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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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FOR 1 YEAR!

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Rosscarrock Community Association Membership

4411 10 Avenue S.W., Calgary AB. 403-242-0212 info@rosscarrock.org www.rosscarrock.org

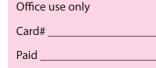
Family \$15.00	Single \$10.00
Senior \$5.00	Business \$25.00
Name:	
Address:	
Postal Code:	Phone:
Email:	

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? _____





Register now for this hands-on, introductory sewing class for learners and re-learners. In four classes you will get the hang of threading and bobbins on domestic sewing machines, and learn how to use and cut from a sewing pattern to make a top.

Dates: Tuesdays from August 9 until August 30, 2016 Time 9 – 11 a.m.

Location: Rosscarrock Community Hall, 4411 10 Avenue SW, Calgary

Cost: \$120

We provide:You provide:sewing machines and needlesfabricpatternmatching threadpractice threadsscissors, pins, measuring tapeiron/ironing board

In your first class, you will learn to thread like a pro and use your bobbin like a boss after meeting and interacting with ten different sewing machines. Sewing needles and practice threads will be provided for this exercise. At the end of the class, you will be given a pattern along with suggestions on the fabric to purchase to make your top.

Your homework is to go get your fabric and matching threads, and the sewing tools that suit your personal style and preferences.

In your second class you will learn how to read and use patterns, and you will cut the fabric for your top.

You will gain hands on experience sewing your top during the third and fourth classes.

Register today by emailing info@rosscarrock.org.



Name	Age	Contact	Course
Cathy	29	403-390-8600	No
Criselda	45	403-714-6083	Yes
Genevieve	26	581-307-6165	Yes
James	15	587-583-4683	Yes
Jordan	25	403-966-1647	No
Melissa	21	587-436-9260	Yes
No	18	402-718-3749	Yes
Priscilla	27	403-402-6113	Yes
Priscilla	27	403-402-6113	Yes
Saba	17	403-437-6683	No
Shawna	18	403-402-0489	Yes
Sophia	34	587-700-5989	Yes
Tenzin	18	587-581-3365	No
Calling All	ARVS	ITTERS Calling All PAR	RENTS

Calling All BABYSHTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Visit mybabysitter.ca and find available babysitters in and around your community

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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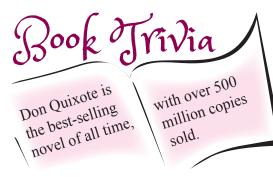
It's time to celebrate Eid!

Join neighbours and friends over the noon hour for family friendly activities. Lunch will be available for purchase at a low cost with proceeds benefiting Strong Neighbourhood Initiatives.

Date: Saturday, July 16, 2016 Time: 11 a.m. – 1 p.m. Location: The Rosscarrock Community Hall, 4411 10 Avenue SW

Please note, this will be an outdoor event. Bring your lawn chairs, hats and sunscreen!





IN & AROUND CALGARY

Get growing this summer with the **Calgary Re-Tree YYC initiative**

Looking for a great way to explore Rosscarrock this summer? The stretch your roots tree tour consists of three intertwining parts that are explored throughout the walk. The tree identification and facts portion of the walk will consist of basic native and non-native tree identification along with interesting facts about their biology and life-cycles. Community members will also learn about Calgary's tree history and the benefits of trees in our urban forest. This program also offers free bingo for younger children and a tree hugging exercise gives participants the opportunity to experience trees using all their senses except sight.

The family-friendly walk is suitable for all ages, though children must be accompanied by an adult.

Date: Thursday, July 21 Time: 6:30pm-8:00 p.m. Location: Rosscarrock Community Hall, 4411 10 Ave SW Cost: Free!

The Under Story

Are you finding it difficult to grow anything under that tree in your backyard? In the Under Story you will learn all about successful ways to plan and create a personalized garden under and around your trees. This program describes a variety of plant species that could be perfect for planting near your tree. We also show you real garden examples of how an understory can evolve over time. After this program you will walk away with a wealth of information that you can apply to 'spruce' up the area around your trees.

Date: August 10, 2016

Time: 6:30 p.m.

Location: The Rosscarrock Community Hall, 4411 10 Avenue SW $\ensuremath{\mathsf{SW}}$

Cost: Free!

These free educational programs are being offered through the new Re-Tree YYC initiative hosted by the City of Calgary and your community garden Coordinator Tammy Brigidear.

Space is limited! RSVP to tammybrigidear@gmail.com and stay tuned for details about further programming.

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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.

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

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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.

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	FIND SOLUTION ON PAGE 9							

IN & AROUND CALGARY

EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- · Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- · First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- · If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.



The first session of the 42nd Parliament in the House of Commons' wrapped up at the end of June which concluded my inaugural session as your MP for Calgary Signal Hill. In our parliamentary system, the official Opposition reflects the premise that a delicate balance must be maintained between permitting elected governments to govern and legislate effectively, and ensuring that power is exercised with care and with respect for those with other views. As the official opposition, we work to ensure that legislation is carefully considered, and that differing views on important initiatives are publicly expressed and defended, so since being sworn in, the House of Commons has been very lively as we have debated many important issues from the budget (the largest deficit in recent history) to the very sensitive issue around medical assistance in dying (MAID). To ensure that I was reflecting the opinions of my constituents with regard to MAID, I requested your feedback and based my vote, not on my own personal ideas, rather on the overwhelming response that I received from you. Parliamentary decorum has been tested as a result of these emotional issues contrary to the promise of 'sunny ways' in the House.

Additional highlights - I brought forward a private members bill, C-229, an Act to amend the Criminal Code and other related Acts to increase the life sentence for those who commit the most heinous of crimes - Life Means Life Act. This bill is scheduled to appear again in the fall once the House resumes. As well, I have had the opportunity to address the House on several occasions speaking to the need for job creation in Alberta, support of pipeline projects, and to recognize two outstanding Albertans who passed – Ron Southern and Dr. Barrie Strafford.

As the country witnessed the devastating fire that hit Fort McMurray in early May, I along with all Canadians was thankful for the incredible efforts of all the first responders who worked tirelessly to protect lives and property in Northern Alberta. I was also moved by the willingness of Calgarians, Albertans and all Canadians to open their homes and their wallets to help their neighbors from Fort McMurray.

As the House breaks for the summer, I look forward to spending time in the riding with you, my neighbors. The summer is always a busy time in Calgary kicking off with the Calgary Stampede. I hope to be able to attend community events in the coming months so please let the office know if you are planning an event in your area.

Please enjoy your time this summer with family and friends.



EVAN WOOLLEY P.O. Box 2100, Station M Calgary, AB, Canada T2P 2M5 Phone: 403-268-2430

Summer is here! I love Calgary at this time of year. It's a great chance to get outside and connect with old friends, enjoy new restaurants and patios, float down the river or just enjoy all our great city has to offer in the warmer months.

If you're looking for things to do with the family or with friends visiting from out of town, The City of Calgary offers numerous fun, free and community-based programs and services for children, youth and families all over Calgary each summer. Some of these programs include Ralph Klein Park's free nature programs, Park n' Play, Stay n' Play, Kids at Play Summer Club, Community Camps, Youth Days, and Lawn Chair Theatre. You can visit calgary.ca/cns to check out what's happening in your area.

If you're planning on taking advantage of the great weather to do yard improvements make sure that before you buy materials and start getting your hands dirty, you save yourself a headache and visit Calgary.ca/homeimprovement or get in touch with the City (403-268-5311) to check what work requires a permit.

I plan to be out in the neighbourhoods this summer, stopping in at Stampede breakfasts and barbeques, and a number of other community events. I look forward to seeing you all there. In the meantime, take some time off, connect with your friends and family, try something new, and enjoy the summer!

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2108 B - 33 Avenue SW Calgary, AB, Canada T2T 1Z6 Phone: (403) 246-4794; Fax: (403) 686-1543 calgary.currie@assembly.ab.ca

For several weeks now, Calgary Currie has invited a number of unexpected visitors to our community with open arms. The evacuation of Fort McMurray in the face of wildfire is something that has never before been seen in Canada.

Fort McMurray burned, her people fled, and we opened our homes. In Calgary, the Universities got the headlines, but the guest rooms, and schools of many neighbourhoods across the city including those in Calgary Currie have been filled by those fleeing the fire.

Nobody wants to be put in a position where they have to leave everything behind, but there are more important things than things, and in opening up our communities to these displaced people, we have once again shown our true colours as a province.

When difficult situations arise, it is important to know that there is a community of caring people in this province. No matter if you are a stranger just arrived, or born and bred here for generations, if you are in need we will find ways to support you.

I am proud of the way Rachel Notley has led Albertans though this disaster, focusing on the safety and security of the people of Fort McMurray. The rapid response in getting support to these displaced people has been a huge relief to those in need.

We are strong and we are a community of people who care. Fort McMurray is hurt but not lost, and much like after the 2013 floods here in Southern Alberta, we will rebuild Northern Alberta. As always, life will go on, and we will be stronger for it.

We welcome our guests from Fort McMurray to our community with open arms. For as long as we are needed we will be here. Our schools are your schools, our playgrounds are yours, our libraries and corner stores, community gardens and events, are all here, not for our exclusive use, but to be shared by all in need of what they can offer.

So be sure to include people, whether they've lived on your street for decades or are temporary guests from away. Show them what it's like to be among community.

On July 10th at Killarney Glengarry Community Hall 2828-28 ST. SW, you can join me for my Stampede Breakfast. Pancakes, Sausage, Hashbrowns, music and more! 9am-11am, come on out and show us your community spirit.

Art Classes with Noreen Procter

My experience includes teaching art in Calgary schools, working with the Alberta curriculum teaching kindergarten to grade 12 students. Instruction has been in all visual art media: pencil sketching, watercolors, pastels, acrylics, and silk painting.

Participants in my classes come from diverse backgrounds and age ranges. I have taught art in rehabilitation hospitals, working with people who have suffered from head injuries, loss of limbs, strokes, and other serious illnesses and injuries.

At one Junior High School where I taught, I launched an art gallery where the students proudly displayed their art. Students initiated a voluntary speech on the benefits of the art program, and how it affected their lives in positive ways. I also design workshops for professional development days and have facilitated various art programs and art workshops. I have taught after-school-art for children in my community of Glendale. I have taught art at The Mustard Seed, with youth at The Red Cross and with at-risk-youth at Woods Homes. I have taught adults art programs and work with corporate clients teaching art and doing team building workshops.

My silk art clients include the Prime Minister's Office, the former Mayor of Calgary, our former Premier and large corporations. My work has been well received internationally, and has been featured in major media publications nationally and in Germany.

Trees

Date: August 20, 2016 Time: 9:00 a.m. - 4:00 p.m. Cost \$220.00

Please call 403-242-6102 or email sixfootsilks@gmail. com to register.

Visit www.sixfootsilks.com to learn more about Noreen and her work.







Rosscarrock Real Estate Update

Last 12 Months Rosscarrock MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2016	\$675,000.00	\$646,500.00
April 2016	\$0.00	\$0.00
March 2016	\$602,000.00	\$580,000.00
February 2016	\$619,900.00	\$600,000.00
January 2016	\$769,900.00	\$711,000.00
December 2015	\$0.00	\$0.00
November 2015	\$0.00	\$0.00
October 2015	\$719,900.00	\$710,000.00
September 2015	\$609,950.00	\$602,500.00
August 2015	\$419,000.00	\$410,000.00
July 2015	\$649,900.00	\$645,000.00
June 2015	\$584,394.00	\$563,000.00

Last 12 Months Rosscarrock MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2016	5	7
April 2016	6	0
March 2016	2	2
February 2016	4	1
January 2016	3	1
December 2015	4	0
November 2015	4	0
October 2015	2	1
September 2015	4	6
August 2015	6	5
July 2015	5	5
June 2015	6	6

To view the specific SOLD Listings that comprise the above MLS averages please visit **rosscarrock.great-news.ca**



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.





A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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Dr. Linda Geng

Dr. Erika Schroeder

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