



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

**Intro to the
RRROCA
Board**

Volunteers Needed

*Happy
Valentine's
Day*



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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: Sonya Sharp
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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Advertising Sales:

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

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Rocky Ridge Royal Oak
COMMUNITY ASSOCIATION

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. Please check out our website at www.rrroca.org for all volunteer opportunities.

Programs Chair(s), and Lead(s) [CRITICAL]

The Programs team provides opportunities for the communities' diverse residents to participate in various programming and activities. The team will develop, implement and evaluate programs and activities in the community, coordinate and oversee the annual spring youth sports program (i.e. soccer, ball), and look for opportunities to expand programming (learn to skate, basketball, field hockey, etc). Planning for 2022 spring sports needs to begin immediately, if you believe you can assist, please reach out ASAP.

Time Commitment: Minimum 10 hours/month, will vary based on scheduled programming

Sponsorship Chair

This role works to help establish connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support Community Association events, programming and initiatives, and searching out partners in the community to fund or support these, the Sponsorship Chair is integral in providing services to residents, and connecting businesses to residents.

Time commitment: 10-20 hours/month

Membership Chair

The Membership Chair promotes, encourages and sees to administration tasks associated with managing the members of the Community Association. The Chair also explores and works with other committees to implement opportunities of benefits for membership.

Time commitment: Approx 10 hours a month

Continued on next page...

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Safety & Security Chair

The Safety & Security Chair educates and liaises with the community to reduce crime, promote awareness of safety-oriented initiatives, helps to identify needs of the community and work to solve or educate residents in order to encourage behaviours to ensure safety and security. Time commitment: 8-10 hours a 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: Approximately 2-5 hours/month (not including event attendance)

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) annually;
4. the most important: help us to build a thriving community

Wetland / Storm Pond reminders:

Any type of on-ice activity, including skating, is dangerous and strictly prohibited.

From the 4 or 5 storm ponds that are located in Rocky Ridge / Royal Oak, depths range from about 1- 2 meters. While it's not deep, the challenge is that there are inlet and outlet pipes that can create strong currents – and moving water means weak ice.



You can find more information here:
Calgary.ca/stormpondsafety



Here's a quick video; great for kids and a way to start the discussion at home.

<https://www.youtube.com/watch?v=dA4qLxqivaQ>



Info from the fire department:
<https://newsroom.calgary.ca/the-calgary-fire-department-reminds-people-to-stay-off-storm-ponds/>



Calgary Neighbourhoods

Child Writers Wanted!

Do you have a child or teen at home who enjoys writing? Would they like to share this passion in the community newsletter? Perhaps a teen who is studying journalism, or simply loves to write in general. Did you know that RRROCA has a number of teens volunteering within our committees today? It is such a great experience for all involved and we'd love to get more youth engaged. If this is something of interest for your child, please reach out to the Communications team at communications@rrroca.org.



Earn Your Wings as a Snow Angel!

Every act of kindness is as unique as every snowflake. The act of shovelling a neighbour's walk may look similar but the reason it is important to your neighbour is uniquely special. Helping a neighbour with their walkway will brighten their day, make the pathway safe for everyone and make you the local favourite. Win, win, win!

As you shovel your walk this winter, take a few extra minutes to clear a neighbour's too.

To learn more about the program or to find out information about recognizing a Snow Angel, visit calgary.ca/snowangels.

City of Calgary



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 some of the current benefits of RRROCA membership, please visit our website regularly for updates.

- Access to RRROCA's Babysitter Registry
- Register for community events and programs such as spring sports programs for children, parade of garage sales, etc. winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for hosting your own block party
- Purchase discounted tickets or enter draws as available annually
- Receive free pancake breakfast at annual Stampede Breakfast event
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration
- Receive product and services discounts at participating local businesses (Membership Perks). Visit our website at www.rrroca.org to review the active offerings. **

We are continuously working to expand our Membership Perks Program. If you are a business owner who would like to provide product and/or services discounts to RRROCA members, please contact our membership team 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.



Intro to RRROCA Board

Meet Darren

Name: Darren Barfuss

Position on the Board: Treasurer

How long I have held position: Elected Treasurer at Annual General Meeting in November 2021

Moved to Royal Oak in August 2010

I think it is important to be a contributor in the Community in which I reside. I believe it is important to leave the places you live, visit a little better than the way I found them. By being involved I might hopefully be able to make Royal Ridge Royal Oak Community a little better than I found it.

My goal as Treasurer is to ensure that the Board understands clearly the financial position of the Community Association so that it can confidently make decisions knowing the fiscal constraints so that the Community Association remains fiscally stable and healthy.

- Darren

Meet Koji

Name: Koji Phung

Position on the Board: Volunteers Chair

Hello! My name is Koji Phung and I am given the privilege of being the Volunteers Chair for RRROCA. I started volunteering for RRROCA when I became a Volunteers Lead starting from June 2020, before I made the switch. I have been the Volunteers Chair for RRROCA since March 2021.

I have lived in the community since 2008 when my family moved here from another part of Calgary. In this community, I profoundly enjoy the many walking paths that are scattered about everywhere, which at times lead me to gaze upon incredible views of the Canadian Rockies. As well, I thoroughly enjoy the atmosphere of peace and respect that exists among the constituents of this community.

I volunteer at RRROCA for two reasons. I want to contribute to the flourishing of the community, despite

the setbacks caused by the pandemic; and I want to gain interpersonal skills from collaborating with others while volunteering, to aid me in my future career. To tell you a little bit about myself, I am a Grade 12 student who lives in a family of three, with one cat and one dog.

With my position as Volunteers Chair, I intend to branch out to fellow youth in the community to see if they are interested in volunteering. I strongly believe that when volunteerism is a part of the youth of a community, the community will steadily improve for many generations to come.

If you are interested in volunteering, please send me a message at volunteer@rrroca.org.

- Koji

Meet Shahnaz

Name: Shahnaz Munir

Position on the Board:
Executive Secretary



My name is Shahnaz Munir and I have been residing in the Royal Oak community for over 15 years. It is one of the best communities of Calgary. The people of this community are amazingly caring and very friendly. Royal Oak is not far from national parks and the world-famous Rocky Mountains. I can see and enjoy the lovely views of the Canadian Rockies and Olympic Park from my windows. It has the best pedestrian walkways with beautiful scenery to enjoy during all seasons. I love my community and am enjoying living in this beautiful place.

I have a strong spirit to serve humanity and I believe that we should give back to our community whenever we get a chance. I am serving my community as a board member of Rocky Ridge Royal Oak Community Association (RRROCA) and hold the key role of General Secretary. I am also serving my community from a few other non-profit organizations in a key role. The best thing I like about being an executive member of RRROCA, is that I am getting the opportunity to meet with community members, get to know them and to find out the challenges our community members are facing.

Want to receive emails about any volunteer opportunities for the community association?

Please email volunteerlead@rrroca.org to sign up.

Recently in 2021, I ran in the Canada Federal Election as a candidate for Rocky Ridge riding and had the opportunity to meet several fellow community members and discuss the challenges that we are all experiencing in this unprecedented time of the COVID-19 pandemic. We are all experiencing varying degrees of isolation, stress, depression and financial hardships. As a board member of RRROCA, it is my first priority to take care of my community and help make it a better and safer place for them to live. I would like to continue to hold this responsibility in the coming year in order to keep serving the community which is so close to my heart.

Rocky Ridge Royal Oak Community Association (RRROCA) is looking for volunteers for the following key roles: Program Directors - Safety and Security Director - Membership Director - Sponsorship Director - Event Lead - Sponsorship lead - Volunteer lead - Communications Lead For job description please feel free to send an email at secretary@rrroca.org

Please follow the Covid restrictions and stay safe.
- *Shahnaz Munir*

Online Map Shows Aerial Images of Calgary

Curious about what the city of Calgary looks like from above ground level? The Calgary Imagery map shows current and historical aerial images of the city of Calgary. This map is located at <https://maps.calgary.ca/CalgaryImagery>. To view more City of Calgary maps, please visit the Map Gallery at <https://maps.calgary.ca>.

City of Calgary

Valentine's Day History

The romantic festival of Valentine's Day is said to have originated in pagan times in Rome when people celebrated annual fertility festival called Feast of Lupercalia in mid-February. A unique custom of the festival was the mating of young boys and girls for a year through a lottery system. Quite often the couple would fall in love and marry.

www.stvalentinesday.org

Quick Personal Safety Tips

- Be aware of your surroundings at all times. Be aware of where you are and who else is around you.
- Trust your instincts. If something feels uncomfortable, or not right, move away from the situation immediately.
- Check occasionally to ensure you are not being targeted and followed.
- If you feel you are being followed stay in busy public areas, and drive to a police station, or call the police.
- Do not assume that because you are in a familiar or comfortable location that criminal activity will not occur. Take precautions and remain aware.
- When driving keep doors locked and windows closed enough to prevent someone from reaching in.
- Do not carry large amounts of cash or valuables. Do not keep large amount of cash or valuables in your home. Use banks and safety deposit boxes for safe storage of valuables.
- Limit the number of packages or belongings that you carry in your arms so you don't become vulnerable.
- Carry a personal safety alarm or noise-maker.
- If you are attacked, create lots of noise to attract attention. Do not try to keep possession of valuables.
- Carry a cell phone. Call police at 403-266-1234 if you see suspicious activity. Call 911 if you or someone else is in danger, or if you see a crime in progress.

City of Calgary



DID YOU KNOW??

The oldest record of a valentine being sent, according to History.com, was a poem written by a French medieval duke named Charles to his wife in 1415.



Partnership Co-ordinates Province- wide Refugees Welcome Here Campaign

The Calgary Local Immigration Partnership (CLIP), with The City of Calgary, has taken the lead in co-ordinating the province-wide Refugees Welcome Here campaign.

The principles of equity and non-discrimination are at the heart of human rights and at the heart of the Refugees Welcome Here campaign, a public awareness campaign to encourage Calgarians to welcome refugees.

Calgary has been chosen as the second national port of entry for Afghan refugees coming to Canada, with about 5,000 transiting through Calgary over the coming months. Some of the new arrivals will stay in Calgary while most will resettle in other communities across Alberta and other parts of Western Canada. The United Nations High Commissioner for Refugees estimates 2.2 million Afghan refugees are living in neighbouring countries with another 2.9 million Afghans internally displaced. Canada has pledged to resettle 40,000



Afghans.

Learn how you can help by visiting www.calgarylip.ca/refugeeswelcomehere.

City of Calgary

Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts so you can easily walk between and around them.
- Store carts in a sheltered spot and move out on collection day so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.
- Clear snow off your carts and keep lids closed.

Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.

- Prevent food and yard waste from freezing to the inside of your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.



Learn more at calgary.ca/cartplacement.

City of Calgary



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

Updates to office and park hours
will be available online.

The office will be closed on January 1st.

ROCKY RIDGE RANCH
HOMEOWNERS ASSOCIATION

Office hours:

Updates to office and park hours will be available online and are subject to change based on Government of Alberta restrictions. **The office will be closed on February 21st.**

Ice Skating:

At the time of submission, the lake was frozen and open for skating. Please be sure to check our website frequently as ice updates will be posted there on a regular basis, as well as on our social media sites (Facebook and Facebook members page).

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

Annual Invoices:

The 2021 annual invoices were emailed to all members with email addresses in our database and mailed to those without.

Please note that the deadline for payment was extended to March 31, 2022, and the collections process deferred until September 1, 2022

If you wish to discuss installment payments, please contact the office prior to January 31 to have arrangements made.

Payments can be made online (at no additional fee), via cheque, or credit card/debit.

****If you are not currently receiving emails from RRRHA and wish to provide us with an email address for the purpose of receiving the annual invoice, please contact the office via email at info@rrrha.ca.****

We respect that not all members wish to receive ongoing information via email so please indicate if your preference is strictly for receipt of your invoice.

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

Winter Programs:

We had a bumpy start in January due to covid-related protocols, and changes to class dates have been posted online. It is our hope that we will be able to offer programs at the Ranch for the Spring session beginning in April, and details about will be available mid March. Our full program listing with dates is available on our website and registration for the Winter session of fitness classes is available online at www.rrrha.ca or through the office.

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

Earn Your Wings as a Snow Angel!

Every act of kindness is as unique as every snowflake. The act of shovelling a neighbour's walk may look similar but the reason it is important to your neighbour is uniquely special. Helping a neighbour with their walkway will brighten their day, make the pathway safe for everyone and make you the local favourite. Win, win, win! As you shovel your walk this winter, take a few extra minutes to clear a neighbour's too.

To learn more about the program or to find out information about recognizing a Snow Angel, visit calgary.ca/snowangels.

City of Calgary

Paskapoo Slopes, Our Winter Playground

from Subsistence to Recreation

The Paskapoo Slopes Natural Area, located to the east of Canada Olympic Park, belongs to a many layered cultural landscape with human use going back 7,000 years. The slopes consist of six benches cut by twelve ravines formed by Glacial Lake Calgary between 20,000 and 16,000 years ago. The Paskapoo Slopes feature a concentration of archaeological sites composed of bison kill areas and associated butchering and processing camps. The kill sites and camps located on the upper benches are evidence of large-scale communal subsistence activities associated with the Paskapoo Slopes Phase, a regionally distinct local variant of archaeological time period known as the Pelican Lake Phase. The bottom of the Paskapoo slopes is characterized by smaller archaeological sites that may have been used opportunistically, rather than for larger communal operations. Most of the archaeological sites date within the last 3,000 years, and are representative of a single bison hunting complex of regional and provincial significance.

The dense aspen forest present today is relatively new vegetation for the area, as grazing bison and controlled burns managed by Indigenous groups kept tree growth under control during the pre-contact period. Later historic land use maintained the area for agriculture and pasture. As the subdivisions of Calgary expanded west, the



Aerial Photo Paskapoo (Jim Hall, 1984) Glenbow na-5654-50_141

Paskapoo Slopes attracted suburban Calgarians for leisure activities such as walking and hiking, allowing the aspen forests to mature.

For the past 50 years, the Paskapoo Slopes have been maintained as a natural area park and ski hill, featuring prominently in the development of Calgary as a winter sports hub. In 1961 the Paskapoo Ski Hill opened to the public with significant redevelopment beginning in 1984 prior to the 1988 Winter Olympics. Easy access to ski jumps, bobsleigh, skeleton, luge, and half pipe has encouraged two generations of Calgarians to carry on the legacy of Calgary as a winter sports city. In addition to the thousands of years of precontact Indigenous history, the area also features mountain bike and hiking trails, along with a prominent glacial erratic.

Sarah Ebbert is a Heritage Management Consultant and a Director of the Calgary Heritage Initiative Society.

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org

This Month in History

Feb. 19, 1996

Canada's new \$2 coin, dubbed the "toonie," is introduced.



Canada Olympic Park (CHI)

Moving Toward a Heart-healthy Life

Did you know that February is Heart Month? 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

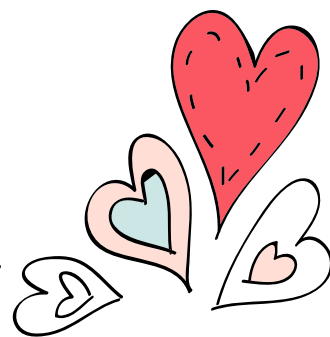


If you haven't been active for a long time, talk to your doctor about your activity plans before you start.

Alberta Health Services

Valentine's Day Traditions and Customs

One of the most important customs of Valentine's Day festival is the exchange of love notes called 'Valentines' by lovers. The tradition is said to have initiated in 1415 by Charles, Duke of Orleans who sent the first known Valentine Day card to his wife from prison. In present times, Valentine's Day is the second biggest Valentine's Day card-giving holiday after Christmas. There is also the tradition of gifting flowers, chocolates besides other gifts of love on Valentine's Day as an expression of love.



Going on a date with one's Valentine is another popular tradition of Valentine's Day festival. Candle light dinners or evening together in a park are an all-time favorite dating idea in present times.

www.stvalentinesday.org

Unleash Creativity and Learning in the Kitchen

Are you wanting to encourage your children to try new foods? Get them involved in preparing snacks and simple meals.

Having fun when preparing food doesn't need to be complicated. Take bananas, for instance. They are a nutritious snack that can easily be transformed in the kitchen.

A few suggestions:

- Try baking a banana.
 - ♦ Slice a lengthwise slit in the peel, roughly halfway into the fruit, to make a banana boat. Stuff some nut or pea butter or a few chocolate chips into the fruit (which is still inside the peel).
 - ♦ Once it is stuffed to satisfaction, wrap the whole banana in tinfoil, then pop it into the oven at 350°F (180 C) until the middle is gooey.
 - ♦ Unwrap from the foil, let cool to avoid burns, and dive into the caramelized banana with a spoon.
- Make an open-faced mini-sandwich or canapé (if you're feeling fancy). Start by peeling and slicing a banana into circles. Then ask your child about what they might like to put on the slices.
 - ♦ Try peanut or soy butter and sliced strawberries for a twist on the classic PB&J sandwich.
 - ♦ Make a face out of the tiny slices using raisins for eyes.
 - ♦ Use the slices to try out new spices. Try a sprinkle of cinnamon or nutmeg to explore aromas and tastes.

Engage your kids in discussion about what they are eating. Try this tactic to encourage your children to try new foods, too.

- What does the texture feel like in their hands and mouths?
- Do they taste sweet, bitter, or salty?
- What flavours might pair well with it?

Kids love to be involved and spend time with their families. Learning about different foods is a great way to support learning, encourage new tastes and stimulate creativity.



Alberta Health Services

Tips for Coping With Anxiety and Sadness During COVID

There's no doubt that the pandemic has caused stress and anxiety for many people across Canada and around the world. Even if you know you're not the only one feeling sad or lonely, this realization may not be enough to help you cope — especially if you're dealing with a major life stressor, like a layoff or loss of a loved one.

If you are struggling to cope, these tips may help:

Put down your devices.

Indulging in things that bring you joy are perfectly acceptable. But being glued to your laptop or smartphone for long periods of time will only lead to a sore neck, back and eyes. Extensive electronics usage can also lead to a host of other issues, such as insomnia, demotivation and depression. If technology is taking over your precious time, take a step back to rethink how you use it.

Cut back on your vices.

Being cooped up, it's understandable that many of us have been leading less healthy lifestyles than pre-pandemic. But overindulging in binge drinking, smoking, takeout and couch time may not be the best option for coping with anxiety and sadness. Though they may seem small, these habits can pile up to have adverse effects on your mind and body.

Give yourself a daily routine.

Something as simple as opening the curtains when you wake up, making your bed and brushing your teeth can help you begin the day with a hopeful mindset. Seek inspiration and ideas for self-care, and block out certain times of the day?even just a few minutes?to devote to yourself.

Seek out extra support.

Sometimes even the most helpful tips and strategies are not enough. Fortunately, you can access free help 24/7 from the comfort of home. On the Wellness Together Canada portal you'll find free, reliable information, self-assessment tools, and have the option to connect with peer support, social workers, psychologists and other professionals for confidential text sessions or phone calls.

Support is just a call or click away. Find more information at wellnesstogether.ca.

News Canada

Embracing Cold Air and Winter Activities

As temperatures drop across the province, many people are content to put on an extra pair of socks, settle in with a hot cup of cocoa and grumble about the weather.

Some good advice for anyone with the winter blahs is to get outside and get moving—and breathing deeply. You really can't have too much fresh air in the winter.

One of the great things about winter is the refreshing bite of cold air when you step outside. It's exhilarating, and when you're dressed for the season, that coldness quickly disappears with a walk to the convenience store or a climb up a toboggan hill.

Try getting outside every day for a week for 10 to 30 minutes at a time. Move with purpose: shovel the walk. Shovel the neighbour's walk. Look for birds, stars or big



snowdrifts. Walk the kids to or from school if you can. Put on a pair of skates, skis or snowshoes. Slide, glide and embrace the season. And share it with family and friends.

Winter can be fun. Get out there enough and you could find yourself a little reluctant to say goodbye to winter when spring rolls around.

Using your own two feet to get around is good for you and for the air around us. The less you drive, the fewer emissions in the air. And if you have to drive, try to cut down on the idling. Turn the engine off when you run into the store for a cup of coffee or are waiting to pick up someone.

You might think you're just one person in one vehicle, but you'd be amazed at how small changes add up to big differences to your life and your community.

Alberta Health Services, reprinted from Apple magazine

Getting Enough Vitamin D This Winter

Alberta's winters are long, but the bright side is we get more sunny days year-round than most provinces. Our skin turns that sunlight into vitamin D, which protects our bones and teeth, prevents heart and lung disease, curbs appetite and boosts our immune system and mood, among others.

The best way to get it is spending time outside, but weak winter sunlight means our bodies can't make enough.

Getting enough vitamin D this winter can be as simple as adding a few other things to your routine:

- Eat foods naturally rich in vitamin D such as fatty fish and eggs
- Eat foods with added vitamin D such as milk, yogurt and cheese
- Take a supplement. People one to 70 years old can take a 400-IU supplement each day; people over 70 can take an 800 to 1,000-IU supplement each day.

For more information, visit www.MyHealth.Alberta.ca.

*Alberta Health Services,
reprinted from Apple magazine*

Ideas to Celebrate Family Day

Family Day in Alberta was first celebrated in 1990. It was created for Albertans to spend time with their families, and the hope was that this holiday would emphasize the importance of family values. Here are some family fun time activities to help celebrate Family Day.

- Volunteer together
- Enjoy a family game night with one of your family's favorite board games
- Go on a family scavenger hunt together, or try geocaching.
- Go on a family walk or hike.
- Have a family campout in the living room.
- Do a puzzle together.
- Make a time capsule.
- Choose a book to read out loud as a family.
- Go ice skating.
- Play a board game.
- Bake something together
- Go for a walk around the neighborhood
- Have a dance party in your living room
- Watch home videos or look through photo album

