

DECEMBER 2019



# ROCKY RIDGE ROYAL OAK

*Your Community Newsletter since 2005*

# VIEW

Suburban Journal

**Movie Night**  
**December 7**

**Volunteer**  
**Corner**

**IEWS**



Suburban Journals  
PUBLISHING

*make an impression*

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## 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 • [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca) • [www.rrrha.ca](http://www.rrrha.ca)

### Royal Oak Estates Homeowners Association

[info@roe-ha.ca](mailto:info@roe-ha.ca) • [www.roe-ha.ca](http://www.roe-ha.ca)

### The Cascades in Royal Oak Residents Association

403-299-1810 • [contact@cascadesroyaloak.com](mailto:contact@cascadesroyaloak.com)  
[www.cascadesroyaloak.camp7.org](http://www.cascadesroyaloak.camp7.org)

### Elected Officials

**Ward 1 Councillor:** Ward Sutherland  
403-268-2430  
[ward01@calgary.ca](mailto:ward01@calgary.ca)

**MLA:** Sonya Savage  
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:

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# President's Message

Hi everyone,



Well winter is definitely on our doorstep, so remember all the safety aspects that come with it. The darker nights and road traffic safety for speed, icy roads, snow visibility, and look out for pedestrians ensuring your lights are on. For pedestrians, please wear something bright or reflective so you can be seen, and take care on the changing surface conditions when walking.

We have had a few snow falls in the last month, so again I would like to remind you of being a 'Snow Angel' if you are able to help those who may have disabilities or not as fit as they used to be. I am sure it would be much appreciated.

This month saw our Annual General Meeting on Monday 25th November, and the incumbent board will be planning the next years activities and programs, so please look out and take part as they are advertised.

We also completed our Casino Fundraiser and I would like to thank everyone who stood up and helped in the two day marathon, but in particular I would thank Kris Kasper and Dino Petrakos for their management and organization of the event, and Heather Mackay for her information and support. The Casino is an event every two years which helps us keep our programs, parks and ice rink functional.

We still have a number of board vacancies which includes Secretary and Schools Director. If you feel you can assist in any way, please contact our volunteer team at [volunteer@rrroca.org](mailto:volunteer@rrroca.org) for more information or to sign up. We all would appreciate your support.

If you need to contact me please reach me by email at [president@rrroca.org](mailto:president@rrroca.org) and I will respond to you in an appropriate timeframe.

I saw a number of families sliding on the small snow slopes in Rocky Ridge, so fun can be had with winter here. Please enjoy, wrap up and be safe.

**Henry Cairney**  
**RRROCA President**



## Membership Card

Digital membership cards were emailed to RRROCA members

between

October and November.

Please note that this Membership card is only valid to actual "members" of RRROCA and their household.



If you did not receive an email of your membership card, please contact me at [membership@rrroca.org](mailto:membership@rrroca.org).

**Linda Nwachukwu**  
Interim Membership Chair - RRROCA

## 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

## 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 free pancake breakfast at annual Stampede Breakfast event
- 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).

## View from the Treasurer

### Merry Christmas Everyone

Hope you all are keeping warm; we sure have had our fair share of snowy weather this fall. I am the Treasurer and I thought to give a short synopsis of our current financials in case you missed the AGM on the 25th of November. Our formal annual reporting to the membership is based on the audited financial statements provided by a member appointed public accountant. Our 2019 year-end financial statements were prepared by the auditors from the Federation of Calgary Communities. In order to verify our fundraising activities as a not-for-profit organization, a qualified opinion has been appropriately issued. For more

info on 2019 financials please find the AGM minutes under the 'About Us' section at [rrroca.org](http://rrroca.org)

We had a very important event for the community this November. That was the RRROCA casino fundraising effort, which is the main funding source for our association's operating budget. To put things into perspective, the rink that our community enjoys, would not have been possible to build without the casino money. We were able to get several volunteer positions filled after urging the community. We thank you for understanding the need of the hour and volunteering your time. This event will help us in completing some outstanding items in the park.

I look forward to another successful year ahead for our association and urge everyone to look for available volunteer opportunities. Your community needs you!

**Ambreen Sulman**  
Treasurer - RRROCA

## Volunteer Corner

### THANKS to Volunteers for Casino Fundraiser

We appreciate all those who volunteered their days and nights to work in our fundraising effort at the casino in November. Thirty-two of you filled 36 positions and 12 backup positions. Your Community Association needed you, and you came through, so thank you!



Casino fundraiser is the biggest source of funding for the Community Association. It represents the majority of our operating budget and as such pays for things like, our ice rink and park upkeep, and various community events and programs throughout the year. Funds from this year's effort will make it possible for us to continue our park development project.

*Immanuel Nwachukwu*  
**Communications Chair – RRROCA**

### 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.

#### Secretary

The Secretary handles the clerical duties for RRROCA, including recording and distributing minutes of Board meetings, maintaining current filing system and overseeing general Board correspondence. The Secretary is an executive member of the Board.

**Time commitment:** 10 hrs/month

#### 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 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:** 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

#### 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.



## Movie Night

Planning for the family movie night is underway. The movie title is yet to be announced; however here are details to mark your calendar.

**Date:** December 7; **Time:** TBD

**Location:** Royal Oak Victory Church



## View from the Executive Secretary

### Hello Again, and Goodbye.

Hello dear community members. It is my pleasure to connect with you directly once more through this newsletter; my first was over 3 years ago. I guess since I update you of RRROCA activities through sharing of all our board/AGM minutes and reports on our website on a monthly basis, I felt connected enough. However, the 2019 AGM will be my last work as the Executive Secretary of RRROCA; other commitments now need more of my attention. It has been a great pleasure and learning curve for me to work with people from all walks of life volunteering their time and resources for the good of our community.

The association is in continuous need of volunteers to support in the over 14 portfolio roles we have. Here is a list in case you do not know what they are: President, Vice President, Treasurer, Executive Secretary, Communications, Events, Planning & Development, Parks, Volunteer, Membership, Programs, Transportation, Schools, Sponsorship and Safety & Security. These roles have Leads and to avoid any disruption of activities we want 1 or 2 back-ups for each of these roles. Would you share your talent and gift with RRROCA? If yes, please see inside for details of the benefits, and let us know how you can help by simply sending an email to [volunteer@rrroca.org](mailto:volunteer@rrroca.org), copying the President on [president@rrroca.org](mailto:president@rrroca.org).

On a final note, it's beneficial to stay up-to-date on all RRROCA activities. We need your feedback and suggestions on improvement initiatives to serve you better. So endeavour to actively participate in the AGM, and follow our monthly activities, challenges and successes by always checking the "Meetings Minutes & Reports" page linked under the "About Us" navigation item on [www.rrroca.org](http://www.rrroca.org)

Hoping you attended the 2019 AGM and will be attending all future AGMs of the association.

Have a safe and beautiful festive season ahead!

*Patience Fagbenro*  
Executive Secretary  
RRROCA

## Photographers Corner



"Louise Bridge" by Carole Westlake



"Peace Bridge" by Carole Westlake

To submit or for guidelines, send your photos as high quality JPEGs to [newsletter@rrroca.org](mailto:newsletter@rrroca.org). Who knows, you just might see your photo(s) in print!





## 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

Changes to office hours will be updated online

### 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

### December Office Hours

*The office will be closed on December 25th and 26th, 2019  
as well as January 1st, 2019*

## RRRHA December Update

### RRRHA Board of Directors and AGM Update

The 2019 AGM was held on October 24th, and we are pleased to have the following members continue their commitment to the Board of Directors:

- Bunmi Oyebanji
- Michael Morrison
- Collin Smith
- Valarie Ostopowich
- Amanda Tisher-Dees
- Garett Wohlberg

## Events & Programs

### Annual RRRHA Family Christmas Party\*

**December 7th 1:00-3:00pm**

Come and celebrate the holiday season with us! Member families with children aged 12 and under are invited to attend our annual Christmas party, where you will enjoy festive treats, crafts and a visit from a special guest.

*\*Space is limited and an RSVP is required with the office at 403-547-6633 or [info@rrrha.ca](mailto:info@rrrha.ca) by Sunday, December 1st. This is our most popular event so RSVP early to ensure your spot as spaces have already filled quickly.*

### Ice Skating and Winter Activities

As winter settles in, the process of getting the ice ready for skating will be underway as conditions allow. A common question is "when will the ice be ready?" The answer to that is weather dependant, as the ice must freeze to a minimum depth prior to being prepared for skating. The frozen lake will again be divided into separate areas for hockey and skating.

Holiday Games Room hours will be posted online.

Ice updates will be posted on our website, social media sites (Facebook and Facebook members page), mass emails and our road signs.

### Winter Programs

Registration for the Winter session of fitness classes, which runs from the week of January 6th until the week of March 30th, will be available online or through the office. Our full program listing will be available on our website closer to the end of the month at [www.rrrha.ca](http://www.rrrha.ca).



### Facebook Page

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

# Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors

that originally lead to the patient's situation;

- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

*Alberta Health Services*



## Coalitions Collaborating for Impact

### A Citywide Strategy for All Children

Can you imagine a Calgary where all kids are supported to reach their fullest potential?

We know the early years have a huge impact on the rest of children's lives. We want to support children from the prenatal period up to age 8. Overall, our hope is simple. We want a citywide strategy that ensures children are valued, healthy and thriving. With a citywide strategy, Calgary's children will be able to say:

- I have a healthy body, mind, and spirit
- My family and community make me feel safe and stable
- I am ready to succeed in school and other life settings

We've made our best first draft of what this citywide strategy could look like, but know that a plan like this is strongest when it reflects the knowledge, needs, and experiences of the people it aims to support!

So... parents, caregivers, and adults that care about kids... we need YOU! Please take just a few minutes to fill out our survey and tell us about what you feel supports children's development in Calgary, what hinders or barriers it, and what you feel needs to change! You can fill out the survey at [forms.gle/zw6Zvf8do19dGE996](https://forms.gle/zw6Zvf8do19dGE996) or have a digital copy sent to you directly by message [research@2000days.ca](mailto:research@2000days.ca)

Thank you for your input into building a city where all children are valued, healthy and thriving!

*If you are passionate about children and their future, and would like more information about your closest early childhood coalition visit [ecdcoalitions.org/ecca-map](https://ecdcoalitions.org/ecca-map)*

**Calgary NW Early Childhood Coalitions**