



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal



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St. Patrick's
Day

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Community and Residents Associations

Rocky Ridge Royal Oak Community Association

403-879-2820 • communications@rrroca.org • www.rrroca.org

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1
403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

Royal Oak Estates Homeowners Association

info@roeha.ca • www.roeha.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
Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

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Phil: 403-660-7324phil@suburbanjournals.ca
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President's Message

As part of the RRRHA Board's action plan, we need some community input. It is inviting YOU, its members, a to share what they would like RRRHA to work on during the next year and beyond.

So, what is your vision for our community? What events would you like to see happen (for all ages)? How would you like life in Rocky Ridge to be improved? How can the Ranch Centre building and grounds be improved so more people can use it?

Please let the Board know through email board@rrrha.ca, or on the Facebook page <https://www.facebook.com/groups/rrrha.ca>. Or you can attend one of our upcoming "meet the board" sessions—stay tuned for future dates.

Please share your thoughts and ideas. The volunteer RRRHA Board really wants to get the conversation started in our community on how best it can serve our friends and neighbours.

*Yours truly,
Jason Kellock*

Rocky Ridge Royal Oak Community Association

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

Wondering what businesses are open in Calgary? The Business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans and business improvement areas or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

City of Calgary

*"The way I see it, if you want the rainbow,
you gotta put up with the rain."*

— Dolly Parton

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/



Calgary Corvids

Black-billed magpies are one member of the corvid family that live in Calgary. This family includes species such as jays, the Clark's nutcracker, the American crow and the common raven. Most



corvid family members can be distinguished by their rictal bristles (stiff feathers where the beak meets the face). All members of this family demonstrate a high level of intelligence, through acts like tool use, self-awareness in mirror tests, and complex social structures.

Corvid fun facts:

- American crows and black-billed magpies hatch with blue eyes, which turn brown as they mature.
- Gray jays (Whiskey jacks) preserve food balls with their sticky saliva and cache them for winter snacks!
- How to differentiate the common raven from the American crow:
 1. Size: ravens are double the size of crows.
 2. Beaks: raven beaks are thicker and curvier compared to crows.
 3. Call: ravens make deep-throated sounds; crows have a higher pitch.
 4. Tail feathers: ravens have a wedged-shaped tail; crow tails are fan-shaped.
 5. Throat feathers: ravens have large feather ruffs on their throats; crow throat-feathers are smooth.
- The black-billed magpie builds complex nests! They take several weeks to construct, beginning with a mud cup that is anchored to a tree branch. An outer dome is woven together using sticks, mud and moss. Secondary nesters make use of these high-calibre builds, using them for their own nesting sites once the magpies have moved on. Species of raptors like the long-eared owl are an example of a secondary cavity nester.

If you find an injured corvid or other wild animal in need, please contact Calgary Wildlife at 403-214-1312 or wildlife@calgarywildlife.org.

Calgary Wildlife

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

Please email volunteerlead@rrroca.org to sign up.



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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.



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.



Councillor Report

Hello Ward 1! I'm pleased to share some important updates on issues affecting our city.

Property Assessment

March 13 is the last day of The City's Customer Review Period for property assessments. It's also the last day to file an appeal with the Assessment Review Board. Questions or concerns? Contact Assessment directly at 403-268-2888 or calgary.ca/assessment.

Transit Safety

Safety on Calgary Transit and throughout Calgary remains one of our city's biggest challenges and one of my top priorities to address. New measures in recent weeks include hiring more peace officers, deploying Transit Ambassadors and security staff, and infrastructure improvements. A reminder that you can report safety incidents on Transit by texting 74100 any time.

Public Safety and Community Response Task Force

I'm working hard for public safety solutions including through the provincial Public Safety Task Force. The Task Force's aim is to implement real solutions with local and provincial support. This work will serve the whole city, including on transit.

Youth Hiring Event

The City is hosting a Youth Hiring Fair at the Big Four Building on April 6 from 1:30 PM to 6:00 PM. Youth between the ages of 15 and 24 can connect with over 80 employers for part-time, full-time and seasonal employment opportunities.

Youth can also access free career counselling services throughout the year at the Youth Employment Centre, 315 10 Ave SE. The Centre is open Monday-Friday from 9 am until 4 pm.

Get Involved

As always, I encourage you to contact me with any questions or feedback on City issues.

Members of the public have the opportunity to present to Council or submit written feedback on many important issues. Find out more at calgary.ca/publicsubmission.

The City has multiple engagement initiatives throughout the year. Share your views on today's projects at engage.calgary.ca.

Sonya Sharp, Councillor, Ward 1

Spring Is Coming

The March equinox will occur on, March 20, 2023 at 3:24 pm MDT. Equinoxes are opposite on either side of the equator, so the spring equinox (vernal equinox) in the northern hemisphere is the autumnal (fall) equinox in the southern hemisphere and vice versa.

www.timeanddate.com



Did You Know... These Facts About March

- The birthstones of March is aquamarine.
- The birth flower is the daffodil.
- The two zodiac signs in March are Aries (March 21 - April 19) and Pisces (February 19 - March 20)
- March is named after Mars, the Roman god of war.
- Spring arrives in March! This year it falls on March 20.
- In historical Roman calendars, one year used to be ten months long, starting in March and ending in December.
- March is the equivalent of September in the Southern Hemisphere.



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 hours are available online.

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Activities and Events

Rocky Ridge Prime Timers:

Are you retired? Semi-retired? Not retired but looking for a way to connect with your neighbours and fellow members? The “Prime Timers” is a group that was created to facilitate the invitation, friendship and connection of seniors within Rocky Ridge and adjacent communities. We meet on Tuesday afternoons from 1:00 – 4:00pm at the Ranch Centre. Get to know your senior neighbours by joining us for conversation, coffee, games and to plan group outings and activities. Suggestions are welcome!

Winterfest: March 4th 1-3pm

Skating*, snow man building, snow angel creations... come out and enjoy some winter fun with your neighbours! Hot chocolate and hot dogs will be available.

*if the weather is too warm and there is no ice/snow, this will transition to an indoor children’s movie.

Information about Annual Invoices, Winter Programs and Events are available on our website.

Ice Skating:

At the time of submission, the lake was frozen and open for skating, however March tends to bring warmer temperatures that make the ice surface less reliable. Please be sure to check our website frequently as ice updates will be posted there on a regular basis, as well

as on our social media sites (Facebook and Facebook members page). At any time, if there are “stay off the ice” indicators please do not approach the ice as the conditions may have deteriorated and be unsafe, or our crew may be grooming the surface.

Communication and Engagement:

Are you on our email list? Do you want to get regular updates about Ranch happenings in your inbox? Email us at info@rrrha.ca and let us know that you want to be added to the contact list.

Did you know that we have a members Facebook page? Look for the Rocky Ridge Ranch Homeowners Association page and submit a request to be added. You must provide your home address to verify that you are an encumbered member as this is not an open group. Please note that there is 100% confidentiality as only the administrators of the page can see the response.

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.

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>.



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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

Help Your Toddler Learn Language

Language is how we use words or gestures to
communicate with each other. Books and reading play
an important part in helping your child learn language.
Telling stories can help your child build speaking and
listening skills.

Your child is never too young to enjoy books. You can
start reading to them right after they're born. Your
child will more likely have a life-long love for reading
if they look at and play with books from an early age.

There are many ways for you and your toddler to have
fun with books. Here are some suggestions:

- Read books with simple, brightly coloured pictures.
- Read books that your child can play with. Young
children enjoy books that let them participate such as
lift-the-flap books, pop-up books, finger plays, books
with things to feel, and books that make sounds.
- Let your child choose the book and turn to the pages
they want to look at. You can read or talk about the
pages they choose. This helps keep their interest.
Children learn best when they're interested.
- Name things, people, and actions in the pictures. Give
your child time to talk about the pictures.
- Let your child hold the book and turn the pages. This
helps teach them how handle a book.
- Tell the story in a way your child will understand.
You don't have to read it exactly as it's written. For
very young children, you can simply talk about each
page with single words or short sentences.
- Tell the story together. Take turns flipping the pages
and talking about the pictures on the page. By taking
turns, children learn an important skill they need to
carry on conversations.
- Read a book many times so your child gets to know
the story well. This lets your child help in the
storytelling. One way to involve your child is to start
a sentence and let them finish it (e.g., "Once upon a
time, there lived three _____.")

Alberta Health Services

Burns and Scalds

Emergency Medical Services routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;



- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

Alberta Health Services

DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.



Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 14

Have You Ever Been to Rouleauville?

If you've wandered the avenues of Calgary's historic community of Mission, you most certainly have visited what was once the Village of Rouleauville. Mission Notre Dame de la Paix (Our Lady of the Peace) was founded in 1875 by French-Catholic Oblate missionaries and relocated to a peaceful spot along the Elbow River. In 1884, Father Albert Lacombe oversaw the subdivision of a two quarter-section block of land with the intent of establishing a Roman Catholic Francophone settlement south of Calgary. A sandstone church was built in 1889, later to become St. Mary's Cathedral when the Diocese of Calgary was created in 1912. The current Cathedral opened in 1957.

In 1885, the Sacred Heart Convent was established, along with the first francophone Catholic education system in southern Alberta, helped by Supreme Court Justice Charles Rouleau. Around 1887, Dr. Édouard Rouleau, Charles' brother, moved to an 1885 Queen Anne Revival house, now known as the Rouleau House, and became medical chief of staff when Holy Cross Hospital was founded by the Grey Nuns in 1892. A year after Édouard purchased the home, he had it moved two lots over to

114 St. Joseph's Street (now 18th Ave SW) and extended. The charming home featured a simple gable-fronted structure, tall bay windows, and ornamental fretwork with a kitchen at the rear. The home was sold in 1905 and continued to function as a private residence, and at times a boarding house. It survived a fire in 1950, then was slated for demolition in 2003. Thanks to public outcry, the home was saved and moved again in 2005 onto a new foundation at 1880-1st St SW. It is adjacent to St Mary's Parish Hall, once a railway station, and now home to Alberta Ballet. The Canadian Northern Railway Bridge and tracks are still visible at the rear. Restoration began in the spring of 2019 and in September of 2020, it was designated a Municipal Heritage Resource. Rouleau House at is the oldest surviving building in Calgary's historic Mission district.

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

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org



Holy Cross Hospital (CPL Postcards from the Past)



Sacred Heart Convent ca 1894 (CPL Postcards from the Past)



Rouleau House (CHI 2021)



St Mary's Parish Hall CNR Station (CHI 2017)

Spotlight on Safety and Accessibility: Green Line's Stations and Trains



Green Line's stations are designed to promote accessible, safe and secure transit use for all Calgarians.

Stations will and feature plenty of signage, info displays and wayfinding details to help riders navigate the area. A tactile strip will also inform visually-impaired riders of the platform's edge.

Station platforms will also be lower, meaning Calgarians will move through less ramps to reach a platform from street level. Our underground stations will feature convenient elevator access from ground level and will likewise take advantage of CCTV cameras and help phones to promote security.

Where possible, our stations will feature weather protection, including transparent and heated passenger shelters; well-lit, open spaces with plenty of CCTV cameras for added security; and help phones that offer immediate assistance.

Our new Urbos 100 Light Rail Vehicle (LRV) also makes use

of accessibility- and safety-conscious low-floor technology. Lowered floors remove the need for steps during boarding and integrate more easily with existing city infrastructure and communities. As well, the LRV's eight entrances dock level with station platforms, providing a safe, accessible, and convenient boarding experience for riders.

In addition, the Urbos offers three designated, roomy areas for people with mobility aids. Each of these designated areas is flanked by two entryways that allow immediate boarding and exiting for people with mobility aids. The Urbos also includes an easy to navigate, spacious interior with plenty of hand grips.

For more news and updates, subscribe to our newsletter at www.calgary.ca/green-line/green-line-contacts.html.

City of Calgary



www.SuburbanJournals.ca

Programs and Services to Help You Quit Smoking

Every year, more than 4,000 Albertans die because of tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses that greatly affect their quality of life.

Commercial tobacco use (such as cigarettes, e-cigarettes, cigars and chewing tobacco) is the leading preventable cause of disease, disability and premature death in Alberta, and increases the risk of heart disease, lung cancer, oral cancers, chronic lung disease, diabetes and other illnesses. Quitting tobacco is one of the best ways to improve health and well-being. It may take several attempts to quit, so it's important to not give up.

AHS has programs and services to help Albertans quit:

- The AlbertaQuits Helpline, 1-866-710-QUIT (7848) provides one-to-one telephone counselling.
- Try a free text message service that gives tips and motivational messaging to help people quit. The text service includes support for quitting vaping and a live chat feature with quit counsellors. Enroll today by texting ABQUITS to 123456.
- The website albertaquits.ca provides information and tools for people preparing to quit.
- QuitCore is a group support program that provides people with strategies and skills they need to quit tobacco, while connecting them with others who are also trying to quit. This program is offered in person, as well



as virtually through Zoom.

- Use of cessation medications increases your chances of success, and the cost of the medications may be covered. Check with your provider for coverage information.

Information and resources are available at health clinics, pharmacies and dental offices in many communities and AHS locations, including cessation services created for patients who use tobacco or tobacco-like products.

Alberta Health Services

Sudoku Corner Solution

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

Calgary Connection

SAMARITAN CLUB OF CALGARY SPRING SUPER SALE will be held Saturday, April 22, 2023, from 9AM to 1PM at the Hillhurst-Sunnyside Community Centre (1320 – 5th Ave. NW). Will include collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more. Proceeds to Calgarians in need. Check www.samaritanclub.ca for details.



Ride the Wave of Daylight Savings:

Daylight savings time change aims to enhance our lives by simply adding more sunlight in our day. However, as many of us have likely experienced, this one-hour shift can truly impact us both mentally and physically.

We all live with a circadian rhythm or “internal clock” that helps us get up in the morning and fall asleep at night. It is dependent on the exposure of light in our environment. This clock of ours likewise impacts on our mood, energy levels, mental illness, and regulation of our digestive and hormonal systems.

So... if you are feeling restless, sad, or tired with the loss of time, remember that this is a completely normal response as our internal clock is adjusting for the change. Here are some things you can do to adapt as we “SPRING” forward in time:

Sleeping Soundly: We need between 7-9 hours of “restful” sleep a day. To help reach this amount, turn off screens before bed, wake up and go to bed at the same time, and considering taking a short nap as needed as long as it does not interfere with your nightly ZZZ's. Establish a routine that works for you!

Physical Activity: Adding movement of at least 30 minutes/day can help manage stress and boost mood. Take a walk around your neighborhood, join a community exercise class, or explore with a hike. Remember, the movement you seek should not be something you force, but something you enjoy!

Routine: Keeping ourselves in check with our regular daily activities is important. It can promote a sense of



organization and accomplishment, which in turn can support stress management. Perhaps some of these self-care tips can be incorporated into your daily routine.

Involvement: Say hi, smile, and connect with others to foster your social relationships. Spending time with those in your community can provide the sense of belonging and natural support. Connect with those that lift you up and bring positive energy to your day!

Nourishment: Our gut health is important. A balanced diet can fuel our body and reduce symptoms associated to poor mental health. Have a plan to incorporate nutritious, wholesome foods alongside those you truly enjoy. It is all about balance!

Giving Back: People who are kind, generous, and compassionate see clear benefits to their wellbeing and happiness. Lend a helping hand by running errands or shoveling the driveway of a neighbor or volunteer with a local organization. Give back in a meaningful way that resonates with you.

Our internal clocks are all different, but you can make a plan that allows you to jive thrive with change!

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