

JANUARY 2020



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

**Happy
New
Year**

**Thank You Rink
Volunteers!**



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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@roe-ha.ca • www.roe-ha.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 Submissionseditor@suburbanjournals.ca

Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

Advertising Sales:

Phil: 403-660-7324phil@suburbanjournals.ca

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President's Message

Hello fellow Rocky Ridge and Royal Oakers, I hope everyone has had a wonderful holiday season filled with much joy and happiness! As we look forward to a great year in 2020, I would like to take a moment to thank all the many volunteers and sponsors who helped make 2019 a great year for our community!



At the end of November, we had a very successful casino fundraiser, the result of which will enable us to further develop the RRROCA rink and park area on Royal Oak Way, as well as, continue to put on fun events through the year. It took the hard work of 36 volunteers, working long shifts over 2 days to pull off the fundraiser, and we can't understate how thankful we are to each and every one of them for helping out.

More recently in December, RRROCA, along with the Victory Church hosted, "Family Movie Night," for the community. Although I wasn't able to personally attend, I was told by our awesome volunteers, that everyone had a great time! I'd like to specifically thank Rocky Ridge CO-OP and Blink Eyewear Crowfoot, for sponsoring the event. Great community sponsors help make great community events.

Finally, I'd like to take a moment to tell all of our great hockey rink volunteers how grateful we are for the countless hours they put in, each and every night over the winter months, to take care of the ice and keep it in such great shape. I hope everyone has had a chance to get out there and enjoy the rink!

As always, if anyone wishes to volunteer to help keep our community an awesome place to live, just drop an email to volunteer@rrroca.org and we will add your name to the list!

Wishing you all health and happiness for 2020, from my family to yours,

Dino Petrakos



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www.SuburbanJournals.ca

Volunteer Corner

New Year Volunteer Opportunities

Consider this New Year's resolution: 'Make an impact in my community'.

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better. So if 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 if you are interested in the following positions or have any questions about volunteering with RRROCA.



Programs Co-Chair

The Programs Co-chair provides the opportunity for the community's residents to participate in sports program and activities. A key project for this role is the annual spring kids sports programs.

Time commitment: varies/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 to sign up.

Reduce, Reuse and Recycle Right This Holiday Season

This holiday season, make sure your gift wrap, boxes and Christmas food scraps end up in the right cart. Better yet, make even less waste to put in a bin by reducing and reusing more items this Christmas!

Reduce waste this Christmas

- Gift the gift of an experience – tickets, lessons, outdoor activities
- Check what you have at home in the fridge/pantry before you shop
- Make a list and buy only what you need at the grocery store
- Skip paper napkins in favour of cloth ones

Reuse items this Christmas

- Wrap gifts with paper bags/gift boxes, jars and tins, fabrics or dishtowels
- Use reusable containers for leftovers instead of plastic wrap or tin foil
- Save bones for soup stock
- Donate gently used household items like working electronics, furniture, clothing, and toys to a local charity

Recycle and compost right this Christmas

- Crumple wrapping paper into a ball and put in blue cart (no metallic or foil gift wrap)
- Compost food scraps, toothpicks, paper napkins and paper plates in green cart
- Recycle tin cans, glass jars and plastic containers. Make sure they are empty, clean and dry.
- Take old electronics to an electronics recycling drop-off – calgary.ca/electronics

It's The Best Time To Purchase RRROCA Membership

Please support your community by purchasing a 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 to sign up for a membership, or email membership@rrroca.org if you have any questions.

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
- 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 always working on expanding our membership perks. If you are a business owner who wants to give incentives to our members, please contact Linda Nwachukwu at 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

A Sampling of Concerts

- **The Jim Cuddy Band:** January 5, Jack Singer Concert Hall
- **The Strumbellas:** January 14, Southern Alberta Jubilee Auditorium
- **Half Moon Run:** January 17, MacEwan Hall
- **The Static Shift:** January 18, The Gateway (SAIT)
- **Jon Bryant:** January 21, The Gateway (SAIT)
- **Alexisonfire with The Distillers:** December 23, Scotiabank Saddledome



4-Her's Jam-Packed November!

In November, the members of the Prairie Winds 4-H Club attended 2 events: glass blowing at a local workshop and a budgeting workshop sponsored by an oil company.



For the glass blowing workshop, members made either a Christmas ornament or a paperweight. The process for making ornaments involved many steps. You start by dipping a hollow metal tube into molten glass from a kiln. Next, you dab your molten glass in your chosen colour of coloured glass shards and reheat the glass in a furnace. Once the colour is mostly melted, you get a large pair of special tweezers and pinch the end of the glass and tuck it onto itself to mix in the colour. Then you blow air through the hollow metal tube so your breath heats up and expands the glass while you pinch the top of the glass. You then clip off the top and create a hook for the ornament. The ornament then goes into a freezer to cool.

Later in the month, the 4-H members were visited by a presenter from Frogskin U, a nonprofit organization devoted to educating youth about debt, credit scams and much more. We learned things such as how to recognize scams like pyramid schemes, how to invest in stocks and the law of diminishing returns. Each time members commented or asked questions they got fake money and at the end of the workshop, you could exchange the "money" for candy or spins on a jackpot wheel to win toys.

Whether budgeting for their Christmas list or adding ornaments to the tree, this was a very educational November for the members of Prairie Winds 4-H Club.



St. Sylvester

Bonne Année et Bonne Santé! Happy 2020 from the staff and students of St. Sylvester School. We hope everyone enjoyed a peaceful and rejuvenating Christmas break.

January doesn't show any sign of slowing down for us! We have many exciting activities planned at our school. Our grade 5/6 students are heading to Calgary Winter Club for a chance to try curling and our Family Dance is on once again this year. Later in the month, we will be celebrating St Sylvester Day, beginning with the St Sylvester Day Liturgy followed by a day full of fun and activities.

Our parent community had an opportunity to engage in conversation on educational matters at the Parent and Trustee forum on Jan 21, 2020. Parent Trustee forum meetings are held 3 times per year and cover a range of topics of interest to parents of school age children. With the successful holiday season behind us, we will be taking donations for the St. Vincent de Paul Food Drive. Our goal is to help restock the shelves at the food bank and we request your support by dropping off non-perishable food items.

Other Important Dates:

Regular Classes resume	January 6
St. Vincent De Paul Food Drive	January 13-17
Family Dance	January 30
PD Day No School	January 31

Did You Know... These Facts About January

- January's birthstone is garnet, which represents constancy.
- The zodiac signs for January are Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
- The flowers of January are snowdrop & carnation.
- The name January came from the Roman god Janus.
- January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food.
- In the Southern Hemisphere, January is the warmest month.

Professional Benefits of Volunteering

Is one of your New Year's resolutions to start volunteering more? Volunteering can offer so many benefits! Consider the following professional benefits of volunteering:



1. Volunteering offers incredible networking opportunities. Volunteering in your community allows you to meet new people, including community leaders
2. Volunteering helps you retain and sharpen old skills. Sometimes job duties change, and you may no longer be doing things you used to do and liked. Volunteering is a perfect venue for keeping those skills sharp and current
3. Volunteering is a great opportunity to develop new skills. Employers are often seeking well-rounded individuals who have good teamwork and goal setting skills. Serving on a volunteer committee or board is a great way to learn group dynamics and teamwork
4. Volunteering offers opportunities to practice skills in a relatively risk-free environment
5. Volunteering can help you expand your horizons and explore new career options
6. Volunteering gives you the satisfaction of knowing you are doing good and being involved in your community
7. Volunteering can be energizing/renewing. Sometimes we simply need a break in our routine, or an opportunity to create a balance in our lives
8. Volunteering can create leaders. By watching those around you, you can begin to identify the qualities of leadership that you most admire, and you can develop those qualities in yourself
9. Volunteering demonstrates workplace skills that can be documented in a resume.

For more information about these benefits contact us at engagement@calgarycommunities.com. Contact your community association to learn about volunteering opportunities with them!

Adapted from Charity Village.

A message from the Federation of Calgary Communities

Alberta landscapes



Canola in bloom
near Stoney Plain



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Watch for Your 2020 Property Assessment Notice

Assessment notices are now available. The City of Calgary mailed the notices Jan. 2, 2020 and they are also available online. The information contained in these assessment notices will be used to prepare the 2020 property tax bills. You can check, review and compare your notice online. Plus, sign up for eNotices.

Customer Review Period (Jan. 2 - March 10, 2020)

If you have any questions about your property assessment, contact Assessment at 403-268-2888 during the Customer Review Period on now until March 10, 2020.

Our website can help

Visit calgary.ca/assessment to get more information, access Assessment Search, and sign up for paperless eNotices. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.

City of Calgary

Be a Snow Angel

This winter, when you're shovelling your sidewalk from yet another storm, look around your neighbourhood and see if there is anyone who may need your help. Maybe they are elderly, or disabled, or going through a serious illness that doesn't allow them to shovel their sidewalks. Be a Snow Angel and shovel their walks for them. All residents are required to clear their sidewalks of snow and ice 24 hours after the snow stops falling. Those who fail to clear their sidewalks could face a hefty fine. Be a good neighbour and be a Snow Angel.

If your neighbour has been a Snow Angel to you, call 311 to let The City know and we will send you a letter to give them. If you are a Snow Angel, or have been visited by one, snap a photo, share it on the City of Calgary's social media with #SnowAngelYYC.

Visit calgary.ca/snowangels for details.

City of Calgary



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Farmer's fields
near Edmonton

Toboggan Safety

Emergency Medical Services (EMS) would like to remind parents and children of a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.



Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Cover any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, not hot, water, until re-warmed.

Alberta Health Services

Coalitions Collaborating for Impact

Outdoor Play for Winter

Winter outdoor play is so much fun! All ages can get into the groove of doing some physical activity everyday! Just remember to dress for the weather (hat, mitts, boots, snow pants, jacket, scarf). Watch the forecast and even if the weather is extremely cold, a little fresh air (10 minutes) can help keep us happy and healthy. It also fights off the winter blues!

Different types of free activities include:

- make a snowman
- make snow angels in the snow
- build a snow fort
- have a snowball fight (safety first of course)
- go on a walk in the neighbourhood
- snow painting (food colouring and water in a squeeze bottle and make designs on the snow)
- use those summer toys (shovels and buckets) and make snow castles
- blow ice bubbles (use regular bubbles and watch them freeze)
- sledding/tobogganing (remember to use proper head gear for this activity)
- be a snow detective (chill dark coloured fabric in the freezer for 10 minutes and then bring it outdoors to catch snowflakes. The cold fabric will give your kids more time to examine their specimens before they melt)
- make bird feeders and hang them outside
- animal track discovery (look in the backyard at the various tracks and try to figure out what animal made them)
- winter photography (go for a walk and take pictures of the interesting parts of the winter)
- make a snow-obstacle course with tunnels, steps, and jumps

Enjoy the crispness and freshness of the winter season!!!

Coalitions Collaborating for Impact (CCI) consists of parents, community members, organizations and professionals who are all working together to better the lives of young children and their families.

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

Calgary NW Early Childhood Coalitions



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 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 Oyeibanji
Director	Collin Smith
Director	Michael Morrison

December/January Office Hours

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



Events & Programs

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 is available on our website at www.rrrha.ca.

It's Not Too Late to Get Immunized

The influenza season is in full swing and is far from over. Every Albertan over the age of 6 months should get vaccinated to protect themselves and those around them, especially those who are most vulnerable – the children and the elderly.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

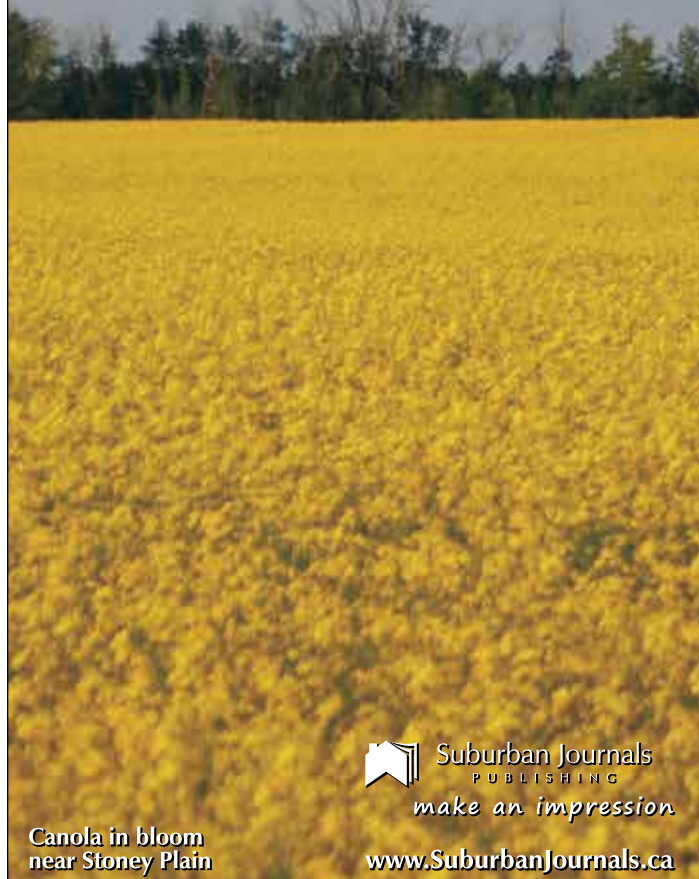
Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program is on now, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this winter get protected, stay healthy.

For more info, including local clinic schedules, visit www.ahs.ca/influenza, or call Health Link at 811.

Alberta Health Services

Alberta landscapes



Canola in bloom
near Stoney Plain



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In Our City

Calgary Public Library

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The new year is a popular time to make resolutions, and the Library wants to help you follow through with them.

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the perfect solution for fitting more

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lives, and it's free

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which is also free!

Get started at

calgarylibrary.ca/libby



Indigenous Cultures Come Alive at the Library

2019 was declared the

International Year of

Indigenous Languages by the

United Nations. Thanks to support

from the Government of Alberta,

the Library was able to mark this year in

a special way. We opened a new Indigenous Languages

Resource Centre in Central Library that makes language

lessons free and accessible to everyone. New Indigenous

Placemaking installations were added at Central, Forest

Lawn, and Signal Hill libraries. Finally, we launched a

new collection of children's books by aspiring Indigenous

authors, written in their traditional languages. Learn more

at calgarylibrary.ca/indigenous

Share Your Library Story

With 740,000 active members and 21 locations, the Library has been inspiring the life stories of Calgarians for more

than 100 years. We want to know how the Library has

made a difference in your life. Why do you love the

Library? Did we help you find a job, or bring your family

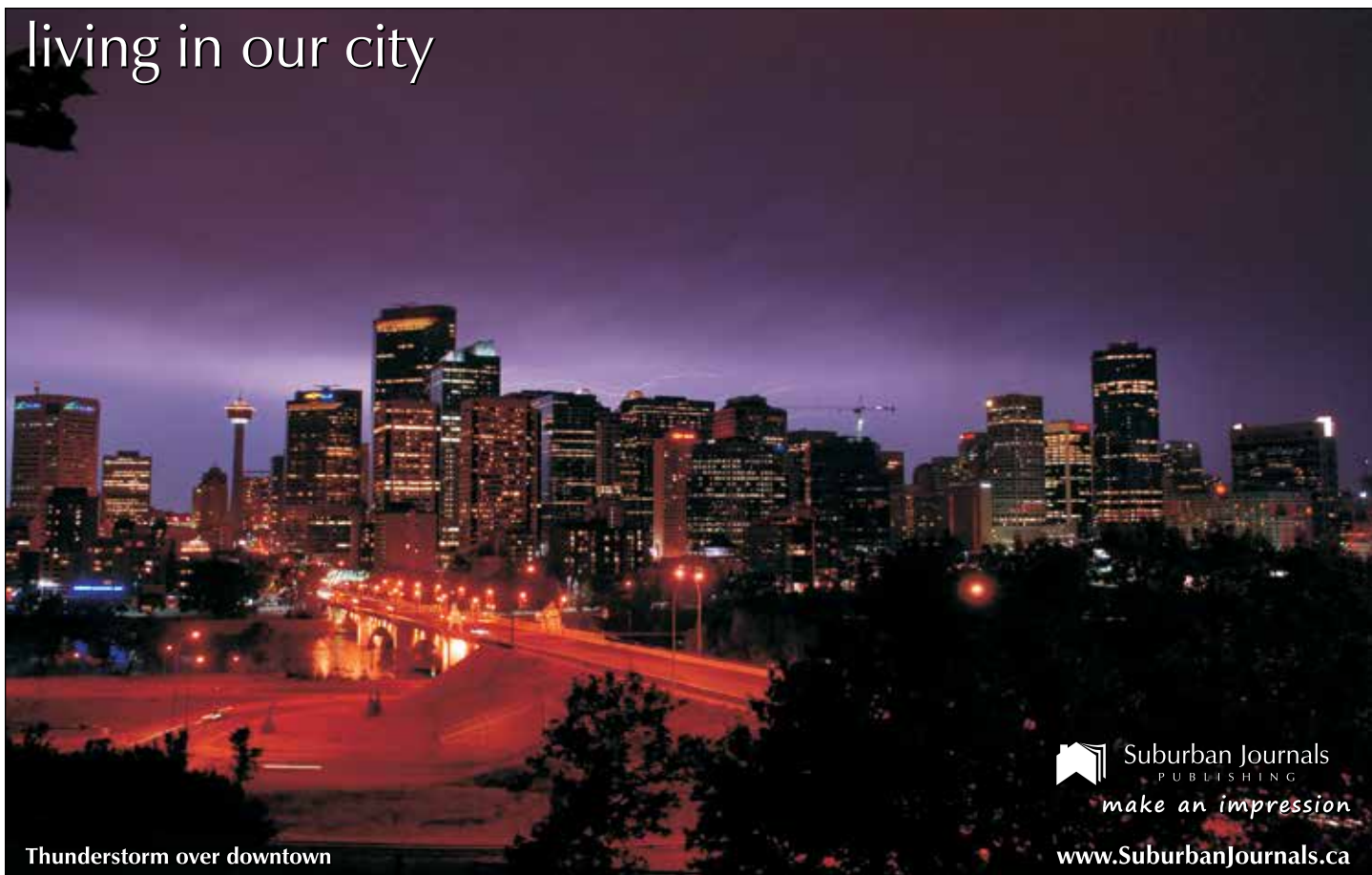
closer together? What Library programs or services are

essential to you? Let us know by sharing your Library

Story at calgarylibrary.ca/library-stories and read the

stories of other Library lovers in your community.

living in our city



Thunderstorm over downtown



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Word Search

BEGINNING	HOLIDAY
CALENDAR	HOURLASS
CELEBRATION	JANUARY
CHAMPAGNE	KISS
CHEERS	MIDNIGHT
CLOCK	MUSIC
CONFETTI	NEWYEAR
COUNTDOWN	NOISEMAKER
DANCE	PARTY
GOALS	RESOLUTION
HAPPY	STREAMERS

A	N	U	P	X	H	W	I	X	T	F	Q	U	P	D	D	P	A
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