



**ROCKY RIDGE  
ROYAL OAK**

**VIEW**

*Your Community Newsletter since 2005*

Suburban Journal

## **RRROCA Updates**

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Message**

**Kids' Spring  
Sports**

**Volunteer Corner**



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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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- more than 88,000 homes
- over 228,000 residents
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[www.SuburbanJournals.ca](http://www.SuburbanJournals.ca)

## President's Message

Hi everyone and hope you survived that cold Arctic air we had during the last month, it certainly was challenging.



Once again I thank all the Board, leads and volunteers for their hard work keeping the association running in the first quarter of the year. The Ice Rink had its official opening on Saturday 16th March where all the attendees saw the results of the hard work by the volunteers through the winter months. Once again thank you to them all.

**My key message for this month is to continue to seek volunteers for the board, and all the programs and events planned for the coming months, we really could do with your help for the community.**

Again, the contact information is by e-mail **[volunteer@rrroca.org](mailto:volunteer@rrroca.org)** for more details 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!

It looks like spring has finally arrived and the thaw has begun, which brings its own dangers both at home and on the road. Take all the good advice on protecting your property from the expected water increase and especially if you are planning to go away for the spring break, and take extra care on the roads with increased surface water.

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





## Volunteer Corner

### 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

### Sponsorship Chair

The Director of Sponsorship establishes connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support CA events and initiatives, this person is integral in providing services to residents, and connecting businesses to residents.

**Time commitment:** 10-12 hours/month

### Transportation Chair

The Director of Transportation facilitates community interest in all modes of transportation (transit, vehicles, bicycles and pedestrian traffic) and transportation routes (roads, cycling routes, pedestrian paths, cross walks and sidewalks) in and around the community. Also included under the portfolio are parking related issues.

**Time commitment:** 8 hours/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!

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

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

## Photographers Corner

### This Month's Photos by Carole Westlake



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!



## Kids' Spring Sports

A few spots are still available for T-Ball (2013/2014), Coach Pitch (2011/2012), and Soccer - U4 (2015) to U12 (2008). Registration will remain open until all spots are filled or until the program begins on April 27.

As of March 12, late registration fee of \$25 now applies.

### The Sport Programs Need Volunteers!

Parents, guardians, sport fans (and anyone who wants to support our youth), please consider volunteering for a sport program/session. The success and smooth running of these programs hinges on the availability of volunteers. 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)

## 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

## DID YOU KNOW??

Easter takes place on a Sunday, after the 40-day period called Lent. Lent is referred to as a time of fasting, but participants focus more on giving up one significant indulgence.



### St. Sylvester

Bonjour from the staff and students of St. Sylvester.

We continue to marvel at the growth of our students in showing care and respect for each other. Lent can be more than a time of fasting; it can also be a time of feasting: feasting on unity, patience, understanding, forgiveness, compassion, enthusiasm, and joy.

As we continue on our Lenten journey, our students and staff discuss and practice the importance of this season. Here are some facts about why we, as Catholics, hold this time of year close to our hearts.

- The season of Lent is 40 days long; some people count the number of days starting with Ash Wednesday and ending with Holy Saturday, resulting in 46 days.
- Lent precedes and prepares us for the celebration of Easter.
- The primary purpose of Lent is both baptismal (to help us recall or prepare for baptism) and penitential (to call us to repentance).
- Lent calls us to renew and strengthen our commitment to discipleship with Christ; we accomplish this task through our Lenten practices and devotions.

#### Important dates:

April 10: Stations of the Cross  
April 18: Holy Thursday Liturgy  
April 19: Good Friday (no school)  
April 22: Easter Monday (no school)  
April 23: Professional Day (no school)

### Flood Readiness

River flooding can occur at any time, but Calgary is most at risk from May 15 to July 15. Flooding can happen quickly and with little warning because of the short, steep distance the rivers travel from the mountains to our city.

As a Calgarian, whether you live, work, commute or recreate in the city center or along the Bow or Elbow Rivers, river flooding risk requires some thought and preparation.

To better understand your flood risk, and learn about the things you can do to ensure you're prepared, visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo) today.

*City of Calgary*



### Homeowners Association



#### Board of Directors:

**President:** Laura Parsons  
**Secretary:** Cecilia Chung  
**Treasurer:** Alan Hildebrandt  
**Directors:** Stein Yang  
Zeena Taghvai  
Louise Boucher

**Royal Oak Estates  
Homeowners Association**  
[info@ROEHA.ca](mailto:info@ROEHA.ca)  
<http://roeha.ca>

Please mark your calendar for our  
**ROEHA Annual General Meeting**  
**May 7th, 2019 starting at 7:00 p.m.**  
at the Royal Oak Victory Church  
450 Royal Oak Dr NW, Calgary

Please support your community by attending and see what we have accomplished last year. We want to hear from you about what you want to see in our community going forward. We value your input and of course we are also seeking out Board Members. We look forward to seeing you at this important meeting.

### A Sampling of Concerts

- **Dermot Kennedy:** April 2, The Palace Theatre
- **Electric Six:** April 4, The Gateway (SAIT)
- **Alice in Chains:** April 12, Grey Eagle Event Centre
- **Alan Parsons Live Project:** April 15, Grey Eagle Event Centre
- **An Evening with Fleetwood Mac:** April 15, Scotiabank Saddledome
- **Breaking Benjamin:** April 17, Grey Eagle Event Centre
- **Morrissey:** April 17, Grey Eagle Event Centre



## 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 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 April Update

### Skating

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. In the event that the ice is still useable, 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.



### 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

10 classes

Mondays w/Marcy

April 8th – June 24th (excl. April 22nd & May 20th)

Time: 9:30am – 10:45am

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

##### INTRODUCTION TO MEDITATION

8 classes

Mondays w/ Vanitha

April 15th – June 17th (excl. April 22nd & May 20th)

Time: 11:00pm – 12:00pm

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

Minimum 6 participants

##### PILATES

10 classes

Mondays w/Laurie

April 8th – June 24th (excl. April 22nd & May 20th)

Time: 7:15pm – 8:05 pm

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

Minimum 5 participants

*continued on next page*

## 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 10 classes

**Mondays w/Marcy**

**April 8th – June 24th (excl. April 22nd & May 20th)**

**Time:** 9:30am – 10:45am

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

#### INTRODUCTION TO MEDITATION 8 classes

**Mondays w/ Vanitha**

**April 15th – June 17th (excl. April 22nd & May 20th)**

**Time:** 11:00pm – 12:00pm

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

*Minimum 6 participants*

#### PILATES 10 classes

**Mondays w/Laurie**

**April 8th – June 24th (excl. April 22nd & May 20th)**

**Time:** 7:15pm – 8:05 pm

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

*Minimum 5 participants*

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

**Tuesdays w/Silvia 12 classes**

**April 9th – May 28th**

**Time:** 11:00am – 12:00pm

**Cost:** \$90.00 (member); \$100.00 (non-member)

*Minimum 5 participants*

#### THERAPEUTIC YOGA FOR A BETTER BACK

*12 classes*

**Tuesdays w/ Vanitha**

**April 9th – June 25th**

**Time:** 7:30pm – 8:45pm

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

*Minimum 6 participants*

#### 50+ YOGA 12 classes

**Wednesdays w/ Vanitha**

**April 10th – June 26th**

**Time:** 10:00am – 11:30am

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

*Minimum 6 participants*

#### TOTAL BODY CONDITIONING (TBC) 12 classes

**Wednesdays w/Marcy**

**April 10th – June 26th**

**Time:** 10:00am – 11:00am

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

*Minimum 5 participants*

#### YOGA

*12 classes*

**Thursdays w/ Vanitha**

**April 11th – June 27th**

**Time:** 9:00am - 10:30am

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

*Minimum 6 participants*

### CHILDREN'S CLASSES

#### MUSIC FOR LITTLE MOVERS AND SHAKERS

Come sing, dance and make music with your child while you meet other local families. 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**

**March 7th – April 11th**

**Time:** 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)

## Wichewakn District Girl Guide News

### 10th Trex

**Y**es! Girl Guides camp all year. The 10th Trex Unit hosted a camp for Guide aged girls (ages 9-11) to learn some camping skills using a Harry Potter theme. The Guides learnt knife skills in a fun way by making their own wands. The cold didn't stop them when they were running about playing Dementor Tag. They got some camp cooking tips using herbs in herbology and made their own "Mandrake". A full turkey dinner feast (with all the fixings) rounded out the weekend. A great time was had by all. Girls Guides accepts new registrations on an ongoing basis. You can find a unit near you using the following link:

[www.girlguides.ca/web/join-us](http://www.girlguides.ca/web/join-us)

If you have been considering getting your daughter involved in Girl Guides but you are not sure what it is all about or where to start, contact me, Laurie Lin, District Commissioner, Wichewakn District, Girl Guides of Canada at [wichewakn@hotmail.com](mailto:wichewakn@hotmail.com)

*Sue Collins , Aka "Queen Bee"  
Wichewakn District Girl Guides*

## Joke Corner



**Q. What do you get if you pour hot water down a rabbit hole?**

A. Hot cross bunnies

**Q. What do you call a rabbit with fleas?**

A. Bugs Bunny

**Q. How does the Easter Bunny stay fit?**

A. Eggs-ercise and hare-robics!

**Q. How did the soggy Easter Bunny dry himself?**

A. With a hare dryer

## Councillor Report

### Community Cleanups

Scheduled cleanups can be found at [Calgary.ca](http://Calgary.ca).

Community Cleanups are scheduled from 9 am - 2 pm but please check with your community association to confirm for your area.

Not sure what to do with an item? Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to find the right recycling and disposal options for your unwanted items.

### Street Sweeping (April - July)

- Street sweeping is done throughout the week, from 7 am to 4 pm on residential streets, and in the evenings/overnight on major routes.
- Watch for signs in your community indicating when your street is scheduled for clean-up.
- Parking bans in place when signs are present. Remove vehicles and bins from the road on the posted dates and times.

### Community Parking Bans

A parking ban is in effect when Street Sweeping community signs with "No Parking" symbols are placed around a community during Spring Clean-up. Any vehicle that has not been removed from the street in the area is subject to ticketing. Vehicles are also subject to be towed if the small 3 feet high "No Parking" signs are placed along the road. They will be placed at least 12 hours prior to street sweeping.

### Pothole Repair

Repairing potholes is a big part of maintaining Calgary's roads. Work generally begins in April and continues throughout the summer. Dry pavement and warm weather is needed for a lasting fix. Repairs are completed on a priority basis.

To identify pavement in need of repair, The City inspects major roads twice a month and collector roads once a month. In residential areas, we rely on citizens and City crews to report concerns. Please submit a 311 online service request to report potholes in your community.

*Ward Sutherland, Councillor, Ward 1*

## DID YOU KNOW??

About 16 million jellybeans are eaten every Easter.





## Celebrate With Your Neighbours on June 15: Neighbour Day 2019

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 15.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019 The City has waived fees for block party permits. Please note that the deadline to apply for these permits is May 24, 2019.

The City welcomes all Calgarians to celebrate and encourages as many people as possible to host local community events. has evolved to be an opportunity for communities across the city to come together in the form of BBQs, block parties, cleanups and potlucks in order to meet their neighbours and celebrate where they live.



Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city – our strong and caring communities. Neighbour Day continues to grow each year.

Visit [calgary.ca/NeighbourDay](http://calgary.ca/NeighbourDay) for more information.

*City of Calgary*



APRIL	FAMILY
BASKET	FIND
BUNNY	FLOWERS
CARROT	HUNT
CHICK	JELLYBEAN
CHOCOLATE	LAMB
DAFFODILS	RABBIT
DUCK	SEARCH
DYE	SPRING
EASTER	SUNDAY
EGGS	TULIPS

R	E	U	Y	X	A	P	U	T	F	N	S	Y	U	Z	S	S	B
S	X	O	N	P	J	D	X	A	G	W	R	C	Q	U	O	Y	Q
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C	H	I	C	K	L	H	M	I	I	J	L	A	U	J	N	H	A
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W	D	W	Q	R	V	J	T	Y	D	J	F	J	Y	K	X	C	W
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O	U	B	S	K	G	D	A	F	F	O	D	I	L	S	M	U	L
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N	C	I	K	R	Y	D	Z	J	X	H	U	N	T	Y	I	Z	Q

## Don't Leave Pets Out of Your Plans

**A**pril is a great month for dogs and cats alike. Warmer weather means longer walks for dogs and lazy days by the sunlit windows for cats. But that life of leisure and serenity can be turned upside-down in an emergency.



"Our pets are members of our family. When faced with an emergency or disaster, the last thing a pet owner wants to do is leave a pet behind," says Chief Tom Sampson of the Calgary Emergency Management Agency. "That's why we recommend having a plan for your pet as well as your family."

Here are some steps you can take to ensure the safety of your furry friends during an emergency or disaster:

- Make sure your pet is identifiable. If you become separated during an emergency, this will make it easier for you to find them.
- Prepare a pet emergency kit with a sturdy crate or carrier, a leash, 72-hours' worth of food and water and special medication if needed.
- Make a list of pet friendly hotels or relatives you can stay with as emergency shelters don't normally accept pets.
- Visit Animal Services to get a door or window sticker that informs emergency services that there is a pet in the home.

Taking these steps now, will save a lot of time and stress during an emergency disaster.

To learn more **visit [calgary.ca/getready](http://calgary.ca/getready)** or come and join us at Disaster Alley on May 4 at McMahon Stadium.

*City of Calgary*

## Alberta landscapes



Canola in bloom  
near Stoney Plain



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[www.SuburbanJournals.ca](http://www.SuburbanJournals.ca)

# Oral Health: It's About More Than the Mouth

Did you know that a healthy mouth is also an important part of your overall health?

Anyone who has experienced poor oral health can attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being.

On the other hand, health conditions can affect oral health. For example, diabetes increases the risk of gum disease while gum disease can make diabetes harder to manage.

Gum disease, along with tooth decay and oral cancer are common chronic oral diseases. They share common risk factors with other chronic diseases including, heart disease, respiratory illness, diabetes and other cancers.

The good news? Making healthy lifestyle choices helps prevent and manage oral diseases while impacting other chronic diseases. Eat more fruits and vegetables, use less sugar, drink less alcohol, and choose to be tobacco free. For good oral hygiene brush with a fluoride toothpaste and floss daily. Visit your dentist regularly.

For more information on oral health, visit [www.ahs.ca/oralhealth](http://www.ahs.ca/oralhealth).

*Alberta Health Services*



# It is Time to Open Up Conversations around Perimenopause

Over 250,000 women in Calgary are in the age range of 37 to 59 years - over 36% of the female population - when the onset of perimenopause and menopause are most likely to occur. Many women experience debilitating hormonal shifts that can leave them feeling hopeless and alone, and in many cases not knowing what is wrong with them.

## What is perimenopause, and how does it differ to menopause?

Menopause is one day in time that marks the day a woman has not had a period for 12 months. Perimenopause, however, is a transitional period of time in a woman's life leading up to menopause, that can last anywhere from a couple of months to over a decade.

In The Wisdom of Menopause Journal, Dr Christiane Northrup states, "during the perimenopausal transition a woman is going through a profound transition, in which old, outmoded beliefs and behaviors gradually fade away as she becomes the queen of herself." During the perimenopausal transition a great deal of hormonal fluctuations and changes are occurring. Some refer to perimenopause as a second puberty. Others relate it to severe PMS. What perimenopause is not, is a disease. It's a way for the woman's body to prepare her for the changes in the second half of her life.

Now more than ever, it is important for women to take charge of their mental and physical health. Speaking with a health professional, talking with other women, and education is key.

*Lee Horbachewski*





# Walking for Fitness

Warmer days are ahead and make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

- Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.
- Wear comfortable footwear that provides protection and supports the foot.
- Try tracking your steps with a phone app or a pedometer.
- Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
- Daily dog walks are also a great way to keep up both you and your four-legged friend healthy.
- Whenever possible, walk to appointments, meetings or to run errands.



- Get to know your neighbourhood by taking a slightly different route each time you walk. You just might find some hidden gems near home.
- Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.
- Join the #AHSFitFam and encourage family, friends and colleagues to get active and engaged with you.

Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.

*Alberta Health Services*

## Alberta landscapes



Athabasca Glacier, Jasper National Park



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