



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal



Bike Safety

Food Trucks at the Ranch

Spanish Lessons



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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: Rajan Sawhney
403-297-7104
calgary.northwest@assembly.ab.ca

MP: Pat Kelly, Calgary Rocky Ridge
403-282-7980
pat.kelly@parl.gc.ca

Editor & Article Submissionseditor@suburbanjournals.ca

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Advertising Sales:

Phil: 403-660-7324phil@suburbanjournals.ca

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Councillor Report

Hello Ward 1! It feels like summer is just getting started, but September is just around the corner. This month, I want to highlight some city service changes and safety reminders as kids get ready to head back to school.

Calgary Transit service updates

Four times a year, Calgary Transit reviews service levels, schedules, and routes. This includes some changes in Ward 1 starting September 4.

- Route 305 – Bowness will be cancelled due to low ridership. Route 1 will have increased frequency as a result.
- Route 408 – Valley Ridge is becoming Route 108 – Paskapoo Slopes, and will have higher frequency and shorter travel times.

Learn more about these and other changes at calgarytransit.com.

Road Safety

As kids head back to school next month, the Ward 1 Office reminds you to take care driving around schools and in residential areas. Playground zones are in effect around schools everyday from 7:30 am to 9:00 pm year-round. Passing another vehicle in a playground zone is not permitted.

Concerns about an ongoing traffic safety issue in your neighbourhood? Submit a Traffic Service Request at calgarypolice.ca. A member of the Calgary Police Service's Traffic Section will contact you to discuss the concern.

Housing and Affordability Task Force

Next month, the Housing and Affordability Task Force's recommendations return to the Community Development Committee for consideration. I'm looking forward to addressing the challenges our city is facing in these areas.

I've heard concerns from some Ward 1 residents about some of the recommendations, including blanket rezoning and the removal of parking minimums. I would love to hear your feedback on these and other recommendations ahead of Council's debate. You can find the recommendations and contact me at calgary.ca/ward1.

Boards, Commissions, and Committees

The City is recruiting for public positions on many Boards, Commissions and Committees this month. It's a great way to give back to your community and to make your voice heard. Learn more at calgary.ca/boards.

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/



Did You Know... These Facts About August

- The birthstone is the Peridot and the Sardonyx.
- The birth flowers are the Gladiolus and the Poppy.
- The two zodiac signs in August are Leo (July 23 – August 22) and Virgo (August 23 – September 22)
- August was named after the first Roman Emperor Augustus.
- The month of August is often referred to as the "dog days of summer", based on the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.
- In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere.

Back to School Lunches

Back to school means one thing... back to making lunches everyday. Here is a list of some of our favorite ideas for the kids lunchboxes!

- Bagel & Cream Cheese
- Cucumbers
- Carrots
- Celery
- Salad
- Cherry
- Tomatoes
- Pickles
- Red & Yellow Peppers
- Edamame
- Snap Peas
- Broccoli
- Cauliflower
- Strawberries
- Grapes
- Apples
- Watermelon
- Blueberries
- Raspberries
- Peaches
- Mango
- Cherries
- Cantaloupe
- Pineapple
- Oranges
- Mandarin Orange
- Bananas
- Peanut Butter & Jelly Sandwich
- Turkey & Cheese Sandwich
- Mini Bagel Pizzas
- Peanut Butter Bagel
- Ham & Cheese Wrap
- Hard Boiled Eggs
- Tuna Sandwiches
- Cheese, Crackers & Meat
- Muffins
- Soup
- Pancakes
- Grilled Chicken Strips & Pita
- Trail Mix
- Hummus
- Chili & Crackers
- Cheese Soft Taco
- Chicken Nuggets
- Hot Dog
- Turkey & Cheese Wrap
- Vegetable Sushi
- Greek Yogurt
- Granola
- Caesar Salad & Croutons
- Dried Fruit
- Raisins
- Applesauce
- Fruit & Veggie Pouches
- Canned Fruit
- Cheese Sticks
- Cheese Shapes
- Dry Cereal
- Granola
- Fish Crackers
- Pretzels
- Baked Chips
- Nuts
- Pudding
- Popcorn
- Rice Cakes
- Granola Bars
- Graham Crackers
- Trail Mix
- Mixed Nuts
- Sunflower Seeds
- Cookies
- Brownie
- Rice Krispies Treat
- Fruit Snacks
- Fruit Roll Up
- Flavored Water
- Milk
- Juice Box

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.



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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.



Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

Alberta Health Services



www.SuburbanJournals.ca



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

Food Trucks

RRRHA is excited to partner with Calgary Food Trucks to host food trucks at the Ranch! Several trucks will be parked in the Ranch Centre parking lot August 7th, September 11th, and October 2nd from 5:00 p.m. – 8:00 p.m. each day. Look out for signs around the community, posts on our FB page <https://www.facebook.com/groups/rrrha.ca>, or follow @yycfoodtrucks on Instagram for the details of what trucks will be there.

Zumba Classes

Starting on August 14, every Monday join our weekly Zumba Class.

- Member: \$15.00 per class, \$60 per month (4 Mondays)
- Non- members \$17.00 per class, \$68.00 per month (4 Mondays)
- If you pay in advance for the month (\$55.00).
- August will be \$45 for the month. (3 lessons) or \$40.00 if you pay in advance.
- Drop-In Fee \$17.00

To register please call Thais at 403-837-0003 or send an email to: zeuchthais@gmail.com

Park Passes: Royal Oak & Rocky Ridge

We are pleased to announce our pilot program to offer Park passes to Rocky Ridge & Royal Oak homeowners who are ineligible to access the Ranch due to being unencumbered HOA members. We are offering 100 memberships for \$300.00 each. The membership will expire 12 months from purchase. This will give you access to the splash park, tennis court & playground

during the summer as well as skating in our pond during the winter. For more information and to sign up please come to the office and see Erika.

Spanish Classes

Spanish Classes will start on September 11 on Mondays from 5:30 p.m. to 6:30 p.m., once a week for one hour, learn a new language and have fun. Call for prices and to register. 403.547.6633 or email: erika@rrrha.ca

Bike Safety

Protect your head! Any age – from toddlers to adults – should think twice before getting on a bike without a helmet. In fact, youth under 18 are legally required to! The helmet should fit nicely and cover the forehead. A helmet too loose won't do much protecting, so make sure it's nice and snug.

Ring, Ring! Having a bell lets those around you know you're coming and will help avoid any collisions on paths.

Stop! Being a cyclist follows similar rules to driving a vehicle. Pay attention to posted signs, speed limits and watch out for pedestrians. Knowing your route ahead of time can help you be aware of potential detours and hazards.

Increase your visibility by having reflectors or lights, especially if you're riding your bike at nighttime or on the streets.

Be diligent! You may have the right of way, but that doesn't mean those around you are paying attention to their surroundings. Always be cautious and diligent while riding a bike and stay in bike lanes where possible. Be sure to keep an eye out for vehicles coming in your direction and err on the side of caution!

For more resources, check out the Federation of Calgary Communities website (www.calgarycommunities.com)

*A message from the
Federation of Calgary Communities*



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Memorial Drive Extension

The City of Calgary is undertaking a Functional Planning Study (FPS) for the extension of Memorial Drive from Abbeydale Drive to the east city limits at 116 Street E. The roadway extension is part of The City’s plan to establish better connectivity between communities and businesses on both sides of Stoney Trail.

The roadway extension will include a new crossing of the CN rail line and an east-west overpass across Stoney Trail (without on-or-off-ramps from Stoney Trail). All options also include connections to the Rotary Mattamy Greenway to enhance active mode connectivity for those walking and wheeling.

We have posted the What We Heard Report, which took place May 1-22, 2023, to our website. Our goal from Phase 2: Explore was to develop and evaluate potential design concepts based off the community priorities and feedback we heard during Phase 1: Discover.

We’re pleased with the continued interest shown by the



community: we received 3,591 engagement portal page views and 282 contributions of feedback. You can find additional details on the engagement opportunities, how we communicated with the community, and verbatim comments in the full report.

We’ll continue our conversations during Phase 3: Reveal later this fall. The team will present the preferred design concept for feedback and review. Once Phase 3 dates are confirmed, we will share more information on our website.

For more information about the study and to learn about Phase 3 dates and engagement opportunities, please visit Engage.Calgary.ca/MemorialDriveEast or contact us at MemorialDriveEast@Calgary.ca.

City of Calgary

Word Search

AUGUST	PICNIC
BARBECUE	POOL
BASEBALL	POPSICLE
BEACH	ROADTRIP
CAMPING	SUMMER
FAMILY	SUNSCREEN
FRIENDS	SUNSHINE
HEAT	SWIMMING
HOLIDAYS	VACATION
ICECREAM	WATERMELON
PARK	ZOO

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

Stampede Breakfast Photos





Calgary's Early Residences: Brower House

While driving along Calgary's boulevards and trails, have you ever noticed an old building or two that seem to stick out from the surrounding area? One such place is Brower House, located just east of the intersection of Memorial Drive and 10th Street N.W.

Sunnyside is better known today for its abundance of condo buildings, infills and retail spaces than structures like Brower House. It represents how the neighbourhood used to look, with stately homes overlooking the Bow River.

Actually, these homes came later. Sunnyside was settled in the 1880s by homesteaders. Then, workers and their families from Eau Claire Sawmill and the Canadian Pacific Railway moved in. Their homes were wood-framed cottages, the sidewalks were also wooden, and the roads were dirt. Over time, mansions were constructed facing the river along Memorial Drive (formerly called Sunnyside Boulevard, until it was renamed after the Great War).

Brower House is one of these residences. It was listed on Calgary's Inventory of Evaluated Historic Resources in 2010 as one of the oldest houses in the neighbourhood. Built in 1907, Brower House symbolizes the expansion of urban life northward across the river from the city's centre.

It's also unique for its construction. Its architectural style is Queen Anne Revival, which was popular in Calgary roughly between 1890 and 1914 and features fanciful and exuberant flourishes. While more moderate than other examples, Brower House's large front veranda with turned supports, flat roof deck, and buff-coloured bricks fit the mark.

Real estate speculation at the time of its construction



Brower House, 2023 (Anthony Imbrogno)



meant Brower House had five different owners within three years, until it was bought by the Brower family in 1919. Frank C. Brower published the Olds Gazette and lived there with his brother Archibald and family.

The House was spared destruction when the CTrain's "Northwest Line" was built in 1987. In 1993, it was sold by the family. Today, Brower House is a Calgary Heritage Award-winning office space redevelopment. It's no longer a home (and has no official heritage protection), but it retains its charm and history as one of Calgary's early residences.

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**

Glenbow Archives NC-57-19



Memorial Drive, 1912 (Libraries and Cultural Resources Digital Collections, University of Calgary)



Panoramic view of Sunnyside, 1911 (Libraries and Cultural Resources Digital Collections, University of Calgary)



Panoramic view of Sunnyside, 1911 (Libraries and Cultural Resources Digital Collections, University of Calgary)

Right Call. Right Response.

A safe community means feeling comfortable wherever you are at all times of day. We all deserve to feel safe, no matter where we live, work, learn or play. This list helps you connect to local teams that can help you when you are presented with situations that could make you feel unsafe.

City of Calgary

911	Emergency	Call 911 in an emergency when there is an immediate threat to your health and/or safety. (e.g., fire, see or smell smoke, medical emergencies, crimes in progress, an accident that has caused injury, life threatening situation, etc.).
211 or text INFO to 211	Distress Centre	Call or text 211 for non-emergency situations that involve mental health and addiction, connection to food and basic needs, or community and social resources.
311	Bylaw, city information	Call 311 for City information, non-emergency, and non-law enforcement services (e.g., animal at-large, bylaw complaints, garbage collection, property tax information, problem properties, etc.).
403.988.7388	HELP team (formerly DOAP)	Unhoused individuals in a vulnerable state (having a poor mental health moment, intoxicated and/or using drugs in a public space, stumbling down the street, stepping into traffic), trespassing (sleeping in the doorway of a business), in need of transportation.
403.262.1000 or text 74100	Transit Watch	Text 74100 or use the help phone/button on C-Trains and platforms to report immediate safety and security issues. (e.g., such as disorder, areas needing attention or cleaning, infrastructure issues, broken glass, or harassment, etc.)
403.266.1234	Police non-emergency	Non-injury accident, missing person, stolen vehicle or license plate, break and enters after they've happened.



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Parks Wayfinder: Map Shows Amenities in Calgary Parks

Summer is in full force and it's the perfect time for Calgarians to enjoy the outdoors through visiting the many parks in the city. The Parks Wayfinder Map shows amenities owned by Calgary Parks. You can search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off leash area, sports field, park vendor and other amenities available in City parks. Visit the Parks Wayfinder Map at <https://maps.calgary.ca/ParksWayfinder/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca>.



City of Calgary

Prepare for Calgary's Changing Climate with this Handy and Helpful Guide

Calgary's summers are getting hotter, drier and lasting longer due to climate change. Hazards like wildfire smoke, extreme heat, hail and flooding are becoming more common and severe. As a result, there is increasing risk to Calgarians' homes, properties and health.

Although climate change is a complicated issue, the solutions don't always have to be. There are simple steps you can take now to prepare and adapt to climate-related impacts.

The Climate Ready Home Guide informs choices you can make during a renovation or construction project to prevent damage to your home and protect your health from extreme weather events. It also provides routine low or no-cost maintenance advice and simple safety tips to build resilience to climate change impacts at home.

Visit calgary.ca/ClimateReadyHome for more information.

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Starting Fall SMART

Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be an overwhelming or leave us feeling “trapped,” which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focus on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

- **Specific** – What exactly would you like to do? What is your aim?
- **Measurable** – How will you know if you are moving towards your goal? What will you see?
- **Achievable** – Can you act to reach your goal? Is it something you can do?
- **Relevant** – Does this goal have meaning for you?
- **Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

- **Attitude** (Ex. Being positive, hopeful, and grateful or seeing the good)
- **Physical Health** (Ex. Being active, eating healthy food, sleeping, and drinking water)
- **Relationships** (Ex. Spending more time with family and friends)
- **Public Service** (Ex. Volunteering, helping your community)

Taking the time to write, type, or vocalize our goals, it will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather on things you still need to do.

Remember to be kind to yourself. This is a good year to



think about what is important and fall gently back into our routines again!

*Community Health Promotion Services Team,
Alberta Health Services*



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