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# Rosscarrock Community Association



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

## BOARD OF DIRECTORS and COMMUNITY CONTACTS

President	Lori	
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Treasurer	Gennaro	
Secretary	Vacant	
Events	Vacant	
Planning	Milad	
Communications	Vacant	
Facilities	Vacant	
Director-at-Large	Susan	
Director-at-Large	Gary	
Hall Manager	Terry	<a href="mailto:info@rosscarrock.org">info@rosscarrock.org</a>
Community Social Worker	Kellie Nixon	<a href="mailto:kellie.nixon@calgary.ca">kellie.nixon@calgary.ca</a>

### Board Meetings

Board meetings are held on the last Tuesday 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).

## No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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## 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).



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## 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.skipthedeapot.com/rosscarrock>
2. Place your bags outside
3. Receive a refund or donate to us!

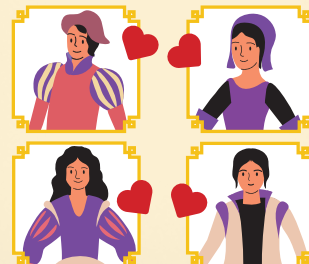
SkipTheDepot will allow everyone to donate directly to our organization with ease. Spread the word by sharing our SkipTheDepot posts on social media!

### RossCarrock Community Fridge

The community fridge and pantry are always in need of more donations. Learn how to get involved by visiting [rosscarrock.org](http://rosscarrock.org).

## Medieval Tinder

Wearing your heart on your sleeve is more than just a phrase. Did you know that in the Middle Ages, love was a fashion statement? Back then, singles played a name-lag game, pinning their Valentine's name on their sleeves for a week! Talk about wearing your heart on your sleeve - literally!



# Eggplant and Sundried Tomato Pasta

by Jennifer Puri

Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 30 minutes

**Servings:** 3 to 4

**Ingredients:**

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese



**Directions:**

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!



# COMMUNITY KITCHEN

## GOOD FOOD BOX

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ORDER OPENING DATE	PICK UP DATE
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Mar 28 <sup>th</sup> 2024	April 10 <sup>th</sup> 2024
Apr 19 <sup>nd</sup> 2024	May 1 <sup>st</sup> 2024
May 17 <sup>th</sup> 2024	May 29 <sup>th</sup> 2024
June 7 <sup>th</sup> 2024	June 19 <sup>th</sup> 2024
NO BOX IN JULY	NO BOX IN JULY
Aug 9 <sup>th</sup> 2024	Aug 21 <sup>st</sup> 2024
Sept 6 <sup>th</sup> 2024	Sept 18 <sup>th</sup> 2024
Sept 27 <sup>th</sup> 2024	Oct 9 <sup>th</sup> 2024
Oct 25 <sup>th</sup> 2024	Nov 6 <sup>th</sup> 2024
Nov 22 <sup>th</sup> 2024	Dec 4 <sup>th</sup> 2024

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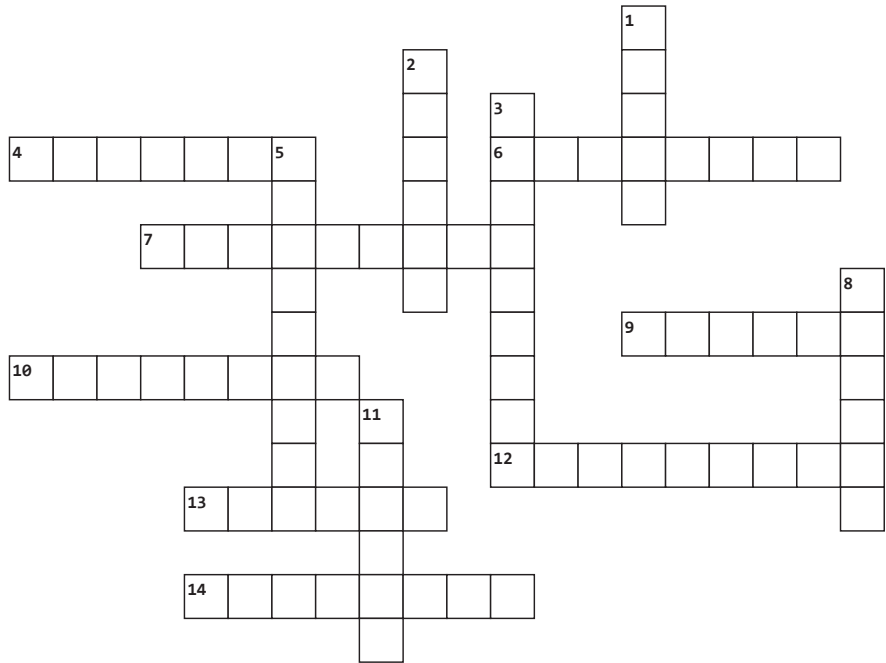
**And the size of the box you wish to order. This must be done each time you place an order. Then send etransfer to [rcagoodfood@gmail.com](mailto:rcagoodfood@gmail.com)**

**Pick up is at Rosscarrock Community Association Office at 6:00pm to 7:00pm ONLY on the pickup date.**

**\*\*Note There is no holding of boxes as there is no storage. All boxes MUST be picked up by 7:00pm or they will be donated to Rosscarrock Community Fridge**

**It is your responsibility to pick up your box during the pickup window no phone calls or reminders are given on pick up day**

# February Crossword



## Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as \_\_\_\_\_.

## Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the \_\_\_\_\_.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The \_\_\_\_\_, was born on February 16, 1990, in Scarborough.

# Love on a Shoestring

by Danielle Robbertze



Valentine's Day can be expensive. We would all like to give our partner the world to show our appreciation, especially on the day dedicated to love. But that is not always possible. Valentine's Day is said to be the fifth largest consumer spending event in the world. It is estimated that \$25.9 billion (USD) was spent on Valentine's Day in 2023!

There are a few ways in which you can show your love without breaking the bank. Firstly, it would probably be wise to ask your partner what they would like for Valentine's Day. This may take away the surprise element of the day, but you could be surprised about what they want and how cost-effective it could be. Often you will see that all they want is some quality time. So set up a movie night at home or a lovely homecooked dinner. It is often the romantic gestures that count more than a diamond necklace or bouquet of roses.

Valentine's Day on a budget is a time to think creatively. Test out those DIY skills. You never know how much a handcrafted gift could mean to a loved one. Check out ideas online on how to make the perfect gift. You could make a special collage or photo album of all your favourite moments together. As cheesy as it might seem,

you can never go wrong with a heartfelt love letter, one that your partner will cherish for years to come.

It is important to set a budget for yourself and your partner. This way you do not create too high of expectations for yourself or your partner. Plan ahead and plan together. The day is dedicated to spending time together so why not put in some money together to do something truly special like a weekend getaway or a romantic dinner at a swanky restaurant.

Consider celebrating the weekend after February 14, that way you and your partner can score some great deals with marked off items. This may seem unconventional, but it could be more special to set out your own Valentine's Day, away from the hustle and the bustle of the actual day.

There are so many ways in which you can save money on Valentine's Day whilst still expressing your love. Take away the pressure and expectations of stereotypical gifts and set your own path to celebrate this day. A path as unique as your relationship and love for your partner. Love is not chocolates, roses, or jewellery. True love is being with one another and cherishing that person for everything they are, flaws and all.





## Rosscarrock Real Estate Update

Last 12 Months Rosscarrock  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$461,450	\$455,000
November 2023	\$769,000	\$757,000
October 2023	\$489,999	\$491,000
September 2023	\$739,900	\$710,000
August 2023	\$805,000	\$791,500
July 2023	\$659,900	\$655,000
June 2023	\$684,900	\$685,000
May 2023	\$650,000	\$635,000
April 2023	\$517,000	\$517,000
March 2023	\$747,350	\$748,500
February 2023	\$794,450	\$799,500
January 2023	\$562,450	\$550,500

Last 12 Months Rosscarrock  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	1	2
November 2023	5	5
October 2023	5	5
September 2023	10	7
August 2023	1	5
July 2023	5	9
June 2023	14	8
May 2023	10	8
April 2023	9	7
March 2023	6	10
February 2023	7	8
January 2023	5	2

To view more detailed information that comprise the above  
MLS averages please visit [ross.mycalgary.com](http://ross.mycalgary.com)

## CRIME STATISTICS

### Rosscarrock Crime Activity was Up in December 2023



The Rosscarrock community experienced 15 crimes in December 2023, in comparison to 12 crimes the previous month, and 9 crimes in December one year ago. Rosscarrock experiences an average of 13.8 crimes per month. On an annual basis, Rosscarrock experienced a total of 166 crimes as of December 2023, which is down 1% in comparison to 168 crimes as of December 2022. To review the full Rosscarrock Crime report visit [ross.mycalgary.com](http://ross.mycalgary.com).

*How To Report Crime In Rosscarrock: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

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## Seven Key Things to Make Your Relationship Work

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



What can you do to create a lasting relationship? Get a copy of John Gottman's *Seven Principles for Making Marriage Work*. Below is a sneak peek:

**Enhance your love maps.** Happy couples are very familiar with their partner's world. According to Gottman, these couples have "a richly detailed love map — my term for that part of your brain where you store all the relevant information about your partner's life." You know everything from your partner's favourite movies to what's currently stressing them out, you know some of their life dreams, and they know yours.

**Nurture fondness and admiration.** Happy couples respect each other and have a general positive view of each other. Fondness and admiration are two of the most important elements in a satisfying and long-term relationship. If these elements are completely missing, the marriage can't be saved. A helpful activity to remind couples of the partner they fell in love with is called "I appreciate." List three or more of their partner's positive characteristics along with an incident that illustrates each quality. Then read your lists to each other.

**Turn toward each other.** Romance isn't a Caribbean cruise, an expensive meal, or a lavish gift. Rather, romance lives and thrives in the everyday, little things. "Real-life romance is kept alive each time you let your partner know they are valued during the grind of everyday life." For instance, romance is leaving an encouraging text for your partner when you know they are having a bad day. Or romance is when you are running late but take a few minutes to listen to your partner's bad dream and saying that you'll discuss it later (instead of saying "I don't have time"). This might seem boring but turning toward each other in these ways is the basis for connection and passion. Couples that turn toward each other have more in their "emotional bank account." This account distinguishes happy marriages from miserable ones. Happy couples have more goodwill and positivity stored in their bank accounts, so when rough times hit, their emotional savings cushions conflicts and stressors.

**Let your partner influence you.** Happy couples are a team that considers each other's perspective and feelings. They make decisions together and search out common ground. Letting your partner influence you isn't about

having one person hold the reins, it's about honouring and respecting both people in the relationship.

**Solve your solvable problems.** There are two types of marital problems: conflicts that can be resolved and perpetual problems that can't. It's important for couples to determine which ones are which. According to Gottman, "One way to identify solvable problems is that they seem less painful, gut-wrenching, or intense than perpetual, gridlocked ones." Solvable problems are situational, and there's no underlying conflict. Gottman devised a five-step model for resolving these conflicts that can be found in his book.

**Overcome gridlock.** The goal with perpetual problems is for couples to "move from gridlock to dialogue." What usually underlies gridlock is unfulfilled dreams. "Gridlock is a sign that you have dreams for your life that aren't being addressed or respected by each other." Happy couples believe in the importance of helping each other realize their dreams. The first step in overcoming gridlock is to determine the dream or dreams that are causing your conflict. The next steps include talking to each other about your dreams, taking a break (since some of these talks can get stressful), and making peace with the problem. "The goal is to 'declaim' the issue, to try to remove the hurt so the problem stops being a source of great pain."

**Create shared meaning.** "Marriage isn't just about raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together. A culture rich with rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means to be a part of the family you have become." And that's what it means to develop shared meaning. Happy couples create a family culture that includes both of their dreams. Being open to each other's perspectives and opinions, happy couples naturally come together.

**Bonus: Intentional date nights.** If you struggle with ideas for date nights, grab a copy of Gottman's *Eight Dates*. Being intentional about having regular date nights is an important factor to continued connection.

If you need some help along the way, look for a level three trained Gottman therapist to keep you accountable and help your relationship thrive.



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		3	1		6			
7			3		5			2

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## Help Reduce Single-Use Items Waste

*by the City of Calgary*

The best way to reduce single-use items waste is to stop using them whenever possible. Using less single-use items will help reduce garbage and litter. Calgary's new Single-Use Items Bylaw started January 16.

It focuses on waste reduction by encouraging Calgarians to avoid single-use items where practical, ask for items as needed, or choose reusable options. Businesses will be required to charge a minimum fee on new paper and reusable bags and provide foodware accessories (utensils, napkins, straws, chopsticks, etc.) by request only.

Calgarians can do their part by asking for only the bags and foodware accessories they need, and by bringing their own bag to avoid the fees. This bylaw applies to in-store, take-out, drive-thru, delivery, and online ordering. Learn more at [calgary.ca/singleuse](http://calgary.ca/singleuse).



## Help Us Shape Calgary's Future Floodplain Policies and Regulations

*by the City of Calgary*

Calgary's river valleys are essential to our city—they're at the core of our city's identity and its appeal as a place to live, work, and play.

As Calgary is vulnerable to flooding, making careful decisions about how we plan, develop, and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

With the province's recent release of draft updated Flood Hazard Area maps reflecting the latest understanding of flood risk across Alberta and a new approach to flood hazard area zones, it's now up to municipalities to decide how to develop and regulate in these areas.

The City is planning for the future of our river valleys, including our flood hazard areas, through the Calgary River Valleys Project, which will shape how we plan, develop, and build in our river valleys.

Your input on how we make decisions on the use, conservation, and development of our river valleys and communities is important. This month, we're talking to Calgarians about the future of our floodplain policies and regulations. Visit [calgary.ca/RiverValleys](http://calgary.ca/RiverValleys) to join in the conversation.



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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.



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# Backyard Bird Watching

by John McFaul



Many bird species make their home in Calgary or pass through the city on migration. They bring joy to backyard birdwatchers with their songs, colourful plumage, and their interesting antics. The cheery disposition of the Chickadees in winter, the Robin singing that spring has arrived, the bejewelled Ruby-throated Hummingbird visiting the flowers of summer, and the waves of exotic warblers passing through on their fall migration connects us to the flow of nature and time.

Calgarians can attract avian visitors to their yards by providing food, water, nesting, and shelter. Wintering birds such as Chickadees, Nuthatches, and Finches benefit from a steady supply of black oil sunflower seeds and chips. Blue Jays enjoy dining on unsalted peanuts. Suet will attract Downy Woodpeckers. Hummingbird feeders filled with a mixture of four parts water to one part sugar could entice the hummingbirds that summer in Calgary.

Water is appreciated by birds for drinking and bathing. It can be provided by simple bird baths or by more elaborate ponds and small streams.

Nest boxes and platforms can attract birds such as Chickadees, Nuthatches, House Wrens, Tree Swallows, and Robins to raise their families in our backyards.

The best thing that can be done to make backyards bird friendly is to provide a habitat full of a variety of trees, shrubs, and other plants that are native to our region.

Keeping our avian visitors safe is important. Mark the outside of windows to prevent the birds from colliding with the glass. Keep cats indoors or in a Catio to prevent harm to the birds and just as important, harm to the cat. Turn off outside lights between 11:00 pm and 6:00 am, particularly during spring and fall migration. Avoid using insecticides and pesticides.



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

Dear Calgary-Currie,

Budget 2024-25 will be tabled this month, and there is no better way to gauge a government's priorities than by seeing what they fund. It's challenging to follow what is a new commitment of funding, a re-announcement of something old, and when the money actually flows out. Equally difficult is keeping track of whether there's a net increase to the system, or if it simply moves money from one program to another, benefiting one while cutting another. And take note, funding that fails to keep up with inflation and population increases equates to cuts.

November's fiscal update reported a stunning \$5.5 billion surplus. We know these surplus figures shift wildly with the ebb and flow of oil prices. So, when times are good will we make the critical investments in our public systems that keep us healthy, housed, and educated? These investments help us shine in the peak times and sustain us in the low ones.

We have a severe shortage of healthcare workers; will the government meaningfully invest in hiring doctors and nurses to improve the system?

We sit dead last in per student funding in the entire country and classrooms in our public schools are overcrowded; will there be money to hire teachers and educational assistants and build new schools?

We are in a housing crisis and struggling to get construction on new homes started; will there be new investments in affordable housing?

We have had the highest tuition increases in all of Canada; will funding to post-secondary institutions be restored and increased?

Rent, utilities, and car insurance rates are skyrocketing; will the province take any measures to prevent those shocks?

In addition, Calgary-Currie residents talk to us about the unhoused in their communities, safe public transit, small business worries, and retirement security, especially protecting their CPP.

As budget deliberations begin, I welcome your ideas and feedback.

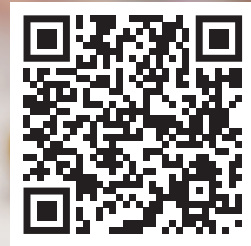
Stay warm and take care!

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- Multiple different mat sizes available to suit your unique work environment



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