



ROCKY RIDGE ROYAL OAK

Your Community Newsletter since 2005

VIEW

Suburban Journal

Happy
St. Patrick's
Day

**Volunteer
from Home!**



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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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- 32 Calgary communities
- more than 80,000 homes
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- Unlimited response

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Councillor Report

Residential Speed Limit

On February 1, 2021, Council voted to reduce speed limits from 50 kph to 40 kph on residential roads only. Residential roads are the roads in front of most houses, typically have no center line, and have less traffic. Collector roads have residences, schools, businesses, green spaces, typically have a center line, and are often bus and snow routes. Collectors' and thoroughfares' speed limits will remain the same.



Unfortunately, there is widespread misinformation being circulated to citizens that this reduction of residential speed limits will turn Calgary into a "playground zone". This is not true. Playground zones are 30kph and the residential zones will be 40 kph. Note that speed limits on other roads are not changing. Please remember that drivers and pedestrians share the responsibility to keep everyone safe.

Council also voted to develop a protocol and matrix to look at specific roads, with input from the Community Associations and residents. The mapping suggestions are not written in stone and can be adjusted. To look at which roads may potentially be affected, visit: www.calgary.ca/transportation/roads/traffic/traffic-safety-programs/residential-speed-limits.html

Did you know my monthly report in your community newsletter is only a fraction of the information I send to residents? Stay up-to-date on community and municipal events, sign up for my newsletter at www.calgary.ca/ward1

Ward Sutherland, Councillor, Ward 1

"The best preparation for tomorrow is doing your best today."

– H. Jackson Brown, Jr.

Photographers Corner



By Carole Westlake

DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



Can You Recycle Clothing, Shoes and Textiles? Yes!

As you start your spring clean, don't put textiles in the garbage! There are many ways to keep clothing, shoes and textiles out of the City landfills.



- Clothing and shoes Donate usable clothing and shoes to local charities or drop-off charity bins near you. Be sure to contact them first to find out what types are accepted. If the charity bin is full, don't leave it outside - only materials in the bins are accepted. Instead, hang onto your donation or take it to another bin.
- Recycle clothing and textiles for free at a City landfill, even if it's damaged. Our Throw 'N' Go accepts a variety of textiles including outerwear, shoes, reusable shopping bags, purses and backpacks, and more. Just make sure fabrics are clean and dry and place items in a bag before dropping off. If you bring other garbage in your load, landfill charges will apply.
- Repurpose old cotton shirts by cutting into rags for household chores such as cleaning or automotive work. Textiles also make great projects and crafts with many patterns available online: sew quilts from denim and flannel, handkerchiefs from old t-shirts, or cushion covers from curtains.

Not sure how to properly dispose of an item? Visit calgary.ca/whatgoeswhere for answers to hundreds of items.

City of Calgary

DID YOU KNOW?

Did you know that if you are a March baby, that your birth flower is the daffodil? It's true! And March babies are spoiled because they get not one, but TWO birthstones. They get aquamarine, and bloodstone which symbolizes courage.

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

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

March Trivia From The Doctor's Office

Most people know that when babies come out of the womb, they wail, howl, and even scream. But this is where I am going to test your knowledge a little bit! Do newborn babies cry?

A: Yes, they do cry. But they physically cannot cry more than six times a day.

B: No. Newborn babies are incapable of crying.

C: Only some newborn babies cry. Some actually do not ever cry, but it is only 0.05% of newborn babies.

The correct answer is answer is - drumroll please – answer "B". Newborn babies actually do not cry! Not ever! It makes me smile to think that some parents of newborn babies do not even know this. Babies howl and scream for what they want and need, but they actually never cry. Tears are not able to be released or even created in a newborns body for about three weeks. Why? That is because their tear ducts aren't fully developed when they are first born. They produce just enough moisture to keep their eyes healthy. That being said, they won't be able to shed a proper tear for several weeks after being born. And some babies, although very rare, do not drop their first tear until they are four or five months old.

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

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.

Vice President

Assist in developing and maintaining positive relations among the Board, committees, staff and community to enhance RRROCA'S mission. Act as leader in the absence of the President/Chairperson. Assist President whenever possible, works closely as a consultant and advisor.
Time commitment: 10 hours/month

Volunteer Chair

Keep community members informed of volunteer opportunities through emails, website and monthly newsletter. Recruit board and committee members as needed. And other related work as required.
Time commitment: 12-15 hours/month

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

Administration Assistant:

With direction from the Secretary, assist with mails and messages and other required by board members.
Time commitment: 2-5 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

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

Social Media Lead

Administrate the creation and publishing of relevant, original, high-quality content. Be an advocate for RRROCA in social media spaces, engaging in dialogue and answering questions where appropriate
Time commitment: 8-10 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.

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

The City's calgary.ca Map Gallery

It's a winter like no other in Calgary and the City's Map Gallery still offers up reliable information to help get you out and about, while keeping you safe.

The Pathways, Bikeways and Walkways map displays the pathways and sidewalks, as well as snow and ice controls by The City of Calgary. It also includes information about proposed future work on Calgary's bikeway and pathway system. The map can be found in The City's Map Gallery: maps.calgary.ca/PathwaysandBikeways.

Also of interest to Calgarians, the Snow and Ice Road Conditions map shows the progress of snow clearing operations, priority routes, and traffic camera images. We're not through winter yet! The Road Conditions map

can also be found on The City's Map Gallery: maps.calgary.ca/RoadConditions.

As a growing city and one that moves, Calgary's Ring Road makes our road network better and provides more options to get around Calgary. Overall, it shortens travel time between communities and popular destinations in and outside our city. Have a look at the Calgary Ring Road Map on the Map Gallery before heading out on it. The Calgary Ring Road Map can be found at: maps.calgary.ca/calgaryringroad.

Check out all our Map Gallery maps at maps.calgary.ca.

City of Calgary



Photographers Corner



“Convergence (Rocky Ridge YMCA)” by Mike Smith

Burns and Scalds

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on



a child;

- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

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.

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

Answer on Page **XXXXXX**

DID YOU KNOW??

Saint Patrick's Day is a cultural and religious celebration that happens annually on 17 March to mark the death date of the most commonly-recognised patron saint of Ireland, Saint Patrick.



Little Libraries

What:

A Little Library is small and free and whatever shape you'd like it to be. The idea is that the Little Library sits on your lawn or in a public space where neighbours can take a book or leave a book.

Purpose:

- Neighbours get to know one another by gathering around the library
- Encourages reading for adults and kids
- Help build momentum for your community association's programs and services
- Engages the community by offering participation in little libraries
- Encourage positive use of the community and its assets
- Proactive community-based crime prevention

Checklist:

Before:

- Find a home for your community's Little Library. This can be on your property or in a public place like a park or community association. If you choose a public place, ensure to get permission from the landowner or the City.
- Choose a steward to take care of the Little Library. This can be one person or a couple people who will be in charge of making sure the Little Library is cleaned, stocked and inviting for the public.
- Build the Little Library or purchase one from www.littlefreelibraries.org. Get creative! Little Libraries can look like telephone booths, bird houses, mailboxes, etc.
- Call Alberta One Call or go to their website www.albertaonecall.com to have someone ensure that the area for your Little Library is safe to dig.
- Collect books from family, friends, or neighbours.
- Assign the role of advertising to 1-2 individual(s). Consider newsletter articles, bulletin boards or the community association website.

Ongoing:

"Always turn a negative situation into a positive situation."
- Michael Jordan



- Stewards will be in charge of cleaning and stocking the Little Library. This will be their ongoing responsibility after the Little Library is installed. Be sure the stewards have a stock pile of books for restocking.

Key Consideration:

- Little Libraries can be registered internationally at www.littlefreelibraries.org for the cost of \$34.95. To have your Little Library placed on a Calgary map for free, email yyclittlelibraries@gmail.com
- Consider planning a block party for an inaugural celebration of your community's Little Library. Check out Love Where You Live: Host a Block Party! in the Building Safe Communities' Virtual Resource Centre at www.calgarycommunities.com.

For more information on Little Libraries check out the Federation of Calgary Communities' resource Little Libraries.

A message from the Federation of Calgary Communities

Sudoku Corner Solution

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



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.

Ice Skating:

*At the time of publishing the ice was nicely frozen and well maintained.

Please note that helmets are recommended while skating. The ice has been divided into separate areas for hockey and skating, and we ask that sticks and pucks be kept off the public skating area. If the "Keep off the ice" signs are present, we ask that all members refrain from getting on the lake.

All COVID guidelines remain in place and are posted on our website.

Upcoming RRRHA Programs:

Provincial restrictions were eased as of February 8th to allow return to sport/activities for youth 18 years and younger. No changes were made to restrictions for adult classes and activities beyond the ability to have one-on-one training. At this time it is unknown when programs will resume at the Ranch but it is hopeful that the Spring session will begin in April. Further details to be posted online.

In Our City

Maximize Your Water Savings With a Rain Barrel

The cost of watering your yard can account for 30 to 40 per cent of your annual water bill. Using a rain barrel helps you conserve water and save money, all while keeping your plants healthy with soft, non-chlorinated rain water.



How do I choose a rain barrel?

Look for a sealed barrel equipped with:

- An overflow mechanism, such as a diverter, for use with your existing downspout
- An additional outlet and hose to redirect water to plants or trees from the barrel once it's full
- A drain or tap near the bottom to fill a watering can

You can use one barrel or set up a network of multiple barrels to increase your savings.

Setting up your rain barrel

Locate the downspout most convenient for barrel placement. If your rain barrel didn't come with its own stand, set it on some concrete blocks or flagstones for extra stability. Read the installation instructions that come with your rain barrel carefully, and refer to the barrel manufacturer or retailer for support.

Please visit calgary.ca/yardsmart for more information on rain barrels, conserving water and gardening in Calgary.

City of Calgary

DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



Moving Toward a Heart-Healthy Life

If you are trying to move toward a heart-healthy lifestyle, your journey begins in the kitchen – and by being active. Eating heart-healthy food can help lower your risk of heart disease. So can regular exercise. Here are some suggestions:



Choose higher-fibre foods, which include:

- Whole-grain foods such as breads, hot or cold cereals, crackers. Just look for “whole grain” in the ingredient list on food packages
- Whole grains such as barley, millet, quinoa, bulgur and oats.
- Dried cooked beans, peas and lentils. Use these instead of meat at some of your meals.
- Vegetables and fruits. Choose vegetables and fruits at every meal and snack.

Choose healthy fats.

- Every day, include a small amount (2 to 3 Tbsp or 30 to 45 mL) of olive oil, canola oil, peanut oil, sunflower oil or soft non-hydrogenated margarines made from these oils.
- Eat fatty fish at least two times a week.
- Choose up to 1/3 cup (60 mL) of nuts as a snack, or add to a salad.
- Add ground flax, chia or hemp seeds to yogurt, hot cereals, salads or baked goods such as bread or muffins.

Be active every day.

Activity helps to lower your risk for heart disease and other diseases. It may help lower your LDL cholesterol and triglycerides, and may help increase your HDL cholesterol. Activity also makes you stronger and gives you a better quality of life.

- Be active for at least 30 minutes, five to seven days a week.
- Start with a few minutes per day, and build up to 30 minutes.
- Aim for at least 150 minutes (2 ½ hours) a week of activities that make your heart beat faster, such as brisk walking, swimming, bike riding, sports or running. You

should breathe faster but still be able to talk.

- On at least two days a week, do activities to strengthen muscle and bone such as:
 - Heavy hard work
 - Lifting weights
 - Yoga

If you haven't been active for a long time, talk to your doctor about your activity plans before you start.

Alberta Health Services

Moving Past an Eating Disorder

The first week of February is National Eating Disorder Awareness Week. People who have an eating disorder often become preoccupied with negative thoughts about themselves. It is often hard for them to think healthy or balanced thoughts. Although it is impossible to stop all negative thoughts, you can reduce these thoughts with a few simple techniques. Here are some suggestions for you:

- Remember that your goal is to feel better with each passing day. Ask someone you trust to remind you of that when you are feeling hopeless.
- Every day make one encouraging statement to yourself. For example, say to yourself, "Every day, I am taking better care of myself and my body."
- Remind yourself that you can do this. Say to yourself, "I am a capable person."
- Distract yourself for awhile. Play with your pet, write a "thinking-of-you" note to a friend, listen to an empowering song, or imagine putting your negative thoughts in a box and sealing it shut.
- Accept the thought as your experience, knowing that your thinking took some time to form this pattern. It will take some time to learn to think in a different way. Try mindfulness-based stress reduction to help you with accepting difficult situations and experiences or negative thoughts and feelings.
- Spend time with other people. Get to know them. Do not spend time repeating negative things to yourself.
- Make a list of your accomplishments, such as things you have recently learned, things you have recently done that were hard for you, or things you have changed about yourself.
- Make plans to do something you have been wanting to do, such as visit a new store or see a certain movie.
- Ask your doctor for additional help. You may also call Health Link at 811 to speak with a registered nurse.

Alberta Health Services

Spring Ahead and Make Sure Your Smoke and Carbon Monoxide Alarms are Working!

When the time changes to daylight savings this spring, in addition to moving your clocks ahead, make sure your home's smoke and carbon monoxide (CO) alarms are in good working condition by pressing the test button.

Working, and properly placed, smoke and CO alarms save lives. Have working smoke alarms on every level of your home, both inside and outside every sleeping area and have working CO alarms on every level of your home, close to sleeping areas. These are two of the easiest things you can do to keep your family safe.

CO is called the invisible killer because you cannot see or smell it. This poisonous gas can come from many sources, including cars, malfunctioning fuel-burning appliances like furnaces, ranges, water heaters and room heaters; as well as engine-powered equipment like portable generators. Burning charcoal in fireplaces or in barbeque

grills inside a home, or in semi-enclosed areas can also result in lethal carbon monoxide levels.

At low levels, CO poisoning symptoms include dizziness, headache or flu-like symptoms. At high levels, they can cause mental confusion, vomiting, and even death. At extremely high levels, it is possible to lose consciousness suddenly without experiencing any other symptoms. Sustained exposure can quickly incapacitate and kill you.

Smoke alarms alert you to any smoke in your home. Replace the batteries in your alarms according to the manufacturer's recommendations and test alarms once a month to make sure they are working.

For more information, and other fire safety tips, visit calgary.ca/csps/fire/safety-tips/fire-safety-and-prevention.html

City of Calgary



Calgary's Risk and Disasters

Emergency situations often occur without warning. They can happen anytime, anywhere. If you know what the different risks are that exist in Calgary, you can be empowered to take action to prepare and protect yourself and your family.

Calgary is vulnerable to several disaster-related risks due to the range of hazards and threats that exist in our geographical landscape. Six of the 10 costliest disasters over Canadian history have occurred in Alberta. Hazards such as flooding, winter storms, hail, infrastructure failures, chemical spills, and tornadoes, to name a few, can have significant consequences to our economic, natural, social and government systems.



Knowing what risks exist in Calgary will empower you to take action to prepare for emergencies and disasters, understand what to do during these situations and what to expect afterwards. Citizens have a responsibility to act when it comes to preparing for a disaster or emergency. To learn more about getting prepared visit calgary.ca/getready

The Calgary Disaster Risk Explorer provides information on the hazards that potentially pose the greatest risk in our city. This website is intended for residents to better understand disaster risk in Calgary, learn about their impacts and promote behaviour changes for a more resilient community: maps.calgary.ca/DisasterRiskExplorer/

City of Calgary

How to Recognize and Deal With Anxiety

Feeling worried or nervous is a normal part of everyday life. Everyone frets or feels anxious from time to time. Mild to moderate anxiety can help you focus your attention, energy, and motivation.

If anxiety is severe, you may have feelings of helplessness, confusion, and extreme worry that are out of proportion with the actual seriousness or likelihood of the feared event. Anxiety affects the part of the brain that helps control how you communicate. This makes it harder to express yourself creatively or function effectively in relationships.

Overwhelming anxiety that interferes with daily life is not normal. This type of anxiety may be a symptom of generalized anxiety disorder, or it may be a symptom of another problem, such as depression.

Physical symptoms of anxiety include:

- Trembling, twitching, or shaking.
- Feeling of fullness in the throat or chest.
- Breathlessness or rapid heartbeat.
- Light-headedness or dizziness.
- Sweating or cold, clammy hands.
- Feeling jumpy.
- Muscle tension, aches, or soreness.
- Extreme tiredness.
- Sleep problems, such as the inability to fall asleep or stay asleep, early waking, or restlessness (not feeling rested when you wake up).

Emotional symptoms of anxiety include:

- Restlessness, irritability, or feeling on edge or keyed up.
- Worrying too much.
- Fearing that something bad is going to happen; feeling doomed.
- Inability to concentrate; feeling like your mind goes blank.

You can help prevent anxiety attacks:

- Avoid caffeine, especially in coffees, teas, colas, energy drinks, and chocolate.
- Do not smoke or use smokeless (spit) tobacco products. Nicotine stimulates many physical and psychological processes, causes your blood vessels to constrict, and makes your heart work harder.
- Exercise during the day. Even a brisk walk around the block may help you stay calm.



- Talk with your doctor about your symptoms of anxiety or panic. A licensed counsellor or other health professional can help you find ways to reduce your symptoms with techniques such as biofeedback, hypnosis, or cognitive-behavioural therapy.

Alberta Health Services

Did You Know About The Gummy Bear That Prevents Cold And Flu?

Elderberries. Have you heard about them?

If not, let me let you in on a little secret!

Elderberries, although been around for years, is an incredible immune boosting prevention hack that not many people know about! You can take the elderberry supplement in the form of gummies, drops, chewable vitamins, and swallow pills! These berries and flowers of the elderberry are jam-packed with antioxidants and vitamins that will boost your immune system, which we need now more than ever before. This incredible supplement also can help tame inflammation, lessen stress, and can actually help protect your heart, too. When taken on a regular basis, this incredible supplement can also lessen your chances of getting a cold or flu. If you are interested in trying this immune boosting life hack, you can pick up this supplement in the ingestible form of your choice at most drug stores and even some grocery stores. So why not give it a try? You have nothing to lose and only your health to gain.



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

Frozen Falls Create A Sparkling Winter Playground

Gazing at the pillar of ice before me, I try to imagine the rushing glacial waters of Grotto Falls in warmer months. The frozen waterfall is now a playground for professional ice climbers, wearing brightly coloured winter jackets and toques. Warm light from the late-morning sun washes into Grotto Canyon, creating a spectacular effect. My children of course are keenly focused on the hot chocolate and buttery maple cookies our guide, Alan, is handing out.

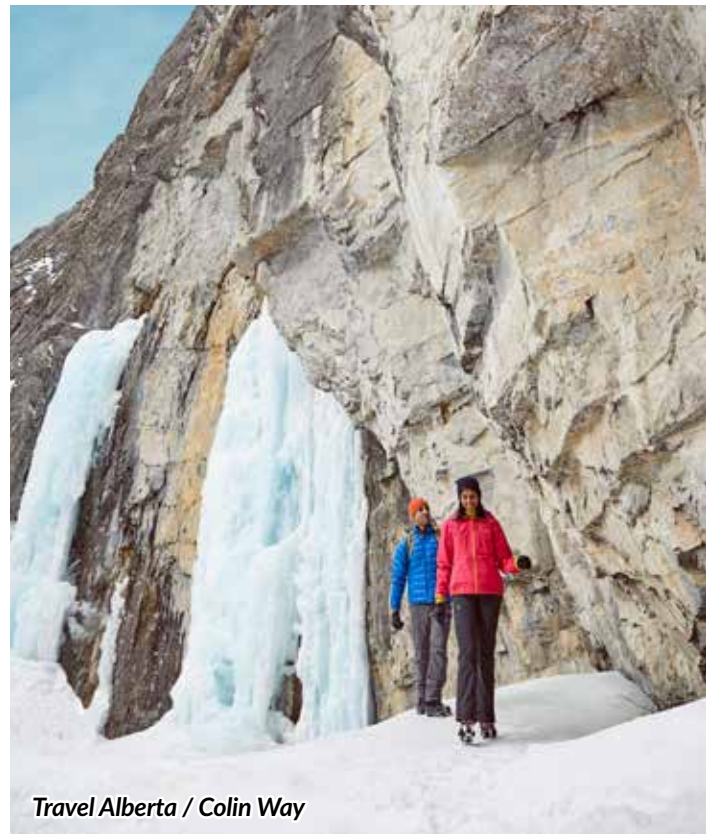
We let each of the kids choose a new winter activity for the family to try. Yesterday we spent an afternoon at the Canmore Nordic Centre learning how to cross-country ski. It was our first time visiting the 1988 Winter Olympic Games venue, but surely not our last. This morning we've embarked on a Grotto Canyon Icewalk – about a 10 minute drive east of the town of Canmore in the front ranges of the Canadian Rockies.

A Lesson in Geology

Discover Banff Tours provides a shuttle service from hotels in Banff and Canmore. Upon arrival, our guide, Alan, gave each of us a pair of ice cleats and hiking poles to help with grip and balance on the slick surface. The route covers 4 km (2.5 mi) and has minimal elevation, which makes it a comfortable walk for almost all fitness levels. Children are welcome, but must be at least eight years old to participate. As we walked along the winding frozen creek bed, past a forest of small and unusually shaped trees, Alan talked about the area's geology. Millions of years ago the canyon's uniquely curved limestone walls were far below sea level. The further into the canyon we ventured, the narrower the passageway became.

Rich in Aboriginal History

While I'd been anticipating fresh alpine air, spectacular scenery and outstanding views of the Three Sisters peaks, I was truly surprised when we stopped at a cliff wall displaying time-worn Indigenous pictographs. The artwork is estimated to be between 1,000 and 1,500 years old. It's thought that the Hopi, from the southwestern United States are responsible for the paintings that include both animal and human forms. One of the images is said to be a Kokapelli (flute player) painted in ochre – a natural earth pigment used only by the Hopi. It's fascinating to think that people indigenous to Arizona, might have traveled thousands of kilometres on foot to the Canadian



Travel Alberta / Colin Way

Rockies.

My mind wanders back now to the ice climbers above. Perhaps next year we'll give it a try.

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Ice Walking

Who needs long walks on the beach when there's frozen canyons begging to be trekked? Check out that winter sunshine sparkling on a frozen creek.

- **Good to know:** Guided ice walking tours come with steel ice cleats. That means slipping hazards are minimal. Cool geological and historical facts come standard, too.
- **Day or night:** What's cooler than a daytime guided ice walk through canyons? The same tour under the stars. And you get to keep your headlamp after.
- **Solo:** Bring your own ice cleats to walk the frozen path of Grotto Canyon near Canmore.

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