

APRIL 2022



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

*Happy
Easter*

**Spring
Soccer**



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403-268-2430
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Councillor Report

Hello Ward 1! April will mark six months since I became your City Councillor. It's been incredibly rewarding to represent Ward 1 at City Council and to have the chance to connect with so many members of our community. I look forward to meeting many more of you in the coming weeks and months. As always, don't hesitate to reach out to my office with any questions or concerns.

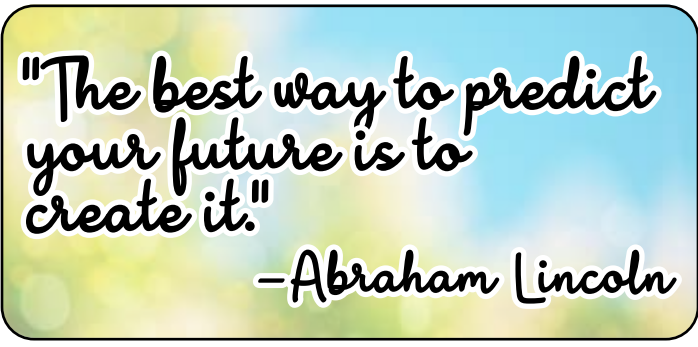
The City of Calgary will be holding its annual youth hiring event on April 7 at the Big Four building at Stampede Park. There will be local employers hiring job seekers 15-24 in a variety of roles. A great opportunity!

This month, Waste and Recycling begins its Mixed Service Delivery pilot project in many Ward 1 neighbourhoods. During this pilot, a contractor will be collecting your black cart garbage instead of a City employee. Estimated savings from this program are up to \$1 million. There should be no changes to service, but your garbage truck might look a little different.

Garbage day text reminders are being discontinued due to cost increases. But not to worry, you can download the Calgary Garbage Day app or set up email reminders for a convenient alternative.

The Calgary Parking Authority (CPA) is making changes to on-street parking in permitted zones for those who live in large multi-residential buildings. As of 2023, affected residents will no longer be eligible for on-street permits. The CPA will be communicating with affected residents directly.

Sonya Sharp, Councillor, Ward 1



Want to receive emails about any volunteer opportunities for the community association?
Please email volunteerlead@rrroca.org to sign up.

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. Please check out our website at 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**

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.



DID YOU KNOW??

70% of Easter candy purchased is chocolate.

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 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 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.

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.



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>.

Bicycle Helmet Safety

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride

tricycles need to wear helmets;

- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada

<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

Alberta Health Services



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

Updates to office and park hours
will be available online.

The office will be closed on January 1st.

ROCKY RIDGE RANCH
HOMEOWNERS ASSOCIATION

Message from the Chair:

Hello Neighbours!

The RRRHA board has been working hard since being elected in October and we wanted to give you a peek into some things we are working on!

The biggest priority we are working on right now is the RRRHA Centre's antiquated HVAC system. The system was severely challenged over this last winter so we have been gathering quotes and looking at all options before us for updating and improving our current HVAC system at the Ranch.

Work has started on writing and modernizing the policies and procedures within the association, as well as updating and rewriting our bylaws to better reflect the needs of the members and the association moving forward. We are always looking for members who would like to help the board with the drafting of these documents. Once the initial draft is completed, we will be hosting sessions for members to provide feedback and suggestions. This is your association and we are looking forward to hearing about what is important for you to have included in the bylaws.

Another important area we are looking to revitalize is our website and member portal. Any members who have IT experience and would like to help us navigate this facet of the RRRHA please reach out!

Are you missing the events we used to have at the centre each year? We are, too! Our Vice Chair, Extraordinaire, Mary Nelson is looking to keep our members busy with events throughout the year. The Easter Party is just the beginning! Have great ideas on what you'd like to see at the Ranch? Drop Mary a line and let her know!

We are always looking for volunteers to help out in small or large ways. No time to join the board but want to help out anyway? We need people who want to give us opinions and feedback, help with writing policies and bylaws, or maybe only give a hand for event specific initiatives happening throughout the year. Let us know how you would like to get involved!

This is just a snapshot of all the work happening right now. Feel free to reach out at any time if you have any questions, suggestions, or concerns you would like addressed.

We are here to serve you.

Tracy Cox
Chair for the RRRHA Board
Tracy@rrrha.ca

HOURS:

Visit our website for updated information. Office hours will extend as we move through the spring.

SPRING PROGRAMS

The session will run from April to June. Registration is available online at www.rrrha.ca or through the office. Please visit our website for the full details and class descriptions.

BALANCED YOGA

Mondays w/ Marcy

10 classes

Time: 9:30am – 10:45am

April 4th – June 27th (excluding April 18th and 25th and May 23rd)

\$12p.00 (member); \$130.00 for (non-member)

Minimum 5 participants

PILATES

Mondays w/Laurie

12 classes

Time: 6:30pm - 7:30 pm

April 4th – June 27th (excluding May 23rd)

Cost: \$180.00 (member); \$195.00 (non-member)

Minimum 5 participants

THERAPEUTIC YOGA FOR A BETTER BACK

Tuesdays w/ Vanitha

13 classes

Time: 7:30pm – 9:00pm

April 5th – June 28th

\$190.00 (member); \$210.00 (non-member)

SUBURBAN JOURNALS www.suburbanjournals.ca

Minimum 7 participants

50+ YOGA

Wednesdays w/ Vanitha

13 classes

Time: 10:00am – 11:30am

April 6th- June 29th

Cost: \$190.00 (member); \$210.00 (non-member)

Minimum 7 participants

HATHA YOGA – ALL LEVELS

Thursdays w/ Vanitha

13 classes

April 7th – June 30th

Time: 9:00am - 10:30am

Cost: \$190.00 (member); \$210.00 (non-member)

Minimum 7 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.

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/



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Eat Healthy for Less

Healthy eating does not have to be costly. The following tips will help you plan your grocery list, compare products, and choose foods so that you get the most nutrition for your money.

Vegetables and fruits

If you have a freezer, buy frozen vegetables and fruits. They're as nutritious as fresh, and they will last longer in the freezer, too. You can also find out-of-season fruits and vegetables in the freezer section.

Choose plain frozen vegetables. The vegetables sold with added sauces may be higher in fat, sugar, and salt. Look for canned vegetables labelled "no added salt" or "low sodium (salt)." Rinse canned vegetables in water before eating to lower the salt even more.

Grains

Compare prices to see if you can buy whole wheat or whole grain breads, crackers, and pasta at the same or a lower price than refined (white) products. Whole grains provide more nutrients and are healthier choices.

If you have freezer space, buy whole grain bread on sale and freeze it. Buy dry pasta and grains on sale to save money while taking advantage of their long shelf life.

Packaged seasoned rice and pasta side dishes often contain more sodium. These often cost more than plain rice and pasta. Add your own low-sodium spices and flavouring for healthier, lower cost dishes.

Proteins

Larger containers of milk may cost less and can be a good choice if you're able to use it before the best-before date. If you use fortified soy beverage or another milk substitute, compare the price of fresh to shelf-stable brands.

When shopping for cheese, look for lower fat (20 per cent M.F. or less) on the label. Compare prices between lower fat cheese and regular cheese, they often cost the same. Choose lower fat, when possible.

Dried beans, lentils, and split peas are less expensive than canned beans. They are also a lower cost option for protein than meat. Plan ahead to soak and cook dried beans so they're ready when you are.

If choosing canned beans and lentils, look for brands with no salt added. Rinse canned beans and lentils under water to remove some of the sodium (salt) and some of the gas-causing compounds.



Eggs are usually less expensive than other protein foods such as meat. Before buying, choose a carton that doesn't have any broken shells.

Frozen fish can be less expensive than fresh. Plain fish fillets are usually a healthier choice as they are lower in fat and sodium than battered, breaded, or seasoned fish.

For more information: Visit ahs.ca/nutritionresources and search for: Choose and Prepare Healthy Food, Weekly Menu Planner, Healthy Grocery List, Meal Planning, and Reading Labels.

Alberta Health Services

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 for Aprilis which means to open.
- April is Global Child Nutrition Month, Humor Month, and Mathematics Awareness Month.
- 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".

Weekly Green Cart Returns End of April

Weekly green cart pickup returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone or download the Calgary Garbage Day app.

As you're cleaning up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart for collection.

Compost giveaways

Compost will be available for pickup, by appointment only, from April 25 to June 11. Appointment bookings will be available on calgary.ca/compost in mid-April.

City of Calgary



- APRIL

BASKET

BUNNY

CARROT

CHICK

CHOCOLATE

DAFFODILS

DUCK

DYE

EASTER

EGGS
- FAMILY

FIND

FLOWERS

HUNT

JELLYBEAN

LAMB

RABBIT

SEARCH

SPRING

SUNDAY

TULIPS

B	E	L	R	S	S	G	O	K	U	T	V	B	W	E	N	W	M
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Repurposing Calgary's Historic Places of Faith

April is an important month for religious observance with the occurrence of Easter, Passover and Ramadan.

Calgary's historic communities of the pre-World War 1 building boom were built around modest wood frame and grand sandstone or brick churches of various Christian denominations (Catholic, Protestant and Orthodox). The first Jewish synagogue was established in 1911. Suburbia exploded with Alberta's mid-century oil boom and places of faith continued to figure prominently in urban design. In 1960, an old Anglican Church in Forest Lawn was converted to Calgary's first Masjid (mosque). These structures serve the spiritual, cultural and social needs of the community.

Many faith-based organizations are experiencing dwindling attendance and on-line worship may continue post-covid. The National Trust for Canada estimates that of some 27,000 places of faith in Canada, 30% will disappear within 10 years. What will this mean for the loss of Calgary's heritage buildings, community character and sense of place? How can these buildings be repurposed and sustained to continue to fulfill vital community needs?

Fewer than 60 religious structures have been documented on Heritage Calgary's Inventory of Evaluated Historic Resources. Of these, only 10 are protected (designated) by the City and/or the Province and some have already been demolished. Designation offers grants to help with building conservation.

Here are some examples of how Calgary's places of faith are being preserved and repurposed:

- Knox United Church (1912, Gothic Revival) a Provincial and Municipal Designated Historic Resource -506 4 ST SW
- Retail and proposed childcare at Hillhurst Baptist Church (1907) - 1110 Gladstone Rd NW



*House of Israel ca. 1940-45
(Libraries and Cultural Resources
Digital Collection U of C)*



*House of Israel Condos
(CHI Feb 2022)*



*Hillhurst Baptist Church ca. 1930s
(Glenbow na-2922-13os)*



*Hillhurst Baptist Church CHI
Feb 2022*

- House of Israel Jewish Synagogue (1930, Art Moderne) converted to residential condominiums in the 1990s - 102 18 AV SE
- Calgary Opera Centre at Wesley United Church (1911, Renaissance Revival) - 1315 7 ST SW
- Alberta Ballet at St. Mary's Parish Hall (1905, Edwardian Classical) - 141 18 AV SW
- Temple B'nai Tikvah in the former Riverview United Church (1957, Modern) - 900 47 AV SW

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

To discover more about Calgary's heritage, visit:

HERITAGE *inspires* YYC.org



Temple B'nai Tikvah



*Wesley Methodist Church ca. 1913 (Libraries and Cultural Resources Digital
Collections, U of C)*