



ROCKY RIDGE  
ROYAL OAK

Your Community Newsletter since 2005

VIEW  
Suburban Journal

## RRROCA Updates:

**President's  
Message**

**Kids' Spring  
Sports**

**Volunteers  
Needed**

**Cannabis  
Store Survey  
Results**



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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@roeoha.ca](mailto:info@roeoha.ca) • [www.roeoha.ca](http://www.roeoha.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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*make an impression*

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- over 228,000 residents
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[www.SuburbanJournals.ca](http://www.SuburbanJournals.ca)

## President's Message

Hi everyone. Well that was a much colder month than we experienced over December and January, and I hope everyone kept safe and warm, but if you did venture outdoors, that you had some winter fun, including the community ice rink the parks team are working hard to keep operating and safe.



The board is now looking at the programs and events coming up as we head through the last winter month and look forward to the spring and summer in the community, so get your memberships and sign up for the sports and events that interest you. Please also look into volunteering your time and assisting the hard work of the present association team in place.

That e-mail is [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 always respond to you.

Suburban Journal will continue to provide our newsletter, which we appreciate to keep us in the loop with you.

The Cannabis Shop poll completed with a majority voting in favour of the shop which I am sure we will hear more of the plans going forward.

Please stay safe in the changing weather conditions both by vehicle or pedestrian, as we know Calgary can change in a heartbeat and make our travels difficult.

**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 is open for T-Ball (2013/2014), Coach Pitch (2011/2012), and Soccer - U4 (2015) to U12 (2008)**

**Please register early!** A late registration fee of \$25 will apply to all registrations after March 12, 2019 (if spots are still available).

### The Sport Programs Need Volunteers!

Parents, guardians, sport fans (and anyone who wants to support our youth), please opt to volunteer in a sport program/session. The success and smooth running of these programs hinges on the availability of volunteers. During registration, you will have the option to choose volunteer position. Thank you!

Find more details about registration and volunteer positions at [www.rrroca.org](http://www.rrroca.org). If you have any questions with regards to the programs, please email: [programs@rrroca.org](mailto:programs@rrroca.org)

## Our Schools

### St. Sylvester

Bonjour from the staff and students of St. Sylvester.

With the first day of spring just a few weeks away, we are all anticipating the warmer, longer days. This is also Lenten season, and we will begin formally with the Ash Wednesday mass. It is a time for personal reflection, preparation, and prayer.

### Other important dates:

March 14: Parent-Teacher Conference  
March 15: Parent-Teacher Conference (no school):  
March 25: Easter Break starts  
April 1: Class Resumes

We would like to extend our very best wishes to all families for a happy and holy Easter.

## Volunteer Corner

### Introducing the New Board Members

We are pleased to welcome the following volunteers to the RRROCA Board:

- Jesse Owlchild – Events Chair & Director
- Dino Petrakos – Parks Chair & Director
- Jan Gale – Sponsorship Chair & Director

Thank you for stepping up to fill these critical positions!

### Vacant Positions

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?



### Decision of Appeal is YES

At the Appeal hearing on Feb. 7, 2019, the Calgary Subdivision & Development Appeal Board approved the proposal for the cannabis store at Royal Oak plaza (#200 – 500 Royal Oak Dr NW). The report for the decision is yet to be released. When available, you may access it from the Calgary SDAB's website ([www.calgarysdab.ca](http://www.calgarysdab.ca)) using appeal number: SDAB2018-0127

### RRROCA Survey Results

The final results of the online survey are as follows.

- 70% of respondents are in support of this store location.
- 71% of respondents are in support of having cannabis stores within the community.
- 627 respondents participated.

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

*\*\*Please note that the SDAB's jurisdiction is on development issues; public opinion is not a significant factor to their decision making process.*

*Immanuel Nwachukwu  
Communications Chair - RRROCA*





## Photographers Corner

This Month's Photos by Mike Smith



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

I am extremely pleased Council unanimously supported the passing of the "Rowan Park in Haskayne" outline plan. The ability to move forward on this significant development was the result of Council's vote to remove the Growth Management Overlay of 12 communities. This decision will benefit all Calgarians in terms of an increased tax base, ongoing investments, positive effects on housing affordability and the creation of 1000's of jobs.

Over the total build-out, \$70MM in levies will be paid by the developers, which represents over \$2.4B in total economic value. At total build-out, the area will be home to 19,000 Calgarians.

Rowan Park in Haskayne is truly a game changer for North West Calgary. The innovative design of the community meets both the environmental and financial sustainability needs for The City of Calgary. The density is actually more than what the Beltline is. As well, this community will provide the missing link in pathway and trail connections from Calgary to Cochrane, including Haskayne Legacy Park and Glenbow Ranch Provincial Park.

This new community ties in nicely with Greenwich in the NW with its upcoming 60,000 sq. ft. Calgary Farmers Market.

On a separate note, and outside of North West Calgary, Council supported my Notice of Motion to move on the BMO convention expansion, when completed will generate over \$267MM every year to the Calgary economy. These projects involve significant work by many people. I would like to thank everyone for their hard work to get these projects to the finish line!

Please join me in celebrating these Calgary building accomplishments.

For more information, visit my website at [www.calgary.ca/ward1](http://www.calgary.ca/ward1) or sign up for my monthly newsletter at [www.WardSutherland.com](http://www.WardSutherland.com)

*Ward Sutherland, Councillor, Ward 1*



## Recycling 101

### Get Back to the Recycling Basics

#### Paper and cardboard

Recycle all cracker boxes, delivery boxes, coffee cups, flyers and other paper items. Tip: Break down boxes to make more room in your blue cart.

#### Bundled plastic bags and wrap

Bag your bags. This includes all stretchy bags like grocery bags, shopping bags, bread bags, produce bags, shipping bags, cling wrap and bubble wrap. Stuff into one plastic bag and tie closed.

#### Plastic containers

Is your plastic item a container like a yogurt tub, pop bottle or milk jug? If yes – rinse and recycle it. If no, put in the garbage.

#### Tin cans and tin foil

Crumple up tin foil and pie plates into a ball before recycling.

#### Glass bottles and jars

Rinse out food residue before recycling.

Your blue cart is for household paper, packaging and containers. If it isn't one of the materials listed above, don't put it in your blue bin.

Learn more at [calgary.ca/recycling](http://calgary.ca/recycling)



#### DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



## Living in a City With Coyotes

Calgary has been experiencing coyote activity in many areas of the city. Although rare, some encounters have involved pets being hurt or killed. While this is certainly concerning, Calgarians must realize that euthanizing or moving coyotes leads to more coyotes entering the area.

Citizens can reduce or even eliminate negative encounters with coyotes and pets by ALWAYS keeping dogs on leash except in off-leash parks and DO NOT allow cats to roam. Not only will these steps help keep pets safe, they are also the requirement in The City's Responsible Pet Ownership bylaw.

Here are other actions that will greatly reduce the risk of coyote encounters:

- Coyotes can be attracted to an area by dog feces, so please clean up after your pets, even in natural environment parks.
- Don't approach or feed coyotes.
- Secure open areas under porches, decks or steps.
- Clean up your compost, garbage and other potential food sources.
- Don't store food outside.
- Clean up around bird feeders and clean up fallen fruit.

For more information on how we can work together to live in harmony with coyotes and other wildlife, visit [calgary.ca/coyotes](http://calgary.ca/coyotes).

For more on the Responsible Pet Ownership bylaw, visit [calgary.ca/animalservices](http://calgary.ca/animalservices).

For a list of off-leash parks, go to [calgary.ca/offleash](http://calgary.ca/offleash).

*City of Calgary*





## ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION



### ROCKY RIDGE RANCH

#### HOMEOWNERS ASSOCIATION

#### 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 Oyeboji  
**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

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

### Upcoming RRRHA Events

#### Easter Party – Saturday April 13 1:00 – 3:00pm

Join us for an Easter egg hunt, crafts and family fun! Please RSVP with the office by Monday, April 8th.

### Spring Programs

The session will run from April until June for adult classes. Registration will be available online at [www.rrrha.ca](http://www.rrrha.ca) or through the office by March 1st. At the time of print the dates were not confirmed so please visit our website for the full details and class descriptions.

#### ADULT CLASSES

##### BALANCED YOGA

12 classes

**Mondays w/Marcy**

**Time:** 9:30am – 10:45am

**Cost:** \$145.00 (member); \$155.00 (non-member)

##### INTRODUCTION TO MEDITATION

8 classes

**Mondays w/ Vanitha**

**Time:** 11:00pm – 12:00pm

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

*Minimum 6 participants*

##### PILATES

10 classes

**Mondays w/Laurie**

**Time:** 7:30pm – 8:20 pm

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

*Minimum 5 participants*

##### 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

*continued on next page*

# ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

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** 8 classes  
**Time:** 10:00am – 11:00am  
**Cost:** \$90.00 (member); \$100.00 (non-member)

## THERAPEUTIC YOGA FOR A BETTER BACK

12 classes  
**Tuesdays w/ Vanitha**  
**Time:** 7:30pm – 8:45pm  
**Cost:** \$150.00 (member); \$165.00 (non-member)

## 50+ YOGA 12 classes

**Wednesdays w/ Vanitha**  
**Time:** 10:00am – 11:30am  
**Cost:** \$160.00 (member); \$175.00 (non-member)

## TOTAL BODY CONDITIONING (TBC) 12 classes

**Wednesdays w/Marcy**  
**Time:** 10:00am – 11:00am  
**Cost:** \$120.00 (member); \$135.00 (non-member)

## YOGA 12 classes

**Thursdays w/ Vanitha**  
**Time:** 9:00am - 10:30am  
**Cost:** \$160.00 (member); \$175.00 (non-member)

## RESTORATIVE YOGA

12 classes  
**Fridays w/ Vanitha**  
**Time:** 10:00am - 11:30am  
**Cost:** \$160.00 (member); \$175.00 (non-member)



## CHILDREN'S CLASSES

### MUSIC FOR LITTLE MOVERS AND SHAKERS

Come sing, dance and make music with your child while you meet other local families. We'll sing songs about winter, snow and Christmas. Children will also be introduced to musical concepts such as dynamics, tempo, beat, rhythm, playing instruments, and moving to music. Taught by a music educator with Level 3 Orff training. Open to children 6 months to 3 years old as activities will be tailored to suit a variety of ages.

**Thursdays w/Becki**  
10:00am – 11:00am  
1 – 2 years old parented  
**Cost:** \$60.00 (members); \$75.00 (non-members)

## 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.

### YOUNG REMBRANDTS

[www.youngrembrandts.com](http://www.youngrembrandts.com)

## 10 Together - Your Wellness. Your Alberta.

This year marks AHS' 10th anniversary and we want to celebrate by partnering with you on your health and wellness journey.

You are invited to join our family of active and engaged Albertans, also known as the 'AHS Fit Fam'. This doesn't just mean physical activity — although that's a part of it. It could also mean taking time to meditate, having coffee with a friend, or volunteering in your community. There are a number of ways to get active and engaged to improve overall physical, mental and social well-being for yourself and your Alberta. Join our family and encourage others by sharing photos, videos and stories of how you're improving wellness for yourself and your community using [#AHSFitFam](https://twitter.com/AHSFitFam) on your social networks.

Not sure where to start? Visit your local recreation centre, community association or other community groups for more wellness opportunities. Learn more about our wellness initiatives at [ahs.ca/FitFam](http://ahs.ca/FitFam).

*Alberta Health Services*



## Burns and Scalds

Each year, Emergency Medical Services (EMS), respond to emergencies involving young children who have sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;

## DID YOU KNOW??

Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.



- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

*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.

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

Answer on Page 19

# Calgary Public Library

## Free Financial Literacy Programs

Calgary Public Library offers a variety of free financial literacy programs, all focused on helping you making informed and effective decisions regarding your finances. Programs offered at various libraries in March and April include Planning for Retirement, It's Your Money: Family Benefits, Raising Financially Fit Kids, and Finding the Right Financial Advisor. Find a full list of programs, locations, and times on page 35 in our program guide, Library Connect, or on our website.



## Did You Know? Spend PD Days at the Library

Did you know that Calgary Public Library offers a free kids program on many PD Days, called School's Out All Day? Kids ages six to 12 can drop in to the Library anytime for games, crafts, and other fun activities. No registration is required. Search "School's Out All Day" on our website at [calgarylibrary.ca/programs](http://calgarylibrary.ca/programs) to find out when and where this program is offered.

## Use Computers and Print for Free

Your free Calgary Public Library card comes with loads of membership benefits, including access to computers, Chromebooks, printing, and the internet. Your card gets you three hours of computer use per day, or you can borrow Chromebook laptops for in-Library use at some libraries. Additionally, all members get up to \$5 of free printing every month. Learn more at [calgarylibrary.ca/technology](http://calgarylibrary.ca/technology). Not yet a Library member? Sign up for free at [calgarylibrary.ca/card](http://calgarylibrary.ca/card).

## Sudoku Corner Solution

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

# Municipal Development Plan and Calgary Transportation Plan Review

The City is reviewing its Municipal Development Plan (MDP) and Calgary Transportation Plan (CTP), and we need your help.

The MDP and CTP are Calgary's long-range land use and transportation plans that look 60 years into the future, when our population is expected to reach over two million people. The Plans help shape how the communities we live and work in grow, develop and evolve over time.

Calgary is recognized as a great place to make a living and a great place to make a life, and was named the fourth most "livable city" in the world in 2018. How do we continue to shape our bright future? That's where we need to focus on priorities and actions over the next 20 years.

We're checking in on our long-range plans to see what's working well and contributing to the quality of life many Calgarians enjoy, and what needs to be updated or changed to make this a reality for more Calgarians over the next 20 years.

Within the next few months, we want to hear what's important to you, and your big picture ideas for making life better for everyone who calls this city home. With your help, we'll also delve deeper into core elements of our plans like transportation, jobs, housing and the environment.

Visit [calgary.ca/Next20](http://calgary.ca/Next20) to find out what our plans mean for you and how you can participate. Let's work together to plan our future.

*City of Calgary*





### Be Prepared During an Unpredictable March

The month of March is full of surprises. Here in Calgary we can get snow storms, hail storms or warm sunny days! While

we can hope that this march brings warm sunny weather, it's good to be prepared for anything with a 72-hour kit. "The first 72 hours after an emergency hits can be very hectic and first responders may be busy assisting those in immediate danger. A 72-hour kit can support you and your family for three days in an emergency situation," says Sue Henry, Deputy Chief at Calgary Emergency Management Agency.



Ideally you will build your 72-hour kit in a waterproof piece of luggage or container with wheels so that it is mobile and protected from the environment. Pack enough to sustain all the members of your family for three days. In your kit you will want:

- Water (4 litres per person, per day)
- Food (non-perishable, and a can opener if needed)
- Medication, prescription glasses or other special needs items
- First aid kit
- Flash light
- Radio
- Powerbank and phone charger
- Important documents
- Cash
- Warm clothes and blankets
- Toiletries
- Whistle
- Supplies for babies and pets
- Entertainment (books, cards, low power options)

Check on your kit every six months or when you change your clocks, to replace used items and check expiry dates. Kits do not need to be built in one day, consider adding one item to your grocery list every week and build it over time.

For more information about how to prepare your family and your home for an emergency and take the Ready Calgary course, visit [calgary.ca/getready](http://calgary.ca/getready).

*City of Calgary*



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# Most Popular Handyman Jobs for Spring

As the weather warms, it's an ideal time to tackle home renovation projects. Here are the top jobs worth hiring a handyman for this spring:

### Deck and patio repairs.

If you have one of these outdoor spaces, it's a safe bet that you're planning on spending a lot of time out there over the summer. Since decks see so much action, they require proper maintenance and upkeep. Fixes can include warped or rotten wood, popped up nails or loose handrails.

### Power washing.

A small task that is often overlooked is maintaining the overall cleanliness of the outside of your home. Have the exterior, back deck and driveway power washed to easily freshen it up.

### Window washing.

From snow and rainstorms to heat waves, there's a lot of muck that can build up on your windows. A professional will get those hard-to-reach places clean and make your windows and your sills sparkle.

### Caulking and weather-stripping.

Weather-stripping and caulking can have a significant impact on keeping cool air in and hot air out—and vice versa come winter. If there's a significant leak it will also help save money on your energy bills.

### Updating doorbells and locks.

Keeping your home secure is always a priority. With so many new smart locks and doorbells available, consider an update

that allows you to keep an eye on your home from afar. From video doorbells to smart security cameras, it's one less thing to think about when away from home.



### Updating the backsplash.

This small job makes a big impact. It's a great way to inject some personality and make it look like you've done a lot more to the space than you have. If you want to go all out, have your handyman also paint your kitchen cabinets for a quick and easy kitchen makeover.

Find the perfect handyman for your spring jobs at [homestars.com](http://homestars.com).

*News Canada*

## A Sampling of Concerts

- **Kim Mitchell:** March 1, Grey Eagle Event Centre
- **Cash Cash:** March 1, The Palace Theatre
- **Clutch:** March 3, MacEwan Hall
- **Il Divo:** March 8, Southern Alberta Jubilee Auditorium
- **Lynyrd Skynyrd:** March 13, Scotiabank Saddledome
- **Platinum Blonde:** March 14, Grey Eagle Event Centre
- **Matthew Good:** March 21, Bella Concert Hall(Mount Royal University)
- **Marianas Trench:** March 25, Southern Alberta Jubilee Auditorium
- **Clay Walker:** March 30, Grey Eagle Event Centre

## DID YOU KNOW??

You burn more calories sleeping than watching TV.

