



ROCKY RIDGE  
ROYAL OAK

*Your Community Newsletter since 2005*

VIEW

Suburban Journal

*Happy Holidays*

**Rink Volunteers  
Needed**

**Annual RRRHA Family  
Christmas Party  
December 10th  
10:00 a.m. – 11:30 a.m. and  
1:00 p.m. – 2:30 p.m.**



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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@roeha.ca](mailto:info@roeha.ca) • [www.roeha.ca](http://www.roeha.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  
403-297-7104  
[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)

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

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

### Advertising Sales:

Phil: 403-660-7324 .....[phil@suburbanjournals.ca](mailto:phil@suburbanjournals.ca)  
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Rocky Ridge Royal Oak  
COMMUNITY ASSOCIATION

## President's Message

**H**appy holidays! As the end of the year and holiday season approaches, we hope that you will have the opportunity to enjoy time with family and friends and the wintertime sights around our community.

Our Annual General Meeting was held on November 24. I would like to attend my thanks to the individuals who have served as directors and in the various committees of the Community Association this past year. We could not do this without you! I would also like to thank those who have volunteered to serve the community in 2023.

We still have some vacant roles on the board and within various committees. If you are looking for an opportunity to give back to the community, please contact us at [volunteers@rrroca.org](mailto:volunteers@rrroca.org) or reach out to a member of the board of directors. Whether you are interested in volunteering a few hours per week, a few hours per month, or a one-time opportunity we have many different roles to suit your schedule.

We are also still seeking rink volunteers. Based on the volunteers that have agreed to help so far, we have made the decision to focus our efforts on maintaining the sport rink. As of the time of writing this, we are not planning to develop the pleasure rink this winter. If you are interested in volunteering some of your time to help with the rink maintenance, please contact us by email at [volunteers@rrroca.org](mailto:volunteers@rrroca.org) or [parks@rrroca.org](mailto:parks@rrroca.org).

Please follow the RRROCA Facebook page for updates and information regarding upcoming events. <https://www.facebook.com/rrroca.org>

Yours truly,

*Yours truly,  
Jason Kellock*

*Rocky Ridge Royal Oak Community Association*

## Snow Angels

**B**e a Snow Angel this winter. There are people in your neighbourhood who have mobility issues, are sick, or unable to shovel their sidewalks. Be a good neighbour and take a few extra moments to shovel their sidewalk, too. Snap a photo and share on social media with #SnowAngelYYC. Visit [calgary.ca/snowangels](http://calgary.ca/snowangels) for details.

*City of Calgary*

## 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.



# Community Christmas Food Drive

The Calgary Food Bank is critical to the city's emergency food assistance system, impacting thousands of lives every week.

The Calgary Food Bank is not a government or United Way funded organization. They are community owned, community supported. In partnership with the food industry and people like you, for every \$1 received they can distribute \$5 worth of food.

During this season of giving, please help by dropping off your non-perishable food items or cash donation to Rocky Ridge Retirement Community from November 21- December 21, 2022. We are asking for non-perishable food items as well as other food items such as baby and unopened pet food. Also, they will accept cash donations at their front desk.

Rocky Ridge Retirement Community – 10715 Rocky Ridge Blvd NW 403-930-4848



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## Youth Writer

Christmas, the wonderful time for candy canes to be shared and tunes to be sung! Christmas lifts our spirits by bringing us wonderful delights! Caroling with friends about exciting things from things like Santa Claus to Jingle Bells. Waiting for the wonderful day of Christmas to see what awaits us under the tree. Spending time with family and friends allows us to realize what Christmas is all about, bringing cheer to everyone's faces!

Sitting around the fireplace with a mug of hot cocoa and seeing all the snow around makes us realize Christmas is around the corner and, with that in mind we whip out our decorations to make the place fun and jolly. Carefully decorated Christmas trees with funny ornaments to make it stand out to hang Christmas lights around your house. The food is such a delight as well, making cute decorated gingerbread houses to have competitions with friends to make Christmas decorated cakes. Playing fun games with families such as Christmas trivia or spending time doing Christmas karaoke with family and friends. Some fun things for kids come around this time such as kids writing notes to Santa Claus to wish for what comes under the tree, and maybe Santa will give them what they wished for to make them glee!

Whether it's spreading christmas spirit by singing the carols or eating candy canes near the fireplace, Christmas is a time to bring out people's giving spirit. Sharing this time with loved ones is what Christmas is meant to be, while also spreading glee to everyone around you. Using Secret Santa is a great way to show that you really care for your friends/family while having a little fun twist on it. So, have a Merry Christmas while showing the cheer, and make sure to not be naughty or Santa won't be here!

*Nifemi*

Currently looking for youth writers! Please contact Tanisha Mattapalli at [newsletter@rrroca.org](mailto:newsletter@rrroca.org).

### DID YOU KNOW?

Around 28 Lego sets are sold every second during the Christmas season.



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

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



## 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

### December office hours:

The office will be closed on December 25th and January 1st, 2023.

### BOARD UPDATE:

#### AGM update:

The 2022 AGM was held on November 24th and we would like to thank the members that continue to volunteer their time, the new members that joined the board, and all that attended.

#### Snow and Ice Maintenance

Please contact 311 for any questions or concerns relating to pathways or sidewalks that require attention. We encourage our members and neighbours to file service requests through 311 or through the City of Calgary online reports to facilitate response at <https://www.calgary.ca/bylaws/snow-shovelling.html#:~:text=Contact%20311%20to%20report%20a,use%20the%20pathway%20snow%20report.>

- Sidewalks bordering private property – use the sidewalk snow report. Include the private property address for bylaw officers to follow up.
- Sidewalks bordering City property – use the pathway snow report. Include an address or landmark details for City crews to follow up.

For a map of areas being cleared by the City, please visit: <https://mapgallery.calgary.ca/apps/74802f306e06468da236bf20047205fe/explore>

### Winter Programs:

Registration for the Winter session of fitness classes, which runs from the week of January 9th until the week of March 31st, will be available online or through the office. Our full program listing will be available on our website at [www.rrrha.ca](http://www.rrrha.ca).

#### Ice Skating and winter activities

As winter settles in, the process of getting the ice ready for skating will be underway as conditions allow. A common question is “when will the ice be ready?” The answer to that is weather dependant, as the ice must freeze to a minimum depth prior to being prepared for skating. The frozen lake will again be divided into separate areas for hockey and skating.

Ice updates will be posted on our website, social media sites (Facebook and Facebook members page), mass emails and our road signs.

### Annual Invoices

The RRRHA annual Homeowners Association fee invoices will be mailed out by January 1, 2023. Online payment will be available by January 3rd with instructions for payment included with the invoice, as well as posted on our website.

Payments are due by March 31, 2023. Interest will accrue at a rate of 2% monthly on outstanding accounts beginning April 1, 2023. All outstanding accounts will be sent for collections for overdue accounts as of as of September 30, 2023.

If you wish to make installment payments via post-dated cheques, please do so at the office. A maximum of 6 installments will be accepted with full payment to be processed by September 30, 2023. Interest does not accrue on accounts for which monthly payments are made so long as there are no issues with returned or declined payments.

\*\*If you will be out of town to escape the winter months you are able to make arrangements to have your payment processed via post-dated cheque, or utilize the online system from anywhere worldwide that internet can be accessed.

### EVENTS:

#### December Events:

\*\*\* CORRECTED TIMES:

#### Annual RRRHA family Christmas Party\*

**December 10th 10:00-11:30 and 1:00-2:30pm**

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 or December 4th, 2022. Due to the capacity restrictions, only those families that have RSVP'd are able to attend.

## 2023 Events:

Keep these dates marked on your calendar, and stay tuned for details as we approach the various events as specifics regarding times and rsvp/registration requirements may change.

### January:

\*NEW\* Join us for an evening of mixing and mingling with your neighbours at the RRRHA Wine Share on January 21, 2023 from 7-9pm. Bring a bottle of your favorite wine to enjoy and share if desired while getting to know your neighbours. Appetizers will be provided. Please RSVP through the office by January 18th, 2023. This is an 18+ event.

**March 4th:** Winterfest 1-3pm

**April 1:** Easter Party 1-3pm

**May 13 or 27:** Young Entrepreneur's Market and Used Clothing/toy sale 10-2pm

**July:** Stampede BBQ July

**October 28:** Halloween Party 1-3pm

**November 25:** Christmas Market 10-2pm

**December 9:** Christmas Party (tba)

If you are interested in volunteering please contact the office and let us know!

## 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).



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# Discrimination in Your Organization

Everyone has, at one time or another, been upset with a coworker, friend, colleague, or neighbour. We've all been there. Nobody is perfect, and we all have our own mixture of stresses, personality, expectations and experiences which we bring into interactions with organizations as members and volunteers. It creates a unique landscape to navigate, especially if, as a volunteer, it becomes difficult to figure out how to make a challenging intrapersonal relationship better.

Not everyone will be easy to work with, however, having the right policies in place with a board of directors who respect the need to attract and retain a volunteer base make all the difference to an organization's ability to thrive. Nonprofit organizations need dedicated volunteers in order to run efficiently. A good organization will work together to prevent any and all opportunities of racism or discrimination from being allowed. One way to protect volunteers and employees is with well written policies and bylaws.

A properly written complaint policy and/or bylaw would minimize or even eliminate these kinds of scenarios. When viewed through the lens of a community or nonprofit organization where it's likely there will be several people volunteering together, a well-written complaint policy helps smooth over some of the normal bumps and whirlwinds that occur when those with vastly different personalities, cultures, experiences and communication styles try their hand at giving back to the community they care enough about to volunteer for in the first place.

An organization with a long history of low volunteer engagement, is likely due to things like several dysfunctional boards, poor volunteer experiences, overwhelm and fatigue of those who do volunteer, and a lack of clearly outlined expectations, accountability, and resources for volunteers.

For any community or nonprofit organization to thrive and attract volunteers, adequate policies and processes need to be in place that create and support a modern, equitable, safe and welcoming volunteer environment.

How comprehensive is your organization's complaint resolution policy/bylaw? Does it ensure that all parties are treated fairly regardless of race, religion, sexual orientation, disability, culture, age, or gender? Does it ensure that a person is given adequate notice and an

opportunity to change the problematic behaviour? Is there accessible support for the volunteer to remedy the problem?

Does it ensure that both parties start by working towards a resolution? Are there processes in place so that complaints do not hit a 'dead end'? What if the complaint involves the organization's board of directors? Are there mandatory steps/ processes in place to having a complaint resolved when at the highest levels? What sort of support for complaint resolution accountability exists in your organization's bylaws and policies? Are there resources and mandatory training and on-boarding for volunteer board members to support the kind of transparency, accountability, and skill building that are needed to help prevent conflicts in the first place? Does the organization circle back and spend time looking at how a complaint could have been handled better and try to improve for the next time?

There will always be challenging situations which arise between those interacting within an organization- we are all human, and nobody is perfect. It's how we (as an organization) choose to respond in those inevitable situations which make all the difference to volunteers feeling safe and welcome. An organization which invests in its volunteers will find the ROI is well worth the time and money spent on ensuring everyone is on the same page when it comes to working together.

*Tracy Cox*

## Snow Bans Restricted Parking: Online Map Shows Calgary's Snow Route Parking Bans

December marks a potential for snowfall in the city and this means snow bans can come into effect. Before heading out, know which streets have parking restrictions by using The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes across the city. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at <https://maps.calgary.ca/SnowRouteParkingBans/>.

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

*City of Calgary*



# Councillor Report

**H**ello Ward 1! The holiday season has almost arrived. On behalf of myself and the Ward 1 Team, we wish you and your family a pleasant and restful holiday season, and all the best for the coming year.

Last month, City Council debated The City's 2023-2026 Service Plans and Budget. These deliberations affect the services that The City delivers and the taxes required to deliver them. You can find the latest information on what Council decided by visiting [Calgary.ca](https://calgary.ca).

Winter in Calgary means snow and ice on roads and pathways. Last year, Council approved additional funding to help get major routes clear of snow and ice faster, within 36 hours after snowfall. City crews work 24 hours a day during winter to make it easier for you to get around. You can learn more about The City's approach to snow and ice control at [Calgary.ca/snow](https://calgary.ca/snow).

This month, members of Council are participating in a challenge with the Calgary Food Bank to see which

ward can donate the most amount of food. The official challenge runs until December 11, but the Calgary Food Bank welcomes donations all year round. Visit [Calgary.ca/Ward1](https://calgary.ca/Ward1) for details on how you can participate.

Traffic safety continues to be a major priority for Ward 1. I have been working with City Administration to find improvements to several busy areas including Sarcee Trail and 34 Avenue in Bowness, Country Hills Blvd and 112 Avenue in Royal Oak, and on Crestmont Boulevard. Permanent solutions often take time, but I hear your concerns and make it a priority to address them as quickly as possible.

Concerns about planned development in your neighbourhood? You can view notices and submit feedback on development permits and land use changes by visiting [Calgary.ca/planning](https://calgary.ca/planning)

***Sonya Sharp, Councillor, Ward 1***



[www.SuburbanJournals.ca](https://www.SuburbanJournals.ca)

# St. Sylvester School News

The month of December and the Christmas season is a busy time of year at St. Sylvester School. We are excited to share some upcoming events taking place at our school:

### Annual Poinsettia Fundraiser

Thank you to all those who participated in our school council's annual poinsettia fundraiser. We appreciate all of your orders and the funds that we raised will go towards school council funded activities and initiatives, as well as to support field trips. Orders will be ready for pick up at the school on Friday, December 2.

### St. Sylvester School Christmas Concert

On December 8, the St. Sylvester School community will once again showcase the talents of our students during our Christmas concert. This much anticipated event will feature students in grades 1-6 performing a total of 12 Christmas songs in celebration of this holy time of year.

### Community Christmas Card Delivery begins

Starting December 1, students will be delivering Christmas greeting cards made in class to nearby Silver Springs residents. This is one of the opportunities we have to share the special message of Christmas and to show kindness to our neighbours as well as our community spirit. We are proud to be part of the Silver Springs community!

Students' last day of classes before the Christmas break is December 21. On behalf of the staff at St. Sylvester School, we would like to wish the community a safe and happy Christmas holiday and all the best in 2023. We look forward to seeing everyone again in the new year starting on January 9.

Please visit our website at [stsylvester.cssd.ab.ca](http://stsylvester.cssd.ab.ca) for more information about what is happening at our school. Make sure to follow us as well on Twitter @stsylvester\_ccsd.

## DID YOU KNOW??

Although gingerbread houses date back to the 1600s, the tradition became widespread in Germany after the story of Hansel and Gretel was published in 1812.



# Personal Safety While Christmas and Holiday Shopping

Christmas is a time to relax and have fun. Many of us will be out and about more than usual – Christmas shopping, attending parties and other social events – and the last thing we need is to become a victim of crime. To help avoid this, here are seven tips to help you stay safe:

1. Avoid carrying large amounts of cash. Carry only the credit cards and bank card you will need to make your purchases.
2. If your credit card is lost, stolen, or misused, notify your credit card issuer at once. Keep a complete list of your credit cards at home, along with the 1-800 numbers you will need to report a lost or stolen card.
3. If you need to use an ATM while shopping, try to use one located inside a busy, well-lit location, and withdraw only the amount of cash you need. Also, protect your PIN number by shielding the ATM keypad from anyone who may be standing near you.
4. If you have a cell phone, be sure to take it with you while shopping for added security.
5. Teach children to immediately go to a store clerk or security guard and ask for help if they become separated from you in a store or shopping mall.
6. Consolidate purchases into one or two large shopping bags so you can keep track of everything. Never leave your purchases unattended, even for a minute.
7. If you are a victim of a crime, report it to the police immediately.

*A message from the  
Federation of Calgary Communities*



# Stay Mindful, Stay Connected!

Connection is important! Connectedness is feeling cared for, supported, and like you belong at school or work, with friends and family, and in your community. Feeling connected is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque or synagogue, or walking through the neighborhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and well as individuals, strengthen our relationships, and give us a sense that we belong in our larger community. Creating connection in our daily lives is very important for good mental, emotional, spiritual and physical health.

For some people, connecting is an important part of the holiday season. While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely aware of and “in” the present moment. Ridding ourselves of distractions and being mindful allows us to be fully with others, and increases our appreciation for and the benefit of social connections.



The acronym **WINTER** gives us a tool that can help us practice mindfulness and increase our connections during the holidays.

- **WARMTH:** Pay attention to the comforting feeling you get as you sip a warm drink and enjoy the cozy heat from your fireplace or big fuzzy blanket!
- **INTENTION:** Let go of feeling like you have to “do it all”. Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- **NO:** Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- **TRY:** Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- **EXERCISE:** Embrace the snow. Do activities that fit our winter season. Dress warm and walk, go for a skate on a community rink, build a snow fort, or try snow shoeing.
- **RELAX:** Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

*Community Health Promotion Services Team,  
Alberta Health Services*



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# Stephen Avenue's Molson's Bank

The imposing bank buildings of a century ago are a far cry from the convenience store ATM's we access today. Located at 114 8 AV SW, Molson's Bank was constructed in 1911 in the Beaux-Arts style, a French architectural school that featured Greek and Roman classical elements. The Molson's fluted limestone columns topped by scrolled ionic capitals, triangular pediments above the lower doors, and carved lions contribute to a sense of solidity and permanence – thus attracting consumer confidence in the bank as a safe place to deposit one's wealth. The era's bank architecture in North America was particularly influenced by the rebuilding of San Francisco's financial district, destroyed by the earthquake and fire of 1906.

Molson's Bank was incorporated in Montreal in 1855 by brothers William and John Molson, Jr. the sons of brewery magnate John Molson. At one time, 125 branches operated, mostly in Ontario and Quebec. In 1925, shortly after Molson's Bank merged with the Bank of Montreal, Calgary's building was sold to the Bank of Toronto, and for many years was that bank's regional headquarters for Alberta. From 1955 to 1967 it was the city's main branch of the Toronto-Dominion Bank and remained a downtown branch until 1993 when the building was sold. The first floor lay vacant for 4 years until it was reinvented as the James Joyce Irish Pub, fittingly serving up beer amongst its fare! So next time you have a hankering for a pint, look for the original bank's safe, manager's office, and mill work in the interior.

The Molson's Bank was designated a Provincial Historic Resource in 1979 and is one of 29 buildings recognized

within the Stephen Avenue District, a National Historic Site of Canada. When you stroll along Stephen Avenue, take a moment to appreciate the building's beautifully preserved exterior and look for the carved inscription, "Industria et Spe" above the entrance to the pub... meaning "Labour and Hope".

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

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*Molson's Bank as a film set (Calgary Film Centre)*



*Molson's Bank around 1912-2 by Thomas Mawson (U of C Glenbow Western Research Centre na-3766-35)*



*Toronto Dominion Bank in 1950s-70s by Alison Jackson (Calgary Public Library)*



*Molson's Bank Lion Detail (2022 CHI)*