

Hoypy New Year

make an impression

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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 Blyd 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: Sonya Sharp

403-268-2430 ward01@calgary.ca

MLA: Sonya Savage MP: Pat Kelly, Calgary Rocky Ridge 403-297-7104 calgary.northwest@assembly.ab.ca

403-282-7980 pat.kelly@parl.gc.ca

Editor & Article Submissions .....editor@suburbanjournals.ca Submission deadlines for this monthly publication are the 10th of the month, prior to the distribution month.

#### **Advertising Sales:**

Phil: 403-660-7324 ......phil@suburbanjournals.ca The ad booking deadline is the 14th of the month prior to the distribution month.

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make an impression

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#### Rocky Ridge Royal Oak COMMUNITY ASSOCIATION

### **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!





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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

#### 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

#### **Membership Chair**

The Membership Chair promotes, encourages and sees to administration tasks associated with managing the members of the Community Association. The Chair also explores and works with other committees to implement opportunities of benefits for membership.

**Time commitment**: Approx 10 hours a 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!

THE ROCKY RIDGE & ROYAL OAK VIEW JANUARY 2022



# 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 memb	ership	Memb	ership Ro	enewal
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 forr	n and cheque to:	P.O. Box 91	lembership 009, RPO Roy 3 T3G 5W6	al Oak	

# 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.



### RRROCA VIEW



# A Note from the School Chair

Hello Neighbours! My name is Krista DeCarle and I have the privilege to hold the School Chair on the RRROCA board. I have been with the board for just over two years. I have always considered myself a volunteer in life. Whether its volunteering with various



animal rescues, Breakfast programs for high risk children, local children's programs, special events, etc, I always wanted to help in whatever capacity I could.

Our community means so much to our family. I was born and raised in Calgary – I know! Its not often you meet an original Calgarian these days. When my husband Chris & I started our family we wanted to find a community we could lay strong roots to and see our children grow up. Our daughter was just a baby but now she is in grade 9 and our son is in grade 5. Royal Oak and Rocky Ridge had just what we wanted. Bonus was of course my best friend from the time we were in grade 5 was also raising their family in the community and spoke so highly of it.

In the 15 years that we have been here we have seen the community grow so much. The addition of schools bringing in more families. The building of the Hockey Rink and pleasure rink. All the shopping at so close. The YMCA adding a much needed sports facility to the area. My favorite though was watching the once little kids who ran around the parks now entering high school and some even graduating.

When the opportunity arose to help with the community through the community association I jumped at the chance. In a world where it has become so easy to make comments, complain or make suggestions on social media of what needs to be done or done differently, I wanted to actually get in there and help towards change not just talk about it. Going into the Schools Chair was very special to me as I am a huge believer in showcasing our children and youth. We need to build them up for the good things they do in the community, recognize their volunteering efforts and their entrepreneur visions. When we do these things, we are helping that youth build a path to success and a love for their community. They will respect it more and respect their neighbours. They will want to see our community succeed just as much as the adult residents.

Since coming on I have worked hard with the support of the board to start up the Avid Reader program. I have been working with different groups to find youths to feature in our monthly news letter who have started their own small businesses or volunteer in some capacity. As we move into 2022 I am very excited to continue working with our local schools but even more excited that we will be able to expand our programs with them and build those stronger relationships for our Royal Oak & Rocky Ridge children and youth. We have some great kids in our neighbourhood and I am going to do everything I can to bring that to attention to them.

Krista DeCarle, RRROCA, Schools Chair

# **Did You Know...**These Facts About January

- January's birthstone is garnet, which represents constancy.
- The zodiac signs for January are Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
- The flowers of January are snowdrop & carnation.
- The name January came from the Roman god Janus.
- January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food.
- In the Southern Hemisphere, January is the warmest month.

"Try to be a rainbow in someone's cloud." – Maya Angelou

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### **Toboggan Safety**

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### **Equipment**

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### **Hazards**

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Attempt to cover any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment:
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm not hot water, until re-warmed.

Alberta Health Services

### **Community Avid Readers**

HAPPY 2022 EVERYONE! Some people make New Year's resolutions of things they wont do or do more of. I do something a little different and maybe this could be a new tradition for you and your family.

I pick 12 books that I would love to read that year! The list may change a bit as new releases come out, but I always have that list that I want to read. Gives my reading part of my brain something to look forward to and be excited about!

This month we would like to congratulate Bradley, 12, who is reading 39 Clues & Land of Stories. His mom said he is often enjoying more than one book at a time!

Keep entering each month and look forward to hearing the books. Here are a few books that are being enjoyed by our other entrants.

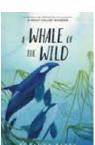
Happy Reading! And I hope to hear you made your 2022 reading list.

Enter to win your child/youth by sending their name, grade, age, and what book they are reading this month to schools@rrroca.org

#### Krista DeCarle, RRROCA Schools Chair













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

Please email *volunteerlead@rrroca.org* to sign up.



Calgary, AB T3G 4G1
Phone: 403-547-6633 Fax: 403-547-6634
www.rrrha.ca officeadmin@rrrha.ca

#### **Office Hours**

Updates to office and park hours will be available online.
The office will be closed on January 1st.

#### ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

#### Ice Skating:

At the time of submission, the lake had not sufficiently frozen to allow for ice preparation. Please be sure to check our website frequently as ice updates will be posted there on a regular basis, as well as on our social media sites (Facebook and Facebook members page).

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, or our crew may be grooming the surface.

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.

• AS PER THE GOVERNMENT OF ALBERTA MANDATORY RESTRICTIONS:

Events and facilities that are fully outdoors (excluding washrooms), have no capacity restrictions but must maintain 2 metres distancing between households or 2 close contact for those living alone.

#### **Annual Invoices:**

The 2022 annual invoices will be emailed by January 3rd to all members with email addresses in our database. Online payment system available on the 3rd as well. For members that have not provided us with an

email address, we will be mailing invoices during the first week of January. Payments can be made online (at no additional fee), via cheque, or credit card/debit.

\*\*If you are not currently receiving emails from RRRHA and wish to provide us with an email address for the purpose of receiving the annual invoice, please contact the office via email at info@rrrha.ca.\*\*

We respect that not all members wish to receive ongoing information via email so please indicate if your preference is strictly for receipt of your invoice.

The payment deadline is January 31, 2022 however in light of the evolving COVID situation, we recognize that there may be members for whom making full payment by January 31st would create undue hardship. If you wish to discuss installment payments, please contact the office prior to January 31 to have arrangements made. Outstanding accounts will be sent to collections as of June 1, 2022.

\*\*\*If you do not receive an invoice either by email or paper copy, please contact the office to ensure that your membership information is up to date. New homeowners that have not notified us of change of ownership will not have updated information in our system.

#### **Winter Programs:**

The Winter session runs from Januaryto March. Our full program listing with dates is available on our website and registration for the Winter session of fitness classes is available online at www.rrrha.ca or through the office.

# Tubing At Alberta's Ski Resorts

Skiing in Canada is a popular outdoor activity in our winter months, but it takes time to develop the skills. Ski resorts in Alberta are adding a new activity that provides an adrenaline rush from the moment you launch down the hill – no experience required.

Tubing is similar to tobogganing but better because there is a tow system to pull you and your inflatable tube back up to the top. It's a hot winter sport that adds a new dimension to family ski vacations. No matter your age or athletic ability, there's a tube and a hill waiting for you.

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### Help Protect Your Household Water Pipes From Freezing This Winter

Every winter some Calgarians experience frozen water pipes, which can result in water outages. Houses close to the river or in older communities tend to be at higher risk for this happening. Other major factors that impact risk are the depth of your water service pipes, river water temperature and frost depth.

You can take steps to reduce your risk for frozen household pipes

- Look for cold drafts in unheated areas where water supply lines are located. This includes basements, crawl spaces, attics, garages and under kitchen and bathroom cabinets.
- 2. Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
- 3. Insulate your hot and cold water pipes that are located in cold areas.
- 4. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- 5. Keep the heat set to at least 15 C.
- 6. Make sure the water line to outside faucets, garden hoses, pools or decorative water features is turned off, disconnected and drained.
- 7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- 8. Regularly run water in your pipes through everyday use. You can also run a continuous pencil-width stream

# Add These to Your Resolutions for 2022

- Donate blood
- Volunteer to help a charitable organization this year
- Learn a new skill
- Create one new recipe a month for your family meals
- Get rid of at least one unhealthy habit (maybe smoking, or being a couch potato, biting your nails, or complaining)
- Start a book that you write 10 things, each day, to be thankful for
- Drink less coffee and more water





of water, but you will be responsible for any increase in water charges unless you received an official notice from The City of Calgary instructing you to do so.

Find out more at calgary.ca/frozenpipes.

City of Calgary

### 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

Stay Safe and Warm This Winter!

Home-heating fires can be devastating, but most are preventable by taking some simple precautions.

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of your home.
- Install carbon monoxide (CO) alarms outside each sleeping area, on every level of the home, and wherever required by laws, codes or standards.
- Interconnect all smoke alarms so that when one sounds, they all sound.
- Test your alarms monthly and change the batteries once a year.
- Practice your home escape plan.
- Have your home heating equipment and chimney inspected annually by a qualified professional and have them cleaned if necessary.

• Use a sturdy fireplace screen in front of fireplaces to protect yourself, children and pets from accidental contact burns.

• Allow ashes to cool before disposing of them, then be sure to put them in a metal container.

- Portable heaters need space. Keep all things that can burn, such as paper, bedding or furniture, at least one metre (three feet) away from heating equipment and have a one metre, kid-free zone around space or portable heaters.
  - Turn portable heaters off when you go to bed or leave the room.
- Plug portable heaters directly into power outlets with sufficient capacity.
   Don't plug them into a power bar and never into an extension cord.
- Inspect power plugs and cables for cracked or broken plugs or loose connections and replace before using.
- Never use an oven to heat your home.

For more fire safety tips visit: Calgary.ca/fire.

City of Calgary

### **Pet Safety**

# Keep Your Pets Indoors This Winter

Humans are not the only ones who need to keep warm during the winter months. Your pets do too. Although they might be covered in fur, your pet can still fall ill during the colder months or even get frostbite when temperatures drop below freezing. But have no fear, here are a few tips on how to keep your pet warm this winter.

Keep your pet indoors. This is the number one way to keep your pets safe and warm in the winter. For dogs, take shorter walks when the weather is severely cold. A good rule of thumb is to go out with them and when you're ready to come in, chances are your dog is too. If your dog must stay outside, make sure she has proper shelter and a source of fresh water at all times, and make sure her water cannot freeze.

It's important to remember that cold cars can pose a significant risk to your pet's health. Leaving your cat or dog in the car is just as dangerous in winter as in the summer. Limit car travel to only that which is necessary,



and don't leave your pet unattended in the vehicle.

If you lose your pet during the winter months, do not delay. Call 3-1-1 to see if Animal Services has picked up your pet. If not, file a lost pet report with Animal Services.

For more information about pet safety please call 3-1-1 or you can visit us on our Facebook page or on Twitter @ yycbylaws.

City of Calgary, Animal & Bylaw Services

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# **Compost Your Real Christmas Tree**

Help keep Christmas trees out of the landfill this season. To compost your real Christmas tree, remove all lights, ornaments, tinsel and garland then:

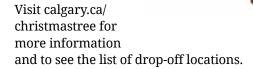
#### Option 1: Put your tree in your green cart

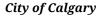
- Cut your tree into small pieces to fit inside your green cart. Make sure the lid can close.
- Put extra branches into paper yard waste bags, roll closed and set at least 0.5 metres (2 feet) to the side of your green cart.
- Trees that are not prepared this way will not be collected.

## Option 2: Bring to a tree drop-off from December 26 to January 31

• Take your whole tree to one of our temporary drop-off locations.

- Remove lights, ornaments and tree stand.
- Do not wrap or bag your tree, even if the bag is labelled compostable or biodegradable.
- If you wrap your tree to transport it, remove the bag or wrapping before dropping off.







BEGINNING HOLIDAY
CALENDAR HOURGLASS
CELEBRATION JANUARY
CHAMPAGNE KISS

CHEERS MIDNIGHT
CLOCK MUSIC
CONFETTI NEWYEAR
COUNTDOWN NOISEMAKER

DANCE PARTY
GOALS RESOLUTION

HAPPY STREAMERS

RNFQMKFMOALKKSAYKQ ICQKZPDNU THOAHIQB Ε J B Υ WLVDCHEERSUNMOOP TGRADNELACY NCBUQQHELNY X F RPNAEUOP RBOTQFON X N O CO Y Т ECLCF G Χ H Z BΕ 0 C G ΑZ R U 0 E A B Ρ Т UMVGBMS ZKORRUCOR G Χ ΚТ B A AZ Y O E В S Ε L T G X O ANUAR

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### **Snow Shoveling Safety**

#### **Before you start:**

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.
- Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.
- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.
- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.
- Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

#### How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.
- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.
- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.
- Do not throw snow over your shoulder or to the side.
   Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.
- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles and too much weight on your



spine. Attempt to keep the weight of the shovel close to your body.

 Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.

Alberta Health Services

# Online map shows Calgary's snow route parking bans

**TA** 7ith winter in full force, snow is inevitable here in

V V Calgary. The City of Calgary has a Snow and Ice Control Priority Routes map that outlines which Calgary streets are priorities for snow removal. Priority 1 routes are cleared within 24 hours, while priority 2 routes are cleared



within 48 hours following a snowfall. Knowing which routes are cleared and when will help ensure a safer commute. This map is located at https://maps.calgary.ca/SNICPriorityRoutes/.

To view more City of Calgary maps, please visit the Map Gallery at maps/calgary.ca.

City of Calgary