

SkyView Ranch  
COMMUNITY ASSOCIATION

CLOUD

Skyview Ranch Community Connection

DECEMBER 2022



Suburban Journals  
PUBLISHING

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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

<b>Councillor Ward 5:</b> Raj Dhaliwal ward05@calgary.ca	<b>MLA:</b> Rajan Sawhney Calgary.NorthEast@assembly.ab.ca	<b>MP</b> 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.

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from local retail outlets.

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## In Our City

# Personal Safety While Christmas and Holiday Shopping

Christmas is a time to relax and have fun. Many of us will be out and about more than usual – Christmas shopping, attending parties and other social events – and the last thing we need is to become a victim of crime. To help avoid this, here are seven tips to help you stay safe:

1. Avoid carrying large amounts of cash. Carry only the credit cards and bank card you will need to make your purchases.
2. If your credit card is lost, stolen, or misused, notify your credit card issuer at once. Keep a complete list of your credit cards at home, along with the 1-800 numbers you will need to report a lost or stolen card.
3. If you need to use an ATM while shopping, try to use one located inside a busy, well-lit location, and withdraw only the amount of cash you need. Also, protect your PIN number by shielding the ATM keypad from anyone who may be standing near you.
4. If you have a cell phone, be sure to take it with you while shopping for added security.
5. Teach children to immediately go to a store clerk or security guard and ask for help if they become separated from you in a store or shopping mall.
6. Consolidate purchases into one or two large shopping bags so you can keep track of everything. Never leave your purchases unattended, even for a minute.
7. If you are a victim of a crime, report it to the police immediately.

*A message from the  
 Federation of Calgary Communities*



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](http://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.



## Low Waste Gift Ideas

Here are some ideas for gift-giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift as a donation to a favorite charity.
- Give the gift of time. Please lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts. Try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, and a t-shirt, or avoid covering completely.

Find more holiday tips at [calgary.ca/recyclerright](http://calgary.ca/recyclerright).

*City of Calgary*



## DID YOU KNOW??

If you gave all the gifts listed in the "Twelve Days of Christmas," it would equal 364 presents.



# Help Protect Your Household Water Pipes From Freezing This Winter

Every winter some Calgaryans experience frozen water pipes which can result in water outages. Houses close to the river or in older communities tend to be at higher risk for this happening. Other major factors that impact risk are the depth of your water service pipes, river water temperature and frost depth.



You can take steps to reduce your risk for frozen household pipes

1. Look for cold drafts in unheated areas where water supply lines are located. This includes basements, crawl spaces, attics, garages and under kitchen and bathroom cabinets.
2. Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
3. Insulate your hot and cold water pipes that are located in cold areas.
4. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
5. Keep the heat set to at least 15°C.
6. Make sure the water line to outside faucets, garden hoses, pools or decorative water features is turned off, disconnected and drained.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use. You can also run a continuous pencil-width stream of water, but you will be responsible for any increase in water charges unless you received an official notice from The City of Calgary instructing you to do so.

Find out more at [calgary.ca/frozenpipes](https://calgary.ca/frozenpipes).

*City of Calgary*

# Snow Bans Restricted Parking: Online Map Shows Calgary's Snow Route Parking Bans

December marks a potential for snowfall in the city and this means snow bans can come into effect. Before heading out, know which streets have parking restrictions by using The City of Calgary's online map that shows banned parking locations. The Snow Route Parking Bans map shows where parking is temporarily restricted on designated snow routes across the city. Parking bans may last up to 72 hours following a parking ban being issued by The City. This map is located at <https://maps.calgary.ca/SnowRouteParkingBans/>.



To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

*City of Calgary*

# Green Line New Light Rail Vehicles

The Green Line LRT Program – the largest infrastructure project in Calgary's history – is on its way. Early works construction has started for a megaproject which will connect communities from the southeast to downtown.

The Green Line introduces new low floor light rail vehicles (LRVs) to Calgary, which are designed to enhance vehicle and pedestrian safety and improve accessibility for riders.

This LRV technology has been the standard in Europe, Asia, Australia and New Zealand for decades. It is becoming the choice for many new LRT systems across North America and marks an exciting evolution for Calgary's growing transit network. CAF (Construcciones y Auxiliar de Ferrocarriles) was awarded the contract to supply the new low floor LRVs. For more information visit: [www.calgary.ca/greenline](https://www.calgary.ca/greenline)

*City of Calgary*

# Honouring Loss During the Holidays

Holidays are generally a happy time of year, but for some who have suffered loss, they can also be very difficult. Grieving a significant loss takes time.

While grieving may make you want to isolate yourself from others and hold it all in, it's important that you find ways to express your grief. Use whatever mode of expression works for you. Talking, writing, creating art or music, or being physically active are all ways of expressing grief.

During the holidays, take note of how you're feeling about the upcoming day as it gets closer and plan to take extra time to care for yourself.

It can help to make a plan. Know the holiday may be a difficult time and plan to recognize the day with a special memory or activity.

And try focusing on simple steps that can help reduce the stress, low mood and grief that are common this time of year.

Here are some ideas that may help you:

- **Gratitude:** Being thankful magnifies positive emotions and helps us appreciate the value in something or someone. Create a journal filled with things you are thankful to have in your life.
- **Do something for yourself.** Take time for yourself this season by doing something you enjoy. Go for a walk, or try a new hobby such as yoga or meditation.
- **Connect.** Join a community group, reconnect with friends, or volunteer.
- **Keep a regular sleep, meal, and exercise schedule and limit alcohol.** Taking care of yourself will help you deal with grief and stressful situations during the holidays.
- **Learn to say no.** It's okay to say "no" to events that may cause stress. This will give you more time to say "yes" to look after yourself.

Remember, help is available if you need it. Talk with a healthcare professional in your area. You can also call the Mental Health Helpline 1-877-303-2642, 24 hours a day, seven days a week, for free, confidential help, or visit [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).

*Alberta Health Services*

<p>BELLS CARDS CAROLS CHRISTMAS DECORATE FAMILY GIFTS HOLIDAYS JINGLE LIGHTS MERRY</p> <p>MISTLETOE ORNAMENTS PRESENTS REINDEER RUDOLPH SANTA SLEIGH SNOW STOCKINGS TOYS TREES</p> <p style="font-size: 2em; font-family: cursive;">Word Search</p> 	<p>S B E V S L F H Y R R E M W O N S N X A X O I G S S O K P X D E F L T R G T M G T E N Y D L N G Q O E S N T E R H T E E L I C T I B T I Z Y E T B T U R S I L A K I K D G E T O M K S Y T D M I R T N C K H A I I T A O E K P A O D R K S H O T C Y C P N F T M F G S L N H M I I T T L S J R S A D Z L M G P S C I M L S T O I O A R Z V P M H T H L B U A E S T N J B O I V O J N M U O E R Z M G T G P X C M K X E K M P S L O R A C L L W G E X S S K M Z F J L U E J L H E V Z D R E I N D E E R S G I F T S S R S Y R N X V C U O V A U T D L R U S H P L B X I H S Z G N E V L X A U A M F X Y U R G O M S T D U Z Z P L D H Z H G U V I G D Y A Y Y S R A G N W</p>
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# Eating Healthy in Winter and on a Budget

When it comes to choosing vegetables and fruit to eat, a variety is best. By choosing a variety, you'll be packing your diet with fibre, vitamins and minerals. At mealtime, try to fill half your plate with vegetables and fruits.

Fresh produce is always a healthy choice but canned and frozen vegetables and fruits are also good options. Canned vegetables and fruit can last for months and can be just as nutritious as fresh – plus, they may cost less. They are also pre-washed, cut, and cooked, saving you time when making meals.

Many types of frozen and canned produce are available throughout the year, so even when produce is not in season, there are lots of options to choose from. A few of our favourites:

- Use frozen fruits in baking.
- Thaw frozen fruit such as peach slices, and then add to yogurt or oatmeal for a breakfast or snack.
- Make an easy side dish from steamed frozen vegetables.
- Use frozen vegetables such as peppers when making a stir-fry.
- When boiling pasta, add frozen vegetables such as broccoli to the pot near the end of cooking, and then top with pasta sauce after draining.
- Use frozen dark leafy greens such as kale and spinach in an omelet or smoothie.

### Ways to use canned vegetables and fruit:

- Use canned vegetables such as green beans, asparagus, carrots and peas in pasta dishes or an omelet.
- Combine canned vegetables and canned beans for a quick lunch.
- Use canned corn, peas, or tomatoes in a stir fry.
- Use canned mushrooms or other vegetables in a chili.
- Add canned corn to a quesadilla.
- Make a quick vegetable soup by adding canned corn, tomatoes and pinto beans to low-sodium chicken broth.

## DID YOU KNOW?

Around 28 Lego sets are sold every second during the Christmas season.



- Top your favourite canned fruit with some yogurt for dessert.

Be aware of the sodium (salt) and sugar content in canned or frozen vegetables. Choose canned vegetables with low-, reduced-, or no added sodium and then rinse the vegetables before using to lower the sodium content further.

Choose fruit canned in water instead of syrup or rinse it if it's in syrup. Choose frozen vegetables and fruit without added seasonings, breading, sauces, or sugars.

The nutrition facts table can always be used to compare similar foods. Aim for products that have less than 15 per cent DV (daily value) in sodium or sugar.

*Alberta Health Services*

## Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.
- On December 17, 1903, the Wright Brothers made their first flight.

## Get Out and Glide

Pushing from my left foot to my right, I feel my sharp blades etch a fine line into the marble-hard translucent surface. Peering through the glass ceiling at my feet, I'm mesmerized by streams of tiny bubbles suspended in the ice like gossamer clouds. Every few strides, I pass over a sealed crack that slices the ice like a lightning bolt. Closer to shore, perfectly shaped spheres float like milky-white jellyfish, while in a flash tiny fish dart by just beneath the ice.



Parks Canada/Adam Greenberg

In Edmonton, outdoor ice-skating rinks are found at William Hawrelak Park and Rundle Park. Sir Winston Churchill Square at city hall, speed skating at Victoria Park Oval at the west end of River Road and the Alberta Legislature's south grounds are other options. If you take it indoors, our favourite rink is the year-round Ice Palace at West Edmonton Mall.

Wherever you find yourself in the province this winter, chances are there's a local spot just waiting for you to lace up and experience your own magical whirl on ice.

*Reprinted with kind permission from Travel Alberta*

### Freezing Temperatures Create Enchanted Surfaces

For true ice-skating devotees, the real treasure is found when lakes and ponds freeze into glass-smooth skating wonderlands. From Fort McMurray's Snye River, Cochrane's Mitford Pond or Policeman's Creek in Canmore, to the Bow River in Banff, Jasper's Mildred Lake and Abraham Lake near Nordegg, you'll find skaters cruising frozen waterways as if exploring an exotic fantasy land.

Perhaps Alberta's most famed natural rink is Lake Louise, where it feels magical to skate with the Victoria Glacier reaching toward you from the far end of the lake and the grand Fairmont Chateau Lake Louise behind you. For an extra sprinkle of fairy dust, try it at sunrise or sunset.

### Family Friendly Fun

In cities and towns across Alberta, year-round modern arenas welcome athletic figure skaters and fast-action hockey players to pursue their passion on temperature-controlled rinks. For instance the Olympic Oval at the University of Calgary – the fastest ice in the world – where Olympic speed skaters train and race and amateurs like me can glide on the same icy track.

But come winter, excitement levels rise as communities send out ice resurfacing machines – better known as Zambonis – to smooth local rinks into prized outdoor skating venues. The Olympic Plaza right across from city hall in downtown Calgary is a whole heap of free fun, and usually open from early December until mid-March. Otherwise, Calgary's city outdoor rinks are weather dependent and typically open mid-December through February.

## Winter Outdoor Activities

There are two ways to approach life in northern climates: make winter an opportunity for awesome, or get snowed. Let's choose awesome.

- **Try it:** Learn to pilot a dogsled and experience the best of winter exhilaration from behind six trained huskies.
- **Only here:** The light, dry snow in Alberta is the perfect powder for skiers and snowboarders. It lends itself to flawless snow tubing, too.
- **Relax:** No matter how good the powder is, you've got to sleep eventually. Cozy mountain lodges originally built by pioneering railway companies are unbeatable digs for watching the snow fall.

*Reprinted with kind permission from Travel Alberta*



Banff & Lake Louise Tourism//Paul Zizka

# Stephen Avenue's Molson's Bank

The imposing bank buildings of a century ago are a far cry from the convenience store ATM's we access today. Located at 114 8 AV SW, Molson's Bank was constructed in 1911 in the Beaux-Arts style, a French architectural school that featured Greek and Roman classical elements. The Molson's fluted limestone columns topped by scrolled ionic capitals, triangular pediments above the lower doors, and carved lions contribute to a sense of solidity and permanence – thus attracting consumer confidence in the bank as a safe place to deposit one's wealth. The era's bank architecture in North America was particularly influenced by the rebuilding of San Francisco's financial district, destroyed by the earthquake and fire of 1906.

Molson's Bank was incorporated in Montreal in 1855 by brothers William and John Molson, Jr. the sons of brewery magnate John Molson. At one time, 125 branches operated, mostly in Ontario and Quebec. In 1925, shortly after Molson's Bank merged with the Bank of Montreal, Calgary's building was sold to the Bank of Toronto, and for many years was that bank's regional headquarters for Alberta. From 1955 to 1967 it was the city's main branch of the Toronto-Dominion Bank and remained a downtown branch until 1993 when the building was sold. The first floor lay vacant for 4 years until it was reinvented as the James Joyce Irish Pub, fittingly serving up beer amongst its fare! So next time you have a hankering for a pint, look for the original bank's safe, manager's office, and mill work in the interior.

The Molson's Bank was designated a Provincial Historic

Resource in 1979 and is one of 29 buildings recognized within the Stephen Avenue District, a National Historic Site of Canada. When you stroll along Stephen Avenue, take a moment to appreciate the building's beautifully preserved exterior and look for the carved inscription, "Industria et Spe" above the entrance to the pub... meaning "Labour and Hope".

*Karen Paul is a Director of the Calgary Heritage Initiative Society.*

To discover more about Calgary's heritage, visit:

**HERITAGE** *inspires* **YYC.org**



*Molson's Bank as a film set (Calgary Film Centre)*



*Molson's Bank around 1912-2 by Thomas Mawson (U of C Glenbow Western Research Centre na-3766-35)*



*Toronto Dominion Bank in 1950s-70s by Alison Jackson (Calgary Public Library)*



*Molson's Bank Lion Detail (2022 CHI)*