



# ROCKY RIDGE ROYAL OAK

Your Community Newsletter since 2005

# VIEW

Suburban Journal

Photo by Chelsea Marsolais



## RRROCA Updates:

**President's  
Message**

**Cannabis Stores  
Update**

**Kids' Spring Sports**



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## Community and Residents Associations

### Rocky Ridge Royal Oak Community Association

403-879-2820 • [communications@rrroca.org](mailto:communications@rrroca.org) • [www.rrroca.org](http://www.rrroca.org)

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

403-547-6633 • [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca) • [www.rrrha.ca](http://www.rrrha.ca)

### Royal Oak Estates Homeowners Association

[info@roeha.ca](mailto:info@roeha.ca) • [www.roeha.ca](http://www.roeha.ca)

### The Cascades in Royal Oak Residents Association

403-299-1810 • [contact@cascadesroyaloak.com](mailto:contact@cascadesroyaloak.com)

[www.cascadesroyaloak.camp7.org](http://www.cascadesroyaloak.camp7.org)

### Elected Officials

**Ward 1 Councillor:** Ward Sutherland

403-268-2430

[ward01@calgary.ca](mailto:ward01@calgary.ca)

**MLA:** Minister Sandra Jansen

403-297-7104

[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)

**MP:** Pat Kelly, Calgary Rocky Ridge

403-282-7980

[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

### Editor & Article Submissions .....[editor@suburbanjournals.ca](mailto:editor@suburbanjournals.ca)

Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

### Advertising Sales:

Phil: 403-660-7324 .....[phil@suburbanjournals.ca](mailto:phil@suburbanjournals.ca)

The ad booking deadline is the 14th of the month prior to the distribution month.

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## President's Message

Hi everyone and hope you all had a great festive season with families and friends, I certainly did and look forward to a busy year for RRROCA in all the areas of our involvement.



I would like to thank all the Board, leads and volunteers for their hard work at events, programs and community actions for 2018 which saw some wonderful achievements including the Ice Rink open to the public. We are seeing some new volunteers taking up various open chairs and would request others to consider joining us as Co-chairs etc. if they feel able to assist and donate time which shares the load for some of the busier positions.

We would also like to council your opinion on which events you feel are important to the community in terms of success and cost-effective use of our resources, contact myself as below.

Once again, please e-mail [volunteer@rrroca.org](mailto:volunteer@rrroca.org) for more information about all current or future opportunities, and anything you could contribute for this year, also, feel free to contact me on anything that you believe should be brought to my attention. You can reach me by email at [president@rrroca.org](mailto:president@rrroca.org). I will respond to you in an appropriate time, and if I don't know the answer, I will find out or direct you to someone who does!

I would like to thank Suburban Journal for stepping in last month and issuing the December Newsletter at such short notice and look forward to working with them in 2019.

The weather was nice during the last few months but is expected to be "Cooler" in the last months of winter, so stay warm but enjoy the outdoors when you can. You could also take up the membership benefit offer from Brewster's in Crowfoot. The details are later in this newsletter.

I would like to finish on a more serious note regarding Road Safety for drivers and pedestrians. Please be careful when out walking in the community and wear something reflective or lighter colored clothing in these shorter days. I had a scary experience a few weeks ago when driving down Rocky Ridge Boulevard, and only saw some pedestrians at the very last second on a walkway that has flashing strobes to warn drivers, the pedestrians all wore dark clothing and never used the strobes. Thankfully I stopped in time, but had my attention been diverted for a second, it could have been a tragic ending.

**Henry Cairney**  
**RRROCA President**



## Have You Purchased Your RRROCA Membership?

Please support your community by purchasing a membership. The benefits you get is lot more than the value! 100% of association membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the greater funds we will have accessible for projects, programs, and initiatives!!! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.

Please visit our membership page at [rrroca.org](http://rrroca.org) to sign up for a membership, or email [membership@rrroca.org](mailto:membership@rrroca.org) if you have any questions. We are also working on providing more benefits to our members. If you are business owners who would like to join our 'discounts for members' program, please email us.

### Did You Know?

#### Benefits of Membership

- Access to Babysitter Registry
- Register community events and programs, including Spring Sports Program for children, Parade of Garage Sales, winning one of five \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for holding block party for free
- Receive discounts at Cloverdale Paint, Servus Credit Union, and Stealth Alarms.
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration\*
- More benefits are coming!

*Joanna Tjia Membership Chair - RRROCA*

#### RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

**\$30** ☐ New membership ☐ Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postal Code:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Email\*:** \_\_\_\_\_

\* Please note e-mail is used to communicate your membership number.  
If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email? ☐ Yes ☐ No

Send form and cheque to: **RRROCA Membership**  
P.O. Box 91009, RPO Royal Oak  
Calgary, AB T3G 5W6

## Kids' Spring Sports

Registration for Spring Sports will begin on February 1st, 2019 and will run for 8 weeks starting on April 27, 2019.

T-Ball (2013/2014), Coach Pitch (2011/2012) and Soccer - U4(2015) to U12(2008). Please watch our website for information and updates!

**RRROCA.org**

**\*\*We are in desperate need for volunteers!** Please consider filling a position when registering. If you have any questions on any volunteer roles, please contact [programs@rrroca.org](mailto:programs@rrroca.org)\*\*



## The Skating Rink is Open!

When you see the ice volunteers this year, please thank them for their time and commitment to this valuable park and rink we have in our community). Without our volunteers there would be no public hockey/skating in our community. To all our volunteers: Thank you for your continued and ongoing support of this project. Your commitment to the spirit of this community does not go unnoticed.

The hours of use are as follows:

Monday – Friday:

- Sunrise – 9 pm; Open Ice (sticks and pucks allowed)

Saturday & Sunday:

- 9 am – 11 am; Public Skate (no sticks or pucks allowed)
- 11 am – 9 pm; Open Ice

See more details on [www.rrroca.org](http://www.rrroca.org)

Any issues, concerns, or questions with respect to ice operations can be directed to myself at [parkslead@rrroca.org](mailto:parkslead@rrroca.org)

Be safe and have fun this season on our community rink!

## Volunteer Corner

Many thanks to the several persons who recently step up to fill the vacant board member roles; we will introduce them to you next month.

Volunteers are always important to RRROCA, so if you have a few hours of spare time in a month and are interested to help for the community you are living, why not consider volunteering for RRROCA? There is flexibility in time to volunteer for RRROCA and board meeting is always close to home. You will also learn new skills, gain valuable volunteer experience and meet more neighbours. Please email [volunteer@rrroca.org](mailto:volunteer@rrroca.org) if you are interested in the following positions.

### Volunteers Chair

Volunteers Chair oversees the volunteer needs by recruiting and managing volunteers, liaising with members of the Board to understand their volunteer needs and works towards fulfilling those needs, as well as ensuring the welfare of volunteers. **Time commitment:** varies/month

### Programs Co-Chair

The Programs Co-chair will provide the opportunity for the



communities' diverse residents to participate in sports program and activities. **Time commitment:** varies/month

### Signage Lead

The Signage Lead works with our Communications team to announce important information. This person takes care of a couple of those bold signs on the side of Rocky Ridge Road.

**Time commitment:** varies/month

### Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. gain valuable volunteering experience and essential work skills;
2. know the first-hand community news;
3. get the RRROCA membership (\$30) or one sport registration for free (\$50 or \$65) every year;
4. the most important: help us to build a thriving community!

*Tatyana Sandroyan*

**Want to receive emails about any volunteer opportunities for the community association?**

Please email [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.

## UPDATE: Cannabis Stores Near You?

An application for a cannabis store at the Royal Oak plaza was rejected by the Development Authority. It was appealed but hearings have been postponed twice so far. At the appeal hearing held on December 13th, the Appellant's representative requested for an adjournment. The result of residents' survey by RRROCA was submitted for that hearing, but the questionnaire remained open until December 31st.

Final results will be submitted as an update for the next hearing rescheduled for February 7, 2019. At that time, it will be revealed on the front page of [www.rrroca.org](http://www.rrroca.org).

*Immanuel Nwachukwu*  
**Communications Chair - RRROCA**

## Special Discount for Our Community

While RRROCA is not hosting any events soon, we want to share a special offer from Brewsters Crowfoot. The restaurant is hosting "Meet Your Neighbours" nights for surrounding

communities, where residents receive Happy Hour Specials pricing starting at 7pm on specified days.

For Royal Oak & Rocky Ridge residents, the "Meet Your Neighbours" offer applies on the first Thursday of every other month (i.e. Feb 7th, April 4th, June 6th, etc.)

So if you are planning a get together on a Thursday evening, you may want to take advantage of this offer (reservations required). For more info, please call Brewsters Crowfoot at 403-208-2739.

## Our Schools: St. Sylvester

Bonjour from the staff and students of St. Sylvester School. February is shaping up to be a busy month. We are now halfway through the school year and our students will be celebrating the 100th day of school. We will be celebrating French culture week with Cabane a Sucre and with Quebec-based concert, Folklofolie. Exposing our students to songs, stories, and performances outside of a classroom setting is very important for the development of student language skills, as well as their appreciation for the culture itself.

Teacher's Convention runs from February 14 to 15, followed by Family Day on February 18. Please take advantage of the long weekend to spend quality time with your family.

## Recipe of the Month

### Sautéed Hoisin Orange Chicken: A quick and healthy Valentine's Day dinner!



Valentine's Day is just around the corner and you may be thinking about what to do for your valentine(s). Why not make dinner at home? Restaurants are overcrowded, and you really can't beat home cooking. Also, it falls on a weeknight again this year and going out is not always ideal during the work week. Commonly used in Asian cooking and often referred to as 'Chinese BBQ sauce', hoisin is such a versatile and delicious sauce and you can find it at almost any grocery store in the ethnic food section.

#### Hoisin Orange Chicken:

Orange and hoisin flavours wed to create a mouth-watering, quick, easy and Weight Watchers friendly (only 5 tsp) chicken dish in 20 minutes!

**Course:** Main Course

**Cuisine:** Asian

**Prep Time:** 5 minutes

**Cook Time:** 15 minutes

**Total Time:** 20 minutes

**Servings:** 4 servings

**Calories:** 210 kcal

#### Ingredients

- 1 tbsp vegetable oil
- 4 boneless and skinless chicken breasts
- 1 clove garlic, minced or ½ tsp jarred minced garlic
- 1 tsp grated orange zest
- 1/2 cup orange juice Note: I use whatever I have on hand. I prefer to freshly squeeze the orange juice, as you only need 1-2 oranges, but I will use Five Alive tropical juice boxes if that's all I happen to have in the house!
- 1/4 cup hoisin sauce
- Pinch of red pepper flakes

#### Garnish

- orange wedges or slices -
- carrot cut outs/chips, chive sprigs and long Italian radicchio- optional

#### Instructions

1. In a non-stick skillet, heat oil over medium - high heat: cook chicken, turning once, for 8-10 minutes (this will depend on the thickness of the chicken breast) or until golden on each side and no longer pink inside. Transfer to plate keep warm.
2. Add garlic to skillet; cook for 1 minute. Combine orange zest and juice, hoisin sauce and hot pepper flakes. Add to



skillet and bring to a boil; stirring for 3 minutes or until thickened slightly.

3. Return chicken to skillet, turning to coat; heat through.
4. Garnish and serve with steamed asparagus and noodles, if desired.

#### Recipe Notes

Note: Serve with noodles and steamed asparagus (and while the chicken cooks, why not minimize the clutter and clean up by steaming some asparagus on top of the boiling water for the noodles?) Or steam asparagus in the microwave- it's quick and easy (see [www.youtube.com/watch?v=NiWiPxHtJfs](http://www.youtube.com/watch?v=NiWiPxHtJfs) for directions.) Drizzle some of the sauce over the noodles for extra flavour!

**Note:** Adjustable servings available on my website: Cut the recipe in half and it's perfect for 2 (just click on the serving number) But you're going to want leftovers on this one, trust me!

Visit Terri at [foodmeanderings.com](http://foodmeanderings.com) for more great recipes, including desserts to accompany this meal! If you have questions, contact her at [terri@foodmeanderings.com](mailto:terri@foodmeanderings.com)

Terri Gilson

## Photographers Corner

### This Months Photos by Chelsea Marsolais



To submit or for guidelines, send your photos as high quality JPEGs to [newsletter@rrroca.org](mailto:newsletter@rrroca.org). Who knows, you just might see your photo(s) in print!



## Councillor Report

### Property Assessment

The Municipal Government Act requires that all residential property in Alberta be assessed every year reflecting the market value (the amount it likely would have sold for on the open market) as of July 1st of the previous year. Your current 2019 property assessment is based on the market value of your property on July 1, 2018 and improvements to its physical condition as of December 1, 2018. This property assessment provides the basis for your 2019 property tax bill mailed out in May once the provincial portion of the tax rate is announced in the Spring.

### Customer Review Period

The Customer Review Period is your opportunity to review and ensure the accuracy of your Property Assessment, which is from January 3 - March 12, 2019. Assessment will only consider making changes to your assessment if an inquiry is received during the Customer Review Period. To review your property details and factors that were used to determine your assessment, go to [Calgary.ca/assessment](http://Calgary.ca/assessment).

### Managing Your Tax Payments

The Tax Instalment Payment Plan (TIPP) allows you to pay your property tax on a monthly basis instead of one payment in June. Visit [Calgary.ca/TIPP](http://Calgary.ca/TIPP) for more information.

If you are a residential property owner experiencing financial hardship, there are a number of programs offering assistance. Information on the Property Tax Assistance Program can be found at [Calgary.ca/ptap](http://Calgary.ca/ptap)

For information on seniors' programs, such as the Seniors Property Tax Deferral Program, contact the Government of Alberta at 310-0000.

Go paperless with eNotices. Sign up at [Calgary.ca/assessment](http://Calgary.ca/assessment)

Want to know where your property tax dollars go? Find out at [Calgary.ca/taxbreakdown](http://Calgary.ca/taxbreakdown)

Have any further questions, call 403-268-2888

**Ward Sutherland, Councillor, Ward 1**



## Calgary Public Library

### Find a Career and Business Program for You

Whether you're looking for a job or changing career paths, Calgary Public Library can help. Our in-person Arthur J.E. Child Careers & Small Business programs cover topics like interview skills, resumé development, mid-life career changes, and mastering workplace culture. We also offer one-on-one career coaching and a drop-in job desk for employment advice. Plus, access books and online resources; learn more about all our careers and business resources at [calgarylibrary.ca/careers-and-business](http://calgarylibrary.ca/careers-and-business).

### Did You Know? Renovations at Community Libraries

Did you know that during the construction of the new Central Library, the entire Library system received a facelift? Renovations took place at community libraries, including new furniture, fresh paint, enhanced technology, more meeting spaces, and Early Learning Centres. The final two spaces to be freshened up are Village Square and Country Hills libraries. Find many new features at Village Square and an exciting Early Learning Centre at Country Hills.

### Download Audiobooks for Free

If you're looking for something fresh to listen to, try an audio book! Use your free Calgary Public Library card to instantly access thousands of eAudiobooks. Stream or download classic or new titles for adults and kids with easy-to-use eResources such as RBDigital, OverDrive, and Libby. Learn more at [calgarylibrary.ca/resources-types/audiobooks](http://calgarylibrary.ca/resources-types/audiobooks). Not yet a Library member? Sign up for free at [calgarylibrary.ca/card](http://calgarylibrary.ca/card).



## ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION



### ROCKY RIDGE RANCH

#### The RRRHA Mission Statement:

To enhance the value and properties of Rocky Ridge Ranch through judicious self management of all lands, properties and assets and to enhance the programs made available through our Ranch Centre which best serve our community's diversity, providing additional homeowner value and benefit.

#### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW  
Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634  
[www.rrrha.ca](http://www.rrrha.ca) [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca)

#### Office Hours

Please visit our website for up-to-date information about office hours.

#### Board of Directors

President.....Garett Wohlberg  
Vice President.....Amanda Tischer-Dees  
Secretary.....Tony Scherpenisse  
Treasurer.....Val Ostopowich  
Director.....Bunmi Oyebanji  
Director.....Collin Smith  
Director.....Michael Morrison

#### Facebook Page

Check out our Facebook page for the latest updates from the Ranch! [facebook.com/rockyridgeranchHA](https://facebook.com/rockyridgeranchHA)

## RRRHA February Update

### Annual HOA Fees

Just a reminder that the deadline for payment was January 31, and interest will be charged at a rate of 2% per month effective February 1, 2019. Payments can be made online via [www.rrrha.ca](http://www.rrrha.ca) or through the office. Outstanding accounts as of May 31, 2019 will be sent to Miller Thomson LLP for collections.

### Ice Skating and Winter Activities

Please note that helmets are recommended while skating. The ice has been divided into separate areas for hockey and skating, and we ask that sticks and pucks be kept off the public skating area. If the "Keep off the ice" signs are present, we ask that all members refrain from getting on the lake. Please keep in mind that our ice is natural, and is likely to have imperfections on the surface.

Ice updates will be posted on our website, social media sites (Facebook and Facebook members page) and our road signs.

### Winter Programs

The Winter session of classes runs from January until March. Drop in passes are available. Please contact the office for more information.

#### ADULT CLASSES

##### BALANCED YOGA

10 classes

Mondays w/Marcy

January 7th – March 25th\*

(excluding February 18th and 25th)

Time: 9:30am – 10:45am

Cost: \$125.00 (\$member); \$140.00 (non-member)

Minimum 5 participants

##### INTRODUCTION TO MEDITATION

8 classes

Mondays w/ Vanitha

January 14th – March 11th\*

(excluding February 18th)

Time: 11:00pm – 12:00pm

Cost: \$95.00 (member); \$105.00 (non-member)

Minimum 6 participants

##### PILATES

10 classes

Mondays w/Laurie

January 7th – March 18th\*

(excluding February 18th)

Time: 7:30pm – 8:20 pm

Cost: \$120.00 (member); \$135.00 (non-member)

Minimum 5 participants

*continued on next page*

# ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

## \*NEW\* YOGA FOR MOM AND BABY

Regain strength, flexibility and stamina as you bond with your baby or toddler in a supportive and welcoming environment. In this flow-style class we will move through specific postures to tone the pelvic floor and strengthen the back and core muscles. We also explore breathing exercises to help you release and relax. You can feel free to hold your baby or toddler, or to have them sit in front of you on a mat. Please, bring a blanket for your kids to sit on and a few favorite toys. Classes are relaxed and move to the beat of your little ones!

**Tuesdays w/Silvia**

10 classes

**January 22nd – March 26th**

**Time:** 10:00am – 11:00am

**Cost:** \$135.00 (member); \$150.00 (non-member)

*Minimum 5 participants*

*\*Drop in available. Please contact the office.*

## THERAPEUTIC YOGA FOR A BETTER BACK

12 classes

**Tuesdays w/ Vanitha**

**January 8th – March 26th**

**Time:** 7:30pm – 8:45pm

**Cost:** \$150.00 (member); \$165.00 (non-member)

*Minimum 6 participants*

## 50+ YOGA

12 classes

**Wednesdays w/ Vanitha**

**January 9th – March 27th**

**Time:** 10:00am – 11:30am

**Cost:** \$160.00 (member); \$175.00 (non-member)

*Minimum 6 participants*

## \*NEW\* TOTAL BODY CONDITIONING (TBC) 11 classes

**Wednesdays w/Marcy**

**January 9th – March 27th** (excluding February 20th)

**Time:** 10:00am – 11:00am

**Cost:** \$110.00 (member); \$125.00 (non-member)

*Minimum 5 participants*



## YOGA

12 classes

**Thursdays w/ Vanitha**

**January 10th – March 28th**

**Time:** 9:00am – 10:30am

**Cost:** \$160.00 (member); \$175.00 (non-member)

*Minimum 6 participants*



## Spring Programs

The Spring session of classes runs from April until June. Online registration will be available on our website at [www.rrrha.ca](http://www.rrrha.ca) in early March. Drop in passes will be available when the minimum number of registrations has been reached for the class. Please contact the office for more information.

## OTHER PROGRAMS AT THE RANCH

### CALGARY GOJUKAI KARATE

Please visit [calgarygojukai.com](http://calgarygojukai.com) to sign up for child and adult Karate classes.

### DEBORAH LAXTON SCHOOL OF DANCE

To register for child and adult dance lessons visit [deblaxtondance.com](http://deblaxtondance.com)

### ROCKY RIDGE ROCKERS

Join the rockers every Tuesday at the Ranch from 1-3pm for coffee and crafting (bring a project to work on). Free and open to everyone.

### SPORTBALL

Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Please visit [www.sportball.ca/calgary](http://www.sportball.ca/calgary) to register.

## A Sampling of Concerts

- **The Trews:** February 1, The Palace Theatre
- **Mother Mother:** February 8, Grey Eagle Event Centre
- **Vanic:** February 8, The Palace Theatre
- **Arkells:** February 9, Scotiabank Saddledome
- **Nick Gilder and Sweeney Todd, Doug and The Slugs:** February 22, Grey Eagle Event Centre
- **Snoop Dogg & Friends:** February 21, Scotiabank Saddledome
- **Little Big Town:** February 23, Scotiabank Saddledome
- **Home Free:** February 24, Jack Singer Concert Hall
- **Foreigner:** February 27, Grey Eagle Event Centre





## February Is Heart Month

**D**o 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 & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or simply 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 and 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 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of 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;

## DID YOU KNOW??

The croissant was invented in Austria.



- 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.

*Alberta Health Services*

## Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 19

## Calling for Calgary Awards Nominations

The Calgary Awards is one of the largest citizen recognition programs in our city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards.

The City of Calgary encourages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations and businesses for those who could qualify as recipients of the Calgary Awards.

The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For additional information, nomination criteria and the online application form visit: [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) phoning 403-268-8881, or e-mail [calgaryawards@calgary.ca](mailto:calgaryawards@calgary.ca). Nominations open on Wednesday, January 16, 2019.

### Fun Fact

The Calgary Awards began in 1994 as a Centennial project to commemorate Calgary's 100th year as a city and to recognize outstanding citizen achievements. The Calgary Awards celebrate Calgarians who have helped make Calgary the best place to live. Visit [calgary.ca/calgaryawards](http://calgary.ca/calgaryawards) for more information.

City of Calgary

## Sudoku Corner Solution

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

## Drive Safely This Winter

Getting safely to your destination is easier with a bit of preparation, whether you are taking shorter trips around the neighborhood or longer excursions on the highway.

Have your antifreeze levels, battery and ignition system, brakes, heater and defroster checked on your vehicle. Install good winter tires for the best traction in slick conditions. Also, driving with your gas tank nearly full ensures that even if you are stranded that you will be able to keep warm until help arrives.

You will also want to have a vehicle emergency kit, with:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Cat litter or sand for better tire traction
- Non-perishable food and water
- Blankets, extra warm clothes and winter gloves
- Small shovel

Should you need these items, you will be glad you took a few moments to plan ahead.

Safe driving, Calgary! For more information on winter emergency safety, and to learn more about how to prepare your family and your home for an emergency, visit [calgary.ca/getready](http://calgary.ca/getready). Learn what the risks are in Calgary, how to build a 72 hour emergency kit and take the Calgary Emergency Management Agency's Ready Calgary course.

City of Calgary





Farmer's fields  
near Edmonton



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## Your Health

# It's Not Too Late to Get Immunized

The influenza season is in full swing and is far from over. Every Albertan over the age of 6 months should get vaccinated to protect themselves and those around them, especially those who are most vulnerable – the children and the elderly.

Caused by a virus that attacks the respiratory system, influenza is a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are without protection against this illness.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program is on now, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this winter get protected, stay healthy.

For more info, including local clinic schedules, visit [www.ahs.ca/influenza](http://www.ahs.ca/influenza), or call Health Link at 811.

**Alberta Health Services**



# Why You Should Consider a Getaway in Your Backyard

(NC) A few days in a new place is just what you need to refresh and recharge, and there are many places to explore right here in Canada. Booking an urban getaway is a great way to make the most out of a short vacation or to just escape your routine for a long weekend.

Avant-garde art shows, mad music festivals and epic eateries on every foodie watchlist are just a few of the reasons our cityscapes are always well worth the trip. You can explore our great country one city at a time with Air Canada Vacations flight and hotel packages that make planning easy.

Here are some top spots to check out:

**Vancouver:** Fun, outdoorsy and sophisticated, Vancouver has a style all its own. Explore city landmarks like the vast Stanley Park, beautiful English Bay or the world-famous Vancouver Aquarium. Or take a day trip to Squamish along the Sea to Sky Highway for nature hikes and gorgeous mountain views.

**St. John's.** Bright, colourful and full of life, the capital of Newfoundland and Labrador is truly unique. Steep streets lead down to a dramatic harbour and a rich seafaring heritage. Be sure to check out the modern art galleries, music scene, fun boutiques and Celtic pubs on George Street.

**Quebec City.** Old Quebec dates back to 1608 and remains the heart of French culture in North America. Its winding, narrow streets are bursting with history and tiny resto-pubs waiting to be discovered. Be sure to check out the local theatres, festivals and countless boutiques along the famous Grande Allée and the dynamic Saint-Roch neighbourhood.

**Ottawa.** Captivating and dynamic, the nation's capital is bursting with culture and attractions including the Houses of Parliament, the Canadian Museum of History and the scenic Rideau Canal. The most visited place in Ottawa is still ByWard Market, one of the oldest and most important public markets in Canada.

**Niagara Falls.** Thousands come here every year to marvel as the most famous waterfalls in the world tumble and churn over the Horseshoe, American and Bridal Veil falls. Discover entertainment and dining options for every palate as well as delicious vintages on the vineyards of nearby Niagara-on-the-Lake.

Find more information at [aircanadavacations.com](http://aircanadavacations.com).

*News Canada*



## Celebrate Family Day With a Free Family Swim or Skate

Drop-in for a free swim from 1 - 2:30 p.m. or 3 - 4:30 p.m. at Bob Bahan Aquatic & Fitness Centre, Canyon Meadows Aquatic & Fitness Centre, Killarney Aquatic & Recreation Centre, Shouldice Aquatic Centre and Thornhill Aquatic & Fitness Centre.

Enjoy a free skate from 1 - 2:15 p.m. at Ernie Starr Arena, Frank McCool Arena, Murray Copot Arena, Optimist/George Blundun Arenas, Rose Kohn/Jimmie Condon Arenas, Shouldice Arena, Stew Hendry/Henry Viney Arenas and Stu Peppard Arena.

Visit [calgary.ca/recreationdeals](http://calgary.ca/recreationdeals) for details.

## DID YOU KNOW??

Honey is the only natural food which never spoils.



# Help Put an End to Bullying

**B**ullying is acting in ways that scare or harm another person. Bullying can be a one-time event, but more often occurs over time. Bullying usually starts in elementary school, becomes most common in middle school, and is less common by high school.

Bullying can take many forms, including:

- Physical harm, such as hitting, shoving, or tripping.
- Emotional harm, such as making fun of the way a person acts, looks, or talks. Writing mean things about someone in emails or online journals (blogs) is also bullying.

Girls who bully are more likely to do so in emotional ways. Boys who bully often do so in both physical and emotional ways. For example:

- A girl may form a group and exclude another girl or gossip about her.
- A boy may shove another boy and call him names.

Both boys and girls take part in "cyberbullying." This means using high-tech devices to spread rumours or to send hurtful messages or pictures. The damaging effects of emotional bullying is real.

If you think your child is being bullied or is bullying someone else take action to stop the abuse.

### Why is it important to stop bullying?

Bullying is a serious problem for all children involved. Children who are bullied are more likely to feel bad about themselves and be depressed. They may fear or lose interest in going to school and withdraw from other social activities.

Children who bully others are more likely to drop out of school, have drug and alcohol problems, and break the law.

### What can children do if they are bullied?

Children are often scared and angry when they are bullied. They may not know what to do. Teach them to:

- Respond assertively. Say, "Leave me alone," or "You don't scare me." Have your child practice saying this in a calm, strong voice.
- Walk away. Don't run, even if you are afraid.
- Tell an adult. A parent, teacher or coach can then take steps to stop the bullying.

### What can you do to stop bullying?

Bullying can be prevented if people pay attention and take action.

If bullying is happening at your child's school, talk to the principal or vice principal. Urge the school to adopt a no-bullying policy. All children should know that those who bully will be disciplined. Children who are bullied should be supported and protected.

As a parent, you can help your child get involved in new hobbies or groups, such as school clubs or church youth groups. Being part of a group can help reduce bullying. Having friends can help a child have a better self-image.

Children can help keep other kids from being bullied. If you are a child, don't let yourself be part of the problem.

- Speak up when you see someone else being picked on. It can help to say something like, "Cut it out. That's not funny." If this is too hard or scary to do, walk away and tell an adult.
- If someone sends you a mean email about another person, don't forward it to others. Print it out and show it to an adult.

*Alberta Health Services*

## DID YOU KNOW??

Chocolate sales represent 75% or more of Valentine's Day candy purchases.

