

SEPTEMBER 2021



ROCKY RIDGE
ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

Back to
School

Volunteer from Home



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Community and Residents Associations

Rocky Ridge Royal Oak Community Association

403-879-2820 • communications@rrroca.org • www.rrroca.org

Rocky Ridge Ranch Homeowners Association

10709 Rocky Ridge Blvd NW

Calgary, AB T3G 4G1

403-547-6633 • officeadmin@rrrha.ca • www.rrrha.ca

Royal Oak Estates Homeowners Association

info@roe-ha.ca • www.roe-ha.ca

The Cascades in Royal Oak Residents Association

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

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

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

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

www.SuburbanJournals.ca

How to Figure out Which Plastics are Recyclable



Do you stare at your empty plastics wondering if it belongs in the blue cart? Ask yourself this question to be sure you recycle your plastics right.

Is it a container? If your plastic is a container like a bottle, jug, or tub, it can be recycled. Make sure it's empty, clean and dry. If it's not a container, it is not accepted in the blue cart. There may be other disposal options for your item – check calgary.ca/whatgoeswhere.

Be aware of these exceptions:

- Bundle your clean, stretchy plastic wrap, bubble wrap and other plastic film into a single plastic bag and tie closed for the blue cart.
- Foam packaging (polystyrene, EPE, EPS, Styrofoam) including foam marked with the recycle symbol belongs in your black cart as garbage.
- Recycle plastic lids larger than the size of your palm in the blue cart. If it's smaller, it goes in the black cart.

Stay tuned for upcoming presentations on waste diversion and reduction this fall – search “waste” at calgarylibrary.ca.

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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 Monique Chiasson 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

Important Phone Numbers

If you require emergency supports to meet basic needs, income support is available 24-7.

- Income Support Contact Centre: 1-866-644-5135

For anyone facing family violence, bullying or abuse, the following resources are available 24 hours a day, seven days a week, in more than 170 languages:

- Family Violence Info Line: 310-1818
- Child Abuse Hotline: 1-800-387-KIDS (5437)
- Bullying Helpline: 1-888-456-2323

Help is also available 24-7 for anyone dealing with mental health challenges.

- Mental Health Helpline: 1-877-303-2642

You can also contact the Alberta Supports Contact Centre at 1-877-644-9992 (toll free) for information regarding AISH, Child Care Subsidy, Disability Supports, Financial Supports, Health Benefits, Career Information, Seniors Benefits, Public Guardian/Trustee.



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.

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

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 to sign up.

Photographers Corner



Bee Downtown. By Gordon Hunsaker



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

9:00am-9:00pm unless otherwise stated

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Park and Pool news:

Please visit our website for the most up-to-date information about the pool closing date. We hope to remain open until the end of August, and may potentially stay open until the long weekend.

Fall programs:

We are excited to bring back our variety of yoga classes and pilates this September. Full class details and schedules will be available online for registration by mid-August.

Other programs:

We hope to welcome back Deborah Laxton School of Dance, Sportball, and Karate. Info on these programs can be found at the following websites:

Fall events: TBA

With annual events and parties having been put on hold due to Covid, we are planning to host a holiday market, Halloween party, and Christmas party this year. An additional fall event may be scheduled if possible.

Annual HOA fees:

In light of the many difficulties faced over the past year and a half, the deadline for payment of the 2021 fees was extended until September. If fees are outstanding please contact the office to arrange payment. Overdue accounts will be sent to Miller Thomson for collections as of September 30, 2021



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Back to School Basics

Welcome back families to the 2021 – 2022 school year. The last couple years have been anything but normal for our kid's education.

During Covid our household routines went out the window as many others. This was something no one had dealt with before and we all dealt with it the best we could. The stop and go of classes from going in person, to home schooling to back to their classrooms seemed never ending. Some children seemed to breeze through it and it didn't bother them at all. Others though struggled with the changing environment, not having a constant schedule and routine.

Now that we are entering into the 2021-2022 school year with hopes the disruptions will subside, we need to help our kids get back into the regular routines of school. Here are some tips to help make this adjustment a little easier. This is the perfect time to check in with our kids and keep that communication open. How are they feeling about returning to school? Is it their normal back to school anxiety or is it heightened due to the pandemic? Talk to them about their fears, offer reassurance and let them know you are there. *If you do believe that your child is having more than normal anxiety reach out to a professional for guidance, they can make a big difference in your child's life*

Re-establish bed time routines and set that alarm to get them in the habit of getting up for school. Get rid of those handhelds close to bed and grab a book. Let that mind settle so they can fall asleep at the time you set.

Get the kids helping pack their backpacks, laying out their clothes for the next day and making those lunches. It will help give them the confidence that they are in charge of their school day. Feeling in charge of your day instead of just going along with it, will make them feel stronger and more confident.

Lastly, we are still in the pandemic but with a light at the end of the tunnel thanks to the vaccinations. Keep reminding our kids to still stay safe. If masks are required, then they have them on hand. Keeping our hands clean. Not sharing drinks/food with our friends. And if you aren't feeling well then, we don't go to school that day as we care about our friends/teachers too and don't want them to get sick.

Have a great start to the school year!

Krista DeCarle, RRROCA Schools Liaison

2021 Municipal Election

The 2021 municipal election is taking place this fall. Voters can cast their ballot during the advance vote (Oct. 4-10) or on election day (Oct. 18). If you are unable to vote during the advance vote or on election day because of a physical disability or absence from the city or working as an election worker, you can request a mail-in ballot online by visiting www.electionscalgary.ca.

Voter checklist:

1. Check your eligibility to vote.
2. Some ward boundaries are changing on election day. Look up which ward you will be in as of Oct. 18.
3. Find out who is running in your ward and what is on the ballot.
4. Make a vote plan - look up your designated voting station for the advance vote and election day (available after Sept. 21) or watch the mail for your Voter Information Card to decide when and where to vote.
5. Make sure you have one of the several acceptable forms of ID with your name and current address on it.
6. Get out and VOTE!

Voting is an important responsibility for every Canadian. It's how we shape our communities and choose which leaders will represent us. Voting connects citizens with the political process and with each other. When you take part in an election and express your view, you make democracy work.

Visit electionscalgary.ca for more information, to learn about job opportunities and to sign up for the Elections Calgary eNewsletter.

City of Calgary

Photographers Corner



"Waterton" by Carole Westlake

On The Importance of Volunteerism

My name is Shahnaz Munir and I have been residing in the Royal Oak community for over fifteen years. I am serving my community from the platform of Rocky Ridge Royal Oak Community Association (RRROCA) as a general secretary.



During COVID-19 pandemic, I have had the opportunity to meet many community members and come to know the challenges that we all experienced. We experienced varying degrees of isolation, leaving us feeling stressed, anxious, overburdened, depressed, financial difficulty and a fear of losing our loved ones.

In this challenging time of the COVID-19 pandemic, volunteering can be the best cure of loneliness, stress and anxiety. It is the best source of maintaining mental and physical health and can raise our confidence and facilitate a positive attitude.

Volunteerism provides us a chance to meet with local community members to help build our interpersonal and communication skills together, providing happiness and joy. It gives us a sense of social connection. When we meet other local volunteers or community members it builds a healthy relationship which can wane off feelings of loneliness and depression to help to protect our mental and physical health. Volunteerism can also be engaged online as we face these unprecedented times regarding social distancing.

Volunteering our time and energy can help our community, neighbourhood and can have a significant impact. Where there is a will to volunteer, there is always an opportunity. If you can spare a few hours a week, then please join your community association (RRROCA) to make your community an even better place to live for years to come.

Rocky Ridge Royal Oak Community Association (RRROCA) is looking for volunteers for the following key roles:

1) Vice President

- 2) Treasurers
- 3) Communication Director
- 4) Program Director (2 vacancies)
- 5) Safety and Security Director
- 6) Event Lead (2 vacancies)
- 7) Membership lead
- 8) Sponsorship lead
- 9) Volunteer lead
- 10) Communication Lead

For job description please feel free to send an email at; secretary@rrroca.org

Enjoy the summer and stay safe

*Shahnaz Munir, Executive Secretary
Rocky Ridge Royal Oak Community Association
(RRROCA)*

Back to Commuting: Online Map Shows Calgary's Roadway Activities.

With students back to school and workers returning to the office, road traffic and foot traffic is increasing. To help citizens with their commuting, The City of Calgary has a map that shows where roadway activities are occurring. Activities such as sidewalk repairs, local improvements, various street improvements and miscellaneous construction areas are shown on the map. The information in this map can help you plan your route and look for alternative routes, if needed. It is located at <https://maps.calgary.ca/>.

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Ensuring the Safety of People and Pets

Responsibilities of dog owners in off-leash areas:

- Dogs are allowed to be off-leash only in designated off-leash areas. Even in off-leash areas, dogs must be on leash in the parking lot and on the pathways. All of Calgary's pathways are on leash areas.
- In an off-leash area, owners must ensure that their dog is under control at all times. Under control means that the dog must remain at such a distance from his owner so as to respond to voice, sound or sight commands. It also means that the dog must not chase, threaten or attack people or animals.



Responsibilities of dog owners on pathways:

- Owners must have their dog secured by a leash no longer than two metres.
- Owners must ensure that their dog remains on the right-hand side of the pathway unless moving around other users.
- Owners must ensure that their dog remains under control at all times and does not interfere with other users.
- Owners must not be on a bicycle, skateboard or rollerblades with any animal on a leash.

Responsibilities of dog owners in other public spaces:

- Owners must not leave their dog unattended while tethered or tied on premises accessible to the public.
- Responsibilities of dog owners on private properties:
- Owners must ensure that their dog is not left unsupervised while tethered or tied on a private property.

For more information, visit www.calgary.ca and search "Responsible Pet Ownership."

*City of Calgary,
Animal and Bylaw Services*



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