

# RRROCA Updates:

Community Clean-up September 22

Back to School Safety

"Johnston Canyon Falls" by Gordon Hunsaker



Suburban Journals

make an impression

To advertise, call 403-660-7324



#### **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: Sonya Savage 403-297-7104 calgary.northwest@assembly.ab.ca **MP**: Pat Kelly, Calgary Rocky Ridge 403-282-7980

pat.kelly@parl.gc.ca

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

#### **Advertising Sales:**

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

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from local retail outlets. Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the Rocky Ridge Royal Oak View should not be interpreted as recommendations or endorsements by the editor or the publisher.



make an impression

- 33 Calgary communities
- more than 88,000 homes
- over 228,000 residents
- Unlimited response

#### Suburban Journals publishes community newsletters for:

Arbour Lake, Bearspaw / Glendale, Citadel, Dalhousie, Evanston / Creekside, The Hamptons, Hawkwood, Kincora, Nolan Hill, Ranchlands, Rocky Ridge / Royal Oak, Sage Hill, Scenic Acres, Sherwood, Silver Springs, Tuscany, Valley Ridge, Varsity in the NW; Saddle Ridge, Skyview Ranch (including Redstone) in the NE; and Aspen Woods / Wentworth, Cougar Ridge / West Springs, Signal Hill (including Signature Park and Richmond Hill), Strathcona (including Christie Park) in the SW of Calgary.

For the best return on your advertising dollar, call Phil today at 403-660-7324 or email Phil@SuburbanJournals.ca

www.SuburbanJournals.ca



RRROCA VIEW

# Message from the Vice President

Hi everyone, I hope you all have had an awesome summer! I know my family and I have enjoyed the great weather and all the outdoor fun! As summer is wrapping up though, the RRROCA Board is back to work and planning our next event, the Community Cleanup, put on in conjunction with the good folks from London Drugs. It is scheduled for September 22nd and will be set up in the London Drugs parking lot, off of Country Hills Boulevard.

School is also back in session, so I want to take this chance to remind everyone that the kids will be back walking to school and we should all be a little more careful driving around the neighbourhood, particularly along Royal Oak Way, where all the kids cross in numbers.

Finally, Royal Oak School will be welcoming Gord Hamby as its new Principal this year, and I would also like to take this opportunity to welcome Gord to the community and wish him many successful years of making Royal Oak School a wonderful place for our kiddos to get their early education.

I wish you all an awesome September and a great start to the school year!

Dino Petrakos RRROCA Vice President



#### **Badminton. Would You Be In?**

In lieu of the 3-on-3 Basketball (which didn't draw enough interest to hold last year), we are considering putting on a Badminton program in the Fall for community members and friends.



3

Before moving forward with planning the program, we like to gauge the interest from the community. Would you participate in a Badminton program within RORR?

Please send us your comments and suggestions to **programs@rrroca.org** 

## **Volunteer Corner**

#### **Your Community Needs Your** Leadership

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.

#### **Events Leads**

With direction from the Events Chair, the Events Leads help execute specific events, from the planning stage to the wrap up.

Time commitment: 3 - 7 hrs/month

#### **Newsletter Editor**

Curating content from the community and the RRROCA Board, the Newsletter Editor works with the publisher to create RRROCA's official newsletter, the RRROCA View. Time commitment: 5 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: 0 – 3 hours/month

#### Sponsorship Lead - occupancy pending

With direction from the Sponsorship Chair, the Sponsorship Lead helps to develop and maintain relations with sponsors for RRROCA events and programs.

**Time commitment**: 0 – 3 hours/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.

5



make an impression

www.SuburbanJournals.ca

#### RRROCA VIEW

# **Membership Card**

We are emailing digital copy of membership cards to all 2019 RRROCA members by fall. Members will be able to print or show their membership cards on cell phones to prove

the validity of membership.



All members living in the same household will be able to prove their membership status by showing both the RRROCA membership card and a government issued photo ID card. Watch your email for the membership and more details.

#### **Benefits of RRROCA Membership**

We are excited to introduce a new membership perk offered by iLoveKickboxing in Royal Oak. RRROCA members will receive 50% off trials and a \$100 gift card for signing up iLoveKickboxing packages at Royal Oak location. Details will be emailed to all current 2019 RRROCA members.

Here are all the current benefits of RRROCA membership, please visit our webpage regularly for updates.

- · Access to Babysitter Registry
- Register for Community events and programs, including Spring Sports Program for children, Parade of Garage Sales, winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for holding Block party for free
- Purchase discount tickets or enter draws for free tickets to the shows at Shane Homes YMCA
- Receive free pancake breakfast at annual Stampede Breakfast event
- Receive discounts at Cloverdale Paint, Servus Credit Union, Stealth Alarms and iLoveKickboxing.
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration

We are working on expanding our membership perks. If you are a business owner who want to give incentives to our members, please contact me at *membership@rrroca.org*.

Joanna Tjia Membership Chair - RRROCA

RRROCA Membersh	lip Registration
One Membership per househ	nold; valid January 1 to December 31 annually.
\$30 New meml	bership Membership Renewal
Your personal information will be used fo	or 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 communica If you choose "No" for updates below, the	nte your membership number. e e-mail will be on file but won't be included in our news mailing list.
Would you like RRROCA new	vs and updates by email? Yes No
Send form and cheque to:	RRROCA Membership P.O. Box 91009, RPO Royal Oak Calgary, AB. T3G 5W6

# **Community Cleanup**

Sunday September 22, 2019 9am-2pm

> London Drugs Parking Lot #500-8888 Country Hills Blvd NW

#### Drop off any of the items listed for proper recycling

- Electronics (TVs, VCRs, printers, computers, monitors, etc)
- Small appliances
- · Furniture
- · Non-food related styrofoam
- Disposable cameras
- · Inkjet and laser cartridges
- Batteries Plastic bags
- Smoke alarms
- CFL light bulbs, fluorescent tubes (up to 4-ft)





7

City of Calgary will be collecting organic waste and items that do not fit in waste & recycling carts. Other recycling partners and local charities will be accepting a variety of household items like clothing, towels, bedding, housewares, dishes, cutlery, pots & pans, cooking utensils, children's car seats (\$10 levy), scrap metal and plenty more! For a full list of items accepted and restricted items visit: greendoal.ca/events



# **Photographers Corner**



"Young Hare" by Mike Smith



Photo by Chelsea Marsolais

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!





#### ROCKY RIDGE RANCH

**HOMEOWNERS ASSOCIATION** 

#### **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**

Monday – Sunday 9:00am – 9:00pm unless otherwise indicated.

#### **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* 

## **RRRHA September Update**

# Notice of Annual General Meeting (AGM)

The RRRHA AGM will be held on Thursday October 24th at 7:00pm. Registration will take place beginning at 6:30pm, and members must have a piece of identification to present that has both their legal name and property address on it. If quorum is not met at 7:00pm, the AGM will be rescheduled for 7:30pm.

\*AGM notices will be sent out electronically via email, however we understand that not all members use email or wish to provide theirs to us out of concerns for privacy. AGM notices will be mailed to those properties for which no email is on file.

By the beginning of September, a mass email will be sent out to provide an update to members about upcoming events. If you have not received a mass email from us please contact the office via *info@rrrha.ca* to have your email added to the contact list by September 21st.

Please note that RRRHA does not, under any circumstance, provide phone/email contact or personal information to anyone, at any time.

#### **Board of Directors**

Nomination forms will be available through the office for those members wishing to stand for election at the AGM. Please stop by or email *info@rrrha.ca* for more information.

#### **Calendar of Events**

Mark your calendars and join us at one of our member functions taking place over the coming months. Our parties are family friendly environments with various entertainment and/or activities. Please be sure to check for more details online or in the upcoming editions of the Suburban Journal.

#### **Annual General Meeting**

#### October 25th 7:00pm

All members in good standing are invited to attend the AGM. This is your opportunity to voice your opinions and thoughts on matters specific to the HOA as well as get an update on what has transpired since last year's AGM. Audited financials for 2017 will be presented, along with a draft Capital budget, and the election for the Board of Directors will also take place.

#### **Halloween Party**

#### October 27th 1:00 - 3:00pm

Our annual spooky spectacular is sure to please the little goblins and ghools. Come dressed up if you wish and enjoy some treats and games.

\*RSVP will begin October 1st.

#### **Holiday Market**

#### November 24th 10:00am - 2:00pm

If you are looking for unique gifts to give away during the holiday season, be sure to check out the Holiday Market. We will have a variety of vendors selling a wide array of treasures. Watch for details in the October edition.

#### **Christmas Party**

#### December 15th 1:00 - 3:00pm

Our most popular party is a hit with young and old alike. This very holiday themed family event is complete with a visit from Santa!

\*RSVP will begin November 1st and will be available until capacity is reached. Due to the capacity restrictions, only those families that have RSVP'd are able to attend.

#### ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

## **Fall Programs**

The session will run from September to December. Registration (and class descriptions) are available online at **www.rrrha.ca** or through the office.

#### **ADULT CLASSES**

#### **BALANCED YOGA**

12 classes

Mondays w/Marcy: September 9th – December 9th (excl. Oct 14 and Nov 11). Time: 9:30am – 10:45am Cost: \$155.00 (member); \$170.00 (non-member) Minimum 5 participants

PILATES 12 classes

**Mondays w/Laurie:** September 9th – December 9th (*excl. Oct 14 and Nov 11*) **Time:** 7:30pm – 8:20pm. **Cost:** \$145.00 (member); \$155.00 (non-member) *Minimum 5 participants* 

THERAPEUTIC YOGA FOR A BETTER BACK 14 classes Tuesdays w/ Vanitha: September 10th – December 10th Time: 8:00pm – 9:00pm. Cost: \$170.00 (member); \$185.00 (non-member) *Minimum 6 participants* 

**50+ YOGA** 14 classes

**Wednesdays** w/ **Vanitha:** September 11th – December 11th. **Time:** 10:00am – 11:30am. **Cost:** \$180.00 (member); \$195.00 (non-member) *Minimum 6 participants* 

YOGA 14 classes

**Thursdays w/ Vanitha:** September 12th – December 12th **Time:** 9:00am - 10:30am **Cost:** \$180.00 (member); \$195.00 (non-member) *Minimum 6 participants* 

#### CHILDREN'S CLASSES

#### MUSIC FOR LITTLE MOVERS AND SHAKERS

Thursdays w/Becki 6 classes Dates TBA

Time: 10:00am – 11:00am 1 – 2 years old parented

Cost: \$60.00 (members); \$75.00 (non-members)

#### YOGA FOR MOM & BABY

Tuesdays w/Sylvia 8 classes Dates TBA

Time: 10:00am - 11:00am

**Cost**: \$75.00 (members); \$85.00 (non-members)

# **Other Programs At The Ranch**

**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.

 ${\bf CALGARY\ GOJUKAI\ KARATE}: calgarygojukai.com$ 

**DEBORAH LAXTON SCHOOL OF DANCE:** 

deborahlaxtondance.com

**SPORTBALL**: www.sportball.ca/calgary

**YOUNG REMBRANDTS**: www.youngrembrandts.com





www.SuburbanJournals.ca



Treasurer: Alan Hildebrandt

**Directors**: Stein Yang

Zeena Taghvai Louise Boucher

info@ROEHA.ca http://roeha.ca



**BACKPACK PENCIL BOOKS PLAYGROUND CLASSROOM PRINCIPAL COMPUTERS READING CRAYONS RECESS DESK SCHEDULE FRIENDS SCHOOL GLUE SCIENCE HOMEWORK SCISSORS** LUNCH **STUDENT PAPER TEACHER** 

Ν S Ε Ε S 0 G C Ρ G R L D T C Ε R В G Ε S Τ Н R S S 0 Ε D G Н Ν S Κ D G Ν S Υ S C Τ Ε 0 U 0 Α D 0 S Ε Ζ Т Ν 0 Ε К Υ C R Ε Ζ C D В R Α Ε В R 0 R D U В D Ε Α C R R S C Q 0 Τ S S Τ Ρ C R 0 D Р Ε C Ε 7 D Κ К S S Χ 0 Ε Q G S S 0 К C D 1 0 Α 0 0 Ν Α D S C Q К G R В G S V Ν М 0 S P 0 Η C Κ Χ C М Ν

# **Councillor Report**

Welcome to September! Dale Hodges Park is officially open for all Calgarians to enjoy! The park opened to the public on June 26, following a private dedication ceremony for the park's namesake, Dale Hodges.

Formerly known as East Bowmont Park, the park is dedicated to Dale Hodges in recognition of his 30 years of public service and his many contributions to the city. Mr. Hodges is Calgary's longest service member of council and took an active role in protecting and creating Calgary's green spaces while in office.

Please note that Dale Hodges Park is not an off-leash dog park. Through public and stakeholder engagement, The City discovered that citizens were in support of acquiring the land and restoring it to its native habitat, while accommodating sustainable public use. The City also learned that citizens did not want to see vehicle access in the lower portion of the park and that the majority of citizens did not want this space used as an off-leash park. Citizens wishing to take their dog off-leash are able to do so in the designated off-leash areas in adjacent Bowmont Park. Please respect this area and abide by on-leash bylaws. As this is a natural area, we ask park users to stick to the designated pathways to help protect and preserve the land.

Did you know that my monthly report in your community newsletter is just a fraction of the updates my office provides to residents? Get the full report. Every month, I publish an interactive e-newsletter. Sign up to receive the Ward 1 Report at www.WardSutherland.com

Ward Sutherland, Councillor, Ward 1



# **Back to School Safety**

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as roadways become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.



#### **Motorists**

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles other than those that are parked - in school zones or playground zones, during posted hours.

#### **Around school buses**

- Flashing amber lights mean a bus is slowing down to stop motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### **Pedestrians**

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Alberta Health Services

# **Calgary Public Library**

#### **Free Bookable Meeting Rooms at 20 Libraries**

Upgrade your meetings with more than 60 bookable rooms at 20 libraries, plus audio, video, and post-production studios at Central Library. At Nicholls Family Library, Rowena Liu-Poon uses a free meeting room to teach a free tai chi class. "I can share my interests, I can pass on what I've learned about tai chi to my students, and hopefully I am able to make a contribution," Rowena says. "It's a great way for me to stay connected with the community in my retirement years." Learn more about Rowena and the Library's free meeting rooms at calgarylibrary.ca.

#### **Check Out Our New Website**

If you've visited our website recently, you will have noticed a big change. The Library's new website

launched in July. Features include a clean, intuitive design; enhanced eResources section; expanded pages for each location to make planning your visit easier; and a responsive design that works whether you're visiting

us on your phone, tablet, or desktop computer. Head to calgarylibrary.ca to see the site

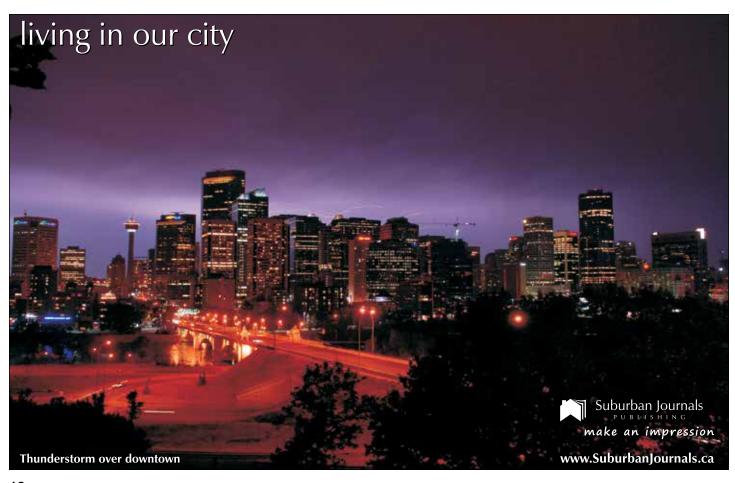
for yourself.

#### **Fall Programs for Everyone at Calgary Public Library**

Calgary Public Library offers hundreds of free in-person programs for families, kids, teens, newcomers, small business owners, job seekers, and anyone looking for enrichment. See everything we offer at

calgarylibrary.ca/programs. From Career Coaching and Settlement Services to Baby's Big Playdate, Drop-in Family Storytimes, and a 50+ Lecture Series, there is

truly something for everybody. Plus check out new programs, including Babies Go Boo!, a Creative Writing Club for kids, and Yoga at Central Library.



# **Back to School Basics in Emergency Planning**

C eptember is the Start of a new year, school year that is. As you plan for the new school year, be sure to plan for how you would reunite with your family if an emergency or disaster happened while everyone was at work or school.



"After a disaster, the

faster children can reunite with the people they know and love, the better the outcomes will be," says Chief Tom Sampson of the Calgary Emergency Management Agency. "Take the time to create an emergency action plan that includes phone numbers, emergency contacts and meeting places."

It is important that children know the types of hazards in Calgary and understand what to do in an emergency. Create an emergency action plan as a family. Kids can help identify exit routes in the home, plan for pets and suggest meeting spots outside of the home. Once the plan is set, practice it! Planning and practicing helps bolster children's confidence and reduces anxiety about disasters.

Emergencies can happened at any time, so make a plan for what to do if you are separated from your kids when an emergency occurs. In an ideal world, everyone would have phone numbers memorized, but since that is not always possible, create small contact cards for each member of the family, listing phone numbers and contact information.

Talk to childcare providers and your children's school to learn about their emergency plan and share your emergency plan with them.

Visit *calgary.ca/getready* to download a fillable emergency plan and learn more about how you can prepare for the disasters or emergencies that are possible in Calgary.

City of Calgary

# **Recycling Tip: Bag Your Bags!**

nalastic bags are recyclable, but only if they are prepared the right way. Bundle all your plastic bags together into a single bag, double-knot closed and then put in your blue

#### Acceptable stretchy bags include:

- Bread bags
- Grocery bags
- Produce bags
- Ziploc bags
- Shopping bags
- Cling wrap
- Bubble wrap



TIP: Hang a bag off a door handle or your indoor recycling bin. Fill it up with the stretchy bags you use – once the bag is full, double-knot closed and put in the recycling bin. Put a new bag out and start filling it up again.

City of Calgary

# A Sampling of Concerts

- Sleep: September 4, The Palace Theatre
- Carly Rae Jepsen: September 4, MacEwan Hall
- Haves Carll: September 6, Festival Hall
- Canadian Country Music Association Awards: September 8, Scotiabank Saddledome
- UB40: September 11, Grey Eagle Event Centre
- Eric Church: September 20 & 21, Scotiabank Saddledome
- Sarah Geronimo: September 22, Grey Eagle Event
- Ghost: September 24, Stampede Corral
- Lloyd Spiegel: September 27, The Odyssey



# Alberta landscapes Suburban Journals make an impression Canola in bloom near Stoney Plain www.SuburbanJournals.ca

### In Our City

# Take Your Chemicals to a Household Hazardous Waste Drop-off

Doing some garage cleaning this month? Safely dispose of any leftover chemicals, paint, oil and propane tanks at a household hazardous waste drop-off. These items don't belong in any of your carts where it could harm your collector, staff at a processing facility or the environment.

TIP: If the item has a hazard symbol on it like poisonous, flammable etc. it needs to be taken to a designated fire station or City landfill for safe disposal.









#### Before you drop off your hazardous waste:

- Keep chemicals in the original container.
- If you need to move it to a new container, make sure to package your chemicals in a leak-proof container and clearly label the container.
- Do not mix different products together.
- Make sure lids are on tight.

For a full list of acceptable items and drop-off locations, visit *calgary.ca/hhw* 

City of Calgary

## **DID YOU KNOW??**

The tradition of giving apples to teachers dates back to the 16th century in Denmark, where parents would pay their educators with food.

# **Enjoy a Meatless Meal**

Looking for vegetarian
Lor vegan protein
choices for your next
meal? Instead of meat, you
can use beans, lentils, tofu,
eggs, nuts or seed butter
to make delicious, healthy
dishes. Meatless meals are
excellent for anyone, not
just people who avoid meat
for religious or cultural reasons.



Six simple ways to update some popular recipes:

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or a hard-boiled egg.
- Add tofu to a vegetable stir-fry.
- Puree cooked black beans, white beans or chickpeas.
   Then add herbs and spices to make a fast and easy dip or sandwich spread.
- Use nut, seed or soybean butters. Add them to dips, smoothies or spread them thinly on breads or crackers for a snack or quick protein boost.

For recipes using meat alternatives or to find out more, go to *healthyeatingstartshere.ca*.

To find out more about vegetarian diets or alternatives to meats, ask your healthcare professional to be referred to a dietitian.

Alberta Health Services

# Calgary History The Glenmore Dam is constructed from 1932 – 33 at a cost of \$3.8 million. It has a drainage basin of 1,210 km<sup>2</sup>.

# Healthy Ideas for Back-to-school Snacks

Your children are starting back to school this month, and you need healthy ideas for lunches and snacks. Remember that some schools don't allow nuts or peanuts because of allergies.



Offer children water when they're thirsty, and vegetables and fruit instead of juice, even if it's 100-per-cent juice.

#### Choose these healthy snacks every day:

- Fresh or frozen vegetables
- Fresh or frozen fruit
- Fruit cup in fruit juice or water
- Unsweetened applesauce
- Whole grain bread
- Whole grain crackers
- Whole grain naan, roti or pita
- · Whole grain tortilla or wrap
- Whole grain cereal
- Hummus
- Eggs
- Nuts or nut butters (check first to see if allowed at school)
- Meat, chicken or fish
- White milk
- Cheese or cheese string
- Fortified plain soy beverage
- Plain yogurt

#### Choose these snacks some days:

- Flavoured fortified milk or soy beverage, such as chocolate, strawberry or vanilla
- Fruit-flavoured yogurt
- · Baked crackers
- Muffin
- Granola bar
- Dried fruit and nut mix

# Choose these snacks less often. These snacks are high in sugar, fat and/or salt:

- Candy or fruit gummies
- Potato chips or fried snacks
- Instant dried noodles

Alberta Health Services

# Urban Infills: Modern Architecture, Flexible Living

Urban infill, also known as redevelopment or land recycling, is when new construction takes place to refresh or repurpose underused sites. But infill projects can be controversial if they aren't a good fit in the neighborhood. How can architects balance their design aesthetic in the context of the surrounding environment? This article describes some factors to consider.

#### **Public vs Private**

The perfect infill project must be seen by stakeholders as a positive development for the area. If you have a specific area in mind for your dream infill home, you should ensure that your new home will help to define the quality of public life and will be safe and accessible, while ensuring that new development respects the character of the existing surrounding, yet retains its own distinct identity.

An urban infill home should support proper public streetscapes and landscape, well thought-out and appropriate building design, well-designed and functioning parking, and properly sized and connected servicing, while still delivering all the design requirements set up by the project developer.

Secondary suites

In addition to R-2zoned lots, currently, the City of Calgary Council allows for a variety of secondary suites to be proposed for review on lots designated R-1, R-C1 and R-C1L (March 12, 2018). Applicants can now apply for a development permit int hese land districts. This makes the potential addition and provision of a secondary dwelling unit in the established areas more available to unit owners.

Secondary suites vary from basement suites to garden to garage suites. An up-front design decision may allow you to either have the work already done while considering the new housing option, or prepare for this occurrence in the future. For example, you may decide to design your basement with an independent entryway, or you might plan a garage structure such that a secondary suite could be built on top of it later on.

#### **Benefits of Infill Living**

An urban infill house can allow you to live close to services and entertainment in the center of the city, as well



as reducing commute time and cost of living. Infills are becoming widely popular among proponents of walkable neighborhoods, as infill homes provide homeowners with access to established neighborhoods with a good network of roads that are also well-serviced through public transit. Sustainability advocates also tend to support urban infill, as these homes generally offer a tighter, more vertical living style (i.e. "skinny house"), a smaller but more intimate backyard, and a more compacted and better utilized building footprint.

Another important factor to consider will be the secondary income your secondary home may be able to supply. This can help to offset the cost of your mortgage or in the future allow you to increase or decrease the house stock available to you and your family.

Tomasz Sztuk, Architect

# **Calgary History**

In 1894, with a population of 3,900 the City of Calgary is incorporated.



# **Exploding Pumpkins, Moonlight Corn Mazes And Other Autumn Adventures You Must Do Before The Snow Flies**

You know us autumn people – we love this time of year in Alberta. We're happy to wear sweaters and scarves again. We appreciate cool mornings, fluttering yellow leaves and red harvest moons. We buy different kinds of pumpkins – and not just orange, but cool blue, knobby green and tiny bright white ghosts.

Soon enough, we'll be blanketed in glittering snow, so here are five ways to fall in love with fall in Alberta.

#### Get lost in a corn maze

You deke right then left, lean into tight turns, and then run headlong into a dead end. Lost already? Welcome to the corn maze, an always fun, sometimes perplexing, Alberta fall tradition. Farmers across the province cut new mazes into their tall stalks of corn each year and challenge visitors to find their way through the puzzle. This season, celebrate with a moonlight run through one of the province's largest mazes at the Kraay Family farm near Lacombe. Or visit the Lethbridge Corn Maze to puzzle your way through their challenging sesquicentennial design then cuddle up around a roaring campfire.

#### Shop, eat and stroll

Fall is a perfect time to swap your city for new neighbourhoods, street-front shopping and swanky fireplace suites. In Edmonton, eat, shop and lounge on Whyte Avenue, take an art gallery walk along 124th Street or hit the downtown market among the converted brick warehouses of 104th Street. An autumn urban getaway in Calgary must include shopping for handmade and vintage goodies in Inglewood, eating local on pedestrian-only Stephen Avenue downtown or learning something new, hand-in-hand with a loved one at a nerd-hip adults-only science night at Telus Spark.

#### Wonder at the world

Feed your curiosity on a cornucopia of festivals throughout Alberta this fall. Both Edmonton and Calgary host literary festivals, international film festivals and lively Oktoberfests – plus celebrations of dance, burlesque and wine & food. This fall in Jasper, get even closer to the stars with a night-time ride up the SkyTram, walk on an ancient glacier after dark for a photography workshop and marvel at the wonders of the universe with superstar

particle physicist Brian Cox during the mountain park's annual Dark Sky Festival.

#### **Destroy stuff with pumpkins**

Here's another fall tradition across Alberta: exploding pumpkins! The Calgary Corn Maze specially prepares their pumpkins to be blown up, sending a rain of candy down for the kids to enjoy. At Prairie Gardens, just outside of Edmonton, a mighty pumpkin cannon sends the gourds through the air for a satisfying splat that also raises money for the city's youth shelter. And if you really want to see a giant exploding squash, witness a 500 kg (1,000 pound) pumpkin crush a car to smithereens at the Smoky Lake Pumpkin Fair every October.

Author: Heather Egger Reprinted with kind permission from Travel Alberta

