



ROCKY RIDGE ROYAL OAK

VIEW

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Suburban Journal



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Valentine's
Day*



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Councillor Report

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 • info@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
Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

Advertising Sales:

Phil: 403-660-7324phil@suburbanjournals.ca
The ad booking deadline is the 14th of the month prior to the distribution month.

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2024 has been off to a busy start. Here's the latest news in Ward 1 and from City Hall:

Property assessment notices

Property tax assessment notices were mailed out on January 3. If you have questions or concerns about the assessed value of your property, or if you haven't received your notice, you can contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment. The City's Customer Review period runs from now until March 13.

Switch to paperless eNotices of your property assessment before March 31 and you could be entered to win 1 of four Visa gift cards worth \$250. More details at calgary.ca/gopaperless.

Blanket rezoning

As part of its Housing Strategy, Council approved recommendations in last fall to begin the process of changing the zoning of single-family properties across the city to the "R-CG" district. This would allow the construction of townhouses or duplexes on most residential properties in Calgary without an individual hearing before Council.

This is a significant change that requires public engagement. Affected property owners will receive notices by mail on how you can participate in the coming weeks.

Council will be holding a public hearing on this blanket rezoning change on April 22, 2024. Members of the public are welcome to speak to Council or submit written feedback. All members of Council are required, by law, to remain amenable to persuasion during this hearing. Learn more at calgary.ca/publichearing.

Single-use items bylaw

The City's single-use items bylaw took effect on January 16. While the bylaw does not ban any materials, it requires businesses to charge a minimum fee for paper and reusable bags, and to offer foodware accessories like straws, forks, napkins or packaged condiments on request only. Learn more about this change at calgary.ca/singleuse.

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

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

Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.

Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.

Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.

City of Calgary



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

2024 at Rocky Ridge Ranch:

- Babysitting Course for Youth
- Valentines Day time
- Spring vendor market
- Spring Camp for ages 8 to 13
- Easter Party
- Youth Market
- Yoga
- Dance classes
- Karate Classes
- Line Dancing
- Good Food Box
- Halloween
- Holiday Market
- Christmas at the Ranch and more... Stay Tuned.

Good Food Box

Order deadline February 20 in the morning,

Pick up date Feb. 28

- Small box \$30.00
- Medium box \$35.00,
- Large box \$40.00

To order or for payment please call 403.547.6633
info@rrrha.ca

For more information email us to: info@rrrha.ca

Exciting Updates from the Block Watch Group!

In just one month since our group launch, the Royal Oak Rocky Ridge Building Safer Communities Block Watch Group has surpassed 180 members! This incredible response highlights our community's dedication to safety and vigilance. A special thanks to Alydia Mackie for her invaluable support as our group admin. Your active participation is making our neighborhood safer and stronger together!

<https://www.facebook.com/groups/royaloakrockyridgebschw/>



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.

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.



Word Search

- | | |
|------------|-----------|
| AFFECTION | HEART |
| ARROW | HUGS |
| BEMINE | KISSES |
| CANDY | LOVE |
| CELEBRATE | POEM |
| CHOCOLATES | RED |
| CUPID | RING |
| FEBRUARY | ROMANTIC |
| FLOWERS | ROSES |
| FRIEND | SWEET |
| GIFT | VALENTINE |

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



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St. Sylvester School News

The registration for Fall 2024 student enrollment is open on January 8th. It will be a first come, first serve basis. Please do not hesitate to call the school for any questions and concerns that you may have.

This is a friendly reminder if you would like fun lunch orders for your child, please have the order forms in by January 22nd for February and March Fun Lunch program. No late orders will be accepted.

St. Sylvester has started their Winter Clubs and we look forward to another season of extra curricular activities for participating students. The Winter Clubs can vary from knitting to chess to physical activities which are generally led by the students.

February 13th is a busy day at St. Sylvester. The school will participate in Shrove Tuesday where students and staff will enjoy pancakes representing a traditional feast before the start on Lent on Ash Wednesday. In addition, Candygrams will be available to purchase and is a way for children to show their appreciation to their friends and teachers.

Pink Shirt Day falls on February 28th and is a day that aims to create a more kind, inclusive world by raising awareness of bully prevention and promoting healthy relationships. The school community is encouraged to wear pink on this day.

Our teachers are available throughout the year for appointments should you or your child need to address their specific learning needs.

Nicole Deutscher, St. Sylvester School Parent

Explore Businesses in Calgary with the Business Map

Wondering what businesses are open around your neighborhood? You can use the Business Map to locate active businesses and view their license information near your current or other specified locations. You can also search for businesses by license type. Explore the Business Map now at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

City of Calgary

Did You Know These Facts About Family Day?

First held in Alberta in 1990, Family Day was proposed by the province's former premier, Don Getty, after his son was arrested for dealing drugs. Although Getty denied any connection, it is believed that this episode motivated him to establish an occasion to counteract what he saw as the erosion of family values in Canadian society.

Family Day is supposed to reflect the values of family and home that were important to the pioneers who founded Alberta, and to give workers the opportunity to spend more time with their families. It was introduced in Saskatchewan in 2007 and in Ontario in 2008. British Columbia observed Family Day as a statutory holiday for the first time in 2013, New Brunswick in 2018.

Holidays to celebrate families are also held in other places around the globe. In the Australian Capital Territory, the first Tuesday of November is known as Family and Community Day. In South Africa, the day after Easter Sunday is Family Day.

<https://www.timeanddate.com>

*"You, yourself, as much as anybody in the entire universe, deserve your love and affection."
- Buddha*



École Tuscany School Council News

School report cards were released online on January 31st through the parent portal, please take the time to read and review them with your children.

Tuscany students are fortunate to be taking part in an Evergreen theatre residency. The French Immersion parent presentation night is February 1st at 6:30 pm and the English program parent presentation night is February 8th at 6:30 pm. This is a great opportunity to infuse the arts into school programming. We are excited to see the results of the students' hard work!

We are looking forward to our annual Winter Carnaval the week of February 12-14th. This celebration includes many traditional Carnaval activities such as a visit from Bonhomme, creating our École Tuscany School ice castles / sculptures, and learning some traditional dances and songs. On February 14th we will have a visit from the musical duo, Folklofolie, to entertain the students and complete the celebration. Please remember to have your children dressed for the wonderful winter weather so we can all enjoy the planned events and treats.

On February 28th students will be participating in Pink Shirt Day to highlight anti-bullying. Please remember to have your children wear pink on this day. Students will participate in a Tuscany Together assembly to mark the occasion. Parents and family members are encouraged to show their support by wearing pink as well!

The next Fun Lunch (Papa Johns) for Grades 1-6, as well as Kinder Snack Day, is on Thursday February 22nd. Please log into www.healthyhunger.ca (Grade 1-6 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.

Kindergarten Registration for Fall, 2024 opened January 15th and is on-going. Registration is online, please see the school website for more information.

Other Important Dates for February:

- Evergreen Theater residency continues for both French and English students.
- Teacher Convention Thursday February 15th and Friday February 16th – No classes.

- Family Day – Monday February 19th – No classes.

School council meetings are offered in-person at the School and via TEAMS. Please check out our website at www.tuscany-school-council.ca for up-to-date info, and follow us on social media Facebook www.facebook.com/tuscany-school-council; Instagram @tuscany-school-council 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 École Tuscany School on Twitter @Tuscany_cbe.

Calgarians Invited to Help Reimagine Public Recreation

How do you stay active, healthy and social? The City wants to get a better picture of how you spend your free time.

GamePLAN is a public engagement and research initiative to support the development of a long-term vision and strategy for public recreation in Calgary. Public recreation is a network of recreation service providers who share a mandate to provide quality, accessible, affordable and inclusive recreation opportunities for Calgarians.

GamePLAN will result in a long-term strategic vision that will shape The City's approach to delivering inclusive, equitable and sustainable recreation services over the next 10 to 30 years.

GamePLAN will guide future business planning and investment, shape policy and The City's approach to service, and inform strategies for advancing the goals of sustainability, inclusion, accessibility and equity.

Help us reimagine public recreation in Calgary. Tell us what's important to you by Jan. 31, 2024, at calgary.ca/GamePLAN.

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Stay Safe, Stay Off Storm Ponds

With more people heading outside for winter activities, The City of Calgary wants to remind kids and their families to be safe while enjoying outdoor skating.

City of Calgary or community-designated outdoor skating rinks offer fun, free skating for all skill levels. Rinks maintained by The City are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating.

While your community storm pond may look inviting, recreational activities are not allowed on them. These ponds are part of your community's stormwater infrastructure and are there to reduce community flooding and clean stormwater before it returns to our rivers. Ice on these ponds is less predictable than ice on regular ponds and can be unstable even when it looks solid.



Here's why

Storm ponds contain sediment and contaminants (e.g. bacteria, fertilizers, pesticides, vehicle fluids, metal, road salt) that are collected as water travels through the community on their way to the storm pond, and can weaken the ice.

Water levels are also constantly changing as water moves between inlet and outlet pipes creating unpredictable ice conditions.

Although the ice may appear thick in some areas, other areas may have little to no ice and often snow can cover visible hazards.

Instead, find a safe City or community outdoor skating rink near you at calgary.ca/rinks

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Calgary Winter Wildlife Tracks

It's early in the morning, and the snow is untouched—or not quite. Someone or something has already traversed the fresh blanket of white and left little divots behind, making a trail. Who is it? What are they doing?

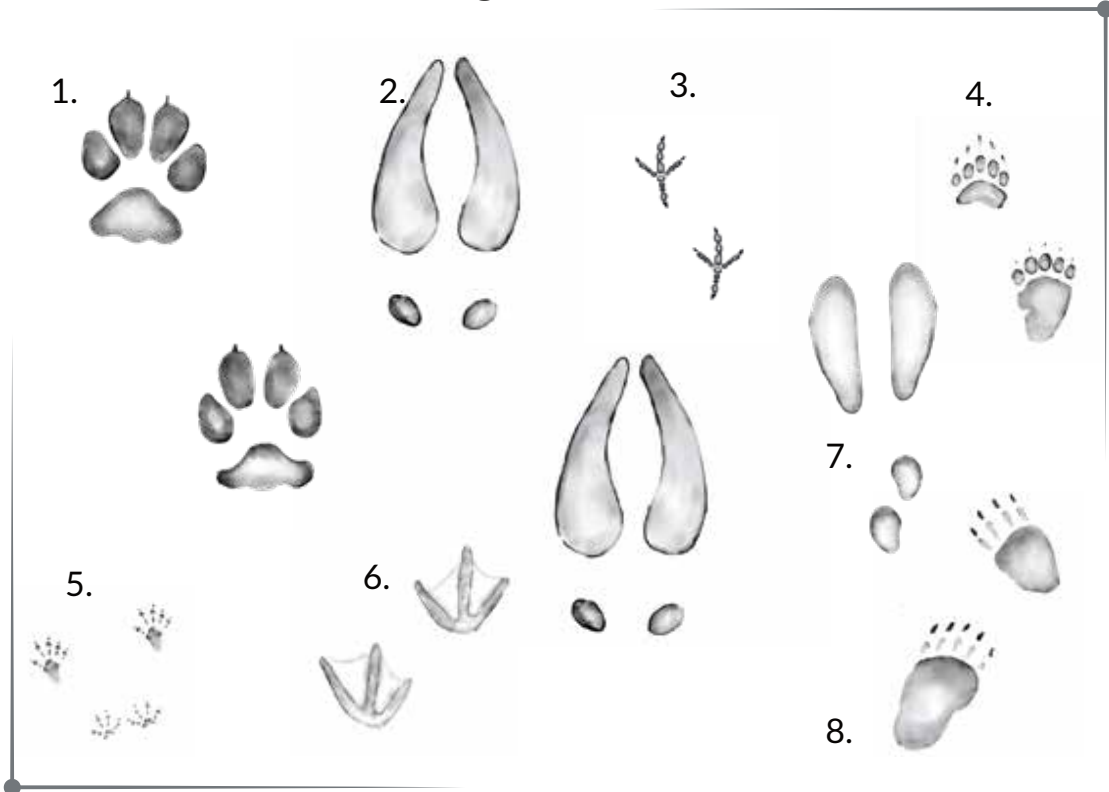
Calgary is home to many wildlife species that are not only present during winter but also active! Some of these animals seek out the food they stashed in the summer and fall, and some continue to forage and hunt throughout the winter months.

Try the *Winter Wildlife Track Challenge* and see which tracks you can match to our wildlife. Use these tracks to help decipher the snow prints in your yard, or nearby park, and identify recent wildlife visitors!

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

Calgary Wildlife

Winter Wildlife Track Challenge! Can you match the tracks with the wildlife below?



Answers: 1. Coyote 2. White-tailed Deer 3. Black-billed Magpie 4. Striped Skunk 5. Red Squirrel 6. Canada Goose 7. White-tailed Prairie Hare 8. North American Porcupine

Dealing With a Cough

A cough is your body's response to something that bothers your throat or airways. Many things can cause a cough. You might cough because of a cold or influenza (flu), bronchitis, or asthma. Smoking, post-nasal drip, allergies, and stomach acid that backs up into your throat also can cause a cough.

A cough can be short-term (acute) or long-term (chronic). A chronic cough lasts more than eight weeks. A chronic cough is often caused by a long-term problem, such as asthma. Another cause might be a medicine, such as an ACE inhibitor.

A cough is a symptom, not a disease. To treat a chronic cough, you may need to treat the problem that causes it. You can take a few steps at home to cough less and feel better. Some people cough or clear their throat out of habit for no clear reason.

How can you care for yourself at home?

- Drink plenty of water and other fluids. This may help soothe a dry or sore throat. Honey or lemon juice in hot water or tea may ease a dry cough.
- Prop up your head on pillows to help you breathe and ease a cough.
- Do not smoke or allow others to smoke around you. Smoke can make a cough worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Avoid exposure to smoke, dust, or other pollutants, or wear a face mask. Check with your doctor or pharmacist to find out which type of face mask will give you the most benefit.
- Take cough medicine as directed by your doctor.
- Try cough drops or hard candy to soothe a dry or sore throat.

Throat clearing

When you have a chronic cough or a disease that may cause this type of cough, you may often feel like you want to clear your throat. This helps bring up mucus. But throat clearing does not always have a cause.

Throat clearing can become a habit. The more you do it, the more you feel like you need to do it. But frequent throat clearing can be hard on your vocal cords. It's like slamming them together.

To help lessen throat clearing, you can try:

- Taking small sips of water.
- Not clearing your throat when you feel you need to.
- Swallowing hard when you want to clear your throat.
- You may want to ask your doctor if a medicine that thins mucus would help.

Call 911 anytime you think you may need emergency care. For example, call if you have severe trouble breathing.

Call your doctor or Health Link at 811, or seek immediate medical care if:

- You cough up blood.
- You have new or worse trouble breathing.
- You have a new or higher fever.

Watch closely for changes in your health, and be sure to contact your doctor or nurse advice line if:

- You cough more deeply or more often, especially if you notice more mucus or a change in the colour of your mucus.
- You do not get better as expected.

Alberta Health Services



Did You Know... These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

Help us Shape Calgary's Future Floodplain Policies and Regulations

Calgary's river valleys are essential to our city—they're at the core of our city's identity and its appeal as a place to live, work and play.

As Calgary is vulnerable to flooding, making careful decisions about how we plan, develop and build in the floodplain is fundamental to protecting and enhancing the value of our river valleys while strengthening our overall resilience to the impacts of flooding.

With the province's recent release of draft updated Flood Hazard Area maps reflecting the latest understanding of flood risk across Alberta and a new approach to flood hazard area zones, it's now up to municipalities to decide how to develop and regulate in these areas.

The City is planning for the future of our river valleys, including our flood hazard areas, through the Calgary River Valleys Project, which will shape how we plan,

develop and build in our river valleys

Your input on how we make decisions on the use, conservation and development of our river valleys and communities is important. This month, we're talking to Calgarians about the future of our floodplain policies and regulations. Visit calgary.ca/RiverValleys to join in the conversation.

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The Canadian Rockies' First Ski Hills

Skiing is essential to Calgary's culture and connects us to indigenous peoples who thrive in winter climates. Beginning in the 1700s, marching European troops organized ski races. With the advent of train travel in the 19th-century, mountains became more accessible and the first downhill ski areas were established.

Sport skiing arrived in the Rocky Mountains from Scandinavian Canadian Pacific Railway (CPR) workers and Swiss and Austrian mountaineers. In 1926, Swedish skier Gus Johnson and colleagues from Banff Ski Club sought the best slopes for a dedicated area to learn skiing. They chose Mt. Norquay, the Rockies' first ski resort.

Built in 1928, Norquay's cabin burnt down in 1938 and was replaced with the North American Lodge in 1940, still standing today. Its first rope tow was installed in 1941, followed by the "Big Chair" lift in 1948.

Other ski areas quickly followed. A CPR cabin near today's Sunshine Village was used as a lodge starting in 1928. In 1929, Mt. Assiniboine Lodge became North America's first backcountry ski lodge. And in 1938, Temple Lodge was built on Whitehorn Mountain, the beginnings of Lake Louise Ski Resort.

Banff arrived on skiing's mainstage after hosting the Dominion Ski Championships in 1937, 1940 and again in 1948, when Dee Read became Ladies Champion. She later coached the University of Calgary women's alpine ski team and helped Calgary win its fourth attempt to host the Olympics. According to a former Canadian alpine racer, "She was the mom to all the ski racers."

For the 1988 XV Winter Olympic Games, Paskapoo Ski Hill (built circa 1960) was renovated for \$200 million and renamed Canada Olympic Park. It hosted bobsleigh,

luge and ski jumping. Canmore Nordic Centre was built for cross-country skiing and biathlon while Nakiska was constructed for alpine events.

Skiing remains a popular winter activity. The value of Alberta's ski areas was \$428 million in 2018-19. Our region also hosts skiing sport excellence. Calgary is home to Canada's Sports Hall of Fame and WinSport, the Canadian Winter Sport Institute, both preserves our Olympic heritage (the sliding track needs refurbishment) and nurtures tomorrow's Olympians.

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**



Skiing at Mount Norquay, Banff National Park, 1944 (Glenbow Library and Archives Collection)



Ski mountaineering in the Canadian Rockies, Alberta, ca. 1930s (Glenbow Library and Archives Collection)



Canada Olympic Park, looking southeast from Canada Olympic Road SW, November 2023 (Anthony Imbrogno)



Temple Lodge at Lake Louise, 2019 (Ronniechua _ Dreamstime.com)



Trail ride through Sunshine Meadows to Mount Assiniboine, Banff National Park, 1936 (Glenbow Library and Archives Collection)

Fitting in Physical Activity During the Day

Finding time to exercise during the day can be challenging, especially for the busiest of people with the most action-packed schedules.

But here's some good news. You don't need to spend hours at the gym or on a treadmill to be healthy. Experts recommend at least 2.5 hours of moderate to vigorous activity a week, so with some planning and creativity, you can make physical movement a regular part of your daily life.

Being active for shorter periods of time, throughout the day and week, can add up quickly! A little goes a long way, and consistent, small steps often have the greatest impact on our health.

Sit less, move more!

Moderate to vigorous activities elevate your heartbeat and increase the amount of oxygen that goes to the heart and muscles, which allow them to work longer. Many activities, including many kinds of daily activities, that raise the heart rate and keep it up for an extended period can improve aerobic fitness. If these activities are done regularly and long enough, they can help improve fitness.

Children as young as preschool age benefit from being active while it is best for teens and children (starting at age five) to do moderate to vigorous activity at least one hour every day.

Ways to fit physical activity into a busy lifestyle: Fitting movement into your busy life doesn't have to be complicated. Add variety and do things you enjoy. If your job or lifestyle includes a lot of sitting, try adding short bursts of activity to your day.

Some examples include:

- Setting a "movement timer" to remind you to get up and stretch at least every hour.
- Use your commute to add in an extra walk or bike ride to your day. Park several blocks away or get off the bus a few stops early.
- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with co-workers during a walk inside or outside of the building.
- Use a free smartphone app or online exercise video. These programs often have short interval training ideas



- or 15 minute workouts for all abilities and fitness levels.
- Use your morning and afternoon breaks to take a quick walk.
- Go the distance when you can. Get your coffee on another floor or use the washroom that's farthest from your office.
- Find a work buddy who you can do activities with. Being accountable to someone can serve as a reminder to incorporate movement into your day.
- Put it in your calendar! Whether it's 15 minutes, 30 minutes, or an hour, block off time for your activity or activities.
- Plug in your favourite music, book, or podcast, lace up your running shoes, and head outside. You'll be amazed how differently you feel, even after a few minutes.
- Get your family involved. Combining family time with exercise is a fun way for busy parents and children to find time together and to live an active lifestyle. It's a win-win for everyone!

Mix it up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise. The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles, which allows them to work longer.

Alberta Health Services



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