

APRIL 2021



ROCKY RIDGE  
ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

Happy  
Easter

**RRROCA's  
Outstanding  
Community  
Youth  
Recognition**



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## Community and Residents Associations

### Rocky Ridge Royal Oak Community Association

403-879-2820 • [communications@rrroca.org](mailto:communications@rrroca.org) • [www.rrroca.org](http://www.rrroca.org)

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW  
Calgary, AB T3G 4G1

403-547-6633 • [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca) • [www.rrrha.ca](http://www.rrrha.ca)

### Royal Oak Estates Homeowners Association

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

### The Cascades in Royal Oak Residents Association

Email: [contact@cascadesroyaloak.com](mailto:contact@cascadesroyaloak.com)  
Website: [cascadesroyaloak.com](http://cascadesroyaloak.com)

### Elected Officials

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

**MLA:** Sonya Savage

403-297-7104

[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)

**MP:** Pat Kelly, Calgary Rocky Ridge

403-282-7980

[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

### Editor & Article Submissions .....[editor@suburbanjournals.ca](mailto:editor@suburbanjournals.ca)

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

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Phil: 403-660-7324 .....[phil@suburbanjournals.ca](mailto:phil@suburbanjournals.ca)

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**Rocky Ridge Royal Oak**  
COMMUNITY ASSOCIATION

# Councillor Report

## ATCO North West Calgary Connector

The Northwest Calgary Connector (NWCC) project is part of Urban Pipeline Replacement (UPR) and involves installing approximately 14 km of natural gas pipeline that will run along the northwest leg of Stoney Trail within the Transportation/Utility Corridor (TUC), and then along 85th Street NW from Scenic Bow Road to Township Road 261A. As well, ATCO will be building four above-ground facilities. The project is well under way and on schedule.

ATCO has already started and completed the majority of the Horizontal Directional Drilling (HDD) program for the project. This consists of installing the pipeline underneath existing infrastructure and natural features so that there is minimal environmental disturbance as well as a reduction in the construction footprint. Residents may have noticed an increase in traffic and noise as a result of the construction. ATCO has put up noise barriers where 24-hour activity is taking place and will be implementing dust control measures to mitigate the impact to residents as much as possible.

- All trails, pathways and parks (including David Richardson Memorial Disc Golf Park) within the construction route have detours to ensure residents are safe and these will be reestablished in the restoration phase of the project later this year. Although ATCO's pipeline and construction work may be completed in some areas, they will be returning to complete restoration of these areas when conditions allow in the summer months.
- Additional precautions such as physical distancing and additional protective equipment are being worn on-site to ensure the safety of staff and the general public.

For updates or more information on the project, visit:  
<https://www.atco.com/en-ca/projects/northwest-calgary-connector.html>

**Ward Sutherland, Councillor, Ward 1**

*"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"*  
- Muhammad Ali



## Photographers Corner



By Carole Westlake

## YYC Tree Workshops: Pests & Disease

The annual City of Calgary tree workshops hosted by Parks is moving from in-person events to free, online live events due to COVID-19 restrictions.

In April an online tree workshop focusing on pest and disease in trees will be held on three dates and is free for citizens to attend. The workshop will cover what the common tree diseases are in Calgary, what they look like, what treatments can be used and where to go for more information. This is a beginner course, with an opportunity to ask questions about your trees and overall tree health.

The workshops will be approximately 1.5 hours in length and will feature a live Q&A session at the end with a ISA certified City of Calgary Urban Forestry Technician to offer advice and answer any tree related questions or concerns.

Pre-registration is required. If you would like to attend, visit [calgary.ca/treeworkshops](https://calgary.ca/treeworkshops) to register. The link to the



workshop will be emailed to participants two days prior to the program date. Workshops will also be recorded and available to view on the website at a later date.

*City of Calgary*

## 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](http://rrroca.org) to sign up for a membership, or email [membership@rrroca.org](mailto: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 Monique Chiasson at [membership@rrroca.org](mailto: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

## Seniors - Thinking of Downsizing?

### Making Room for the most important things in your life

Many seniors are considering listing their home to downsize either to a smaller home or a retirement home. Downsizing can be a daunting and stressful activity, not only for the affected seniors, but also their loved ones. There are usually decades of emotions and memories along with a lifetime of collected objects contained in their home.

It's important to note these precious memories can remain with them. Downsizing techniques such as digitizing items and photos, reducing collectables or giving legacy gifts away earlier help.

Pace yourself and know that there are many companies that can guide you through the process. The key to a successful transition is planning and preparation. The goal is not to get rid of everything, just to simplify. Many people are suffering in this economy and needy charities would welcome your treasures if family or friends can't take them.

Just start. As overwhelming as it may seem, downsizing can help create a simple, safe and less stressful environment for most seniors. It can be an opportunity to build a new chapter with wonderful new memories in their downsized space.

*Rocky Ridge Retirement Community*

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## Message from Event Chair

Somewhere in the not so distant future, you might find yourself at an airport, about to leave for a vacation. The airport might be abuzz with chatter as people rush to their gates, trying to make their flights. You might see lineups of people side by side at security, or even people shaking hands and hugging. Currently, to some extent, that thought seems inconceivable. It is a complete juxtaposition to the life that we are experiencing right now. These days, a lot of us are only leaving our homes for essential activities. It has become the new norm, and we have all found our own comfortable rhythms within it. However, if you told someone that this is what 2021 would look like, back in 2019, they might have scoffed and called it ridiculous. It's similar to how we might be feeling now about the possibility of ever leaving the house without our masks and hand sanitizer. However, I'm fairly certain that when public health guidelines are lifted and when we are all reintroduced into a familiar but new version of society, we will adapt and things will change again in a blink of an eye. As we are still in the thick of it all, I would like to take a moment to look at some of the things that I hope we take forward with us.

The boom of technology and social media over the last 20 or so years has made a huge impact on our lives, and the past year would have been very different without it. There is no doubt that it helped alleviate the impacts of isolation and lockdown, but I think that one thing we truly learned is that it will never be a perfect replacement for in-person meetings and gatherings. To some extent, as a society, we started taking real connections for granted; it is so easy to video chat and play games online, that it started taking over our lives. However, with social media and technology being our only tools of connection over the past year, we have been forced to halt and take a step back.

I remember the first time that I was able to see my friends after the first lockdown last year. We all drove to an empty parking lot, parked a few spaces away from each other, and sat in our trunks and just talked. Even though we had been talking online throughout the lockdown, there was something so special, so natural, to just see them in person again. It felt so right, and I didn't realize how much I missed it until I was able to experience it again. I think that might be why the second lockdown has been so much harder on everyone. We've been through this before, and we know how it feels, and we're just yearning for that feeling of one day being able to see our loved ones in person again. It's funny how a few years ago, it seemed like virtually connecting with people seemed like the way

forward, but now, it is the opposite. We make the effort to try and see people in a safe and distanced way, and it's worth the time. Technology will never replicate that.

I think a lot of people tried to use this time as an opportunity for self growth, but I don't think that that's necessarily what occurred. What started out as a two-week break for some, quickly turned into a month, and then another month, until it was suddenly a full year. Moreover, although many of us have been at home, it has not been a break or a holiday. It has been stressful and difficult, and I cannot even begin to imagine how it must feel for essential workers. So instead of growing, it became a period of survival and just trying to make it through to the other side.

As many others, I turned to hobbies to keep myself occupied and distracted. For some, it was baking sourdough bread, for others it was getting into gardening, but for me, it was reading. As a kid, I would constantly be reading. Somewhere along the way, though, I lost interest. I don't know if it was just that I got swept up in the hustle and bustle of everyday life, or if overanalyzing dialogues and descriptions in language arts classes soured my interest, but nevertheless, I more or less stopped. I picked it up again this past year as a way to pass the time, and I found a part of myself that I didn't realize I missed so much. A trend that I have seen online this year is people rediscovering favourite shows, books, movies, etc. from when they were younger. I think it is caused by people looking for an anchor in these unfamiliar times, and finding it in something nostalgic and comforting. It's interesting how things come back to us when we least expect it, and I hope we keep up with this, even in the future.

It will be interesting to see what we take from this going forward, and how quickly our lives go back to what we considered "normal" at one point. I don't even know if it's possible for that to happen, or if I even really want that. I know that the past year has been difficult and has caused unimaginable pain for people, but the one thing I really hope that people have taken from this is the realization of the importance of the people in our lives. There is something so primal and natural about basic human connections, and this year has really made that apparent. Sometimes society progresses so fast that we don't even notice what we're leaving behind, whether that be on purpose or accidentally. Although one can argue that technology has given us the opportunity to connect with people more easily, I think it has also driven a wedge between people. I think we've realized this year that what we thought passed as communication, isn't enough.

*...Continued on next page*



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Another thing that I really hope people have realized is how reliant we have been on different forms of art to find slivers of light in an otherwise bleak year. The arts are just as important as more traditional school subjects and careers, and I sometimes think that we forget that.

I'm curious to see what we take from this, and I'm curious to see how we evolve. I think it'll feel strange for a while when it's safe to no longer wear masks in public and I think it'll be weird to be in large groups of people. But if this year has shown us anything, it has demonstrated the resiliency of people, so we will continue to adapt and grow.

Eventually, things will change. From an events perspective, I realize that we weren't able to host as many community events last year due to public health guidelines. I know these events are something we look forward to, as a way to connect with the community and just have fun. We do have a slate of modified events coming this year, and hopefully one day, we will all be able to gather and celebrate together again. In the meantime, I look forward to virtually connecting with you all. In the long run, however, we are social animals, and social media will have to settle for second place.

Nymisha Pabbaraju - Event's Chair

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.

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

Answer on Page XXXXXX

RRROCA's Outstanding Community Youth Recognition

"The youth is the hope of our future" – Jose Rizal

I find this quote very true, especially when I look at some of the youths in our community and I see what they are doing to make a difference.

Whether they are giving up their time to volunteer, being a role model for others, raising funds/awareness for something dear to their heart or becoming a young entrepreneur, we want to hear about it. We want to give these individuals the recognition they deserve and thank them for being an outstanding youth in our community. If you know a youth and think they should be recognized, please email us at schools@rrroca.org with the youth's name & what they have been doing. Also, if you are a youth and think you are being outstanding, then don't wait for someone to tell us about you, email us and tell us yourself. Each month we will feature an outstanding youth in our newsletter and social media.

April's Outstanding Youths

This month we are going to recognize not just one individual but a group of young men that spent a lot of time at our community ice rinks.

Meet Tate

Tate is 15 years old and in grade 9. He volunteers several times a week maintaining our community ice rinks. When he is not volunteering, he is working towards becoming a better athlete. Tate's goal is to play hockey in the WHL and attend university. Tate volunteered at the rink because he saw how many hours and how much work the other volunteers were putting in to maintain the rink. Tate believes its important to volunteer because it not only helps the community but gives younger kids a role model to look up to. Tate's loves how tight knit our community is and how we all come together when needed.



# In Our Community

Thank you Tate for volunteering! Best of luck on your dreams of WHL. We will be cheering you on!

## Meet Jonas

Jonas is 15 years old and in grade 10. Jonas enjoys playing hockey and hanging out with his friends when he isn't volunteering his time to the community. Jonas plans on attending university, getting great grades and moving into a successful career after high school. Jonas wanted to volunteer at the rink because he enjoys helping out our community while having fun. We are very thankful for that, thanks Jonas!



## Meet Jeffery

Jeff is 16 and in grade 11. Jeff enjoys playing hockey, baseball and badminton whenever he can. Jeff's goal is to go into professional sports and go to university as well. Jeff volunteered to teach our skating lessons because he enjoys teaching kids how to play sports and spreading his own joy of sports to the younger kids. Jeff loved spending time at the rink because it was a place that both adults and kids could go play, practice and just enjoy. Thanks Jeffery for volunteering! Looking forward to seeing you reach your goals!



## Meet Aaron

Aaron is 16 years old and in grade 10. Aaron enjoys hanging out with friends, going for walks with his dog and hiking with his family. His goal is to go to university so he can become a schoolteacher. Aaron wanted to volunteer as soon as he heard that teens were allowed to volunteer for it. He thought it would be a great experience, fun and a good way to give back during Covid. Aaron believes it is important to volunteer because it's a way to help the community and really appreciated the hard work he saw the other volunteers putting in.



Aaron likes how safe our community feels, how people seem to all know each other, how friendly everyone is and respectful to each other. Aaron grew up in our community and says it is such a great community for kids. Now add in the community rinks and YMCA and it makes this community even better to him. Thank you Aaron! Glad you want to volunteer at the rink again next year! See you there.

## Meet Tristan

Tristan is 15 and in grade 10. Tristan plays hockey in his spare time and wants to become a red seal mechanic in the future. He thought this was the perfect time to start volunteering as it let him still be active during Covid. He wants to be able to give back to the community because he wants it to be a safe and pleasant place to live. Tristan loves how people, like the rink volunteer group can make a difference and build a better community for all of us. Thank you Tristan! Sorry the ice melted before you could instruct more skating lessons, next year though.



Thank you again to all our outstanding youths. We look forward to hearing your nominations for next month's outstanding community youth.

**Krista DeCarle**  
**RRROCA Director of Schools**  
[schools@rrroca.org](mailto:schools@rrroca.org)

## Sudoku Corner Solution

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



## West Valley Softball 2021

**W**est Valley Softball is the designated softball program for children in your community wishing to play or learn the sport. West Valley offers a Learn To Play program for children born between 2016-2013 and a softball program for girls born 2012-2002. The softball season runs late April to mid- July.

For more information check out the West Valley website [www.westvalleysoftball.ca](http://www.westvalleysoftball.ca).



### Did You Know... These Facts About April

- The birthstone of April is the diamond.
- The birth flower is the Daisy.
- The two zodiac signs in April are Aries (March 21 - April 19) and Taurus (April 20 - May 20).
- April is named for the Greek goddess of love, Aphrodite. The name for the month of April originally came from Aprilis which means to open.
- April Fool's Day may stem from a calendar change in 1582. Pope Gregory XIII moved New Year's Day from April 1 to January 1, when the Gregorian calendar was adopted. Many people continued to celebrate New Year's Day on April 1st, rather than the new date of January 1st, and were referred to as "April fools".

## Photographers Corner



"Posing" by Brian Rushfeldt



## 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](mailto:volunteer@rrroca.org) if you are interested in the following positions or have any questions about volunteering with RRROCA.

#### Vice President

Assist in developing and maintaining positive relations among the Board, committees, staff and community to enhance RRROCA'S mission. Act as leader in the absence of the President/Chairperson. Assist President whenever possible, works closely as a consultant and advisor.

**Time commitment:** 10 hours/month

#### Volunteer Chair

Keep community members informed of volunteer opportunities through emails, website and monthly newsletter. Recruit board and committee members as needed. And other related work as required.

**Time commitment:** 12-15 hours/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

#### Administration Assistant:

With direction from the Secretary, assist with mails and messages and other required by board members.

**Time commitment:** 2-5 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

#### 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

#### Social Media Lead

Administrate the creation and publishing of relevant, original, high-quality content. Be an advocate for RRROCA in social media spaces, engaging in dialogue and answering questions where appropriate

**Time commitment:** 8-10 hours/month.

#### Did You Know?

Volunteering for RRROCA as a Board or a Committee member will:

1. **gain valuable volunteering experience and essential work skills;**
2. **know the first-hand community news;**
3. **get the RRROCA membership (\$30) or one sport registration for free (\$50 or \$65) every year;**
4. **the most important: help us to build a thriving community!**

**Want to receive emails about any volunteer opportunities for the community association?**

Please email [volunteerlead@rrroca.org](mailto:volunteerlead@rrroca.org) to sign up.

## City Nature Challenge

Help Calgary compete with over 325 cities globally to see who can make the most observations, find the most species, and engage the most people during the 2021 City Nature Challenge. It's easy to participate - you just need your phone. Document any plants or animals you find in Calgary, Okotoks, Airdrie, Cochrane, and Chestermere and see just how much there is to find in your area!

*City of Calgary*





## ROCKY RIDGE RANCH

HOMEOWNERS ASSOCIATION

### Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

Phone: 403-547-6633 Fax: 403-547-6634

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

### Office Hours

Changes to office hours will be updated online

## 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 News:

Our members have provided substantial feedback regarding the appearance of the entrance corners at Rocky Ridge Blvd and Rocky Ridge Road, and the RRRHA Board of Directors is currently discussing potential “renovations”. We are still in the early stages of understanding what the scope of work will be and will look for engagement from our members once we have a better idea. Please stay tuned for further updates.

### Park News:

The tennis court booking system will be utilized again this year. Please visit <https://rrrha.appointlet.com/> or give us a call to make a booking.

### Booking policy:

- Bookings are limited to a maximum of three one-hour bookings per week (2 weekdays, 1 weekend)
- Bookings can be made 2 weeks in advance, with new time-slots becoming available every other Sunday
- Members must check-in at the Ranch office with their access card prior to entering the park (unless the office is closed)
- Members must be courteous of each other and abide by their designated time-slots

The above policy is subject to change at any time. We have put this policy in place to ensure that all members have a fair chance at booking their desired time-slot. We expect all members to be respectful of each other and staff - failure to do so may result in court privileges being revoked. Our goal is to provide access to our amenities while maintaining proper social-distancing measures. We are relying on the members themselves to abide by these rules so that the system can run as smoothly and efficiently as possible for both our members and staff.

### Upcoming Events:

#### SPRING SOCIAL Saturday April 24th 12-3pm

After a long year, RRRHA looks forward to welcoming back our members for some family-friendly fun! We will have Butterfield Acres on site with a Farm Corral and some treat bags for the kids. Hopefully the weather will cooperate!

All existing COVID-19 regulations will be in place as per current provincial guidelines:

- Household cohorts must have a completed waiver handed in (max 6 guests per family)
- Masks must be worn at all times inside the corral
- Social distancing between cohorts must be observed
- Hand sanitizer must be used prior to entry into the corral, and upon exiting.

We must limit the number of guests inside the corral at all times to one family at a time. Please RSVP through the office to book at time. Once we have reached maximum capacity we will not be able to take further reservations so if your plans change and you are no longer planning on attending please let us know so we can move people up from the waitlist.

### Community News:

#### Garbage Bin Collection

Residents and members are reporting a higher than usual number of incidents of doggie-bags being left along the pathways and on the ground by garbage bins. Please help keep our community clean by responsibly disposing any garbage in the bins.

#### Off-leash Areas

The community of Rocky Ridge has a wonderful pathway system that allows residents and guests to enjoy breath-taking views of the mountains, lovely green spaces, and stroller/walker-friendly walking trails. Please kindly keep all dogs on-leash at all times, as there are no designated off-leash areas in Rocky Ridge. For a map and listing of off-leash dog parks, please visit: <https://maps.calgary.ca/OffLeashDogAreas/> <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Dog-off-leash-areas-in-parks.aspx>



## Spring Programs:

The session runs until June. Registration ongoing and pro-rated rates will be offered for any class that is currently running, provided that space is available based on current Provincial COVID-19 guidelines. Please contact the office to discuss. Our website offers details and class descriptions. \*\*see website for details about Spring tennis lessons. At time of print they were not yet available.

### BALANCED YOGA

Mondays w/ Marcy *13 classes*  
Time: 9:30am - 10:45am  
March 15th – June 21st (excluding April 5th and May 24th)  
\$165.00 for members; \$185.00 for non-members  
Minimum 5 participants

### PILATES \*NEW TIME\*

Mondays w/Laurie *13 classes*  
Time: 6:30pm - 7:20 pm  
March 15th – June 21st (excluding April 5th and May 24th)  
Cost: \$160.00 (member); \$175.00 (non-member)  
Minimum 5 participants

### THERAPEUTIC YOGA FOR A BETTER BACK

Tuesdays w/ Vanitha *15 classes*  
Time: 7:30pm - 8:45pm  
March 16th – June 22nd  
\$190.00 for members; \$205.00 for non-members  
Minimum 6 participants

### 50+ YOGA

Wednesdays w/ Vanitha *15 classes*  
Time: 10:00am – 11:30am  
March 17th – June 23rd  
Cost: \$200.00 (member); \$220.00 (non-member)  
Minimum 6 participants

### HATHA YOGA – ALL LEVELS

Thursdays w/ Vanitha *15 classes*  
March 18th – June 24th  
Time: 9:00am - 10:30am  
Cost: \$200.00 (member); \$220.00 (non-member)  
Minimum 6 participants

### THERAPEUTIC YOGA FOR A BETTER BACK \*NEW\*

Thursdays w/ Vanitha *15 classes*  
Time: 7:30pm - 8:45pm  
March 18th – June 24th  
\$190.00 for members; \$205.00 for non-members  
Minimum 6 participants

## OTHER PROGRAMS AT THE RANCH

**CALGARY GOJUKAI KARATE:** Please visit <http://calgarygojukai.com/> to sign up for child and adult Karate classes.

**DEBORAH LAXTON SCHOOL OF DANCE:** To register for child and adult dance lessons visit: <https://deblaxtondance.com/>

**SPORTBALL:** Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Please visit <https://www.sportball.ca/calgary/to/register>.

## St. Sylvester School

*B*onjour from the Staff and Students of St Sylvester! We continue to marvel at the growth of our students in showing care and respect daily for each other. Lent can be more than a time of fasting, it can also be a time of feasting: feasting on unity, patience, understanding, forgiveness, compassion, enthusiasm and joy.

As we continue on our Lenten journey, our students and staff discuss and practice the importance of this season. Some fast facts about why we as Catholics hold this time of year close to our hearts. The season of Lent is forty days in duration. However, when most people try to count the number of days in Lent, they begin with Ash Wednesday and end with Holy Saturday resulting in forty-six days. The season of Lent precedes and prepares us for the celebration of Easter. The primary purpose of the Lenten season is both baptismal (to help us recall or prepare for baptism) and penitential (to call us to repentance). The period of Lent calls us to renew and strengthen our commitment to discipleship with Christ and we accomplish this task through our Lenten practices and devotions.

### Important Dates:

April 1 – Holy Thursday  
April 1 – School wide pizza lunch  
April 2 – Good Friday – Easter Holidays begin  
April 12 – Classes resume  
April 26 – Parent Teacher Conferences

St Sylvester.... it's a great place to be!

*Submitted by Mike Perkin*

# How to Report Crime

Reporting crimes committed against you or someone else is an important part in helping to keep yourself, your loved ones and your community safe. If you have information about a crime that has been or may be committed or about someone involved in committing a crime, your information may help the police solve crimes and prevent future crimes from happening.

You can report a crime in person, over the telephone and online. Depending on the urgency, choose the method that best suits your situation and makes you feel most comfortable.

## 911

- Emergencies or crimes in progress

## Non-Emergency Line (403) 266-1234

- Non emergency crimes can be reported by calling the non-emergency line
- The Calgary Police Service encourages Calgarians to report all crimes, in order to identify trends and better direct their patrols

## Citizen Online Police Report System ([www.calgarypolice.ca](http://www.calgarypolice.ca))

- Report lost property or theft under \$5,000 (except firearms, license plates or government-issued funds or ID)
- Report damage/mischief to property or vehicle under \$5,000
- Report theft from vehicle under \$5,000

## District Office

- You can report non-emergency crime by visiting your district office. Location information at [www.calgarypolice.ca](http://www.calgarypolice.ca)

## Drug Tip Line (403) 428-8100

- The Calgary Police Service takes calls from people who want to report drug related crime and wish to remain totally anonymous
- The Drug Tip Line is one-way citizens can assist police by providing information and without having to identify themselves or testify in court

## Crime Stoppers – Talk, Type or Text

- Call 1-800-222-8477, submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca) or text ttTIPS to 274637
- Crime Stoppers is a non-profit organization that takes calls from people who want to report a crime and wish to remain totally anonymous



## 311

- Report graffiti to the City of Calgary

*A message from the Federation of Calgary Communities*

# Weekly Green Cart Returns End of April

Weekly green cart pickup is returning at the end of April. Visit [calgary.ca/collection](http://calgary.ca/collection) to check your schedule and sign up for reminders, or download the Calgary Garbage Day app.

Here are some tips for using your green cart:

- All food scraps, food-soiled paper, pet waste and yard waste go in the green cart.
- Use only certified compostable bags or paper yard waste bags in your green cart – no plastic bags.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart.
- No plastic plant pots or bedding trays in the green cart. Rinse out and recycle in your blue cart instead.



Compost giveaway: Compost will be available for pickup, by appointment only, from May 10 to June 26. For details visit [calgary.ca/compost](http://calgary.ca/compost).

*City of Calgary*