

JANUARY 2023



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

*Happy
New Year*



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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
ward1@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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Phil: 403-660-7324phil@suburbanjournals.ca
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Councillor Report

Happy New Year, Ward 1!

I hope everyone had a restful holiday season and the chance to connect with friends and family. I want to say a special thanks to everyone who participated in the Mayor's annual Christmas Food Drive by making a donation to the Calgary Food Bank. If you weren't able to participate, it isn't too late: the food bank needs your donations all year!

As of the time I write this, deliberations on the 2023-2026 Service Plans and Budgets have only recently concluded. The four-year budget includes some important investments in top priorities for Ward 1 residents including safety, public transit, and downtown revitalization, and work to reduce poverty. Ultimately, though, I voted against the final budget approved by Council. I know many Calgarians and small businesses are struggling with affordability, and I could not support a property tax increase when two-thirds of us are just trying to keep up with the cost of living.

You can learn more about what's in the budget and my thoughts at calgary.ca/ward1.

The intersection of 112 Ave and Country Hills Blvd NW continues to be a priority for my office. An additional change has been made to improve accessibility for pedestrians by relocating the crosswalk on Royal Birch Way to be in the direct line of sight of drivers. I will keep you updated on future work and lessons learned.

Property tax assessment notices are mailed out this month. The customer review period runs from now until March. Questions or concerns? Contact The City's Assessment department at 403-268-2888 or visit Calgary.ca/assessment.

A reminder that sidewalks must be cleared by property owners or occupants within 24 hours after a snowfall. Be a Snow Angel! Consider helping out a neighbour by clearing their walk.

Sonya Sharp, Councillor, Ward 1



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, 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.

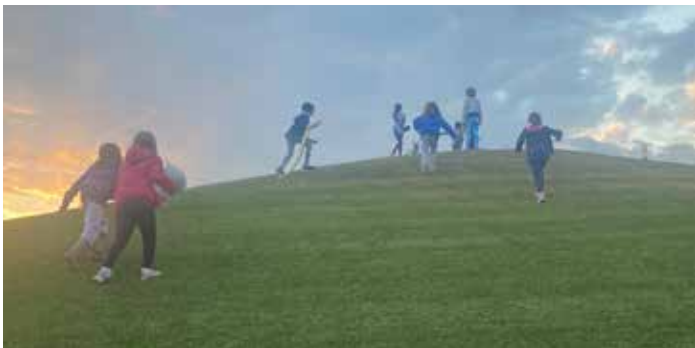
The list continues to grow. Check out current discounts here:

https://rrroca.org/en/businesses_discount/



Guiding Fun

Photos of our 201 Brownies, cookie selling, meeting, and outdoor adventuring! Any Questions? Please contact any-calgarywichewakn@girlguides.ca.



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

Please email volunteerlead@rrroca.org to sign up.

Calgary Area Girl Guides Wichewakn District

WHO WE SUPPORT

Did you know that our District supports the communities of Arbour Lake, Bearspaw, Citadel, Hawkwood, Ranchlands, Rocky Ridge and Royal Oak? We currently have two Sparks Units, two Brownie Units, five Guide Units, four Pathfinder Units and two Trex Units! Together, we have over 170 youth members and 35 adult volunteers--WoW! We still have room in some of our units... it's never too late to start your Guiding adventures!! To find out more information or if you would like to become one of our Guiders, please email our District Commissioner, Ginger Bowes at any-calgarywichewakn@girlguides.ca

INTERNATIONAL TRAVEL

In 2025, 20 youth and 5 Guiders from our District will be heading to London and Paris where they will be participating in service projects, exploring these two beautiful cities and learning all about the history and culture. The 91st International Unit, also known in our District as the 1st Trex Travellers, will be hard at work fundraising to make this once in a lifetime trip a reality!! In addition to selling HUNDREDES of cases of Girl Guide Cookies, they are offering to do GLITTER TATOOS by donation for community events and birthday parties. In September they were at the Hawkwood Fall Family Festival and you may have seen them at the Ranchlands Business Fair adding a little glitter to everyone's lives!! If you are interested in booking them for an event, please email: trextravel2025@gmail.com



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.



Supporting a Friend With Mental Health Issues

Do you have a friend who just doesn't seem to be their usual self? Something about them has changed, and you're wondering what's going on? Friends can be the first ones to notice changes in a friend. It may be a change in mood, certain behaviours, or in activities they used to enjoy. You may notice that your friend seems to be tired all the time or is easily annoyed. Maybe they've stopped hanging out and are spending more time alone. Sometimes it's hard to pinpoint what's different about them, but you just have a sense that something's wrong. Maybe they've told you that they're having struggles.

Many people turn to their friends for help if they're having a problem. Knowing how to support someone is an important part of being a friend.

Signs a friend may need some support:

- They don't seem to enjoy activities as much anymore.
- They seem distracted or are having trouble staying focused.
- They are unusually worried about things that don't seem to be a big deal to you or others.
- Their eating habits have changed—they avoid hanging out at lunchtime or make excuses as to why they're not eating.
- They're always tired or complain they aren't sleeping well.
- They're missing more and more time from school or work.
- They're drinking more alcohol or using other drugs more.
- They're sad much of the time and find it hard to see any positives in their life.
- They are spending more time alone—they don't want to hang out with friends or do any of their usual activities.

If you've noticed changes in a friend that have been going on for a while or seem to be getting worse, it's time to do something. Speak up! Start by sharing with your friend what you have noticed and why it concerns you. Have this conversation in a comfortable but private place, where the two of you can talk without being interrupted. Let them know that you care about them and you're worried about them.

- **Build confidence.** Identify your friend's abilities and strengths, build on them, and encourage your friend to



do their best.

- **Give compliments.** Compliments help us to remember the positives in our lives, especially when times get tough.
- **Give and accept support**
- **Manage stress.** Help your friend to learn what stresses them and how they can manage it in healthy ways before it overwhelms them.
- **Deal with moods.** Support your friend to find safe and constructive ways to talk about negative feelings, such as anger or sadness. Sports, writing (keeping a journal), painting, dancing, making crafts, are all good ways to help deal with difficult emotions.
- **Encourage your friend** to do things they're good at and to have the courage to step outside their comfort zone and try something new.
- **Share humour.** Have fun together. Take some time to laugh with your friend.
- **Be accepting** of different types of people, and include others even if they are different than you. Focus on what you like about who they are as people.

Helping others to acknowledge their strengths and feel good about themselves can also help you recognize your own strengths and ways you can support your own mental wellness.

If you or if your friend needs more help, call Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, 7 days a week.

Alberta Health Services



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 info@rrrha.ca

Office Hours

Updates to office and park hours
will be available online.

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Board of Directors

The newly constituted Board of Directors convened on December 8, 2022 to hold the election of Executive and begin discussing plans for the year ahead.

President – Mary Nelson

Vice President – John McCruden

Secretary – Heather Ponte

Treasurer – Margaret Kennedy

Directors at Large: Kamil Butt, Carla Knipe, Heather Mackay, Janet Mackow, Hitesh (Pete) Patel, Brian Rushfeldt, and Rachel Soares

The Board is eager to begin committee work and will be looking for engagement with our members as they move ahead in their duties. The Board can be reached via email at board@rrrha.ca.

Annual Invoices

The RRRHA annual fee invoices will be mailed out by January 1, 2023. Online payment will be available by January 4th 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 30, 2023. All outstanding accounts will be sent for collections 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 5

8 Rocky Ridge Royal Oak View

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 you are able to arrange to have your payment processed via post-dated cheque or utilize the online system from anywhere worldwide that internet can be accessed.**

Ice Skating and winter activities

Please note that helmets are recommended while skating. At the time of printing the ice had not been divided into separate areas for hockey and skating. If it is divided, we ask that sticks and pucks be kept off the public skating area. If the “Keep off the ice” signs are present, we ask that all members refrain from getting on the lake.

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

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!

WINTER PROGRAMS

The session will run from January to March. Registration is available online at www.rrrha.ca or through the office. Please visit our website for the full details and class descriptions.

PILATES

Mondays w/Laurie 7 classes
Time: 6:30pm - 7:30 pm
January 9th – February 27th (excluding February 20th)
Cost: \$105.00 (member); \$115.00 (non-member)
Minimum 5 participants

PILATES

Mondays w/Laurie 8 classes
Time: 6:30pm - 7:30 pm
March 27th – May 15th
Cost: \$120.00 (member); \$130.00 (non-member)
Minimum 5 participants

THERAPEUTIC YOGA FOR A BETTER BACK

Tuesdays w/ Vanitha 12 classes
Time: 7:30pm – 9:00pm
January 10th – March 28th
\$190.00 (member); \$210.00 (non-member)
Minimum 7 participants

50+ YOGA

Wednesdays w/ Vanitha 12 classes
Time: 10:00am – 11:30am
January 11th – March 29th
Cost: \$190.00 (member); \$210.00 (non-member)
Minimum 7 participants

HATHA YOGA – ALL LEVELS

Thursdays w/ Vanitha 12 classes
January 12th – March 30th
Time: 9:00am - 10:30am
Cost: \$190.00 (member); \$210.00 (non-member)
Minimum 7 participants

OTHER PROGRAMS AT THE RANCH

CALGARY GOJUKAI KARATE: Please visit <http://calgarygojukai.com/> to sign up for child and adult Karate classes.

DEBORAH LAXTON SCHOOL OF DANCE:

To register for child and adult dance lessons visit:
<https://deborahlaxtondance.com/>

ROCKY RIDGE PRIME TIMERS: Join the rockers every Tuesday at the Ranch from 1-3pm for coffee and crafting (bring a project to work on). Free and open to everyone.

SPORTBALL: Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Please visit <https://www.sportball.ca/calgary/to/register>.

STAY INFORMED

Important information, updates or alerts will be flagged up on our website: www.rrrha.ca, our Facebook page: <https://www.facebook.com/groups/1747696902175263/>, or direct to your email address by way of mass emails. If you wish to be added to the email list, please notify us at info@rrrha.ca

Child Writers Wanted!

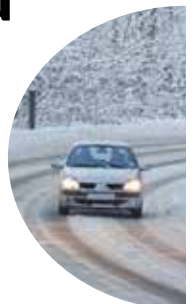
Do you have a child or teen at home who enjoys writing? Would they like to share this passion in the community newsletter? Perhaps a teen who is studying journalism, or simply loves to write in general. Did you know that RRROCA has a number of teens volunteering within our committees today? It is such 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.



Snow and Ice Road Conditions:

Online Map Shows Calgary's Road Conditions

Winter is in full force, which means a potential for snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes and visuals of road conditions from traffic camera images. This map is located at <https://maps.calgary.ca/RoadConditions/>.



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

City of Calgary

Calgary Winters are Safer When Everyone Pitches in to Clear Snow and Ice

While our crews are clearing roads, designated pathways and overpasses, residents and business owners are reminded to remove snow and ice from their property’s adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner’s expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.

City of Calgary



BEGINNING

CALENDAR

CELEBRATION

CHAMPAGNE

CHEERS

CLOCK

CONFETTI

COUNTDOWN

DANCE

GOALS

HAPPY

HOLIDAY

HOURLASS

JANUARY

KISS

MIDNIGHT

MUSIC

NEWYEAR

NOISEMAKER

PARTY

RESOLUTION

STREAMERS

C	J	U	C	K	U	R	H	C	N	R	G	M	R	C	I	R	R
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S	R	E	M	A	E	R	T	S	D	K	H	M	F	T	C	N	N

Protect Yourself From Identity Theft

Identity theft occurs when your personal information is collected and used by persons without authorization to do so.

The result of this illegal activity includes, but is not limited to, applications in your name being made for credit with financial institutions, retail outlets, mortgage companies, etc. Once your identity is compromised, it may take tremendous amounts of effort on your part in order to restore your good name and credit rating.

Tips on how to reduce your chances of becoming a victim of identity theft include:

- Before you reveal any personal identifying information, find out how it will be used and if it will be shared with others.
- Pay attention to your billing cycles. Follow up with creditors if your bills do not arrive on time.
- Guard your mail. Deposit outgoing mail in post office collection boxes or at your local post office. Promptly remove mail from your mailbox after delivery. Ensure mail is forwarded or re-routed if you move or change your mailing address.
- Utilize passwords on your credit card, bank and phone accounts. Avoid using easily available information such as your mother's maiden name, your birth date, the last four digits of your SIN or your phone number.
- Minimize the identification, personal information and number of cards you carry.
- Do not give personal information on the phone, through the mail or over the internet unless you have initiated the contact or know with whom you are dealing.
- Keep items with personal information in a safe place. An identity thief may pick through your garbage or recycling bins. Be sure to tear or shred receipts, credit applications, insurance forms, physician statements and credit offers you get in the mail.
- Give your SIN only when absolutely necessary. Ask to use other types of identifiers when possible.
- Do not carry your SIN card or birth certificate; leave

them in a secure place.

- Become familiar with schemes such as Phishing and Vishing which are designed to glean personal information from you via the Internet or telephone.

Reference: Calgary Police Service. (n.d.).



16032-CalgaryScamsBooklet. In CalgaryScamsBooklet 1F LowRes.

A message from the Federation of Calgary Communities

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 to easily walk between and around them.
- Store carts in a sheltered spot and move them 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 inside 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

Chinese New Year

Celebrating a New Future for Calgary's Chinatown

Our first Chinatown was settled as the homestead for Chinese immigrants brought to build Canada's first transcontinental railway, the Canadian Pacific Railway. First established in 1883 at 8th Avenue & 2nd Street SE where the Calgary Municipal Building is today, it was relocated to 10 Avenue & 1 Street SW after the Great Calgary Fire of 1886. In 1910, the Canadian Northern Railway announced plans for a train station and a hotel at the location of the second Chinatown. Speculation drove up land and property values, resulting in landlords selling their properties and displacing Chinese tenants for a second time. Despite racist opposition, Chinatown moved in 1910 to its third and current location at the foot of the Centre Street Bridge. The first building occupied was the Chinese-owned Canton Block, built by Chinese business owners despite opposition by Calgary lawyer James Short and others who promoted relocation of Chinatown. This rare surviving example of the Edwardian Commercial style remains as a community historic resource. Completion of the Calgary Chinese Cultural Centre in 1992 signalled Chinatown's revival. Despite racist discrimination over the years, Chinatown has thrived, and the Chinese community has contributed significantly to Calgary as a multi-cultural city. Its residences and businesses are enjoyed by Calgarians and visitors alike.

In 2016, the "Tomorrow's Chinatown" project was



Chinatown (Calgary Heritage Initiative)

initiated in response to redevelopment pressures. In 2022, the City in close collaboration with the community, completed the Chinatown Cultural Plan, Calgary's first such plan. It provides direction for investing in Chinatown's cultural future, considering the unique experiences and amenities that the community can offer. An Area Redevelopment Plan lays out a comprehensive planning vision for sensitive redevelopment in Chinatown.

An important first step in building trust and implementing the plan was the renaming of James Short Park and Parkade to Harmony Park in November 2022.

2023, the year of the rabbit, marks the 100th anniversary of the Chinese Exclusion Act, that banned immigration of Chinese people to Canada until 1947.

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

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org



Chinese Cultural Centre (Calgary Heritage Initiative)

DID YOU KNOW??

The coldest temperature ever recorded in Calgary was -45°C (-49°F) in February, 1893. The warmest day ever recorded was 36.1°C (97°F) in July, 1919.



Snowshoeing: A Family Affair

Our family New Year's resolution was to find an outdoor winter sport we could do together. So, on New Year's Eve we gathered our two girls – ages six and nine – and brainstormed ideas. We wanted an activity that was easy for everyone to learn, lots of fun, relatively inexpensive and could be done locally in Calgary. Snowshoeing was the perfect solution.

Snowshoe Calgary's Inner City Parks

Now when that soft powder falls, we head to one of Calgary's inner city parks. If we're bringing our golden lab we'll drive to Nose Hill in north Calgary. It is a dog friendly park with designated off leash areas, plenty of parking and washrooms that are open year round.

We've seen deer and lots of animal tracks while snowshoeing here. Confederation Park is another family favourite, particularly in January when the holiday Festival of Lights is on display. It is a relatively flat park, which makes it easier for younger children.

“ We wanted an activity that was easy for everyone to learn, lots of fun, relatively inexpensive and could be done locally in Calgary. Snowshoeing was the perfect solution. ”

If we feel like a hot dog and marshmallow roast, we'll visit Edworthy Park in the southwest. There are fire pits and picnic shelters here, so it's great when the snow is falling. Last but not least, Fish Creek Park, in the deep southwest is terrific after a fresh dump of snow. The east side of the park is flatter but the west side typically gets more snow.

Take Time to Taste the Snowflakes

The key to snowshoeing with little ones is to make it fun. Pack a picnic. My girls love warm chilli and chewy cheese buns. We burn a lot of energy tromping through snow so don't forget the importance of drinking water – hydration is essential when snowshoeing. We'll sometimes transport provisions in our toboggan. When we find a sled-worthy hill, it's game on. Making snowmen and tossing snowballs are fun lunch break activities. Watching for wildlife helps keep my daughters engaged on our treks. They now know how the snowshoe hare got its name.

Layer it On Thick

Dressing in layers is critical for outdoor snow activities. Avoid cotton – including underwear – as it will trap moisture and bring on a chill. Natural fabrics like silk and wool, as well as synthetic moisture-wicking materials are best. We start with a mid-weight base layer. Add a fleece insulation layer and finish with a waterproof outer layer



and insulated boots to keep those tiny toes warm. Between accidental falls, snow angels and diving face first into powder, our girls seem to spend more time in the snow than on top of it. So even with the most expert layering, you'll want to pack an extra pair of gloves and dry comfy clothes for the ride home.

At the end of the day, it's safe to say that snowshoeing has moved to the top of the winter family fun list.

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Ann & Sandy Cross Conservation Area

Over 20 kilometers of trails wind through the 4,800 acres Ann & Sandy Cross Conservation Area. Whether spotting wildlife or just sightseeing, 1 of their 4 lookouts will provide spectacular vantage points along your hike. This day-use natural area in the rolling foothills of the Rocky Mountains also features two trails that are self-guided interpretive walks with educational stations about local species. The land you visit was donated by Ann and Sandy Cross and The Cross Conservation Area is dedicated to protecting habitat and providing space for native species of wildlife, offering conservation education programs (particularly to youth) and managing human use without jeopardizing wildlife and habitat.

Encourage Teens to Drive Safely

Driving takes 100 per cent of our attention all year round.

Road crashes are the third-leading cause of death among young people in Canada. In 2020, transportation-related injuries were the third-leading cause for emergency departments and urgent care centre visits among youth, ages 15 to 19, in Alberta.

The risk of accidents increases, even after just one second of taking your eyes off the road. Distracted driving can be:

- Visual distraction: When a driver's eyes leave the roadway.
- Manual distraction: When a driver's hands leave the steering wheel.
- Cognitive distraction: When a driver's mind is no longer on the task at hand.
- Actions — such as texting or calling while driving, talking to friends in the car, switching songs, or eating and drinking — that take a driver away from the task at hand and increase the risk of accidents and injuries on the road.

Avoid distracted driving by:

- Turning your phone off or using the “do not disturb” feature while driving.
- Giving your phone to a friend.
- Parking safely before checking your phone or making a call.



Parents can also set good examples for their children and teens by keeping their cellphones out of reach when driving.

Speeding, sleep deprivation, as well as drug and alcohol-impaired and aggressive driving also increase the risk of crashes and injuries on the road.

Alberta Health Services

Gentle Intentions

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some “gentle intentions”. Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!

Here are some tangible tips to embrace:

Sleep:

Create habits that help you get a good night's sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZ's.

Nutrition:

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

Helping Others:

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbor by shoveling their walkway or inviting them over for a cup of tea!

Supportive Connections:

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

Physical Activity:

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.

*Community Health Promotion Services Team,
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