

SEPTEMBER 2022



ROCKY RIDGE
ROYAL OAK

VIEW

Your Community Newsletter since 2005

Suburban Journal

Back to School

**We Are Always in
Need of Volunteers**



Suburban Journals
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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 Blvd 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
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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Councillor Report

Hello Ward 1 residents! I hope you had a relaxing summer with time spent outdoors and with family and friends. It has been a pleasure to meet so many of you at community events over the summer!

Spring storms washed out the pathway near the Stoney Trail bridge linking Valley Ridge to Bowness Park. I have been working with the province, who maintains the path, to identify a timeline for a fix. Unfortunately, as of writing, it is still not clear when the problem will be solved. I realize this has been a great inconvenience. My office will continue to work with The City and province to find a short-term and better long-term solution for safe access to Valley Ridge and Crestmont.

I have also been working with Calgary Transit and partners to improve safety. We have made progress, with Transit hiring new peace officers and security guards. There is still more work to be done, but this is an important step.

Speaking of safety: The City, Calgary Police, and Alpha House are partnering in a new East Village Safety Hub to encourage collaboration and bolster the presence of these agencies in the city centre.

Calgary Transit is still offering discounted adult Transit passes for September. Passes are available in the usual places for \$56.

The City is recruiting for public positions on many Boards, Commissions and Committees until September 12. Learn more at Calgary.ca/boards.

The City always has opportunities for public engagement on issues from taxes to tennis courts. Have your say by visiting engage.Calgary.ca.

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

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.



Thank You

We recently held our community cleanup and Stampede Breakfast, which were both a huge success. The community cleanup was co-hosted by City of Calgary and it provided an opportunity for community members to dispose or donate unwanted items that may not fit into your regular bins. Thank you to those who participated. We are looking forward to see the same energy in the upcoming events.



To Our Very Generous Sponsors: A HUGE THANK YOU!
For providing our local communities with an amazing Stampede Breakfast Event on Saturday July 16"

Hosted and supported by: RRROCA and LDS Church
Royal Oak Sobeys, Royal Oak Tim Hortons,
Zeena Taahvai, The McKelvie Group, Rocky Ridge Co-Op
Journey Church, Islamic Association NW, Royal Oak
Victory Church

Thank you so much for your generosity and support!"

Follow the RRROCA Facebook and Instagram page for updates and information about upcoming events.
<https://www.facebook.com/rrroca.org>



Back to School Safety

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and 3 demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;



- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Alberta Health Services

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.

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

Answer on Page **XXXXXX**

"Life is what happens when you're busy making other plans."

– John Lennon



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 info@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.

Notice of Annual General Meeting (AGM):

The RRRHA AGM will be held on Thursday October 27th at 7:00pm. Registration will take place beginning at 6:30pm, and members must have a piece of identification to present that has both their legal name and property address on it. If quorum is not met at 7:00pm, the AGM will be rescheduled for 7:30pm.

* AGM notices will be sent out electronically via email, however we understand that not all members use email or wish to provide theirs to us out of concerns for privacy. AGM notices will be mailed to those properties for which no email is on file.

By the beginning of September, a mass email will be sent out to provide an update to members about upcoming events. If you have not received a mass email from us please contact the office via info@rrrha.ca to have your email added to the contact list by September 21st.

Please note that RRRHA does not, under any circumstance, provide phone/email contact or personal information to anyone, at any time.

Board of Directors:

Nomination forms will be available through the office

10 Rocky Ridge Royal Oak View

for those members wishing to stand for election at the AGM. Please stop by or email info@rrrha.ca for more information.

PROGRAMS AND EVENTS:

FALL PROGRAMS – The session will run from September to December. Registration will be available online at www.rrrha.ca or through the office. Please visit the website for details on offerings and times.

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/>

ROCKY RIDGE PRIME TIMER'S: Join the rockers every Tuesday at the Ranch from 1-3pm for coffee and crafting (bring a project to work on). Free and open to everyone.

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.

CALENDAR OF EVENTS:

Mark your calendars and join us at one of our member functions taking place over the coming months. Our parties are family friendly environments with various entertainment and/or activities. Please be sure to check for more details online or in the upcoming editions of the Suburban Journal.

Young Entrepreneurs Market – September 24th 9:30am-12:30pm

Our annual spooky spectacular is sure to please the little goblins and ghouls. Come dressed up if you wish and enjoy some treats and games.

Annual General Meeting – October 27th 7:00pm

All members in good standing are invited to attend the AGM. This is your opportunity to voice your opinions and thoughts on matters specific to the HOA as well as get an update on what has transpired since last year's AGM. Audited financials for 2021 will be presented, along with a draft Capital budget, and the election for the Board of Directors will also take place.

Halloween Party – October 29th 1:00-3:00pm

Our annual spooky spectacular is sure to please the little goblins and ghouls. Come dressed up if you wish and enjoy some treats and games. This event is best suited for

children under 10 years of age. There will be a maximum of 2 adults per household.

*RSVP will begin October 1st.

Christmas Market – November 26th 10:00am-2:00pm

If you are looking for unique gifts to give away during the holiday season, be sure to check out the Holiday Market. We will have a variety of vendors selling a wide array of treasures. Watch for details in the October edition.

Christmas Party – December 10th 1:00-3:00pm

Our most popular party is a hit with young and old alike. This very holiday themed family event is complete with a visit from Santa!

*RSVP will begin November 1st and will be available until capacity is reached. There will be a maximum of 6 people per family/household including a maximum of 2 adults. Please be sure to RSVP as there will not be room for walk-ins.

***updates and/or changes will be posted on our website and circulated via mass email.



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Explore Calgary's National Historic Sites

When Canadians think of the richness of our National Historic Sites (NHS), Calgary rarely comes to mind. Did you know that our fair city boasts 9 of Canada's some 1000 sites formally recognized for their contribution to Canadian history and culture?

Our current system of commemorating places, persons or events of national significance began in 1919. The Historic Sites and Monuments Board of Canada, under Parks Canada, recommends candidates for designation. In the 1950s the Board began recognizing built heritage for age or architectural value. In Calgary, these sites include buildings, a district, and gardens.

Sites are researched and documented, ceremonies are held, and plaques are installed, offering great educational and tourism benefits. Actual protection of the built heritage may be provided through provincial and municipal designation.

Why not explore some of Calgary's notable National Historic Sites this fall?

Fort Calgary, 750 9th Ave. S.E. Established in 1875-88, at the junction of the Elbow and Bow rivers, as a North-West Mounted Police post. It was named by its founder, Assistant Commissioner James F. Macleod for his ancestral Scottish home, Calgary. This was our first NHS, recognized in 1925.

Stephen Avenue, between Centre St and 2nd St SW. This well-preserved commercial street dates to 1880 and boasts many beautiful locally quarried sandstone buildings. Its 29 buildings were recognized as a NHS district in 2002. The Palace Theatre, the Calgary Milling Co, Pioneer Meat, the Alberta Hotel, and three historic banks have provincial protection and all but two of the banks are protected municipally.



Fort Calgary ca 1878 (Libraries and Cultural Resources Digital Collections, U of C)

Beaulieu or Lougheed House, 707 13th Ave SW. The grounds and sandstone mansion of Sir James A. Lougheed and his wife, Isabella Clark Hardisty were constructed in 1891. Now a museum and restaurant, it was recognized as a NHS in 1992.

Next Month we will tell you about six more of Calgary's iconic National Historic Sites constructed in the early 1900s: Historic City Hall, Central Memorial Library and Park, Reader Rock Garden, Heritage Hall, Palace Theatre, and Mewata Armory.

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**



Hudson's Block on Stephen Ave 2022
(Q G for CHI)



Stephen Ave NHS plaque 2022
(Q G for CHI)



Lougheed House 2019 (O B for CHI)



Fort Calgary (fortcalgary.com)

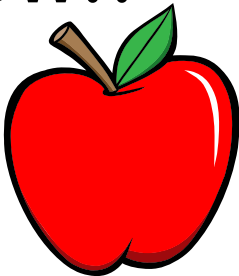
Child Writers Wanted!

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??

Apples are more effective at waking you up in the morning than coffee.



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Sudoku Corner Solution

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

Healthy Ideas for Back-to-School Snacks

Your children are starting back to school this month, and you need healthy ideas for lunches and snacks. Remember that some schools don't allow nuts or peanuts because of allergies.

Offer children water when they're thirsty, and vegetables and fruit instead of juice, even if it's 100-per-cent juice.

Choose these healthy snacks every day:

- Fresh or frozen vegetables
- Fresh or frozen fruit
- Fruit cup in fruit juice or water
- Unsweetened applesauce
- Whole grain bread
- Whole grain crackers
- Whole grain naan, roti or pita
- Whole grain tortilla or wrap
- Whole grain cereal
- Hummus
- Eggs

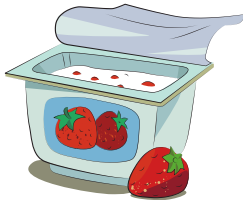


- Nuts or nut butters (check first to see if allowed at school)
- Meat, chicken or fish
- White milk
- Cheese or cheese string
- Fortified plain soy beverage
- Plain yogurt



Choose these snacks some days:

- Flavoured fortified milk or soy beverage, such as chocolate, strawberry or vanilla
- Fruit-flavoured yogurt
- Baked crackers
- Muffin
- Granola bar
- Dried fruit and nut mix



Choose these snacks less often. These snacks are high in sugar, fat and/or salt:

- Candy or fruit gummies
- Potato chips or fried snacks
- Instant dried noodles

Alberta Health Services



BACKPACK	PENCIL
BOOKS	PLAYGROUND
CLASSROOM	PRINCIPAL
COMPUTERS	READING
CRAYONS	RECESS
DESK	SCHEDULE
FRIENDS	SCHOOL
GLUE	SCIENCE
HOMEWORK	SCISSORS
LUNCH	STUDENT
PAPER	TEACHER

R	F	B	T	E	R	M	H	C	P	A	U	I	T	A	R	S	U
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K	P	Y	W	E	S	A	L	D	E	S	K	Q	G	B	A	J	F
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