

JANUARY 2021



ROCKY RIDGE
ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

**Winter
Programs**

*Happy
New Year*

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@roeoha.ca • www.roeoha.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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Councillor Report

Budget Outcome

In November, Council passed the 2021 Budget that cut property taxes by 1.77%, while still supporting Calgary police funding and addressing the concerns of marginalized Calgarians. Every City department identified budgetary cuts to achieve this goal. The Calgary Police Services (CPS) identified buckets of reductions; \$10M from future growth and \$8M to explore alternative service models for mental health calls.


It's important to note that the Chief of Police along with the Chair and the Board of the Police Commission are independent and proposed their budget to the city. The \$10M was for hiring an additional 60 staff, 30% non-sworn civilian support staff and 70% sworn officers for growth. The CPS is currently hiring and training officers as replacements to replace those lost to attrition and turnover. With COVID-19, the CPS informed Council that they do not have the capacity to hire the additional 60 staff next year, even if they wanted to. To mitigate unknown future hiring concerns for the CPS, Council supported a motion that allows CPS access to further funding for hiring, should it be required. Council also unanimously passed a motion that called on the Province of Alberta to support a joint funding partnership to fund the Community Safety Investment Framework.

Lastly, Council approved a Property Tax Program (PTP), a one-time credit to cap increases for segments of the business warehouse district. Again, the assessment system is broken and requires a more modern approach to dealing with the current and future realities facing all municipalities throughout Alberta. I encourage you to contact your MLA to support Council's request for reform.

Ward Sutherland, Councillor, Ward 1

This Month in History

January 25, 1959
An American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York.



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

Did You Know... These Facts About January

- January's birthstone is garnet, which represents constancy.
- The zodiac signs for January are Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
- The flowers of January are snowdrop & carnation.
- The name January came from the Roman god Janus.
- January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food.
- In the Southern Hemisphere, January is the warmest month.

DID YOU KNOW?

January is the coldest month of the year in the Northern Hemisphere. The equivalent month of January in terms of temperature in the Southern Hemisphere is July!

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



Compost Your Real Christmas tree

Option 1: Put your tree in your green cart

- Cut your tree into small pieces to fit inside your green cart. Make sure the lid can close.
- Put extra branches into paper yard waste bags, roll close and set 0.5 metres (two feet) to the side of your cart.

Trees that are not prepared this way will not be collected.

Option 2: Bring to a tree drop-off December 26 – January 31

Tree drop-offs will be available around the city to compost your Christmas tree.

- Remove all lights, ornaments, tinsel, string and tree stands.
- Do not wrap or bag your tree.

Find a list of locations at calgary.ca/christmastree.

City of Calgary

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



“Deer Ridge - Sibbald” By Carole Westlake

Volunteer Corner

Welcome New Board Members

Our board members would like to give a huge thank you to our previous president, Dino Petrakos for being the RRROCA president for an entire year. We would like to welcome the new president of RRROCA who will be Jason Kellock. Angel Root-Lussier has been part of our board for a while now and we are so happy that she is the Vice President of RRROCA. We would also like to recognize Monique Chaisson for joining us as our newest membership director. Lastly, we would like to thank Krista DeCarle for becoming our Schools Chair from being the Safety Chair.



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.

January Trivia From The Doctor's Office

Did you know that we can have a common cold without even knowing it? It's true!

So let's test your knowledge! On average...

- A: Grown-ups have two to four colds per year, and children get six to ten colds per year.
- B: Grown-ups have three to five colds per year, and children get eight to twelve colds per year.
- C: Grown-ups have six to eight colds per year, and children get six to eight colds per year.



The correct answer is answer "A". Grown-ups on average get two to four colds per year, and children get six to ten colds per year.

It's important to remind ourselves and to remind our kids to constantly wash hands, use hand sanitizer, and avoid touching our hands to our face - particularly our mouth and eye region.

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

Toboggan Safety

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Attempt to cover any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high

Blood Month

While donating blood is important every month, January has actually been deemed as the blood giving month out of the calendar year. So if you are healthy and able, please get out to your nearest Red Cross donation site and donate today. Give the gift of life 2021.



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



- points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, not hot, water, until re-warmed.

Emergency Medical Services, Alberta Health Services

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page XXXXXX



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 based on Government of Alberta restrictions.

The office will be closed on January 1st.

Board of Directors update:

As a correction to the update published in December, three new directors joined the board and took part in the elections held at the November 2020 meeting.

President – Amanda Tischer

Vice President – Madhusudan Rao

Secretary – Collin Smith

Directors at large – Bunmi Oyebanji, Michael Morrison, Gerry Wheeler and Lindsay Parcells

Ice Skating:

At the time of submission, the lake had not sufficiently frozen to allow for ice preparation. **Please be sure to check our website frequently as ice updates will be posted there on a regular basis, as well as on our social media sites** (Facebook and Facebook members page).

At any time, if there are “stay off the ice” indicators please do not approach the ice as the conditions may have deteriorated and be unsafe, or our crew may be grooming the surface.

RRRHA January Update

Due to current COVID-19 restrictions at the time of publishing, please note the following important guidelines:

- Entry is limited to a maximum of 6 individuals from the same member household. No guests are allowed into the park at this time. Please check in at the office upon arrival.
- Physical distancing is required between household user groups. Due to the nature of the activity, it is understandable that this may not always be possible, but we request that to the best of your ability, family cohorts maintain physical distance of at least 6 feet from other user cohorts.
- 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.
- AS PER THE GOVERNMENT OF ALBERTA MANDATORY RESTRICTIONS no outdoor gatherings are allowed. Park access is meant to be limited to the activities available (playground use, skating, tennis and basketball if weather permits) but is not meant to be used for the purpose of gathering.

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 and wish to provide us with an email address for the purpose of receiving the annual invoice, please contact the office via email at info@rrrha.ca.****
We respect that not all members wish to receive ongoing information via email so please indicate if your preference is strictly for receipt of your invoice.

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**

RRRHA January Update

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.

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:

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****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.

Winter Programs

It is our hope that we will be able to offer programs at the Ranch for the Winter session. Our full program listing with dates is available on our website and registration for the Winter session of fitness classes is available online at www.rrrha.ca or through the office.

***Due to the ongoing and ever-evolving conditions and restrictions surrounding COVID-19, we cannot guarantee that the Winter session will proceed, or that there may not be changes to start, or end dates. Please visit our website for the most up-to-date information as it becomes available to us.*

Winter Programs

The session will run from January to March. Registration is available online at www.rrrha.ca or through the office. Please visit our website for the full details and class descriptions.

ADULT CLASSES

BALANCED YOGA

11 classes

Mondays w/ Marcy: Time: 9:30am - 10:45am

January 11th – March 29th, excluding February 15th

\$140.00 for members; \$155.00 for non-members

Minimum 5 participants

PILATES *NEW TIME*

11 classes

Mondays w/Laurie: Time: 6:30pm - 7:20 pm

January 11th – March 29th, excluding February 15th

Cost: \$135.00 (member); \$150.00 (non-member)

Minimum 5 participants

THERAPEUTIC YOGA FOR A BETTER BACK

12 classes

Tuesdays w/ Vanitha: Time: 7:30pm - 8:45pm

January 12th – March 30th. \$150.00 for members; \$165.00 for non-members. Minimum 6 participants

50+ YOGA

12 classes

Wednesdays w/ Vanitha: Time: January 13th – March 31st

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

Minimum 6 participants

RRRHA January Update

HATHA YOGA – ALL LEVELS

12 classes

Thursdays w/ Vanitha: January 14th – April 1st

Time: 9:00am - 10:30am. Cost: \$160.00 (member); \$175.00 (non-member). Minimum 6 participants

THERAPEUTIC YOGA FOR A BETTER BACK *NEW*

12 classes

Thursdays w/ Vanitha: Time: 7:30pm - 8:45pm

January 14th – April 1st. \$160.00 for members; \$175.00 for non-members. Minimum 6 participants

Other Programs At The Ranch

CALGARY GOJUKAI KARATE: Please visit <http://calgarygojukai.com/> to sign up for child and adult Karate classes.

DEBORAH LAXTON SCHOOL OF DANCE: To register for child and adult dance lessons visit: <https://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 <https://www.sportball.ca/calgary/to/register>.

Sudoku Corner Solution

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

Photographers Corner



“West Bragg Creek” by Carole Westlake

Your Calgary Fire Department Wants You to Stay Safe and Warm This Winter!

Home-heating fires can be devastating, but fortunately, most are preventable, just by taking some simple precautions and making sure you're using your home heating equipment properly.

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home. Interconnect all smoke alarms throughout the home so that when one sounds, they all sound. Test smoke alarms at least once a month.
- Be sure your home has both photoelectric and ionization smoke alarms or combination ionization and photoelectric alarms, also known as dual sensor smoke alarms.
- Practice your home fire escape drill.
- Have your chimney inspected each year by a qualified professional and cleaned if necessary.
- Use a sturdy fireplace screen.
- Allow ashes to cool before disposing. Dispose of ashes in a metal container.
- Space heaters need space. Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.
- Turn portable heaters off when you go to bed or leave the room.
- Plug power cords only into outlets with sufficient capacity and never into an extension cord.
- Inspect for cracked or broken plugs or loose connections. Replace before using.
- Install and maintain a carbon monoxide alarm outside each separate sleeping area, on every level of the home, and other locations as required by laws, codes or standards.
- Never use an oven to heat your home.



For more fire safety tips visit: calgary.ca/fire.

City of Calgary

Helping Manage Anxiety After Loss

Loss is difficult—even more so during a pandemic. Worry and anxiety can develop after a major loss. Anxiety is a general feeling of tenseness or uneasiness. Anxiety can cause physical symptoms, such as an upset stomach or a headache. It can also cause you to act in ways that are unusual for you, such as being more demanding, less patient, or more irritable.

Worries and anxiety can sometimes seem to take over your life, making you feel like everything is falling apart at the same time. You may need to slow down and take things one at a time. If you are feeling overwhelmed, ask for help from someone you trust.

You can manage your worry and anxiety by:

- **Talking or writing** about the things that are bothering you. Even if you are not sure what is bothering you, finding words for your feelings often helps you figure out what is causing your anxiety.
- **Taking charge** of whatever you can. Making plans to deal with your day-to-day activities and concerns helps relieve the worry and anxiety that springs from a sense of insecurity. However, resist the urge to make major life decisions when you are anxious or worried.
- **Allowing other people to do** some things for you that you would normally do yourself. This may be difficult. If worries and concerns are interfering with your ability to take care of personal needs such as getting groceries and other responsibilities, ask for help from others. Allowing other people to help you, such as dropping off groceries, also helps them, because it gives them an opportunity to show their care and concern for you.
- **Asking for comfort.** You may need to talk to someone you trust to help you feel less anxious and worried. Talk to someone you trust. This is not a sign of weakness—it is a sign that you are aware of your need and you are taking good care of yourself.

If intense worries and high anxiety last longer than a few days, talk with your health professional or a mental health professional. Counselling, medicine, or a combination of the two may help you manage anxiety that makes it difficult for you to function.

Help is available by calling the Mental Health Helpline 1-877-303-2642 or visiting www.ahs.ca/helpintoughtimes.

Alberta Health Services

Your 2021 Property Assessment Arrives in January

Annually, The City of Calgary assesses more than 500,000 properties in Calgary in compliance with the Municipal Government Act and regulations set by the Government of Alberta and mails property assessment notices. On January 14th your 2021 property assessment notice will be mailed and the 2021 Customer Review Period will begin. We prepare annual market value assessments for the purpose of fair and equitable tax distribution.

Your 2021 property assessment value will be used to calculate your share of taxes. Your value is based on the real estate market on July 1, 2020 and the physical condition of the property on December 31, 2020.

When you receive your assessment notice be sure to review it.

If you have questions about your assessed value these steps can help you complete a self-review:

1. Review your notice for factual errors. If found, contact The City and we will correct them.
2. Log on to your secure Assessment Search account (calgary.ca/assessmentsearch). While logged on you can review your property's details, compare your property's assessed value with similar properties in your area to ensure fairness, and review real estate market trends.
3. Understand your tax implication. The City offers a preliminary property tax calculator to help property owners estimate their upcoming taxes. Please visit calgary.ca/taxcalculator.

Still have questions?

We're here to help. Contact us during the Customer Review Period and one of our property assessment experts will help you. Call 403-268-2888 or visit calgary.ca/assessment.

City of Calgary

What Should I Do If I Think I Have COVID-19?

- If you have returned from travel outside of Canada or have been in close contact with a known case you **MUST** self-isolate for 14 days following your return/exposure and monitor yourself for symptoms.
- If you have symptoms you **MUST** self-isolate for 10 days after the onset of symptoms and until your symptoms have resolved (whichever is longer).
- Complete the COVID-19 Self-Assessment to determine if you should receive testing for COVID-19. As of October 14, 2020 drop-in testing is no longer available.
- If you are quarantined because you recently came back from outside the country, or you are a close contact of a confirmed case of COVID-19, you must remain on your own property. Under no circumstance should you leave your property during the 14 days of self-isolation.
- Most of Alberta's family physicians are continuing to provide services during COVID-19.
- Patients should continue to consult with their family physician for non-urgent health concerns, including care for chronic conditions and any new health concerns unrelated to COVID-19.
- Please call your physician's office before attending in person to determine whether in-person or virtual care is the best option. If you do not have a family doctor, please visit AlbertaFindADoctor.ca.
- If your symptoms worsen, have concerns about your health or questions about COVID-19, call 811.
- Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

If you are in mandatory self-isolation:

- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory self-isolation.
- You can get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.
- If you live in an apartment building or highrise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least two metres away from your closest neighbour's, you may go outside on the balcony.
- This directive is consistent with the new federal requirements under the Quarantine Act.

Alberta Health Services

DID YOU KNOW??

The New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.

