

MARCH 2024



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VIEW

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Community and Residents Associations

Rocky Ridge Royal Oak Community Association
403-879-2820 • communications@rrroca.org • www.rrroca.org

Rocky Ridge Ranch Homeowners Association
10709 Rocky Ridge Blvd NW
Calgary, AB T3G 4G1
403-547-6633 • 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
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Councillor Report

Hello Ward 1! Here's the latest news affecting your city and your community:

Drought conditions

Last summer was dry, and it has been another dry winter for the most part. In order to protect our ecosystems and drinking water supply, The City may once again need to put water restrictions in place this spring. Taking steps year-round to reduce water consumption can help reduce the impact of drought and reduce the need for restrictions. Learn more at calgary.ca/droughtresilience.

Blanket rezoning

On April 22, Council will hold a public hearing on 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.

I'll be hosting an information session specifically for Ward 1 residents on March 11 to answer your questions and gather your feedback. You can register for this event and find more information at calgary.ca/ward1.

For more information on the proposed rezoning, including whether your property is affected, visit calgary.ca/rezoningforhousing.

Property assessment

A reminder that The City's Customer Review Period for property tax assessment ends on March 11. This is also the deadline for filing an appeal with the Assessment Review Board. Questions or concerns? Contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment.

River Valleys Project

The Government of Alberta recently released new draft flood hazard maps for the Bow and Elbow Rivers. These maps are used by The City to inform how land is used in areas that could be affected by flooding. The City will be updating its policies related to flooding and land use later this year. While these policies affect all Calgarians, they are especially important residents of low-lying areas like Bowness in Ward 1. Learn more at calgary.ca/rivervalleys.
Please note: the Assessment Customer Review period in last months newsletter was incorrect; the correct date is March 11. Apologies for the error.

Sonya Sharp, Councillor, Ward 1

Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you are interested in living in a great community, and can spare a few hours in a month, please consider volunteering for RRROCA!

In addition to making an impact, you will certainly learn new skills, gain valuable volunteer experience and meet more neighbours. Please email volunteer@rrroca.org if you are interested in the following positions or have any questions about volunteering with RRROCA. Please check out our website at www.rrroca.org for all volunteer opportunities.



Programs Chair(s), and Lead(s) [CRITICAL]

The Programs team provides opportunities for the communities' diverse residents to participate in various programming and activities. The team will develop, implement and evaluate programs and activities in the community, coordinate and oversee the annual spring youth sports program (i.e. soccer, tball), and look for opportunities to expand programming (learn to skate, basketball, field hockey, etc). Planning for 2022 spring sports needs to begin immediately, if you believe you can assist, please reach out ASAP.

Time Commitment: Minimum 10 hours/month, will vary based on scheduled programming

Sponsorship Chair

This role works to help establish connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support Community Association events, programming and initiatives, and searching out partners in the community to fund or support these, the Sponsorship Chair is integral in providing services to residents, and connecting businesses to residents.

Time commitment: 10-20 hours/month

Membership Chair

The Membership Chair promotes, encourages and sees to administration tasks associated with managing the members of the Community Association. The Chair also explores and works with other committees to

implement opportunities of benefits for membership.

Time commitment: Approx 10 hours a month

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

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.

Adult Emergency First Aid Training

March 30, 2024, 9:00 am to 4:30 pm

Lunch provided.

\$131.25 including GST.

Retro Revival Party: 50's, 60's, and 70's live music

April 13, 2024, 5:00 to 8:00 pm

Live Performance by Fender bender Band

Bar will be open, snacks, and more...

\$15.00 members \$18.00 non members

403.547.6633

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

St. Sylvester News

The students at St. Sylvester have been busy with their studies in these winter months and now they are looking forward to warmer spring weather and plenty of sunshine during the month of March.

On March 1st the staff and students will be celebrating Djembe Day which originally comes from the Bambara people in Mali. Dejembe translates to "everyone gather together in peace" and is a rope-tuned skin-covered drum that is played with bare hands.

On March 9 St Sylvester staff and students will wear ribbons to mark (or recognize) 'blue and yellow day' in support of Ukraine. With the invasion of Russia into Ukraine, St. Sylvester has set aside time to educate the students on this global situation and build awareness.

Roger Dallaire will be doing a presentation on French-Canadian Heritage on March 13th. Roger has been performing in schools across Canada since 2000. He is a musician, storyteller, marionetist and folklorist. He is a proud French-Canadian who is passionate about sharing his cultural heritage.

March 14, the grade 6 students take a trip to Madeleine D'Houet School, which is the middle school designate for St Sylvester School. During their visit, the students will explore the school and meet some of their new teachers for the upcoming year, should they choose to attend Madeleine D'Houet School.

March wraps up with the celebration of Holy Thursday on March 28th, Good Friday on March 29th and Easter Sunday on March 31st. It also marks the beginning of Easter break which runs from March 29th to April 8th. Until next month's edition

Easter Monday Origin

Easter Monday is a holiday in many English speaking countries, including England, Wales, Northern Ireland and Australia, and European counties. The tradition of having a holiday on the day after Easter Sunday was brought to Canada by European immigrants. The Easter date depends on the ecclesiastical approximation of the March equinox.

www.timeanddate.com

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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.



Calgary Foxes

A Calgary golf course has just opened and a red fox trots along the fairway tree line, unbothered by the golfers. Is it a cause for concern that it's out in the daytime? What role do foxes play in the urban ecosystem?

Red foxes are primarily crepuscular, meaning they are most active at dusk and dawn. However, they are also adaptive, and can adjust their foraging times to avoid overlapping with larger predators. For example, red foxes have been found to take on nocturnal habits to reduce interactions with city dogs. But what about daytime foraging?

Foxes can be active in the daytime, especially when they have young to feed which can be as early as March. The male and female mated pair both work at feeding their litter, which averages five kits or pups. Kits are born blind with dark pelts that develops into the fox's adult colouring after about two months. There is variation in the red fox's coat—not all of them are orange! After spending the spring and summer as a family unit, the juveniles disperse in the fall to find their own territory.

Fox intelligence and adaptive behaviour are likely how the fox has managed to become the widest ranging carnivore globally. The red fox range extends across North America, Europe, Asia, North Africa and Australia. While it has a large range, its numbers aren't necessarily increasing, as in some areas it competes with other predators like the coyote. The red fox's success inhabiting human-modified landscapes is likely due to its adaptable behaviour, including learning to forage on a golf course while ignoring nearby human activity.

In some parts of the world, foxes are a common carrier of rabies. However, there hasn't been a documented case in Alberta since the 1950's. Like all wildlife, foxes can carry parasites and diseases, which is why they are best enjoyed from a distance.

Red foxes are skilled hunters with a varied diet, and known to listen and track mice and voles moving beneath the snow before enacting a pounce. They also consume snowshoe hares, small birds, berries, and insects. Foxes are opportunistic feeders and can be attracted by unsecure food waste. This is not ideal fox food! Keeping



garbage bins secure, and pet food indoors, encourages foxes to continue foraging from natural, healthy food sources.

Unfortunately, because fox diets largely consist of rodents, they are often victims of rodenticide. This is one way fox kits are orphaned and brought to the Calgary Wildlife Rehabilitation Society. Avoiding the use of poison or glue-traps reduces the number of foxes affected.

Fox sounds are diverse. Gekkering is a stuttering throaty vocalization foxes make when encountering a rival. Foxes also "scream" when defending their territory or when attracting a mate. The whine, squeal, chatter and "wow-wow-wow" calls are just some of the over twenty vocalizations attributed to the fox. Foxes have a lot to say!

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

Calgary Wildlife





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The University of Calgary Conjoint Health Research Ethics Board has approved these research studies
(REB20-0983, REB20-2133, REB21-0535)

Hon. Rajan Sawhney

MLA, Calgary-North West

Minister of
Advanced Education

#7223, 8650 112 Ave NW
Calgary, AB T3R 0R5

403.297.7104

Calgary.Northwest
@assembly.ab.ca



CALGARY: CANADA'S TECHNOLOGY CAPITAL

People often remark to me that Alberta has to get off the oil and gas roller coaster, but the truth is - to a very meaningful extent, we already have!

2023 rankings by *StartupBlink* and *Startup Genome* follow *Pitchbook's* ranking of Calgary as the 12th fastest-growing technology ecosystem **in the world**.

As Advanced Education Minister, I intend to make sure that students are prepared for fast growing, future-focused, good-paying jobs. Many of those jobs are in tech. Alberta graduates are well positioned to fill the current 4,300 vacancies.

Deloitte placed several Calgary companies in their annual technology rankings, including **Neo Financial** as the #1 company to watch and **PurposeMed** as #2, **Convrg** as #1 in Clean Tech, and **Symend** (#19) and **ZayZoon** (#21) in the Technology Fast 50.

2023 investments in Alberta's tech sector reached \$534 million, 5% higher than 2022. Total tech investments, including venture capital and private equity, stood at \$1.2 billion at the end of 2023. U of C was named the top Canadian startup creator out of 32 Canadian research institutions for the third straight year.

Tech companies choose Alberta for reasons including a business-friendly environment, a young and well educated population, and a lower cost of living with appealing amenities - assets that help companies attract and retain employees. Calgary's young graduates also start their own tech businesses - about 1,000 accessed mentoring, coaching and programs at Platform Calgary in 2023.

Diversifying our economy has long been a goal. On top of that growing success, Calgary has been ranked in the top ten most livable cities in the world by the Economist Intelligence Unit for 7 of the last 8 years. We're on the right path!

Explore the City of Calgary Roadway Activities Map

Curious about the ongoing road projects in your area? Wondering when the last time your neighborhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

City of Calgary

TIPP Online is Here!

We're thrilled to introduce TIPP Online, a hassle-free way to enroll in the Tax Instalment Payment Plan (TIPP) program. Now, joining is easier and more convenient than ever.

We've streamlined the multi-step registration process to a simple one-step online form, and you can join from anywhere you are, 24/7. All you need is your roll/tax number and your banking details to start. Then we'll confirm your enrolment in real-time.

Not sure what TIPP is?

The program began in 1989, and today over 60 per cent of all property owners use TIPP because it's an effortless way to budget and pay your property tax.

When is the best time to join TIPP?

To get the most out of TIPP, it's best to join in January. This way you can realize the budgeting benefits right from the start of the year. Your payments will be in 12 equal amounts, one a month, and you'll pay no more than your share as noted on your tax bill.

But you can start any time in the year. We'll adjust your monthly payment accordingly to ensure your tax bill is paid in full by the end of the year. Smaller monthly payments help you save time and money by making your budgeting easier and removing the risk of late payment penalties. Try the new form now! Visit calgary.ca/TIPP and get started today.

City of Calgary

What to do with Old, Broken, or Unwanted Items?

There's always clutter that needs to get cleared out of closets, the basement and the garage, but do you know what to do with all those unwanted items?

The What Goes Where online search tool helps you figure out what to do with your old stuff!

The search tool will let you know:

- what items can go in your blue, black and green bins
- where to donate usable items
- and how to safely dispose of hazardous items

You can look up hundreds of different items from televisions, light bulbs, toys, bicycles, furniture and so much more. Try the What Goes Where tool today at calgary.ca/whatgoeswhere.

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The Irish Role in Building Calgary

Canada and Ireland share a special bond. On the boardwalk along the River Liffey in Dublin stands the Great Famine Memorial – six persons dressed in rags clutching their belongings and children. In Toronto's Ireland Park, similar sculptures recall the arrival of impoverished immigrants to their new lives.

In Calgary, some Irish immigrants were wealthy and sought new opportunities in the rapidly developing West. The results are seen in notable buildings around the city.

Patrick Burns, the son of Irish immigrants to Ontario after the Great Famine, became one of the “Big Four” ranchers who founded the Calgary Stampede in 1912. He arrived in Calgary in 1890, established a slaughterhouse, and grew his interests to include ranching, retail and real estate.

In 1873, John Glenn from County Mayo homesteaded where Fish Creek joins the Bow River. In 1883, the Hull family purchased the land, established Bow Valley Rancho and expanded their business provisioning for the Canadian Pacific Railway. They constructed a Tudor Revival-style brick home by 1896, which Burns bought in 1902. In 1975, the province purchased the area and established Fish Creek Provincial Park. The Rancho was restored by Calgarians in 1999 and continues today as a place for fine dining and Western hospitality.

In 1912, the Burns Building was completed on Stephen Avenue. It's built in the Chicago style, with steel-reinforced concrete and wrought iron, and has Edwardian Classical flourishes, including lion's heads, ornamental mouldings, and green and white Italian marble. It housed the headquarters and flagship market for Burns (today's Maple Leaf) Foods.

Another building is Elveden Centre, a 3-tower office building

and one of Calgary's early skyscrapers. It was built in phases between 1959 and 1964 by British Pacific, a Guinness family company seeking investments in Calgary's expanding oilpatch. It's built in the International style, which emphasizes functionality, uses lightweight materials, has flat surfaces typically with glass, and no ornamentation. The first two towers, Elveden and Iveagh, are named after the Guinness estate in Suffolk, England. The third is Guinness House.

From poverty to prosperity, Irish entrepreneurship, tenacity and hope helped build our great city.

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



Prince of Wales and the “Big Four”. Patrick Burns at far left, 1924 (Glenbow Library and Archives Collection)



Pat Burns meat market, in Burns Building, 1913 (Glenbow Library and Archives Collection)



“Expanding downtown skyline,” by Calgary Herald. Published 31 January 1961. Tall building is Elveden House (Glenbow Library and Archives Collection)



Bow Valley ranch house, 1906, (Glenbow Library and Archives Collection)



The John Glenn Ranch, ca.1884-1885 (Glenbow Library and Archives Collection)

Checking in with Anxiety

It's normal to feel worried or anxious at times within your daily life. Mild to moderate anxiety can help you focus your attention, energy, and motivation. But when these feelings become severe and out of balance, causing you to feel helpless, confused, or very worried, it may be a symptom of an anxiety disorder or a more serious problem such as depression.

Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time. When the situation passes, the symptoms usually go away.

What is an Anxiety Disorder?

Anxiety disorders occur when people have both physical and emotional symptoms. These disorders interfere with how a person gets along with others. They also affect daily activities.

Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can occur at any age. Children who have at least one parent with the diagnosis of depression are more than twice as likely to have an anxiety disorder than other children. Did you know? Women are twice as likely as men to have problems with anxiety disorders.

Anxiety disorders often occur with other problems, such as:

- Mental health problems, like depression.
- Substance use problems.
- A physical problem, like heart or lung disease. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

When you have generalized anxiety disorder, you feel worried and stressed about many everyday events and activities. But it could result in more serious outcomes like panic attacks and phobias.

What is a panic attack?

Panic attacks are sudden feelings of extreme anxiety or an intense fear without a clear cause or when there is no danger. While common, panic attacks sometimes occur in otherwise healthy people. They usually only last a few minutes but can last longer. For some, anxiety can worsen quickly during the attack.

Symptoms include:

- Feeling like you're dying or losing control of yourself
- Rapid breathing (hyperventilation)
- Numbness or tingling of the hands or lips.

- A racing heart. You may feel dizzy, sweaty, or shaky
- Trouble breathing, chest pain or tightness, and an irregular heartbeat. These symptoms come on suddenly and without warning.

Sometimes symptoms of a panic attack are so intense that you may fear that you're having a heart attack. Many of the symptoms of a panic attack can occur with other illnesses, such as hyperthyroidism, coronary artery disease, or COPD. A complete medical checkup may be needed before an anxiety disorder can be diagnosed. People who have repeated unexpected panic attacks and worry about the attacks are said to have a panic disorder.

What is a phobia?

Phobias are extreme and irrational fears that interfere with daily life. While phobias are common, they can present as fears that are out of proportion to real danger. Some individuals with severe phobias are unable to control their fears and can occur with other conditions, such as panic disorder or Tourette's disorder.

Most people deal with phobias by avoiding the situation or object that causes them to feel panic. This is called avoidance behaviour. A phobic disorder occurs when the avoidance behaviour becomes so extreme that it interferes with your daily activities.

There are three main types of phobic disorders:

- Agoraphobia: fear of being alone or in public places where help might not be available or escape is impossible
- Social Phobia: fear of situations where you might be exposed to criticism by others
- Specific Phobia: fear of specific things

Phobias can be treated to help reduce feelings of fear and anxiety.

Paying attention to Anxiety

Life is full of ups and downs which can cause shifts in your anxiety from time to time. It's important to check in with yourself, finding time each day to take notes or monitor how you are feeling in certain situations. Documenting these moments of anxiety can help you process and work through those issues, but it can also help you determine a baseline. This can help make it clear when things are going well or if you need to check in with your doctor and develop a plan to address your anxiety.

Anxiety can be treated through cognitive-behavioural therapy, relaxation therapy, anxiety reduction classes, medicines, or a combination of methods. Talk to your doctor and ask questions if you think you are struggling with anxiety.

Alberta Health Services

Quick Personal Safety Tips

- Be aware of your surroundings at all times. Be aware of where you are and who else is around you.
- Trust your instincts. If something feels uncomfortable, or not right, move away from the situation immediately.
- Check occasionally to ensure you are not being targeted and followed.
- If you feel you are being followed stay in busy public areas, and drive to a police station, or call the police.
- Do not assume that because you are in a familiar or comfortable location that criminal activity will not occur. Take precautions and remain aware.
- When driving keep doors locked and windows closed enough to prevent someone from reaching in.
- Do not carry large amounts of cash or valuables. Do not keep large amount of cash or valuables in your home. Use banks and safety deposit boxes for safe storage of valuables.
- Limit the number of packages or belongings that you carry in your arms so you don't become vulnerable.
- Carry a personal safety alarm or noise-maker.



- If you are attacked, create lots of noise to attract attention. Do not try to keep possession of valuables.
- Carry a cell phone. Call police at 403-266-1234 if you see suspicious activity. Call 911 if you or someone else is in danger, or if you see a crime in progress.

City of Calgary



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|------------|-------------|
| BLARNEY | LIMERICK |
| CELTIC | LUCKY |
| CLOVER | MAGIC |
| EMERALD | MARCH |
| GOLD | PARTY |
| GREEN | PATRICK |
| HOLIDAY | POT |
| IRELAND | RAINBOW |
| IRISH | SAINT |
| JIG | SEVENTEENTH |
| LEPRECHAUN | SHAMROCK |

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

Why Calcium Matters

Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 per cent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best



absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

Alberta Health Services



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Preventing Cervical Cancer

Did you know that regular Pap tests and follow-up care can prevent about 90 per cent of cervical cancer cases? A Pap test checks the cervix for any abnormal cells that can lead to cervical cancer. When needed, these abnormal cells can be treated or carefully followed.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV infections are common and usually do not cause symptoms, so most people do not even know they have it. Even if you've been immunized for HPV, it's recommended you start having Pap tests at age 25 years, or three years after becoming sexually active, whichever is later.

Pap tests are quick and can be done at your healthcare provider's office or at a women's health clinic. Regular screening means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments for follow-up

testing if recommended by your healthcare provider. The earlier abnormal changes are found, the easier they are to manage and the less likely they are to develop into cancer.

For those who are unsure of when they had their last Pap Test, or are due for another, please contact your physician or call Health Link at 811.

In addition to regular Pap tests, HPV immunization is an important tool in preventing HPV-related diseases. The HPV vaccine is offered to all Grade 6 students in Alberta schools who haven't had HPV vaccine yet and works best in children and teens before they have any type of sexual contact. Some adults may also benefit from the HPV vaccine. Talk to your doctor or pharmacist to find out if it's a good idea for you.

For more information on cervical cancer screening, visit screeningforlife.ca.

Alberta Health Services

Do You Know the Signs of a Stroke?

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.



Remember: FAST.

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. **FAST** stands for:

- **Face:** Is it drooping
- **Arms:** Can you raise both?
- **Speech:** Is it slurred or jumbled?
- **Time:** To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit myhealth.alberta.ca

Alberta Health Services

Behind the Sold Sign

In Calgary's tight real estate market, the emergence of competing offers on a home is increasingly common, leading many to wonder: does the highest offer always clinch the deal? In our experience - not necessarily!



Beyond the Price Tag:

While price often leads the considerations, it's not the sole factor. Sellers might value a hassle-free transaction more, opting for offers with fewer conditions, even if it means accepting a slightly lower price. We had clients recently choose a lower offer in favour of one that had the perfect possession date, strong deposit and no conditions. The "sure thing" that provided piece of mind was worth a slightly lower purchase price.

A Balanced Approach Wins:

Competing offers showcase the dynamic nature of Calgary's real estate market. They embody both opportunity for sellers to realize their property's full value and a challenge for buyers to present their best possible offer. At The McKelvie Group we are dedicated to guiding our clients through these complex situations with expertise and empathy, ensuring the process is as smooth and successful as possible for everyone involved.

The Process:

When a property lists and attracts immediate interest, a seller faced with multiple offers has a decision to make. While one strategy is to consider each offer as it arrives, another, often adopted in brisk markets, involves setting a review deadline. This encourages all interested buyers to submit their best offers by a certain time, known as competing offers.

Crafting a Winning Offer:

Without insight into what others are offering, buyers must strategize effectively. The key? Presenting an offer that shines brightest among the bids. This means not just proposing a generous price but also considering what might be most appealing to the seller—perhaps a flexible possession date, a robust deposit, or minimal conditions. The goal is to make an offer so compelling that the seller can't help but choose it, even without the promise of a second chance to bid.

A Word of Caution:

A word on conditions though- as a buyer, just because you are pre-approved for a mortgage, doesn't guarantee you will get final financing approval. If you are placing any kind of financing on the property, make absolutely sure you are going to be able to get that financing before writing without that condition. As the seller's realtor, when I see an offer with no financing, I'm asking a lot of questions of the buyer's realtor to make sure they really do have their financing in order.



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NOT INTENDED TO SOLICIT PROPERTY CURRENTLY LISTED FOR SALE

