

OCTOBER 2019



ROCKY RIDGE  
ROYAL OAK

Your Community Newsletter since 2005

VIEW  
Suburban Journal

**RRROCA  
Updates:**

**View from The Safety  
and Security Chair**

**Your Community  
Needs Your  
Leadership**

**RRRHA AGM  
Oct 24**



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## Community and Residents Associations

### Rocky Ridge Royal Oak Community Association

403-879-2820 • communications@rrroca.org • www.rrroca.org

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW  
Calgary, AB T3G 4G1

403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

### Royal Oak Estates Homeowners Association

info@roeoha.ca • www.roeoha.ca

### The Cascades in Royal Oak Residents Association

403-299-1810 • contact@cascadesroyaloak.com  
www.cascadesroyaloak.camp7.org

### Elected Officials

**Ward 1 Councillor:** Ward Sutherland  
403-268-2430  
ward01@calgary.ca

**MLA:** Sonya Savage  
403-297-7104  
calgary.northwest@assembly.ab.ca

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

**Editor & Article Submissions** .....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  
The ad booking deadline is the 14th of the month prior to the distribution month.

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## View from the Safety & Security Chair

### Tips on Keeping Your Property Safe

It seems daily that we see posts about cars being broken into, property being stolen or prowlers caught on video. I can say that from the monthly police reports I reviewed, that we are not the only community seeing this. Unfortunately all of Calgary has seen an increase in property crime.

We love our community and we all want to feel safe in it, but as residents we need to take precautions to help deter property crime. Take a moment the next time you are going around the community to notice what attracts thieves. Is there items left out between houses? Flyers stacking up on a front step? Is it dimly lit around the property?

Below are some simple tips to help keep your property safe.

**1. Don't store items between houses in open view.** Keep it in the garage or yard. – I see bikes, lawn mowers, tools and other property stored in the open all the time.

**2. Lock your vehicle doors.** Double check if you need to before bed. – Thieves will go where it is easy for them to steal. As we have seen from posted videos on community sites, thieves will walk from car to car in driveways seeing which ones are unlocked. If they find easy targets time after time, they will return.

**3. Take valuables out of vehicles, they only draw attention.** If a thief cannot find an easy target, the unlocked door, then smashing a window can be the next best thing as it's a sure payout seeing those valuables laid out in front of them. If you need to leave personal items in your vehicle, keep them out of sight. Lock them in trunks and glove compartments. Just remember to lock those doors when you get out.

**4. Light up your property.** A darkened property at night is a great cover for someone. They can go about their bad behavior being unnoticed.

**5. Talk to your neighbors.** Get to know who lives on your block so you can watch out for each other. We have lived on our street for 13 years this month. We know some of our neighbors very well and others we at least recognize.

*continued on next page*

## Tips on Keeping Your Property Safe *continued*

If you are going away have someone take in flyers, shovel walks, maintain the area so to look lived in.

**6. If you see something suspicious call the non-emergency number – 403-266-1234.** If it is a crime in progress call 911. Our neighbor's garage door was open and they did not answer the door. The non-emergency number sent out police. They were able to make contact, the door was closed and the homeowners were thankful. They had tools, bikes and their inside door was unlocked.

Just by following these steps it could prevent a property crime. We want our community to continue to be a desirable place to live, but we need to make it an undesirable place for thieves to roam. Take care & be safe.

*Krista DeCarle*  
**Safety & Security RRROCA**

## Volunteer Corner

### Your Community Needs Your Leadership



Volunteers are always important to RRROCA, so if you have a few hours of spare time in a month and are interested to help for the community you are living, why not consider volunteering for RRROCA? There is flexibility in time to volunteer for RRROCA and board meeting is always close to home. You will also 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.

#### Membership Chair

The Membership Chair is in charge of managing member-related activities. Supported by an assistant, this director develops and executes plans for retaining and growing the count of RRROCA members. **Time commitment:** 10 hrs/month

#### Events Leads

With direction from the Events Chair, the Events Leads help execute specific events, from the planning stage to the wrap up. **Time commitment:** 3 - 7 hrs/month

#### Newsletter Editor

Curating content from the community and the RRROCA Board, the Newsletter Editor works with the publisher to create RRROCA's official newsletter, the RRROCA View.

**Time commitment:** 5 hours/month

#### Signage Lead

The Signage Lead works with our Communications team to announce important information. This person takes care of a couple of those bold signs on the side of Rocky Ridge Road. **Time commitment:** 0-3 hours/month

#### Sponsorship Lead – Occupancy Pending

With direction from the Sponsorship Chair, the Sponsorship Lead helps to develop and maintain relations with sponsors for RRROCA events and programs. **Time commitment:** 0-3 hrs/month

#### 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) every year;
4. the most important: help us to build a thriving community!

**Want to receive emails about any volunteer opportunities for the community association?**  
Please email [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.

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

- The birthstones are the Tourmaline and the Opal.
- The birth flowers for October is the Calendula
- The two zodiac signs in October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
- October was named after *octo*, Latin for “eight”, when the original Roman calendar started in March, so October was the eighth month.
- The Anglo-Saxons called the month Wintirfylith because it was the first full moon of the winter season.

## Membership Card

We are finalizing the digital membership cards, and plan to email it to RRROCA members by early October. Members will be able to print or show their membership cards on cell phones to prove the validity of membership. All members living in the same household will be able to prove their membership status by showing both the RRROCA membership card and a government issued photo ID card. Watch your email for the membership and more details.



### Benefits of RRROCA Membership

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

- Access to Babysitter Registry
- Register for Community events and programs, including Spring Sports Program for children, Parade of Garage Sales, winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for holding Block party for free
- Purchase discount tickets or enter draws for free tickets to the shows at Shane Homes YMCA
- Receive free pancake breakfast at annual Stampede Breakfast event

### 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

- Receive discounts at Cloverdale Paint, Servus Credit Union, Stealth Alarms and iLoveKickboxing.
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration

We are working on expanding our membership perks. If you are a business owner who wants to give incentives to our members, please contact me at [membership@rrroca.org](mailto:membership@rrroca.org).

*Joanna Tjia Membership Chair - RRROCA*

## Origins of Thanksgiving

Many thanksgivings were held following noteworthy events during the 18th century. Refugees fleeing the civil war in the United States brought the custom of an annual thanksgiving festival to Canada. From 1879, Thanksgiving Day was held every year but the date varied and there was a special theme each year. The theme was the "Blessings of an abundant harvest" for many years. However, Queen Victoria's golden and diamond jubilees and King Edward VII's coronation formed the theme in later years.

[www.timeanddate.com](http://www.timeanddate.com)

## Recycle Your Electronics the Right Way

Recycle old and broken electronics for free by taking to an electronics drop-off location. To find a drop-off location near you, visit [calgary.ca/electronics](http://calgary.ca/electronics).

### Electronics include:

- Cell phones
- Computers and computer accessories like monitors, keyboards, and cables
- Printers
- Televisions
- CD and DVD players
- Digital cameras



Do not put electronics in your blue cart.

*City of Calgary*





## 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) [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca)

### Office Hours

Monday – Sunday 9:00am – 9:00pm  
unless otherwise indicated.

### Board of Directors

President.....	Garett Wohlberg
Vice President .....	Amanda Tischer-Dees
Secretary .....	Tony Scherpenisse
Treasurer.....	Val Ostopowich
Director .....	Bunmi Oyebanji
Director .....	Collin Smith
Director .....	Michael Morrison

### Facebook Page

Check out our Facebook page for the latest updates from the Ranch! [facebook.com/rockyridgeranchHA](https://facebook.com/rockyridgeranchHA)

## RRRHA October Update

### Annual General Meeting (AGM)

All members in good standing are invited to attend the Annual General Meeting of the Rocky Ridge Ranch Homeowners Association on Thursday October 24, 2019 at 7:00pm. Registration will begin at 6:30pm. Please come prepared with picture ID. In the event that quorum is not met for the 7:00pm meeting, the second meeting will be called to order at 7:30pm.

Notices will be delivered electronically via email during the first few days of October, to all members that have a valid email address in our database. Paper copies will be mailed to those properties for which no email is on file. Please contact the office directly if you do not receive a notice by October 4th.

### Senior's Activities

Do you find yourself wishing there were more activities for you to take part in? Would you like to see a book club, a walking group, a cribbage/games club, or any other types of activities that may be of interest organized through the Ranch? If so, we would love to hear from you. Please connect with us either by phone, email or in person as your ideas and feedback are important to us.

## Calendar of Events

Mark your calendars and join us at one of our member functions taking place over the coming months. Our parties are family friendly environments with various entertainment and/or activities. Please be sure to check for more details online or in the upcoming editions of the Suburban Journal.

*\*\*please note the CORRECTIONS to event dates noted below.*

### Annual General Meeting

October 24th 7:00pm\*\*

All members in good standing are invited to attend the AGM. This is your opportunity to voice your opinions and thoughts on matters specific to the HOA as well as get an update on what has transpired since last year's AGM. Audited financials for 2017 will be presented, along with a draft Capital budget, and the election for the Board of Directors will also take place.

### Halloween Party

October 26th 1:00 – 3:00pm\*\*

Our annual spooky spectacular is sure to please the little goblins and ghouls. Come dressed up if you wish and enjoy some treats and games.

*\*RSVP will begin October 1st.*

### Holiday Market

November 23rd 10:00am – 2:00pm\*\*

If you are looking for unique gifts to give away during the holiday season, be sure to check out the Holiday Market. We will have a variety of vendors selling a wide array of treasures. Watch for details in the November edition.

### Christmas Party

December 7th 1:00 – 3:00pm\*\*

Our most popular party is a hit with young and old alike. This very holiday themed family event is complete with a visit from Santa! Member-families with children 11 and under are welcome to attend.

*\*RSVP will begin November 1st and will be available until capacity is reached. Due to the capacity restrictions, only those families that have RSVP'd are able to attend.*

## Fall Programs

The session will run from September to December. Registration (and class descriptions) are available online at [www.rrrha.ca](http://www.rrrha.ca) or through the office.

### ADULT CLASSES

**BALANCED YOGA** 12 classes  
**Mondays w/Marcy:** September 9th – December 9th (*excl. Oct 14 and Nov 11*). **Time:** 9:30am – 10:45am **Cost:** \$155.00 (member); \$170.00 (non-member) *Minimum 5 participants*

**PILATES** 12 classes  
**Mondays w/Laurie:** September 9th – December 9th (*excl. Oct 14 and Nov 11*) **Time:** 7:30pm – 8:20pm. **Cost:** \$145.00 (member); \$155.00 (non-member) *Minimum 5 participants*

**THERAPEUTIC YOGA FOR A BETTER BACK** 14 classes  
**Tuesdays w/ Vanitha:** September 10th – December 10th  
**Time:** 8:00pm – 9:00pm. **Cost:** \$170.00 (member); \$185.00 (non-member) *Minimum 6 participants*

**50+ YOGA** 14 classes  
**Wednesdays w/ Vanitha:** September 11th – December 11th. **Time:** 10:00am – 11:30am. **Cost:** \$180.00 (member); \$195.00 (non-member) *Minimum 6 participants*

**YOGA** 14 classes  
**Thursdays w/ Vanitha:** September 12th – December 12th  
**Time:** 9:00am - 10:30am **Cost:** \$180.00 (member); \$195.00 (non-member) *Minimum 6 participants*

### CHILDREN'S CLASSES

**MUSIC FOR LITTLE MOVERS AND SHAKERS**  
**Thursdays w/Becki** 6 classes **Dates TBA**  
**Time:** 10:00am – 11:00am 1 – 2 years old parented  
**Cost:** \$60.00 (members); \$75.00 (non-members)

**YOGA FOR MOM & BABY**  
**Tuesdays w/Sylvia** 8 classes **Dates TBA**  
**Time:** 10:00am – 11:00am  
**Cost:** \$75.00 (members); \$85.00 (non-members)

## Other Programs At The Ranch

**ROCKY RIDGE ROCKERS:** Join the Rockers every Tuesday at the Ranch from 1-3pm for coffee and crafting (bring a project to work on). Free and open to everyone.

**CALGARY GOJUKAI KARATE:** [calgarygojukai.com](http://calgarygojukai.com)

**DEBORAH LAXTON SCHOOL OF DANCE:**  
[deborahlaxtondance.com](http://deborahlaxtondance.com)

**SPORTBALL:** [www.sportball.ca/calgary](http://www.sportball.ca/calgary)

**YOUNG REMBRANDTS:** [www.youngrembrandts.com](http://www.youngrembrandts.com)

THE ROCKY RIDGE & ROYAL OAK VIEW

living in our city





## Councillor Report

On June 10th, Council approved mitigating the increase in non-residential property taxes by reducing operating costs by \$60 million in order to decrease the tax burden on non-residential properties. This redistribution of 2019 property assessments resulted in a minimum 10 per cent reduction in the municipal portion of non-residential property taxes caused by the redistribution of 2019 property assessments. On July 22, Council determined which \$60 M in cuts would cause the least harm to services.

This fall, Calgary Transit implemented a reduction of 80,000 service hours to meet its 2019 budget reduction requirements. The changes were mostly reductions in service frequency and span on weekends and weekday evenings. Calgary Transit has posted a summarized list of the Fall Service Changes on its website, advertisement panels on their vehicles and on its rider tools, including Twitter and the Calgary Transit App. The Fall Service Changes were in effect on Monday, September 2.

Calgary Recreation has adjusted operating hours at four arenas: Frank McCool, Ernie Starr, Murray Copot and Village Square Leisure Centre. Weekends will remain 7:00 a.m. to 11:00 p.m., but on weekdays, the hours will be adjusted to 4 p.m. to 11 p.m. The City's target implementation date is October 1, 2019.

This adjustment will align with the staffing and operating hours matching when customers and groups are typically using these arenas. The City will continue to offer daytime booking options on weekdays at eight arenas and 14 indoor rinks across Calgary. This will maintain service delivery and support the limited number of groups who will be impacted by the reduced operating hours at the four facilities.

For more updates on budget cuts, sign up for Councillor Ward Sutherland's monthly e-newsletter at [www.WardSutherland.com](http://www.WardSutherland.com)

*Ward Sutherland, Councillor, Ward 1*

### DID YOU KNOW??

Jack O'Lanterns were first made from turnips.



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Stephen Avenue

# Taking Time for Yourself is Important for Your Mental Health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time.

Taking a little “me” time is an important part of managing life’s stresses. While most of us may not enjoy feeling stressed, it’s not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function.

Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and

body a break and time to re-energize. It’s meant to be about you.

There is no reason to wait until you are feeling burnt out to make time for yourself a priority. Building breaks into your days can help keep stress from mounting. Whether it is a busy day at the office, at home or life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don’t skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 1-866-408-LINK (5465) or visit [www.myhealth.alberta.ca](http://www.myhealth.alberta.ca).

**Alberta Health Services**



## Alberta landscapes



Athabasca Glacier, Jasper National Park



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