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ROSS-CHARACTER

THE OFFICIAL ROSSCARROCK COMMUNITY NEWSLETTER





KIDS ART COLLECTIVE

Do you know a pint-sized Picasso age 12 and under? Each month our newsletter will feature a selection of drawings and paintings by neighbourhood kids with a flair for the creative.

To submit a work of art, please send it to **info@rosscarrock.org**. Images must be a resolution of 300 dpi.

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Do you want to make healthy meals for your family?
Do you need to cook on a budget?
Do you want to have convenient meals?

Please contact West Central Resource Centre at 403-543-0555 for more information.



Rosscarrock
Community Association
4411-10 Avenue SW, Calgary, AB - T3C 0L9
Phone: 403.242.0212 • Fax: 403.242.8354
www.rosscarrock.org • info@rosscarrock.org

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**Editorial
Content
Deadline**

**Last Tuesday of
the month for the
next month's issue**

info@rosscarrock.org

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☐ **Do you want to receive emails regarding
future events?**

Do you want to get involved?

We are always looking for volunteers to help us with the community. If you are interested in anything listed below, please check it off and we will contact you!

- ☐ Board of Directors
- ☐ Casino Volunteer
- ☐ Special Events
- ☐ Canada Day Party
- ☐ Spring Clean-up Day
- ☐ Community Garden
- ☐ Newsletter
- ☐ Snow Angels
- ☐ Anything else you can think of? _____

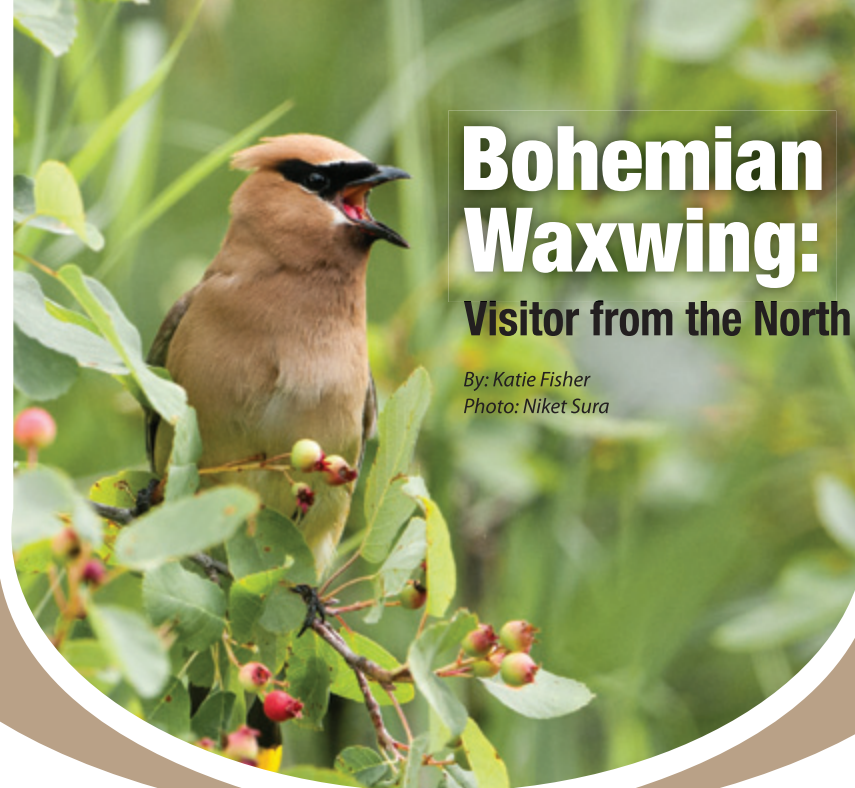
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CALGARY



WILDLIFE

Bohemian Waxwing: Visitor from the North

By: Katie Fisher

Photo: Niket Sura

As the snow sets in and sunlight runs at a minimum, we prepare ourselves for what might feel like the longest months of the year. Many of the pretty songbirds have flown south for warmer climates, however, our friend, the Bohemian Waxwing, will at times, fly south to us from the north to escape some of the harshest conditions.

The Bohemian Waxwing is a medium-sized songbird who is brownish gray in colour, equipped with a black mask, a yellow tip to tail and a crest on top of his head. He earns his name from the nomadic movements of the winter flocks; much like the inhabitants of Bohemia who live unconventional lifestyles or like the lives of gypsies. He does not hold breeding territories like other songbirds, simply for the reason the fruits he enjoys to snack on are abundant, but only available for short periods of time. Unlike songbirds, the Bohemian Waxwing has no true song as he doesn't require it to defend a territory.

He spends much of his time in the forest, foraging for fruit and insects. The Bohemian Waxwing is elegant in flight, catching insects in mid-air or hovering to snatch

fruit. He must be careful when choosing his fruit, as the Bohemian is susceptible to alcohol intoxication, and even death, from eating fermented fruit. He chooses to build his nest with his monogamous partner, on branches, closest to the trunk of the tree; constructed with twigs, grasses and camouflaged with mosses and lichens. From time to time, he will visit city parks and gardens in hopes of finding fruit.

Both parents are responsible for feeding their young, who will leave the nest anywhere from 14 to 18 days old. Like most songbirds, they feed insects to their young at first, but switch to feeding them berries within a few days. Most Bohemian family units stay together through the fall until they prepare for migration. Flocks are the most common form of migration and will, at times, be mixed in with Cedar Waxwing flocks, creating quite a sight to be seen.

If you come across an injured Bohemian Waxwing, or any other wild animal in distress please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488 for tips, instructions and advice.

IN & AROUND CALGARY

Pet Safety—Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or

dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary, and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @yycbylaws.

Fire Safety

A message from the Federation of Calgary Communities Building Safe Communities Program

Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping
- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place

IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

BUSINESS CLASSIFIEDS

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

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, 403-269-2707.

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Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053



Certain frogs can be frozen solid then thawed and continue living.



Keep Your Paws Warm!

walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

Jennifer L. Scott, D.V.M.

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After



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Happy New Year Calgary Currie. Hope you all had a joyful holiday season in our lovely community with friends and family.

Caring and supporting all Albertans is a key part of many things our government does. Alberta is a province that affords great opportunity and privilege, but it is important to recognize that not all people have been experiencing the same privileges and opportunities. Many have found themselves at a great disadvantage simply because their government thought that they needed no protection.

When I look at the accomplishments of Alberta's government since May 2015, I find there is a tremendous amount to be proud of. Of particular note is some amendments made to the Human Rights Code here in Alberta. We finally have legal protections for people in this province to be free from discrimination based on their gender. For the first and only time in North American History, the transgender flag flew above a government building.

We have addressed some major concerns regarding changes to how we help Persons with Developmental Disabilities. We have reached out and consulted with those who have been directly affected and misunderstood, to find solutions that work for us all. In an historical move our government has instituted protections for Farm Workers to ensure that those who work in dangerous environments have the protection of the law on their side when it comes to unsafe working conditions.

We as a government promised to bring dignity to all people, to protect all people, and this is what it looks like. Alberta is a dynamic province, and as Albertans, we stand up for those who need help standing on their own. We are taking forward thinking stands on issues that are going to be on the forefront of public policy for years and decades to come.

I want to thank everyone that reached out so far to my office with their ideas and concerns. I truly feel I can better represent you in the legislature when I have a handle on what your thoughts are with the direction our government is taking.

At this time of year if you want to find me out and about in the community, you are in luck! Along with my constituency staff, you can find me at various skating rinks throughout the riding, ready to fuel wintertime play with hot chocolate and coffee. We hope to run into you and your families on a sunny winter day over the next few months.

See you out there!

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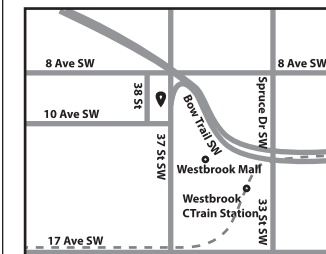
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Snow and Ice Control

We know how to do winter in Calgary, and when it comes to clearing the snow and ice from our roads and pathways, we're getting better all the time. Throughout the winter months and especially after a big dump of snow, Calgary Roads has crews available around the clock to sand, salt and plow. Here's how it works:

Before the Snow Falls

Even before it snows, City crews are busy anti-icing roadways to reduce the accumulation of ice and snow on the roads. A Road Salt Management Plan is followed to improve environmental protection without compromising road safety. The City also uses snow fences as part of the annual winter road maintenance program. Over 140 strategically placed snow fences reduce the build-up of drifting snow and ice on roads, and help to keep winter roads safe by improving visibility for motorists.

During and After the Snow Falls

The City sands, salts, and plows roads and select sidewalks based on a priority system, and all work is to be completed within seven days from the point a snowfall ends. Within 24 hours of the end of a snowfall, major roadways (Priority 1) with traffic volumes over 20,000 vehicles per day are completely plowed, sanded and salted. A Snow Route Parking Ban may also be declared during this time – visit www.calgary.ca to find out. Within 48 hours, all Priority 2 roadways are completed; this includes bus routes, problem areas and roads that carry over 5,000 vehicles per day. Work then continues on Priority 3 and 4 roadways, focusing on designated hills and slower speed zones, and eventually moving on to sidewalks and pathways.

What You Can Do

The City of Calgary has a very sophisticated Snow and Ice Control program, and it does great work every year, but residents need to pitch in as well.

- When you drive in the winter, don't fool around: get winter tires.

IN & AROUND CALGARY

Crowchild Trail Study

Let's continue the conversation in 2016!

Thank you, Calgarians! Throughout November 2015, we heard you share hundreds of ideas on possible changes to Crowchild Trail at workshops, drop-in sessions, idea boards, and online.

In February and March, attend a drop-in session to see how ideas from Calgarians are being used to develop preliminary concepts. You will be able to see what commonly-heard ideas look like when applied to the Crowchild Trail corridor, and help evaluate how the benefits, impacts, constraints and trade-offs align with the direction of the study. We want to continue the conversation with you.

The City of Calgary is conducting this transportation study to identify short-, medium- and long-term upgrades for Crowchild Trail between 24 Ave. N.W. and 17 Ave. S.W.

For specific event dates, times, and locations, or to learn more about the study, visit calgary.ca/crowchild or call 311.

- When you cycle in the winter, perform regular maintenance on your bike.
- When you walk in the winter, wear shoes with good grip.
- Homeowners are responsible for removing snow and ice from parking spaces, driveways and sidewalks.
- Be patient, and let the City follow the Seven Day Snow Event Plan. If something isn't right, however, report it to 3-1-1.
- Drive, cycle and walk safely. Give yourself extra time, don't rush, and be courteous to others.

For real-time updates throughout winter and further information, visit www.calgary.ca/snow. If you have any questions, please contact me by email (ward08@calgary.ca), phone (403-268-2430) or on my website (www.calgary.ca/ward8).

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

• February 1 to 29 - YYC Hot Chocolate Fest:

Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. www.yychotchocolate.com

• February 3 – Calgary Flames vs Carolina Hurricanes

at the Saddledome 7:30 pm. www.calgaryflames.com

• February 5 to 20 - Lord of the Flies:

Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. www.storybooktheatre.org

• February 12 – Calgary Hitmen & Red Deer Rebels

face off at 7:00 pm at the Saddledome. www.hitmenhockey.com

• February 12 to 14 - Block Heater: A Winter Music Extravaganza:

There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. www.calgaryfolkfest.com

• February 12 to April 17 - Suite Surrender:

Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. www.stagewestcalgary.com

• February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:

Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. www.artsccommons.ca

• February 26 - Calgary Hitmen vs Royals

at the Saddledome 7:00 pm. www.hitmenhockey.com

• February 27 – Calgary Flames & Ottawa Senators

face off at 8:00 pm at the Saddledome. www.calgaryflames.com

• February 28 - Night With the Stars:

This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. www.theatrecalgary.com

FEBRUARY 16 TO 21 THE WIZARD OF OZ

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of The Wizard of Oz adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. www.calgary.broadway.com



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