



# ROCKY RIDGE ROYAL OAK

# VIEW

Your Community Newsletter since 2005

Suburban Journal

*Happy  
Canada  
Day*

**Canada Day: July 1, 2024**

**RRROCA Park**

**Stampede Breakfast: July 12, 2024,**

**Shane Homes YMCA**

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# Councillor Report

## Community and Residents Associations

### Rocky Ridge Royal Oak Community Association

403-879-2820 • [communications@rrroca.org](mailto:communications@rrroca.org) • [www.rrroca.org](http://www.rrroca.org)

### Rocky Ridge Ranch Homeowners Association

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

### Royal Oak Estates Homeowners Association

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

### The Cascades in Royal Oak Residents Association

Email: [contact@cascadesroyaloak.com](mailto:contact@cascadesroyaloak.com)  
Website: [cascadesroyaloak.com](http://cascadesroyaloak.com)

### Elected Officials

**Ward 1 Councillor:** Sonya Sharp  
403-268-2430  
[ward1@calgary.ca](mailto:ward1@calgary.ca)

**MLA:** Rajan Sawhney  
403-297-7104  
[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)

**MP:** Pat Kelly, Calgary Rocky Ridge  
403-282-7980  
[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

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

### Advertising Sales:

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

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Hello Ward 1! Summer is officially here. It was great to see so many of you at Neighbour Day events in June, and I'm looking forward to meeting more of you at Calgary Stampede events in our community.

### Property tax reminder

A reminder that June 28 was the deadline for the payment of property taxes unless you participate in the TIPP program. Due to delays at the land titles office, some owners of recently acquired properties may not have received their tax bills on time. If you have not received your bill, call 311 for a statement of account.

### Free summer activities

The City of Calgary offers a variety of free activities and programs for families across our city throughout the year, but they're especially popular during the summer months. There are events and programs for all ages. Find out what's happening near you at [calgary.ca/free](http://calgary.ca/free)

### Flood and drought conditions

May 15 until July 15 is flood season in Calgary. The City offers a e-newsletter for the latest information on river conditions including tips and resources. Sign up and learn more at [calgary.ca/flood](http://calgary.ca/flood).

Both flooding and drought are concerns in our city's climate. Thanks once again to everyone taking steps to conserve water. Reducing water consumption year-round helps protect our drinking water supply. Learn more at [calgary.ca/drought](http://calgary.ca/drought).

### Mowing in public spaces

The City offers different levels of lawn maintenance for different spaces depending on how they are used. Sports fields might have more than 20 mowing cycles per season, while small parks may have 7-10, and major boulevards about 4. Wet weather makes the soil soft can lead to heavy equipment sinking into the ground and can lead to delays.

Concerns about Parks maintenance can be reported by calling 311 or visiting [calgary.ca/311](http://calgary.ca/311).

**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](mailto:volunteer@rrroca.org) if you are interested in the following positions or have any questions about volunteering with RRROCA. Please check out our website at [www.rrroca.org](http://www.rrroca.org) for all volunteer opportunities.



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

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

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

### Sponsorship Chair

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

**Time commitment:** 10-20 hours/month

### Membership Chair

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

implement opportunities of benefits for membership.  
**Time commitment:** Approx 10 hours a month

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



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

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



## ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

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

#### Office Hours

Updates to office hours are available online.

## ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

### 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 stitches 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,

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](mailto:info@rrrha.ca)

## Save the Date

- **Canada Day:** July 1, 2024 RRROCA Park
- **Stampede Breakfast:** July 12, 2024, Shane Homes YMCA

**Check our social media pages  
for more information!**

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

- The birthstone for July is the Ruby.
- The birth flower is the Water Lily.
- The two zodiac signs in July are Cancer (June 21 - July 22) and Leo (July 23 - August 22)
- July was named after Julius Caesar.
- On July 1, 1867, the Dominion of Canada was established celebrating the anniversary of the July 1, 1867 enactment of the British North America Act, which united three colonies into a single country called Canada within the British Empire.
- July is National Blueberry, Ice Cream, and Hot Dog Month.

# Do You Have Your RRROCA Membership?

In addition to the benefits listed below, 100% of membership fees go directly into program and resources funding, and future facilities development. The greater our membership base, the more funds we will have for projects, programs, and initiatives! We need your help with funds to continue dealing with municipal and provincial issues that affect your daily life.



Please visit our membership page at [rrroca.org](http://rrroca.org) to sign up for a membership, or email [membership@rrroca.org](mailto:membership@rrroca.org) if you have any questions.

## Benefits of RRROCA Membership

Here are some of the current benefits of RRROCA membership, please visit our website regularly for updates.

- Access to RRROCA's Babysitter Registry
- Register for community events and programs such as spring sports programs for children, parade of garage sales, etc. winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for hosting your own block party
- Purchase discounted tickets or enter draws as available annually
- Receive free pancake breakfast at annual Stampede Breakfast event
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration
- Receive product and services discounts at participating local businesses (Membership Perks). Visit our website at [www.rrroca.org](http://www.rrroca.org) to review the active offerings. \*\*

We are continuously working to expand our Membership Perks Program. If you are a business owner who would like to provide product and/or services discounts to RRROCA members, please contact our membership team at [membership@rrroca.org](mailto:membership@rrroca.org).

## RRROCA Membership Registration

One Membership per household; valid January 1 to December 31 annually.

\$30  New membership  Membership Renewal

Your personal information will be used for Association purposes only and will never be given to third parties.

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email\*: \_\_\_\_\_

\* Please note e-mail is used to communicate your membership number. If you choose "No" for updates below, the e-mail will be on file but won't be included in our news mailing list.

Would you like RRROCA news and updates by email?  Yes  No

Send form and cheque to: **RRROCA Membership**  
P.O. Box 91009, RPO Royal Oak  
Calgary, AB T3G 5W6

# Important Phone Numbers

If you require emergency supports to meet basic needs, Income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.



# Great Fun at our May Family Day Event



# Wildlife Challenge: Whose Baby?



Match the parent with its young!



1. American Robin



5. Rock Pigeon



2. Canada Goose



6. Mallard Duck



3. Great Horned Owl



7. Red Squirrel



4. White-tailed Prairie Hare



8. Ferruginous Hawk

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

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

# Heritage in and Around Stampede Park

Stampede is chock-full of Calgary's history. But did you know there's plenty of heritage in and around Stampede Park? Let's take a tour.

Named after Guy Weadick, the organizer of the first Stampede, Weadickville is a replica Western streetscape from 1912. Some of its buildings were moved to ENMAX Park, including Quirk Cabin, which was built around 1885 and now displays stories from the past. Also in ENMAX Park is Indian Village, designated Elbow River Camp in 2018. Visit a living cultural site of the Treaty 7 First Nations.

While still on the grounds, stop by Victoria Pavilion. Located in the Agriculture Building, the concrete, rectangular-shaped amphitheatre dates to 1919 and is the oldest functional building in Stampede Park. It hosts dairy shows, bull sales and livestock judging. It was also the venue for Stampede Wrestling, featuring Stu Hart.

There's more to see around Stampede Park. At Enbridge Plaza, check out Dorothy Hall, a replica of Westbourne Church, containing some of its original windows and bricks. At church in 1915, William Aberhart first delivered Sunday sermons, putting him on course to becoming Alberta's seventh premier.

Across the Plaza is Weston (Golden West) Bakery. It functioned as a bakery until 1989, producing 1,800 loaves per hour when it opened in 1930. Soon to be moved is the Stephenson & Co. building. Built in 1911, it served Victoria Park as a grocery store and post office. And the brand new Sam Centre houses over 100 years worth of Stampede history.

At Rundle Ruins are the remains of Calgary's Second General Hospital, circa 1895. Jimmy Smith, a Chinese and



Golden West Bakery cart, 1920 (Glenbow Library and Archives Collection)

Christian businessman, died of tuberculosis and willed to the hospital its first funds. Across the street you can check out a railway worker's Edwardian cottage, built in 1906. For comparison, see how professionals at the time lived at Dafoe Terrace, located beside Cowboys Casino. It's a 1910 woodframe Georgian Revival-style terraced apartment building, which today houses shops and an Italian restaurant.

Don't forget to take in the Olympic Saddledome too. It's slated for demolition in the near future. Happy Stampeding!

*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**



Premier William Aberhart and niece, Irene Barrett, 1937 (Glenbow Library and Archives Collection)



Guy Weadick, 1906 (Glenbow Library and Archives Collection)



Stu Hart, undefeated Canadian amateur wrestling champion, 1936 (Glenbow Library and Archives Collection)



# YardSmart - Rain barrels

## Capturing and using rainwater for your yard

### Make every drop count: Collect and reuse rainwater

Calgary is facing a drought. Now, more than ever, every drop counts. We all need to do our part to conserve water and use it wisely.

Using a rain barrel is a great way to capture and reuse rainwater in your yard, even when outdoor water restrictions are in place.

Your plants will appreciate the soft, warm water, and you will also help reduce the amount of rainwater runoff that enters our rivers and creeks untreated.

### Setting up your rain barrel

Please read the installation instructions carefully and refer to the barrel manufacturer or retailer for support. You can set up one rain barrel, or multiple rain barrels - each



attached to a downspout or connected in series.

Ensure your rain barrel is on a stable and wide surface to prevent it from being pulled or knocked over. And, for safety's sake, ensure your barrel has a secure cover.

Make sure the overflow drain pipe or your downspout is set at least 1.5 metres (five feet) away from your house.

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# At Home and Away: Planning a Safe Vacation

Whether you're heading out of town on a weekend getaway or the trip of a lifetime, keeping your family and belongings safe is the key to a happy vacation. The Calgary Police Service recommends the following steps to reduce your chances of becoming a victim of crime.

### Before you leave

Staying safe during a vacation starts at home – make sure it's protected while you're away by making it look like you never left:

- Check that all door and window locks work – and then use them.
- Keep curtains and blinds in their normal positions, or have a neighbour occasionally reposition them.
- Cancel mail and newspaper deliveries, and have someone remove advertising flyers.
- Put household lights and appliances such as radios on a variable timer so that they don't come on at the same time every day.
- Arrange for yard chores such as lawn mowing and snow shovelling to be done.
- Ask a friend or neighbour to park in your driveway.
- Check with your home insurance company about the length of time your home can be left vacant before it affects your insurance coverage. Have someone check on your property daily, if necessary, especially during the heating season.
- Don't pack up your car in full view of the street – use your garage if possible.

### Packing your bags

Protect yourself by putting a little extra thought into what you're taking:

- Clean out your wallet or purse and take only essential cards.
- Don't take valuables – leave them behind, in a safety deposit box if possible.
- Use credit cards or traveller's cheques if possible – they're easier to replace than cash.
- Make copies of important documents such as identification and traveller's cheques. Take one copy with you and leave another at home with someone you trust.
- Wear a money pouch under your clothes or carry purses or wallets close to your body.
- Pack as lightly as possible and avoid using expensive designer luggage.
- Make a record of your luggage contents – keep it and any



valuables with you.

### Out and about

Tourists can be tempting targets for crime. Try as much as possible to blend in with the crowd, and always stay aware of your surroundings:

- Check maps before you leave for the day so you know where you're going.
- Stick to well-lit, populated areas; ask hotel staff about areas to avoid.
- Always lock your car, even when you're in it, and hide valuables in the trunk. Don't advertise that you're a tourist – keep maps and guidebooks out of sight.
- Ensure that everyone in your family knows where you're staying and what to do if they get lost or separated. Agree on a meeting place just in case.

Make your vacation a memorable one – be safe! For more crime prevention tips, visit [www.calgarypolice.ca](http://www.calgarypolice.ca).

*Calgary Police Service*



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# Spending Time in the Sun

A sunburn is skin damage from the sun's ultraviolet A and ultraviolet B (UVA and UVB) rays. Most sunburns cause mild pain and redness but affect only the outer layer of skin (first-degree burn). The red skin might hurt when you touch it. These sunburns are mild.

They can usually be treated at home. Skin that is red and painful and that swells up and blisters may mean that deep skin layers and nerve endings have been damaged (second-degree burn). This type of sunburn is usually more painful and takes longer to heal.

Other problems that can occur along with sunburn include:

- Heatstroke or other heat-related illnesses from too much sun exposure.
- Allergic reactions to sun exposure, sunscreen products, or medicines, such as antibiotics, some acne medicines, and some diabetes medicines.
- Vision problems, such as burning pain, decreased vision, or partial or complete vision loss.

Long-term problems include:

- An increased chance of having skin cancer.
- Having more cold sores.
- More risk of problems related to a health condition, such as lupus.
- Cataracts from not protecting your eyes from direct or indirect sunlight over many years. Cataracts are one of the leading causes of blindness.
- Skin changes, such as premature wrinkling or brown spots.

People with white or freckled skin, blond or red hair, and blue eyes usually sunburn easily.

People with darker skin don't sunburn as easily. But they can still get skin cancer. It is important to use sun protection, no matter what your skin colour is.

Your age also affects how your skin reacts to the sun. Children's skin is more sensitive to sunlight.

You may get a more severe sunburn depending on:

- The time of day. You are more likely to get a sunburn between 11 a.m. in the morning and 3 p.m., when the sun's rays are the strongest. You might think the chance of getting a sunburn on cloudy days is less, but the sun's damaging UV light can pass through clouds.
- Whether you are near reflective surfaces, such as water,



white sand, concrete, snow, or ice. All of these reflect the sun's rays and can increase your risk of getting a sunburn.

- The season. The position of the sun on summer days can cause a more severe sunburn.
- Altitude. It's easy to get sunburned at higher altitudes. That's because there's less of the earth's atmosphere to block the sunlight. UV exposure increases in elevation.
- How close you are to the equator (latitude). The closer you are to the equator, the more direct sunlight passes through the atmosphere.
- The UV index of the day, which shows the risk of getting a sunburn that day.

Preventive measures and home treatment are usually all that's needed to prevent or treat a sunburn.

- Protect your skin from the sun.
- Don't stay in the sun too long.
- Use sunscreen and wear clothing that covers your skin.

**Alberta Health Services**



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| CLOWN       | RODEO    |
| COWBOY      | SADDLE   |
| COWGIRL     | STAMPEDE |
| COWS        | STEER    |
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## Cannabis & Youth

Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- **Discussions:** When is it the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- **Try To Understand Why?** There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand “why” they want to use and “what” they know about the substance.
- **Set Clear Expectations:** It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modeling and applying the same expectations for yourself will support maintaining consistency.

### References:

Protecting children and adolescents against the risks of vaping | Canadian Paediatric Society (cps.ca)  
How to Talk with Your Son or Daughter About Vaping - Partnership to End Addiction (drugfree.org)  
Mental Health Literacy. (2024). Cannabis. Retrieved March 21, 2024 from, Cannabis - Mental Health Literacy

*Community Health Promotion Services (CHPS)*

## DID YOU KNOW??

The Canadian national anthem “O Canada” is often sung on Canada Day. It became the official national anthem of Canada on Canada Day in 1980.



## Enjoy Water Activities Safely This Summer

Summer means it's time to get outside and enjoy the weather. For many Albertans, that may mean time at the lake or by a pool or river.

There is always a risk of injury when you're around water or swimming, especially in unmonitored bodies of water. Here are some ways you can prevent water-related injuries and illness:

- Wear a Canadian-approved life jacket or personal flotation device in a boat and make sure it fits.
- Young children should wear life jackets when they are in, on or around the water. Stay right beside your child and be aware of fast-moving water.
- Swim with others when there is no lifeguard present and be cautious in open water such as lakes or rivers.
- Avoid alcohol, cannabis and any other substance that may affect your judgment before and during water activities.

Lakes, rivers and streams may also contain disease-causing microorganisms or parasites that can cause allergic reactions (swimmers' itch). Not all beaches are monitored for biological, chemical, and physical hazards. Check cyanobacteria (blue-green algae) advisories by visiting Active Health Advisories | Alberta Health Services or look for posted advisory signs at public beaches. Reduce your chance of getting swimmers' itch:

- Dry yourself with a towel as soon as you leave the water.
- Avoid beaches where swimmers' itch is a problem.
- Wash your hands and rinse your body off after swimming or wading in lakes, streams or rivers.
- Don't wade or swim in areas with weeds.

Call Health Link at 811 for more health advice and information 24 hours a day, seven days a week. In case of an emergency, visit your nearest emergency department or call 911.

*Alberta Health Services*

