



# ROCKY RIDGE ROYAL OAK

Your Community Newsletter since 2005

# VIEW

Suburban Journal

**Spring  
Soccer**

*Volunteers  
Needed*



Suburban Journals  
PUBLISHING

*make an impression*

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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:** Sonya Sharp

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.

### Advertising Sales:

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

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

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

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**Rocky Ridge Royal Oak**  
COMMUNITY ASSOCIATION

## President's Message

Happy Groundhog Day!

With days getting longer and temperatures slowly starting to rise, now is a great time to get outside to break up the winter blues and enjoy the season in Calgary.

RRROCA is planning to host a winter festival before the end of March, thanks in part to the Warm Up to Winter Grant program from the City of Calgary. Keep an eye on our social media channels for more information. If you are interested in helping please contact [events@rrroca.org](mailto:events@rrroca.org) or [volunteers@rrroca.org](mailto:volunteers@rrroca.org)

Registration for the spring sports program recently opened for the U4-U12 soccer. For 2022, RRROCA will again be working with SoccerTech to provide this program for the community. You can find more information on the program on the RRROCA website with a link to the registration portal on the SoccerTech website.

RRROCA is interested to hear from you about other potential programs you would like to see offered in the community. Please send your ideas to [programs@rrroca.org](mailto:programs@rrroca.org)

We have heard from AGLC that our next casino date will likely be in the fall of 2022. If you are interested in volunteering to support this event, please contact [volunteer@rrroca.org](mailto:volunteer@rrroca.org) and we will let you know once when we have exact dates.

Whichever groundhog you believe, there appears to be lots of winter left with both ice surfaces at the RRROCA Park in full operation. We hope to see you at the Park!

*Sincerely,*  
**Jason A. Kellock**  
*President,*

**Rocky Ridge Royal Oak Community Association**

## DID YOU KNOW??

Legend says that each leaf of the clover has a meaning: Hope, Faith, Love and Luck.



## 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. Please check out our website at [www.rrroca.org](http://www.rrroca.org) for all volunteer opportunities.



### Programs Chair(s), and Lead(s) [CRITICAL]

The Programs team provides opportunities for the communities' diverse residents to participate in various programming and activities. The team will develop, implement and evaluate programs and activities in the community, coordinate and oversee the annual spring youth sports program (i.e. soccer, tball), and look for opportunities to expand programming (learn to skate, basketball, field hockey, etc). Planning for 2022 spring sports needs to begin immediately, if you believe you can assist, please reach out ASAP.

**Time Commitment:** Minimum 10 hours/month, will vary based on scheduled programming

### Sponsorship Chair

This role works to help establish connections and fosters relationships with businesses and organizations in the community. By developing sponsorship opportunities that support Community Association events, programming and initiatives, and searching out partners in the community to fund or support these, the Sponsorship Chair is integral in providing services to residents, and connecting businesses to residents.

**Time commitment:** 10-20 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

### Safety & Security Chair

The Safety & Security Chair educates and liaises with the community to reduce crime, promote awareness of safety-oriented initiatives, helps to identify needs of the community and work to solve or educate residents in order to encourage behaviours to ensure safety and security.

**Time commitment:** 8-10 hours a 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.

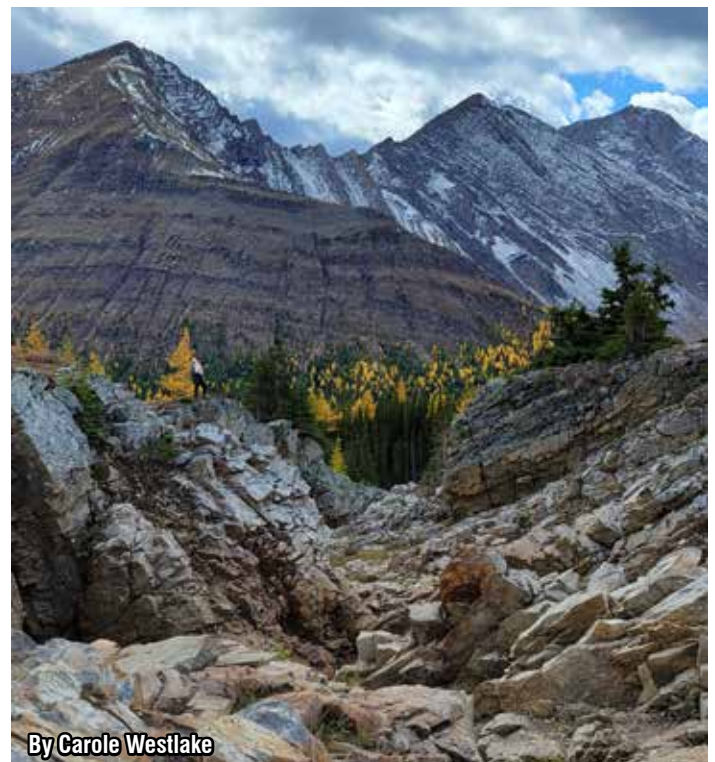
**Time commitment:** Approximately 2-5 hours/month (not including event attendance)

### 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) annually;**
4. **the most important: help us to build a thriving community**

## Photographers Corner



By Carole Westlake

## 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 some of the current benefits of RRROCA membership, please visit our website regularly for updates.

- Access to RRROCA's Babysitter Registry
- Register for community events and programs such as spring sports programs for children, parade of garage sales, etc. winning one of ten \$100 to hold block parties on Neighbour Day, etc.
- Borrow materials for hosting your own block party
- Purchase discounted tickets or enter draws as available annually
- Receive free pancake breakfast at annual Stampede Breakfast event
- Provide recreational insurance at Sports Program offered by RRROCA
- Accepted by Calgary West Soccer for their program registration
- Receive product and services discounts at participating local businesses (Membership Perks). Visit our website at [www.rrroca.org](http://www.rrroca.org) to review the active offerings. \*\*

We are continuously working to expand our Membership Perks Program. If you are a business owner who would like to provide product and/or services discounts to RRROCA members, please contact our membership team 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

## 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.





# Intro to RRROCA Board

## Meet Dave

### Dave Spencer

Director Planning and Development

Dave has been a director of the Rocky Ridge Royal Oak Community association for almost 10 years. His history in Rocky Ridge started in 2002 when he and 5 other families purchased a 5 acre parcel to build their sustainable dream homes. After extensive engagement with neighbours it was agreed that they could develop and service 25 single family lots. The development would come to be called EchoHaven and the requirement for new homes was that they must be NetZero or nearly NetZero, high energy efficiency and zero greenhouse emissions. There is no natural gas therefore all homes had to produce their own energy.

At this time, EchoHaven is still arguably the most progressive sustainable development in Canada. Dave and family moved into their home in 2010.

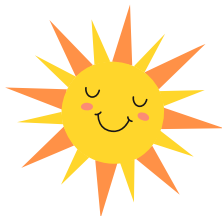
Since Dave is a Landscape Architect, he offered to assist RRROCA using his professional experience in reviewing City permit applications and improving the community. As the Planning and Development Director he is responsible for reviewing all private and institutional development proposals with the objective of adding value to our community.

One of his goals in volunteering for RRROCA was to create a community park with outdoor hockey and leisure skating. He helped to raise funds and stick handle through all the processes and approvals to get it built.

Dave and his wife Debbie love the community and hope to be living here for a long time.

## DID YOU KNOW??

Calgary is Canada's sunniest city, with 333 average sunshine days per year



# Councillor Report

Hello residents of Ward 1! While I write this update several weeks before you read it, I hope the weather is beginning to warm and we all have the chance to enjoy some of the amazing outdoor spaces in Ward 1. One of the parks in Ward 1, Baker Park, is home to the most popular disc golf course in Canada, and the fifth busiest in the world! If you haven't already, I encourage you to check it out.

Council is scheduled to receive an update from Administration on March 8 on whether there are partners interested in working with The City to build an Event Centre in Victoria Park. I believe this project is important for the economic and cultural health of our city. I'm optimistic that we'll find a path forward.

Decreased ridership, the Opioid Crisis and cold weather have raised some safety concerns on Calgary Transit. Both Calgary Transit and my office take this issue seriously, and we are continuing to address it. Some station buildings are now closed 24 hours a day, and additional officers have been deployed across the system. If you have a safety concern, you can discreetly text with a Transit dispatcher at 741100.

Speaking of Transit, the MyFare mobile app now supports seniors and low income transit passes. It's easy to use, and one less thing to remember!

The Ward 1 website is now up and running. You can find detailed updates on what's happening in Ward 1 by visiting [sonyasharp.ca](http://sonyasharp.ca). As always, if you have any concerns, please don't hesitate to contact my office.

*Sonya Sharp, Councillor, Ward 1*

## Child Writers Wanted!

Do you have a child or teen at home who enjoys writing? Would they like to share this passion in the community newsletter? Perhaps a teen who is studying journalism, or simply loves to write in general. Did you know that RRROCA has a number of teens volunteering within our committees today? It is such a great experience for all involved and we'd love to get more youth engaged. If this is something of interest for your child, please reach out to the Communications team at [communications@rrroca.org](mailto:communications@rrroca.org).



## Change to Black Cart Service Provider in Your Community

Starting in April, GFL Environmental will provide black cart garbage collection to residents in most of the northwest quadrant and part of the southwest.

You will continue to use the same black cart and there is no change to your cart pickup schedule. GFL's green trucks will empty black carts in your community.

The City of Calgary will continue to pick up your blue and green carts. Your community is part of a pilot that follows Council's direction to contract out 25 per cent of residential black cart collection.

You can continue to contact 311 with questions and comments about service, check your collection schedule at [calgary.ca/collection](http://calgary.ca/collection) and download the Calgary Garbage Day app so you never miss a pickup day.



For more information visit [calgary.ca/mixedservice](http://calgary.ca/mixedservice).

*City of Calgary*

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

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

## Rocky Ridge Royal Oak Soccer

**Join us at the Rocky Ridge or Royal Oak Fields**



May 2 to June 23,  
Mon/Wed Rocky Ridge, Tue/Thu Royal Oak  
Play-Train-Play Modules  
Advanced Soccer Pathways  
U12-16 by Calgary Rockies FC



Led by US-Soccer Federation A-licensed Technical Director Glenn Ramsay!  
Train with Calgary Rockies Coaches! No Volunteers.



**Cost: U4 (2018-20) \$70 - 8 sessions**  
**U5/6 (2016/17) \$99 - 16 sessions**  
**U8 (2014/15) \$125 - 16 sessions**  
**U10 (2012/13) \$135 - 16 sessions**  
**(Payment Plans Available)**



**Register at SoccerTECH.ca**

RRROCA membership required ahead of registration.

Get yours here: <https://rrroca.org/en/join-rrroca/rrroca-calgary-membership>.



## 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

Updates to office and park hours  
will be available online.

The office will be closed on January 1st.

ROCKY RIDGE RANCH  
HOMEOWNERS ASSOCIATION

## Board News and Updates

### Cell Tower:

We are thrilled to announce that the Freedom Mobile Cell Tower Lease agreement has been officially terminated. Thank you to all of the members that raised concerns, spoke up and worked towards the goal of having the agreement terminated.

### Board positions:

If you are interested in serving your community, or have expertise that you would like to share with us, we welcome having more members join the Board. The executive positions are currently filled, but there are ample director at large positions available. Please contact us through [board@rrrha.ca](mailto:board@rrrha.ca)

### Member engagement:

We want your feedback! We want to hear from you about what you would like to see in our community that the HOA may be able to engage in. Please spread the word about membership Facebook page – Rocky Ridge Ranch Homeowners Association (the page displaying the windmill logo) and join the conversation.

### HOA fees:

The payment deadline was extended to March 31, 2022. Please contact the office if you have any questions regarding payment methods, or would like to discuss installment options. Interest will not be charged this

year, but outstanding accounts as of September 1, 2022 will be sent to Miller Thomson LLP for handling of collection.

## Around the Ranch:

### Skating:

\*At the time of publishing temperatures, were on the rise and the ice was starting to develop pools of water. Please check our website frequently for updates. If the “Keep off the ice” signs are present, we ask that all members refrain from getting on the lake.

All COVID guidelines remain in place and are posted on our website.

### Upcoming events and programs:

**Family Easter Fun** – Join is on April 9th from 12-3pm for an Easter-themed family-friendly event featuring the Farm Corral from Butterfield Acres, an easter egg hunt, crafts and possibly a spotting of the Easter Bunny himself! All events will be outside. Please RSVP to [info@rrrha.ca](mailto:info@rrrha.ca) so that we have an idea of numbers for goody bags.

\*\*If you are a member teenager that wants to earn some volunteering credits/hours, please contact us. We would be happy to speak with you directly.

**Spring Programs** – set to begin the first week of April. Provincial COVID guidelines are evolving, and further information will be available in the April Journal as well as on our website. Please check out the full listing of programs being offered.

## DID YOU KNOW?

RRROCA has partnered with local businesses to bring product/services discounts to their members.

The list continues to grow. Check out current discounts here:

[https://rrroca.org/en/businesses\\_discount/](https://rrroca.org/en/businesses_discount/)





# Burns and Scalds

Emergency Medical Services routinely respond to emergencies involving young children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron), or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

## Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

## First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

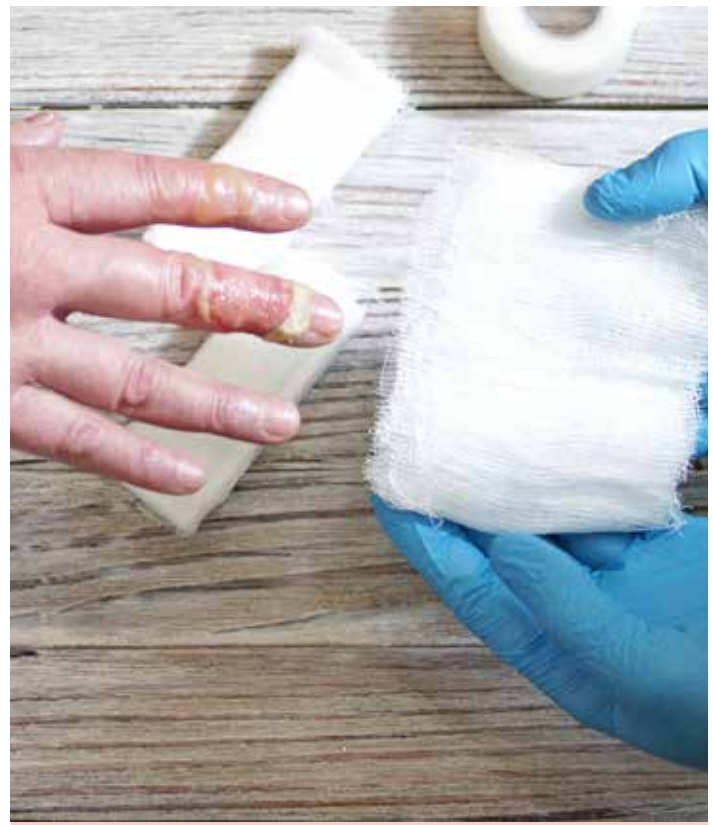
## Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

Alberta Health Services

## DID YOU KNOW??

The first St. Patrick's Day celebration in the United States was held in Boston (1737).



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

Answer on Page **XXXXXX**



# Youth Can Connect With Employers at April 7 Hiring Event

The City of Calgary Youth Employment Centre (YEC) is hosting an in-person hiring event on Thursday, April 7 from 1:30 – 6 p.m. at the Big Four Building, Stampede Park (Restrictions Exemption Program applies to Calgary Stampede events).

Meet with local employers from a variety of industries who are recruiting for part-time, full-time, permanent and seasonal positions. Don't wait, connect with the YEC to prepare for the event. Youth ages 15 – 24 can access FREE career and employment services by booking a session online. Speak to an employment expert to get support with your resume, job search, interviews and more.

Learn more about the event at [www.calgary.ca/YECHiring](http://www.calgary.ca/YECHiring) or call (403) 268-2490.

*City of Calgary*



## Sudoku Corner Solution

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

# The City of Calgary has Expanded Eligibility for The Resilient Roofing Rebate Program

Our city is no stranger to extreme hailstorms, which are most common between May and October. Is your roof ready? You may be eligible for a \$3,000 rebate if you installed or are planning to install a Class 4 impact-resistant roofing product on your single-family, semi-detached or duplex home. For more information visit [calgary.ca/hail](http://calgary.ca/hail).

*City of Calgary*



# Keeping Storm Drains Clear This Spring

Storm drains (or catch basins) are the main way stormwater gets into our underground pipes, or rather our stormwater management system. There are about 60,000 storm drains in Calgary which capture water off sidewalks, streets and roads. The City of Calgary has an online map that shows where storm drains are located. For more information and to view this map, please visit [Calgary.ca/stormdrains](http://Calgary.ca/stormdrains).

To view more City of Calgary maps, please visit the Map Gallery at [maps/calgary.ca](http://maps/calgary.ca).

*City of Calgary*



# Calgary's Pioneer of Public Health

As we mark the end of a second pandemic year, let's salute the evolution of public health that has served our citizens throughout the last century.

It all began with Ontario born Dr. Cecil Stanley Mahood, not yet 30 years old, who opened a medical practice in our burgeoning city in 1911. This Ontario farm boy was educated in Toronto and Chicago, had worked at the Denver public health department, and was superintendent at a London, Ont. sanatorium. The young doctor was soon appointed Calgary's medical health officer. Little did he know the role he would play in pioneering public health here.

Spanish influenza hit Calgary on October 2, 1918, when a contingent of local WW1 soldiers arrived at the Canadian Pacific Railway Station, where the Calgary Tower now stands. Mahood had been warned of their return and was aware that a virulent flu was sweeping North America. He immediately quarantined the soldiers at an isolation hospital, the ruins of which can still be seen on the Stampede Grounds. Other infected travellers soon arrived. Thanksgiving gatherings and armistice celebrations were spreader events. Lacking the proper authority, Mahood faced challenges in enforcing home quarantines, opening more isolation hospitals, closing schools and theatres, and ordering the public to wear masks. Although the provincial government supported his actions, business interests and churches applied pressure to relax some restrictions just as another wave hit in December of 1918. The Spanish flu eventually killed more people worldwide, including Mahood's own wife Ina, than were killed during WW1.

Visit the ghosts of those first quarantined soldiers and



Rundle Ruins (2) 2022 (CHI)



Calgary General Hospital #2 1940s (Glenbow pa-3538-26)

explore the Rundle Ruins at 632 13 Ave SE. The Calgary General Hospital #2 was constructed in the 1890s of locally quarried sandstone. It had five private wards, a signal bell system, electric lights, one telephone, and a nurses' training school. When Calgary General Hospital #3 opened in Bridgeland in 1910, #2 was converted to an isolation hospital. Between 1954 and 1971 the United Church operated it as a seniors' home called Rundle Lodge. It was demolished in 1973, and the remains were dedicated by Premier Peter Lougheed.

*Karen Paul is a Director of the Calgary Heritage Initiative Society*

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* [YYC.org](http://YYC.org)



Dr. C.S Mahood and nurses, Calgary (ca 1936) Libraries and Cultural Resources Digital Collections CU197740