

FEBRUARY 2020



ROCKY RIDGE
ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

Building Community Relationships

Kids' Spring Sports

RRRO Community Garden

"Bobcat Mom and Kittens" by Yvette Koop



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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

Email: contact@cascadesroyaloak.com

Website: cascadesroyaloak.com

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

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Advertising Sales:

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

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President's Message



Hello Everyone, I hope 2020 has started off great for you all!

I'd like to take a moment this month, to address what the Rocky Ridge Royal Oak Community Association's function is within our community.

Over the holiday, as I was endeavoring to recruit new people to join the Association, I was shocked that many people didn't know what we were all about. The Community Association is a completely volunteer run and not-for-profit organization that plays three major roles.

Firstly, we are an advocate for the community. We have access to representatives of all levels of government and if a concern or a potential development project is brought to us that may potentially affect the community we can act as a voice for the community.

Our second role would then be, to distribute the important information, either from government or developers, to the community at large. This is accomplished through our website, community signage and in the monthly newsletter.

And thirdly, and most importantly, we try to build community relationships and bonds, that can really have a positive effect on our quality of life. We do this by hosting various community events, providing affordable Spring sports programs, and bigger projects such as constructing our Community rink and park. We also try our best to work with other community groups to help forge stronger ties between all. Simply put, we try to do anything that can potentially bring the people of our community closer together.

It should be noted that Rocky Ridge Royal Oak Community Association represents all of Rocky Ridge and Royal Oak and is unaffiliated with the various Home Owners Associations within our community, such as the Rocky Ridge Ranch or the Royal Oak Cascades HOA. We welcome everyone who lives here to become a member of RROCA, and you can be sure the price of your membership (\$30) goes to the benefit of the whole community. You can sign up online, via our website, www.rrroca.org. And did you know, the membership fee is waived for anyone who wishes to volunteer and help out! Just send an email to Volunteers@rrroca.org. We have a variety of opportunities available, maybe one is right for you!

Something to keep an eye out for in the near future, is signs and announcements for our kids Spring sports programs, which should be open for registration by mid to late February, by accessing the RRROCA webpage at rrroca.org

I hope everyone has an excellent February and manages to have some winter fun!

Dino Petrakos



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Volunteer Corner

New Year Volunteer Opportunities

It's not too late to make a New Year's resolution. Consider this one:
'*Make an impact in my community*'.

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge 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 (CRITICAL)

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.

View from the Volunteer Chair

The new year brings a fresh new start to all of the wonderful events, programs and improvements that Rocky Ridge Royal Oak Community Association has planned each year. Unfortunately, some of these were unable to take place last year due to not having enough volunteers. Currently, RRROCA is in need of a Programs Chair. Without one many of these programs are in jeopardy. Our promise to you as a board is that we have banded together as a team to help cover this position as best we can. We really do need someone who can dedicate some hours to organizing soccer and baseball teams for the young players. I promise we will not leave you alone in this position and will help you along the way. If this is something you are interested in please email me at volunteer@rrroca.org.

I would like to take a short moment to introduce myself since I am both new to RRROCA and to the community. My family and I have lived in Royal Oak for one year and our son attends William D Pratt. I bring with me over 7000 hours; likely more; volunteer hours from various non-profit organizations in Ontario, Saskatchewan and Alberta. This is why I chose Volunteer Chair as the position I wanted. Volunteering is a passion I have and something I enjoy. Whether while leading a team as part of my employment or during volunteering I have always made a promise to never leave questions unanswered, to always be there when needed, and available by phone when needed. I never leave anyone alone. I look forward to working with the volunteers we already have and hope many more will help out with events planned.

Have a great year!

Angel Root-Lussier

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



Kids' Spring Sports

Spring Sports is slated to start in late April. Registration for will begin mid/late February.

Programs (and age group) will include: T-Ball (2013/2014), Coach Pitch (2011/2012) and Soccer - U4 (2015) to U12 (2008).

The Sport Programs Need Volunteers!

We presently do not have a Programs Chair/Director to head the spring sports. Parents, guardians, sport fans (and anyone who wants to support our youth), please consider volunteering as a Co-Director or as other key roles required per sport group. The success and smooth running of these programs hinges on the availability of volunteers.

Find more details about registration and volunteer positions at www.rrroca.org

If you have any questions with regards to the programs, please email: programs@rrroca.org

Photographers Corner



"Ribbon Creek Kananaskis" by Carole Westlake



"Bobcat Mom and Kittens" by Yvette Koop



"Bobcat Mom and Kittens" by Yvette Koop

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



RRRO Community Garden

Grow & Get to Know

Gardening is a great way to connect with your local environment and community, and to gain an appreciation for what it means to grow your own food. Whether you have tried your hand at gardening before or have ever wondered what it feels like to grow a plant from a seed, community garden offers opportunities to connect with others and learn new things.

The RRRO community garden has been in the community since 2009 and together with the community and the city, we have secured a suitable spot to keep the garden growing strong. Today the garden has 39 raised garden plots, fruit trees, flower and berry beds. Also, on site are 3 compost bins, tool box with garden tools and access to water.

If you haven't had a chance to see the RRRO Garden yet, go for a walk and take a tour! The garden is located north of the baseball diamonds in the field near Royal Oak Drive and Royal Birch Gate N.W. Though the garden is not green and lush quite yet, another community garden season awaits!

Join the RRRO Community Garden: Plot Registration Open Soon!

Registration for this year's garden will open March / April. Everyone from the RRRO community is welcome to join. Interested gardeners can send an email to rrrocommunitygarden@gmail.com to find out about open plot opportunities. The time commitment per month is 4-6 hours including watering, plot care, maintenance and garden volunteer opportunities. For 2020 plot registration fees are \$40.00, a valid RRRO community membership is mandatory.

Stay Connected

You can now connect with RRRO Community Garden on Facebook. Here you can learn about upcoming events and volunteer opportunities, share ideas, photos and get inspired about gardening and growing your own food. Visit www.facebook.com/rrrocommunitygarden. We look forward to sharing the garden season with you.

RRRO Community Garden Committee



Storm Ponds - Reminder to Stay off the Ice

Storm ponds are not intended for recreational use. The water in storm ponds is constantly flowing with fluctuating water levels and contains pollutants. For the health and safety of the public several activities are prohibited, including swimming, skating, boating, fishing and fish stocking.

Storm Ponds are natural looking man-made facilities designed to collect runoff following either a rainfall or snowmelt event.

Besides helping to mitigate local flooding, the 200 plus ponds that The City currently operates and maintains, improves the quality of water that eventually reaches the rivers.

Storm ponds or wet ponds collect water and run-off from the storm water system, trapping sediment and pollutants such as oils and chemicals from driveways and roadways, fertilizer, pesticides, and sediments and debris from roads and underdeveloped areas, helping return cleaner water to rivers and streams. These ponds are a vital part of Calgary's storm water system.

For more information please visit calgary.ca/stormpond.

A Sampling of Concerts

- **Theory of a Deadman:** February 8, Grey Eagle Event Centre
- **Bedouin Soundclash:** February 12, The Gateway (SAIT)
- **We Are Old Dominion:** February 14, Scotiabank Saddledome
- **Little River Band:** February 15, Grey Eagle Event Centre
- **Alan Doyle:** February 28, Southern Alberta Jubilee Auditorium

Alberta landscapes



Canola in bloom
near Stoney Plain



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Farmer's fields
near Edmonton



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In Our City

Councillor Report

Council approved the 2020 Adjustments to the One Calgary Service Plans and Budgets. Listed below are three decisions Council made and the implications for The City and its residents.

2020 Budget and Service Levels

Council effectively set the tax rate increase for 2020 at 0%. They approved the 1.5% scenario proposed by Administration, and then directed one-time money to bring the rate increase down to 0%. This decision preserves the Calgary Police Services and Civic Partners budgets. Council tasked Administration with finding the one-time dollars permanently in The City's base budgets for 2021 and 2022.

Tax Share

Council made a fundamental change to the way taxes are shared between residential (i.e. homeowners) and non-residential (i.e. businesses, commercial and industrial) taxpayers from 49:51 per cent to 52:48 per cent residential to non-residential. This decision eases the pressure put on businesses and building owners from the loss of value in the downtown core.

Provincial Off-Loading

The Provincial budget reduced funding to The City by \$13M, largely to Calgary Police Services. Council approved a flow-through to taxpayers to cover this shortfall.

Implication

As a result of these three decisions, the typical single residential home will see a total increase to their property taxes of \$12.50 per month (\$1.14 per month as a result of provincial off-loading and \$11.36 per month due to the shift in the tax share). These decisions are prudent while acknowledging the challenges faced by businesses. The City will continue to modernize services and help realize further savings across the organization. Together, The City will develop strategies and implementing initiatives to achieve target budget reductions of \$24 million in 2021 and \$50 million in 2022. Unfortunately, there will be staff impacts.

Ward Sutherland, Councillor, Ward 1

"Believe you can and you're halfway there."

—Theodore Roosevelt

February Is Heart Month

Do you know the signs & symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;



- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

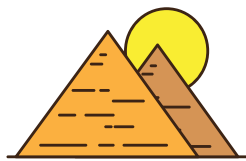
Emergency Medical Services, Alberta Health Services

Did You Know... These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

DID YOU KNOW??

Peru has more pyramids
than Egypt.





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 Oyebanji
Director	Collin Smith
Director	Michael Morrison

Events & Programs

Ice Skating and Winter Activities

As of January 9, 2020, the ice is thick enough to skate!

Please note the following:

- The ice surface is quite bumpy at this time (especially in the middle). The ice has been cleared but we are still working on re-surfacing. Please be mindful of the fact that our ice is "natural" and as such there are imperfections on the surface.
- The ice is unsupervised.
- The ice is not divided at this time. Please share the area and be mindful of others.
- Helmets are recommended for all skaters.

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

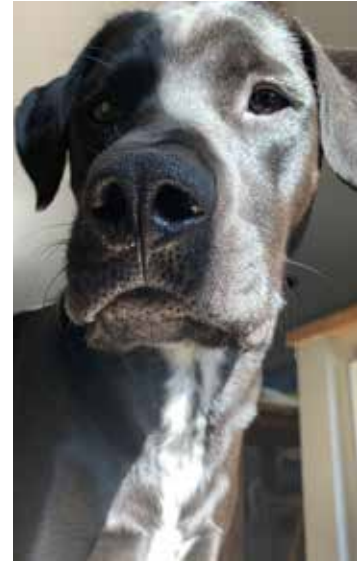
Winter Programs

Registration is now open for the winter session of programs running from January 6th until the week of March 30th. Programs offered include a variety of Yoga classes, Pilates, and Kid's Music. Our full program listing is available on our website at www.rrrha.ca.

In Our City

Be a Responsible Pet Owner!

February is Spay and Neuter Awareness month and Humanity In Practice is highlighting pet responsibility. In 2018, Canadian shelters took in more than 81,000 cats and just under 30,000 dogs and only about half of these animals were adopted. Adopting or fostering a pet from a rescue organization is an excellent way to save a life while bringing more love into your home. There are many adorable, healthy, mixed breeds looking for their forever home.



Did you know that the City of Calgary offers a No Cost spay/neuter surgery through their Fair Entry Program? There are also a few low-cost Spay/Neuter programs in our city. More information on these at Calgary.ca.

Anyone who has had a pet knows that the benefits of pet ownership outweigh the expense in uncountable ways! A family pet gives affection, teaches us patience, and gives younger family members a chance to take on responsibilities like feeding, training, walking, brushing, and bathing the family pet. What a great way to teach responsibility, build confidence, and instill empathy in our children.

There are other ways to get involved, too. Rescue organizations need volunteers to help with walking and caring for animals, amongst other things. Youth between the ages of 10 and 16 years can volunteer (along with an adult) at AARCS. It's a fun way to learn together and for youth to get volunteer experience prior to applying for that first job. The Humane society offers many animal education experiences like camps, clubs, and hosting birthday parties at their facility. Parties include a tour and resident animal guests.

H!P's February project is to collect home-made or bought dog and/or cat treats to share with animals in shelters and recovering from surgery. More info is available on their web site at www.behip.ca.

by Irena M. Kongsuwan

Winter is Fun, but Make Sure You Stay Safe!

Every year 25-30 Canadians die in ice-related incidents, and countless others fall through ice, often having a close brush with death!



Here are some helpful tips to help you stay safe:

- Always stay a safe distance back from riverbanks and lakeshores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and whether it can hold the weight of a person or animal.
- If a person or an animal falls through the ice into water, call 9-1-1. Don't try to rescue them yourself. Encourage them to kick, pull themselves up onto the ice and roll, rather than walk, towards the shore.
- When skating outdoors, only skate on open ice surfaces specifically designated for skating like City of Calgary or community rinks.

If you fall through the ice:

- Stay calm, try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and onto your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you witness a person falling through the ice stay back, do not go onto the ice. Call 9-1-1.

For more ice safety information, visit:

www.calgary.ca/CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx

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Canola in bloom
near Stoney Plain

Community Policing

Community policing is, quite simply, police officers and Calgarians working in partnership, to prevent crime, and to find long-lasting solutions to the problems that threaten public safety.

This innovative approach to policing focuses on fostering positive relationships, engaging the community, and maintaining an open dialogue between the police and members of the community.

The reality is that police officers cannot be everywhere all the time. It is very important for Calgarians to let police know of about suspicious or criminal activities going on in their neighbourhoods. This information allows for the allocation of appropriate resources to investigations and crime prevention strategies.

The Calgary Police Service works with Calgarians to learn about community priorities, the needs of crime victims, and how to best serve our city.

Calgarians are encouraged to maintain positive relationships with their neighbours, local school officials

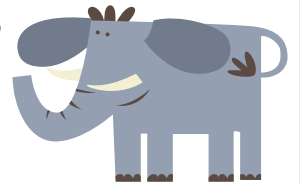
and community organizations in order to have a better understanding of the dynamics in the community. This will allow for everyone to note when something is amiss, and to work together to keep communities safe.

It is important to call 911 to report a crime in progress. Call 403-266-1234 to report suspicious individuals/vehicles, and crimes in your neighbourhood.

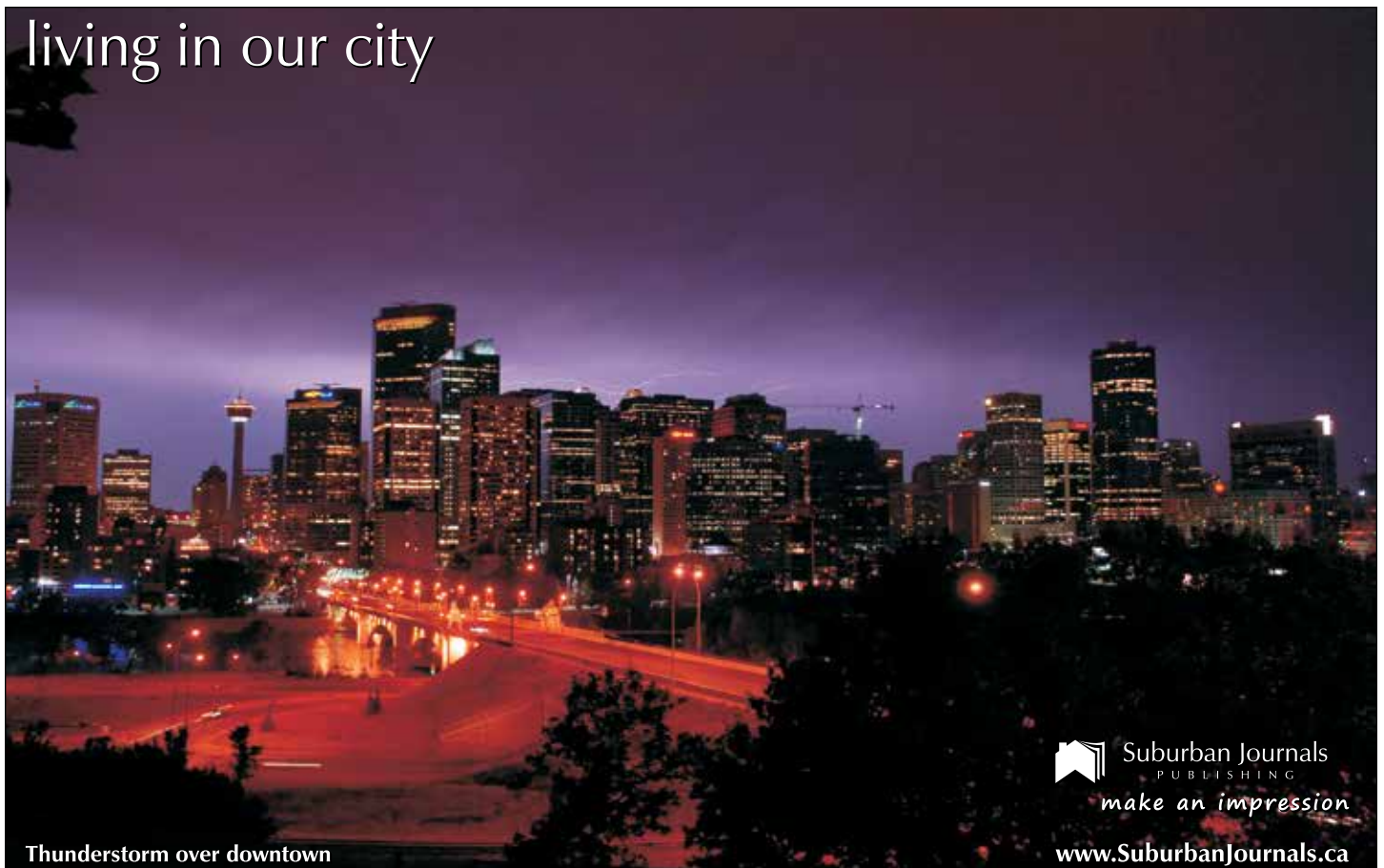
Some property crimes can be reported online at www.calgarypolice.ca. The Calgary Police Service also has a Crime Mapping feature online that will educate Calgarians about the types of crimes that have been reported in various communities.

A message from the Federation of Calgary Communities

DID YOU KNOW??
Elephants are the only mammal that can't jump.



living in our city



Thunderstorm over downtown



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