

MAY 2021



ROCKY RIDGE  
ROYAL OAK

VIEW

*Your Community Newsletter since 2005*

Suburban Journal

**Window &  
Balcony  
Safety**

*Happy,  
Mother's Day*



## Community and Residents Associations

### Rocky Ridge Royal Oak Community Association

403-879-2820 • [communications@rrroca.org](mailto:communications@rrroca.org) • [www.rrroca.org](http://www.rrroca.org)

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW  
Calgary, AB T3G 4G1  
403-547-6633 • [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca) • [www.rrrha.ca](http://www.rrrha.ca)

### Royal Oak Estates Homeowners Association

[info@roe-ha.ca](mailto:info@roe-ha.ca) • [www.roe-ha.ca](http://www.roe-ha.ca)

### The Cascades in Royal Oak Residents Association

Email: [contact@cascadesroyaloak.com](mailto:contact@cascadesroyaloak.com)  
Website: [cascadesroyaloak.com](http://cascadesroyaloak.com)

### Elected Officials

**Ward 1 Councillor:** Ward Sutherland  
403-268-2430  
[ward01@calgary.ca](mailto:ward01@calgary.ca)

**MLA:** Sonya Savage  
403-297-7104  
[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)

**MP:** Pat Kelly, Calgary Rocky Ridge  
403-282-7980  
[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

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

### Advertising Sales:

Phil: 403-660-7324 ..... [phil@suburbanjournals.ca](mailto:phil@suburbanjournals.ca)  
The ad booking deadline is the 14th of the month prior to the distribution month.

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## Councillor Report

We have received inquiries regarding the Ascension Bears paw Development Proposal in Tuscany. I have heard from Tuscany residents who like the idea of more amenities and others who are worried about traffic. The intersection of Crowchild Trail at 12 Mile Coulee Road already has lineups in the morning coming in from the west into Calgary to work and adding a retail space, will add to that stress. The landowner is willing to participate in the costs of intersection upgrades, but details need to be worked out. The questions that remains is who will pay for the upgrade of this intersection in order to manage the traffic properly? Currently, there is not a defined program between counties and the city.

The consultation for the Ascension Bears paw development proposal began in 2017 by Highfield Land Management, with the plan subsequently being put on hold and revised. The revised plan was resubmitted to Rocky View Council last September (Project Updates – Ascension Conceptual Plan in in Bear paw ([highfieldbears paw.com](http://highfieldbears paw.com))). The plan was presented to the Rocky View County Council on April 20, 2021. If the plan is approved in general by Rocky View Council, then it goes to the Calgary Metropolitan Region Board for review for final overview, before going back to Rocky View County.

As this proposal develops, I will continue to communicate with residents through my City of Calgary website and monthly community newsletter. Visit [www.calgary.ca/ward1](http://www.calgary.ca/ward1) for future updates.

**Ward Sutherland, Councillor, Ward 1**

## RRROCA Spring Soccer

Registration for the RRROCA Spring soccer season is now open. Teams are being set up for ages 2 to 18 years old, and are being run in cooperation with SoccerTech, a recognized Calgary Minor Soccer Association not for profit group, dedicated to building up youth soccer in Calgary.

Please make sure you have a valid RRROCA membership before proceeding to the registration site below. Memberships can be purchased or renewed online, only one membership needed per family.

To register visit <https://rrrosoccer.wordpress.com/>



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## 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](http://rrroca.org) to sign up for a membership, or email [membership@rrroca.org](mailto: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 Monique Chiasson at [membership@rrroca.org](mailto: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

## Introducing Our New Volunteer Chair

My name is Koji Phung and I am a high school student in grade 11. I was most recently granted the position of Volunteer Chair. I am very grateful for this. I hope to serve the community as best as I can, especially amidst the pandemic, which has taken an immense toll on many in the community.

My hobbies are playing badminton, and reading. The former is not an option these days, but the latter most definitely is. I love literature, as it opens the mind to think from different perspectives, which aids in critical thinking.

I chose to volunteer at RRROCA specifically, as I felt that I wanted to volunteer at a place which would help the Rocky Ridge and Royal Oak communities as a whole, as we have all been affected by this pandemic one way or another.

I strongly believe that with the unity of our communities, we can overcome hardship. Please have a wonderful day.





## 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](mailto: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](mailto:volunteerlead@rrroca.org) to sign up.

## Did You Know... These Facts About May

- The birthstone of May is the emerald.
- The birth flower is the Lily of the Valley.
- The two zodiac signs in May are Taurus (April 20 – May 20) and Gemini (May 21 - June 20).
- May was named for the Greek goddess Maia. She was the goddess of fertility.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
- In any given year, no other month begins or ends on the same day of the week as May does.
- Mother's Day is celebrated on the second Sunday of May

# Protecting Bowmont Natural Environment Park

Residents living in Calgary's Bow River Valley can help to protect the future vision of a continuous greenway from the downtown along the river out to the city limits. Approved development plans for the area, including the Haskayne Legacy Park, will help to connect Calgary communities with Glenbow Ranch Provincial Park all the way to Cochrane.

Bowmont Natural Environment Park is an important part of this protected corridor used by cyclists, pedestrians, and wildlife. Biodiversity of the park needs to be maintained to remain a viable urban natural environment feeding other inner-city parks, including Nose Hill Park and Edworthy Park. There is an established wildlife corridor from 12 Mile Coulee natural area (in Tuscany), under Stoney Trail through recently constructed pedestrian tunnels, across the natural lands of southern Scenic Acres, and then across Nose Hill Drive into the western boundary of Bowmont Park. This wildlife corridor includes crossing through the lot at 5651 Nose Hill Drive NW facing Silver Springs community. It is essential that Bowmont Park remains connected to its western city limits.

For decades, the 2-acre triangle of greenspace at 5651 Nose Hill Drive NW and the decommissioned lands along the western boundary of Bowmont Park have remained undeveloped and allows wildlife, walkers, and cyclists to access Calgary's extensive regional pathway system. Any development in this lot will require re-extending 85th Street north from Bearspaw Dam Road NW and paving over the green space along the eastern fence of the Alberta Forestry Offices. In addition, there would need to be a complicated traffic circle to allow four roads to connect just north of the CPR bridge.

The greenspace is also an important crossroads for people and animals wanting to move between the north and south sides of the Bow River valley. Students living in the communities north of the river going to school in Bowness cross the bridges in this region daily, as do commuters using 85th Street NW as an alternative to Stoney Trail NW, especially when traffic becomes backed up. Re-extending 85th Street with a traffic circle in this greenspace

will create safety challenges for area residents including those trying to access the large local off-leash dog park.

Though area residents assumed the greenspace at 5651 Nose Hill Drive NW was city land, it was owned by the developer since 1995, when it was severed from Scenic Acres due to Nose Hill Drive being redirected to connect with Stoney Trail. It wasn't until 2016-2017 that Marquis Communities Development (developers of Scenic Acres) requested the rezoning of the land from S-FUD (future urban development) to M-H1d225 (multi-residential high-density up to 8-storey development). After two open houses with limited attendance and limited awareness among area residents, city council approved the land redesignation in 2018. Marquis then sold the land to another developer working with Avison Young real estate in March 2020. For sale/for lease signs then went up in the Fall of 2020.

The new owners have expressed interest in building a large mixed residential-commercial complex that will face onto Silver Valley Road. Underground parking access will be via a re-extended 85th Street, that would not connect to Nose Hill Drive or Silver Springs. The result will sever the current major wildlife corridor into Bowmont Park, as well as increasing pedestrian and cyclist traffic conflict with cars leaving the new build, driving south to a traffic circle with Bearspaw Dam Road. Wildlife would be left with a narrow residual corridor under the Bow River bridge from south side of the river.

The development permit application is expected this year with projected completion of an 8-storey building in 2023, if approved by city council. It will act as a precedent for future development of the NE portion of the Bearspaw East region, if the Alberta Forestry Offices move. For further information on potential impacts, visit the website below. See: [www.ProtectBowmontPark.wordpress.com](http://www.ProtectBowmontPark.wordpress.com)

**Rudy Zimmer (resident of Silver Springs since 2001).**



# Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

## Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens’ reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

## Balconies

- Do not underestimate a child’s ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

## Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.

**"Joy is the simplest form of gratitude."**

**– Karl Barth**



- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.  
[www.windowssafety.ca](http://www.windowssafety.ca)

*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.

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

Answer on Page **XXXXXX**



## Reduce Your Flood Risk. Be Prepared.

Calgary is at most risk of river flooding from May 15 to July 15. This year's mountain snowpack is above average, but we don't typically see river flooding from snowpack alone. Depending on how quickly the snow melts and if there is heavy rainfall, floods can happen quickly, so it's important to be prepared.

### We're ready

While the COVID-19 pandemic has changed how we are approaching our annual flood preparations, it hasn't changed what matters: we're prepared and have resources in place to respond. The City is monitoring weather and river conditions 24/7 to provide early warning and improve response. Our dedicated teams have stockpiled materials for riverbank protection and temporary barriers, completed testing and preparation of outfalls, lift stations and pumps, and held response exercises.

### Since 2013 we've reduced Calgary's flood risk by half

Many projects are complete, with more underway. For instance, higher steel gates at Glenmore Dam double the capacity of the Glenmore Reservoir. Flood barriers stretching from the Peace Bridge to Eau Claire Plaza and at the end of Heritage Drive provide 2013-level protection to critical infrastructure.

### Three ways you can be ready

- **Understand.** Know your flood risk whether you live, work or spend any time around our rivers.
- **Be prepared.** Take steps to reduce flood damage and be prepared if you need to evacuate quickly.
- **Stay informed.** Follow local media and The City on social media and register for emergency alerts.

Visit [calgary.ca/floodinfo](http://calgary.ca/floodinfo) for more information.

*City of Calgary*



## Drug Activity in Calgary Communities

The use of illicit drugs or drug activity in our communities can cause people to feel as though their neighbourhood isn't safe. And rightly so. Statistics show that when there is an increase in drug activity, there is also an increase in both property and violent crime.

So what can we do about it as Calgarians, as neighbours and as concerned family members?

The first step to building healthy communities is knowing your neighbours and reporting suspicious activity. Know what is, and isn't, normal activity for your neighbourhood and call the Calgary Police Service non-emergency number, 403-266-1234, if you see anything suspicious. If you witness drug activity, or have information about people who may be involved in drug activity, call the CPS Drug Tip Line at 403-428-8100 or email to [drugtips@calgarypolice.ca](mailto:drugtips@calgarypolice.ca).

The second step is knowing where to go for help if you believe a family member is struggling with drug addiction. If you are concerned about your own drug or alcohol abuse, or that of a friend or loved one, or would simply like more information, contact the Addiction & Mental Health 24-Hour Helpline at 1-866-332-2322. It takes everyone working together to build healthy, happy and resilient communities.

*City of Calgary*

## Sudoku Corner Solution

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



## 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](http://www.rrrha.ca) [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca)

### Office Hours

Changes to office hours will be updated online

## ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

### Updates from the office:

**Annual Fees:** Just a reminder to homeowners that outstanding invoices can be paid online or through the office. Interest has been waived however outstanding accounts will be forwarded to Miller Thomson LLP for collection in September, and all communication will then be conducted through Miller Thomson LLP. Please contact the office if you need assistance with the online system or wish to make arrangements to pay through the office. Please be reminded that members with outstanding HOA fees are not able to access the park facility until fees are paid.

**Spring Programs:** At the time of drafting this communication Alberta was moved back to Stage 1 restrictions, so our programs were suspended. Please check our website for updates as restrictions change. We hope to be able to continue with our programs in the near future.

**Tennis Lessons:** Lessons for kids and adults will be offered First Serve Tennis. Please visit <https://firstservetennis.ca/> and select the lessons tab to register.

### Recreation News:

Please note that RRRHA continues to follow the guidelines and regulations put forward by the Province of Alberta and AHS with regards to COVID-19. 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 as we must collect information for the purpose of contact tracing should we be required to produce it.
- 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.
- AS PER THE GOVERNMENT OF ALBERTA MANDATORY RESTRICTIONS \* outdoor gatherings of up to 10 people are allowed, however social distancing and/or mask wearing is required when socializing with members outside of a household. \*subject to change as per Govt of Alberta. Updates will be posted online.

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

- The Park is open from 9:00am to 9:00pm daily.
- Children under the age of 11 must be supervised in the park at all times.
- There is no lifeguard on duty.
- The games room will not be open due to current COVID restrictions.

**POOL:** It will be our goal to have the pool open for the May long weekend.\*\* Please be sure to stay out of any area that has safety fencing around it, and until there is an announcement on our website and/or Facebook page, do not enter the pool area as the chemical levels may be high in preparation for opening.

- A plastic diaper or little swimmer must be worn by children up to 36 months.

**If required by provincial regulations surrounding capacity, a booking system will be used. Please keep an eye on our website for updates and instructions as this will be an evolving situation.**

**LAKE:** Equipment (kayaks, pedal boats etc.) will be brought this year once the pool is open\*\* if allowable under current guidelines however due to AHS guidelines surrounding sanitization, life jackets will not be available and must be supplied by members.

- Lake equipment will be available for use in 30-minute time slots between the hours of 11:00am – 7:00pm on weekends until the end of June and then daily during July and August.\*\* **PFD's (personal floatation devices) must be supplied and worn by all participants at all times.**



- A waiver/COVID attestation must be filled out and signed by a parent or guardian (16 years or older) each time lake equipment is used. A piece of ID, park access card, keys (or similar) will be held in the office until the waiver is returned to the office.
- Children under the age of 12 are not permitted to use lake equipment unattended.

### TENNIS COURTS:

Use of the tennis courts is by booking only. Please visit <https://rrrha.appointlet.com/> or give us a call to make a reservation outside of tennis lesson times.

#### Booking policy:

- Bookings are limited to a maximum of three one-hour bookings per week (2 weekdays, 1 weekend)
- Bookings can be made 2 weeks in advance, with new timeslots becoming available every other Sunday
- Members must check-in at the Ranch office with their access card prior to entering the park and fill out a COVID attestation.
- Members must be courteous of each other and abide by their designated timeslots

The above policy is subject to change at any time. We have put this policy in place to ensure that all members have equal opportunity to use the courts. We expect all members to be respectful of each other and staff - failure to do so may result in court privileges being revoked. Our goal is to provide access to our amenities while maintaining proper social-distancing measures, and we are relying on the members themselves to abide by these rules so that the system can run as smoothly and efficiently.

\*\* Pool opening, and availability of lake equipment are all dependent on weather and current Provincial guidelines. Most current updates will be available on our website at [www.rrrha.ca](http://www.rrrha.ca)

### Off-leash Areas

The community of Rocky Ridge has a wonderful pathway system that allows residents and guests to enjoy breath-taking views of the mountains, lovely green spaces, and stroller/walker-friendly walking trails. Please kindly keep all dogs on-leash at all times, as there are no designated off-leash areas in Rocky Ridge. For a map and listing of off-leash dog parks, please visit: <https://maps.calgary.ca/OffLeashDogAreas/> <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Dog-off-leash-areas-in-parks.aspx>

## Dispose of Pet Waste the Right Way

With the warmer weather finally upon us, you may be cleaning up your yard or outside enjoying the sunshine with your pets. Help keep our city clean by disposing of pet waste properly.



- You can put pet waste and kitty litter (all varieties) in your green cart for composting. For the safety of your collector, put pet waste in a certified compostable bag or paper bag and securely tie/roll closed.
- Never put plastic bags or bags labelled biodegradable in your green cart. These bags do not break down and end image002.jpgup as small pieces of plastic that contaminate the finished compost.
- If using conventional plastic bags to clean up pet waste, please double bag and securely tie closed before disposing of in the black cart.
- Only dispose of pet waste in your own carts. If you want to use someone else's bins, you need to have permission from the homeowner or occupant.
- If you live in a multi-family complex like a condo or townhouse, check with your building owner or manager to see if your compost collection company accepts pet waste.

To see a list of acceptable compostable bags, visit [calgary.ca/greencart](http://calgary.ca/greencart).

City of Calgary

*"Love cures people – both the ones who give it and the ones who receive it."*

*– Karl A. Menninger*

# Being Grateful Promotes Happiness, a Positive Outlook

**W**hat are you grateful for? Maybe you've got a new car, bought a big-screen TV, or scored a promotion you've been wanting. It feels great—but only for a little while.

It turns out that our set happiness points are 50 per cent predetermined by genetics, 10 per cent by life circumstances and 40 percent by intentional activities and practices. This means that a huge part of what makes us happy is within our power to change.

Gratitude is one easy and well-proven skill that can actually help improve our set happiness point. Practicing gratitude can help improve our mental health and reduce stress. It can help create a more positive outlook on life, which helps keep us more emotionally balanced. It can also help us pay attention to the good things in life and savour them. It prevents us from taking things for granted, and it helps train us to see more good things in life.

### Here are some ways to be grateful:

- **Keep a gratitude journal.** Make it a habit to think about positive or good things you are grateful for daily, and write them down.
- **Reflect through mindfulness, meditation or relaxation.** Take time to be still and calm and focus on the present moment. List those things you are grateful for—maybe a sunny day, a hot shower, your home, a good friend, or a nice cup of tea.
- **Thank someone.** Nurture your meaningful relationships. Send a thank-you card or leave a note to someone you are grateful to have in your life.
- **Give back.** Return the kindness that someone has extended to you.
- **Practice small gestures.** Sometimes all it takes is a smile, handshake or wave to express your thanks.



# Eating Healthy During Barbecue Season

Did you know that barbecues can include healthy foods and still taste great? Here are some ideas to get you started:

**Meat:** Look for lean cuts of meat or poultry without skin. Choose fish and shellfish for variety. Season your meat, poultry or fish with your favourite herbs and spices without added salt.

**Meatless:** Try barbecued tofu—use firm or extra firm tofu and season with herbs and spices or try a marinade. Rub with oil or use a non-stick cooking spray to keep it from sticking to the grill. Grill for 6-7 minutes per side.

**Kabobs:** Cut up colourful vegetables such as bell peppers, onions, zucchini, mushrooms, and tomatoes and cook them on a kabob stick. Let everyone in the family make their own kabobs.

**Sides:** Bake potatoes or yams wrapped in aluminum foil on the barbecue. This method also works well with corn on the cob.

**Salads:** Offer raw vegetables or green salad as a side dish with the meal. Mix low fat plain yogurt with ingredients such as lemon or lime juice, herbs and spices to make tasty dips and dressings. Add chickpeas, beans or lentils to salads to add variety and protein.

**Dessert:** Try grilled pineapple rings, plums or peaches with a little bit of low fat yogurt. Or, take advantage of ripe seasonal fruit such as berries and watermelon. Serve them cut up for everyone to enjoy.

**Drinks:** Make your own flavoured water using lemon or lime wedges, mint leaves or frozen berries.

For more tips and information, search “healthy eating” at [ahs.ca](http://ahs.ca).

Source: [ahs.ca](http://ahs.ca)



*Alberta Health Services*

*Alberta Health Services*

# How to Stay Involved in Your Child's Education

Parental involvement in a child's education is important to youth development. It's one of a series of positive qualities and experiences, known as the 40 Developmental Assets.

The non-profit Search Institute has identified these assets as the building blocks of healthy development. The more assets a young person has, the more likely they are to thrive and grow up healthy, caring and responsible. The fewer they have, the more likely they are to engage in risky behaviours.

But before you say, "I'm sure they don't want me at school," remember this: Your children are proud of you and love having the chance to show you off to their teachers.

Everyone is busy, but a little can go a long way. Consider speaking at career day. Help out at a classroom party or sports event. Or simply check in with the teacher every other month to catch any concerns before they become problems.

If you have more time, you could supervise children on the playground, volunteer to tutor struggling students or join the school council.

Typically, parents tend to be more involved in the earlier grades. You may want to read to the class or individual students, or share your culture through food, music and celebrations.

It's just as important, however, to maintain that school connection in the later grades. You could chaperone for a ski trip, or help kids fill out university or college applications. This is a critical time in your teen's life, and your presence as a role model, navigating new boundaries and setting expectations with them, can't be understated.

No matter your child's age, you may want to start by asking them how they might like you involved with school. Or ask what they like about other parents who help out. Check in with the teacher or principal to find out what's really needed in the school community.

As a family, you can demonstrate that school is important to everyone. Make attending school events a priority and schedule them on the family calendar. Consider reading the same book your child has been assigned, and talk about it at dinner. Attend all parent-teacher conferences with your child so that everyone is on the same page about



challenges, strengths and goals.

We all want our children to grow into caring, responsible and productive adults. Parental involvement in school is one of the ways to help get them there.

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## Don't Forget Mother's Day—May 9

The earliest history of Mother's Day dates back to the ancient annual spring festival the Greeks dedicated to maternal goddesses. Ancient Romans also celebrated a spring festival called Hilaria dedicated to Cybele, a mother goddess.

Early Christians celebrated a Mother's Day on the fourth Sunday of Lent in honor of the Virgin Mary, the Mother of Christ. In England in the 1600s the holiday was expanded to include all mothers, and it was then called Mothering Sunday. The custom of Mothering Sunday died out almost completely by the 19th century. However, the day came to be celebrated again after World War II, when American servicemen brought the custom to the U.S.

Today Mothers Day is celebrated in countries including Canada, U.S., U.K., India, Denmark, Finland, Italy, Turkey, Australia, Mexico, China, Japan and Belgium.

[www.mothersdaycelebration.com](http://www.mothersdaycelebration.com)