



ROCKY RIDGE ROYAL OAK

Your Community Newsletter since 2005

VIEW

Suburban Journal

**Happy
Holidays**



Season's Greetings

Wishing you and yours all the best over the holidays!

We're here for you ~ from 3D Tours, detailed floor plans, live videos and drones, we have your home purchase or sale covered!



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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@roe-ha.ca • www.roe-ha.ca

The Cascades in Royal Oak Residents Association

Email: contact@cascadesroyaloak.com

Website: cascadesroyaloak.com

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 Submissionseditor@suburbanjournals.ca

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Phil: 403-660-7324phil@suburbanjournals.ca

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Rocky Ridge Royal Oak
COMMUNITY ASSOCIATION

Councillor Report

The COVID-19 pandemic is ongoing and has created unprecedented economic challenges for Calgary businesses. I am more than aware of the challenges many Calgarians are facing with the impact of COVID-19, as it has directly affected my own family.

The City of Calgary is working hard to extend support to businesses, helping them to continue their operations through the fall and winter months. Council has continued extending fee relief measures for an additional six months, by waiving and deferring fees for business licences and Planning & Development applications.

Council's 2021 budget week saw surgical cuts and a "least harm" approach to the services that Calgarians have demanded and deserve for their tax dollars. More on this is posted on my City website and monthly newsletter at www.Calgary.ca/ward1.

The City of Calgary has also launched "Open for Business" - a collaboration with Ritual and DoorDash to help local businesses across Calgary increase their commission-free online sales. Ritual will provide its commission-free digital ordering platform to businesses at no cost till December 31st. This includes waiving set-up (\$99) and monthly subscription fees (\$49/month). Any business that completes one delivery order on Ritual ONE by December 31, 2020 will receive Ritual ONE FREE through 2021.

This Christmas, let's support local businesses by:

- Buying from local companies online or safely in-store.
- Ordering delivery or takeout from local restaurants.
- Leaving positive reviews of businesses on social media when warranted.

I know we are all tired of COVID-19, but unfortunately, COVID-19 is not tired of us. Do your part in keeping Calgarians safe - wear a mask, wash your hands frequently and practice social distancing. Merry Christmas to you and your loved ones.

Ward Sutherland, Councillor, Ward 1

DID YOU KNOW??

The world's largest gingerbread man weighs 466 pounds!



View from the Chair

Secretary News

My name is Shahnaz (Munir) Jabeen. I have been residing in the Royal Oak community for the last fifteen years. I am passionate about community endeavours, advocacy and am attached to a number of community organizations in an executive role. I joined the Rocky Ridge Royal Oak Community Association as a Volunteer Chair, and presently I occupy the role of Executive Secretary.



Rocky Ridge Royal Oak Community Association (RRROCA) is a vibrant organization with its dedicated executives, directors and volunteers who use their best abilities to bring positive and healthy activities for the community. In 2020 RRROCA hosted very limited events and activities like all other organizations to respect the protocol of social distancing due to the COVID-19 pandemic. In the current situation our most priority is to practise the protective measures to make our community safe and protective. We hope for the best that in future all events and programmes will be resumed according to schedule.

I strongly believe in volunteerism to serve our communities and humanity. It gives us real happiness, inner satisfaction, and allows us to play a special part in helping an organization achieve its goals and aspirations. RRROCA always encourages its members to support the organization with your time and membership. You can support your community by becoming a member for \$30.00 which offers you a number of benefits or you can support the organization with your time if you can spare 5-10 hours in a month being involved with a number of amazing initiatives we lead.

For volunteer opportunities you can reach us via email at volunteer@rrroca.org.

RRROCA always welcomes its community members to participate in its events to encourage RRROCA to bring a variety of joyful activities and make the community environment more friendly. you can reach me at secretary@rrroca.org.

Warmest wishes for the holiday season and Happy new

year ahead!
Stay safe and practise social distancing.

*Shahnaz Munir, Executive Secretary
Rocky Ridge Royal Oak Community Association
(RRROCA) Secretary News*

Treasurer News

Hello Everyone,
Hope you all are keeping healthy. We all have had a challenging few month, and the pandemic has affected us in different ways. But our resilience and strength has kept us going, and hopefully we can get through the next few months as well.

My name is Ambreen Sulman and I am the Treasurer at RRROCA. I thought to give a short synopsis of our current financials in case anyone missed the AGM on November 23rd. Our formal annual reporting to the membership is based on the audited financial statements provided by a member appointed public accountant. RRROCA's 2020 Year end financial statements were prepared by the auditors from the Federation of Calgary communities. A qualified opinion has been issued which is consistent with not-for-profit organizations. It is mainly due to the occurrence of fund-raising activities, the completeness of which can not be 100% verified. For more information on 2020 financials find the AGM minutes under the 'About Us' section at rrroca.org.

This is the first year in quite some time that we have run in to a deficit, mainly because we had to cancel our sports programming for the year due to COVID. It was a hard decision to take as an association, but it was in the best interest on our community members. If things are to settle down, we look forward to running the program next year with proper protocols in place. And we will need your support to run it successfully. At this time, we do have few programs running with the protocols in place. Please do check them out.

Hope you all have a safe and healthy winter!

Thanks,

*Ambreen Sulman
Treasurer - RRROCA*

Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have 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.

Benefits of RRROCA Membership

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 always working on expanding our membership perks. If you are a business owner who wants to give incentives to our members, please contact Linda Nwachukwu at membership@rrroca.org.

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

Photographers Corner



"By Tanisha Mattapalli"

"Ribbon Creek Kananaskis" by Carole Westlake



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Meet & Knit Program (November - December)

We are excited to introduce a knitting meet-up this fall. RRROCA's knitting program will start in November and registration is open now.

6 sessions: Weekly, November 5th - December 10th

Time: Thursdays 12pm - 1pm.

Location: Royal Oak Victory Church

Registration: Free for members, \$30 for non-members
Maximum 10 participants

Please email programs@rrroca.org to register for the program. If you are not yet a RRROCA member, first visit our membership page at rrroca.org to sign up for a membership.



5 Ideas for How to Clean Your Recyclables

Recyclables need to be empty, clean and dry so they can be sorted properly at the recycling facility, prevent other recyclables from getting wet and dirty, and ensure they will be turned into new products.

1. If you wash dishes by hand, use the dirty dishwater to clean off food residue from your containers.
2. Take a used paper towel or napkin leftover from dinner to wipe food residue from the container, then compost the food-soiled paper.
3. After emptying your liquid laundry detergent, remove the lid and add the whole container into the laundry to clean both your clothes and the container out.
4. For containers with small openings, use a bottle brush or straw cleaner to scrape out the last bits.
5. Use a spatula to scrape out hard-to-clean containers such as peanut butter, or store near-empty containers upside down to get the last amounts out to use.

Find more ideas at calgary.ca/recycle

City of Calgary



Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions or have any questions about volunteering with RRROCA.

Events Lead

With direction from the Events Chair, an Event Lead helps to execute specific events, from the planning stage to the wrap up. **Time commitment:** 3 - 7 hrs/month

Communications Lead

Implements and maintains internal communications tools within RRROCA, and also assists with external communications as directed by the Communications Chair and/or President. **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

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.

Photographers Corner



By Tanisha Mattapalli

Head Outdoors!

Ho, ho, holy moly it is cold out there! But don't let that stop you from enjoying the magical outdoor activities that the holiday season has to offer! Bundle up, get some hot cocoa in a thermos, and add some hot shots to your mittens! It's time to head outdoors and enjoy the crisp winter weather!

Some holiday fun outdoor ideas:

- Go for a sleighride! There has never been a better time for this. Just make sure everything is going to be up and running due to the current global tough times, and maybe even book your winter ride in advance.
- Build a snowman. It's easy, it's safe, and it's so much fun.
- Go sledding or tobogganing.
- Drive around and look at all of the holiday lights and decorations.
- Bring it back to the good ol' days and try a little caroling



in your neighborhood.

- Create an amazing holiday display in your own front yard for your neighbors to see.

Have the best holidays everyone! And make sure to stay warm and safe this holiday season!

*By: Doctor Roxanna Bree
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*

Get in the Holiday Spirit

Why do everything last minute? Due to the current global pandemic, there isn't much going on anyways! So why not spend the month getting ready for Christmas to make sure you and your family can celebrate it to the fullest!?

- Take Christmas pictures of the kids, or get a picture of the kids with Santa, and make personalized Christmas cards.
- Spend a day decorating the inside of your home to keep the excitement going.
- "Deck the halls" in your own front yard! It will keep your home bursting in the magic of the holidays.
- Create a fun Christmas tree day! Yep. Make a whole day of it. Picking out the tree, decorating the tree, and ending the night with some good ol' eggnog.
- Hang your stockings
- Have Christmas songs playing non stop in the background all December long.
- Watch Christmas movies.



- Have your kids write a letter to Santa.
- Have a Secret Santa gift exchange.
- Wear ugly Christmas sweaters, or even plan an ugly Christmas sweater party.

No matter what you do this holiday season, remember to put each other first, and spend time with the ones you love the most!

*By: Doctor Roxanna Bree
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*



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

Changes to office hours will be updated online

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Office Hours:

Updates to office and park hours will be available online, and are subject to change. The office will be closed on December 25th, and January 1st.

Annual General Meeting (AGM) update:

Our AGM was held on October 29, 2020. Two Directors had completed their terms and therefore stepped down, and in addition to the three staying on - Amanda Tischer, Collin Smith, Michael Morrison and Bunmi Oyebanji, we welcomed four new members to the Board - Lindsay Purcell, Madhudsudan Rao and Gerry Wheeler. The first meeting of the newly constituted Board will be held mid-November at which time the election of Executive Directors will take place. In addition to approving the Minutes of the 2019 AGM, the audited financials for 2019, and appointing Chow Connolly as the auditor for 2020, potential capital projects such as landscaping of entrance corners and park amenities were discussed.

An update regarding the Executive Directors will be available on our website after the meeting, as well as in the January edition of the Journal.

Calendar of Events:

December Events:

Due to the current provincial guidelines surrounding COVID-19, our much-anticipated Christmas Party will not be held this year. We look forward to being able to

RRRHA December Update

have a family-friendly function for our members in the new year.

Ice Skating and Winter Activities:

As winter settles in, the process of getting the ice ready for skating will be underway as conditions allow. A common question is "when will the ice be ready?" The answer to that is weather dependant, as the ice must freeze to a minimum depth prior to being prepared for skating. The frozen lake will again be divided into separate areas for hockey and skating.

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

Due to current COVID-19 restrictions, the skate room will not be operational this year. We have installed overhead heaters (timed) that our members can use to stay warm while getting ready for skating or when taking a break. There will be no access to the games room at this time.

Annual Invoices:

The 2021 annual invoices will be emailed by January 3rd to all members with email addresses in our database. Online payment system available on the 3rd as well. For members that have not provided us with an email address, we will be mailing invoices during the first week of January. Payments can be made online (at no additional fee), via cheque, or credit card/debit.

****If you are not currently receiving emails from RRRHA regarding events and activities such as the AGM, and wish to provide us with an email address, please contact the office via email at info@rrrha.ca.****

The payment deadline is January 31, 2021 however in light of the evolving COVID situation, we recognize that there may be members for whom making full payment by January 31st would create undue hardship. If you wish to discuss installment payments, please contact the office prior to January 31 to have arrangements made. In past years, outstanding accounts were sent to collections as of June 1, however for 2020 and 2021 we will defer this process until September.

*****If you do not receive an invoice either by email or paper copy, please contact the office to ensure that your membership information is up to date. New homeowners that have not notified us of change of ownership will not have updated information in our system.**

RRRHA December Update

Winter Programs

Registration for the Winter session of fitness classes will be available online or through the office by mid-December. Our full program listing with dates will be available on our website closer to the end of the month at www.rrrha.ca.

***due to the evolving regulations and guidelines surrounding COVID-19, please watch our website for details including entrance protocols and cancellation notice.*

DID YOU KNOW?

Each year, over 33 million real Christmas trees are sold. That's not even counting artificial trees!



Be a Snow Angel!

“Lucky and proud.”

That’s how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is

limited. Sometimes it’s a neighbour who is just having trouble coping with added responsibilities in his/her life.

When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You’ll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.

City of Calgary



Photographers Corner



“Flock, Rocky Ridge YMCA” by Mike Smith

THE ROCKY RIDGE & ROYAL OAK VIEW

Safety During the Festive Season

It's December and by now we've figured out how to safely celebrate holidays and special occasions. But it is still a good time to remind ourselves of the things we can do to have a safer festive season.

Besides figuring out all the details of your festivities, you'll want to think about how many people you can safely accommodate. It is best to keep the party small and limited to your cohort. If you have a lot of friends and relatives who are especially vulnerable this might be the year for a virtual Christmas, Hanukkah, or Kwanzaa. Consider having a second event like a brunch, Boxing Day snowshoe, or a dinner on a different day to keep numbers smaller.

When deciding where to host, use a home that offers the greatest space possible with the highest ceilings and best ventilation. Ask guests what measures would make them feel more comfortable and do your best to accommodate. It is also important to let your guests know that it is okay to cancel last minute if they feel unwell.

If the weather is nice think about what kind of activities you could do after dinner, so everyone isn't sitting closely together indoors. Consider going for a walk, playing outdoor games, sitting around a fire pit, or going on a scavenger hunt. Seating can make a difference; seat more vulnerable people at the end of the table or where they can stay further away from others. Sit closest to those in your household or cohort.

Keep hand sanitizer accessible for your guests and consider single use hand towels in the washroom. Plate everyone's meal in lieu of buffet, and if someone wants seconds of your famous green beans, serve them so your



guests don't share serving utensils.

Be creative and use your judgement on what will work best for your situation to follow public health guidelines. A few small adjustments can make your family safer and ensure everyone goes home healthy.

For up to date information on COVID-19, check out calgary.ca/covid19

City of Calgary

Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.
- On December 17, 1903, the Wright Brothers made their first flight.

DID YOU KNOW??

Santa Claus was named after St. Nicholas, a Turkish man living in the fourth century who was known for his great generosity.



Coping with Covid-19

The Covid-19 pandemic can be a very stressful time for many people. Daily life has changed and that can have a significant impact on our mental wellbeing. For individuals who must self-isolate, physically distance or who have been affected by Covid-19, there may be feelings of fear, loneliness, a sense of loss or lack of control and heightened awareness. Everyone reacts to stress and anxiety differently, so try to be patient with yourself and others during this time.

Some helpful tips to reduce stress and anxiety:

- **Get the facts.** Seek reputable sources for up to date information about Covid-19. Only take in information that is relevant to you and your family.
- **Limit time spent watching, listening or reading news about Covid-19.** Seek information once or twice a day (eg. morning and night).
- **Stay connected to friends and family.** Connection is important for our mental wellbeing and is great protection against feelings of stress and anxiety. Try connecting through an online app (eg. FaceTime, Google Duo, Skype, etc.) or make a phone call.
- **Maintain your regular routines as much as possible.** Focus on what you can do today and make a list for things that can be done during the week.
- **Take care of your body.** Physical activity is a great



way to boost your mood. Enjoy spending time outside or find an online class you can join from home to keep your body moving. Pair this with proper nutrition, plenty of water and adequate sleep to feel your best.

- **Be mindful.** Pay attention to your thoughts, feelings and body sensations. This can help you understand why you may be feeling stressed or anxious. If you are having trouble managing your stress or anxiety, talk to someone you trust, your local healthcare provider or call the Mental Health Helpline at 1-877-303-2642.
- **Make time for hobbies.** Continue to do the things you enjoy or make time to pursue new interests.
- **Practice healthy coping strategies.** Breathing techniques, meditation, or journaling are all examples of effective strategies to reduce stress and anxiety. Find a strategy that works for you and practice it regularly.

Visit www.ahs.ca/helpintoughtimes to learn more ways you can stay healthy during Covid-19.

Alberta Health Services

Joke Corner



Q. How does a sheep say Merry Christmas?

A. Fleece Navidad!

Q. Where does a snowman keep his money?

A. In a snow bank!

Q. What do snowmen eat for breakfast?

A. Frosted flakes

Q. What do you call a reindeer with bad manners?

A. RUDE-olph!

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What is Resilience?

Resilience is a strength that helps you bounce back after stressful situations. When you are resilient, you can recover more quickly from setbacks or difficult times.

You can be resilient and still feel sad, lonely and worried during tough times. It also means you will most likely feel calmer and more likely to look for positive ways to manage stress.

Healthy habits—getting enough sleep, eating well, and exercising—can reduce stress, which may improve resilience. The good news is that you can develop resilience.

How can I be more resilient in a crisis?

Any crisis, such as the coronavirus pandemic, can test resilience. Each of us reacts differently to stress and trauma, and what works for your friend may not work for you.



That's why it's important to learn several ways to build your resilience. Seek emotional support from loved ones. Focus on self-care activities and remember some aspects of the situation are under your control. These steps can all help you weather many storms.

More tips:

- Expect things to work out. Look for the good in stressful situations and learn from them. You can grow and learn from tough experiences.
- You get to choose how to respond to every scenario. Remembering this can help you feel in control.
- Spend time with people who make you feel good and do your part to contribute to healthy, positive relationships. Find supports at home, at work and in your community.
- Use strategies such as deep breathing and mindfulness to find a sense of calm.
- Do things that you enjoy. Find comfort in activities that bring you happiness.
- Talk about how you feel.
- Have a sense of humour. It's OK to laugh when things get rough.
- Practice gratitude. Be thankful for the good things in each day.
- Try positive self-talk. Be kind to yourself. You rock!

Alberta Health Services

Holiday Trivia From The Doctor's Office:

Which of these scenarios is the easiest way to pick up a cold during a Christmas party?

- A: Kissing under the mistletoe
- B: Shaking hands with your family and friends
- C: Arriving, and leaving, without a coat

Although you may have guessed the answer to be the kissy kissy one, answer "A", that is incorrect! People avoid kissing each other when they have a cold, yep, that is true. But fact remains that we are more likely to pass on an infection by shaking someone's hand, and in turn, more likely to pick up an infection by shaking someone's hand.

Always remember – no matter how clean you keep your hands, there is no guarantee that the person on the other end of the hand shaking greeting meets your same hand cleaning standards. Maybe at your next holiday party, you can make a habit of greeting your loved ones with what I call a "continental kiss" – an air kiss. Stay healthy this season everyone!

*By: Doctor Roxanna Bree,
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*

*"Be who you are and say what you feel,
because those who mind don't matter,
and those who matter don't mind."*

– Bernard M. Baruch

Alberta's Five Hidden Snowshoe Gems

Winter's Wonderful Wildlife

There are more than 200 km of snowshoeing trails in Waterton Lakes National Park, but the most popular locations are Cameron Lake and Crandell Lake. You won't see many people, but wildlife such as elk, deer, bighorn sheep, moose, river otters, red squirrels, snowshoe hares and marten are common in the park during the winter months. Truly fortunate visitors might spot a cougar, bobcat or lynx.

Hike to a Hut

Considered sacred by First Nations, Cypress Hills Provincial Park is criss-crossed with snowshoe and cross country ski trails. Visitors can snowshoe into one of two

backcountry huts and spend the night.

Spectacularly Scenic

Nestled among towering mountain peaks and evergreen valleys in Peter Lougheed Provincial Park, the Chester Lake Trail provides spectacular views of Burstall Pass. Visitors can overnight at nearby Mount Engadine Lodge.

Discover the Aspen Parkland

More than 18 km of trails wind through rolling parkland past stands of white spruce and aspen groves at J.J. Collett Natural Area, north of Lacombe, Alberta.

A Walk in the Woods

More than 130 km of maintained snowshoe trails make up the Birchwood Trails in Fort McMurray. The trails provide a close-up look at the boreal forest ecosystem.

Reprinted with kind permission from Travel Alberta



Parks Canada/Adam Greenberg

Hooked on Ice Fishing

Adding a guided ice fishing adventure to a ski holiday is one way to experience Alberta like a local. Fishing guides provide all the equipment, set up a heated shelter and even introduce visitors to the simple pleasure of cooking and eating their own fresh catch.

Calgary Area

Ski or board at Canada Olympic Park or Nakiska and then ice fish near Calgary, Banff, or in Kananaskis Country. The professional guides at Ice Fishing Alberta use the newest techniques in ice fishing. Cutting-edge sonar helps locate the fish and an underwater video camera lets guests observe the exact moment when the fish takes their hook.

Banff Area

Ski the Big Three (Sunshine, Norquay, and Lake Louise) and then go with the specialists at Banff Fishing Unlimited, who have been fishing at Spray Lakes in Kananaskis for more than 25 years. Fish from the comfort of your own heated hut on the frozen lake. They'll even help you cook your catch. Banff Adventures Unlimited offers guided tours from Banff or Canmore and has special tours that combine snowmobiling with ice fishing.



Travel Alberta / Katie Goldie

Jasper Area

Ski Marmot Basin and then fish in Jasper National Park or nearby Hinton. Whether it's northern pike or rainbow trout, the guides from Rocky Mountain Fishing Adventures will teach guests how to land the big ones.

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