



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal



*Happy
Easter*

**RRRHA Children's
Easter Party
April 1, 2023
1:00 p.m. - 3:00 p.m.**

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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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Councillor Report

Happy Spring, Ward 1! Here's the latest from the Ward 1 Office.

South Shaganappi Local Area Planning Project

The City will begin working with residents to create a Local Area Plan (LAP) for the South Shaganappi communities, including Varsity from Ward 1. LAPs guide how land could be used and redeveloped in the future and identify opportunities for community improvements and investment in the area. The project will include many avenues and opportunities for public engagement in the coming months and beyond. More details will be available later this month at engage.calgary.ca.

Parking permit changes

Beginning this Spring, The City is introducing fees for residential parking permit areas. The fees for standard residential permits have been set on a cost-recovery basis in order to maintain the long-term sustainability of residential parking enforcement and encourage the use of off-street parking options. Standard residential permits will be \$100 for the first vehicle and \$150 for visitor vehicles and will be valid for two years. Fees will vary for additional vehicles and for multi-residential buildings. Visit calgary.ca/rpp to learn more.

Requesting traffic enforcement

Residents with concerns about ongoing traffic violations, including speeding or illegal turns, can submit a traffic service request online at calgarypolice.ca. Requestors may submit details like the times of day and locations violations most often take place. A Traffic Section member will contact you directly regarding your request. We encourage any residents with concerns to make this report!

Keeping Storm Drains Clear this Spring

Storm drains (or catchbasins) are the main way stormwater gets into our underground pipes, or rather our stormwater management system. There are about 60,000 storm drains in Calgary. For more information and to view this map please visit calgary.ca/stormdrains. Please keep your storm drains free and clear of snow, leaves and debris and if necessary, create a channel to help water flow. If the storm drain remains submerged for more than 90, take a photo and submit it via the 311 App or a web request.

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/



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.



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

Please email volunteerlead@rrroca.org to sign up.

Keeping Storm Drains Clear This Spring

Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets and roads.

Keep your storm drains free and clear of snow, leaves and debris

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

Pooled water on your street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the stormwater system can accept the extra water.

Take a picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 311 App or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit calgary.ca/stormdrains.

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Spring Cleaning Around the House

As you start your spring cleaning around the house, find the right place for your unwanted items:



Gently used toys, small furniture, and pots and pans: Donate to a local charity. Small broken household items go in your black cart.

Old paint and cleaning chemicals: Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.

Clothing, shoes, and linens: Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.

Old electronics: Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.

Household batteries: Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.

Fridge and pantry cleanup: Remove food from packaging and put it in your green cart for composting.

If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.

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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

Message from the RRRHA Board President

If you have not yet heard the news, our General Manager Roshni Norum recently left her position with RRRHA for other employment opportunities. We thank her for her years of service and wish her well. We are still searching for our next General Manager. The job posting will remain open until we find the right person. The staff and Board ask for your continued patience during this transition. If you have any questions or comments, please contact the Office or email board@rrrha.ca.

The RRRHA Board has grown to eleven members! We have had some fantastic discussions and all the board members have great ideas. We will keep the community informed of what's happening in the Suburban Journal, on our Facebook page and through email updates. I hope to share more news of what's happening soon.

Due to the increased costs of utilities, RRRHA had to make the difficult decision to raise the rates it charges to use the Ranch Centre. However, based on customer feedback, those rates have been adjusted to be more affordable. The Ranch Centre would love to host your birthday party, bridal or baby shower, catered meal, or even if you just need a meeting space, Contact the Ranch Centre office and the staff will be happy to assist you. You do not need to be an HOA member to rent the Ranch.

What else would you like to see at our building? What

kind of programs, workshops, classes, events or meetups do you want? The Ranch Centre is the heart of Rocky Ridge, and we want it to be a hub of activities. Please let us know your comments and ideas.

Mary Nelson, RRRHA President

Events:

Mark your calendars for these upcoming events hosted at the Ranch Centre:

April 1, 2023 1-3 PM - Children's Easter Party

Join us at the Ranch Centre for some Easter fun! This event is for RRRHA member families only. There will be lots of Easter fun and surprises including a petting zoo and Easter egg hunt. RSVP at the Ranch Centre office.

May 13, 2023 9:30-12:30 - Youth Entrepreneur Market and Kids Used Clothing/Toy sale

Join us as we showcase the efforts of local young entrepreneurs (ages 14 and younger) and provide an opportunity to purchase their handmade wares or services! We will also have a selection of used children's clothing and toys to browse through, so there is something for everyone. Please come out and support our vendors.

If you are a Young Entrepreneur and would like to secure a spot at the Market, please contact the office. We will require a short description of the item(s) you are producing to sell, a picture of yourself and the item(s), and a consent form signed by a parent or legal guardian.

Registration is \$5.00 and all young entrepreneurs will be featured in the upper hall. Click here for a registration form, and a consent form. Please note that proof of age is required (ie: health card, birth certificate).

If you would like to purchase a spot to sell used children's clothing and/or toys, please contact the office. The registration fee is \$30 for a space in the upper hall and \$25 for space in the lower hall. There are limited spots available, and you will receive an email to confirm your registration.

Looking ahead g to the summer, Information about our Stampede event will be shared as soon as details are confirmed. If you are interested in either planning the event or to volunteer on the day please send an email to board@rrrha.ca and let us know!

Spring Programs:

Details about classes and schedules are now available online at www.rrrha.ca. You can conveniently register online or if you prefer, you can drop by the office to register in person. Drop-in passes are available through the office for classes that have space. Even if your family is

not an encumbered member of the HOA, you are welcome to sign up for programs and classes. However, RRRHA members get a discounted rate on program fees.

HOA fees:

March 31, 2023 was the deadline for payment of the 2023 annual fees. Overdue accounts will incur an interest penalty of 2% per month. Installment payments can be arranged through the office. Outstanding overdue accounts will be sent to Miller Thomson LLP for collections on September 30th.

How to Meet Your Neighbours

Moving to a new neighbourhood can be exciting and intimidating if you don't know anyone. Welcoming new neighbours into your community can be a great way of meeting new friends and establishing good relationships with neighbours. It has numerous benefits and even reduces the possibility of crime because people who know each other are more likely to look out for one another.

Do your part to transition new neighbours into your community or to meet neighbours who have been in your community for a while that you haven't met yet. There are little things you can do that will go a long way for bringing neighbours together!

1. Introduce yourself to your neighbours and ask them a few questions about themselves. Tell them some information about yourself too. Some good starting points could be where they moved from or how long they've been in the community. Also, new neighbours could use information about the community association's programs and services, how to become a member, upcoming events and even great local businesses or restaurants.
2. Welcome your neighbour by making a small yet caring gesture or gift. It can be the traditional 'pie', a cup of coffee, some flowers or vegetables from your garden or even invite them for dinner. Moving is hard work and a warm meal will be appreciated by your new neighbours!
3. After introducing yourself, make the effort to wave, greet and make small talk with your neighbours continuously. This encourages friendly discussion and makes neighbours feel continuously welcomed.

*A message from the
Federation of Calgary Communities*

Weekly Green Cart Returns End of April

Weekly green cart pickup returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app. As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection. Compost giveaways



Compost will be available for pickup by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

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Bicycle Helmet Safety

Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent significant injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride need to wear helmets;
- Parents can lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To assess the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;



- Only one finger should be able to fit under the chin strap when it fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

Alberta Health Services

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.

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

Answer on Page 13



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How to Help Young Birds and Hares

Welcome spring, and cute baby animal season! Being young is a struggle, and sometimes young wildlife needs our help. On the other paw, some wild babies might be doing better than you think.

In spring, there is a chance that the “bird that can’t fly” may simply be a fledgling. Young birds need time to develop their wing muscles, skills, and flight feathers. A fledgling can be identified by its large yellow gape flanges (the bright yellow rim of its beak) and the presence of nearby parents. Fledglings are at a risky stage in their lives. Keeping pets indoors while fledglings explore your yard will certainly improve their chances of making it past that awkward phase. If a cat or dog has a bird or other wild animal in their mouths, then it will require immediate care from a wildlife centre.

What about those cute, fuzzy, adorable baby hares? When found during the day in the middle of a field, they can seem helplessly alone. But wait! Their parents would argue otherwise. Baby hares, also called leverets, are born without a scent, keeping them safe from predators like coyotes or bobcats. The mother hare visits its young infrequently, keeping it safe from predators. The richness of hare milk means babies need only one feeding a day. Most baby hares found on their own fit the “see a hare, leave it there” slogan. But, as discussed with fledglings, being young is a risky time of life. We can help by keeping pets indoors or giving the leveret space when spotted.

See other wildlife young and aren’t sure if they need help? Try observing the animal over the next twenty-

four to forty-eight hours. It is normal in some species for the parent to leave for an extended period. Observe the behaviour and physical state of the young. Does it look bright-eyed? Well-fed? Active? Not in distress? If so, it is likely doing just fine and not orphaned after all.



Spring is a wonderful time to observe the life cycles of our wild neighbours; what’s happening in your neighbourhood?

If you find injured or orphaned wildlife, please contact Calgary Wildlife at 403-214-1312 or visit the website at www.calgarywildlife.org for more information.

Calgary Wildlife



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Homeowner Water Guide – Spring Checklist

Protecting Calgary's precious water resources is a shared responsibility among The City, businesses and Calgarians. There are many actions you can take to ensure your home is using water efficiently.

Inside

As a part of your regular home maintenance, take the Leaky Toilet Test to find the most common cause of household leaks:

- Remove the tank cover.
- Put several drops of food colouring (or another coloured liquid, such as coffee or tea) into the tank.
- Wait 15-20 minutes.
- Look in the bowl. If the water changes colour, you've got a leak.

Most toilet leaks are silent and go unnoticed for long periods of time, so the sooner you find and repair leaks, the better.

Outside

With spring around the corner, it's time to think about outdoor water efficiency. Add these items to your spring checklist:

- Check your outdoor taps, irrigation system and water features (e.g. ponds or fountains) for leaks.
- Consult the YardSmart plant list before planning this year's garden.

- Set up your rain barrel.
- Clean and repair downspouts, directing stormwater away from your house, ideally towards your garden.

Being water efficient means you're helping protect Calgary's water resources by:

- Keeping our rivers healthy by removing less water
- Saving money and energy on treating and delivering water
- Extending the use of our water treatment plants
- Making drought less impactful to our homes and businesses
- Increasing our resiliency to climate change

To learn more about water efficiency, visit calgary.ca/waterguide.

City of Calgary

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.



Sudoku Corner Solution

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



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Calgary's Pathways: Where People and Nature Meet

It's springtime! Soon Calgarians en masse will be out and about on the city's 1,000 km of pathways. This is the largest urban pathway network in the world! But it was not always so.

Although city plans back to 1910 referred to Calgary's impressive inventory of natural features and open spaces, which could be enhanced with connections between them, it wasn't until the 1970s that multi-use pathways started becoming a reality.

Confederation Park received the city's first official pathway. Created to celebrate Canada's centennial, the park reflects Superintendent Harry Boothman's vision for an area that supports Calgarians' activities and preserves the existing coulee environment, vital to flood control. The pathway was constructed in the early 1970s and it still meanders parallel to the creek that is the centre of the park.

Calgary's network really got going when the "Bow River Pathways" was formalized for the city's centennial in 1975. Today, the Pathways spans 48 km between Bears paw Dam and Fish Creek Provincial Park. Although the Chinook Trail Association started a dirt path along the Bow River's north side in 1969, construction of the Pathways heralded a new era for the city's pathway network and parks.

Further development of the network was a result of Calgarians' input for more recreational choices and for the protection and enjoyment of the city's natural spaces. The network subsequently grew to connect the Bow River

to the Glenmore Reservoir via the Elbow River Pathway, with extensions moving out from the rivers, such as the Nose Creek Pathway.

Today, the network has grown far beyond the rivers and reservoirs. The Rotary/Mattamy Greenway's construction began in 2010 and it now encircles the city with 145 km of pathways that connect 55 communities. It's a unique multi-use pathway that continues the legacy of the pathway network, where people and nature meet.

Before heading out for the 2023 season, check out these guidebooks "Calgary's Best Walks" and "Calgary's Best Bike Rides". And remember the efforts of Calgarians in building and maintaining a network that facilitates the enjoyment of our urban lives while taking in and preserving our stunning natural environment.

Anthony Imbrogno is a volunteer with The Calgary Heritage Initiative Society.

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* **YYC.org**



Early days of Confederation Park 1948-1988 (City of Calgary Archives)



Confederation Park ca 1970 (City of Calgary Archives)



Mattamy Greenway Royal Oak (Author Lori Beattie Fit Frog Adventures)