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Cover Photo by Syed Adeel Hussain



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Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY
A support group for 2SLGBTQ+ seniors



- Friendships*
- Social Events*
- Picnics*
- Role Models*
- Companionship*
- Coffee & Cookies*
- Movie Nights*
- Connecting with Youth*
- Making a Difference*
- Being Proud*
- Celebrations*

Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca



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Rosscarrock Community Association

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

RosscarrockCommunityAssociation

BOARD OF DIRECTORS and COMMUNITY CONTACTS

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Director-at-Large	Vacant	
Hall Manager	Terry	info@rosscarrock.org
Community Social Worker	Kellie Nixon	kellie.nixon@calgary.ca

Board Meetings

Board meetings are held on the last Tuesday of each month.



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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.

Volunteers Needed

Do you have spare time that you don't know what to do with? Consider volunteering with Rosscarrock Community Association.

We are looking for people who enjoy meeting new people and want to be more involved in the community. We are currently looking for individuals to volunteer for several upcoming events as well as our casino fundraiser on January 1 and 2.

Contact Laretta at events@rosscarrock.org if you are interested in volunteering for any event or joining a committee.



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.

To View Additional Rosscarrock Content

INCLUDING

- ▶ *News and Events*
- ▶ *Real Estate Statistics*
- ▶ *Crime Statistics*

and more...

SCAN HERE



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

Fitness at Rosscarrock Community Hall

Gentle Movement Class with Rebecca is back.

\$5 drop in from 9:00 to 10:00 am every Tuesday.

Friday Gentle Yoga with Rebecca started Friday January 13.

9:00 to 10:00 am. \$5 drop in.

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Decluttering? Tips for Selling Your Used Items Online

From the Better Business Bureau

The start of a new year is a great time to clean out your home and organize your living spaces. But what should you do with the gently used clothing, furniture, home items, or electronics that you aren't using anymore? Fortunately, online marketplaces, such as Craigslist, Facebook Marketplace, Ebay, and Poshmark, make it easy to sell without even leaving your home.

That said, there are a few perils to selling used items online. To avoid the dangers and to successfully make sales, BBB recommends the following tips.

How to Stay Safe When Making Online Sales

Choose an appropriate platform

Nerdwallet recommends that "before you sell stuff online to make extra money, determine the ideal venue for your goods." There are dozens of online marketplaces to choose from, but many of them focus on a specific kind of used goods, such as electronics or designer clothing. Before you create an account with a marketplace, make sure it is a good fit for the kind of goods you want to sell.

Know the worth of your items and price appropriately

To determine the value of an item you want to sell, Consumer Reports suggests searching for similar items on the site where you plan to list. If you are selling an item that was never used and is still in its original packaging, remember that technically it is still coming to the buyer second-hand, so you'll need to charge a little less than the original retail value if you want to make a sale.

Watch out for shady buyers

Con artists often pose as buyers in scams. Sometimes they offer to overpay for an item, but that's not their only tactic. Beware of buyers who ask you to make transactions outside of the selling platform or those who ask for personal information, such as your banking information.

Be extra cautious when making local sales

Some platforms allow you to meet up with people in your local area to exchange your item for cash in person. While this can be an effective way to sell big items and



avoid marketplace fees, use caution when meeting up with strangers. Don't be quick to give them your home address, instead ask buyers to meet you in a safe place, such as outside your local police department. Never meet up with a buyer you don't know alone. Always bring your partner or a friend to make the transaction.

Always protect your personal information

As you sell items online, keep your sensitive personal information under lock and key. Avoid communicating with buyers outside of the online platform you are using to make the sale and don't give out your home address, phone number, or email address.

Rosscarrock Social Learn and Play Group

Thursday Mornings from 9:30 until 11:00 am

Are you a parent or guardian of young children? Come join us on Thursday mornings and enjoy a cup of coffee or tea while we engage in group discussions, participate in an interesting workshop, or have fun learning a craft together.

Children ages five and under are also welcome to come meet new friends while being supervised by one of our wonderful adult volunteers. Kids will be able to free play, learn a craft, or listen to a story, all while learning social skills and meeting new friends.

This is a free group, all workshops and crafts are free of charge, However, we encourage everyone to register at the link below so we can ensure we have enough volunteers to help the group run smooth.

Registration link: <https://bit.ly/RCAsociallearnandplay>.

Good Food Box

Great news! The Good Food Box is coming to Rosscarrock Community Association!

Order Day: February 18

Come in person to Rosscarrock Community Hall between 10:00 and 11:00 am or 6:00 and 7:00 pm on order day to order and pay for your Good Food Box. All orders are cash only.

Pick Up Day: March 1

Pick up is at Rosscarrock Community Hall. Hours of pick up are noon until 1:00 pm or between 6:00 and 7:00 pm.



Has someone ever tried to...

- Control your money or actions?
- Force you to sign papers against your will?
- Make you feel unsafe?
- Touch you in ways that you did not want?
- Hurt you physically?
- Deny you food, clothing, medication, medical care or proper shelter?

Elder abuse

is any action or inaction by self or others that causes harm to the health and well-being of any older adult.

Elder abuse can take several forms including financial, emotional, physical, sexual, medication and neglect.

Any kind of abuse is unacceptable.

Remember, it's not your fault.



To report a concern or get help for yourself or someone you know:

- In case of emergency, call **9-1-1**
- Calgary Police Service non-emergency line: **403-266-1234**

To get information or support:

- Elder Abuse Resource Line: **403-705-3250**
- 403-SENIORS: **403-736-4677**
- Talk to your family physician or someone you trust



Prepared by the "Coordinated Community Response to Elder Abuse" Action Team with Age-Friendly Calgary, Alberta Health Services, Calgary Catholic Immigration Society, Calgary Chinese Elderly Citizens' Association, Calgary Legal Guidance, Calgary Police Service, Calgary Seniors' Resource Society, Carya, City of Calgary, Diocese of Calgary, Distress Centre Calgary, HomeFront Calgary, Immigrant Services Calgary, Jewish Family Services Calgary, Kerby Centre, and University of Calgary.

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

What Can Go in Your Blue Cart?

from the City of Calgary

Your blue cart is for acceptable household paper, cardboard, and container packaging. It is important to recycle the right things in your blue cart and community recycling depots, and properly prepare your materials.

When you put in items that don't belong, it can cause injuries to workers and costly shutdowns at recycling sorting facilities. Not sure where to put an item? Check out What Goes Where: <https://www.calgary.ca/waste/what-goes-where/default.html>.

Put These Items into Your Blue Cart:

1. Bundled Stretchy Plastic Bags and Cling Wrap

Bundle all stretchy plastic bags into a single plastic bag and tie closed before recycling. Acceptable bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Resealable/Ziploc bags
- Freezer bags
- Bread bags
- Dry cleaner bags
- Plastic overwrap (wrapping on toilet or paper towel, water bottle cases)
- Plastic film wrap (saran wrap)
- Bubble wrap

Tip: If the plastic bag/wrap stretches (like a grocery bag) it's recyclable; if it does not stretch, is crinkly, or tears (like a chip bag or cellophane), it's not recyclable.

2. Paper and Cardboard

- Cardboard boxes (cereal, pizza, tissue boxes, etc.)
- Toilet and paper towel tubes
- Catalogues, magazines, and telephone books
- Newspapers, flyers, and brochures
- Letters and envelopes (remove plastic window)
- Paper coffee cups and fountain pop cups (no lid)
- Greeting cards
- Non-foil paper gift wrap
- Paper bags
- Soup and beverage cartons (e.g. Tetra Pak® packages)
- Milk cartons and juice boxes
- Shredded paper (in a see-through bag and tied closed)
- Paperback and hardcover books (separate hardcovers from pages)



3. Container Packaging

Your blue cart is for containers – bottles, jugs, jars, cartons, cans, and other rigid containers.

3a. Containers made of plastic

- Milk jugs
- Yogurt tubs
- Pop bottles
- Takeout containers
- Laundry detergent container
- Body lotion containers (no tubes)
- Beverage and juice bottles
- Mouthwash bottles
- Shampoo and conditioner bottles (no hand pumps)
- Molded plastic packaging
- A plastic holder with a cardboard backing – separate each item for recycling
- Clamshell packaging
- Divided food trays like cookie trays or party trays

Tip: Once you have determined that your plastic item is a container, then look for a recycling symbol from 1 through 7. If your plastic item is not a container, do not recycle.

3b. Containers made of tin – food cans and tin foil

- Tin food cans
- Clean tin foil (crumple up)
- Foil takeout containers and pie plates
- Tin containers (e.g. cookie tins)
- Pop cans

3c. Containers made of glass – food jars and bottles

- Glass food jars – baby food jars, salsa jars
- Glass bottles – pop bottles, condiment bottles

Lids and Caps

- Metal lids must be larger than 5 cm (two inches) in diameter
- Plastic lids must be larger than 7.5 cm (three inches) in diameter

Tip: If the lid is about the size of the palm of your hand, it's okay to recycle. Please note that all coffee cup lids belong in the garbage. They are too light to be sorted properly at the recycling facility.

Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



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Dear Neighbours,

I am pleased to report that help is on the way for Albertans needing emergency health care.

As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Your government values and recognizes Alberta's paramedics. Government aims to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. The plan proposes only using ambulances for patients who require medical support during transport. For patients who do not require medical support during transport, AHS will arrange for alternative transportation options like community shuttles and wheelchair accessible taxis. This means more ambulances on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to reduce pressures and improve system performance. This also includes reducing wait times for surgeries and improving overall patient flow and capacity.

Government is also working with AHS for additional action. This includes adding a triage physician to emergency department waiting rooms to support patient offloads and allowing paramedics to assess and treat patients without having to transport them to hospital.

I would also like to provide some good economic news. A new TD Economic report projects Alberta's economic growth will lead the country in 2023 with Alberta outperforming all other provinces. In 2023, oil production is still expected to grow, as well as oil patch spending, driving optimism among banks and businesses. Further, the \$21.4 billion Trans Mountain pipeline expansion project is expected to be completed later in the year.

Job numbers reveal that 88,800 new jobs were created in December alone! Since 2021, Alberta has created 221,000 jobs. Policies matter, and we are putting the right policies in place to grow and diversify the economy.

Your government is taking action on healthcare and the economy, and I am working to make sure my constituents of Calgary-Currie are supported.

Sincerely,

MLA Nicholas Milliken

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