

Happy Father's Day!



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Skyview Ranch Community Association

www.svrca.ca

Meet our new Executive Team

President Daria Stooke
Vice President Harjeet Kaur Jassi
Treasurer Jonathan McKearney
Secretary Vacant

Members at Large

Fred Ghogomu
 Robert Buzanko
 Previous President: Arnold Ambler

Contact us form on our website: www.svrca.ca
 Email: secretary.svrca.calgary@gmail.com
 Follow us on Instagram: @skyviewranchcommunity

Contact, Editor & Article Submissions:

editor.skyviewranch.cloud@gmail.com
 Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

Elected Officials

Councillor Ward 5: Raj Dhaliwal ward05@calgary.ca	MLA: Rajan Sawhney Calgary.NorthEast@assembly.ab.ca	MP George Chahal 403-291-0018 george.chahal@parl.gc.ca
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Suburban Journals Publishing

Advertising Sales:

Heather: 403-988-0819..... heather@suburbanjournals.ca
 The ad booking deadline is the 14th of the month prior to the distribution month.

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 Silver Springs, Tuscany, Valley Ridge, Varsity in the NW;
 Skyview Ranch (including Redstone) in the NE

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Letter from the SVRCA

Hello Skyview Ranchers!

The summer is finally here! Skyview Ranch Community Association is preparing for the summer 2022 Community Breakfast which will take place on July 9, 2022 in the community space between the two schools. We are still actively looking for volunteers and sponsors. Please contact us to become one or the other.

We currently have a space for the position of a Secretary, with about a 6-8-hour commitment a month.

We are also looking for new Board Members to make this Association super cool!

Our goals for the summer are:

- Stay enthusiastic about creating a strong community
- Create changes that can be seen
- Plan short-term projects
- Bring in in-person events
- Reflect diversity
- Get residents with skills to connect with other residents
- Have fun with the littles – more play more fun

In my personal experience joining this Community Association has helped me learn and build so many great new skills:

- Interpersonal communication
- Time Management
- Leadership
- Problem-solving in a new environment
- Graphic Design
- Exploring interest and passions

Most valuable of all these skills are of course getting to know all the amazing, interesting, and truly hard-working people in this community! Your ideas and actions truly matter.

“Community associations have the potential to be on the front lines of important social, cultural, environmental and community issues” – The Federation of Calgary Communities.

Let's work together to harvest this potential in a fun and engaging way!

Daria Stooke, SVRCA President

SVRCA Community Association Membership



Currently, we have frozen our membership prices to Zero dollars. We are looking for volunteers and will be providing volunteer certificates to everyone who puts a good amount of hours into their community! Great way for teens to get involved!

Don't feel like buying a membership but want to donate? Please visit our website www.svrca.ca!

Members enjoy exclusive benefits and access. Choose the membership level that's right for you. Memberships are good for a one year and renew in May. Memberships are available to people who live in Skyview Ranch and are not limited to homeowners!

Our Mission

The Skyview Ranch Community Association of Calgary, by offering programs, services and events, enhances the wellness and quality of life for residents. The association also advocates with all levels of government to improve the safety and development of the Skyview Ranch Community.

Our Values

Reliability: We stand by our words and actions.

Honesty: We are transparent in our dealings with the government and the community.

Commitment: We provide the services most essential to Skyview Ranch residents.

Engagement: We connect with and listen to Skyview Ranch residents.

Innovation: We have the courage to explore new opportunities and ideas

Information: We provide residents with timely and accurate information.

Adding Plant-based Proteins to Your Meals

Alberta, Saskatchewan, and Manitoba are some of the world's biggest producers of beans, peas, lentils, and chickpeas. These plant-based protein foods contain lots of important nutrients that can support healthy eating.



Beans, peas, lentils, and chickpeas are high sources of fibre. They contain soluble and insoluble fibre. Soluble fibre is part of a heart-healthy diet; it helps lower blood cholesterol and blood sugar levels. Insoluble fibre helps your body absorb important nutrients, keeps your digestive system healthy, and helps keep your bowel movements regular.

High-fibre foods also help to keep you full and satisfied between meals. Most Canadians eat only half the fibre they need. If you want to eat more fibre, add high-fibre foods to your diet slowly, over a period of days or weeks.

It is important to drink enough water when increasing the fibre in your diet. Most adult women need at least 12 cups (2.7 L) of fluid each day; men need at least 16 cups (3.7 L).

Beans, peas, lentils, and chickpeas are plant-based proteins. Canada's Food Guide recommends eating plant-based protein foods often.

Plant-based protein foods are often lower in saturated fat than other protein foods. Foods low in saturated fat are important to help maintain heart health. Choose these foods a couple of times a week instead of animal-based foods as part of a heart-healthy diet.

Buy dried beans, peas, or lentils, and soak them in water at home before cooking. Or buy low-sodium canned beans or chickpeas, and then rinse them with water and drain them before use to reduce the amount of sodium they contain.

- Try adding canned or cooked lentils to replace half of the ground meat in your favourite chili recipe.
- Puree canned chickpeas and use instead of ground meat in a spaghetti sauce recipe.
 - Pan fry canned black beans with your favourite herbs and spices, and put on top of nachos, burrito bowls, or tacos.

For more information, visit ahs.ca/nutritionhandouts and search 'fibre facts'.

Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

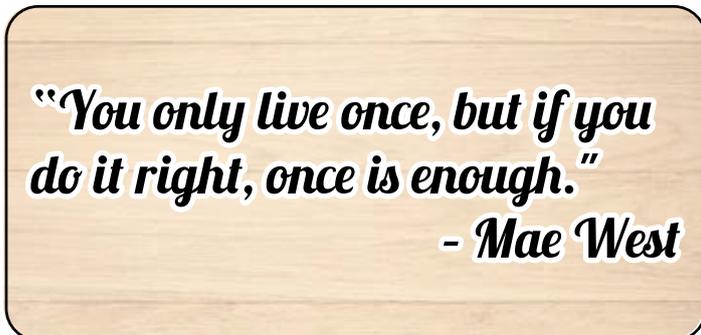
Prevention

- Stay well-hydrated by drinking plenty of water, at all times;



- Be aware that excessive alcohol consumption will promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

Alberta Health Services



VOLUNTEERS NEEDED

STAMPEDE COMMUNITY BREAKFAST JULY 9TH

ਸਕਾਈਵਿਊ ਕਮਿਊਨਿਟੀ ਐਸੋਸੀਏਸ਼ਨ 9 ਜੁਲਾਈ 2022 ਨੂੰ ਅਪਟਾ ਸਟੈਪੀਡ ਨਾਸ਼ਤੇ ਦਾ ਆਯੋਜਨ ਕਰ ਰਹੀ ਹੈ। ਅਸੀਂ ਵਲੰਟੀਅਰਾਂ ਦੀ ਭਾਲ ਕਰ ਰਹੇ ਹਾਂ। ਕਿਰਪਾ ਕਰਕੇ ਆਪਣੇ ਆਪ ਨੂੰ ਸਾਡੀ ਵੈਬਸਾਈਟ ਤੇ ਰਜਿਸਟਰ ਕਰੋ ਅਤੇ ਅਪਣੀ ਕਮਿਊਨਿਟੀ ਦੀ ਮਦਦ ਕਰੋ। ਅਸੀਂ ਤੁਹਾਡੇ ਧੰਨਵਾਦੀ ਹੋਵਾਂਗੇ।

 www.svrca.ca

 [@skyviewranchcommunity](https://www.instagram.com/skyviewranchcommunity)



9pm Routine Summer

Have you started your 9 p.m. Routine?

Vehicle theft and car prowling prevention:

- Garage openers should not be left in vehicles, or should be disengaged, as thieves can use them to gain entry into a home.
- Avoid parking in unlit areas at night.
- Hide your valuables out of sight, or better yet, take them with you.
- Don't keep extra keys in your vehicle.
- If you park your vehicle in a parkade, be sure that you do not let anyone else in who doesn't belong when you are entering and exiting.
- Offenders will often break into a residence as a way to steal a vehicle parked outside the residence. When you're at home, store your vehicle keys away from the entrance to your house.



Home and garage break-in prevention:

- At night or when you are away lock the door that is connected to your home and garage.
 - When working in your yard ensure your doors, garage and windows are closed and locked, in the part you are not present in.
 - Consider installing home and vehicle alarm systems and vehicle anti-theft devices.
 - Ensure that all doors and windows are secured at night.
 - Secure all bikes, kayaks, paddle boards and other leisure equipment safely stored and locked when not in use.
 - Secure all garden tools and ladders once you have finished with them, as these can be used as tools to break into your home.
 - Culprits need mere moments to commit a theft or break in. If you do open any windows or doors, make sure you only open them for rooms that someone is present in.
- Get to know your neighbours and work together to keep your homes and community a safe and enjoyable place to

live.

Report any suspicious people or activity in your community by calling 403-266-1234 or 9-1-1 if there is a crime in progress.

If you have any crime prevention questions, please contact Calgary Police at CPSCrimePrevention@calgarypolice.ca

Calgary Police Service

Safely Dispose of Pressurized Tanks and Canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.

When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit calgary.ca/hhw to check the list of drop-off locations.

City of Calgary



When is it Time to Get Help for Your Mental Health?

Canadians' perception of mental health has come a long way. Far from the stigma that once made people feel ashamed to admit to experiencing mental health issues, nowadays it's common for people to seek out supports and treatment. Professional services benefit those struggling with mood and emotions, substance use, life changes and, especially in the past year and a half, feelings of isolation and anxiety during the pandemic.

Here are some signs that it's time to seek help:

1. It's affecting your daily routine.

If you're feeling overwhelmed with the thought of returning to your pre-pandemic life, or fearful to even test the waters with what you are comfortable with, it might be time to seek professional help. A healthy dose of fear is normal, but when it's preventing you from functioning in your daily life, it's a good idea to find out why.

2. You're feeling extreme emotions, or nothing at all.

Anxiety, fear, hopelessness and anger are all perfectly acceptable, especially during hard times. But if you're feeling overcome with too many emotions and your mind is racing a hundred miles per minute with stress, it can lead to serious health concerns.

At the same time, losing interest in the activities and hobbies that brought you joy and feeling unmotivated can also be indicators of something much more serious.

3. You're withdrawing from friends and loved ones.

Spending time alone is normal and can be therapeutic and calming. Introverts might even feel energized from spending some time solo. But if you're withdrawing from your social circles altogether or feel nervous about reaching out to your friends and family, you might need some extra support. Therapy can help you understand why you're dealing with these feelings, and help you get set on the right foot in reclaiming your social and mental health.

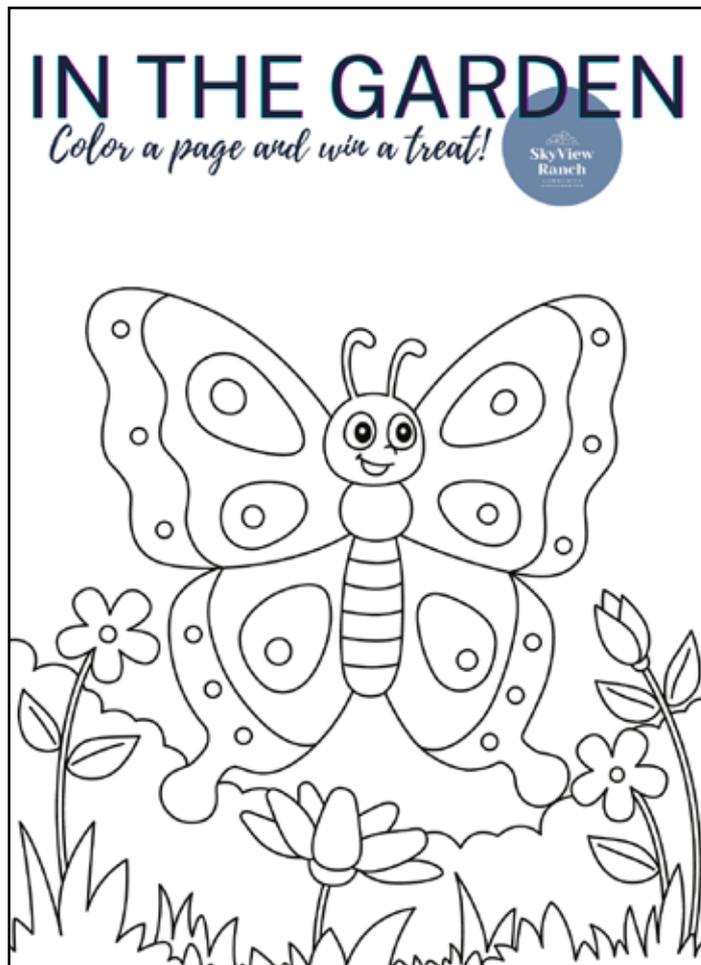
Fortunately, there are many virtual services you can access from your own space. If you're ready to get started on your wellness journey, the Wellness Together Canada portal offers free, reliable information and 24/7 support. Here, you can access self-assessment tools or choose to



connect with peer support, social workers, psychologists and other professionals via confidential text sessions or phone calls.

Support is just a call or click away. Find more information at wellnesstogether.ca.

News Canada



Stepping into Summer

Routine plays an important role in developing life skills and establishing healthy habits. With the school year ending, moving into the summer months with some structure can help reduce stress and anxiety. It equally can contribute to a more comfortable transition for back to school.

For a flexible routine, which supports good mental health, we can think of the “The Big 5 to Thrive”. We want to be mindful of exercise, sleep, supportive relationships, healthy nutrition, and helping others.

Here are some tips on how to support each of these pillars:

- **Exercise:** It is important to move our body in ways we enjoy! The general recommendation is ensuring we get 150 minutes of vigorous exercise each week, which can include activities like riding your bike, playing team sports, or going for a brisk walk.
- **Sleep:** A healthy sleeping pattern includes getting adequate hours of rest and establishing a good nighttime routine. General recommendations for children under 12 years old is 9-12 hours of sleep, while those ages 13-18 should be aiming for 8-10. During this time, the brain is developing and becoming specialized. A good nighttime routine can include monitoring technology and stimulating activities before bed. Instead, shift the focus to calming activities such as, meditation, stretching or reading a book.
- **Supportive Relationships:** Be mindful of who is around you. Work towards ensuring you have positive connections with family, friends, and others in our community. Together, you can support and comfort one another in both times of joy, but also during hardship.
- **Nutrition:** You want to enjoy what you eat, but it is equally important to make sure you are getting all the necessary nutrients. Healthy eating is associated with a healthy heart, strong bones, better energy levels, improved mood, and brain health. Experiment with recipes and find the joy of fueling your body!
- **Helping Others:** Helping when we volunteer, donate, or share our time with others boosts our mood and our well-being. This summer, strive to get involved in your community!



These pillars of health can seem basic, but we can always find something to work on. Improving one can often have positive effects on the others, so this summer, strive to thrive with the Big 5!

*Community Health Promotion Services Team,
Alberta Health Services*

The Origin of Father's Day

The tradition of Father's Day moved to Canada from the U.S., and is also celebrated on the third Sunday of June.

The idea of a Father's Day celebration originated with Sonora Louise Smart Dodd, a loving daughter from Spokane, Washington—as she per chance listened to a Mother's Day sermon in 1909.

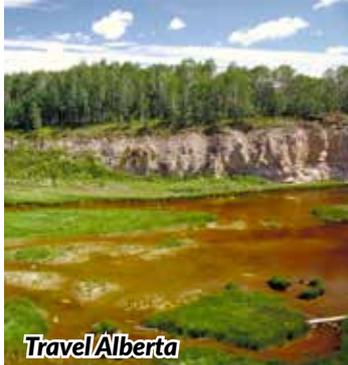
The 27-year-old pondered if there is a day to honor mother then why not for father? She began a rigorous campaign to celebrate Father's Day with the Spokane Ministerial Association and the local Young Men's Christian Association (YMCA) supporting her cause. As a result Spokane celebrated its first Father's Day on June 19, 1910.

Though there was initial hesitation, the idea gained gradual popularity all over the U.S. and Father's Day came to be celebrated in many countries around the world.

www.fathersdaycelebration.com

Why Alberta's Northern Parks are a Premium Outdoor-lovers' Choice

Heading for real, natural wilderness experiences in Alberta's north means you can embrace traffic free, low-stress road tripping to the north.



Think of what you will do with that extra 1-2 hours of solstice day light. Not to mention having the chance to experience the many interesting rural stopping places on the way. Head west through Edmonton on the Yellowhead (HWY 16) and then set your compass north onto Highway 43. This four-lane is the gateway to the Peace River Country and the northern reaches of the province.

If you set your sights on Wood Buffalo National Park, it will be about 13-hours of driving from Edmonton. You can break the trip up by spending about 3-4 days exploring the Peace River Region, with its amazing agricultural and wilderness venues at your fingertips. Use the Mile Zero of the MacKenzie Highway in Grimshaw as the centre of your Peace Country explorations.

This is a great area to explore the many rural museums of the area, and the Peace River Valley, The scenic Shaftesbury Trail at Peace River, Dunvegan Provincial Park, and Notikewin Provincial Park are a few of the wonderful access points to enjoy the natural, secluded, beauty of this majestic river.

Then venture north into the boreal forest. It's hard to describe how massive it really is without experiencing it. There are a few fertile agricultural oases on the way, High Level, Lacrete, and Fort Vermilion where you will be amazed at the modern, productive farms only a few kilometers from the 60th parallel. Then cross that 60th and get a taste of Canada's largest territory, the NorthWest Territories, before heading back to the border into your final destination, Fort Smith. Must see's along the way near Hay River are the Alexandra Falls and Louise Falls.

Your final destination, Wood Buffalo National Park is

an epic wilderness, the largest National Park in Canada. The August Land and Sky Tour lets you take in all of the high points of the park, including guided hikes in the Salt Plains, a flight tour, and their Dark Sky Festival. Wood Buffalo Park is an amazing place to experience the protected Wood Bison, multiple bird species, and fascinating indigenous Dene culture.

By Anne Vos, Reprinted with kind permission from Travel Alberta

Canoe and Kayaking in the Canadian Rockies

There's unbeatable canoeing and kayaking opportunities across the province. No boat? No problem. If you're after a quintessential mountain experience, rent a canoe or kayak from the Fairmont Chateau Lake Louise Boathouse in Lake Louise or Moraine Lake Lodge and paddle on unbelievably blue water with mountain peaks all around. In the town of Banff, visit the Banff Canoe Club for rentals, advice and some fantastic paddling on the Bow River or check out the canoe, kayak or even power boat rentals on Lake Minnewanka.

For an easy daytrip from Calgary, head to Kananaskis Country and rent a canoe from Kananaskis Outfitters. Their boats are built to accommodate beginners and advanced paddlers, and they also offer guided tours, if that's more your speed. The rental canoes need to be transported to the water, so come prepared for that. The company has canoes as well as single and tandem kayaks available on the shores of nearby Barrier Lake, or you can rent and transport the canoe to other area lakes. Rent the famous red canoe and paddle your way through breathtaking scenery surrounding Moraine Lake.

In Jasper National Park, stop at the historic Maligne Lake Boat House, rent a canoe, kayak or rowboat and paddle across the famous lake. The trip will take you to remote shorelines amid Jasper's rugged natural beauty – including Spirit Island. Wild Current Outfitters also offers canoe and kayak rentals, as well as guided Pyramid Lake tours that can accommodate two to six people per canoe.

Venture down south to Waterton Lakes National Park and visit Blakiston & Company to get sorted out with canoe and kayak rentals. The three larger lakes in Waterton often experience high winds and rougher water conditions, but Cameron Lake is a calmer option that's best for beginner paddlers.

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