MAY 2024





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Rocky Ridge Royal Oak Community Association

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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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Rocky Ridge Royal Oak

Councillor Report

ello Ward 1! Here are the latest updates from City Hall **I** and on what's happening in your community:

Drought update

The drought conditions Calgary has been experiencing may mean that water restrictions could be put in place this month. We ask all Calgarians to observe any water restrictions put into place in order to protect our ecosystems and drinking water supply. Visit calgary.ca/ drought to learn more.

Blanket rezoning

In April, Council held its Public Hearing on blanket rezoning to Calgary. A big thank you to everyone who participated. Regardless of the outcome, your voices made a difference. You can visit calgary.ca/ward1 to learn about the final result and for more information on what happens next.

Single-Use Items repeal

The Public Hearing to consider the repeal the Single Use Items Bylaw will take place on May 7. You are welcome to address Council to submit written feedback. Visit calgary. ca/publichearing to learn more. You can also visit calgary. ca/ward1 for further updates on this issue.

Street sweeping

Weather permitting, The City begins cleaning winter debris from our streets beginning in April and continuing through May. Sweeping happens Monday through Friday between 8 am and 4 pm. You are required to move vehicles off the street when a sweep is scheduled, or you could be ticketed and towed. Visit calgary.ca/ sweep to learn when cleaning is scheduled for your neighbourhood.

Neighbour Day

Neighbour Day is coming up on Saturday, June 15! Consider hosting or visiting a Neighbour Day party for some family fun and a chance to connect with your neighbours. The City has a number of resources for a successful event at calgary.ca/neighbourday.

Waste collection reminder

Weekly pickups of Green Carts resumed for the season on April 23 and will remain in place until the fall. Visit calgary.ca/collection to set up pickup reminders and for important cart placement tips.

Sonya Sharp, Councillor, Ward 1



RRROCA VIEW

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 Royal Oak



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

Little Doctor Summer Camp

July 8 to 12, 2024, 9 am to 4 pm

- Join us at Little Medical School Summer Camp
- Dress up like doctors and use real medical instruments
- Discover how the body works
- Practice suturing stiches and learn basic medical techniques
- Learn skills such as CPR and the Heimlich Maneuver and more...
- Contact us for more info.
- Ages 6 to 11

YOUTH VOLUNTEERS NEEDED

Do you have a teenager who is interested in volunteering? Maybe they are looking for some extra high school credits,

THE ROCKY RIDGE & ROYAL OAK VIEW

looking for some work experience or maybe interested in making a difference in our community.

We are looking for a few teenagers in the area who would be willing to come and help with our Ranch events (such as Easter Hunts, crafts etc.). Please come into the Ranch office and talk to our Operations Manager Erika.

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

Save the Date

- Family Day: May 25, 2024, Royal Oak Victory Church
- Neighbour Day: June 15, 2024, RRROCA Park
- Parade of Garage Sales: June 22-23, 2024
- Canada Day: July 1, 2024 RRROCA Park
- Stampede Breakfast: Jul 12, 2024, Shane Homes YMCA



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RRROCA VIEW



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



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 VIEW

RRROCA	Membersh	ip Regis	tration		
One Membe	ership per househ	old; valid Jar	nuary 1 to De	cember 3	1 annually.
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		Calgary, Al	3 T3G 5W6		

Important **Phone Numbers**

f you require emergency supports to meet basic needs, Lincome 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.



THE ROCKY RIDGE & ROYAL OAK VIEW

In Our **Community**

École Tuscany School

We are in the home stretch before summer! Let's get outside and enjoy the beautiful sunshine and Tuscany's remarkable green spaces!

First and foremost, a HUGE thank you to all the parents, grandparents, and community members who stepped up and volunteered for our Casino fundraiser! Because of your outstanding support we were able to fulfill our obligations and we look forward to receiving the funds later in the fall. These events are so important to our school, and we are extremely grateful to everyone who volunteered.

We are excited to announce that \$98.40 from our pink shirt day purchases was donated to "Dare to Care".

A big thank you also goes out to all the parent volunteers who came out to help the Grade 1-3 classes enjoy their swimming lessons throughout April and continuing into the first part of May.

May marks our next fundraiser for the year... our annual Read-A-Thon! This year's Read-A-Thon will also coincide with our last book fair of the year. Last year, this was a very successful fundraiser for our school, and we are hoping our little bookworms will excel again this year. The idea is simple; the kids are asked to read as much as possible for ten days in May and ask for sponsors for doing so. The kids love it as they get 'paid' to read, the adults and school love it because all their students are avidly reading, and the school gets 100% of the funds raised. So, please dig deep into those pockets, armchairs and piggy banks for any spare quarters, loonies, and toonies for our savvy young readers.

Calling all green thumbs and aspiring green thumbs! May also marks the start of an exciting new Gardening club hosted by Ms. Bachelor. The club will run during May and June and Ms. Bachelor and an amazing parent volunteer will work with the club members to learn about gardening and work on outdoor beautification around the school.

Families who have registered their child for our Kindergarten program for the 2024-25 school year will have already received an email inviting them into the school for our Welcome to Kindergarten event on May 30th. We are excited to be able to show them what a kindergarten classroom looks like and some of the activities that they can look forward to when they join us for Kindergarten on the first day of school, August 29th. The next Fun Lunch (Papa John's) - (Grades 1-5) and Kinder Snack Day is on Thursday, May 9th. The upcoming FUNdraiser Treat day is Friday, May 24th (DQ). Please log into www.healthyhunger.ca (Grade 1-5 students) and submit your orders the Friday before to ensure your child can participate. Don't forget to wear your Spirit Wear! We are always looking for more volunteers to make these Fun Lunch and FUNdraiser Treat days possible for our kids.

Other Important Dates for May:

- Elder Shirley May 6th-9th
- Final Book Fair (English) May 10th 16th
- No School Non-instructional Day Friday May 17th
- Monday May 20th, Victoria Day No School
- Class Photo Day May 21st
- Grade 5 farewell trip to Storybook Theater Late May
- Bike to School Day kick-off assembly
- May 30th Welcome to Kindergarten Event 6:00-7:45
- Alien Inline last week of May-first week of June

An early "save the date" for all our Families that our end of year BBQ will be held on Thursday, June 20th. More details will be sent directly to your inboxes! As we gear up for this exciting event will be asking for volunteers to assist both before and on the day of the event. If you are interested in volunteering, please email the social committee at tuscanyeventsteam@gmail.com

Council Executive Roles

We are currently looking for some new members to fill positions which are about to be vacated on our awesome School council. Here is your big chance to see if there is a position that you might like to jump into! We are always excited to have new members join, whether it is a position on the board, or volunteering for our initiatives and events or attending meetings. It is a great way to get involved and stay informed on what's going on in the school!

Check out our website on the About page to find out more www.tuscanyschoolcouncil.ca

Our next council meeting of the 2023-24 school year will be held on Thursday, May 9th, at 6:30 p.m. in person at the school and via TEAMS. Please check out our website at www.tuscanyschoolcouncil.ca for upto-date info, and follow us on social media Facebook www.facebook.com/tuscanyschoolcouncil; Instagram @tuscanyschoolcouncil and X @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.

Recognizing and Managing Fatigue

Tatigue is a feeling of physical and/or mental tiredness or exhaustion that impacts your ability to perform at your best. You may feel fatigued because of overwork, poor sleep, worry, boredom, or lack of exercise. Any illness may cause fatigue and it usually goes away as the illness clears up. Most of the time, mild fatigue occurs with a health problem that will improve with home treatment and doesn't usually require a visit to a doctor.

Nearly everyone struggles with being overtired from time to time. Fatigue can be influenced by extended work hours, tough physical or mental activities, and loss of sleep.

Chronic fatigue is a constant state of weariness that develops over time and reduces your energy and mental capacity. Chronic fatigue can impact your emotional and psychological well-being.

Causes of Fatigue

Fatigue can be linked to your habits and routines, which can include:

- Sleep disturbances (e.g. snoring, night sweats, and loud noises)
- Home environment (e.g. window shades, bed surfaces, room temperatures, etc.)
- Level of support (e.g. peer support, family support, etc.)
- Too little or too much exercise
- Dehydration
- Medication
- Alcohol, caffeine, or drug use

Fatigue can impact your health, safety, and productivity at work and in life. In some cases, fatigue is a symptom of an underlying medical problem that requires medical treatment. Remember to reach out to a medical professional when needed.

Fatigue and getting good quality sleep are an important part of maintaining your health and wellness. But how do you know if you are feeling the impacts of fatigue?

Symptoms of fatigue

The feelings associated with fatigue can be broken into three categories: physical, mental, and emotional. Being mindful of how you experience fatigue can help you understand how to address it.



Physical Signs:

- Yawning
- Drooping eyes
- Rubbing of eyes
- Head dropping
- Digestive problems

Mental Signs:

- Difficulty concentrating on tasks
- Lapses in attention
- Difficulty remembering tasks being performed
- Unable to communicate important information
- Failure to anticipate events or actions
- Accidently doing the wrong thing

Emotional Signs:

- More quiet or withdrawn than usual
- Lack of energy
- Lack of motivation to perform tasks

Being proactive and taking care of your health and wellness can help mitigate the risks associated with fatigue. Getting quality sleep – and enough of it – is an important way to manage fatigue.

What to do if you are experiencing prolonged fatigue?

Fatigue that lasts longer than two weeks usually requires a visit to a doctor. This type may be caused by a more serious health problem, such as:

- A decrease in the amount of the substance that carries oxygen in red blood cells (anemia).
- Problems with the heart, such as coronary artery disease or heart failure.
- Metabolic disorders, such as diabetes.
- Problems with the thyroid gland. It regulates the way the body uses energy.
- Kidney disease and liver disease.

Fatigue is a common symptom of mental health problems, such as anxiety or depression. If you think that your fatigue may be caused by a mental health problem, see your doctor.

Alberta Health Services

Celebrate Neighbour Day 2024

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024 at calgary.ca/NeighbourDay. Invite Mayor Gondek, your Councillor, a police officer or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. They can add a friendly visit to your day and you can lend a helping hand when needed. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay. Visit calgary.ca/NeighbourDay to learn more.

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THE ROCKY RIDGE & ROYAL OAK VIEW

In Our **City**

Emergency Preparedness Week is May 5 – 11, 2024

Ergencies can happen anytime and anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family, and your community during an emergency.

Emergency Preparedness Week is May 5 – 11, 2024. This annual event takes place across Canada every May to highlight the importance of getting prepared for emergencies before they happen.

During Emergency Preparedness Week and throughout the year, Calgarians are encouraged to take steps to get prepared for emergencies to help minimize the impacts.

- Know the risks learn about the types of hazards that can occur in Calgary and how you can better prepare for them.
- Stay informed stay tuned to local and regional emergency alerts and other trusted sources of

information such as local radio, television and social media.

• Get prepared - every emergency is different, but having a plan will help you and your family know what to do and who to contact in different situations. Get started by downloading our emergency action plan, available in different languages at ca/getready.

In addition to preparing yourself and your household for emergencies, building connections within your community can also help. Neighbours, co-workers and friends often provide crucial support during times of crisis. Creating a network you can rely on during an emergency can help you and others in your network stay safe.

Visit calgary.ca/getready to learn more about how to prepare for emergencies, and the events taking place in the community during Emergency Preparedness Week.

City of Calgary



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BRUNCH	LOVING	R	Υ	А	Ρ	Υ	С	Н	0	С	0	L	А	Т	Е	В	А	А	V
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CELEBRATE	MAY	G	А	Ν	Х	F	С	L	U	F	R	Е	D	Ν	0	w	Р	Y	0
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KISSES	TEACHER	М	А	S	V	0	G	М	U	Т	М	U	L	Т	0	S	Е	Е	С
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In Our City Park Cart Smart

When you set out your blue, green and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:

- **Parking in a cul-de-sac:** All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.
- Place your carts on flat ground, one metre away from your vehicle if parked on the street.
- Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.
- **Parking in an alley:** Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection.

Learn more at calgary.ca/cartplacement.



City of Calgary

Yard Security: Keep Your Dog Safe

Securing your yard to prevent your dog from escaping is crucial for both your pet's safety and the well-being of your community. Not only does it ensure that your furry friend stays out of harm's way, but it also minimizes the risk of accidents with neighbours. Here are some measures to safeguard your yard:

- Inspect your yard perimeter for any existing gaps, holes, or weak spots in the fence or barriers. Reinforce these areas by repairing fences, filling in holes, or adding additional barriers like chicken wire or lattice. Ensure that gates are securely closed and consider installing locks or latches.
- Assess potential escape routes such as low-hanging branches or objects near the fence that could be used as leverage for climbing. Remove objects that could assist your dog in scaling the fence.
- Supervise your pet while they're outside and provide ample mental and physical stimulation to deter them from attempting to escape out of boredom or frustration.

Moreover, licensing your dog is not only a legal requirement but also aids in their safe return if they do manage to escape. Proper identification, including tags and microchipping, with current contact information significantly increases the chances of being reunited with your pet as well.

Securing your yard keeps your dog safe and contained and is part of responsible pet ownership. By taking proactive measures to prevent escapes, you're ensuring the wellbeing of your furry companion and fostering a safer environment for everyone.

Learn more at calgary.ca/petlicences.

City of Calgary



THE ROCKY RIDGE & ROYAL OAK VIEW

A Short History of Calgary's Dams

May begins Calgary's flood season, so let's talk about river dams. Dams control water flow and can also supply drinking water, irrigation and electricity.

The first hydroelectric station in Calgary was built in 1893 - a weir at Prince's Island. Ten years later, demand was outstripping supply.

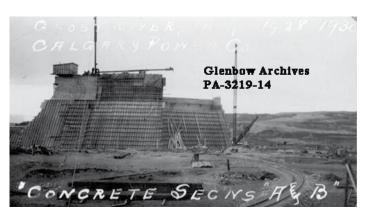
Calgary Power Company (today's TransAlta) began construction to meet demand from a tenfold increase in population (from 4,398 Calgarians in 1901 to 43,706 in 1911). Horseshoe Dam, Alberta's first large-scale hydro dam, began operations in 1911. It's one of seven plants on the Bow River today, making it the province's most managed river.

Hydro dams work best with consistent water flow. Lake Minnewanka Dam was constructed in 1912 to partially regulate the Bow's seasonal flows. With ample power, more investment poured into Calgary, including the Canadian Pacific Railway's engine repair shop in Ogden.

Plans for additional dams were met with opposition to further development in Rocky Mountain (later Banff) National Park. In 1929, Ghost River Dam and Reservoir was constructed on land leased from Stoney Nakoda First Nations.

Despite regulation, flooding remained a risk. Bearspaw Dam was constructed in 1954 to prevent winter flooding and ice packing. The dam is named after Chief Jacob Bearspaw, who signed Treaty 7 at Blackfoot Crossing. It is one of the city's two drinking water reservoirs.

The other reservoir is Glenmore (Gaelic for "big valley"). The area was settled by Sam Livingston, who was born in



Construction of Ghost River dam, ca. 1928-1930 (Glenbow Library and Archives Collection)

County Wicklow, Ireland and brought the first mechanised farm equipment to Calgary. The reservoir was completed in 1932, with Sam's house moved to Heritage Park.

In 2005, the highest waters in two centuries overflowed Glenmore Dam, with 2,000 residents evacuated. In June 2013, heavy rainfall and snowmelt caused both the Bow and Elbow Rivers to flood. 100,000 people were under evacuation orders, with the flood causing \$6 billion in damage. It was the worst flooding in Alberta's history and the provincial government is currently evaluating the construction of another dam.

From over a century of development, the Bow River's dams are "one of the great industrial projects of Canada's history". ¹

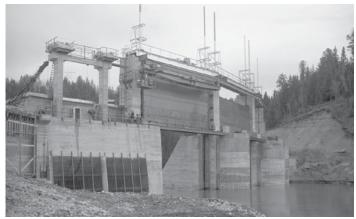
¹ "Protecting the health of Alberta's Bow River", The Globe and Mail, 11 October 2015, https://www.theglobeandmail.com/news/national/protecting-the-health-of-albertas-bowriver/article26767720/

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



Bearspaw Dam under construction, 1954 (Glenbow Library and Archives Collection)



Horseshoe Falls dam and power plant, 1913 (Glenbow Library and Archives Collection)

Wildlife Challenge: Whose Nest?

B

D

F

Match the nest with the bird species!

C

E



1. American Robin



2. Canada Goose



3. Black-billed Magpie









CALGARY

5. Northern Flicker



6. Osprey



7. Ruby-throated hummingbird



8. Black-capped chickadee

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

Answers: 1.A 2.E 3.B 4.F 5.D or G 6.C 7. H 8. D or G