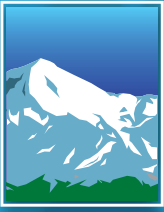


FEBRUARY 2021



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

Happy
Valentine's
Day

February
is Heart
Month



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

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.

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from local retail outlets. Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the Rocky Ridge Royal Oak View should not be interpreted as recommendations or endorsements by the editor or the publisher.



Suburban Journals
PUBLISHING

make an impression

- 32 Calgary communities
- more than 80,000 homes
- over 200,000 residents
- Unlimited response

Suburban Journals publishes community newsletters for:

Arbour Lake, Bearspaw / Glendale, Citadel, Dalhousie, Evanston / Creekside, The Hamptons, Hawkwood, Kincora, Nolan Hill, Ranchlands, Rocky Ridge / Royal Oak, Sage Hill, Scenic Acres, Silver Springs, Tuscany, Valley Ridge, Varsity in the NW; Saddle Ridge, Skyview Ranch (including Redstone) in the NE; and Aspen Woods / Wentworth, Cougar Ridge / West Springs, Signal Hill (including Signature Park and Richmond Hill), Strathcona (including Christie Park) in the SW of Calgary.

For the best return on your advertising dollar, call Phil today at 403-660-7324 or email Phil@SuburbanJournals.ca

www.SuburbanJournals.ca

Councillor Report

New Ice Bikes and Ice Trail at Bowness Park

The City of Calgary is excited to announce a new 1.6 kilometre ice trail was opened for Calgarians to enjoy recreational skating. In addition, Calgary has become the first city in Canada to offer ice bikes, which are available to rent now for use on Bowness Park Lagoon. Current public health orders must be adhered to when using the ice bikes and the Bowness Park ice trail.

These experiences are part of The City's ongoing commitment to delivering value for Calgarians' investment and further activating parks during winter months.

The ice bikes are available to rent from the Bowness Park Skate Shop, operated by the University of Calgary Outdoor Centre. They are a safe, stable alternative to skating, or for those who want to try something new. Like a traditional bicycle mounted on a sled-like platform, users can pedal and steer around the ice as they would on a road. The bikes are single speed and users can simply pedal backwards to stop.

For those looking for an alternative to skating on the Lagoon, the Bowness Park ice trail is a new option being offered. The surface of the ice trail is approximately eight centimetres thick and was created by flooding the grass with water, in layers, until a thickness for skating was reached.

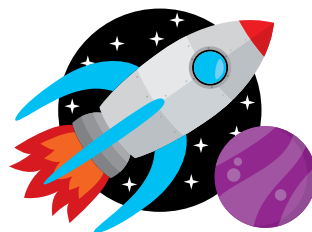
Between each rental, the bikes are sanitized, cleaned and then they're brought back out and ready for use. The City asks that all park visitors and users maintain a proper safe distance of 2 metres, as well as consider wearing a face covering or a mask.

Ward Sutherland, Councillor, Ward 1

This Month in History

February 20, 1962

Astronaut John Glenn became the first American launched into orbit.



President's Message

With long nights of winter upon us, the post-holiday blues of bills, and holiday decorations coming down, it can be a tough time for some. I encourage all reading this to continue to seek ways to lift up those around us through our words and actions. Calling an old friend or making a point of some extra special time for family activities can go a long way to helping those we know stay positive and maintain a healthy mind and spirit.

We are fortunate to live in an area that offers the opportunity for many outdoor, socially distanced activities that can help us make the most of the winter season and in an era where technology can help us feel close even when we are apart.

In December, we received information from the City of Calgary based on direction from Alberta Health Services regarding outdoor rinks and made changes accordingly. Both ice surfaces at the RRROCA Park continue to be available for use with restrictions. We are anticipating an update from the Province and City in late January. Please refer to the signage on-site for the latest information. Thank you to the rink volunteers for your tireless work to maintain the ice surfaces despite snow, wind, and constantly changing temperatures.

On December 18, 2020 RRROCA hosted YYC Food Trucks and a mobile Santa at the RRROCA Park. Thank you to all who participated and those who stopped by to say hi

to Santa. We are always open to suggestions for events and encourage you to send thoughts on potential future events to events@rrroca.org.

As a non-profit association with no paid staff we are always looking for volunteers. If you are interested in volunteering for a position on the Board or with one of the committees, please do not hesitate to contact myself or one of the other executive or committee members.

Jason Kellock

President, Rocky Ridge Royal Oak Community Association



Do You Have Your 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

Photographers Corner



"Johnston Canyon Falls" by Gordon Hunsaker

Volunteer Corner

Volunteer from Home

Volunteers are always important to RRROCA as we work to make Royal Oak & Rocky Ridge an even better community. Thankfully, most of the work required can be done from your home. So if you 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.



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

Signage Lead

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

Sponsorship Lead

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

Photographers Corner



By Tanisha Mattapalli

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? 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

Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

6		8	1			7		2
4	2							
				8	9	6	5	
				7	2		8	
3								7
	6		9	5				
	8	4	7	2				
							7	6
9		6			5	2		8

Answer on Page **XXXXXX**

DID YOU KNOW??

Caramels are the most popular flavor in chocolate boxes, followed by chocolate-covered nuts, chocolate-filled, cream-filled, and coconut.





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

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Office Hours:

Updates to office and park hours will be available online and are subject to change based on Government of Alberta restrictions.

Board of Directors update:

TBD

Ice Skating:

At the time of submission, the lake was more than sufficiently frozen and many members were enjoying use of the ice surface. Please be sure to check our website frequently as ice updates will be posted there on a regular basis, as our frequent weather changes have significant impact on the surface condition.

At any time, if there are "stay off the ice" indicators please do not approach the ice as the conditions may have deteriorated and be unsafe. As weather permits, the surface is groomed prior to 10:00am and the ice bookings are available from 10:00am onwards.

Due to current COVID-19 restrictions at the time of publishing, please note the following important guidelines:

- Entry is limited to a maximum of 6 individuals from the same member household. No guests are allowed into the park at this time. Please check in at the office upon arrival.
- Physical distancing is required between household

RRRHA February Update

user groups. Due to the nature of the activity, it is understandable that this may not always be possible, but we request that to the best of your ability, family cohorts maintain physical distance of at least 6 feet from other user cohorts.

- Due to COVID-19 and the restrictions in place, the skate room will not be operational this year. We have installed overhead heaters (timed) that our members can use to stay warm while getting ready for skating or when taking a break. There will be no access to the games room at this time.
- AS PER THE GOVERNMENT OF ALBERTA MANDATORY RESTRICTIONS no outdoor gatherings are allowed. Park access is meant to be limited to the activities available (playground use, skating, tennis and basketball if weather permits) but is not meant to be used for the purpose of gathering.

Winter Programs

At the time of submission, our Winter programs had been postponed due to the extended provincial restrictions.

**Due to the ongoing and ever-evolving conditions and restrictions surrounding COVID-19, we cannot guarantee that the Winter session will proceed, or that there may not be changes to start, or end dates. Please visit our website for the most up-to-date information as it becomes available to us.

It is our hope that we will be able to offer programs at the Ranch for a shortened Winter session. Our full program listing with dates will be available on our website as we know more.

Sudoku Corner Solution

6	5	8	1	3	4	7	9	2
4	2	9	5	6	7	8	1	3
7	1	3	2	8	9	6	5	4
5	4	1	6	7	2	3	8	9
3	9	2	8	4	1	5	6	7
8	6	7	9	5	3	4	2	1
1	8	4	7	2	6	9	3	5
2	3	5	4	9	8	1	7	6
9	7	6	3	1	5	2	4	8

Keep Your Recyclables Loose

Put your recyclables in your blue cart loose. Make sure your recyclables are not packed too tightly or they will not fall out of the cart during pickup. The only recyclables that should be in bags are bagged plastic bags and bagged shredded paper.

Don't put recyclables in black garbage or blue recycling bags. The recycling facility isn't set up to unbag recyclables and they need to be loose to be sorted by the machines. For the safety of workers, garbage bags are marked as garbage and are not opened.

Visit calgary.ca/recycle for more tips on how to prepare your recyclables properly.

City of Calgary



February Trivia From The Doctor's Office

Did you know that February is national “heart health month” in Canada and the USA? This is the month that brings attention to the importance of cardiovascular health and helps us know what we can do in order to reduce our chances of heart disease.

To help you understand the importance of taking care of your heart and preventing disease, here is a little trivia for you straight from the doctor's office!

Heart disease affects approximately...

- A) 1.6 million Canadian adults per year, and is the second leading cause of death in Canada.
- B) 2.7 million Canadian adults per year, and is the third leading cause of death in Canada.
- C) 2.4 million Canadian adults per year, and is the second leading cause of death in Canada.
- D) 1.9 million Canadian adults per year, and is the third leading cause of death in Canada.

The correct answer is answer “C”. Heart disease affects 2.4 million Canadian adults each year, and is the second leading cause of death in Canada. That is a very serious statistic, and prevention is incredibly important to prevent each of us from being part of that statistic. Please look for and check out my article this month on better heart health in order for you to have the healthiest heart possible!

*By: Doctor Roxanna Bree –
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*

Joke Corner



Q. What did the paper clip say to the magnet?

A. I find you very attractive

Q. What kind of Valentine's Day candy is never on time?

A. ChocoLATE

Q. What did one volcano say to the other?

A. I lava you

Relief for Back Pain

Does back pain or back tension have you tied up in knots? Back strain happens when you overstretch, or pull, a muscle in your back. You may hurt your back in a fall or when you exercise or lift something. Most back pain will get better with rest and time. You can take care of yourself at home to help your back heal.

When you first feel back pain, try these steps:

- **Walk.** Take a short walk (10 to 20 minutes) on a level surface (no slopes, hills, or stairs) every two to three hours. Walk only distances you can manage without pain, especially leg pain.
- **Relax.** Find a comfortable position for rest. Some people are comfortable on the floor or a medium-firm bed with a small pillow under their head and another under their knees. Some people prefer to lie on their side with a pillow between their knees. Don't stay in one position for too long.
- **Try heat or ice.** Try using a heating pad on a low or medium setting, or take a warm shower, for 15 to 20 minutes every two to three hours. Or you can buy single-use heat wraps that last up to 8 hours. You can also try an ice pack for 10 to 15 minutes every two to three hours. You can use an ice pack or a bag of frozen vegetables wrapped in a thin towel. You may also want to try switching between heat and cold.

Other suggestions:

- **Stretch and exercise.** Exercises that increase flexibility may relieve your pain and make it easier for your muscles to keep your spine in a good, neutral position. And don't forget to keep walking.
- **Do self-massage.** Try self-massage to unwind after work or school or to energize yourself in the morning. You can easily massage your feet, hands, or neck. Self-massage works best if you are in comfortable clothes and are sitting or lying in a comfortable position. Use oil or lotion to massage bare skin.
- **Reduce stress.** Back pain can lead to a vicious circle: Distress about the pain tenses the muscles in your back, which, in turn, causes more pain. Learn how to relax your mind and your muscles to lower your stress.

For more help, contact the AHS Rehabilitation Advice Line at 1-833-379-0563, Monday to Friday, 9 a.m. to 5 p.m.

This free telephone rehabilitation service is available for Albertans 18 years of age and over living with pain, decreased mobility, reduced endurance or strength related to a health condition. It provides access to occupational



therapists and physical therapists for advice, education and information on how to access services in your community.

The Rehabilitation Advice Line is also available for community care providers seeking help for patients.

Alberta Health Services

Be a Snow Angel!

“Lucky and proud.”

That's how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it's a neighbour who is just having trouble coping with added responsibilities in his/her life.



When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You'll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit calgary.ca/SnowAngels.

City of Calgary

Recovering from COVID-19

Nutrition is important when it comes to recovering from COVID-19. Here are a few suggestions from the team at Alberta Health Services:

- Try to eat every two-three hours, and include a protein when you eat. Try a higher-fat milk than usual, or a higher-fat cheese. Or choose Greek or Icelandic yogurt instead of regular yogurt.
- Remember to drink enough fluid. Try water, milk, broth, sports drinks or nutrition supplement drinks. Take sips every few minutes if you cannot drink all at once.
- Keep liquids by your bedside so you can sip them if you wake up at night. Try water, fruit juice or sports drinks.
- Even a small increase in protein may help you maintain or gain weight and strength. Choose nuts or trail mix as a snack, add nut butter to crackers or toast, or add skim milk powder or protein powder to smoothies.
- A healthy diet helps keep your immune system at



its best. Your body needs more protein and calories when fighting an infection such as COVID-19. Try adding extra beef, chicken or tuna to casseroles, stew, vegetable dishes or soups.

If you are struggling, 211 Alberta is a free, confidential service that offers info on food hampers, free or low-cost meals and school meal programs. Call 211 or text INFO to 211 or go to www.ab.211.ca and click on “live chat.”

Alberta Health Services

Word Search

AFFECTION	HEART
ARROW	HUGS
BEMINE	KISSES
CANDY	LOVE
CELEBRATE	POEM
CHOCOLATES	RED
CUPID	RING
FEBRUARY	ROMANTIC
FLOWERS	ROSES
FRIEND	SWEET
GIFT	VALENTINE

Q	D	W	M	B	J	C	I	T	N	A	M	O	R	D	M	V	Y
S	E	T	A	L	O	C	O	H	C	R	F	F	L	C	U	D	B
L	Z	R	E	U	P	J	Z	A	C	E	L	E	B	R	A	T	E
G	F	E	B	R	U	A	R	Y	R	Y	O	T	A	P	K	Y	J
U	X	Z	B	K	U	O	C	F	W	S	I	F	F	R	F	T	D
H	W	D	C	H	A	R	U	J	N	G	L	J	H	I	R	Y	E
E	R	F	U	N	S	H	P	D	I	O	L	G	Q	N	G	O	R
F	R	G	V	R	D	B	I	B	W	R	V	O	J	G	C	J	W
G	S	A	Y	N	E	F	D	E	Z	A	O	M	V	P	I	B	U
X	Z	Y	E	M	S	D	R	S	L	F	H	H	L	E	E	R	X
H	C	I	I	W	C	S	D	E	S	W	E	E	T	W	J	U	K
L	R	N	D	H	O	F	N	S	X	C	I	A	I	M	U	P	V
F	E	X	T	L	K	T	M	S	J	M	U	R	B	S	O	B	V
Y	W	K	G	D	I	I	I	I	J	O	S	T	B	E	X	U	R
Z	U	Y	D	N	A	C	J	K	O	V	B	G	M	S	G	P	S
R	H	E	E	B	X	K	M	W	P	E	L	H	U	O	Y	D	F
D	Y	K	L	E	H	L	C	F	G	S	K	L	F	R	A	S	B
S	N	O	I	T	C	E	F	F	A	A	Y	V	R	O	L	M	K

Being Smart With Your Heart

A new year is finally here, another holiday season has come and gone, another decade has passed, and as much as it has been a tough year for most of us, it has also been an eye opening year. Life is crazy, and unexpected situations can come up at any given time, and - speaking of time – as we learned this past year, time goes by so quickly. Time is actually one of the only things that we can never get back once it has passed, and although what I am about to say is over-said, it is also understated: Time is precious, and life is SHORT.

So many things that happen in our life we have complete control over, or at least have partial control. But so many things we have none, and with what has gone on globally over the past year, it is a perfect example of that. But regardless of the global crises of 2020 and continuing into 2021, there has never truly been a better time than NOW - no matter how old or how young you are - to take care of your heart health. Don't wait!

Heart health, unfortunately, not too many people take that seriously or make a top priority, not until something bad happens that effects them personally, or effects a loved one. Preventing heart disease - ALL forms of cardiovascular disease - means making smart choices NOW that will pay off in the long run.

Do you have to change your entire life around? Steps towards better heart health can be made gradually, and it truly isn't as daunting as you may think. Simple decisions to exercise more, eat a healthier diet, and start breaking unhealthy habits such as drinking too much or over-eating... It is steps like this that can add a decade or more to your life. And on the scale of life, that is a very long time! Start now!

Here are some tips to help with your heart health:

- Find a doctor and make sure to have regular and annual wellness exams. LISTEN to what your doctor says! Take the advice given.
- Get your blood sugar checked annually. It may change in six months – you never know! Make this a habit to be on top of your blood sugar.
- Be physically active.
- Know your family history, as having a relative with heart disease increases YOUR risk of having the same disease.
- Don't smoke, and avoid second-hand smoke.
- Tame your stress! Long-term stress can cause an increase in heart rate and blood pressure that may damage the



artery walls. Stress management is incredibly important – it is key - as we get older!

- Watch your weight. Metabolisms tend to start slowing down when you are heading, or already in, your forties. This brings us back to why choosing a healthy diet and getting into a good workout routine is so important.
- Here is one tip that you may not have expected – SNORING! DO NOT brush this off. Listen to your hubby's or wifey's complaints if snoring is becoming intolerable! One in five adults have at least a mild case of sleep apnea. For those of you who are unsure what sleep apnea actually is, it is a condition that can become quite serious, in which your breathing pauses during sleep. If this isn't properly treated, sleep apnea can actually contribute to high blood pressure, heart disease, and stroke.
- Know the signs! Learning the warning signs and symptoms of heart attack and stroke is incredibly important – especially at this age. Not everyone experiences “classic” symptoms such as sudden numbness with a stroke, or severe chest pain with a heart attack. And sometimes symptoms appear different in men versus the symptoms in women. So it is important to be knowledgeable when it comes to your heart.

Our heart is a precious part of us, and when it stops beating, our light forever goes out. It is important to take our heart health seriously at any age, and the earlier heart health is taken seriously, the better. Our life is not promised tomorrow, it is out of our control. But what we can do is work hard at preventing anything that will take our tomorrow away. Stay safe everyone, and make 2021 your year for good heart health, and good health in general

**By: Doctor Roxanna Bree –
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD**