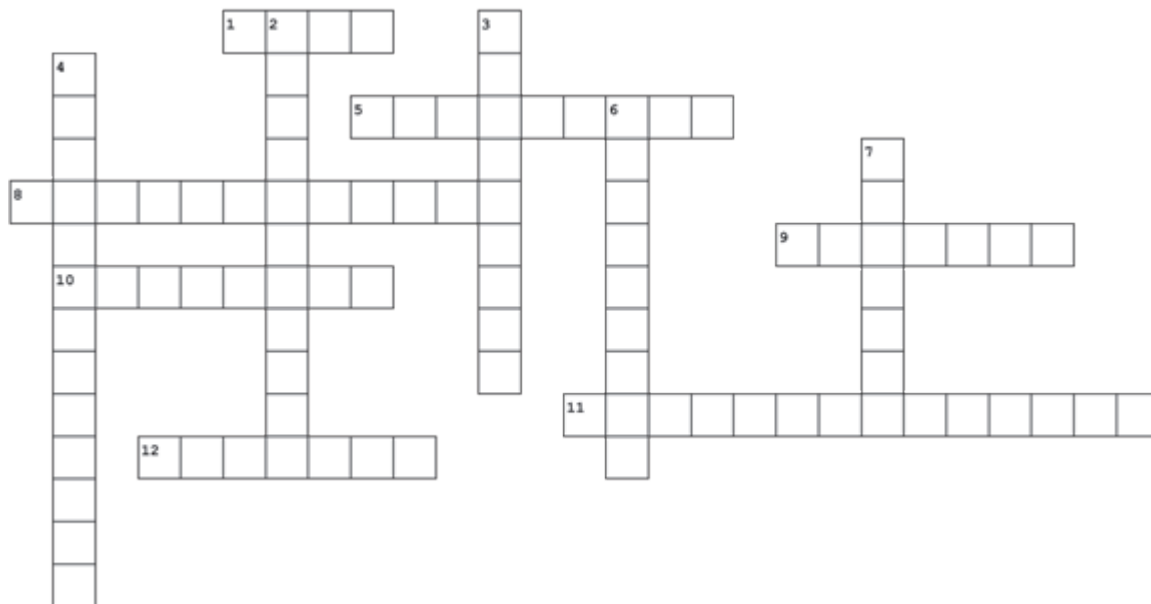
- ✓ Gentle Movement Session
- ✓ Relaxed Coffee Social Session
- ✓ Great People & Good Vibes

Come for both sessions or just one!

Everyone is welcome.

Let's connect, move, and share a laugh!

October Crossword

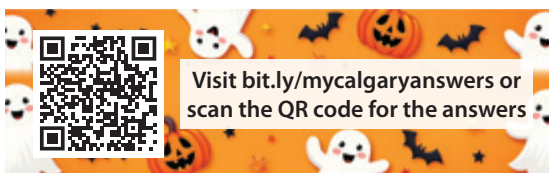


Across

1. Known as October's birth stone, this iridescent gem is sometimes worn by artists to inspire creativity.
5. These tall, friendly faces are full of straw and often seen in the middle of corn fields.
8. Celebrated this year on October 12, this holiday encourages generosity, connection, and the consumption of a delicious meal.
9. This large orange squash is traditionally carved the night before Halloween
10. Twists and turns; this fall activity is generally held in large fields of a certain tall grain.
11. This Oscar-winning actress was the "final girl" in the classic horror movie series, *Halloween*.
12. Known as the Greek Goddess of harvest, she is the mother to Persephone.

Down

2. Bright red and sour, the seeds of this fruit were consumed by Persephone in Greek myths.
3. These bright yellow and red flowers are the birth flowers of October, representing joy, warmth, and remembrance.
4. Horace Walpole's *The Castle of Otranto*, published in 1764, is most famously known as the first novel of this literary genre.
6. "In Rainbows" an album released October 10, 2007, was the seventh studio album for this alternative rock band.
7. This monster has a variety of features but is most often depicted with long fangs and red eyes.



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
October 16, 2026	October 20, 2026	October 28, 2026
November 20, 2026	November 24, 2026	December 2, 2026

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 587-224-4340 or rosscarrockgfbdepot@gmail.com with any questions.



October's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

Write about a goal you achieved. What did you learn on the road toward the destination?

Dear reader,

I've learned that achieving a small goal can sometimes be a big deal. I'm the type of person who likes to set attainable goals. This way, after proving what I am capable of, I feel more motivated because it reminds me of my ability to grow. Achieving the first goal motivates me toward a new, more challenging goal. It makes me think, "Hey, since I hit that goal, why not go a bit further?"

My health and fitness journey has followed this path.

If you had asked me ten years ago if I'd be as committed to my fitness as I am now, I would not have believed it. Ten years ago, I had a five-year-old and a three-year-old. In other words, I was in the throes of parental exhaustion with no desire, time, or energy to commit to new fitness habits.

Once my kids were a more manageable age, life settled down, and I had both the desire and breathing room to work toward a fitness goal. I started small: two days a week of lifting weights at home. My goal at the beginning was to show up; not to lose weight, not to get jacked, it was simply to form the habit. This was motivating for me because I learned that I could feel a sense of accomplishment just from checking a box.

What happened next was quite interesting. After a while, I liked it and slowly built my routine to exercise three days a week, then four, and so on. Not only did I begin to look forward to working out, but I also felt more energetic, slept better, and had more self-confidence. I realized the previous bias I held that exercise was a chore was incorrect. I came to realize that it is a wonderful treat I need to feel whole.

This experience taught me to be open to new challenges and reinforced the importance of noticing how I perceive them. Sometimes my negativity or fear isn't justified, and it holds me back. I also learned that when I start small and build on goals, it helps lock them in on autopilot.

Your turn! Write in your journal or to your pen pal about a goal you achieved and what you learned.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



Halloween Decorations and Wildlife

by the Calgary Wildlife Rehabilitation Society

As Halloween approaches, many neighbourhoods across Calgary come alive with pumpkins, fake spider webs, glowing lights, and spooky lawn decorations. While these displays help celebrate the season, some common decorations can unintentionally pose serious risks to local wildlife.

Autumn is an active time for many species. Deer, coyotes, squirrels, rabbits, songbirds, and owls are still foraging, while some birds are completing their fall migration before winter arrives. As wildlife continues to move through urban parks, backyards, and neighbourhoods, decorations can become unexpected hazards.

One of the most concerning decorations is synthetic spider webbing. The stretchy fibres can easily entangle birds, small mammals, and even beneficial insects. Birds may become caught while flying through shrubs or trees decorated with webbing, while squirrels and other mammals can become tangled as they move along fences or branches. Entanglement can cause severe injuries, restrict movement, and make animals more vulnerable to dehydration, starvation, or predators.

Loose cords, fishing line, string, ribbon, and lightweight decorative netting can create similar problems. Birds may accidentally use these materials while gathering nesting material or become wrapped in them during flight. Even decorations intended to sway in the wind can become tangled around wings, legs, or necks if they are not securely fastened.

Lighting is another consideration. Many people enjoy illuminating their homes with decorative lights throughout October. While temporary lighting is unlikely to have the same impact as large commercial lighting, excessive outdoor lighting can still disrupt wildlife. Artificial light at night has been shown to alter the behaviour of birds, mammals, and insects by interfering with natural navigation, feeding, and activity patterns. During late September and early October, some migratory birds are still travelling through southern Alberta, and reducing unnecessary overnight lighting can help lessen disorientation.



Pumpkins and natural decorations also deserve some thought. While a pumpkin may seem harmless, the smell can attract wildlife looking for an easy meal. Carved pumpkins that contain candles, mold, paint, glitter, or preservatives can make wildlife seriously ill if consumed. If you have pumpkins, bring them inside at night to ensure animals like bears, deer, or coyotes do not consume them. Feeding wildlife, even accidentally, can encourage animals to return to residential areas, increase conflicts with people, and expose them to foods that are not part of their natural diet.

Fortunately, a few simple choices can make Halloween safer for wildlife without taking away from the fun:

- Secure decorations tightly so they cannot blow away or become tangled in vegetation.
- Avoid using artificial spider webbing or decorative netting outdoors.
- Keep electrical cords and extension cables neatly bundled and out of areas where wildlife regularly travels.
- Turn off decorative lights before going to bed.
- If using pumpkins outdoors, keep them inside after going to bed, and remove candles promptly and dispose of pumpkins appropriately once they begin to spoil.
- Dispose of decorations promptly after Halloween to prevent wildlife from encountering them later in the season.

Halloween is a time for creativity and community, and with a little planning, it can also be a season that respects the wildlife sharing neighbourhoods with people. By choosing decorations thoughtfully and cleaning them up promptly, we can help ensure that southern Alberta's wild neighbours stay safe while everyone enjoys the festivities.

Divorce—Business Income is Personal Income

by Christopher Bungay, Divorce Lawyer



In many divorces, one spouse is the owner/operator of a business. In these families, the line between business income and personal income is often blurred. Many business owners (intentionally or not) often use their company credit cards and corporate money to pay for personal family and home expenses. As a result of this, the personal tax returns of a business owner often do not reflect their true personal income.

In the above scenario, the personal tax return of a business owner might show a very low amount of personal income, while their business tax return can show a very high amount of corporate earnings. It is also common to see personal expenses counted as “business expenses” on business tax returns. This is sometimes done intentionally so that CRA will think the business earns less and thus would be taxed less than it otherwise should be.

The mixing of personal/business income and expenses can cause significant problems in divorce cases. The amount a spouse must pay for child support and spousal support is often based on his or her reported personal income. A spouse who owns a business sometimes uses a false lower income amount on a personal tax return to argue they should pay a lower amount of support. Unfortunately, in many cases, the actual personal earnings power of the spouse is hidden within the business income.

Judges and divorce lawyers are keenly aware of situations where business owners try to muddle their personal and business income. Fortunately, the law can protect vulnerable spouses and children in these cases. If a judge believes that a spouse is hiding income within a company, the business income can be used as the correct amount for determining support

payments. Similarly, the law gives judges power to examine business expenses to ensure these are not actually personal expenses. In an Alberta divorce case, if a spouse is self-employed, he or she must demonstrate their business expenses are reasonable and that they are truly business expenses. If a self-employed spouse cannot show their business expenses are reasonable, a judge can add these expenses back into the spouse's income amount. In these situations, the higher income level, after adding back in the unreasonable expenses, is used to determine that spouse's support obligations.

It is also important to remember that many business-owning spouses are not intentionally hiding their income. The mixing of personal and business income can result from someone not understanding tax laws. Sometimes, a business owner is just too busy and is not paying enough attention to their personal/business spending patterns. However, whether intentional or not, divorce law is clear: business income and business expenses can both be used to determine the true personal earning power of a spouse.



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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.

Scan to donate or visit
gofund.me/31fdeef6f

Any help is appreciated ♥





Two Rivers Flow Through Calgary

by Garth Paul Ukrainetz

Two rivers flow through Calgary
Two rivers we all know
Their source the Rocky Mountains
The Elbow and the Bow

They join at St. Pat's Island
Circle famous Calgary Zoo
Then continue on together
Through Alberta, blue and true

They wind along the prairies
Forge the soul of western plains
Brave the ice and snow of winter
Dance with spring and summer rains

Round each bend their water swirling
Past each field and farmer's plow
Until meeting with the Old Man
South Saskatchewan River now

Then on to Manitoba
Through Lake Winnipeg, still flow
Up the Nelson River northward
Into Hudson Bay they go

Yes, two rivers flow through Calgary
On their way to endless sea
Growing, changing on their journey
Just like you and just like me



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

Alberta voters face a deeply consequential referendum on October 19.

The ballot has 10 questions covering issues ranging from immigration and voting requirements, to constitutional reform and Alberta's relationship with Canada.

The referendum is going to be a costly initiative with ballooning administration due to requirements for hand-counting ballots and recruiting 60,000 workers. It's estimated to cost between \$90 and \$130 million.

We know that a large majority of Albertans are strongly in favour of Alberta remaining in Canada, but voter turnout for referenda is historically quite a bit lower than during general elections. We have to reverse that trend on October 19.

I'm sure you've seen the street signs popping up all over Calgary-Currie; No to the Nine. Forever Canadian. Let Alberta Decide. For Alberta, For Canada. These are all various campaigns endorsing various positions on the 10 referendum questions.

It's important that you know where your elected representative sits on the issues. I have been unequivocal in my support for Alberta to remain in Canada.

I've also already ordered my mail-in ballot from Elections Alberta and am encouraging everyone to do the same. It takes just a few minutes to head over to elections.ab.ca or call 1-877-422-8683 to make the request. This way, you can take some time to review the questions carefully, consult credible sources and make your own informed decisions before mailing them back in the enclosed postage-paid envelope.

If you prefer to vote in-person, advance voting polls will be open from October 13 to 17. Go to elections.ab.ca to find those locations when they are announced.

On October 19, voting locations will be open from 9:00 am to 8:00 pm and electors must vote at their assigned voting location in their electoral division. You can find this information at elections.ab.ca.

Most importantly, don't sit this one out.

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Ballet Season

In 1841, Paris, France premiered Giselle, for the first time. The Romance Era ballet featured a young peasant girl falling in love with noble man in disguise. This delightfully entertaining ballet became increasingly popular for its spooky themes and ghostly motifs.



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