

OCTOBER 2022



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ROYAL OAK

VIEW

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## 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@roeoha.ca](mailto:info@roeoha.ca) • [www.roeoha.ca](http://www.roeoha.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:** Sonya Sharp  
403-268-2430  
[ward1@calgary.ca](mailto:ward1@calgary.ca)

**MLA:** Sonya Savage **MP:** Pat Kelly, Calgary Rocky Ridge  
403-297-7104 403-282-7980  
[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca) [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)  
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**Rocky Ridge Royal Oak**  
COMMUNITY ASSOCIATION

# Councillor Report

**H**ello and happy Thanksgiving to all residents of Ward 1!

A busy fall at City hall continues as we get closer to Council's deliberations on the 2023-2026 Service Plans and Budget in November. The City held a number of public engagement opportunities over the month of September, and I'll be looking at the results closely. If you didn't have a chance to participate, feel free to reach out to my office with any comments. It's important that the voices of Ward 1 constituents are heard.

We are still awaiting further updates on the reopening of the pathway connecting Valley Ridge to Bowness Park from the province. I will continue to advocate for a solution. In the meantime, I encourage concerned residents to contact their MLA for more information.

Due to rising construction costs, The City has delayed construction of improvements to the Silver Springs Neighbourhood Streets pilot project until spring 2023. The City remains committed to completing the pilot. Updates are available at [Calgary.ca/silversprings](http://Calgary.ca/silversprings).

The City has extended the pilot project to allow bikes on the C-Train at any hour through March 31, 2023. You can submit your feedback at [calgarytransit.com](http://calgarytransit.com).

Calgary Transit's official route planning app, Transit, can now be used to purchase tickets and book on-demand trips. It's available in the Apple App Store and on Google Play.

Did you know you can report street light outages online? Create a report and get updates on outages in your neighbourhood at [Calgary.ca/streetlights](http://Calgary.ca/streetlights).

Halloween is almost here! We all have a part in ensuring a safe (and spooky) Halloween. Find important tips for trick-or-treaters, drivers and homeowners at [Calgary.ca/halloweensafety](http://Calgary.ca/halloweensafety).

**Sonya Sharp, Councillor, Ward 1**

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

Please email [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.



## 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. Please check out our website at [www.rrroca.org](http://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, tball), 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

### 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

## DID YOU KNOW?

RRROCA has partnered with local businesses to bring product/services discounts to their members.

The list continues to grow. Check out current discounts here:

[https://rrroca.org/en/businesses\\_discount/](https://rrroca.org/en/businesses_discount/)



## 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 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](http://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](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

## 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.



# Activate Your Community This Winter!

Do you have an idea that could change the way your neighbours interact with each other? Do you know of a neglected space that could use some re-imagining? The Federation of Calgary Communities has a \$1000 Walk, Play and Be Neighbourly microgrant program that could help you with that!

Throughout the summer many organizations have utilized an \$1000 ActivateYYC Walk, Play & Be Neighbourly grant to activate their community. A few groups used their grant to host an event, including Tuscany Community Association with their colour run, Huntington Hills with their Day with the Dogs and Cranston Residents Association with their amazing race. Other groups have used their grant for installations including Inglewood BIA installing a typewriter for their Analog is Dialogue hub and Parkdale Community Association installing two basketball nets.

The ActivateYYC application deadline has been extended until October 15 or until funds run out. So, if you have an idea for a small temporary low-cost project, partner with a Calgary community organization, community association, local business or business revitalization zone and apply fast! To get inspired by past projects, learn more about the application process and fill out an application form, visit <https://activateyyc.calgarycommunities.com/>. Be part of it!

*A message from the  
Federation of Calgary Communities*

## 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](mailto:communications@rrroca.org).



## Tips for Using Your Green Cart This Fall

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit [calgary.ca/collection](https://calgary.ca/collection) to check your schedule and sign up for reminders.

*City of Calgary*



## DID YOU KNOW??

28% of all Canadian households (4.6 million people) usually purchase a turkey and turkey products for Thanksgiving.





# Halloween Safety

The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

**Alberta Health Services**



## Local Alzheimer's Walk – October 3rd, 2022

Did you know over 17,000 people are living with dementia in Calgary and the numbers are expected to double within the next 10 years? For each person with a diagnosis, a further 10-12 people are directly impacted as a result. About half a million people are living with dementia in Canada. Alzheimer's disease is one type of dementia, and the most common, accounting for about 60% of cases of dementia. The exact causes of dementia are unknown, it's most likely that it is caused by a complex interplay of genetic, environmental and lifestyle factors. Even if you do not have a family history it is still important to be aware of the common warning signs including:

- Memory Loss
- Difficulty with familiar tasks
- Difficulty with language
- Confusion of time and place
- Poor judgement
- Problems with abstract thinking
- Misplacing things
- Changes in mood and behavior
- Changes in personality
- Loss of initiative

The more this cause is talked about, the more it will help reduce stigma for local families and help them feel included and supported. The Alzheimer's Society of Calgary (403-290-0110) is an excellent source of information and support. They work to ensure that people impacted by dementia have access to high quality education, care and support throughout their journey.

Please join Rocky Ridge Retirement Community to help raise awareness and funds locally! They are hosting an Alzheimer's Walk Monday, October 3rd. All welcome. Call 403-930-4848 or visit them to pick up your pledge sheet.



## 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) [info@rrrha.ca](mailto:info@rrrha.ca)

### Office Hours

Updates to office and park hours  
will be available online.

## ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

### Office hours:

Sunday to Friday: 9:00am to 9:00pm

Saturdays: 9:00am to 4:00pm

### AGM RESCHEDULED

In light of unforeseen circumstances, the Annual General Meeting initially scheduled for October 27, 2022, will be postponed until November 24, 2022. It has been determined that the delay best serves our members by ensuring that all pertinent information is available for presentation by the Board of Directors.

### BOARD MEMBERS WANTED!

RRRHA is seeking individuals to serve on the board of directors. Do you have time to serve your community? Are you retired or semi-retired? Have you operated a small business or served on a board? Are you comfortable reviewing financial statements, setting goals, and working with others to achieve set objectives?

### RANCH EVENTS & ACTIVITIES:

Senior's Activities: Do you find yourself wishing there were more activities for you to take part in? Would you like to see a book club, a walking group, a cribbage/games club, or any other types of activities that may be of interest organized through the Ranch? If so, we would love to hear from you. Please connect with us either by phone, email or in person as your ideas and feedback are important to us.

### Hall and Room Rentals:

Did you know that in addition to our upper and lower halls, we have a newly renovated meeting space that is ideal for tutors, small group activities such as art, crafting or sewing classes, and meetings? Please visit our website for information and come on in to see the space!

### Winter Activities:

The prediction for this winter is that we will see colder temperatures earlier in the year. Generally speaking, our ice isn't ready for skating until closer to late December, however if temperatures are consistently below -10° we may be able to start working on the ice earlier. Please be mindful that the lake water freezes and thaws at different rates, and as it is natural ice, it is not safe to get on until measured for appropriate thickness. We will keep you informed through the website, mass emails, road signs, and this publication.

### Calendar of Events:

Mark your calendars and join us at one of our member functions taking place over the coming months. Our parties are family friendly environments with various entertainment and/or activities. Please be sure to check for more details online or in the upcoming editions of the Suburban Journal. \*\*please note the CORRECTIONS to event dates noted below

### Halloween Party – Saturday, October 29th, 1:00-3:00pm\*\*

Our annual spooky spectacular is sure to please the little goblins and ghouls. Come dressed up if you wish and enjoy some treats and games. This is an outdoor event!  
\*RSVP will begin October 1st.

### Annual General Meeting (AGM) – November 24, 2022 7:00pm

All members in good standing are invited to attend the Annual General Meeting of the Rocky Ridge Ranch Homeowners Association on Thursday November 24, 2022 at 7:00pm. This is your opportunity to voice your opinions and thoughts on matters specific to the HOA as well as get an update on what has transpired since last year's AGM. Audited financials for 2021 will be presented, along with a draft Capital budget, and the election for the Board of Directors.

Registration will begin at 6:30pm. Please come prepared with picture ID. In the event that quorum is not met for the 7:00pm meeting, the second meeting will be called to order at 7:30pm.

Notices will be delivered electronically via email during the first few days of November, to all members that have a valid email address in our database. Paper copies will

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be mailed to those properties for which no email is on file. Please contact the office directly if you do not receive a notice by November 3rd.

### Christmas Market – November 26th 10:00am-2:00pm

If you are looking for unique gifts to give away during the holiday season, be sure to check out the Holiday Market. We will have a variety of vendors selling a wide array of treasures. Watch for details in the October edition.

### Christmas Party – Sat., December 10th Seating 1: 10:30-12:00pm Seating 2: 1:00 – 3:30pm

Our most popular party is a hit with young and old alike! This very holiday-themed family event is complete with a visit from Santa! Member-families with children 11 and under are welcome to attend. There is a maximum of 2 adults and 6 members per household.

\*RSVP will begin November 1st and will be available until capacity is reached. Due to the capacity restrictions, only those families that have RSVP'd are able to attend.

## Where to Park: Online Map Shows Calgary's Residential Parking Zones

When planning a trip within the city, don't forget there are many residential areas in Calgary that have parking restrictions. The Calgary Residential Parking Zones map shows communities which have residential parking zones established to help communities control the number of non-resident vehicles parked there. To ensure you are parking in residential areas where permits are not needed, visit the map at <https://maps.calgary.ca/CalgaryParking/>.



To view more City of Calgary maps, please visit the Map Gallery at <https://maps.calgary.ca/>.

*City of Calgary*



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# Explore Calgary's National Historic Sites

Last month we introduced you to three of Calgary's Oldest National Historic Sites (NHS), all dating from the late 1800's: Fort Calgary, Stephen Ave district, and Lougheed House. This month we encourage you to explore our early 20th Century sites.

Calgary's Historic City Hall, 716 Macleod Trail SE. Completed in 1911 and designated a NHS in 1984, this sandstone building has recently been restored.

Central Memorial Library and Park, 1221 2 ST SW. Opened in 1912, it was the first public Library in Alberta. Philanthropist Andrew Carnegie funded this library and 124 others across Canada. Recognized as a NHS in 2018.

Reader Rock Garden 325 25th Ave SE. This Arts and Crafts-style alpine rockery was laid out by William R. Reader, Calgary's Parks Superintendent from 1913 to 1942. The gardens were restored and reopened in 2006 for the 100th anniversary of the Calgary Parks system, and designated a NHS in 2018.

Mewata Drill Hall and Armory, 801 11th St. SW. Constructed in 1917-18, the federal building and grounds reflected the national pride in Canada's strong performance in the South African War and supported a dramatic increase in militia enrolment. Recognized as a NHS in 1989.

Palace Theatre, 211 8th Ave SW, constructed in 1921 and designated in 1997. This opulent neoclassical building is one of the last surviving palace style cinemas in western Canada. In 1925, the future premier of the province, evangelist William Aberhart, began his famous radio broadcasts from the Palace.

Heritage Hall - Southern Alberta Institute of Technology, 1301 16th Ave NW. Completed in 1922, this building

responded to the need for training a skilled workforce for the booming province. Recognized as a NHS in 1987.

Canada's system of commemorating places, persons or events of national significance began in 1919. The Historic Sites and Monuments Board of Canada, under Parks Canada, recommends candidates for designation. In the 1950s the Board began recognizing built heritage for age or architectural value. Sites are researched and documented, ceremonies are held, and plaques are installed, offering great educational and tourism benefits. Actual protection of the built heritage may be provided through provincial and municipal designation.

***Karen Paul is a Director of the Calgary Heritage Initiative Society.***

To discover more about Calgary's heritage, visit:

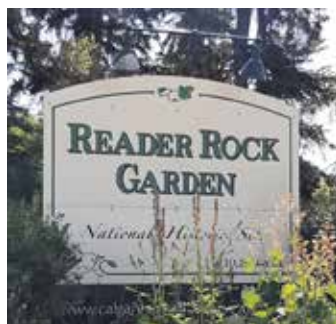
**HERITAGE *inspires* [YYC.org](http://YYC.org)**



Heritage Hall 2022 (CHI)



Heritage Hall Entrance 2022 (CHI)



Reader Rock Garden NHS 2022 (CHI)



Reader Rock Garden 2022 (CHI)



Central Memorial Park and Library (CHI)



Mewata Armoury 2022 (CHI)



Mewata Armoury South 2022 (CHI)

# Understanding Mental Health

**M**ental Health is complicated. There are so many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of 4 layers. The base of the pyramid is the largest, which is related to the amount of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the 4 levels of the pyramid are:

### 1. No Distress, Problem or Disorder:

This is the bottom level and the largest of the pyramid. This is when everything is okay and you are not experiencing any mental distress, problems of disorders.

### 2. Mental Distress:

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

### 3. Mental Health Problem:

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as, counselling and/or medication. This can arise from a stressor of great amount, such as the death of a loved one.

### 4. Mental Disorder/Illness:

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, Clinical depression and anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big 5 to Thrive!

- **Exercise:** This could be a walk in the community or a session at the gym
- **Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night’s sleep.
- **Supportive Relationships:** Develop and maintain positive relationships with family, friends and



community. Surround yourself by those who lift you up.

- **Nutrition:** Incorporate healthy foods that are easy to make and taste great!
- **Helping Others:** Get involved in your community coalitions or volunteer with local charities

It has been proven that improving even one of these areas translates to improvement in the other areas. Consider steps that are realistic to you to improve your mental health!

*Community Health Promotion Services Team,  
Alberta Health Services*

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

- The birthstones are the Tourmaline and the Opal.
- The birth flowers for October is the Calendula
- The two zodiac signs in October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
- October was named after *octo*, Latin for “eight”, when the original Roman calendar started in March, so October was the eighth month.
- The Anglo-Saxons called the month Wintirfylith because it was the first full moon of the winter season.