

NOVEMBER 2023



# ROCKY RIDGE ROYAL OAK

# VIEW

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# Councillor Report

## Community and Residents Associations

**Rocky Ridge Royal Oak Community Association**  
403-879-2820 • [communications@rrroca.org](mailto:communications@rrroca.org) • [www.rrroca.org](http://www.rrroca.org)

**Rocky Ridge Ranch Homeowners Association**  
10709 Rocky Ridge Blvd NW  
Calgary, AB T3G 4G1  
403-547-6633 • [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca) • [www.rrrha.ca](http://www.rrrha.ca)

**Royal Oak Estates Homeowners Association**  
[info@roeha.ca](mailto:info@roeha.ca) • [www.roeha.ca](http://www.roeha.ca)

**The Cascades in Royal Oak Residents Association**  
Email: [contact@cascadesroyaloak.com](mailto:contact@cascadesroyaloak.com)  
Website: [cascadesroyaloak.com](http://cascadesroyaloak.com)

**Elected Officials**  
**Ward 1 Councillor:** Sonya Sharp  
403-268-2430  
[ward1@calgary.ca](mailto:ward1@calgary.ca)  
**MLA:** Rajan Sawhney  
403-297-7104  
[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)  
**MP:** Pat Kelly, Calgary Rocky Ridge  
403-282-7980  
[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

**Editor & Article Submissions** .....[editor@suburbanjournals.ca](mailto:editor@suburbanjournals.ca)  
Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

**Advertising Sales:**  
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**H**ello Ward 1! As we head into our snowy season, I'd like to remind everyone to take extra caution on our streets and pathways. Help keep yourself and others safe by slowing down and staying alert to vehicles and pedestrians.

This month we recognize Remembrance Day. I invite all Ward 1 residents to consider attending a Remembrance Day service in honour of those who have defended our country, whether here in Ward 1 or elsewhere across the city.

**Budget adjustments**  
Later this month, Council will debate adjustments to The City's budget for the upcoming year. As part of this year's adjustments, Council is considering additional investments in a number of programs, like Transit safety and the housing strategy.

The budget that Council approved last year will already require The City to collect more in taxes in 2024. It will simply not be possible to fund all of these investments while keeping taxes reasonable.

It's important I hear from Ward 1 residents about what we need to prioritize. Visit [calgary.ca/ward1](http://calgary.ca/ward1) to learn more about the proposed investments and to submit your feedback.

**Residential parking permits**  
As part of budget adjustments, Council will also be reconsidering the fee structure for residential parking permits this month. The implementation of fees was delayed earlier this year to allow time for Calgarians to request a review of the parking restrictions in their areas.

Visit [calgary.ca/ward1](http://calgary.ca/ward1) to get the latest information on these changes or to share your comments.

**Snow and Ice**  
When snow stops falling, The City begins its 7 day snow plan. The City prioritizes major routes and pedestrian areas with a high volume of traffic, followed by major community and Transit routes. The City will also level ruts in residential areas as needed, but does not clear snow from residential streets.

Visit [calgary.ca/snow](http://calgary.ca/snow) to learn more about snow and ice clearing and to see current road conditions. Visit [calgary.ca/311](http://calgary.ca/311) or call 311 or report a concern.

## 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](mailto: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](http://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**



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## President's Message

The weather is getting cooler, the leaves are changing colors, and pumpkin spice has returned to our coffee shops. That can only mean one thing – fall is here! With the change of season comes a host of fun activities to enjoy with friends and family in the community.

### Annual General Meeting

A significant annual event that brings us together as a community is the Annual General Meeting (AGM) of the community association. This is an opportunity for us to reflect on the past year, plan future activities, and discuss ways to further improve our vibrant neighborhoods. All members of the community are warmly invited to attend the meeting, which will be held on November 27, 2023 at 7:00pm at the Rocky Ridge Ranch (10709 Rocky Ridge Blvd NW). As part of this meeting, we will be discussing the strategic priorities for the Association incorporating feedback we heard through the community survey. We are accepting nominations for roles on the board and other key roles in the Association. Your attendance and participation are essential in shaping the future of our community. We hope to see you there.

### Winter Outdoor Ice Rink

We are seeking dedicated and energetic volunteers to help build and maintain the winter outdoor ice rink at the RRROCA Park near WD Pratt middle school. The winter outdoor ice rink has been a well-used amenity within the community and it's only possible by the contributions of volunteers. Whether you can help with the freeze-in, maintenance, coordinating volunteers, or just spreading the word, every bit of help is appreciated. If you are interested, please contact [parcs@rrroca.org](mailto:parcs@rrroca.org) or contact us via our social media channels. This is an excellent chance to give back to the community, meet your neighbors, and ensure we can all enjoy the Canadian winter tradition of outdoor skating and hockey. Thank you in advance for your support.

### Casino Fundraiser

The dates for our next casino fundraiser have been set as Saturday January 27 and Sunday January 28th, 2024 at Cowboys Casino. These casino fundraisers are a major source of funding for the Association. Funds raised through these events are used to maintain the RRROCA Park / rink, facilitate sports programs, and for contributions to events and projects throughout the community. There are several different volunteer opportunities associated with these events. Ensuring a

full complement of volunteers is essential to make sure that we are able to access these fundraisers in the future. Volunteers get free parking and a free meal as well as an opportunity to meet others from the community and have a few laughs. Please email [rrrocacasino@gmail.com](mailto:rrrocacasino@gmail.com) for more information and to volunteer for a shift.

*Jason Kellock, President,  
Rocky Ridge Royal Oak Community Association*

## 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](mailto:communications@rrroca.org).



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

Please email  
[volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org)  
to sign up.

## Did You Know... These Facts About Poppies

- Inspiration for the Poppy campaign in Canada was inspired by Colonel John McCrae who wrote the famous poem, 'In Flanders Fields'.
- The seeds are edible, and often a favorite for bakers and chefs who add them into loaves and muffins, salad dressings and cooking oils.
- Poppies are symbolic for 'eternal sleep' (as portrayed in 'The Wizard of Oz'), 'resurrection after death' (classical mythology) and 'remembrance' (wartime symbolism of the blood of fallen soldiers).

*Larynda McKay*



# 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](http://rrroca.org) to sign up for a membership, or email [membership@rrroca.org](mailto: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](http://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](mailto: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.



# École Tuscany School

Welcome to November!

We hope you all had a wonderful Thanksgiving, and you were all able to enjoy time with family and friends.

We were thrilled to continue our annual Hallowe'en Howler Dance this year and it was a smashing success! Thank you to everyone who came out to join in the fun. Pumpkin Fest at the end of October was a major triumph again this year. The kids (and maybe a few parents!) showed off their sweet carving skills. The kids had a great time displaying their pumpkins in the school field before taking them home for the big event on Hallowe'en night.

In November, we commemorate Remembrance Day, both in the school and in our community. The students will do work in their classrooms to learn about this important day and will gather in assemblies to remember the sacrifices of the past and honour those who fought for our country.

Our School Council is asking for donations of winter jackets, snow pants, hats and mittens that are clean and in good condition for donation to Jacket Racket. Collection started mid-October and will run until November 8. Please place your donations in the marked bins inside the front entrance of the school, or send them along with your child to school in the morning clearly labelled "Jacket Racket."

Our upcoming FUNdraiser Treat day is Friday November 3 (Kernels). The next Fun Lunch (Subway) for Grades 1-5, as well as Kinder Snack Day, is on Thursday November 23. Please log into [www.healthyhunger.ca](http://www.healthyhunger.ca) (Grade 1-5 students) and submit your orders the Friday before to ensure your child can participate. Don't forget to wear your Spirit Wear! A big thank you to our fabulous volunteers who make these Fun Lunch and FUNdraiser Treat days possible for our kids.

Tuscany School Council is pleased to announce that Kiss 'n Drop is back in full swing! If you need to use this service, please adhere to all protocols by remaining in your vehicle and allowing the volunteers to assist your child to exit your vehicle. Please ensure your child enters and exits your vehicle from the curb side of your car, and not into the active traffic lane. If the Kiss 'n Drop area is full, please do not double park as this is meant to be an active loading/unloading zone at all times. As always, the Kiss 'n Drop team is always looking for

volunteers to help out. The sign-up genius is now live and can be found here: <https://www.signupgenius.com/go/4090E4EAEA72AA1FA7-44513751-kiss#/> If this is something you could assist with, please email [tuscanykissndrop@gmail.com](mailto:tuscanykissndrop@gmail.com) for further details.

Back by very popular demand this year, we will be having our 2nd annual Purdy's Chocolate Fundraiser! Purchase all your holiday sweets and help raise money for the school! Further details will be forthcoming through council emails including order due dates and chocolate pick-up dates.

Tuscany School students and parents are encouraged to come out and help The Tuscany Community Coalition Light up the Christmas Tree on November 25th. This is the tree near St. Basil along the path that residents have been decorating. We are encouraging families to come visit the tree with plastic decorations of their own to contribute to the neighbourhood tree.

As we head into the cooler months, please remember to check the lost and found area frequently for any items that may have gone wandering. Items are marked with the date they are found and are donated to charitable organizations that provide for those in need, if they go unclaimed longer than 1 month.

### Important dates in November include:

- Professional Learning Day – no school November 9
- Fall Break - no school Friday November 10 to Tuesday November 14
- School resumes - Wednesday November 15
- Parent Teacher Conferences - November 23 (evening) & 24 (morning)
- Light up the Christmas Tree – November 25th

Our next School Council meeting of the 2023-24 school year will be held on Thursday, November 16th in person at the school. Please check out our website at [www.tuscanycouncil.ca](http://www.tuscanycouncil.ca) for up-to-date info, and follow us on social media Facebook [www.facebook.com/tuscanycouncil](http://www.facebook.com/tuscanycouncil); Instagram @tuscanycouncil and twitter @TuscanyCouncil for reminders and photos of our adventures together. If you have any questions about becoming involved with the School Council or volunteering for a committee, please email [tuscanycouncilchair@gmail.com](mailto:tuscanycouncilchair@gmail.com).

You can also follow Tuscany school on Twitter @Tuscany\_cbe



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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](http://www.rrrha.ca) [info@rrrha.ca](mailto:info@rrrha.ca)

#### Office Hours

Updates to office hours are available online.

## ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

### Park Passes: Royal Oak & Rocky Ridge

Park passes to Rocky Ridge & Royal Oak homeowners who are ineligible to access the Ranch due to being unencumbered HOA members. We still have some memberships left 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.

### Food Drive

Food Drive September 21 - December 9,

9 am - 7pm

10709 Rocky Ridge BLVD, T3G 4G1

Please contact us at 403-547-6633 or [info@rrrha.ca](mailto:info@rrrha.ca)

**"The big lesson in life,  
baby, is never be scared of  
anyone or anything."  
- Frank Sinatra**



## Remembrance Day

### Facts

- Remembrance Day commemorates Canadians who died in service to Canada from the South African War to current missions. It is held every November 11.
- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month. From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.
- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day—November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931.

Thanksgiving Day was moved to October 12 that year.

- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for Veterans.

[www.veterans.gc.ca](http://www.veterans.gc.ca)



*"How important it is for us  
to recognize and celebrate our  
heroes and she-roes!"*

*— Maya Angelou*

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

*— John McCrae*

## How Should The Poppy Be Worn?

The Royal Canadian Legion suggests that the poppy be worn on the left lapel of a garment and / or as close to the heart as possible.

The official start of the Poppy Campaign and the distribution of poppies to the general public begin on the last Friday in October and run until November 11.

The lapel poppy may be worn throughout the whole of the remembrance period and is removed at the end of Remembrance Day. Many people place their poppy at the base of the cenotaph, as a sign of respect, at the end of the Remembrance Day ceremony.



[www.veterans.gc.ca](http://www.veterans.gc.ca)



# Winter is Coming!

Winter can be a time for family fun, but there are several risks associated with the changing weather. Knowing the risks ahead of time will help keep you and your family safe this winter.

Winter storms increase the risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice and high winds. They can last a few hours or several days, knocking out heat, power and communication services. These storms can also place seniors, young children and sick individuals at greater risk.

Here are some ways to prepare for a winter storm ahead of time:

- Know the risks. Include your kids in the discussion and use it as a way to talk about emergencies, how you will communicate with each other about your whereabouts and how to evacuate the house if needed.
- Winterize your home.
- Pay attention to weather reports and warnings from

Environment Canada. Sign up for Alert Ready for notifications.

- Gather supplies in case you need to stay home during a power outage. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency kit for your car: include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Make sure always to keep your gas tank full!

For more information on how to prepare for other emergencies? Visit [calgary.ca/getready](http://calgary.ca/getready) to learn more.

*City of Calgary*





The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

[calgary.ca/rpp](http://calgary.ca/rpp)



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# Calgary Bats

A patio umbrella opens, and a small fuzzy black sock falls out. It's not a sock! It flaps into flight and tucks itself back into the folds of the umbrella. Bats generally prefer a roosting site in a tree or rock crevice but will sometimes stowaway under the fabric of patio umbrellas, edges of campers, and inside hanging laundry!

Bats have specialized roosting sites. Unlike birds, they do not have strong pectoral muscles. They rely on an initial drop from their perch to gain enough speed to launch into flight. A functional bat box needs to be erected at least twelve feet up, with an uncluttered "runway" for bats to travel. A bat on the ground will need to crawl up a tree or other object to gain enough height for flight.

Bats are the only true flying mammal! Bat pups stay warm by cozying under the flaps of their mother's wings. Bat reproduction is slow, as often only one pup is born a year. Like all mammals, pups rely on their mother's milk for the first few weeks of life.

A mother bat will forage at night for food. During flight, a bat's heart rate can rise as much as one thousand beats per minute. The Little Brown Bat—weighing little more than loonie—eats an average of a thousand insects an hour.

- Bats provide a pest control service worth billions of dollars to the North American agriculture sector!

Alberta is home to nine species of bat. They have different strategies to cope with the cold and lack of food (bugs) in the winter. Three of these species, the Hoary bat, the Eastern Red Bat, and the Silver-haired Bat migrate south during the winter. This can be a risky journey, especially when flying past the potentially lethal vacuum effects of wind turbines.

The remaining six bat species in Alberta include the big brown bat and five species of myotis, all who hibernate in winter. It is important not to disturb sleeping bats, as waking them wastes energy which can result in starvation. White-nose syndrome is a fungal growth which irritates bats and causes them to wake during hibernation. This does not affect humans but has been causing some bat populations to decline. Please let sleeping bats sleep!

### How can we help bats?

- Protect bat roosts that might include snags or tree,



old sheds and barns, bat boxes and rock crevices and caves.

- Help preserve wetlands which provide bat food!
- Please don't disturb hibernating bats!
- Help create a safe place for bats by putting up a bat box!
- Encourage bat friendly farming with reduced pesticide.
- Turn off outside lights during migration season to help bats make a successful journey!

Please do not handle a bat with your bare hands, as some bats carry rabies. Observing wildlife from a distance is best for everyone! If you have contact with a bat, or suspect contact with a bat, please contact your doctor or 8-1-1 for an assessment right away.

See injured or orphaned wildlife? Contact Calgary Wildlife at: 403-214-1312

*Calgary Wildlife*

## DID YOU KNOW??

Approximately 18,000,000 poppies are distributed around the world every year.



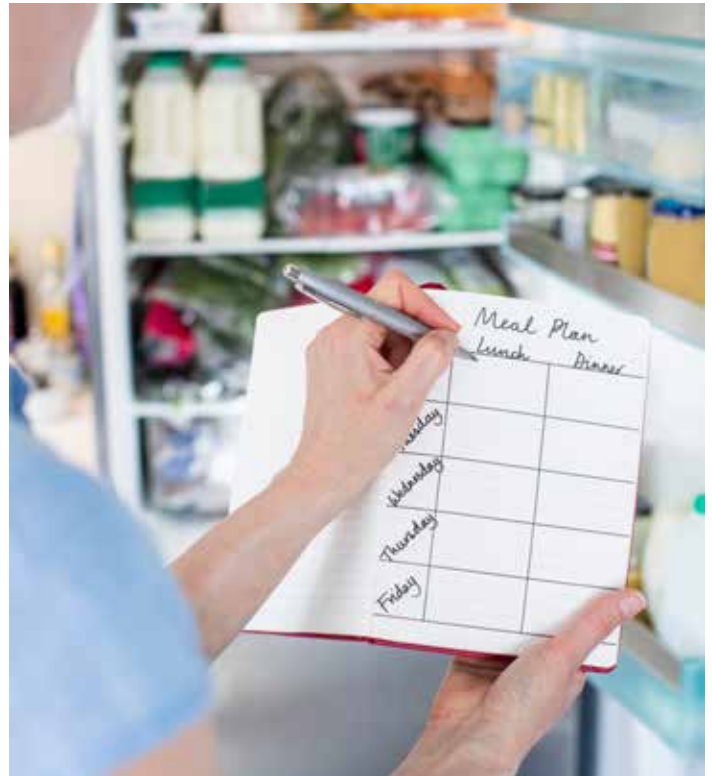
# Reducing Food Waste

Reducing food waste can help you make the most of your food budget, reduce trips to the grocery store and positively impact our community, economy, and environment.

Here are some actions you can take to start saving money, time and food in your home:

- Use a grocery list and meal plan to avoid buying food you won't use.
- Schedule one day a week to cook from the freezer and cupboard only.
- Label leftovers so they don't become mysteries in the freezer.
- Set aside the fridge's top shelf as a 'leftovers' or 'eat first' shelf.
- Use blemished or unused produce in soup, smoothies, or baking.
- Check out more tips at [calgary.ca/foodwaste](http://calgary.ca/foodwaste).

*City of Calgary, Waste & Recycling Services*



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# Calgary's Portuguese Heritage

Portugal's era of seafaring exploration is tied to Canada's history. Portuguese ships were in the waters near Newfoundland by the 1450s. In 1498, João Fernandes o Lavrador reached the coast of North America, with many expeditions following.

A major influx of Portuguese people to Canada occurred in the 1950s and 1960s. Many were from the Azores, a group of volcanic islands about 1500 km off the European coast. They are tropical outposts in the middle of the Atlantic Ocean, with rich soils and mild weather. Before the rise of the services economy and tourism, agriculture and fishing were the main economic drivers.

Ottawa's official sponsorship of Portuguese immigration began in 1953. Canadian government officials on the islands actively recruited and assessed Azoreans to fill labour shortages on farms and the railways. With their skills in the trades and agriculture, Alberta was a natural destination for many, including my grandparents. Whereas immigration to Canada had previously taken place by boat, many from the Azores used a newer technology: the airplane.

For 17 years, my grandmother, and mother for a summer, worked at Pinecrest (later under the Lilydale brand) poultry plant in Ramsay. It opened in 1943 with community permission when the neighbourhood (formerly called Grandview) was a mix of residential and industrial activity, particularly since it was also a stockyard for the railway. The City acquired the land in 2022 and the plant will be demolished to make way for Green Line LRT construction and new developments.



Grandview district, 1909 (Glenbow Library and Archives Collection)

A modern and efficient poultry plant now operates in Dufferin North Industrial Park.

Two organizations in Calgary celebrate Portuguese heritage. Our Lady of Fatima Church began in 1970, with Father Raymond Vozza of Holy Trinity Parish offering monthly Mass for Calgary's Portuguese Catholics. Other services were held at host churches until Fatima Church was constructed in 1996.

At the Portuguese Society of Calgary, my grandfather played the tuba in the Filármonica Portuguesa de Calgary, and dances are performed by the Portuguese Folk Group, established in 1983. Whether through culture or work, Portuguese people continue to add to Calgary's vibrancy and prosperity.

**Anthony Imbrogno is a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC**

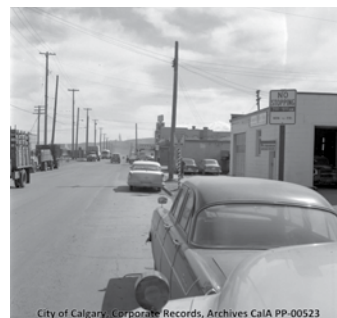
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To discover more about Calgary's heritage, visit:

**HERITAGE *inspires* YYC.org**



Lilydale poultry plant, Ramsay (looking east along 21 Ave SE), 2023 (Anthony Imbrogno)



Street Parking, Ramsay, 1959 (City of Calgary Archives)



Portuguese Folk Group performing at the Calgary Stampede, July 2023 (Anthony Imbrogno)

# Protecting Yourself and Your Family From Illness

This fall, and always, reducing the spread of illness remains top of mind around Alberta.

Staying home when sick and practicing proper respiratory etiquette and hand hygiene are important. In addition, your single most effective means of protection is prevention through immunization.

Influenza and COVID-19 immunizations help Albertans stay healthy, protect others and reduce pressure on Alberta's health-care system. Learn more at [ahs.ca/immunize](https://ahs.ca/immunize).

Here are a few quick facts to support your immunization decision making.

### **You cannot get the disease from a vaccine.**

Most vaccines are inactivated vaccines. This means they have no living bacteria or viruses in them, so they cannot cause disease.

Some of the vaccines for COVID-19 are mRNA vaccines. These types of vaccines also do not contain any living bacteria or viruses and cannot cause disease.

Some vaccines, such as vaccines that protect against measles, mumps, rubella, varicella (chickenpox), or rotavirus, have weakened forms of these viruses. These are called live vaccines, but also do not contain enough virus to transmit disease through immunization.

Your healthcare provider will always ask you questions about your health and medicines before you get a vaccine to make sure the vaccine is safe for you.

### **Healthy diet and lifestyle are not enough to protect against infectious diseases.**

A healthy diet and lifestyle are important for overall health, but they do not provide direct immunity against the diseases that vaccines can prevent.

Without immunization, your body will not have specific antibodies to fight off vaccine-preventable diseases. No matter how healthy your diet or lifestyle, without immunization, you are at risk for serious diseases. You are also more likely to spread these diseases to others.

**Most vaccines protect 90 per cent to 100 per cent of**



### **children who get their recommended doses.**

Without immunization, your child is facing possibly diseases without protection. Getting your child immunized at the right ages and the right times is the best way to protect them from serious disease.

### **Homeopathic or naturopathic nosodes do not protect you from diseases.**

Homeopathic or naturopathic solutions, often called "nosodes," are sometimes marketed as vaccines or immunizations. But they do not replace immunizations.

Health Canada has not approved nosodes as vaccines. Nosodes are not tested or monitored for safety the same way that vaccines are. All vaccines in Canada are carefully tested and continually monitored for safety.

For tools, resources and answers to common immunization questions, visit [ahs.ca/immunize](https://ahs.ca/immunize).

*Alberta Health Services*

## DID YOU KNOW??

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.



# Stay Connected to your Community!

**B**elonging and connection go together. Connectedness is feeling cared for, supported, and like you belong at school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends. Connection reduces feelings of loneliness and isolation. Connecting to resources and supports can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighborhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and creates belonging in our larger community. Forming connection in our daily lives is important for good mental, emotional, spiritual, and physical health.

While connecting comes naturally to some, it is more difficult for others. One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbors? Are there locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for



yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

*Community Health Promotion Services Team,  
Alberta Health Services*

## Did You Know... These Facts About November

- The birthstone for the month of November is the topaz.
- There are two zodiac signs that fall in November: Scorpio (Oct. 23 – Nov. 21) and Sagittarius (Nov. 22 – Dec. 21)
- The chrysanthemum is the birth flower for November.
- November is believed to derive from 'novem' which is the Latin for the number 'nine'. November was the ninth month after March, the first month in the ancient Roman calendar.
- Bell Telephone Company introduced to the public the push button phone on November 18, 1963.
- John Fitzgerald Kennedy was assassinated in Dallas, Texas on November 22, 1963.