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RRROCA REPORTER



RRROCA
ROCKY RIDGE ROYAL OAK
COMMUNITY ASSOCIATION
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JUNE | 2015

NEW
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The official monthly newsletter of the Rocky Ridge & Royal Oak Community Association



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HIGHLIGHT IN THIS ISSUE: NEW COMMUNITY NEWSLETTER "MOBILE APP" AVAILABLE TO DOWNLOAD P24

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President's message



REPORTER

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NEW BEGINNINGS!

My name is Tessa Sakamoto and I am the incoming and interim President for the Rocky Ridge Royal Oak Community Association (RRROCA). It's good to "meet" you! My husband, daughter and I have lived in Rocky Ridge for about 6 years. I started volunteering with RRROCA in January of 2014 when I answered a call on Facebook for someone to pick up the Director of Sports position. My team and I

ran 2 successful (and fun!) seasons and I am sad to be leaving the position, but excited to take on a new challenge!

It has been really great to see everyone venture outdoors with the arrival of warmer weather. I love to head out and explore our pathways, stop by the playgrounds, and watch the little ones play sports on the fields. There's just something about our communities in the summer time!

We have some really great events lined up for you this summer. We get started with our Parade of Garage Sales from June 5th to 7th, and don't forget Neighbour Day on Saturday, June 20th. While RRROCA isn't running any formal events on this day, we encourage you to host a block party, a picnic at a local park, or even introduce yourself to your neighbour and lend a helping hand. Our Annual Stampede Breakfast runs on Saturday, July 4th from 8:00 am to 11:00 am. This is our largest event of the year with free activities for families, music and pancakes! The Triple RRR Stampede Rowdy BBQ happening that evening from 7:00 pm to midnight is a really great time, and a fun way to meet some neighbours. Check out the poster on page 9 in this newsletter and get your tickets before they are sold out.

Did you know that RRROCA has over 600 community members who volunteer with us each year? We really do everything from A to Z (AGM to Zumba, and everything in between). We can always use more help. Do you have an hour or two to spare? Or maybe 5 hours per month? We would love to have you! Email volunteer@rrroca.org to get more information about our current opportunities and what would be a good fit for you.

I'm always happy to chat, take suggestions or feedback, or field any new ideas. If you need to get in touch with me, please feel free to reach out by email at president@rrroca.org.

I hope to see you out and about in the community soon!

~ Tessa Sakamoto

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Please Note:

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those for the Community Association or the publisher of this newsletter.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so. Thank you.

Disclaimer



Your Official Newsletter

Community

Editor's Message



This issue marks my first as the RRROCA Newsletter Editor. I want to start by thanking my predecessor, Carla Knipe, for her past contributions in bringing an informative newsletter to our community. I moved to Calgary with my husband and two daughters in 2012 and found the RRROCA Newsletter to be an invaluable source of information on our new home. When the opportunity came up to take on the role of Newsletter Editor, I jumped at the chance as it allowed me to use my skills as a writer and editor to give back to the community that welcomed us with open arms.

You will notice that the newsletter has undergone another name change! We are excited to introduce you to the new 'RRROCA Reporter'. Why the new name? There are a number of monthly newsletters in the community and we wanted to pick a name that would stand out as the official community newsletter of the Rocky Ridge and Royal Oak Community Association (RRROCA).

In the coming months there will be more changes. We will be adding some regular feature columns on topics covering entertainment, culture and travel. We also want to report on community news, from crime reports to local restaurant reviews. The success of a great community newsletter depends on great content and we want to hear from you. Have any article ideas or community news you want to share? Want to become a regular contributor? Send me an email at newsletter@rrroca.org.

~ Sheryl Khanna



VP Corner



This issue marks my first installment in the community newsletter. With the return of longer sunny days I urge all residents to get out and enjoy all the great pathways and parks we have in our community. Also, remember to sign your children up for upcoming summer activities at The Ranch Centre. My first venture in my position as VP is to start an annual 3 on 3 street hockey tournament for the community. We are aiming for September 13th for our first event, so mark your calendars! This year we are looking for 20-25 teams in the adult age group. Details to follow in the next newsletter.

~ Ali Oonwala

RRROCA UPCOMING EVENTS



SHOWCASE CORRAL

Join in the fun and lasso great exposure for your business at the 7th annual **RRROCA Stampede Breakfast on Saturday, July 4th** (8 to 11 am) at the Rocky Ridge Ranch Centre. Don't miss this opportunity to showcase your business with the rental of an 8-foot table in this year's "Showcase Corral" anticipated to attract over 3,000 people. This is a significant opportunity to advertise your brand. We provide the table and then the sky is the limit. Have fun and get creative. Provide pancake lovers with free samples, small giveaways, pamphlets and maybe even bring your mascot if you like. All this for the cost of \$50. If you are interested in participating or have any questions contact Karen at sponsorship@rrroca.org.

REPORTER - EDITORIAL POLICY the official newsletter of the Rocky Ridge Royal Oak Community Association

All content appears at the discretion of the Board as well as Mind's Design Publishing. All copy may be edited due to space as well as grammar and usage.

We welcome all community content including Community Event listings, area schools updates, good news stories, Senior and Youth content and Letters to the Editor. The editor welcomes and encourages writers from our community to write for this newsletter; either one-time articles or ongoing columns.

Political representation is accepted but limited to elected representatives of this community (ie: if their name appeared on a ballot and they were elected).

Submission Deadlines: community content is due on the 8th of the month for the following month's issue. Articles should be no more than 500 words in length.

Photographs are welcomed from both local professional and amateur photographers for inclusion on the cover or inside the issue. Please email high quality JPEGs to the Editor (email attachments are acceptable). We cannot pay for photos but will give credit as the photographer's personal name.

All advertising enquires should be directed to newslettersales@mindsdesign.ca. Advertising is due on the 15th of the month for the following month's issue.

RRROCA CONTACTS

Names and Emails

Your Official Community Newsletter

Rocky Ridge Royal Oak Community Association

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The REPORTER, the official newsletter for both Rocky Ridge and Royal Oak, is published 11 times a year by Mind's Design Studio and is delivered to the all residents and local businesses by



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Your Official Newsletter

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Sports update



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Soccer returns!

By Tessa Sakamoto, RRROCA Director of Sports

The RRROCA Spring Sports Program is well underway. Despite a few days of less than optimal weather to start, teams have been out practicing and interacting in fun-focused match-ups. Players are also learning new skills in their skills clinics, hosted by our experienced soccer and ball coaches - a special treat! Thank you to all of the enthusiastic coaches, parents and children who are making the most out of this season!

Don't forget our Community Sports Party (combined with our Family Fun Day) on June 6th. Everyone is welcome (siblings, friends and family) and it is going to be a great day. See you there!

We would like to take this opportunity to thank our very generous community sponsors. Without them, our players wouldn't get to sport those flashy jerseys! ATB Financial, Blink Eye Wear, BMO, Brooklyn Pizzeria and Taps, Charlesglen Toyota, Chopped Leaf, CIBC, Crock a Doodle, Lexus of Royal Oak, My Gym Calgary, Orange Theory Fitness, Pet Valu, Royal Oak Dental, Royal Oak Veterinary Clinic, Spyhill Dental Clinic, The McKelvie Group, Toothworks Calgary, Urban Real Estate Services Ltd., and Village Honda - Thank you for your support! Also, a special thank you to Men in Kilts who provided soccer balls to some of our younger age groups, as well as Tim Hortons who provided TimBits and coffee on the first day of soccer.

Did you know that it takes a team of over 200 volunteers to make our sports season happen? Volunteers are how our community and sports program thrive. We will be looking for volunteers to help

fill positions to get started again for our 2016 season in the fall, so keep an eye out and sign up early!

Thank you, thank you, thank you to each and every one of the volunteers this year. I really wish there was room to name everyone here (from administration help to age group coordinators, and managers to field marshals). Know that the time you have dedicated to the young people in our community makes the place that we live better.

I would also like to offer a special thank you to Tracy McNish, our Youth Sport Lead for this year. She was remarkable and led her team of volunteers to a successful season. Her balance of patience and persistence was invaluable and her involvement in the program was a strong indicator of its success. If you see her out in the community, offer her a pat on the back (and perhaps a chair with a foot rest) - she deserves it!

The sports program is an important part of our community association. Not only does it provide affordable and local opportunities for children to get involved in a sport, the program also provides funding that enables us to run events and programs in our community. We are looking for a new Director of Sports. You don't need any prior sport experience to lead a group of volunteers to a successful sport season! I will work with you and provide you with everything you need. Are you interested? Email Frances, our Director of Volunteers, at volunteer@rrroca.org.

Neighbour Day

Saturday, June 20, 2015

On April 27, 2015, Mayor Nenshi declared the third Saturday in June “Neighbour Day”.

Neighbour Day is a newly established annual celebration of community spirit, and will take place this year on **June 20, 2015**. Neighbour Day was established last June to recognize and celebrate the great community strength and cooperation exhibited during the flood in 2013. It’s time to come together again. Make Saturday, June 20 the day you host a block party, a picnic at your local park or even introduce yourself to a neighbour and lend a helping hand.

Please consider participating in Neighbour Day this year. Make new friends, have fun, build a stronger neighbourhood.

For more information about Neighbour Day, ideas for events, promotional ideas and information about permits and other logistical considerations visit Calgary.ca/neighbourday.

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ANNUAL STOMPIN' STAMPEDE SERVICE & BBQ

Sunday July 12
Service Times at 9am & 11am
BBQ Lunch at 12:30pm
EVERYONE WELCOME
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THEN PARTY ALL NIGHT AT THE...

2ND ANNUAL COMMUNITY STAMPEDE PARTY!

Saturday, July 4th

7pm – Midnight

Tickets \$25.00

Under the Tent at Ranch Centre

10709 Rocky Ridge Blvd.

Dinner catered by the Mad Rose Pub
(includes gourmet burger and salad, hand-cut chips
and a beer or drink cooler)

Music and Dancing
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Camps run 9am to 4pm daily
(exception My Gym camps)

July 13-17 - with TucknTumble Gymnastics Club- "Going to the Beach" \$325

July 20-24 - with Enchanted Events- "Enchanted Fairy Camp" \$350

July 27-31 - with TucknTumble Gymnastics Club- "Forest Fun" \$325

August 10-14 - 9am-4:30pm with My Gym- "Soaring with Superheroes" \$325

August 24-28 - 9am-4:30pm with My Gym- "Once Upon a Time" \$325



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Registration for My Gym camps are currently OPEN & available through My Gym online.

Scouting News

By Shazia Awan-Qureshi

Our local 242 RRRO Group Beavers, Cubs and Scouts, along with parents and leaders, braved a chilly Saturday morning on April 25th to collect bottles door-to-door and were rewarded with two full trailers of recyclables. The money raised makes a huge difference in the programming we provide for our Scouting youth. We appreciate the support we receive within Rocky Ridge and Royal Oak and offer our heartfelt thanks.

The following weekend was the Spring Camp at Camp Evergreen and the kids had a blast. Beavers did a nature walk, low ropes course, climbing wall and archery but their favourite was the pony riding. The Scouts and Cubs had a lot of fun too, including the 3rd Year Cubs who stayed with the Scouts for the entire camp. They overcame the challenges of the climbing wall, zip line and leap of faith and the camaraderie was really impressive. The whole group learned a new game called Wilson Ball (based on the Israeli Ga-Ga dodgeball game) and it was a big hit with everyone from the Beavers right up to parents and leaders.

If you would like your child to join our group, make new friends and enjoy a wonderful and exciting variety of experiences like these, come to the registration night for 2015/16 at the Rocky Ridge Co-op in the Community Room on Tuesday June 9th from 6:00 to 8:30 pm. Group volunteers will answer all of your questions and you will benefit from an early bird discount. On this date the fee will be \$205. Thereafter it will be \$220. The Children's Fitness Tax Credit or the Children's Arts Tax Credit can be claimed for this fee. Please bring along two fundraising deposit cheques of \$100. These are cashed only if your child does not participate in the popcorn selling or bottle drive we do each year.

Boys and girls are welcome. The age groups are:

Beavers: 5 to 7 years

Cubs: 8 to 10 years

Scouts: 11 to 14 years

Our group is run by hard working and dedicated volunteers and we are always seeking new volunteers to come on board as leaders or assistants. If you are interested please email RRROScouts@hotmail.com. You will be surprised to learn how little time you need to commit as a volunteer.

AGAIN WE THANK YOU FOR YOUR CONTINUED SUPPORT AND WISH YOU A WONDERFUL SUMMER BREAK!



TUSCANY STATION Transit Oriented Development Proposal



By David Spencer
RRROCA Planning Director

OPEN HOUSE - MARCH 11 AT THE RANCH CENTRE

The purpose of this open house was to present the principles of a land use redesignation proposal for the triangle of land directly north of the Tuscany LRT parking lot. The proposal was designed to align with the City's transit oriented development policy which encourages higher density residential around LRT stations.

Landowner Telsec, along with their consultants, CivicWorks, were available to talk about the principles of land use with the community, speak to people one-on-one, note comments and answer questions.

Panels were on display to illustrate the overview of a proposal to redesignate this 2 acre parcel of land (10310 Eamon Road) from its current designation as a "park and ride" lot to a multi-family residential zone.

At this stage in the planning process, developers are not expected to show building designs but to help the community envision what "could" be on the site. They presented boards showing 2 mid-rise buildings, 10 stories each. This was to demonstrate the impact of the most intense case scenario that could be expected.

No applications have been made at this time; this was intended as a voluntary open house hosted by the developer.

Over 50 people came to the open house and attendees were given the opportunity to provide feedback.

ROYAL OAK VICTORY CHURCH UPCOMING EVENTS



- Join us every Sunday at 9am or 11am for our weekly celebration services.
- Everyone is invited to our 11th Annual Family Fun Day taking place Saturday, June 6 from 12 - 3 pm. Rides, games, petting zoo and much much more!
- Everest Kidz Camp (ages 3 to 11) August 10 - 14. Register on line or call us at the office at (403) 286-4477. Registration begins June 1.
- Join us for our Annual Stompin' Stampede Service, Sunday, July 12th at 9 & 11 am. Complimentary BBQ Lunch beginning at 12:30 pm. Toe tapping music provided by recording artist Fraser Campbell. Everyone welcome.

VOLUNTEER CORNER



By Frances Kalu, RRROCA Volunteer Director

To provide events and activities that make our

community great, we require over 150 volunteers to ensure these events are a success. Do you have an hour or two to spare? Do you have skills or experience to share? Please send an email to volunteer@rrroca.org. You can sign up to volunteer as well as renew your membership for the year.

We are currently seeking volunteers for the following positions:

EVENTS

Family Fun Day (June 6th): A great opportunity to help organize games and activities for families in the community. Get to make new friends, meet up with old friends and contribute to a great cause . . . community building.

Stampede Breakfast (July 4th):

Would you be willing to give 2-3 hours of your time to flip a burger, man a bouncy castle or stir the pancake mix? We are looking for over 100 volunteers to make this day a success as we expect over 2000 people to participate in the activities on this day.

Community Clean-Up (Sept. 19th):

Volunteers required to direct events to help make our community a clean environment.

BOARD VACANCIES

Director of Schools

The Director of Schools acts as a liaison between the community and the schools that serve the community.

Director of Transport

The Director of Transport acts as a liaison between the community and the board on transport issues in the community.

Director of Sports

The Sports Director is in charge of the Youth Spring Sports Program and oversees the Adult Fitness Programs.

"No act of kindness however small is ever wasted" - Aesop



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Membership Application & Renewal Form

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:		
Cellphone:		
Email ⁽¹⁾ :		
Updates by email:	<input type="checkbox"/> YES <input type="checkbox"/> NO	If you choose "No" to this question your email address will be on file but will NOT be used to communicate Association news or important updates.

⁽¹⁾ Please note your email address will be used to communicate your membership number.

YES, I would like to volunteer my time, interest or experience in the areas of:		
Communications	Such as web / internet; social media; newsletter; road signs, etc.	<input type="checkbox"/>
Programs	Such as sports; recreational; fitness; special events, etc.	<input type="checkbox"/>
Civic Advocacy	Such as planning & development; transportation; schools, etc.	<input type="checkbox"/>
Fundraising	Such as casino; grant applications; donations, etc.	<input type="checkbox"/>
Amenities	Such as buildings; sports facilities; parks & playgrounds; pathways, etc.	<input type="checkbox"/>
Other (please specify)		<input type="checkbox"/>

Note: Memberships are based on calendar year and are valid from January 1 to December 31

NEW MEMBERSHIP & RENEWAL: \$30.00

If your membership is not kept current by Feb 28 after it expires it will be deleted and a new membership will need to be purchased.

Send this form and your cheque (payable to Rocky Ridge Royal Oak Community Association or RRROCA) to:

RRROCA – Membership: PO BOX 91009, RPO Royal Oak Calgary AB T3G 5W6

MARK YOUR CALENDARS

- June 5 to 7 Parade of Garage Sales
- June 6 Family Fun Day & Community Sports Party
- June 20 Neighbour Day
- June 21 Happy Father's Day
- July 1 Happy Canada Day
- July 4 Stampede Breakfast
- July 4 Stampede Triple RRR Rowdy BBQ
- August 3 Civic Holiday
- September 7 Labour Day
- September 19 Community Clean-Up



The City of Calgary Community & Neighbourhood presents:

Park n' Play & Stay n' Play

August 17th - 21st 2015

9100 Royal Birch Blvd. N.W.

Stay n' Play FREE

Ages 3y - 5y

10:00 am - noon

Participants must be

accompanied by an adult/guardian

Park n' Play FREE

Ages 6y - 12y

10:00 am - 3:30 pm

Play Pass: Play Faster This Summer! Save time and line-ups on the first day by pre-registering for Park n' Play and Stay n' Play. Pre-registration does not guarantee entry. Entry to these programs is on a first-come, first-served basis.





Lorraine Reed-Loewen
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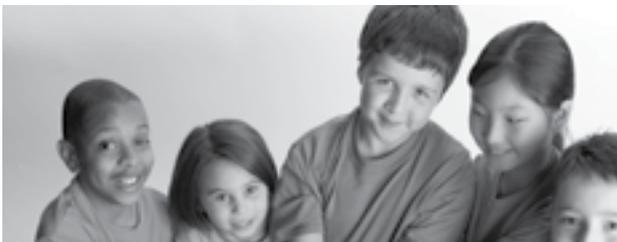
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FREE FOR KIDS!

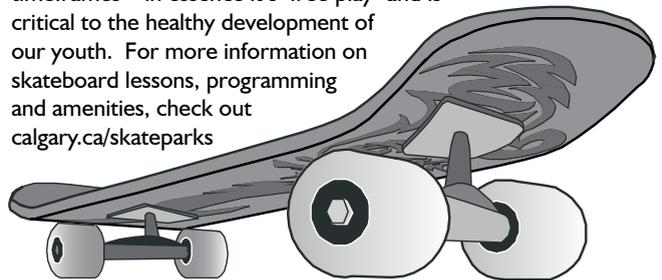
The City of Calgary offers a wide variety of **FREE** community-based programs and services for children, youth and families across Calgary every summer. Programs include; Park n' Play, Stay n' Play, Summer Adventures, Kids at Play Summer Club, Community Camps, Youth Days and Lawn Chair Theatre.

Find out what's happening in your area by visiting calgary.ca/cns



SKATEBOARDING IN CALGARY

Similar to bike riding, skateboarding is an affordable and 'unstructured' recreation activity. There are no rules, no timeframes – in essence it's 'free play' and is critical to the healthy development of our youth. For more information on skateboard lessons, programming and amenities, check out calgary.ca/skateparks



Your Official Newsletter

Important Numbers



What To Know Before You Go

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women’s Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS/URGENT CARE	
Alberta Children’s Hospital	403.955.7211
Foothills Hospital	403.944.1110
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7100
Calgary Senior’s Resource	403.266.6200
Call Before You Dig	1.800.242.3447
City of Calgary	211 and 311
City of Calgary - Parks & Rec.	403.268.3888
Elder Abuse Resource Line (65+)	403.705.3250
Crowfoot Library	403.260.2600
Kerby Centre for the 55 plus	403.705.3246
City Hall	403.268.2111
City Hall - Mayor’s Office	403.268.5622
Road Conditions – Calgary	1.877.262.4997
Crowfoot YMCA	403.547.6576
Weather Information	403.299.7878

by Sheri Horvat, Certified Travel Consultant

A warm welcome to Tahiti and Her Islands, officially known as French Polynesia! Tahiti (the capital of the French Polynesia) is often used to refer to the entire country, but it is also the largest of the 118 islands and atolls that are sprinkled over four million square kilometers of ocean in the South Pacific.

So, if you want a place that is unspoiled and uncrowded, you cannot find a better destination. With pristine waters and signature luxury accommodations, the Islands of Tahiti are unlike any other destination. Summer is November to April and the Tahitian winter is from May to October (which is also peak season). Cooled by the gentle breezes of the South Pacific, the climate is tropical yet enjoyably moderate. This is a 12 month destination with mostly sunny, pleasant days where the air and water have an average yearly temperature of 80 degrees. A valid passport and a quick 8 hour flight from LAX and you are in Paradise. When you have arrived, you have the option of visiting one island, combining islands or even cruising. If you choose to stay at a resort, there are meal plans that you can add on to your stay. Many people like to go exploring and visit several of the wonderful local restaurants. You also have the option of garden view, ocean view and the amazing overwater bungalows for your accommodations.

The islands have 2 official languages - French and Tahitian, although English is widely spoken in tourist areas. The French Pacific Franc is the currency used in French Polynesia and the simplest way is to go to the bank machine when you arrive at the airport. The Islands are in the same time zone as Hawaii and unlike Hawaii, tipping is not customary nor is it expected.

FUN FACT:

Did you know that more travelers visit Hawaii in 12 days than visit Tahiti in an entire year?



The Soffitel on the Island of Moorea.

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Do you suffer from sneezing fits and headaches during different times of the year?

If so, there are some things that a furnace and duct cleaning company can do to help.

Duct cleaning could really help you eliminate your seasonal allergies. Studies show that one of the most common causes of allergies and asthma is related to indoor air quality. In fact, one of the most strongly allergenic materials found in the air you breathe when you're inside, is common house dust.

You may not realize it, but house dust can be heavily contaminated with dust mite fecal pellets and cast skins. About 40,000 dust mites can thrive in just one ounce of dust. That means even the cleanest house probably has plenty of these allergy-causing microscopic critters. Yuck. Plus, it's estimated that dust mites are known to factor into 50 to 80 percent of asthmatics, as well as countless cases of eczema, hay fever, and other allergy-related ailments.

Most people have spring cleaning rituals. You might clean carpets and closets, turn the mattresses, air out upholstery, etc. Seasonal cleaning of your home's ventilation system should be on the list, as well. We recommend that, as part of your spring cleaning, you see whether it is time to have us come out to

make sure that your air conditioner, furnace, and vents are in top condition. Why wait until the fall or heating season?

Look around your vents. Is there a build-up of dust or dirt there? When you turn on your ventilation system, is there a burned, dusty or moldy scent? Are you noticing that the volume of air coming out is less than you are used to? These are all signs of dirty or even clogged vents and ducts. Regular furnace and duct cleaning should be done at least once a year. If you haven't been doing this, there's a good chance you're in need of some deep cleaning.

On top of this, you will notice that your energy bill may be higher. Dirty air ducts can significantly reduce the efficiency of your air conditioner, meaning that not only will you be less comfortable than you should be, but your equipment will be required to expend more energy when it runs.

Clean air ducts are an essential ingredient to a healthy, effective air conditioning system. Dust and mold that builds up inside your home's ducts can be harmful to your family's health. If these contaminants escape into the air, they can contribute to indoor pollution. People with asthma or allergies, the very young, the elderly, and people with suppressed immune systems are particularly vulnerable to health problems caused by poor indoor air quality. By getting your ducts cleaned, you can reduce your risk from these indoor allergens and irritants.

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Suncor Energy Choir

Tuesday, June 16th at 7:00 p.m.

Come join us for an evening of musical delight!

Sounds of Summer

Wednesday, June 24th at 7:00 p.m.

Join us as the Calysto Steelband leads us into the spirit of Summer!

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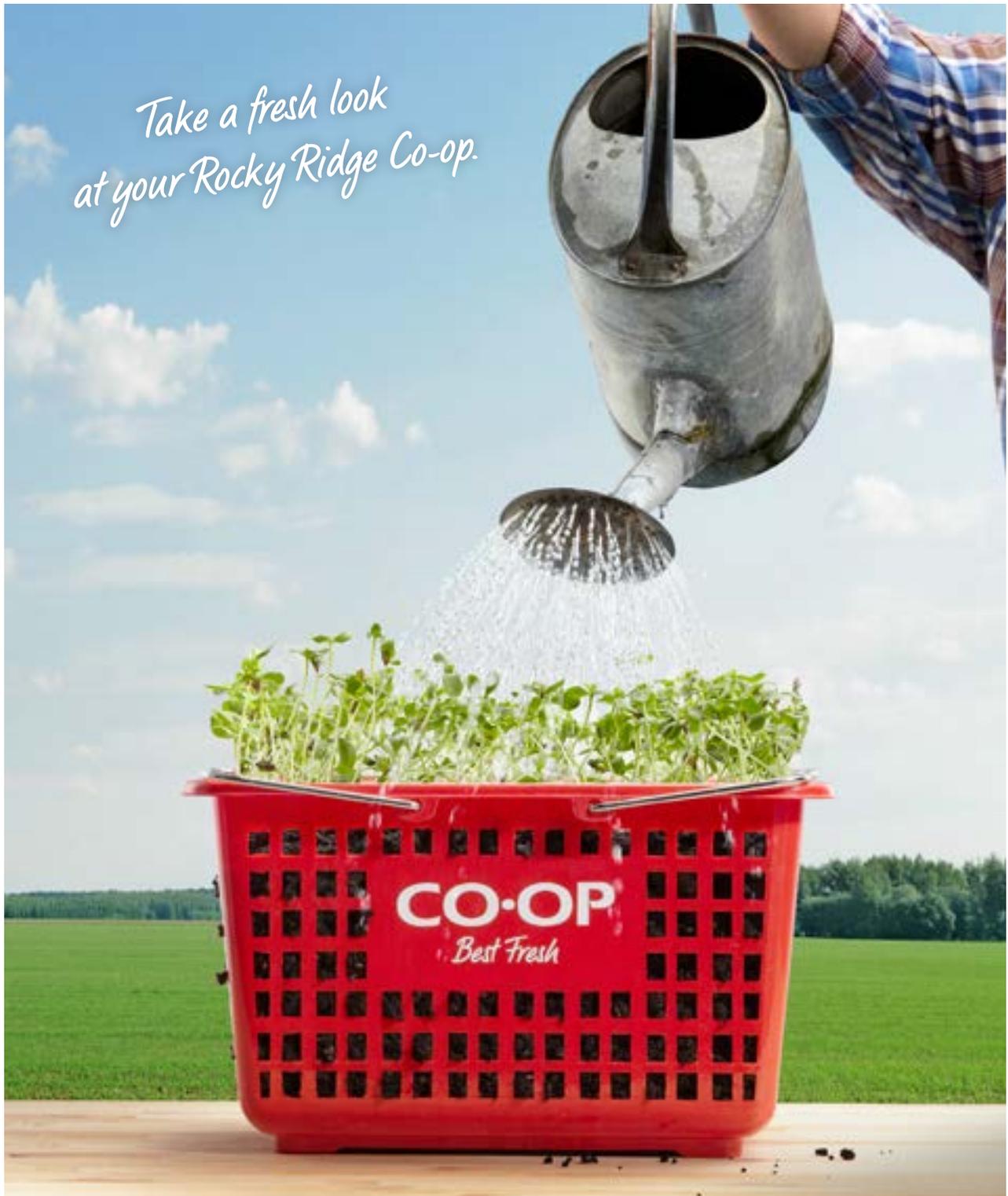
Friday, June 26th at 2:00 p.m.

Join us as we are entertained by the Prairie Mountain Fiddlers.

For a complimentary tour or to RSVP for an event, please call 403 • 930 • 4848 or Info@RockyRidgeRetirement.com

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Ramadan Mubarak

By Shazia Awan-Qureshi

Muslims will soon embark on their annual test of willpower and inner strength. The Islamic month of Ramadan begins June 18 (depending on the sighting of the moon) and fasting will commence from sunrise until sunset. A pre-dawn meal known as 'suhoor' is eaten and then nothing may be consumed, not even water, until sunset or 'iftar'.

Fasting is a great way to detoxify physically, mentally and spiritually. Spiritually it offers a chance to meditate, self-reflect and self-account to try and improve oneself and to be thankful. When fasting, the five senses have to be reined in and one becomes extremely mindful of anger and negative emotions and actions. Self-control certainly improves!

Ramadan is a time for being with your loved ones. As soon as the moon has been sighted, friends and family will be wishing each other 'Ramadan Mubarak' or 'Happy Ramadan' and invitations will be extended for iftar parties and plans made to attend the special nightly prayers at the mosque known as 'Tarawih'. The atmosphere at these gatherings is indescribable; joyous, loving and peaceful. Special efforts will be taken to reach out to those who are isolated so they are not alone in Ramadan.

Naturally, it is a time to enjoy delicious food and each family has its favourite Ramadan dishes such as onion pakoras with tamarind chutney and mint yoghurt sauce or samosas with mango lassi (milkshake). Any iftar party menu in Calgary will be a reflection of the diversity of the Muslim world. It would be remiss not to mention the date, now acknowledged as a super food. A fast is always broken with a date, following the Prophet's tradition.

The long summer days in Calgary make Ramadan a tough proposition. I find the body adapts after the initial start and it becomes easier as time goes by. Asking friends how they survive, they said the key is mind over matter and frequent naps but above all, remembering that for too many, hunger and thirst are their reality all year round and not just for a few hours. Fasting definitely encourages empathy for others.

I am often asked if children have to fast. Fasting begins at puberty but children will begin with mini-fasts and gradually lengthen the fast as they grow. Each milestone is rewarded with favourite foods and special treats. One friend will have a special iftar party for each child's very first fast.

Ramadan is a month of charity and good acts. Muslims will spend their time helping, volunteering and donating more than usual. Iftar food baskets for neighbours have become popular. Last year I borrowed the idea of the Advent Calendar and made a Ramadan Calendar. Each day my kids opened a little bag to find a candy and a dollar to put in their charity box. This year, we will gather with other families to pack bags of supplies for Alpha House.

Of course, fasting in Ramadan is meaningless if you do not try to reach the next Ramadan a little better person than the last.

RRROCA Ladies Book Clubs

Do you love to read? Are you looking for some quality "me" time, or maybe just a night out? Perhaps you love to read, but don't want to hire a sitter to attend a book club gathering.

RRROCA has several established Ladies Book Club openings and we have a list of ladies who are hoping to find others who have the same availability as they do. Each current book club makes their own decisions on when and where to meet, but most meet once a month at various locations.

Please contact Judy via email at ladiesgroup@rrroca.org for more information on the current openings or to inquire about interest on a different day/time.



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My father used to say that it's never too late to do anything you wanted to do. And he said, 'You never know what you can accomplish until you try.'

~ Michael Jordan

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ROCKY RIDGE RANCH

Homeowners Association

ROCKY RIDGE RANCH

Your Official Community Newsletter

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
Ranch Centre Hours: 9:00 am - 10:00 pm
Office Hours: **Mon:** Closed • **Tues:** 10:00 am – 7:00 pm • **Wed:** 8:30 am – 4:30 pm
Thu: 8:30 pm- 4:30 pm • **Fri:** 9:00 am – 1:00 pm • **Sat:** 9:00 am – 1:00 pm
Sun: Closed and closed on all statutory holidays

The RRRHA Mission Statement:
 To enhance the value and properties of Rocky Ridge Ranch through judicious self management of all lands, properties and assets and to enhance the programs made available through our Ranch Centre which best serve our community's diversity, providing additional homeowner value and benefit.

Notices

Hall Rentals: Planning a birthday party, Wedding, or meeting? You can check the availability and pricing of our hall rentals by calling 403-547-6633 or checking our website www.rrrha.ca. We allow members and non-members to rent our halls, however non-members pay a higher rate.

Clubs

Rocky Ridge Rockers: Everyone 50 and older from Rocky Ridge and Royal Oak is invited to join us for coffee and conversation every Tuesday from 1:30 – 3:30 pm in the upper level of the Ranch Centre. It is a great way to meet your neighbors. Feel free to bring a craft or quilting project to work on.

Parents and Tots: A group of parents get together every Tuesday mornings in the lower level of the Ranch Centre at 9:30am. Meet other moms in the community while your child(ren) play with other kids their age. A \$1 donation per child is required to attend. For the most up to date information about the group, join the Facebook group called parents and tots at the ranch. <https://www.facebook.com/groups/parentsandtotsattheranch/>

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Lessons and Camps

TENNIS LESSONS: Tennis lessons will run on Tuesdays June 2 - 23, 2015. Classes are each 75 minutes. No experience is necessary. Children and Adults will be grouped within the class based on skill level. June 2 – 23

Date	Time	Age	Cost
Tuesdays June 2 - 23	5:15 – 6:30 PM	10 – 12	\$65 (members), \$75 (non-members)
Tuesdays June 2 - 23	6:30 – 7:45 PM	7 – 9	\$65 (members), \$75 (non-members)
Tuesdays June 2 - 23	7:45 – 9:00 PM	Adult (15+)	\$75 (members), \$85 (non-members)

Lessons and Camps Continued...

ADULT TENNIS CLINIC

Learn or relearn four swings in tennis to get yourself ready for the tennis season. Saturday June 6 10:00 AM – Noon
\$35 Members, \$40 Non-members

SUMMER CAMPS

We have four wonderful summer camps being held at the Ranch Centre this year Bricks4Kidz, Tennis Camp, Pedalheads, and TucknTumble. Registration is open for both members and non-members. If you want to sign up for Bricks4Kidz or Tennis Camp, you can sign up at the Ranch Centre. For TucknTumble and Pedalheads you must sign up online through their websites.

BRICKS 4 KIDZ

Chi Challenge, July 27 - July 31, 2015 from 9:00AM - 12:00 PM
Cost: \$165 Members, \$175 Non-members Ages 5 - 12

Let the legend be told, that in the land of Chima®, only the brave survive. Eight animal tribes battle in pursuit of CHI, the balance of life. Campers will have the opportunity to choose their tribe, while building and battling for victory. Put your Chima® skills to the test throughout this camp, by racing Speedorz® and building motorized models with LEGO® Bricks. Does your tribe have what it takes to become the ultimate master of CHI? Your destiny awaits!

PIRATE QUEST

July 27 - July 31, 2014 from 1:00 PM - 4:00 PM
Cost: \$165 Members, \$175 Non-members Ages 5 - 12

Shiver me timbers as we explore the popular culture behind the life of a pirate! Build a motorized pirate ship, a helm and an anchor as we batten down the hatches and prepare for mutiny! Protect hands-on deck by building a launching catapult. Beware me mateys, if it's too late, you must abandon ship and build a rowboat to escape. Watch out for crocodiles!

TENNIS CAMPS with tennis pro Kevin Gardner
Camps will run Monday through Thursday with Friday reserved as a make-up day in the event rain causes us to cancel a class.

Session 1: July 6 - 9, Session 2: July 13 - 16, Session 3: July 20 - 23
Cost: \$65 for Members, \$75 for Non-members

Time	Class
9:00 AM - 10:15 AM	Beginner age 7 - 9
10:15 AM - 11:30 AM	Beginner age 10 - 12
11:30 AM - 12:45 PM	Intermediate age 7 - 12

TUCK N TUMBLE

Gymnastic camps run during the following weeks July 20 – 24, August 10 – 14, and August 17 – 21
For registration and more information go to <http://www.tuckntumble.ca/>

PEDALHEADS

The camp runs June 28 – August 28 on weekdays. For more information and registration go to <https://pedalheads.com/Alberta/calgary-rocky-ridge>



PLANT A HERB GARDEN

If you're a condo or apartment dweller with limited access to outdoor space, growing some indoor herbs will help you feel connected with nature. Not only do they freshen up a space, but herbs pack a flavourful culinary punch in your favourite snacks and smoothies. A window or balcony is all you need to get started.

Here are four easy steps to begin:

The flavours, scents and sight of an herb garden bring a sensory blast of Mother Nature indoors. Basil is one of the easiest herbs to grow indoors and the best way to liven up a Caprese salad. Thyme grows in the same sunshine loving conditions and is the perfect addition to kebabs or pasta salad. Consider planting your herbs together in a medium sized container so watering them doesn't become a chore.

To allow all that glorious sunshine in, you'll want to keep your curtains or blinds open. Ensure your windows are spotless so the plants can soak up all the natural light they need. Sometimes a quick wipe with a soft cloth can get rid of the dust.

For the best growing result, use a lightweight potting mix for proper drainage. It's best to change the potting mix after a season to keep your herbs healthy. Don't water too often as this will cause root rot. It's a good idea to fertilize your herbs about once a month, using a fertilizer that's safe for edible plants.

Have fun with your kids, nieces or nephews. There's nothing like passing on your green thumb, and children have a natural curiosity, so encourage their interest in nature. Potting plants is messy business but don't let this discourage you from getting them involved.



Community

City Tree Update

September Snow Storm - Taking Care of Our Trees as a Community

This past September, Calgary experienced the largest snow fall prior to the fall equinox in 130 years. Since it occurred before the trees had shed their leaves, the weight of the snow broke many tree limbs and caused wide spread damage to trees with resulting power outages, traffic signal failures and debris spread across the City. Some trees require corrective pruning, while others will need to be removed and replanted. If a tree cannot be replanted in or around the same location we will look at adjacent parks or other locations nearby to plant a tree so there's no net canopy loss in a community.

Recovering from the 2014 September snow storm will require us as a city and a community to look after our trees. Preliminary estimates indicate the 50 per cent of the 500,000 public trees and 1.5 million private trees have been impacted. This means there are 3 times as many damaged trees on private property as there is on City land. We can't do it alone; together we can help return the urban forest to pre-storm condition.



Send us your recipes!

We would love share your favourite recipes in The REPORTER

It can be a faithful standby that you've made for years, an heirloom recipe passed down from your Grandmother, or just one that your family really likes. Be sure to send us a brief description of why the recipe is your favourite or a special memory associated with it—a photo would be a bonus (but it isn't a requirement). Send it to: newsletter@rrroca.org and we will print it in an upcoming newsletter.

We need your photos!

The REPORTER wants to showcase the talents of our local photographers throughout the year, both as our monthly cover feature as well as in the newsletter. Think seasonal: send us your Stampede photos for July, or your street decked out for December for example. Think local: capture our community in a great light, our natural environment or just something unique that you've seen when you're out and about. Amateur and professional photographers of all ages are welcome to submit. We cannot provide monetary payment but we will give you a photo credit using your personal name (not your business name, if you have one). Please send your photos as high quality JPEGs to newsletter@rrroca.org and who knows, you just might see your photo(s) in print! Happy snapping!

.....
Come to a tree fair! FREE!

As part of the recovery and restoration efforts, The City of Calgary invites you to participate in our 2015 Tree Resource Fair series. These fairs are intended to provide information about how to care for your damaged trees, inspire youth about the benefits of trees and demonstrate the various ways citizens can access information about trees.



We have two planned events in June:

- **June 14, 2015 at Prairie Winds Park from 10 a.m. to 3 p.m.**
- **June 28, 2015 at Bowness Park from 10 a.m. to 3 p.m.**

Each event will include talks, demonstrations, exhibitor booths, guided walks, as well as a kid's area, entertainment, and food options. These events are intended as learning opportunities, so sharing information will be the primary focus.

Can't make it to a tree event? Visit calgary.ca/trees or phone 311 for information on planting a City tree with a program like NeighbourWoods or the Planting Incentive Program. Both of these City programs help you plant trees in your neighbourhood.

LOCAL

PHOTOGRAPHERS

See page 22 to find out how your pictures can be featured in the Mountain Views



Brody the guinea pig

BY VERONICA KASSAM



BY RHONDA DANIEL Cat-itude!



BY KERRI KRYGER COBB

Soccer fun!

BY TARA PETTIFOR

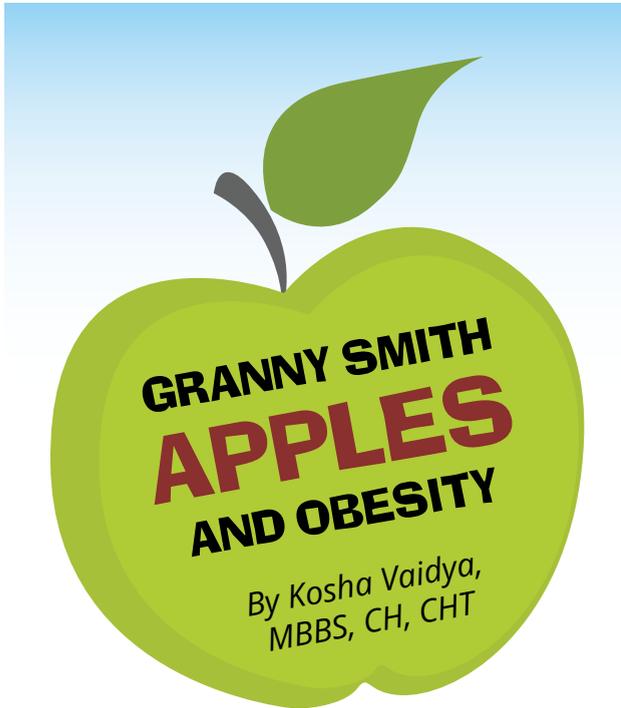
BY KRISTINE KALU



Frolicking in the field



Moose in the wilderness



WE ALL KNOW THE SAYING, "An apple a day keeps the doctor away". We also know that fruits and vegetables are good for you. What is so special about Granny smith apples?

Well, it is rich in vitamin C and antioxidants. Antioxidants help in removing harmful free radicals in the body which are known to cause diseases. It is low in calorie that is only 80 calories per apple and does not have any fat. So it is helpful for people who are trying to lose weight. It has low carbohydrate compared to other fruits such as red delicious apples, bananas, oranges and it has fiber, which helps to regulate blood sugar better. It also has more potassium compared to other apples. And potassium has health benefits on cardiovascular health. Moreover, it has other nutrients like calcium and iron in low amounts.

Granny smith is gaining popularity these days as it has some role in losing weight as compared to other apples. According to a new research people with certain type of gut flora do not have tendency to be obese. Altered gut flora plays part in obesity. And in one research it was found that granny smith apples can reach the colon and helps in promoting good gut bacteria which may help with obesity!

According to me this is a great fruit due to its nutrient and due to the new fact that it can promote good gut flora. My fridge now has Granny smith apples!

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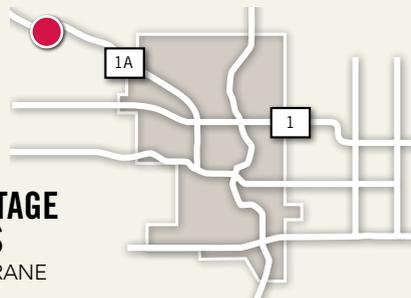


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Your Official Newsletter

Community

Fun Page for Adults

Crossword Puzzle

For solution, go to
mind's design studio



Across:

- 1. On an ocean trip
- 5. Playbill listing
- 9. Holds
- 12. Baseball glove
- 13. Prayer ending
- 14. Music or painting
- 15. Nonstop
- 17. Victory letter
- 18. Toward the sunrise
- 19. Completed
- 20. Lady's title
- 24. Motorcycle adjunct
- 26. Asian peninsula
- 28. Naught
- 29. Lodger
- 30. Landed manor
- 34. Make lace
- 35. Rent contracts
- 36. Ball-shaped objects
- 40. Desirable quality
- 41. Did garden work
- 42. Terminals (abbr.)
- 44. Ancient
- 45. Chess tie
- 50. Pester
- 51. Salon treatment
- 52. Bakery worker
- 53. Before, to Shakespeare
- 54. Fruit drinks
- 55. Close

Down:

- 1. French buddy
- 2. Moral wrong
- 3. And so on (abbr.)
- 4. Noshed
- 5. Juan's house
- 6. Pile up
- 7. Guardian
- 8. Explosive (abbr.)
- 9. Devastation
- 10. Boxing locale
- 11. Direct
- 16. Educational meeting
- 19. River mouths
- 20. Bathroom rug
- 21. Live
- 22. Rather or Aykroyd
- 23. Decreased
- 25. Ailment
- 27. Vouched for
- 31. Donkey
- 32. Golf gizmo
- 33. CT time zone
- 36. Gleamed
- 37. Arctic
- 38. Bushy fence
- 39. Gaze steadily
- 43. Charity
- 45. Health resort
- 46. 60 secs.
- 47. Figher pilot
- 48. _____ bag
- 49. Make a mistake

Good Luck!

Sudoku:

For solution, go to
mind's design studio

Each Sudoku has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit, so must every column, as must every 3x3 square.

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

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15				16						17		
				18					19			
20	21	22	23			24		25				
26					27		28					
29							30			31	32	33
				34			35					
36	37	38				39		40				
41					42		43					
44					45					46	47	48 49
50					51					52		
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Build a Fairy House

Fairy gardens are all the rage this summer . . . why not build a fairy house in your garden? This is a super fun outdoor activity for girls and boys. You'll need:

- a bird house (I suggest the dollar store)
- paint and paintbrushes (dollar store again)
- old clothes or an apron
- old doll furniture (dollar store)
- stones and flowers collected from around the garden
- a small doll to try it out

The children decorate the house and furniture then place in the garden so the fairies can move in. Have fun and adapt it to suit your little ones.

Hey kids, colour the Canadian flag and place in your window for Canada's birthday on July 1.



GET OUTSIDE AND PLAY

... with your kids



By Lorraine Boridy

I am a stay at home mom with 2 boys (ages 4 and 2). I started to spend a lot of time outside when my oldest son was a baby – going for walks, sitting in the park with him on a blanket and then going to play in the park as he got older. I would also go to baby groups, indoor play places and playdates, but often left these places exhausted and worn out and with a baby who was overstimulated and overtired. I knew the days we spent outside were simply better.

I started to look for more activities to do outside and found the Calgary Outdoor Playgroup Community on Facebook and was immediately hooked. The group was started in 2012 by Tanya Koob with just a small handful of families and has grown to over 800 members. The group's goal is to organize events that focus on outdoor adventure, hikes, exploring in nature, walks in the city, bike rides, playground visits and more, and is geared to families with children ages 0 to 5 years. In October 2013, I started planning activities within this group and since then have had anywhere from 2 to 28 families attend weekly events. We go out whether it is -15 or +30 and visit natural areas in Calgary. Some of my favourites are Bowmont Park, Baker Park, Confederation Park, and Nosehill Park. Kids bike together, stomp and play in creeks, get muddy and wet, sled down hills, throw leaves, climb trees and more. For the most part it is child directed.

I started getting outside with my kids because I wanted to get out of the house and loved the fresh air but I discovered the outdoors and time in nature gave us so much more. For my children it is helping them develop problem solving (figuring out how to get a toy truck to the top of a play structure), assessment of risk, learning opportunities (discovering a fossil, finding things that will float in a creek) and friendship (sharing, helping and compassion). Much research supports the fact that playing outside makes kids happier, healthier and smarter. There is a big push right now towards physical literacy and that due to inactivity (more screen time) kids are not developing skills such as running, throwing, jumping, swimming and catching. Most of these skills, especially in the preschool years, can be learned through unstructured play outside in nature by running down a hill, throwing rocks into a creek and jumping off logs.

This January, the Canadian Wildlife Federation selected the Calgary Outdoor Playgroup as Canada's first Wild Family Nature Club. This is an exciting opportunity, with the CWF putting some resources toward helping us spread our program to the rest of Canada, recruit new coordinators and making sure that the group continues for many years to come. With this change, I stepped up to become the overall group coordinator and would like to invite you to check out our Facebook group and join us on an outdoor adventure.



- Baker Park

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Love, Mom & Dad



Do you have a birthday or anniversary to celebrate?

Or perhaps a graduation, wedding, new baby or engagement announcement? Why not share these special milestones with your community? Please send your announcements and photos to newsletter@rrroca.org by the 8th of the month to be included in the next month's newsletter, and yes, **it's FREE.**

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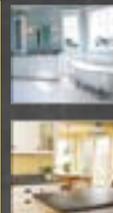


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