



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal



*Happy
Holidays*



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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 **MP:** Pat Kelly, Calgary Rocky Ridge
403-297-7104 403-282-7980
calgary.northwest@assembly.ab.ca pat.kelly@parl.gc.ca

Editor & Article Submissionseditor@suburbanjournals.ca
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Phil: 403-660-7324phil@suburbanjournals.ca
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Councillor Report

Hello Ward 1! The holiday season is almost here. I'm wishing you and your family a fun-filled month and all the best for the coming year.

Budget adjustments update

Council concluded its deliberations on the 2024 City budget in November. These deliberations affect the services that The City delivers and the taxes required to deliver them. You can find the latest information on what Council decided by visiting calgary.ca and by subscribing to the Ward 1 newsletter at calgary.ca/ward1.

Snow and ice

Winter in Calgary means snow and ice on roads and pathways. Last year, Council approved additional funding to help get major routes clear of snow and ice faster, within 36 hours after snowfall. City crews work 24 hours a day during winter to make it easier for you to get around. You can learn more about The City's approach to snow and ice control at calgary.ca/snow. A reminder also that sidewalks must be cleared by property owners or occupants within 24 hours after a snowfall. Be a Snow Angel! Consider helping out a neighbour by clearing their walk.

Food Bank Challenge

This month, members of Council are participating in a challenge with the Calgary Food Bank to see which ward can donate the most amount of food. While the official challenge is just a few days, the Calgary Food Bank welcomes donations all year round. Visit calgary.ca/Ward1 for details on how you can participate. City facilities and programming over the holidays. Some City programs and services will have reduced or modified hours during the holiday season. Visit calgary.ca for the latest information on schedule changes, or call 311 for more information.

Engagement opportunities

The City is always looking for feedback from Calgarians on future programming, policies, and City spaces. Visit engage.calgary.ca to learn about the online and in-person opportunities for engagement happening right now.

Sonya Sharp, Councillor, Ward 1



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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**

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

The Good Food Box Program, (GFB)

The Good Food Box Program, (GFB) is a program under the Community Kitchen Program of Calgary, whereby anyone can purchase boxes of fresh fruits and vegetables at an affordable price. Each Good Food Box contains a combination of fruits and vegetable.

Small Box: \$30	15-20lbs* of fruits & vegetables
Medium Box: \$35	25-30lbs* of fruits & vegetables
Large Box: \$40	35-40lbs* of fruits & vegetables

For order & payments : info@rrrha.ca or 403.547.6633

Best Decorated Christmas House:

To all the neighbors in the community get your decorations out. RRRHA is having the best decorated Christmas House contest for a chance to win \$100.00 gift card. Winner will be announced on December 23.

RRRHA wish you and your family a Very Merry Christmas, and a peaceful and prosperous New Year. Lots of blessings.



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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.



Protecting the Bow River from Invasive Fish

Storm ponds play an important role in your community. They help protect our rivers by removing sediment, fertilizer, pesticides, and other pollutants, as well as protect your community from flooding.



Unfortunately, an abundance of invasive fish species, including Prussian carp and goldfish, have been found in the Royal Oak storm pond. These fish are harmful to the environment, economy and human health and must be removed to prevent them from reaching the Bow River.

Why are these fish a problem?

These species are not native to Alberta and become invasive when released in the wild. They multiply quickly, will alter habitat, out-compete native species for limited resources and spread disease to native species.

What we're doing

To help control the spread and minimize impacts to the river, we're taking steps to remove this invasive fish species from this pond.

The pond has been drained for approximately six months (weather pending) to keep the bottom and shoreline open to freezing temperatures and reduce the chance of fish surviving over the winter. When the project is complete, equipment will be removed from the site and runoff water will gradually refill the pond.

How you can help

Never release aquarium pets or other fish into storm ponds or other bodies of water. The release of fish into a storm pond carries a fine of \$3,000 under Stormwater Bylaw 37M2005.

Unwanted pets can be returned to the pet store or given away. After your pet passes on, please bury it or dispose of it in the garbage rather than flush it to prevent the spread of disease. Contact 311 if you have any questions or visit calgary.ca/stormponds to learn more.

The City of Calgary



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École Tuscany School Council News

Happy Holidays and Seasons Greetings to all!

We officially welcomed our new Principal, Lesley Scullion, to our school on November 6! Thank you to all the students, staff and parents who have shown her just what an amazing, welcoming learning community we have at École Tuscany School!

Thank you to all the school and community members who helped make our Jacket Racket drive a huge success again this year. As usual, your generosity shows no limits, and we were able to support many less fortunate families in the Calgary area. A big thank you as well, to all those who were able to support our Veterans' Food Bank drive in early November. We are grateful for the support our school has shown to those who have served our country.

Our Teacher Appreciation team has been very busy this year, showing not only Tuscany Teachers our love and appreciation, but also our Facility Operators, Cleaning Staff and Support Staff members. We are certain there are more delightful surprises in store for December!

Our upcoming FUNdraiser Treat day is Friday, December 1 (Tim Hortons). The next Fun Lunch (Papa John's) for Grades 1-6, as well as Kinder Snack Day, is on Thursday, December 21. Please log into www.healthyhunger.ca (Grade 1-6 students) and submit your orders by 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. To volunteer for upcoming dates please sign up using our sign-up genius <https://www.signupgenius.com/go/409094CA4AF2EA3FB6-tuscany3#/>

Thank you to everyone who supported the 2nd Annual Purdy's Chocolate Campaign. This fantastic fundraiser will allow our School Council to help fund numerous initiatives such as an artist in residency through Evergreen Theater and new instruments for our Music Program, mental health resources for our students and inclement weather resources to keep our students busy when they cannot play outside. We are excited to head into 2024 following through on these and many other amazing initiatives. Information regarding pick-up date and time will be emailed out shortly. Please

remember to pick up your order at the school on the date indicated.

We care very much about Traffic Safety around our school and everywhere, and this year the Council has started a series of fun contests to help generate discussion with the children about no jaywalking, cluster crossing and respecting traffic signs. The response by the students has been amazing and there were so many entries submitted for the Traffic Safety Colouring Contest in both October and November! A new Traffic Safety Contest will begin in December with the focus this month being "Traffic Signs around our School". Thank you all for encouraging your kids to participate and for discussing Traffic Safety with your family.

A few other upcoming activities to look forward to:

- Our students are excited to be able to gather to sing winter songs the week prior to the winter break. Please keep an eye out for emails from your teacher(s).
- No School Friday, December 8 – Non-instructional day
- Last day of classes is Friday, December 22
- Classes resume Monday, January 8, 2024.
- Blackfoot Elder Shirley Hill will visit the school in the New Year.

Registration for Fall Kindergarten will begin January 15, 2024. Please help spread the word to your neighbours and friends. More details will be available on the Tuscany School website soon. school.cbe.ab.ca/school/tuscany

The Tuscany School Council will not be holding a formal council meeting in the month of December. Hybrid In Person/Zoom meetings will resume in January. Please check out our website at www.tuscanycouncil.ca for up-to-date info, and follow us on social media Facebook 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.

You can also follow Tuscany school on Twitter @Tuscany_cbe

We wish you all a healthy and happy holiday season and good wishes for the New Year.

The American Badger in Alberta

Sightings of the American badger are rare in Alberta. The subspecies living in our province, *Taxidus taxus taxus*, has been designated as a sub-species of special concern under the Committee on the Status of Endangered Wildlife in Canada (COSEWIC). Part of this designation comes from a lack of data on this species. Why are American badgers so difficult to spot? What challenges are they facing? What do we know about American badgers?

One reason American badgers are difficult to spot is that they spend most of their lives underground. Signs of their foraging and denning habitats are more obvious and are sometimes seen along roadsides. Badgers are excellent diggers, a skill they apply in hunting small mammals like ground squirrels, prairie dogs and marmots.

Coyotes and badgers have been documented hunting together as their above and below-ground combined skills result in a higher chance of catching prey. Who knew there could be carnivore pals?

Another reason badger populations and sightings are in decline is due to a decrease in the natural grassland ecosystem which makes up their home. The badger is a keystone species in the grassland habitat; endangered species like the burrowing owl and swift fox depend on badger burrows for nesting sites and dens.



On September 6th, 2023, the Calgary Wildlife Rehabilitation Centre received an injured American badger, likely hit by a car. His initial exam put him in a poor condition: he was thin and dehydrated, with a swollen back leg along with a heavy load of parasites and ticks. After some food and pain meds, a radiograph (x-ray) was used to assess his leg. The radiograph revealed a fracture of his right tibia and fibula.

The Calgary Wildlife veterinary team surgically plated the fracture and this badger is now on the mend. He is busy regaining his health, eating roughly a kilogram of meat a day (and making him an expensive patient!) He will continue to be in the centre's care while the muscles and bones in his legs heal, and he regains a healthy weight.

As this badger patient unfortunately demonstrated, roads pose a danger to badgers. While mostly underground, badgers do emerge at night as they are nocturnal, another reason they are rarely seen. Please keep an extra eye out for badgers when driving, especially at night!

Found injured or orphaned wildlife? Call Calgary Wildlife at 403-214-1312.

Calgary Wildlife

Prevent Food Scraps from Freezing to Your Green Cart

Wet materials can tend to stick to the cart making it difficult to come out during pickup. In the winter, this can also lead to material freezing inside the cart. Follow these tips to prevent material from sticking inside the cart:

- Crumple up flyer sheets into balls and put them in the bottom of your green cart before putting in any food or yard waste. You can also use newspaper, paper bags, or

soiled pizza boxes.

- Use the end of a broomstick to stir and loosen up the material in the bottom of the cart before pickup day.
- If the material is frozen inside, wait for warmer temperatures to thaw the material out. Place your cart in sunlight if possible and use a stick to loosen up the stuck items.

City of Calgary, Waste & Recycling Services



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Calgary's Short-Term Rental Study

The City of Calgary and the University of Calgary (UCalgary) researchers are launching the first phase of a two-part public engagement on short-term rentals (STRs). This initiative is one component of a multi-year research collaboration between The City of Calgary and UCalgary aimed at developing an evidence-based policy framework for STRs adaptable to market conditions.

From Oct. 19 to Dec. 31, 2023, Calgarians are encouraged to complete an online survey to share insights about how and why they participate in the STR market, how STRs impact communities and what they see as current and future concerns.

Administration and UCalgary are expected to deliver a final report and recommendations to Council in December 2024. Participation in this study will provide important information and insight to the UCalgary research team regarding the dynamics and nuances of Calgary's short-term rental market, its impacts, its challenges and potential.

Have your say and join the University of Calgary and The City of Calgary in shaping the future of short-term rentals in Calgary. Share your thoughts at engage.calgary.ca/STR.

City of Calgary



<p>BELLS CARDS CAROLS CHRISTMAS DECORATE FAMILY GIFTS HOLIDAYS JINGLE LIGHTS MERRY</p> <p>MISTLETOE ORNAMENTS PRESENTS REINDEER RUDOLPH SANTA SLEIGH SNOW STOCKINGS TOYS TREES</p> <p><i>Word Search</i></p>	<p>W I U L E T A R O C E D E Y L S T K R I N I C S C A O W N O D Z R Y V A X D C G A L W A V F T H R O H O F X I K E H S C W J W E C A R D S T F D W H I T D T L Q L V P E O G U Q T F M O K S O U A T A S A K U E P Y T R Q L N Q O T S W S A M T S I R H C Y Y I C S N I R R R E E D N I E R H L H D V A M Y R R E M T F M E S J S I F A S T O C K I N G S R L H E T Q M C Y B M J I Q D U T D G E H N J F A S S L E I G H B N J N K P E T F Q F T C Z E N A U E C I Y L V J S N S V F Y E O Q Z M I J G O S L L E B J L I R T D T A D R D D R T O A B R D Z G T P Y N D B N U Q I R N O V X X I I Q G R Z R M R J I A C G M M G N Z X S O M Q Z D S T C M M W E M A G H</p>
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Cold Weather Preparations

Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's important to remember a few things during extreme cold warnings.

Try to stay indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof and windproof layers, scarves, neck warmers or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

Be careful!

Some people are more susceptible to the cold, particularly children, older adults, those with circulation issues, those experiencing unstable housing or those experiencing extreme cold outdoors for long periods of time.

Being cold over a long period of time or being exposed to cold air, water, wind, or rain, can cause a drop in



body temperature and, in some serious cases, can cause hypothermia.

What is hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 911 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

Support is available

Other supports are available for those experiencing unstable housing. Call 211 and press 3 for non-emergency support for shelter, or visit www.alberta.ca/homelessness.

If you work outside during an extreme cold warning, consider taking warm-up breaks or rescheduling your work if possible. Your employer may have options available to help you avoid being in the cold for too long.

Alberta Health Services



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Public Light Displays

'Tis the season for outdoor light displays to brighten dark winter nights. The tradition of lighting fires on the winter solstice is an ancient one. In the 16th-century, trees appeared in German homes lit with candles to symbolize the newborn Saviour's light. The UK adopted this tradition during the reign of Queen Victoria, and it eventually arrived in North America.

An outdoor public display of lighted Christmas trees was first recorded in San Diego in 1904. In 1914, Calgary began lighting up a municipal tree in Central Memorial Park. Rockefeller Centre first raised its annual tree in 1933. By the 1950s, homes across North America were stringing up light displays.

An iconic display in Calgary is the Lions Festival of Lights in Confederation Park (14th Street N.W. between 24th Avenue and Rosevale Drive). Lights have been displayed there since the park was established in 1967 for Canada's centennial. In 1986, the Lions Club began organizing

the display as a thank you to Calgarians for donating time and money to the Club. The Festival is supported by various sponsors, most recently including the City of Calgary, Calgary Herald, and Enmax. It is installed by volunteers, who last year strung up 650,000 bulbs on 25,000 strings with almost 4 km of power cords.

The Calgary Lions Club is the oldest one in Alberta, dating to 1929. Its mission is community service, beginning with assistance to the blind and expanding



First public Christmas tree in Central Park, 1914 (Glenbow Library and Archives)



Christmas tree and display at the Brewery Gardens, 1971 (City of Calgary Archives)



Firemen Volunteers Organizing Lights for the Confederation Park Christmas Lights Display, 1973 (City of Calgary Archives)



Volunteers Organizing Lights for the Confederation Park Christmas Lights Display, 1973 (City of Calgary Archives)

to aiding seniors and the disabled. In 2013, an affordable residential seniors' complex opened in the Bowness area.

Other notable displays were at Brewery Gardens, which is slated for major development, and the Calgary Tower itself, which received a natural gas-fired cauldron in 1987. In 2014, LEDs were installed, which use 60% less energy than the prior lights. It's specially lit for charitable causes and on holidays, including Christmas and Hanukkah.

Another favourite was the flickering candle and alternating trees on the Alberta Government Telephones (AGT) Tower. Today, the uniquely designed Telus Sky creates public art shows with LED lights on its north and south facades. Dress warmly when going outside to enjoy the lights!

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



Telus Building at Christmas, no date (Royalkangas _ Dreamstime.com)



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In Our City

Take Steps to Help Protect Your Household Pipes From Freezing

Every winter some Calgarians experience frozen water pipes which can result in water outages.

The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect and drain the water line to outside faucets, garden hoses, pools or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

City of Calgary



#HealthyTechnologyUse

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor that has shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles and other electronic devices have given many the opportunity to be connected at all times. However, it is the time, the content and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 M's that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use among the technology being used along with continually learning about different platforms especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks or learning about privacy settings on TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers or do they feel FOMO “fear of missing out” on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on it during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they are seeing, for example, how does this make you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if



there are signs that MAY lead to problematic use. When they are not using technology, are they bored or angry, have low self-esteem, worsening symptoms of mental health issues such as anxiety or does it interfere with school, social interactions, or sleep?

There are both pros and cons when using technology. We encourage the use of the 4 M's as a template to see where/ if there needs to be of focus to ensure the positives of technology is outweighing the negatives.

*Community Health Promotion Services Team,
Alberta Health Services*

Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.
- On December 17, 1903, the Wright Brothers made their first flight.

DID YOU KNOW??

If you gave all the gifts listed in the "Twelve Days of Christmas," it would equal 364 presents.

