

JUNE 2021



ROCKY RIDGE
ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

Happy
Father's Day

Heat Related
Illness

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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@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

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pat.kelly@parl.gc.ca

Editor & Article Submissionseditor@suburbanjournals.ca

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Advertising Sales:

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

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Councillor Report

City of Calgary's new online business portal

The City of Calgary is doing business better! The City is leading the way in Canada when it comes to removing barriers for local businesses and setting the bar for other cities.

Calgary became the first city in Canada to provide an online one-window approach for businesses looking to obtain a permit along with the support of a planning services expert available through live chat. You will find all the information you need from The City to start, grow or change your business, implement City service improvements, as well as resources from all levels of government to help your business through COVID-19. The City is working towards our economic recovery and building up our strength for future environmental and economic challenges.

Supporting Calgary businesses is about more than just the bottom line – it means helping a family, friend or neighbour. For that reason, The City is dedicated to making the entrepreneurial journey more approachable and easier to navigate to benefit local business owners, and by extension, Calgary as a whole.

Part of that work is The City's new online business portal, which simplifies the process of starting a new business and empowers existing businesses for success. The hub brings together all business-related pages across www.calgary.ca and incorporates new features and technology to help users find the content and services they need.

Learn more at Business and Economy (calgary.ca)

Ward Sutherland, Councillor, Ward 1

"It always seems impossible until it's done."

- Nelson Mandela



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www.SuburbanJournals.ca

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 Monique Chiasson 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

Important Phone Numbers

If you require emergency supports to meet basic needs, income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.



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.

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/>



Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water, at all times;
- Be aware that excessive alcohol consumption will promote dehydration;



- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

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.

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

Answer on Page XXXXXX

This Month in History

June 30, 1987

The \$1 coin, nicknamed the "loonie," is introduced.

Backyard Firepit Safety

Backyard fire pits, outdoor fireplaces and wood-burning ovens can be fun but be sure you're following the rules and staying safe while enjoying them.

It's also important to be considerate of your neighbours. Outdoor smoke can cause health issues for some people, so consider wind conditions before lighting a fire. High winds can cause smoke to travel a long distance and can be a fire risk whereas low wind speeds don't disperse smoke and can contribute to poor air quality.

- Firepits must be built into the ground, on brick or stone, or in a fire-proof container.
- Portable firepits should never sit directly on a wooden



surface like a deck. Firepits must also be at least two metres away from your property line, house, garage or fence and they cannot be under trees, branches, plants or other flammable materials.

- Fires must be less than one metre high and wide, and a mesh screen or spark guard is required to reduce the spread of sparks and embers.
- Only burn clean, dry firewood and always have water close by to put out the fire. Easy options for this are your watering hose or a bucket of water.
- Finally, never leave a firepit unattended. Call 9-1-1 to report an out of control fire and 3-1-1 to report a firepit complaint and make sure no fire bans are in effect before starting a fire.

Firepit hours are restricted in Calgary – visit calgary.ca/firepits for details, rules and restrictions.

City of Calgary

- | | |
|-------------|----------|
| DADDY | LOVE |
| FATHER | MEMORIES |
| FUNNY | MENTOR |
| GOLF | NECKTIE |
| HANDSOME | PROTECT |
| HARDWORKING | SHAVING |
| HUGS | STRONG |
| HUSBAND | SUPPORT |
| JOKES | TEACHER |
| JUNE | TOGETHER |
| LEARN | TOOLS |

Word Search



O L E I I H E F A T H E R P O E F G
G W V M M G G M N E C K T I E Q T S
N N E V O L T T O N B J H A N T U Q
I S A L R I H R P S I L O G R Q K J
K T F M B Z O O R L D D S P L C D K
R T C D U Q L P D O Z N H E B H A H
O S W Q S S V P W O K K A G I A X Q
W C D N A B S U H T T R V H F J R Z
D V A I G R I S W B N E I D E O O A
R R J L N Y C L U P W Y N X U K T X
A U G I O P P L U R Y O G E K E N F
H U H N A R C Z E O S A X O N S E S
E J E B O G Y H U T G Y M W R U M I
Z Y B U H R T S F E U H C X P P J L
Z N M Y I E T E A C H E R N E K Y P
W N A X G I I S U T Q D A D D Y W X
W U R O H M E M O R I E S Q L C W G
S F T O E D S R U I V W G H S V M R

Advanced Cancer Variations

Cancer is when harmful cells increase exponentially in an uncontrolled manner. Cancer cells can spread to different parts of the body via blood or the lymph system until they reach another set of lymph nodes or organ. The term, advanced cancer, is usually used to describe cancer variations that cannot be cured with society's current knowledge. Treatments and medications used focus on shrinking the cancer cells and slowing its growth. Like other ongoing illnesses, the medications often reduce the pain from the experienced symptoms and can sometimes increase life span. Advanced cancer can be either metastatic or locally advanced. Most individuals use advanced cancer and metastatic cancer as interchangeable words, but this is not always accurate. Prostate cancers and variants of brain cancer are known as locally advanced cancer variants because the cancer cells have not spread to different organs in the body, but have started to grow on the surface of the organ that it started in. Contrarily, metastatic cancers are spread to other organs in the body such as kidney or colon cancer. Treatment for advanced cancer variants is dependent on where the cancer started. In many cases, it is hard to determine where the cancer started after it has spread to multiple organs. Currently, retevmo, a drug that works against many advanced cancer types is showing safe results (Highleyman, 2021). Since the COVID-19 pandemic, individuals have realized that paying close attention to new vaccines and new discoveries is important. As such, this article was written solely to inform others about advanced cancer variants.

Retevmo Is Active Against Multiple Types of Advanced Cancer. (2021, April 15). Cancer Health. <https://www.cancerhealth.com/article/retevmo-active-multiple-types-advanced-cancer>

Tanisha Mattapalli

"Growth is the only evidence of life."
— John Henry Newman

Public Intoxication

The City has heard from a number of communities that are concerned about intoxicated individuals in their areas. Public inebriation can make citizens and pedestrians concerned for their safety when walking in and around their communities.

Under the Alberta Gaming and Liquor Act, no person may be intoxicated in a public place. As part of the Act, police officers can take someone into custody to allow them time to recover in a safe place. If you ever feel concerned for your safety, or if the behavior of an individual is making you or others uncomfortable, call the police non-emergency number 403-266-1234.

The Calgary Police Service works with a number of partner agencies, including Alpha House, to provide assistance to intoxicated individuals. Drug and or alcohol addiction is a complicated issue that requires a wrap-around approach to address root causes. The Safe Communities Opportunity and Resource Centre, or SORCe, is a one-stop location where people can access programs and services that can address needs such as housing, mental health, addictions, training and employment. If you know someone who needs help, they are encouraged to go to SORCe, located at the City Hall LRT platform (316 7 Ave S.E.) or call them at 403-428-3300. to build healthy, happy and resilient communities.

City of Calgary

Sudoku Corner Solution

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

9:00am-9:00pm unless otherwise stated

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

BOARD NEWS:

FREEDOM MOBILE – PROPOSED CELL TOWER

RRRHA was approached by Freedom Mobile in 2019 to discuss the possibility of leasing space on which to build a telecommunications tower and at the end of October 2020, the Board of Directors voted in favour of signing a lease agreement. Freedom Mobile was then able to continue with the process of public consultation in order to present the proposal to the City of Calgary who will offer support or non-support prior to the Federal Minister of Innovation, Science and Economic Development, (ISED) which has the final decision-making capacity. The following link (please copy and paste in your browser) opens a pdf document on the City of Calgary's website pertaining to FAQ's for cell towers: <https://www.calgary.ca/PDA/pd/Documents/development/cell-tower-faqs.pdf>

On April 29, 2021 Freedom Mobile sent information packages by registered mail to 527 homeowners within 300m of the proposed site, but because the final draft of the May Suburban Journal had already gone to print, the information received was not able to be included. Our website was updated to include the information distributed by Freedom Mobile to ensure that details were provided in advance of the Open House for members who did not receive the information package. Information regarding this proposed project, including the Open House Presentation Slide Show, can be found online at: <https://synergyopenhouse.ca/freedom-tower-aca0192/> Although the Open House was held virtually on May 20, 2021, the closing date for public consultation is June 3, 2021 and concerns and/or questions can be directed to any or all of the contacts provided below.

Any and all communications received will be taken into consideration prior to a decision for support or non-support by the City of Calgary prior to being presented to ISED for final approval or rejection.

CONTACTS:

- **Freedom Mobile Inc.**
c/o Synergy Land Services Ltd.
Attention: Tanya Elchuk
Division Manager, Telecommunications
200, 2710 – 17 Ave NE
Calgary, Alberta T2A 0P6
T: (403) 930-3309 F: (403) 283-8318
Email: FreedomACA0192@synergyland.ca
- **Innovation, Science and Economic Development Canada**
Southern Alberta District Office
Harry Hays Building
220 - 4th Avenue SE, Suite 478
Calgary AB T2G 4X3
Telephone: 1-800-267-9401 or (403) 292-4881
Fax: (403) 292-4295
Email: ic.spectrumcalgary-calgaryspectre.ic@canada.ca
- **Freedom Mobile Inc. Attention: Carol Robinson,**
Real Estate and Municipal Affairs Lead
60-2256 29th Street NE
Calgary, Alberta T1Y 7G4
T (403) 618-3943
Email: CRobinson@FreedomMobile.ca
- **City of Calgary**
David Weisgerber, Sr. Planner, Technical Planning
3rd Floor, Calgary Municipal Building
800 Macleod Trail SE, Calgary, AB T2P 2M5
T (403) 333-5398
Email: david.weisgerber@calgary.ca

LANDSCAPE UPDATE:

At the April 2021 board meeting after considering and assessing quotes provided by several contractors, the Board of Directors approved engagement of Aria Landscape Construction Inc. to redesign the entrance corners at Rocky Ridge Blvd and Rocky Ridge Road, as well as the four corners at Rocky Ridge Blvd and Rocky Ridge Drive/Landing. Work will commence later this summer and RRRHA will be looking for member engagement regarding several aesthetic points. Please stay tuned for more information regarding this upcoming questionnaire/poll.

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, Alberta was still under Stage 1 restrictions, so please note the following important guidelines:

- Entry is limited to a maximum of 5 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,

In Our Community

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 5 people from one household or 5 people from a combined two households (in the event of member families gathering together) 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: At the time of submission to the Journal, the current guidelines and health orders (CMOH 20-2012) still restrict the opening of outdoor pools. The City of Calgary Outdoor Pool Association is targeting June 19th as a potential opening of outdoor pools, subject to changes in guideline and/or health orders. 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: At the time of submission to the Journal, the current guidelines and health orders (CMOH 20-2012) still restrict the opening of outdoor pools. The City of Calgary Outdoor Pool Association is targeting June 19th as a potential opening of outdoor pools, subject to changes in guideline and/or health orders.

****** Please be sure to stay out of any area that has safety fencing around it, and until there is an announcement on our website or road signs 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 4:00pm-7:00pm on weekdays and 11:00am – 7:00pm on weekends until the end of June and then daily from 11:00am-7:00pm 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**

COMMUNITY NEWS:

Garbage Bin Collection

Residents and members are reporting a higher than usual number of incidents of doggie-bags being left along the pathways and on the ground by garbage bins. Please help keep our community clean by responsibly disposing any garbage in the bins.

Off-leash Areas

The community of Rocky Ridge has a wonderful pathway system that allows residents and guests to enjoy breathtaking 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>

Trees on Boulevards

Please direct inquiries or concerns to 311 so that a record of the communication is logged.

Attention Caregivers – Watch for Signs of Burnout

Caregivers play a very important role in our society. They provide support, care and assistance to someone in their daily lives to help improve that person's well-being. Caregivers do everything from grocery shopping, companionship and cooking, offering the personal touch and care to somebody in need.

Caregiver Burnout occurs when the caregiver suffers from mental, physical or emotional exhaustion. Caregiving can be a challenging role especially if you are caring for a loved one in your own home. It may feel like a round the clock commitment.

Caregivers often give so much that they may neglect to look after themselves, taking much needed time to recharge. This may in turn affect their health, well-being, relationships and even the care that they provide. As such, it is important to know the signs of Caregiver Burnout and find ways of coping with it. Symptoms may include feeling of exhaustion, sleeplessness, anxiety, and hopelessness. It is important to know that there is help and support out there, you are not alone.

Emotional

Emotional support may come from family and friends, but there are also local or on-line support groups. Seek these out to speak to people in similar situations. www.caregiversalberta.ca is a great resource that provides information on Support Groups, Advisor Telephone Lines and even On-Line Workshops. If you find that Caregiving is becoming too overwhelming, then speak to your Doctor.

Financial

Being a full-time caregiver likely means that you cannot work outside of the home. Contact your local government office enquire about eligibility for Caregiver Benefits.

Respite

Respite provides a much need break and can come with assistance from family members, friends or even outside organizations. There are companies that offer in-home care services. Alberta Health Services has a respite program. There is respite available in the form of day centers or retirement communities for short stays. This will enable the Caregiver to have a much-needed break and take time to recharge.

Submitted by Rocky Ridge Retirement Community



Don't Forget Dad!

Father's Day is on Sunday, June 20. Here are some quotes we thought you would appreciate.

- Any fool can be a Father, but it takes a real man to be a Daddy!! ~Philip Whitmore Snr.
- My father gave me the greatest gift anyone could give another person, he believed in me. ~Jim Valvano
- Fatherhood is pretending the present you love most is soap-on-a-rope. ~Bill Cosby
- A father carries pictures where his money used to be. ~Unknown
- I don't care how poor a man is; if he has family, he's rich. ~M*A*S*H, Colonel Potter
- I cannot think of any need in childhood as strong as the need for a father's protection. ~Sigmund Freud



Fun in the SUN!

Most of us look forward to spending time in the summer sun. The word “SUN” can remind us of ways we can stay healthy this summer!

S: Substance Use

A cold beverage on a hot day is inviting. Often that beverage contains alcohol, our most commonly used substance. Alcohol affects us all differently. Knowing our limits can keep us safe! When drinking alcohol, plan in advance how much you will drink, and how you will get home safely. Drinking alcohol is normal in our society. It should also be normal to choose not to drink. Act as a good role model by using substances safely!

U: Unplug

Being outdoors gets us away from screens, and gives us the chance to connect with others and the environment, learn new skills, talk without distraction, and rest our brains. Here's how to reduce screen time during the summer.



- Limit screens, especially for younger children. Let them learn by playing and doing instead. Set time and place limits on screen use. No screens at the dinner table or during a board game creates space for family connection.
- Does the TV need to be on all the time? Do we need to be on our phones while watching a movie? Be more intentional about screen use.
- Replace screen time with other fun activities like playing cards, exercising, cooking, or listening to music.
- Watch screens with your children to make sure their media exposure is positive and reflects your family's values.
- Be a healthy role model. Pay attention to your own screen use.

N: Nourish

Nourishing means to take action that helps us grow and be healthy. Consider the “heads, hearts, and hands”. Our head is what we know. What new things have you learned? What topics would you like to know more about? This could include cooking skills, history facts, or learning to speak another language or play an instrument.

Our heart is our passions and purpose. Summer can be a great time to explore our passions and feel like active

participants in our community by doing things that matter.

Our hands are about putting plans into action! Can you take what you know and are passionate about and turn that into actions that create a feeling of support, collaboration, and most importantly, fun?

Make your wellbeing a priority - remember, we need to nourish to flourish!

*Community Health Promotion Services Team,
Alberta Health Services*

Share Kindness to Boost Your Happiness

Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place. Together, we can make the world a little bit kinder for all of us.

Just one act of kindness a day can help reduce stress, anxiety and depression. It can also release feel-good hormones in your body, so you and the person you helped:

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less aches and pains

Kindness helps you and others by:

- Enhancing positivity
- Changing your perspective
- Creating a sense of community
- Helping us feel connected to others
- Reducing stress.

Simple ways to spread kindness:

- Volunteer
- Help a friend or neighbor
- Ask someone how they are feeling
- Offer support and encouragement to others
- Say good morning and smile
- Make someone laugh
- Be generous with compliments
- Leave a kind note for someone special.

Kindness is contagious. Pass it on!

Alberta Health Services