



ROCKY RIDGE ROYAL OAK

Your Community Newsletter since 2005

VIEW

Suburban Journal

RRROCA Updates:

**President's
Message**

**Photographers
Corner**

**Grants for
Neighbour Day**

**ROEHA AGM
May 7**



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Community and Residents Associations

Rocky Ridge Royal Oak Community Association

403-879-2820 • communications@rrroca.org • www.rrroca.org

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1

403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

Royal Oak Estates Homeowners Association

info@roeha.ca • www.roeha.ca

The Cascades in Royal Oak Residents Association

403-299-1810 • contact@cascadesroyaloak.com
www.cascadesroyaloak.camp7.org

Elected Officials

Ward 1 Councillor: Ward Sutherland
403-268-2430
ward01@calgary.ca

MLA: Minister Sandra Jansen
403-297-7104
calgary.northwest@assembly.ab.ca

MP: Pat Kelly, Calgary Rocky Ridge
403-282-7980
pat.kelly@parl.gc.ca

Editor & Article Submissionseditor@suburbanjournals.ca
Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

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Phil: 403-660-7324phil@suburbanjournals.ca
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President's Message

Hi everyone,
Well, "Spring has finally Sprung" and looking forward to some sunshine and warmer climes!



During the past month we joined with Scenic Acres CA, Tuscany CA and Tuscany RA in a Provincial Election Candidate Forum which was well represented by all. A big thanks to Jim Palmer Scenic Acres for leading the organizational aspects and for a number of our board in volunteering on the night.

We are all preparing for the summer events and programs which have already progressed and will be another busy time for all.

Unfortunately we cannot do all this on our own and need many volunteers to help out in the coming months, to ensure we are successful as a Community, I urge you to step up and donate some of your valuable time and assist our hard working board and committee members as much as you can. Contact our volunteer team at rrrocavolunteer@gmail.com or rrrocavolunteer.lead@gmail.com for more information or to sign up. Thank you in advance for your support.

Our board and committee make-up is changing as new members step up and we will communicate that as we stabilize, although there are still a few positions available even as co-chairs which would help us enormously.

As usual, 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. 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!

Well I will close and wish you all a warm month ahead and hope you have a wonderful Easter break with your family.

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 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?

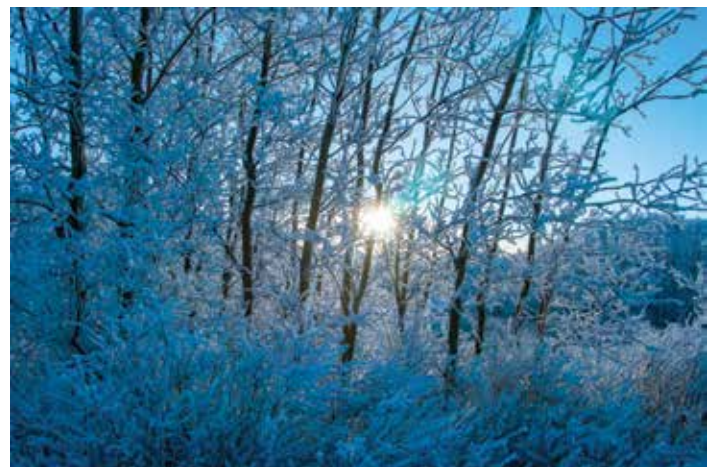
Please email volunteerlead@rrroca.org to sign up.

Photographers Corner

This Month's Photos by Mike Smith



Park Bench on a Frosty Morning, Royal Oak Cascades Park



Sunrise Through Frosty Trees, Royal Oak Cascades Park

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

Grants for Neighbour Day

This year's Neighbour Day is on Saturday, June 15. Along with the City of Calgary, we encourage all residents to participate.

\$100 grant is available through RRROCA to any qualifying street to put towards its Neighbour Day event, such as a block party.

If interested, please email safety@rrroca.org for more details.

Jessica Asuquo
Safety Chair



What is Neighbour Day?

Neighbour Day is an opportunity to get together with your 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 for more information.

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 to sign up for a membership, or email 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



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
<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.

Evict Radon: Get Your Home Tested

University of Calgary researchers are working to find solutions to Alberta's radon problem as 1 in 6 homes tested in Western Canada had dangerously high levels of radon gas. Radon emits radiation that damages your DNA that can lead to cancer and currently, radon is the second leading cause of lung cancer, but it is entirely preventable. Knowing your home's radon level is the first step to determining if you're at risk. Go to evictradon.ca to find out how you can get a test for your home.

Alberta landscapes



Farmer's fields
near Edmonton



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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 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

RRRHA May Update

Updates from the Office

Just a reminder to homeowners that effective June 1, 2019 all outstanding accounts will be forwarded to Miller Thomson LLP for collection, and all communication will then be conducted through Miller Thomson LLP. Please contact the office if you need assistance with the online system or wish to make arrangements to pay through the office prior to May 31st.

Park, Pool and Lake News

Our seasonal crew will be coming on board this month and we have the May long weekend** marked as out tentative opening for the pool. Please be sure to stay out of any area that has safety fencing around it, and until there is an announcement on our website and/or Facebook page, do not enter the pool area as the chemical levels may be high in preparation for opening. The lake equipment (kayaks, pedal boats etc.) will be brought out at the same time and will be available between the hours of 11:00am – 8:00pm. Office hours will increase to 9:00pm once the pool is open, and there will be RRRHA staff in the park until 9:00pm as well.

The staff and Board would like to remind our members and guests of the following guidelines:

- The Park is open from 9:00am to 9:00pm daily.
- Children under the age of 11 must be supervised in the park at all times.
- There is no lifeguard on duty.
- Children up to 36 months are required to wear a plastic diaper/little swimmers when in the pool.
- Lake equipment will be available for use in 30-minute time slots between the hours of 11:00am – 8:00pm daily**.
- A waiver must be filled out and signed by a parent or guardian (16 years or older) each time lake equipment is used. A piece of ID, park access card, keys (or similar) will be held in the office until the waiver is returned to the office.
- Children under the age of 12 are not permitted to use lake equipment unattended.
- The games room will be open coinciding with the pool opening on weekends only for the month of June (with the exception of June 23rd) from 11:00pm-8:00pm. From June 30th – September 1st the games room hours will be 11:00am-8:00pm daily. **
- Tennis court use is first come, first served.

*** Pool opening, availability of lake equipment and games room hours are all dependent on weather. Most current updates will be available on our website at www.rrrha.ca*

Spring Programs

The session will run from April until June for adult classes. Registration will be available online at 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 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

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 to register.

YOUNG REMBRANDTS

www.youngrembrandts.com

Wichewakn District Girl Guide News

The Calgary Wildlife Rehabilitation Society made a visit to our Girl Guide Unit 278 a few weeks ago. They are an amazing organization that teach us urbanites about how wild animals live among us. Also, how we often impact their lives. We learnt so much... like that skunks use their spray as a last resort because when they do, they are depleted of their defenses for over a week! Or that porcupines are the sweetest little things that rarely don't want to hurt a soul. They also CAN NOT throw their quills as so many of us think. Rather, they 'stop short' and let us or our furry friends run into them and hence the quills get stuck in us. OUCH! SO many cool facts. However, Lito – the Swainson's Hawk, STOLE the show!!! His keeper calls him a rebellious teenager. He was so full of spunk and character and really seemed to be having fun. As you would imagine, all of the residents of the CWRS are there because they are not able to survive on their own in the wild. Lito had broken his wing as a tiny bird and he was never able to fly after it healed. So, he teaches us all about how he lives, what he likes to do, and some fascinating things about his feathered friends.

Wichewakn District Girl Guides



Councillor Report

Road line painting

The City paints 2,850,530 metres of road markings in Calgary every year. Roads are inspected annually to identify locations where maintenance is required, and pavement painting is scheduled based on priority and zone. The pavement marking program runs from May to October, and includes painting and maintenance of various road markings:

- Crosswalks
- Lane lines
- Arrows
- Bike lane markings
- On-street parking stalls
- Railway stop line
- Stop Bar or Stop 'X'

If you see a faded or missing road paint, call 311 or submit an e-service request for line painting for an existing road marking.

Crosswalk painting

Crosswalk painting is an annual City program that involves repainting 8,500 crosswalks and refreshing stencils. This includes painting arrows, yield symbols, stop bars, and bike symbols that have become faded during the winter months. This helps make the crossing location more visible to both pedestrians and vehicles.

To find the painting schedule for your community, visit Calgary.ca

To report faded or missing crosswalk paint, contact 311 or submit an e-service request for crosswalk paint requirements.

How can you help?

Getting this work done is a collaborative effort. The City also relies on the co-operation of citizens to drive with caution when City crews are painting crosswalks in their area.

Ward Sutherland, Councillor, Ward 1

DID YOU KNOW??

Peru has more
pyramids than Egypt



Our Schools

St. Sylvester

Bonjour from the staff and students of St Sylvester School.

We invite anyone who is interested in our French Immersion program to join us for our Kindergarten open house at the school on Thursday, May 30 from 6:30 to 7:30 p.m. Several spots are available for our afternoon Kindergarten program. Please inquire at 403-500-2063 for more information.

We are planning for the upcoming school year as we get to meet our newest and youngest students, and prepare to say goodbye to our oldest students. We are proud of our students' many accomplishments in French. It is fantastic to hear all our students speaking so fluently.

Our Grade 3 and Grade 4 students will be participating in a swimming program, and our Grade 6 students are focused on their Provincial Achievement Tests (PATs).

Thank you to parents and staff who participated in our spring fundraising. Proceeds from the sales go towards Grade 6 activities and the Leadership Project.

Green Carts Spring Into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit calgary.ca/collection to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.

City of Calgary



living in our city



Common Signs of Stress

In tough times we can be more vulnerable to stress, worry, anxiety and depression. It's important to take care of ourselves. Tough times don't last. Tough people do.

At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected problems like what many Alberta farmers are facing with crop or livestock issues.

Remember, it's normal to feel stress from time to time in everyday life. Everyone who goes through stressful events can be affected in some way. Sometimes these stress reactions may not appear for weeks or months following an event. It is important to watch for warning signs.

The warning signs of stress can be physical or emotional. Some people call this "storing" stress in the body (physical) or in the mind (emotional).

Common physical symptoms of stress include:

- Rapid heartbeat.
- Headache.
- Stiff neck and/or tight shoulders.
- Backache.

- Rapid breathing.
- Sweating and sweaty palms.
- Upset stomach, nausea, or diarrhea.

You also may notice signs of stress in your thinking, behaviour, or mood. You may:

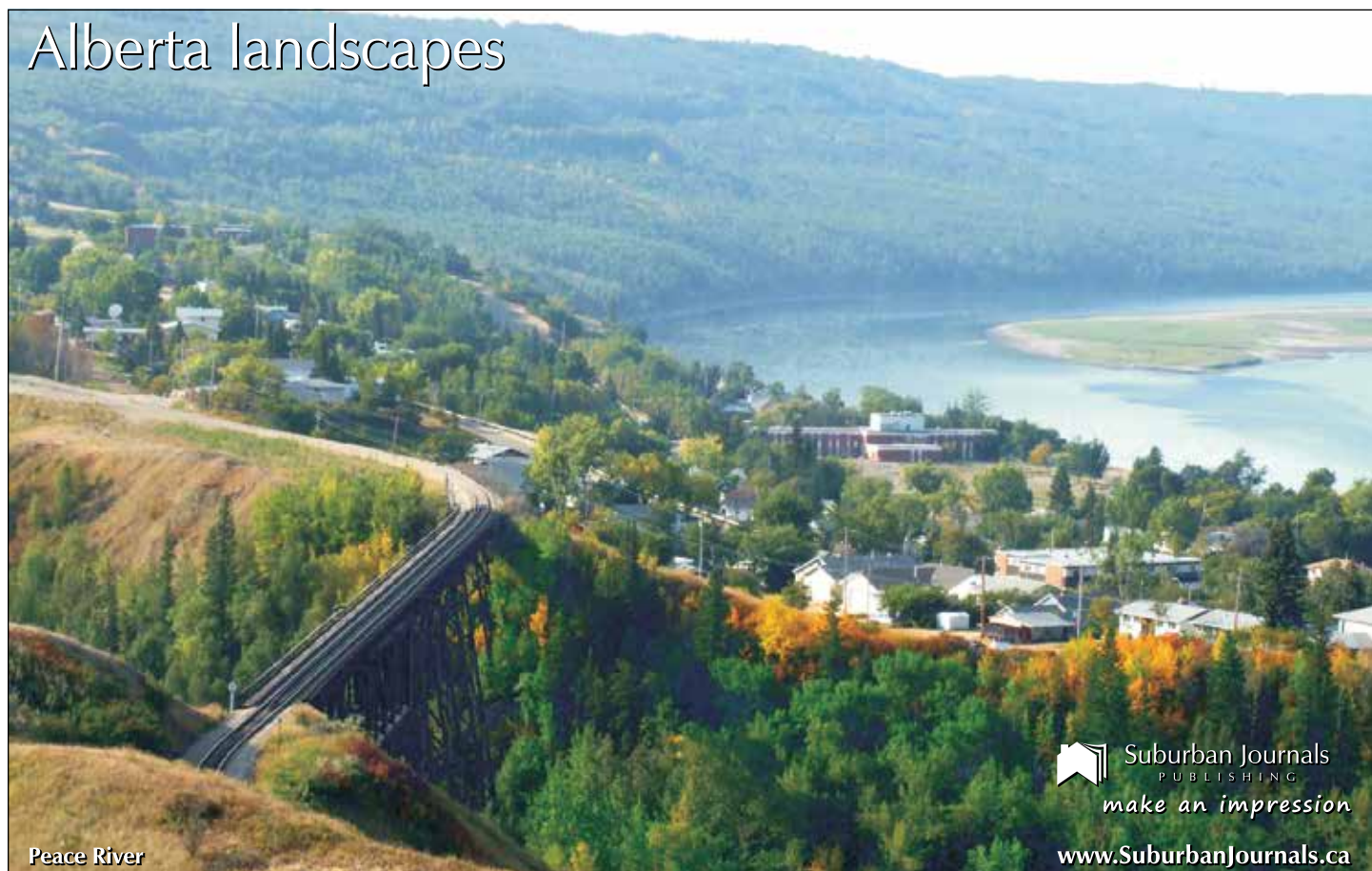
- Become irritable and intolerant of even minor disturbances.
- Feel irritated or frustrated, lose your temper more often, and yell at others for no reason.
- Feel jumpy or exhausted all the time.
- Find it hard to concentrate or focus on tasks.
- Worry too much about insignificant things.
- Doubt your ability to do things.
- Imagine negative, worrisome, or terrifying scenes.
- Feel you are missing opportunities because you cannot act quickly.

It's important to recognize signs of stress and know how to cope. Stress relief is different for each person. For some ideas to see which ones work for you visit: My Health Alberta at www.myhealth.alberta.ca and search managing stress.

If you are finding you are not coping well, contact Health Link at 811 to find help near you.

Alberta Health Services

Alberta landscapes



Peace River



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Camping in the Alberta Prairies: A Liberating Experience

Historically, recreational camping can be traced back to a British travelling tailor by the name of Hiram Holding in the late 1800s. Cunningham's camp, near Douglas, Isle of Man, opened in 1894 and is noted as possibly being the first commercial campground. Fast forward 100 plus years, and Alberta today offers many more opportunities for camping.

Is Camping a Thing of the Past?

Camping has come a long way since the days of Smokey the Bear. Camping provides benefits that are much needed in today's world, and there are many different styles of camping to suit different needs. Today, camping is the most economical, quickest and easiest leisure family getaway that can make you a whole new person by connecting you with nature, unlike any hotel vacation ever could.

Disconnect to Reconnect

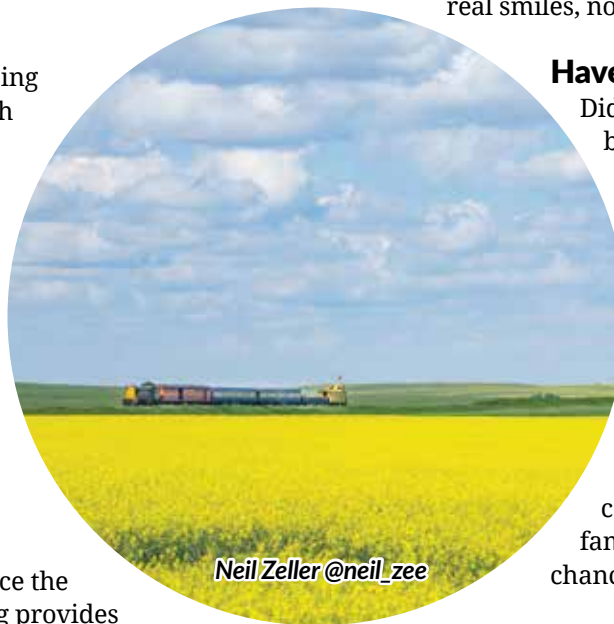
Today's demands have us feeling like an overloaded switchboard of the 1950s. Families are so programmed and hardwired into apps that we can sometimes feel disconnected from the things that really matter. With all the reminders of what you need to do next or where you must be, it can all be more than a little draining.

Camping affords us the opportunity to detach from those demands and just breathe. Getting away from all the stress to decompress can be as easy as a peaceful 45-minute drive. You can already feel the decompression beginning as the lights, horns and traffic start to thin during your drive out to the country. If possible, leave all your electronic devices at home. It's the only true way you will successfully decompress. Remember, disconnect to reconnect!

Camping Benefits – Communing with Nature and Family

Now that you've left all those electronic devices that remind you what to do and when to do them, you may

find yourself as a free thinker again. You'll be feeling more relaxed than when you started out on your little camping getaway. Wide open skies, tall lush trees swaying in a gentle breeze, scenery, nature. You and your family are communicating verbally again, and better yet, there are real smiles, not emoticons in a text.



Have Tin Foil Will Travel

Did you ever wonder why food tastes better cooked over an open flame in the outdoors? It's hard to say whether it's the fresh air or the ease of putting together some simple ingredients wrapped in foil, creating a beautiful meal to enjoy with your favorite beverage. Feel the stress dissipating as you relax. Sharing food and conversation have been the foundation of families for centuries. Yet, few of us have a daily family meal anymore. Camping is a chance to do just that.

Starry, Starry Night

Now that you're good and relaxed, well fed, and perhaps you've managed to get in a much-needed nap, you're now feeling quite refreshed. This is the time for you and your family to have some incredible night shows for your memory banks. There's nothing like an Alberta prairie twilight sky. Stars that seem closer and brighter than back home. You'll be picking out the Milky Way and exercising your brain power on the constellations. With binoculars, you can see the smile on the man in the moon. And, depending on the time of year, you may even see some of the spectacular rainbows of colour that make up the famed aurora borealis.

Getting away, doing something as simple as taking a camping weekend can work wonders on bringing family and friends closer together. Whether it's creating new bonds or reinforcing existing ones; spending quality time, creating those precious memories that all of you can treasure.

Whatever your reason for getting away; camping at Aspen Crossing will prove your most train-tastic experience. So, what are you waiting for? Book directly online, you'll feel better as soon as you've booked!

By Aspen Crossing

Reprinted with kind permission from Travel Alberta

Home Improvement Information Sessions

Considering a renovation? Have questions about home improvement projects? Drop in to a free community information session near you and talk to one of our City experts for tips that can help save you time and money.

Whether you're looking to build a deck, thinking about a basement renovation or secondary suite, we'll have City inspectors (building, electrical, and plumbing) and bylaw experts on hand to give you advice about what you'll need to get started, including:

- Determining the specific requirements for your property
- Talking through your project, and what would be required to make it safe
- Answering your questions about electrical, plumbing and building code requirements, including how to prepare for the different types of inspections
- Providing tips on what to look for when hiring a contractor, and what to include in contracts.



If you have plans drawn up, bring them with you and we can answer any specific questions you may have. We can also help you apply for a permit, on the spot, saving you a trip downtown.

We're here to help make sure your home improvement is safe for you and your family to enjoy. Invest the time to do it right, for you. Visit calgary.ca/pdevents to find an information session near you.

City of Calgary

Alberta landscapes



Athabasca Glacier, Jasper National Park



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