

AUGUST 2022



ROCKY RIDGE ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

Happy
Summer

Summer
Safety
Tips



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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: Sonya Sharp
403-268-2430
ward1@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

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

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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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.



Cleaning Out the Garage This Summer?

When cleaning up the garage, put that waste in the right place. Here are some tips:

Old garden hoses, rope and electrical cords: Put in the garbage. They can't be recycled and create major tangles at the recycling facility, causing delays and equipment damage.

Broken patio furniture: Put smaller items like lawn chairs, stools and side tables in your black cart.

Chemicals, motor oil, paint and propane tanks: Take to a household hazardous waste drop-off at City landfills or designated fire stations for safe disposal. Visit calgary.ca/hhw for locations.

Power tools, electric lawn mowers, hedge trimmers and weed whackers: Take to a City landfill for free recycling. Visit calgary.ca/landfill for locations.

Scrap metal such as car parts, bicycle parts, metal shelving and wheel rims: Take to a metal recycler or City landfill for recycling.

Not sure how to safely dispose of an item? Look it up at calgary.ca/whatgoeswhere.

City of Calgary

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

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/



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.



Take A Dip Into The Elbow River's Past

Calgary's First Public Swimming Facility

As those lazy-hazy-crazy days of summer start winding down, we are reminded of the role that the Elbow River has played in providing the first safe and clean recreational swimming facility to Calgarians.

Before the Glenmore Dam was constructed in the 1930s, the flows on the lower Elbow provided enough water for swimming in summer and skating in winter. Crystal clear waters from the Rae Glacier and clean overland runoff reached all the way to the heart of Calgary. Today, flows are restricted and storm water entering the river downstream of the dam is untreated, making it less desirable for taking a dip.

William Reader, Calgary's visionary Parks Superintendent (1913-42), was an advocate of public recreation, an avid swimmer, and member of the Calgary Swimming Club. Reader directed the development of the City's first riverside swimming facility near Elbow Drive and 30th Ave SW in 1914; first with safety ropes then the construction of the dressing rooms building in 1922. The building doubled as a skate change shack in winter. According to the City, "The addition of booms in the river, play equipment (including an outdoor checkerboard), washrooms attached to the building, a fountain, pathways and ornamental plantings further enhanced the attractiveness of the Grounds. Until interest shifted to constructed swimming pools in the 1940s, the Elbow Park Swimming Pool was the most popular swimming place in the inner city and second only to the lagoon at

Bowness Park in numbers of users. Attendance records for 1933 include the observation: 'the number at the Elbow Swimming [Pool] was so great that no record could be kept'."

No longer in use, the historic one-storey, wood-frame, gable-roofed dressing room building and veranda, painted forest green with white trim, remains a familiar landmark along Elbow Drive. It was designated a Municipal Historic Resource in 2014.

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

For more information about historic places in Calgary visit www.heritageinspiresyyc.org

HERITAGE *inspires* **YYC.org**



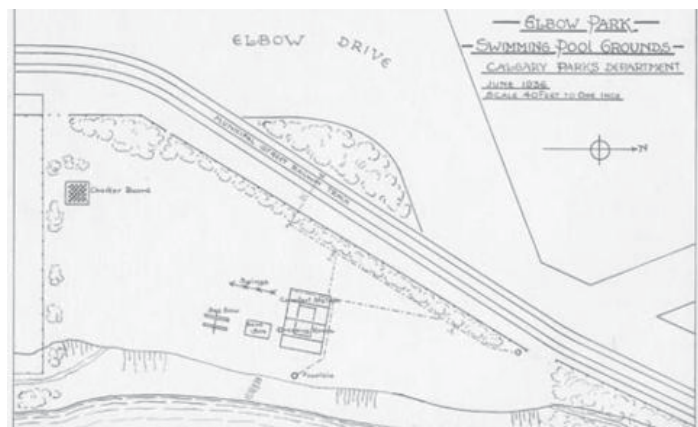
Elbow Swimming 1920s (Glenbow)



Elbow change house (CHI)



Elbow Swimming (nd) Glenbow



Plan 1936 (City of Calgary Archives)



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.

ROCKY RIDGE RANCH HOMEOWNERS ASSOCIATION

Office hours:

Monday – Sunday 9am – 9pm unless otherwise indicated.

Park and Lake news:

The staff and Board would like to remind our members and guests of the following guidelines:

- The Park is open from 9:00am to 9:00pm daily.
- Children under the age of 11 must be supervised in the park at all times.
- There is no lifeguard on duty.
- Children up to 36 months are required to wear a plastic diaper/little swimmers when in the pool.
- Lake equipment will be available for use in 30 minute time slots between the hours of
- 11:00am – 7:00pm daily until August 28th.
- A waiver must be filled out and signed by a parent or guardian (16 years or older) each time lake equipment is used. A piece of ID, park access card, keys (or similar) will be held in the office until the waiver is returned to the office.
- Children under the age of 12 are not permitted to use lake equipment unattended.

Tennis court bookings:

Use of the tennis courts is by booking only. Please visit <https://rrrha.appointlet.com/> or give us a call to make a reservation outside of tennis lesson times. Please note that the lower court will be blocked for bookings during tennis lessons that are scheduled to run August 8-12th from 9:00am to 12:00pm.

Booking policy:

- Bookings are limited to a maximum of three one-hour

bookings per week (2 weekdays, 1 weekend)

- Bookings can be made 2 weeks in advance, with new timeslots becoming available every other Sunday
- Members must be courteous of each other and abide by their designated timeslots

The above policy is subject to change at any time. We have put this policy in place to ensure that all members have equal opportunity to use the courts. We expect all members to be respectful of each other and staff - failure to do so may result in court privileges being revoked.

Kids Used Clothing and Toy Sale – August 13th 10:00am – 3:00pm

Our original event was postponed due to a conflict with the Parade of Garage Sales, so we opted to reschedule. If you would like to purchase a spot to sell used children's clothing and/or toys, please contact the office. The registration fee is \$30 for a space in the upper hall and \$25 for space in the lower hall. There are limited spots available, and you will receive an email to confirm your registration. Click here for a registration form, and a consent form

Summer Camps:

RRRHA is hosting a number of summer camps this year. For more information please visit the websites as indicated. Registrations are taken directly through the company offering the camps.

Pedalheads:

<https://www.pedalheads.com/Pedalheads/locations/Alberta/calgary-rocky-ridge>

Teddy Tennis:

Session details available online at www.rrrha.ca

August 8 - 12th: U8 9:00-10:30am

U12 10:30-12:00pm

Fall Programs: The session will run from September to December. Registration will be available online at www.rrrha.ca or through the office in July. Please visit our website for full details and class descriptions. Also, please keep an eye on our website for details on potential fall programs like art and bootcamp classes!

BALANCED YOGA

Mondays w/ Marcy

Time: 9:30am – 10:45am

Dates & Cost TBD

Minimum 5 participants

PILATES

Mondays w/Laurie

12 classes

Time: 6:30pm - 7:30pm

September 12th – December 12th, 2022, excluding October 10th & November 21st

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

Minimum 5 participants

THERAPEUTIC YOGA FOR A BETTER BACK

Tuesdays w/ Vanitha 14 classes
Time: 7:30pm – 9:00pm
September 13th – December 13th, 2022
\$205.00 (member); \$225.00 (non-member)
Minimum 7 participants

50+ YOGA

Wednesdays w/ Vanitha 14 classes
Time: 10:00am – 11:30am
September 14th -December 14th, 2022
Cost: \$205.00 (member); \$225.00 (non-member)
Minimum 7 participants

HATHA YOGA – ALL LEVELS

Thursdays w/ Vanitha 14 classes
September 15th – December 15th, 2022
Time: 9:00am - 10:30am
Cost: \$205.00 (member); \$225.00 (non-member)
Minimum 7 participants

OTHER PROGRAMS AT THE RANCH

CALGARY GOJUKAI KARATE: Please visit [http://](http://calgarygojukai.com/)

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>.

Rental Spaces for Programs and instruction:

Are you a member or neighbour that has a skill you would like to share? Would having a convenient space to host your classes or programs be beneficial to your business? Come check out the Ranch halls and let us know if you would like to discuss the available options!

Please visit our website at www.rrrha.ca for updates regarding the pool and fall programs. Registration will be available online by mid-August.
Join us on Facebook through our members page!



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The Wild West Lives On At Alberta's Historic Forts

There was a time when forts were scattered across the wild western frontier that is present-day Alberta. Some were built for the fur trade and others were built by the Mounties as beacons of law and order. These outposts were places of refuge and centres of trade around which entire communities were built. Many Alberta municipalities can trace their origins to forts, including our two largest cities, Calgary and Edmonton.



Today, Alberta's forts are among the most interesting historical places in Canada and visiting one is a great way to experience the raw western heritage that still beats in the heart of modern-day Alberta. Unique hands-on activities make it fun to connect with the past and bring it to life.

Forts of Alberta

- Fort Edmonton Park is a living history museum with costumed interpreters that depict different eras in Edmonton's history. You can meet fur traders at the fort, visit an Indigenous camp, ride a real steam train, a wagon or a 1920s streetcar and stroll streets representing 1885, 1905 and 1920. There's even an antique 1920s midway complete with rides and carnival games. Visitors can stay overnight inside the park or enjoy afternoon tea at Hotel Selkirk, a 1920s style hotel.
- When the North West Mounted Police (NWMP) built Fort Calgary, it laid the foundations for the vibrant city we see today. At the fort's interpretive centre, you can explore colourful stories of Calgary's past, try on an authentic RCMP uniform or spend some time in jail. The fort was built to take advantage of the confluence of the Bow and Elbow rivers – take time to stroll along the RiverWalk to admire their natural beauty.
- Watch a re-enactment of Canada's iconic Musical Ride in the very place where it began, learn how to properly groom a horse and wear the red serge at the Fort Museum of the NWMP in Fort Macleod.
- Parks Canada protects the archaeological remains of four fur trading forts at Rocky Mountain House National Historic Site. You can see the remains of the forts and learn about this unique site where rival trading posts competed for trade with fur traders and nine different

Indigenous cultures beginning in 1799. You can also learn about the life of explorer, fur trader and mapmaker, David Thompson who used one of the posts as a base while searching for a pass through the Canadian Rockies.

- Explore the lives of Canada's early fur traders, First Nations and notoriously corrupt whiskey traders at the forts of these other national historic sites: Fort Vermillion on the Peace River in northern Alberta, and Fort Whoop Up in Lethbridge.
- More for your must-see list: Fort George and Buckingham House, Fort Saskatchewan Museum and Historic Site, Fort Normandeau and Fort Dunvegan.

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from Travel Alberta*

Points of Interest Frank Slide

The Frank Slide is one of the most infamous icons of the area, and the site of Canada's second-largest landslide. A segment of Turtle Mountain collapsed in 1903, and the landslide that ensued buried part of the mining town of Frank in just 90 seconds. You can still see where 110 million tonnes of limestone slid down the mountain face, and the Frank Slide Interpretive Centre is the place to start if you want to learn more about the disaster. The 1.5 km (0.9 mi) Frank Slide Trail also winds through car-sized boulders where the slide hit.

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The Mental Health Benefits of Spending Time Outdoors

Have you ever noticed the sense of calm you feel after spending time in nature? In addition to physical health benefits, outdoor activities have also been shown to promote and maintain your mental health.

Being in green spaces (such as gardens, parks or forests) can significantly reduce cortisol (a stress hormone), and raise endorphin levels and dopamine production.

Additionally, the vitamin D you get from natural light can help regulate your sleep cycle. Sleeping away from artificial light and waking up with natural sunlight can also reset your circadian rhythm, which will result in better-quality sleeps and likely leave you feeling more alert and capable the following day.

That's why one of the best things you can do right now is get outside and take advantage of summer at its peak. Whether it's tending to a community garden, taking a walk through your local park, or having a picnic outdoors, contact with nature can rejuvenate your body and mind.

What does it take to reap the benefits?

While some people can't get enough time outdoors, many of us may spend most of our time inside, even in the summer months. Your schedule, lifestyle, and access to green spaces can all play a role, but research has shown that spending at least two hours a week outdoors will allow you to reap the maximum mental health benefits.

Plant a little happiness

If you're looking to sustain a connection to nature while indoors, consider adding a few plants to your space. Plants can lower blood pressure, increase attentiveness, raise productivity at work, lower anxiety and improve overall well-being. They also improve air quality.

If you, or someone you know, is struggling with a mental health problem, help is available. Call the Addiction and Mental Health helpline at 1-877-303-2642 or go to www.ahs.ca/helpintoughtimes.

Alberta Health Services



Civic Holiday History

In 1974 the Alberta Government declared the first Monday of August an annual holiday to recognize and celebrate the varied cultural heritage of Albertans. That year and again in 1975, a multicultural concert was held at Fort Edmonton Park to celebrate Heritage Day. In 1976 11 ethno-cultural communities banded together in Edmonton's Hawrelak Park to display their cultures' traditional cuisine, entertainment, interpretive materials, and crafts. This occasion marked the early days of the Edmonton Heritage Festival, which plays an important role in promoting Alberta's heritage.

www.timeanddate.com



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Starting Fall SMART

Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be an overwhelming or leave us feeling “trapped”, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values, but focus on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

- **Specific** – What exactly would you like to do? What is your aim?
- **Measurable** – How will you know if you are moving towards your goal? What will you see?
- **Achievable** – Can you act to reach your goal? Is it something you can do?
- **Relevant** – Does this goal have meaning for you?
- **Time** – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

- **Attitude** (Ex. Being positive, hopeful and grateful or seeing the good)
- **Physical Health** (Ex. Being active, eating healthy food, sleeping and drinking water)
- **Relationships** (Ex. Spending more time with family and friends)
- **Public Service** (Ex. Volunteering, helping your community)

Taking the time to write, type, or vocalize our goals, it



will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather on things you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and *fall* gently back into our routines again!

*Community Health Promotion Services Team,
Alberta Health Services*

Did You Know... These Facts About August

- The birthstone is the Peridot and the Sardonyx.
- The birth flowers are the Gladiolus and the Poppy.
- The two zodiac signs in August are Leo (July 23 – August 22) and Virgo (August 23 – September 22)
- August was named after the first Roman Emperor Augustus.
- The month of August is often referred to as the "dog days of summer", based on the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.
- In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere.

DID YOU KNOW??

The 3 most common languages in the world are Mandarin Chinese, Spanish and English

