



ROCKY RIDGE ROYAL OAK

VIEW

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**Stampede Breakfast
July 14**

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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@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: Rajan Sawhney
403-297-7104
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Councillor Report

Hello Ward 1! Summer is in full swing. The long, warm days mean there is lots of time to get out and enjoy all the wonderful things that Calgary has to offer. One of those things is of course the Calgary Stampede, which is just around the corner. I am looking forward to connecting with constituents at several pancake breakfasts and community events over the 10 days of Stampede.

July is a busy month for City Council and Administration as we tie up loose ends before meetings of Council and committees resume in September. Administration is hard at work developing the 2023-2026 Service Plan and Budgets which will inform city services and taxes for the next four years. When this comes to Council in November, I'll be fighting to ensure that Calgarians see clear value for their money with more predictable property tax bills. I will keep you updated here and online as this work progresses.

The City of Calgary runs a number of free summer programs for adults, kids and families. Find sessions for playing, learning or staying in shape at Calgary.ca/free.

The City is piloting bikes on CTrains during all operating hours until August 31. Share your feedback on this pilot at calgarytransit.com/CTrainBikePilot.

Throughout the year, The City runs public engagement on a variety of issues that affect you and your community. You can contribute your feedback and view the results of previous engagements online at engage.calgary.ca.

Sonya Sharp, Councillor, Ward 1



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DID YOU KNOW??

Canada Day was known as officially as Dominion Day until October 27, 1982. However, many ordinary Canadians have considered it as Canada Day long before the official name change.



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/



Enjoy Off-Leash Dog Parks Safely This Summer

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. As summer approaches, many pet owners are eager to enjoy the warm weather and spend quality time with their furry friends. However, it is crucial to ensure that off-leash interactions are safe and enjoyable for everyone. Following simple guidelines, dog owners can create a positive and secure environment for their pets and fellow park-goers.



Know the Rules

Familiarize yourself with the specific rules and regulations of each dog park you plan to visit. Be aware of any size restrictions, leash policies, and speak to your veterinarian about the vaccinations your dog will require.

Training and Socialization

Before heading to the park, ensure your dog is well-trained and socialized. Basic commands like "sit," "stay," and "come" can go a long way in managing their behaviour.

Supervision and Control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions.

Communication with Other Owners

Establish open lines of communication with fellow dog owners. Respect their space and recognize any signs of discomfort or tension between dogs.

Bring Essential Supplies

Carry essential supplies such as water and waste bags. Clean up after your pet to maintain cleanliness and hygiene in the park.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize, exercise, and have fun during the summer months. To learn more about responsible pet ownership, check out our video series at: calgary.ca/pets/licences.

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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.



Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children, elderly and individuals with varying underlying health conditions may be more susceptible to the effects of heat and sun, all should take basic prevention measures to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body is unable to cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels;

- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking water;
- Be aware that excessive alcohol and caffeine consumption may promote dehydration;
- Wear a broad brimmed hat to keep the sun off your face and neck;
- Apply (and reapply) waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

Alberta Health Services

Did You Know... These Facts About July

- The birthstone for July is the Ruby.
- The birth flower is the Water Lily.
- The two zodiac signs in July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
- July was named after Julius Caesar.
- On July 1, 1867, the Dominion of Canada was established celebrating the anniversary of the July 1, 1867 enactment of the British North America Act, which united three colonies into a single country called Canada within the British Empire.
- July is National Blueberry, Ice Cream, and Hot Dog Month.

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.



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

Park Life

Our wading pool has been open for a few weeks and with the gorgeous summer weather, it has been a popular spot for families to hang out at. We wanted to remind our members that young children who are not toilet-trained need to use a swim diaper when in the water, and all children under 12 need to be supervised by a responsible adult. There is no lifeguard on duty so please be mindful of water safety.. The boating equipment will be available once our summer students start work. Boaters must sign in at the office with their membership card and a waiver must be filled in before they can use the boats. Under 12s must be accompanied by an adult while paddling.

The basketball and tennis courts are seeing frequent use and the tennis courts are bustling. We also have Pickleball lines on the lower court! We've had many requests from members about Pickleball so we hope that more members take up the fastest growing sport in North America.

External Park Passes

As voted on and ratified at the last RRRHA Annual General Meeting, the Board of Directors are pleased to announce a pilot program to offer park passes to Rocky Ridge and Royal Oak homeowners who are ineligible to use our park facilities due to being unencumbered HOA members. We are offering 100 park memberships for \$300 each. These memberships are valid from June 1st, 2023, to June 1st, 2024. This will give access to our

splash park, tennis courts and playground during the summer as well as skating on our pond during the winter. It will be on a first come basis so if anyone who is not currently an encumbered household would like to be a part of the program, please come see us at the Ranch and our Operations Manager Erika will be pleased to set you up. We look forward to seeing you at the park and your families enjoying our ranch.

Stampede Breakfast

The annual community Stampede Breakfast is coming up fast! This year, it will be a joint venture between RRRHA, RRROCA and the Royal Oak Victory Church and run by the official Calgary Stampede Caravan. It will be held July 14th at the Shane Homes YMCA . Over 3000 people are expected to attend. Everyone who lives in Royal Oak and Rocky Ridge are invited out for a morning of great food, entertainment and children's activities. Keep an eye out for details on our community bold signs.

Do You Zumba?

RRRHA wants to host Zumba classes at the Ranch Centre. We have the instructor; we just need the community interest! Don't worry that you might have "two left feet;" the most important thing is to get active and have fun. These classes will be for those who live in Rocky Ridge *and* Royal Oak so spread the word. Please contact the Ranch Centre office or email erika@rrrha.ca if you are interested in participating and once we have enough interest, we will establish a time for the classes. There will be a cost but it will be as low as possible so it can be accessible for everyone.

We are Hiring

We are looking for a casual Customer Service and Administrator to work in our Ranch office.

This is a temporary position, starting as a full-time basis and then will move to casual part-time hours. The hours will be from 1 -7pm Tuesday - Friday and Saturday from 9 am - 3pm.

Some of the duties are but are not limited to:

- Greet people in person in the office.
- Respond to queries by email, in person, or telephone.
- Data entry and other administration tasks such as filing, sorting, and distributing mail.
- Receive payments and issue refunds.
- Maintain rental contracts.
- Proficient knowledge of working on spreadsheets, work, Google drive is a must

Interested individuals cand send their resumes to erika@rrrha.ca.

RRRHA is now on Instagram!

We are pleased to announce that we have a new Instagram account and we'd love to have you follow us. Look for us on rocky_ridge_ranch_yyc

Our new and improved website is in the works and we will have our relaunch very soon. It will have more content and more timely news about your HOA. We hope that it will be a go-to community resource.

Safely Dispose of Pressurized Tanks and Canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.

When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit calgary.ca/hhw to check the list of drop-off locations.

City of Calgary



Use Water Wisely Outdoors this Summer

The summer ahead looks hot and dry, so let's make the most of the water we use outdoors.

Did you know, Calgary's dry climate is at risk of droughts, which can put pressure on our rivers and impact our water supply?

During the summer, Calgary communities can see an average increase of 20 to 30 per cent because of outdoor watering activities. Below are some actions that can help you to create a water efficient home and yard and prepare for hot and dry conditions.

Following these guidelines will help you prepare for the weather and build resiliency to drought in our city:

- Water in the early morning – before 7 a.m. or later in the evening.
- Watch the weather forecast and skip watering after it rains or when rain is in the forecast.
- Only give plants the water they need, and don't over water. Read plant tags to know how much to water your garden.
- Water plants with a soaker hose, drip irrigation or by hand to direct water to a plant's roots and help avoid losing water to evaporation.
- Capture and use the free rainwater that lands on your property! Install a rain barrel and use it to water your trees, shrubs, and flowers.

Visit calgary.ca/waterguide for information on how to create a water efficient yard including Watering 101 for plants, shrubs and trees, lawn care and irrigation systems.

City of Calgary



Planning a Safe Vacation

Many families plan a trip for their summer vacation but neglect to consider home safety. Keeping your family and belongings safe is critical to a happy vacation season. The Calgary Police Service recommends the following steps to reduce your chance of being a victim of crime.

Before You Leave

Preventing crime during a vacation starts at home – making sure it's protected while you're away.

- Make sure all door and window locks work and are secured.
- Set your interior lights on timers
- Arrange for the lawns to be mowed
- Arrange for newspapers and mail to be picked up
- Have your neighbors keep an eye on your house
- Have a neighbor occasionally re-arrange drapes and blinds
- Leave a phone number or place where your neighbors or friends can reach you in case of an emergency
- Check with your home insurance company as to the amount of time your home can be left vacant before it affects your insurance coverage.

Packing Your Bags

Putting a little extra thought into what you're taking will decrease the chance of becoming a victim of crime. Some tips to help you:

- Clean out your wallet or purse and take only essential cards.
- Use credit cards or travelers' cheques when possible – they are easier to replace than cash.
- Wear a money pouch under your clothes or carry your purse or wallet close to your body.
- Pack as lightly as possible and avoid using expensive, designer luggage.
- Make a record of your luggage contents – keep it and any valuables with you.

Out and About

While traveling, be aware that tourists make tempting targets for crime. The best advice for travelers is to try to blend in with the crowd. Some other suggestions for keeping you and your family safe:

- Check maps before you leave for the day so you have an idea of where you're going.
- Stick to well-lit, populated areas.
- Always lock your car when parked and hide valuables in the trunk. Don't advertise you're a tourist – keep maps and guidebooks out of sight.
- Ensure that everyone in your family knows where you're staying and what to do if they get lost or separated. Agree

on a meeting place just in case.

Make your vacation a memorable one. Be safe and have a great summer!

For more safety tips, visit www.calgarypolice.ca

Calgary Police

'Bee' YardSmart

Did you know? YardSmart yards keep our rivers healthy and help create a green and healthy city.

Visit calgary.ca/yardsmart to learn how to create a beautiful yard or green space that is easy to maintain, is suited for our city's unique climate and needs little watering during hot and dry conditions. You can also visit calgary.ca/droughtinfo for more tips on caring for your yard during dryer times through the summer.

We have several free resources available:

- Garden bed layouts for all areas of your yard – wet, dry or a combination of sun and shade
- Plant lists to help you choose beautiful and low-maintenance plants at your local garden centre
- How-to video series, including gardening on a budget and planning a garden bed
- Native wildflower plant lists and native meadow garden bed design

Our YardSmart program was created in partnership with The Calgary Horticultural Society to help craft garden designs that thrive in Calgary and support our natural environment.

A tip to get started: Begin your YardSmart yard by replacing a bit of your grass with water-wise plants and greenery this summer!

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The Barron: Calgary's First Skyscraper

Calgary's downtown skyline is a mosaic of skyscrapers, providing a variety of views whether you're gazing at it from Scotsman's Hill, the Bow River Pathways or the Calgary Tower's observation deck.

The first skyscraper was built in 1885 in Chicago but Calgary didn't have one until the Barron Building's construction in 1951. At 11 storeys, the Barron just surpasses a skyscraper's general definition, which is a building over 10 storeys tall (or about 100 metres or 330 feet).

The Barron is located at 610 - 8th Avenue S.W. It's a limestone building designed by Jack Cawston, a pioneer of art moderne style in Alberta, which is visible in the stark appearance of the Barron's central tower. It was built by J.B. Barron, a local lawyer, to take advantage of oil companies seeking office space in Alberta following the discovery of oil in Leduc in 1947. It also contained a penthouse that Barron occupied until he died in 1965. On the ground floor was a theatre, the Uptown. It was unusual to have a building of mixed uses at the time, but Barron valued and had a passion for theatre.

The Barron shifted Calgary's downtown westward, past Eaton's department store, and brought office space development to the area. It was first known as the Mobil Oil Building and housed other well-known names in the business, such as Shell and TransCanada Pipelines. More oil companies established their offices or headquarters in Calgary and a new era was born for the city. In 1989, the



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View of the Barron Building showing Uptown marquee, Calgary, Alberta., 1952-08, (CU1111123) by Calgary Herald. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



Opening day of the second screen at the Uptown Theatre, March 1973, Bill Onion Fonds, City of Calgary Archives, Item CalA 2011-006-6119

theatre was closed by Odeon, but it reopened in 1993 as an art house cinema and live theatre until burst water pipes forced its closure in 2011.

Afterwards, the Barron sat empty and deteriorated. It ended up on The National Trust's "List of Top 10 Endangered Places", which made it ideal as a filming location for *The Last of Us*. It will have a new life off-screen as an office-conversion project worth approximately \$100 million. This will create 118 residential spaces in the core, thus preserving in stone the history of Calgary's transition to today's global energy capital.

Anthony Imbrogno is a volunteer with The Calgary Heritage Initiative Society

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To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org



Barron Building undergoing renovations, 2023 (Anthony Imbrogno)



Barron Building undergoing renovations, 2023 (Anthony Imbrogno)



Barron Building undergoing renovations, 2023 (Anthony Imbrogno)

Staying Healthy as we Age

While we celebrate all that older adults have done for our society, let's talk about how to stay strong and healthy as we age.

Adults can start to lose muscle as early as age 30, but the loss increases quickly after age 70. Protein is a nutrient that helps you to build muscle and keep the muscles you already have.

But many seniors do not get enough protein. Since your body can't store it, you need to eat protein at least three times a day, every day, to keep the muscle you have.

Often, adults tend to eat less protein at breakfast. Here are a few ways to increase your protein at breakfast:

- Have a glass of milk or fortified soy beverage with your meal.
- Add cheese or beans to toast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Make an omelette.

You can also try these tips:

- Add meat including wild game or poultry to pasta or vegetable dishes.
- Try a plant-based protein; for example, try chickpea falafel or tofu added to a stir-fry.
- Add canned beans or lentils to soups.
- Choose nuts, boiled eggs, Greek yogurt or cottage cheese as a snack.

Protein alone does not build muscle. Movement helps older adults stay strong, mentally fit and independent.

Here are some suggestions from the 24-Hour Canadian Movement Guidelines (csepguidelines.ca):



- Try to get 2.5 hours (150 minutes) of moderate (example, brisk walking) to vigorous (example, cross country skiing) intensity aerobic activity each week. You don't have to do it all at once. You can break up the time into smaller sessions of 10 minutes or more.
- Engage in muscle and bone-strengthening activities at least twice a week. These activities include climbing stairs, gardening and housework such as vacuuming or washing the floor.
- Include activities that challenge your balance, such as Tai Chi or Yoga
- Limit time sitting to eight hours or less. That includes less than three hours a day of screen time (in front of a TV, computer, tablet, or phone.)
- Get seven to eight hours of good-quality sleep each night.

If you would like more tips on staying strong and healthy as you age, search 'Staying Strong' at ahs.ca/NutritionWorkshops.

Alberta Health Services



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Dinosaur Adventures

Plan a trip this summer to discover the hidden gems along Alberta's Fossil Trail. From northwest to southeast, it's fun for the whole family.

Road Tripping On The Fossil Trail

When I think of the creatures of Alberta, bison, elk, grizzly bears and coyotes spring to mind. But I'll bet you didn't know you could see camels in Edmonton 30,000 years ago. Near the John Janzen Nature Centre, scientists found a gravel pit full of mammal fossils. And dinosaur bones were recently found in the riverbanks of the North Saskatchewan River. The province is brimming with fossils from many geological eras – ancient clues to the past, right in our own backyards.

This inspired me to look into The Alberta Fossil Trail – nine sites spanning 2,500 km (1553 mi) across the province. The result: a family road-trip to seek what lurks beneath...

Using the Fossil Trail Map, which you can download from the Royal Tyrrell Museum link, above, we're planning to hit these tops sites.

Pipestone Creek, Grand Prairie

First, the northern badlands. Yes, northern badlands – who knew? Unlike the badlands around Drumheller where exposed ribs of sand and stone make excavations a little easier, the north is protected by blankets of aspen and evergreens.

Despite these leafy obstacles, a new dinosaur was discovered here – the *Pachyrhinosaurus lakustai*. A member of the *Ceratopsia* family, its pronounced bone bulges around the nose and eyes make for one wild-looking beast.

We'll camp at Pipestone Creek Park, 25 minutes west of the city of Grande Prairie. We'll tell campfire dinosaur stories and in the morning take one of the guided tours – leaving right from the campground.

The new Philip J. Currie Museum being built nearby opens in 2015 and will draw scientists and visitors from around the world – including us locals, on a special trip just to see what all the buzz is about!.

Kerry Wood Nature Centre, Red Deer

Next stop: the Kerry Wood Nature Centre fossil exhibit. There's a major permanent display here, and we'll learn about life during the cretaceous period after the extinction of the dinosaurs, when the ancestors of many of our



Group walking through Pipestone Creek.

Travel Alberta / Roam Creative

modern mammals lived in the Red Deer River Valley,

The University of Alberta leads regular fossil excavations at secret sites nearby. Learn more about one of them: Joffre Bridge.

Devil's Coulee and Duckbill Dinos

Our final exploration will be at the Devil's Coulee Dinosaur & Heritage Museum in the Village of Warner, southeast of Lethbridge. The egg came first at Devil's Coulee – and it wasn't the chicken that followed, but rather the discovery of a duckbill dinosaur nesting ground by local Wendy Sloboda in 1987 – and it's the only site of its kind in Canada.

We've booked a two-hour hike and will trek through grasslands, past hoodoos and into the arroyos of the dig site to look for fossils and to see 75 million-year-old duckbill dinosaur eggs and embryonic remains that mostly just rise to the surface of the clay-rich soil after a good rain.

What is significant about this find is it proves the theory that dinosaurs were not lone foragers but came together in communities to hatch and raise their young.

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- | | |
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| BARREL | HAT |
| BOOTS | HORSES |
| BUCKING | JULY |
| BULL | MIDWAY |
| CALGARY | PANCAKES |
| CHUCKWAGONS | PARADE |
| CLOWN | RODEO |
| COWBOY | SADDLE |
| COWGIRL | STAMPEDE |
| COWS | STEER |
| FIREWORKS | WESTERN |

Q E Y R A G L A C C O W G I R L O R
 S E S R O H Z P A U G S R F Y I H G
 O Y O B W O C B F D B N W K C C A C
 U A B U L L W E S T E R N L G W T Z
 M C P M C H U C K W A G O N S L T G
 W G M Q S K I V Y N S W F T I N D P
 U P Q G K W G T G L N T G U J Z A A
 S F I R E W O R K S F S E H N N B R
 A Q P F K O L C O Q T W E E C A O A
 D M M H O U E Y Z O D A U A R Z A D
 D I E A F C N D O G H F K R C D N E
 L D J D K I L B O A C E E Q I O G Q
 E W U J E B D S H R S L R E D R N D
 T A L D S P Y F K Z S W C G M Z I V
 C Y Y M D R M Y H H G K P O M T K K
 M N Z N H E X A R H R Z G T W E C C
 W H W U R I L B T T T J D W M C U M
 C P V O B Q Y C F S N R Z N Z H B D



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Mountain Marmots

The high-pitched whistle of the hoary marmot may surprise you when hiking in the mountains. Marmots are diurnal (active during the day) and like to perch on rocks with high vantage points, acting as sentries to any incoming danger, such as eagles or bears. Their piercing alarm call quickly alerts colony members to return to their burrows.

Alberta is home to two of these extra-large ground squirrels, the hoary marmot, and the yellow-bellied marmot. Their names describe their distinguishing feature: the hoary marmot has dark hair grizzled with silver tips, whereas the yellow-bellied marmot has yellow or reddish fur.

Hoary marmots are the largest of the ground squirrels in North America, weighing an average of ten to fifteen pounds, (the heaviest hoary marmot ever recorded managed thirty!) Marmot weight fluctuates throughout the year with their eight-month hibernation period where they can lose twenty percent of their body weight!

Hoary marmots live above the tree line in the Rocky Mountains. Their social colonies usually consist of a large male and several breeding females and their young. They socialize by play wrestling, grooming, and nose-to-nose touching.



Tony LePrieur

Yellow-bellied marmots tend to live at lower elevations. Their colonies are similarly structured with a single male, several breeding females, and their young.

Marmots survive best with their colonies. Unfortunately, there has been a trend of hitchhiking marmots who, curious about visiting vehicles (and attracted to the minerals often found on cars), have crawled into the frame or engine, and travelled back into the city. If you are spending the day in the mountains, please check your vehicle frame, or bang on the hood of your car before heading back to the city. You'll scare the marmots off and help them stay in the wild where they belong!

Found injured or orphaned wildlife? Unsure if the animal is truly in need of help? Please call Calgary Wildlife at 403-214-1312.

Calgary Wildlife

A cartoon illustration by Calgary Wildlife. It shows a marmot in a burrow on the left, with a speech bubble saying "Summer heat? Time to sleep!". Another marmot is shown on the right, with a speech bubble saying "Zzzzz...". The background is a simple landscape with a sun. The Calgary Wildlife logo is in the top left corner.

Sleeping is the job

Richardson's ground squirrels begin hibernation as early as July and emerge as late as March! Leave habitat undisturbed while they are sleeping!

www.calgarywildlife.org

DID YOU KNOW??

In 1923, the first free Stampede breakfast was held at a campsite just outside the Canadian Pacific Railway station close to downtown Calgary. Jack Morton, a chuck wagon driver, invited his loved ones and visitors to enjoy free pancakes at the camp, creating a tradition that still exists today!

