

MARCH 2020



ROCKY RIDGE
ROYAL OAK

Your Community Newsletter since 2005

VIEW

Suburban Journal

Volunteers Needed

**Spring Soccer
Registration
Open**

**Keep Calm and
Build a Kit**



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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@roeha.ca • www.roeha.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

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

The ad booking deadline is the 14th of the month prior to the distribution month.

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President's Message



Hi everyone,

I hope the winter season has been good to you, and that you've all been able to have some fun despite the colder weather. I know the kids and I have enjoyed the toboggan hill and ice rink this last month in particular. Our community really is a wonderful place to live and raise a family and I'm so happy that I lucked into living here, and I sincerely hope you feel the same way.

As winter starts to fade, we can start to turn our attention to the coming spring. Registration for spring soccer is open and the Community Association this year has partnered with SoccerTech, so that we can offer an affordable soccer program for a wider group of ages (2 to 18). This will give participants a chance to be a part of the Calgary Minor Soccer Association which allows them access to weekend soccer clinics, and our parent coaches access to coaching clinics and some guidance when putting practices together. You can register for spring soccer at either the RRROCA webpage at www.rrroca.org, or by visiting the SoccerTech site at www.soccertech.ca and clicking on the link to our community.

Before signing off on this month's message, I would like to once again state that we are in urgent need of a volunteer from the community to take the Programs Chair role on the Board of Directors. Without this pivotal role, we have a lot of trouble offering the community the variety of programs we would love to have. If you have the time and wish to help out the Community Association, please send an email to Angel at volunteer@rrroca.org

I wish everyone a fantastic March!

Dino Petrakos



It's The Best Time To Purchase RRROCA 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

Registration is Open for Soccer!

RRROCA has partnered with SoccerTech for the soccer program. See the next page for age groups and other program info.

Programs for T-Ball / Coach Pitch will be announced within the last week of February.

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

Volunteer Corner

Volunteer Opportunities

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

Communications Lead

Implements and maintains internal communications tools within RRROCA, and also assists with external communications as directed by the Communications Chair and/or President. **Time commitment:** 5 hours/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.

2020 RRROCA SPRING OUTDOOR SOCCER

Play the Beautiful Game in Rocky Ridge Royal Oak!

Volunteer Opportunities First Come, First Served!!
Complimentary Academy Training for U6-12 provided by SoccerTech and Calgary Rockies FC!

Child

| |
|---|
| U4RR - 2016/2018 - Mon/Wed - 5:45-6:30 pm - Rocky Ridge - \$55 |
| U4RG - 2016/2018 - Tues/Thurs - 5:45-6:30 pm - Royal Oak - \$55 |
| U5 - 2015 - Mon/Wed - 6:30-7:30 pm - Rocky Ridge/Royal Oak - \$55 |
| U6 - 2014 - Tue/Thurs - 6:30-7:30 pm - Rocky Ridge/Royal Oak - \$70 |
| U8 - 2012/ 2013 - Mon/Wed - 6:30-7:30 pm - Royal Oak - \$70 |
| U10 - 2010/2011 - Tues/Thurs - 6:00-7:00 pm - RRRO/Calgary - \$85 |

Jerseys and Socks (U4-U10), Medals (U4-U8) and a Soccer Ball to keep (U4-U6), Professional Pictures also included.

Youth

| |
|---|
| Girls Mon/Wed - Boys Tues/Thurs |
| U12 - 6:30-7:55 pm - RRRO/NHCA - \$90 |
| U15-18 - CMSA - TBD - \$95 |

Jersey Kits, Professional Pictures included.

Pre-purchased RRROCA Membership required!

Registration for the RRROCA Spring soccer season is now open. Teams are being set up for ages 2 to 18 years old, and are being run in cooperation with SoccerTech, a recognized Calgary Minor Soccer Association not for profit group, dedicated to building up youth soccer in Calgary.

Register at <https://soccertech.ca>

Please make sure you have a valid RRROCA membership before proceeding to the registration site. Only one membership needed per family. Memberships can be purchased or renewed by following the link found at <https://rrroca.org/en/soccer>



Our Schools

St. Sylvester School

Bonjour from the staff and students of St. Sylvester.

With the first day of spring just a few weeks away, we are all anticipating the warmer, longer days ahead. Students at St. Sylvester had the opportunity to participate in our annual Winter Carnival. French Canadian culture was celebrated with sugar shack and a musical performance during the week of February 10.

Teacher's convention was held on February 13 and 14.

This is also Lenten Season which began formally on February 26 with Ash Wednesday Mass. This is a time for personal reflection, preparation, and prayer.

Other Important Dates:

| | |
|---|----------|
| Progress Reports issued: | March 12 |
| Parent Teacher Conference (no school): | March 19 |
| Professional Development Day (no school): | March 20 |
| Stations of the Cross: | April 8 |
| Holy Thursday (last day of classes before Easter break) | April 9 |

We would like to extend our very best wishes to all families for a happy and holy Easter.

A Sampling of Concerts

- **Black Label Society:** March 7, MacEwan Hall
- **Burton Cummings and Band:** March 18, Grey Eagle Event Centre
- **The Blue Stones:** March 21, The Gateway (SAIT)
- **Jesse Cook:** March 27, Southern Alberta Jubilee Auditorium
- **Hotel Mira:** March 27, The Gateway (SAIT)
- **Foreigner – The Hits on Tour:** March 28 & 29, Grey Eagle Event Centre



Alberta landscapes



Canola in bloom
near Stoney Plain



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In Our City

Councillor Report

2020 Budget Outcome

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. There will be staff impacts.

Ward Sutherland, Councillor, Ward 1

"Be the change that you wish to see in the world."

- Mahatma Gandhi

Events In and Around Calgary

Calgary Home & Garden Show

February 27 – March 1, BMO Centre. The show has more than 550 hundred exhibitors and experts offering great products and ideas for landscaping, decorating and renovating your home. You can also expect to see internationally known designers sharing their secrets of the trade and inspiring the home decorator. Everything Home and Garden! www.calgaryhgs.com

Harry Potter and the Prisoner of Azkaban in Concert:

March 12 – 14, Southern Alberta Jubilee Auditorium. Relive the magic of your favorite wizard in Harry Potter and the Prisoner of Azkaban in Concert. Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by the music of the Calgary Philharmonic Orchestra performing John Williams' unforgettable score as Harry soars across the big screen.

www.calgaryphil.com

Alberta Ballet in Peter Pan

March 18 – 21, Southern Alberta Jubilee Auditorium. Alberta Ballet is excited to bring this classic family production to the Jubilee stages in the spring of 2020. Fairytale ballets have become a constant in our repertoire, and we can't think of a better story to share with the young and young at heart. www.albertaballet.com

Grape Escape Saturday

March 21, BMO Centre. Calgary's favourite festival with over 100 booths and hundreds of products to sample. It's not just wine! Try local beer, spirits, cocktails and even nibbles from food booths. Grape Escape sells out so get your tickets early online. www.coopwinespiritsbeer.com

Calgary International Salsa Congress

March 26 – 29, Hyatt Regency. On March 26 to 29, Calgary will welcome the Salsa world's best international performers and world famous salsa dancers for a weekend of workshops, performances, salsa music, and dancing. Be mesmerized by a theatre-style production featuring some of the best salsa dancers in the world, local professionals, and troupes from all over North America, flown in for one weekend only. Spectacular salsa showcases and after parties will take place Friday, Saturday and Sunday at the elegant Hyatt Regency Imperial Ballroom. danceevent.ca/cisc



6th Annual Rock-A-Palooza Rock N' Gem Show!

March 26 – 29, Spruce Meadows. Our resident Indiana Jones of Minerals is at it again and the mineral kingdom will never be the same. The crystal kingdom has called to this gemstone junkie, and he has traveled the world to bring his favorites back to you! So mark your calendars Rockhounds, to join Chris and his band of adventurous souls for a four day mineral experience you will never forget! www.canadagemshows.com

Calgary Outdoor Adventure Show:

March 21, BMO Centre. Over 200 Exhibitors offering the latest camping gear, paddle sports, outdoor clothing, scuba diving & ultimate adventure travel destinations! PLUS - over 60 adventure presentations to help you plan your next adventure. www.outdooradventureshow.ca/calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

DID YOU KNOW??

Your odds of finding a four-leaf clover are about 1 in 10,000.





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 Oyeboji |
| Director | Collin Smith |
| Director | Michael Morrison |

Events & Programs

Ice Skating and Winter Activities

As of February 5, 2020, the ice is open and has been scraped and flooded to a smooth surface.

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

Winter Cart Collection Tips

Snow and cold can bring some challenges in getting your blue, green and black carts picked up. But follow these winter tips and collection day will be snow big deal.

Putting out your carts

- Clear snow and ice to put your carts on even ground. Place carts in a dry area so they don't get frozen to the ground.
- Don't place carts behind or on top of snow banks.
- Remember to space your carts – if you can walk between and around your carts easily, that should be ok.

Green cart

- Crumple up flyer sheets into balls to line the bottom of your green cart. This will prevent material from sticking to the cart.
- Freeze your food scraps before putting out into your green cart.
- Put your material into the cart closer to pickup day so it has less time to freeze in the outside cold.

Blue cart

- Clear snow off your cart lids, especially the blue bin. Keep the lid closed so that paper and other recyclables stay dry.

TIP: As you're clearing snow off your vehicle, brush the snow off your carts at the same time.

City of Calgary



Keep Calm and Build a Kit

The power is out. The roads are impassible. Do you have what you need to take care of your family until the situation improves?

A 72-hour kit doesn't have to be expensive and it doesn't have to take up a lot of space. It just helps you take care of yourself, staying safe and comfortable, so that we as first responders can take care of those in greatest need.

Here are some tips to help you get started:

- *Make it a family activity.* Include your kids on the discussion and use it as a way to talk about emergencies, how you plan to communicate with one another about your whereabouts and how to evacuate the house if needed.
- *Start slow.* Store what you can today and accumulate other items bit by bit. Start with even one or two food cans each grocery trip.

- *Let it roll:* Make sure your kit is 'to-go' friendly, with wheels or able to be easily transported to your vehicle in case.
- *Date stamp it:* Pick a date to revisit restock items and write your inspection date on tape on the side of the kit. Put a recurring date in your calendar to see whether there are items to replace.

So what do you put inside? Important documents, flashlight, radio, candles, food stuffs, items for kids and pets. The best kit is the one that works for you and your family. Visit calgary.ca/getready to learn more.

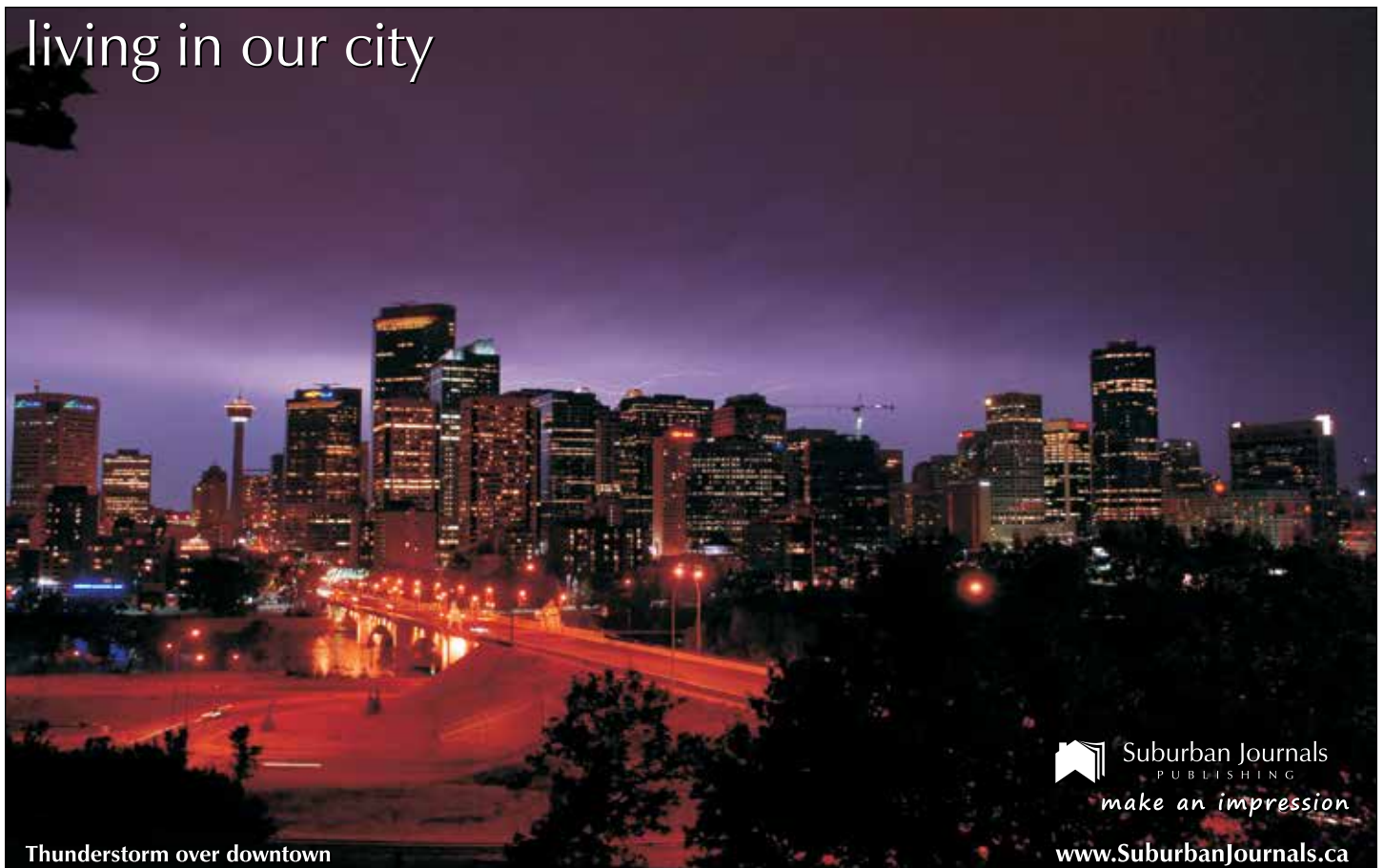
City of Calgary

DID YOU KNOW??

Honey is the only natural food which never spoils.



living in our city



Thunderstorm over downtown



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Event Centre Community Engagement

Help shape the visitor experience at the new Event Centre in Calgary's emerging Culture & Entertainment District. We want to hear from all Calgarians! From January 29th until March 27th, participate in online and event engagements.

What We'd Like to Know

Following Council's approval and execution of the Event Centre agreement, we are coming back to the community to gain insight into what Calgarians envision for the project and how we can inspire the project team to create a one-of-a-kind visitor experience, unique to our city and a source of pride for all Calgarians.

We're seeking input on the user experience, programming, and amenities to help inform the design and function of the facility, its surrounding public spaces and the food, beverage and retail offerings that will complement it—so we can learn what matters most to you!

Findings will be collected and reviewed and provided to the design team to support the design process. Findings will be publicly available once the engagement program concludes.

For more info or to participate online, visit: <https://bit.ly/391cTlg>

Ward Sutherland, Councillor, Ward 1

Did You Know... These Facts About March

- The birthstone of March is aquamarine.
- The birth flower is the daffodil.
- The two zodiac signs in March are Aries (March 21 - April 19) and Pisces (February 19 - March 20)
- March is named after Mars, the Roman god of war.
- Spring arrives in March! This year it falls on March 20.



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Canola in bloom
near Stoney Plain

Start a Smoke-free and Vape-free Life

You're ready to start a smoke-free and vape-free life. Here are some suggestions for you, as you get ready to make the change.

1. Stock up on supplies

Withdrawal on the first day—and after—can be intense. Using nicotine replacement therapy or pharmacotherapy doubles your chance of successfully quitting. Get advice from a pharmacist or your doctor.

And have lots of healthy snacks and gadgets on hand to help with cravings, keep your hands busy and keep you distracted. Common supplies include:

- Gum or mints
- Cinnamon sticks
- Unsalted sunflower seeds
- Crunchy veggies such as carrots and celery
- Herbal or decaffeinated tea
- Stress ball, fidget spinner or Rubik's Cube
- Supplies for current or new hobbies such as knitting or painting.

2. Stay positive

Try not to let negative thoughts overtake you. Quitting is hard, and for the first few days you'll need to take it one hour at a time. But remember, you've got this. Make a list of your reasons for quitting and keep it handy—in your wallet, on your fridge door, even taped to your computer at work.

Try to focus on why you chose to quit in the first place and envision how good you'll feel when you are smoke-free for good! Think of a positive mantra—perhaps “I will beat this and be smoke-free”—and repeat it over and over if you feel negative thoughts slipping in.

3. Avoid your triggers

Triggers may include places, people or situations that cause you to want to smoke or vape. Everyone has their own triggers, so know yours and avoid them where possible.

Remember the four Ds: delay, deep breathe, drink (water) and do.

Here are more tips for overcoming common triggers:

- Alcohol can reduce your resolve to stay quit. Consider drinking water or herbal tea as alternatives.



- Avoid caffeine, as it's a major trigger and can give you the jitters. Try an alternate beverage like tea, juice or water.
- Stress can trigger an urge to vape or smoke, so try to stay calm and do some deep breathing. Consider yoga or meditation to help you stay relaxed.
- Avoid being around other people who smoke or vape. This might be hard if your family or friends smoke or vape, but ask that they don't smoke or vape around you and organize activities where people can't smoke, such as going to the movies.
- If sitting around after meals is a trigger, get up and move. Do the dishes, brush your teeth, call a friend, go for a walk or go to the gym.

4. Find help

QuitCore is a free group support program that provides Albertans 18 years and up with the tools and skills they need to quit vaping and using tobacco. The program consists of six 90-minute sessions over a period of up to nine weeks at various locations around the province. To get help, text: ABQUITS to 123456. Or call 1-866-710-7848.

Or join a group in your community to share your stories, learn new coping strategies and celebrate milestones together. To find a session near you and to get customized email tips about quitting, go to www.albertaquits.ca.

Lastly, remember that setbacks sometimes happen. They don't mean you've failed. Slipping up is a normal part of the process, and we learn new things each time we try. It is possible to successfully stop smoking. Sometimes you have to just keep trying.

Alberta Health Services