

MARCH 2016

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THE OFFICIAL ROSSCARROCK COMMUNITY NEWSLETTER



Calgary



FREE tree education

The City of Calgary ReTree Program will be visiting your community this spring, offering **tree education programs** for you to learn tips to care for your trees.

At these events, you are also invited to give feedback about your community's urban forest. Throughout the year, our teams will be back to plant City trees.

Contact your **Community Association** by phone or visit their website to learn more about these FREE programs.

Visit calgary.ca/trees for more information about the ReTree Community Program.

2016-0485



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

CONTENTS

St. Patrick's Day Party!	5
Need help preparing your taxes?	5
Looking for Ways to Support Refugees?	6
My Babysitter List	8

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To reach our Board of Directors please contact
info@rosscarrock.org or call 403-242-0212.

COMMUNITY CONTACTS

James Runge	Neighbourhood Partnership Coordinator james.runge@calgary.ca 403-476-7171
Lemlem Haile	Community Social Worker lemlem.haile@calgary.ca 403-476-7180
Evan Woolley	City Councillor-Ward 8 evan.woolley@calgary.ca 403-268-2431

**Editorial
Content
Deadline**

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

info@rosscarrock.org

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? _____

Office use only

Card# _____

Paid _____



Need help preparing your taxes?

- Are you single and make \$45,000 or less?
- Do you have a spouse and combined make \$60,000 or less?
- Or, are you a single parent with children and make \$60,000 or less?

Then we are here to help!

The Rosscarrock Community Association will be hosting a Community Volunteer Income Tax program on Tuesdays, Wednesdays and Saturdays from 10:00am to 7:00pm starting March 1, 2016 and going until May 14, 2016.

***Note: We are unable to prepare your Income Tax Returns if you have the following:**

- Self-Employment Income
- Business or Rental Income and Expenses
- Capital Gains or Losses (not on a T3 or T5 slip)
- Have Employment Expenses
- Need to file for Bankruptcy
- Are filing for a deceased individual/spouse

If you have any questions or would like more information please contact cvitp.rosscarrock@gmail.com.

To book your free appointment please visit: www.app.acuityscheduling.com/schedule.php?owner=12017027.

Save the date for the

Rosscarrock St. Patrick's Day Party! March 18, 2016

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\$5.00 cover at the door

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www.calgarynumismaticssociety.org

IN & AROUND CALGARY

Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, www.srcacalgary.ca where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!



MP CALGARY SIGNAL HILL RON LIEPERT

#2216, 8561 8A Avenue S.W. Calgary, Alberta T3H 0V5
Phone: 403-292-6666
Fax: 403-292-6670
Email: ron.liepertC1@parl.gc.ca

The House of Commons in Ottawa resumed sitting on January 25th, 2016 and will continue until adjournment on June 23, 2016. Within that time frame, the House generally sits for two weeks followed by a week break for constituency work so I will be back in the riding and available for consultations. Please contact our office if you would like to set up an appointment. We are excited to be 'open for business' after renovations that resulted in a longer than anticipated delay so we appreciate your patience.

With several of my colleagues from the Conservative caucus, I hosted a Pre-Budget Round Table Discussion with Conservative Leader Hon. Rona Ambrose and Hon. Lisa Raitt, Conservative Finance Critic. We invited several industry leaders from in and around southern Alberta. I was very pleased with the diverse representation with CEO's and VP's from the energy sector, agriculture, communication, business, commercial development, Chamber, and finance in attendance, and the honest conversation that occurred during that meeting. Ms. Ambrose, as Opposition leader, took away the very serious messages that were relayed that day and promised that they would be delivered to the federal government. I will be hosting more of these sessions with different themes over the next few months and will be looking for engagement from various stakeholders. Details will be forthcoming in the future.

While the House of Commons sit for this session, I will continue to bring the message from Calgary Signal Hill residents that the government needs to continue to focus on jobs, the economy, and growth. The economic situation in Alberta is, and will continue to be, my main priority. I will work to ensure that the Liberal Government understands we need to get our products to the world market. The realization has to be this is not just in the best interest of Alberta but in the best interest for all of Canada.

On January 28th, 2016 the Official Opposition set the Agenda in the House of Commons. We asked all Members of Parliament to express their support for the proposed Energy East Pipeline. This project would not only be good for a struggling industry in Alberta, but one that would provide significant benefits to the Canadian economy. Unfortunately, the other parties chose not to support our motion and this is another indication that they do not understand the seriousness of the economic situation in our province. To view my statement to the House of Commons, please visit my website at www.ronliepert.ca. Please feel free to send me comments with regard to this or other important issues that affect you in Calgary Signal Hill.

BUSINESS CLASSIFIEDS

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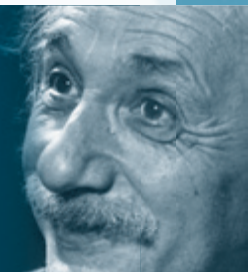
HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training.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

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Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



BRAIN GAMES SUDOKU

	2	7			4		6	
		9				1		7
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	3			5			8	
5				8	9			
9				1				
8		1				6		
	6		5			3	1	

FIND SOLUTION ON PAGE 9

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Name	Age	Contact	Course
Cathy	29	403-390-8600	No
Criselda	44	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
Shawna	18	403-402-0489	Yes
Sophia	34	587-700-5989	Yes

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

Calling All PARENTS 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.



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.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

BRAIN GAMES SUDOKU

1	2	7	8	9	4	5	6	3
6	8	9	2	3	5	1	4	7
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7	3	2	4	5	6	9	8	1
5	1	6	7	8	9	2	3	4
9	5	3	6	1	2	4	7	8
8	7	1	9	4	3	6	2	5
2	6	4	5	7	8	3	1	9

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Here in late winter, I'm gearing up for another session at the legislature in Edmonton where we start the next sitting on March 8.

When I'm not in Edmonton, I'm here in the community, spending time with community centres, schools and local clubs. Lately though, I've found myself in and around a number of wonderful seniors groups.

I've been able to visit places such as the Good Companions 50+ Club, Shalem and Bow Cliff Seniors where we spoke in depth about the Bridge club there, just to name a few. I really enjoy visiting people involved in these places because of the kind of conversations I have. We always talk about the problems facing us today, but I also get to hear the perspective that only the wisdom of age can grant. Some of the people I've been meeting have spent their whole lives in this part of the city, and remember not only when the Currie Barracks was actually a military base, but also remember it being an empty field before that.

With the wisdom of age, sometimes the pace of modern life is hard to keep up with. In talking with people, I've noticed many simply are unaware of the kind of programs and services that are available to seniors in this province.

I wish I had space to talk about all the services and supports available in Alberta. If you're interested or in need, I encourage you to give the department of Seniors and Service Alberta a call at 1-877-644-9992. The folks there are able to help in many ways most Albertans didn't think were available.

I will also take the time to applaud the great work done by a couple of organizations I am sure many of you already know about: the Kerby Centre (403-265-0661) and the Calgary Seniors Resource Centre (403-266-6200). They are both fantastic resources for those who are looking for help with something, as well as those simply interested in more information.

Have you got a community club that you'd like me to come visit? I love getting out and meeting people in and around the riding, so if you're involved in a community or club and you'd like to have a visit from your friendly neighbourhood MLA, feel free to get a hold of my office (403-246-4794) and we can schedule something soon.

Look forward to seeing you,
Brian



COUNCILLOR, WARD 8 EVAN WOOLLEY

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Calgary, AB, Canada T2P 2M5
Phone: 403-268-2430

Let's Step Forward Towards a Safer and More Active City

Everyone is a pedestrian at some point in their day. Whether you're out with your dog, grabbing a coffee with friends, or parking your car and heading into work, be it for five or 30 minutes, walking is a part of our daily lives. Investing in pedestrian networks not only makes our communities more walkable, but the ripple effect reaches local businesses and strengthens the social fabric of our neighbourhoods. I'm proud of the strong history of walking that is designed into many of our Ward's older communities. For example, Sunalta's narrow tree-lined streets with homes that face the sidewalk, Mission's short blocks that offer multiple route choices and connectivity to river pathways, or Wildwoods' parks that connect to the Bow River's paths. That being said, every neighbourhood has that intersection no one likes crossing, or that street you'd rather bypass on your way home. I believe everyone deserves to feel safe and comfortable as they walk through their community.

My passion for making Calgary an Active City will require us to make a fundamental change that recognizes walking as a valued mode of transportation. For that reason, I'm hopeful for the City's upcoming pedestrian strategy – Step Forward. Focused on *"improving pedestrian safety, reducing pedestrian-vehicle collisions, providing universal accessibility, and, promoting walking as a viable part of Calgary's multi-modal transportation system"*, Step Forward's first order of business is simple: make commuting safer. Recommendations like reducing the speed limit to 40km/hr on residential roads, expanding Safe and Active routes to Schools Programs and building more Rectangular Rapid Flashing Beacons for cross-walks improve safety for both pedestrians and motorists.

With our city's growth, there's no doubt that driving will always play a role in our lives. As Calgary continues to grow, increased traffic is an ever present reality. Ultimately, whether behind the wheel or on foot, the goal is to make everyone's experience better.

Growing up in this community has given me years to explore the unique aspects of each neighbourhood, as well as see where we can do better. Continuing down the path of creating a better Calgary is going to take constant work and an open mind, and I feel that this strategy is another Step Forward in making Calgary an even greater city.

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- DT - Momentum Health Mission**
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P. 403-228-7968
- SW - Momentum Health Westbrook**
Corus Centre
312, 3320 17 Ave. SW
P. 403-454-1600
- NW - Evidence Sport and Spinal Therapy**
Cambrian Wellness Centre
201, 2000 Veteran's Place NW
P. 403-210-9969
Physiotherapy & Physiatry services only
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- SE - Momentum Health Ogden**
Lynnwood Shopping Centre
1C, 7005 18 Street SE
P. 403-236-0106
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