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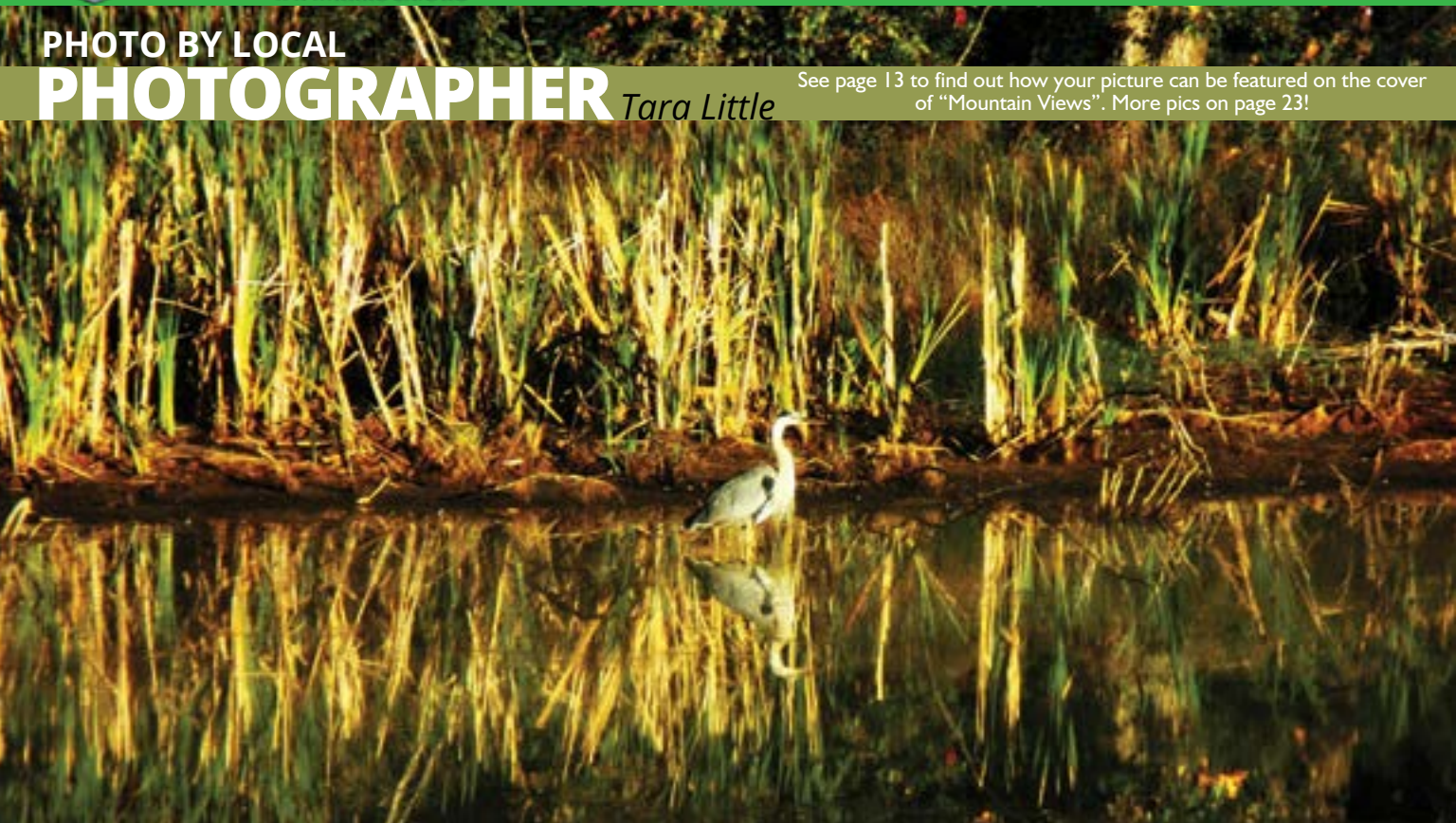
# Mountain Views

APRIL | 2015

*Join Us!*

PHOTO BY LOCAL  
**PHOTOGRAPHER** *Tara Little*

See page 13 to find out how your picture can be featured on the cover of "Mountain Views". More pics on page 23!



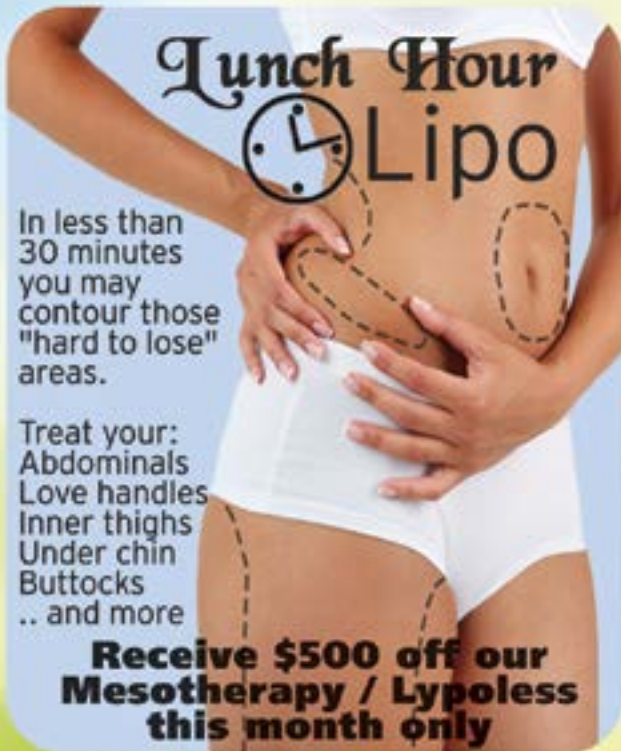
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# RRROCA MESSAGE

## *President's Message*



Your Official Community Newsletter

We have had a busy month, welcoming new members to the board and learning how to work with each other in a new 14-person board! That number doesn't include all the wonderful Lead volunteers we have working with us. We are truly a large group now. Thank you to all those people who have thrown their name in the ring and to those who continue to do so. Many hands make light work! It also helps us to expand the services we can offer. If you have anything you have a passion for or something you want to see happen in the community please email us and let us know. We are always open to new ideas.

We still need someone to take on the Transportation Director role. As gravel truck season is about to start again, it would be great to get that position filled. Also, think about the President role. I know it seems like a big role, but it is lots of fun and with so many people helping it is no longer as time consuming as it once was. We also have a safety committee that needs some volunteers, people who have a background with first aid or who are interested in helping at events in safety roles. Email us at [volunteer@rrroca.org](mailto:volunteer@rrroca.org).

I hope you enjoyed our Random Acts of Kindness month. At the time of publishing it wasn't over so next month in the newsletter you will see a selection of postings. Thank you all for participating. I know no one likes to brag but what a great thing to talk about; neighbors helping neighbors in small ways!

Speaking of which, it's coming up to block party season. Have you thought of hosting one? Every year I say I will do one for my block, but somehow I never seem to find the time to do it... let's make a pact together to host a block party! Write to me at [president@rrroca.org](mailto:president@rrroca.org) to remind me to do one and tell me about yours! I want to see some pictures posted on our Facebook page and maybe an article submitted to the newsletter about it. We have block party kits available to anyone to use. They have lots of games, balls and equipment in them and will make your party super-easy. To book a kit or for some help with your party please email me.

~ Pam Nichol

**"There are no passengers on spaceship earth.  
We are all crew."** ~ Marshall McLuhan



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## MountainViews

### TABLE OF CONTENTS:

- PRESIDENT'S MESSAGE P3
- IMPORTANT NUMBERS P4
- RRROCA CONTACTS P5
- CROWFOOT LIBRARY P6
- SPORTS AND EVENTS P8
- PREVENT IT - WORKSHOP P10
- VOLUNTEER SPOTLIGHT P11
- MEMBERSHIP FORM P12
- READER RECIPES P13
- FAMILY IDEAS FOR APRIL P14 & 20
- LADIES' GROUP P18 & 19
- A BRIEF HISTORY OF THE ROMA P19
- BOOK REVIEWS P20
- LETTER WRITING - ARTICLE P21
- SENIOR'S CORNER P22
- ROCKY RIDGE RANCH P24 & 25
- CIVIC CHAT P27
- CLASSIFIED ADS P30

Don't forget - Earth Day is  
April 22nd, 2015  
Visit [earthday.org/2015](http://earthday.org/2015)

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# Important Numbers

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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

## MOUNTAIN VIEWS - 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.

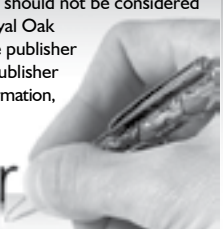
Photographs are welcomed from both local professional and amateur photographers for inclusion on the cover or inside the issue. Please email high quality JPEGs to the Editor (email attachments are acceptable). We cannot pay for photos but will give credit as the photographer’s personal name.

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.

**Please Note:**

The opinions expressed with any published article, report or submission reflect those of the author and should not be considered to reflect those from The Rocky Ridge Royal Oak Community Association (RRROCA) or the publisher of this newsletter. While the Editor and Publisher make every endeavor to print accurate information, we cannot guarantee it.

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## *Names and Emails*

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### Rocky Ridge Royal Oak Community Association

**Phone:** 403-771-8979 **E-mail:** [communications@rrroca.org](mailto:communications@rrroca.org)  
**Address:** PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6  
**Website:** [www.rrroca.org](http://www.rrroca.org)



MOUNTAIN VIEWS, 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



#### **RRROCA Board of Directors**

President	Pam Nichol.....	<a href="mailto:president@rrroca.org">president@rrroca.org</a>
Vice President	Ali Oonwala .....	<a href="mailto:vp@rrroca.org">vp@rrroca.org</a>
Treasurer	Paul Watson .....	<a href="mailto:treasurer@rrroca.org">treasurer@rrroca.org</a>
Secretary	Loretta Kao .....	<a href="mailto:secretary@rrroca.org">secretary@rrroca.org</a>

#### **Directors**

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Webiste	Wendy .....	<a href="mailto:info@figtreedesignstudio.com">info@figtreedesignstudio.com</a>
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Ladies' Group	Judith Stasiak .....	<a href="mailto:ladiesgroup@rrroca.org">ladiesgroup@rrroca.org</a>
Babysitter's Registry	Angela Carter .....	<a href="mailto:babysitting@rrroca.org">babysitting@rrroca.org</a>
Pace Car Coordinator	Jana Sinclair .....	<a href="mailto:pacecar@rrroca.org">pacecar@rrroca.org</a>
Safety and Security	Michael Foster .....	<a href="mailto:safety@rrroca.org">safety@rrroca.org</a>

#### **Advisors**

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MLA, Calgary Northwest	Sandra Jansen .....	<a href="mailto:Calgary.northwest@assembly.ab.ca">Calgary.northwest@assembly.ab.ca</a>
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Councilor	Ward Sutherland .....	<a href="mailto:ward.sutherland@calgary.ca">ward.sutherland@calgary.ca</a>
CRC	Heather McKay .....	<a href="mailto:Heather.McKay@calgary.ca">Heather.McKay@calgary.ca</a>
Constable	Roy Moe .....	<a href="mailto:roy.moe@calgarypolice.ca">roy.moe@calgarypolice.ca</a>

NEWSLETTER AD SALES: 403-203-9152 [NEWSLETTERSALES@MINDSDESIGN.CA](mailto:NEWSLETTERSALES@MINDSDESIGN.CA)



### **Programs for Children and Youth**

**Magic Bean Garden:** Join us for enchanted folktales and then prepare to get dirty while planting your very own “magic” garden. Ages 5-8. Thursday, April 8, 2:00-2:45 p.m. Please register.

**Chess in the Library:** Drop-in and play chess with members of the Calgary Chess Club and Calgary Junior Chess Club. All Ages welcome. Children under 12 must be accompanied by a parent or caregiver. Sunday, April 12, 1:00 - 4:00 p.m.

**Splish Splash Bath:** Join us for good, clean, fun-filled stories of your favourite thing to do. Ages 3-5, independent of caregiver. Monday, April 13, 11:00-11:30 a.m. Please register.

**Walloping Weather:** Join Mad Science to learn how and why seasons change, weather management, the good and bad of UV rays and more. Ages 7-12. Wednesday, April 22, 6:30-7:30 p.m. Please register.

**Introduction to Infant Sign Language:** Imagine communicating with your babies before they can speak. Ages up to 18 months with a parent/caregiver. Thursday, April 30, 6:30-8:00 p.m. Register online at :<http://frcr.albertahealthservices.ca/ces.php>.

### **Programs for Adults**

**eBooks and Library Apps Coaching:** Drop-in for help with library apps, including OverDrive, 3-M Cloud, Zinio,

Freegal and Hoopla. Familiarity with your device and knowledge of necessary passwords is required. Wednesday, April 1, 2:30-4:00 p.m.

**Enrich Your Kids:** Learn how to teach your kids about money, budgeting, savings and more. Presented by Money Mentors. Wednesday, April 15, 7:00-8:30 p.m. Please register.

**Film Night:** Join fellow movie buffs and enjoy a good film. Thursday, April 16, 6:30-8:30 p.m.

**Citizenship and Civic Participation Class:** Learn about Canada with the purpose of preparing yourself for the Citizenship Exam. Sunday, April 26, 1:30-4:30 p.m. Please register.

## **Idling Gets You Nowhere**

We are Grade 4 students at Royal Oak School and we want to talk to Royal Oak and Rocky Ridge about an important issue. We wanted to help the environment starting with our own community. We learned that drivers who leave their engines running for a long time damage our air and our environment and we would like this bad habit to stop.

During the Fall, we spent some time after school observing the cars parked near our school. On a clipboard, we noted the type of car or truck, number of minutes the car idled their engine, number of people in the car and other information. We collected all the data and will sort through it to share with our school and community.

This is an important environmental issue because when you idle your cars, you use lots of fossil fuels up to go nowhere! Idling your car costs you money and the wasted fuel wastes Earth’s precious resources. This pollutes the air and leads to global warming. Idling happens mostly during winter to keep cars warm but during the summer people also run their cars’ air conditioners for a long time. We want to protect Calgary’s environment and keep it clean because we all have to breathe our air every day. We do not want our city to be covered in smog like some cities are. Don’t forget that us kids are watching you grown-ups; what example are you setting for the next generation?

Our project received a \$10,000 grant from BP Canada to help us with our work. With this money, we want to have a school assembly to talk about idling. We are designing signs for our community and want everyone to be as concerned about air pollution as we are. We have some other ideas, too. We want the community to understand why this issue is important and why not idling cars helps all of us.

**April is Earth Month so we hope that you will take the time to think about our environment. But more importantly, we hope that you will start to think about your habits. Do you idle your car for a long time?  
It is easy to change, just by turning off your key.**



# Create. Tumble. Twinkle. Jump.

Crock A Doodle has created the best camp combos ever  
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*Sign up your kids up for our SUPER FUN week-long summer camps! For kids aged 4 to 10.*

*Crock A Doodle is excited to be partnering with our friends at TucknTumble, Enchanted Events & My Gym! Kids will enjoy a morning of pottery painting then an afternoon of active play!*

*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.

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# Community

## Sports & Events

The RRROCA Spring sports program will be getting underway in during the last week of April. With the online registration system and ability for families outside of Royal Oak and Rocky Ridge communities to participate, registration was again successful this year with over 400 children registered so far!

The sports program wouldn't be possible without our parent volunteers and 17 generous local sponsors, supporting 60 sports teams. They are as follows in alphabetical order: ATB Financial, Blink Eye Wear, BMO, Brooklyn Pizzeria and Taps, Charlesglen Toyota, CIBC, Crock a Doodle, Lexus of Royal Oak, My Gym Calgary, Orange Theory Fitness, Pet Value, Royal Oak Dental, Royal Oak Veterinary Clinic, Spyhill Dental Clinic, The McKelvie Group, Urban Real Estate Services Ltd., and Village Honda.

Watch your email for further details from your Team Manager in mid-April with more information about your season. All players must have a parent or guardian present at each practice/game. RRROCA fosters a community of positivity. All players, parents, volunteers and spectators are expected to set an example of sportsmanship and respect to all involved at all times. Please remember that this is a fun, non-competitive community program with a focus on inclusion, active living and confidence building.

Players must have appropriate attire including running shoes or cleats. Soccer players require shin pads. Ball players require a glove.

If you chose to volunteer, you will be contacted by our Volunteer coordinator to confirm your position. Sometimes, volunteer positions are filled and you may be asked to volunteer in another capacity. Volunteer positions are assigned on a first come first served basis. Please remember that volunteers operate our entire Community Association.

Weather in Calgary can be unpredictable. We check the fields before each game for conditions and playability. If the program is cancelled, you will be notified via Facebook and email. If the program is running, and you feel that the conditions are not safe for your player, please use your best judgment and choose to not participate if you feel at risk.

Looking forward to seeing everyone out on the fields!

Please follow us on Facebook (Rocky Ridge Royal Oak Community Association) for updates.

Should you have any questions, please email us at: [sports@rrroca.org](mailto:sports@rrroca.org)

## HERE IS A SNEAK PEEK OF RRROCA'S EVENTS SEASON!

We are planning the return of our favourites plus adding some new ones so stay tuned for details as we will release more information when we have it!

- May 30th Laser Tag Day (sponsored by ATB)
- June 6th Family Fun Day
- June 5-7th Parade of Garage Sales
- June 20th Neighbour Day
- July 4th Stampede Breakfast
- July 4th Stampede Adult Party (night)
- Aug. 14th Movie Night at Royal Oak Victory Church
- Sept. 19th Community Clean-Up

## PARADE OF GARAGE SALES

The best time to start planning for your garage sale is today! Book your calendars for June 6th to 8th if your garage and basement are overflowing. While it might not be time to start putting prices on anything it will soon be time to sign up to participate in the Rocky Ridge/Royal Oak Community parade of garage sales. Registration will be on [www.rrroca.org](http://www.rrroca.org) mid May. Sign up and let us do all the advertising for you!



## SCOUTS BOTTLE DRIVE

This is a reminder that the RRRO 242 Scouts annual Bottle Drive will take place on Saturday, April 25th.

Please leave your bottles, cans and milk cartons out at the end of your driveway by 9 AM for collection. Please start saving now, every bit helps. This is a significant fundraiser for our group and we thank you for your contribution and support to helping to providing positive programming for community youth.

## UPCOMING EVENTS

for the community at Royal Oak Victory Church: Join us for our Sunday services at 9:00 or 11:00 AM.

We invite you to join us this Easter. Good Friday Service, April 3 @ 10:30 am; Easter Sunday Services, April 5 @ 9:00 or 11:00.

Our Ladies Spring Gala at ROVC on Friday, May 1st in the evening, tickets available at ROVC. Our Annual Family Fun Day is open to the whole family, rides, food, games, entertainment: Saturday, June 6th. Our Annual ROVC Kidz Kamp, August 10-14 @ ROVC, registration begins June 1st online. Visit [www.rovc.ca](http://www.rovc.ca) or email [info@rovc.ca](mailto:info@rovc.ca) for more information. Love to see you.

Yours truly, Sherry Loewen,  
Pastoral Care & Outreach, Royal Oak Victory Church

**Please Note:** To get in contact with the newsletter if you want to submit content or you just want to say "hi", please use our NEW email address: [newsletter@rrroca.org](mailto:newsletter@rrroca.org). The previous email address has been deactivated.





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# Prevent It! Taking Action to Stop Child Sexual Abuse Workshop

Little Warriors is pleased to invite you to Take Action and register for our \*NEW\* Canadian child sexual abuse prevention workshop aimed at educating adults to prevent child sexual abuse.

Developed by researchers at the University of Alberta, this revolutionary Canadian prevention workshop will educate adults to take action through gaining knowledge to help prevent and respond to child sexual abuse. Experts estimate 1 in 3 girls and 1 in 6 boys will experience sexual abuse; 95% of those children know their perpetrator. 95% of cases go unreported. Little Warriors is a national charitable organization committed to the awareness, prevention and treatment of child sexual abuse.

### Register for an upcoming workshop:

- Saturday, April 11th, 1-4pm at Vagus Fitness #7231, 8650 112 Ave NW, 2nd Floor
- Saturday, April 18th, 6-9pm at Crockadoodle Studio 8650 112th Ave NW

Special thanks goes to these Royal Oak businesses for generously donating the use of their premises for these workshops.

Cost: No charge. However, donations to Little Warriors are gladly accepted to carry on this vital work. All donations over \$25 receive a tax receipt and all donations will be matched, therefore doubling your contribution amount. To register or for more information to go <http://littlewarriors.ca/prevention/workshop/>

Space is limited so register early. More sessions in our community may be added if there is enough interest. Please contact Dawn at dawn-stewart@shaw.ca

If you have any questions or require more information about Little Warriors or the Prevent It! Workshop, please visit the Little Warriors website at [www.littlewarriors.ca](http://www.littlewarriors.ca) or email [preventit@littlewarriors.ca](mailto:preventit@littlewarriors.ca)

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# The path isn't always clear

Rocky Ridge and Royal Oak residents benefit from some of the best green spaces and mountain views that our wonderful city has to offer, with a wealth of walk and cycle paths for all residents to explore - a much-appreciated resource for commuters, dog-walkers, runners and cyclists alike.

Winter and early Spring bring their challenges and hazards, with the paths needing to be cleared of snow and ice and they are also subject to cracking and frost-heave.

Calgary has a great one-stop shop for reporting any concerns: the 311 service, as well as a hot-button on the snow and ice web page: <http://www.calgary.ca/CSPS/Parks/Pages/Pathways/Snow-clearing.aspx>. As Kaila Cooper from the City's media department told me, "Calling 311 will solve most issues including reporting uncleared snow or ice, cracks or frost-heave, graffiti and litter".

One thing to bear in mind is that it's not necessarily the City's responsibility to fix the problem. Maintenance responsibilities for walk and cycle paths are shared by differing homeowner, community and condominium associations according to location.



Here's a concrete example: calling 311 to report uncleared ice along this Rocky Ridge walk path this Winter (see photo) resulted in the caller being directed to the Rocky Ridge Ranch Homeowners' Association, as RRRHA has the responsibility for maintenance of that section of the path known as "the Ridge" (see <http://rrrha.ca/Landscape.htm>).

However, the same path a few metres to the east is the responsibility of the City (<http://www.calgary.ca/CSPS/Parks/Documents/Pathways/Snow-Clearing/cityview.pdf>), and just a little further along, as the path branches south to connect with the Tuscany C-Train station, it's the responsibility of the Lakes at Rocky Ridge Homeowners Association (<http://calgaryarea.ca/webs/rrrohoa/map.htm>).

It's a shared responsibility, comparable to the situation of homeowners along a given street: each is individually responsible for clearing the snow and ice from the path between the limits of their lot boundaries (see Street Bylaw 20M88, Clause 67(1)) - and not just down to the City to take action.

Failure by homeowners to comply can be reported to Animal and Bylaw Services and the City has the power to enforce compliance, or charge for non-compliance. Does the same rule apply to the Associations? Yes. As City spokesperson Heather Hastie told me: "Homeowner's Associations are compelled to clear snow and ice on sidewalks in accordance with Bylaw 20M88."

That doesn't necessarily mean the paths can be kept clear, especially when taking into account the vagaries of Calgary's winter weather. The kind of snow/melt/freeze cycles we've experienced this past Winter can result in a stubborn build-up of compacted snow and ice that resists any quick solution.

# VOLUNTEER SPOTLIGHT

## Leah Melnyk (Lead - Fitness Coordinator for RRROCA)

Being born and raised in the prairies of Saskatchewan, it was an easy decision to call Rocky Ridge our home. We fell in love with the beauty of the Rocky Mountains and the rolling pathways in our community.



I am a teacher by profession. I taught at Foundations for the Future Charter Academy since moving to Calgary in 2005. After having my two children, I decided to stay at home to be with them full time.

I have always been very passionate about all things fitness. My family and I enjoy running, hiking, skiing, and we do Cross-Fit at our gym. I am a certified fitness instructor and personal trainer and I run my own fitness classes in Rocky Ridge and Royal Oak called 'Buff Bunnies Boot Camps'. I love meeting up with neighbors in our community a couple of times a week to laugh, grunt and sweat through a great workout.

I started volunteering with RRROCA in 2012 when the community was at risk of losing its sports program. Since then I have taken on organizing the fitness classes for the community. I feel so fortunate to raise my children in a community that has so much to offer. Being able to contribute and add to the events and activities in our community is important to me. Perhaps the most valuable part of my volunteer experiences are the relationships that I've made and the people that I've met.

If you have suggestions for our community fitness programs, please feel welcome to email me: [fitnessclasses@rrroca.org](mailto:fitnessclasses@rrroca.org)

RRROCA wants to give out a big cheer and a pat-on-the-back to the people in our community who make it the wonderful place to live in that it is. So keep reading in the coming newsletters as we give a shout out to our hardworking volunteers. And if you would like to nominate someone who deserves a bit of recognition, please email Frances at [volunteer@rrroca.org](mailto:volunteer@rrroca.org)

In such circumstances, the Associations do their best to warn people of the hazard. On the "Ridge", RRRHA erected warning signs saying: 'Pathway Temporarily Closed' and installed a container of grit at the bottom of the slope as a temporary measure. Conrad Savoie, the operations chairperson at RRRHA, emailed to say this: "The drainage problem along the path has been a problem for years. The Board is looking into getting an engineering study conducted this year to obtain a permanent solution."



Meanwhile with signs of an early Spring already, we can all look forward to making the most of our outdoor network, enjoying the stunning views and fresh air, meeting and greeting our neighbours, and each doing our bit to keep our paths clean and safe.

– Anita Coulson





**RRROCA**  
 ROCKY RIDGE ROYAL OAK  
 COMMUNITY ASSOCIATION  
 WWW.RRROCA.ORG



## 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 <sup>(*)</sup> :		
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.

<sup>(\*)</sup> 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**

# RRROCA Reader Recipes

from Tessa Sakamoto

Healthy eating is something that is important in our home. But that doesn't mean that we don't love treats! About 5 years ago, we learned that Dad couldn't tolerate wheat or dairy in his diet. This kick-started what was at first a lot of "boring" dinners, but has evolved into a discovery of delicious, creative and healthy meals! Our daughter loves anything to do with the kitchen, especially baking. We have a few go to recipes that are wheat free/dairy free and these brownies are just wonderful! A word of advice – don't let anyone know what is in them until after they've had the first bite. :)



## Black Bean & Banana Brownies

- 1 15oz can of black beans
- 2 ripe bananas
- ¼ c. rolled oats
- ½ c. cocoa powder
- 1 tsp. baking powder
- ¼ c. sugar or other sweetener
- 3 tbsp. coconut oil (melted)
- 1 tsp vanilla extract

In a blender or food processor, add oats and blend until a flour consistency. Add all of the other ingredients then blend until smooth (Feel free to add mix-ins at this point – nuts, dried fruits, chocolate chips, etc). Pour into an 8x8 lightly greased pan. Bake at 350° for 25 – 30 minutes or until the top is dry.

## *Send us your recipes!*

**We would love share your favourite recipes in Mountain Views!**

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](mailto:newsletter@rrroca.org) and we will print it in an upcoming newsletter.

## *We need your photos!*

Mountain Views 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](mailto:newsletter@rrroca.org) and who knows, you just might see your photo(s) in print! Happy snapping!

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# Family Ideas for April

Keep these activities handy for when you need something for when your kids say "I'm bored!" by Tracy Loeffler and Claire Girvan.

**Parent's Corner:** Ever try to ask your child after school, "How was your day today?" You probably get the same answer each time, "good", "OK". Here are some questions to get them talking about their day:

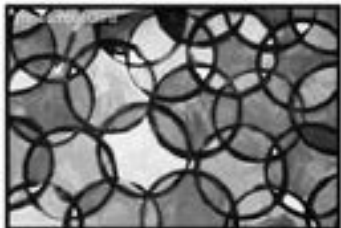
1. Tell me something that made you laugh today
2. When were you bored today?
3. When were you happiest today?
4. Did you do something to help someone today?
5. Tell me something weird you heard today
6. What was your favorite part of today?
7. What was the worst part of your day?
8. What would you like to learn more about in school?
9. Tell me something you read today
10. If today had a theme song, what would it be?
11. Where is the coolest place in school?
12. If an alien spaceship came to your class and beamed up someone, who would you want them to take and why?
13. If you could pick a partner for a project, who would it be?
14. If you could be invisible for the day, what would you do?
15. What word did you hear most today?
16. If your school day was an emotion, which one would it be?
17. What part of your school day do you look forward to the most?
18. Who do you think you could help tomorrow?
19. If you were the teacher, what would you teach?
20. Who is the funniest person in your class?

**Activity for Teens:** Most teens have iPods or phones that have the ability to take videos, so put their creativity to work! Have them gather their friends in teams and do a Video Scavenger Hunt. Pick a time and meeting place where everyone must meet up, and gather as many videos as they can. **Here are some ideas to get you started:**

- A blue car driving down the road
- Someone walking 2 dogs
- Someone swinging from monkey bars
- Someone making a letter of the alphabet with their body
- A group of five or more birds
- Someone doing an act of kindness
- Something blowing in the wind
- Someone reading a book
- Someone talking on the phone

**Activity for School-Aged Children:** Multi-coloured 3-Dimensional Art

**Needed** – black tempura paint, thin paintbrush, watercolours, a cup, and a piece of sturdy white cardstock or painting paper



1. Dip the cup into the black tempura paint and create patterns on the paper that interlock with each other. Allow to dry slightly.
2. Use watercolours to paint different colours inside each space to create a beautiful mosaic that you will want to frame when dry! Can use a sharpie to go over any black lines that get painted on to make images pop!

**For Toddler and Preschoolers:** My name is Claire and I am a stay at home Mum. I have two amazing children Georgie 4 years old and Jack who is 2. They are wonderful (bragging over). So this time of year it's harder to keep them busy being stuck inside more so I have some ideas to share with you that I have tested with my two little live wires that hopefully your little ones will enjoy.

## Junk Modelling....

I love this craft because it's easy fun and adaptable to all ages and you can really let your children be creative. It's also easy on the purse strings too. **You will need:**

- Craft Glue
- Glue Sticks
- Newspaper or a Craft tablecloth to protect your table.

## Recycling Materials such as:

- Egg Boxes
- washed yoghurt pots
- cardboard tubes
- cereal boxes
- cracker boxes
- Paint (Optional)

Now for the fun part, put all your junk materials in the middle of the table and let them start sticking them together to create whatever they want. The beauty of this is they make what they want. My Daughter Georgie who is 4 will really take her time and even paint her creation after. My son who is 2 needs more help but it's fun for them to just to stick stuff together. Again you can also paint the creation after to extend the activity.

## Teddy Bear's Picnic

This is super fun, especially on a -20 degree day.

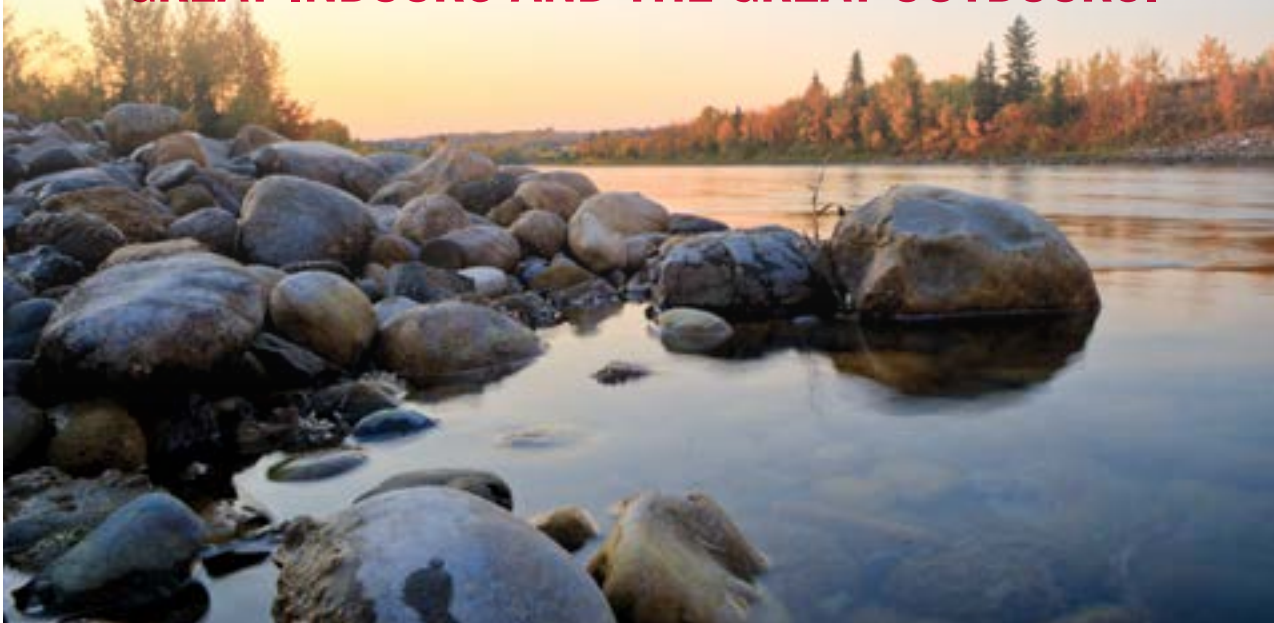
### **You will need:**

A picnic blanket ... Anything will do even an old sheet, Teddy bears or Dolls or whoever your child wants to join in—even Buzz and Woody or Lighting McQueen. Picnic foods like Juice, sandwiches, fruit, chips, perhaps a cookie for dessert. There are no set rules, just whatever you enjoy as a family.

So this is instead of lunch at the table, You create a fun indoor picnic with their favourite toys. Start by deciding what you want at the picnic and you can involve your little ones to help prepare the food. We make the sandwiches together, prepare the fruit then set up the picnic. It's a fun break in routine and a great way to encourage roleplay with them. I like it because we prepare the picnic together, eat together, and talk and play then they both help me clean up. You don't need a big space and you can even turn it into a fun play date with their friends. My daughter-- who is convinced she is a princess--likes to dress up for the picnic, too. So you can do so much with this activity and adapt it to suit your children.



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april 22

## WORD SEARCH



See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

- |                |              |            |               |
|----------------|--------------|------------|---------------|
| 1. EARTH       | 5. RECYCLE   | 9. WATER   | 13. ENERGY    |
| 2. SKY         | 6. REUSE     | 10. LAND   | 14. CLIMATE   |
| 3. APRIL       | 7. REDUCE    | 11. AIR    | 15. POLLUTION |
| 4. ENVIRONMENT | 8. RESOURCES | 12. GLOBAL | 16. COMPOST   |



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#### ***Is it time to Downsize?***

***Wednesday, April 8th at 7:00 p.m.***

*Downsizing is never easy. Bring your family and friends and learn from an expert on how to make the transition easier.*

#### ***There's Magic in the Air!***

***Friday, April 10th at 2:00 p.m.***

*Come enjoy a magical afternoon filled with magic and laughter.*

#### ***Richard's Sherriff Show***

***Monday, April 13th at 6:30 p.m.***

*Join Richard, from the Red Deer Dinner Theatre, as he entertains us with Comedy & Cowboy Songs.*

#### ***Happy Trails from the Calgary Stampede***

***Tuesday, April 28th 6:30 p.m.***

*Dust off your cowboy hat and don't miss this Live Show. Stampede Royalty, line dancing, music and more. Enjoy a taste of what's to come this summer!*

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## RRRO Scouts Spring Forward

Our local Scouts have been busy these past few weeks. As well as crafts and games in their weekly meetings, Beavers enjoyed a tour of Canada's Sports Hall of Fame and a sleepover at Calgary Zoo, the Cubs visited a mosque and the Scouts have been diligently practicing their outdoor cooking skills, which definitely come in handy while out camping. April will see all sections enjoying the fresh air with hikes in Tuscany Ravine, Nose Hill Park and in the Foothills. In May we look forward to the end of year camp, which is always a real adventure with daring activities such as zip-lining, archery and bouldering on offer.

Finally, please make a note on your calendar that the RRRO242 Scout Group Bottle Drive will be held on the morning of Saturday, April 25th in Rocky Ridge and Royal Oak. In order to cover as much of the communities as possible it will be very helpful if you put out your bottles and cans on your driveway in bags labeled "Scouts" by 9 AM so that our Scouts will not disturb you by knocking on your door. If you have many bags for pick up, you are welcome to email us in advance and we will ensure someone with a truck stops by. Also, if your bags have not been picked up by 11 AM on the 25th, do not hesitate to email us and we'll send someone by to pick them up. Our email address is RRROScouts@hotmail.com. We are grateful for all the contributions, help and support given to us in these communities as this enables us to keep the Scout programs running.

**Shazia Awan-Qureshi, RRRO 242 Secretary**

## RRROCA Ladies Group

**Private Cake Decorating Class**, Michael's Craft Store (Beacon Hill location) on Friday, April 17th, 6:30-8:30pm  
Registration fee is \$10\*



This past fall she taught RRROCA members the techniques to create beautifully decorated cupcakes, and now it's time to learn the tricks of the trade for working with fondant from Wilton representative Jodie Moffat at Michael's craft store (Beacon Hill location). Jodie will not only teach us how to cover a cake in

fondant, but she will also share some basic skills for working with fondant. We will learn to cut shapes, and create a bow to turn a plain cake into a "gift" fit for any celebration.

\*Participants will provide their choice of round/square cake to decorate that evening. Your cake should be frosted and no larger than 9" please.

\*You will also need the following supplies (brought from home/purchased at Michael's):

- One box of Fondant
- A roll and cut mat (for rolling the fondant)
- A rolling pin

*Continued on page 19.*



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# A Brief History of the Roma

Did you know that April 8 is International Roma Day? The Roma are a non-territorial (meaning, without a homeland) group of people sometimes called the Gypsies. The "Roma" movement began in 1971 with the recognition that different "Gypsy" groups such as the Vlax, Kalderash, Sinti and so on shared a common ancestry. There is a strong parallel to the First Nations peoples of Canada! The Roma originated in India about a thousand years ago, most likely leaving India in waves. Where they travelled specifically is purely speculative, but there are reports of them arriving in Byzantium as early as the 1300s, and from there they travelled in large and small groups throughout other areas of Europe.

The Roma themselves had forgotten their origins during 300 years, and their first recorded history reports that they identified themselves as "Little Egyptians", saying they originated from a place called "Little Egypt". It is from the word "Egypt" that the term "Gypsy" is derived. Roma now live throughout Europe and North America, and even in Australia! The word "Gypsy" has been largely discontinued as many Roma now feel it has pejorative undertones, and in any case it is based on a factual error.

The Romani language, based on Hindi and Sanskrit, exists in many dialects based on the host country of the group as the language absorbed "loan words" from each country. So the Roma in Bulgaria might have a different dialect than the Roma of Hungary. Many of the dialects are similar but spelling changes greatly as there is no standardization of the dialects.

While some Roma are nomadic, and it is true that they used to travel in covered wagons (vardos), most Roma are now sedentary. In many cases they have occupied the same villages or local areas for centuries. In some countries like Hungary and Bulgaria, Roma constitute a national minority at about 10% of the population. However as a group they endure widespread discrimination and persecution. In many countries Roma are subject to flagrant human rights abuses such as denial of safe housing, health care, democracy and justice, education, and clean water. In some countries and areas Roma are the target of overt ethnic physical violence. Many countries, particularly those of Eastern Europe, have come under criticism by NGOs for failing to integrate and support their Roma populations. In WWII the Roma were the second-largest group, after the Jews, to be sent to their deaths by Nazi Germany.

Many Roma arrived in Canada during the waves of immigration in the early 1900s, while a few arrive every year as middle class professionals, and as refugees fleeing ethnic persecution. It is estimated that Canada is home to about 80,000 Roma, primarily settling in Toronto and Montreal. Toronto hosts the Roma Community Centre, staffed by Roma and non-Roma volunteers, where incoming Roma can find help and support.

The Roma, as a transnational collective, have both a flag and an anthem. The anthem is called "Gellem Gellem". Based on a pre-existing traditional melody, it is written in the Romani language and tells the story of a person who is walking a "long road", meeting "lucky Roma" after the death of his family at the hands of the "black legion" (Nazi soldiers). Roma around the world continue to work for equality and recognition; it is a long road and an interesting one,

# RRROCA Ladies Group

*Continued from page 18.*

- An angled spatula or knife (for cutting shapes)
- Optional--A bottle of color (for coloring the fondant)
- Plastic wrap and Shortening

Since this will be a private event only for RRROCA members, there will be no registration through Michael's. Registration through RRROCA's online registration site (visit [www.RRROCA.org](http://www.RRROCA.org) for the link) will be available starting March 15th. Space will be limited, so be sure to register early!

## Private Pottery Painting or Glass Fusion Class

Color Me Mine (Creekside Studio location)  
11988 Symons Valley RD NW on Wednesday, May 20th  
From 6:30pm-8:30pm. Registration fee is \$15.00\*

No experience necessary! The Color Me Mine staff will guide you toward creating your masterpiece. Participants will receive full instruction from A to Z, and can choose to participate in either pottery painting or glass fusion. There are hundreds of pottery items to choose from—mugs, plates, platters, vases, pet dishes, banks, and ornaments... just to name a few! All paint is water based (no need for smocks). If you choose to paint a plate, mug etc. then once complete, not only will it be food safe but dishwasher and microwave safe as well. You can also choose to participate in glass fusion, and let your creativity come through. Participants will find that the different colors of glass will help you to create a spectacular piece. Visit them on facebook or check out their website at <http://calgary.colormemine.com> for examples of some of the fabulous things that they offer.

\*We hope that you can join us for some yummy snacks, a glass of wine or pop, an evening of creativity and a fun way to meet other ladies in your community. Participants will receive a \$10.00 credit to be put toward the piece of your choice on the evening of the event, and Color Me Mine will be extending a 25% discount to RRROCA members on the evening of the event.

Since this will be a private event only for RRROCA members, there will be no registration through Color Me Mine. Registration through RRROCA's online registration site (visit [www.RRROCA.org](http://www.RRROCA.org) for the link) will be available starting April 1st.

If you have any questions, please contact Judy via [ladiesgroup@rrroca.org](mailto:ladiesgroup@rrroca.org).

## RRROCA Ladies Book Clubs

If you are interested in joining a book club, please contact Judy via [ladiesgroup@rrroca.org](mailto:ladiesgroup@rrroca.org).

if not particularly lucky.

Most informative read: Angus Fraser, "The Gypsies", 1992.  
Most interesting read: Isabel Fonseca, "Bury Me Standing", 1995.  
RCC online: [www.romatoronto.org](http://www.romatoronto.org)

Melaena Allen-Trottier, B. Music, M. Music, PhD (Ethnomusicology)

## 10 Fun Ideas for Using up Leftover Easter Candy by Larynda McKay

10. An easy dessert is a chocolate fondue. Melt leftover chocolate rabbits in a chocolate fondue pot (you may need to add some oil or cream to add some extra liquid to the mixture). Dip brownies, fruit, bits of cake, and use up those marshmallow Peeps!
9. Brownies can benefit from leftover chocolate. You could melt it into the cake recipe or reserve it for a delicious chocolate icing.
8. Melt chocolate bunnies on the stove and to the melted chocolate, add other leftover treats like gummy rabbits, jelly beans or colorful chocolate eggs. Work quickly to spread the mixture onto a wax-paper covered cookie sheet. Refrigerate until it hardens and break into chunks for a great candy bark.
7. Whip up a crispy-rice treat and add any leftover chocolate eggs or jelly beans.
6. Add small broken chunks of chocolate bunny to your favorite chocolate cookie recipe.
5. For a simple hot chocolate, place broken bits of an Easter bunny in a large cup, and microwave. Add milk, mix and reheat if needed. Those leftover peeps can float nicely on top!
4. Whip up a natural, homemade chocolaty face-mask. Pinterest is a great source of ideas. While you'll find many of the recipes use powdered cocoa, there are some that will call for melted chocolate. As this is applied to the skin, it's always best to use a good quality cocoa or dark chocolate. As a note, test before using on your face as it may not be good for all skin types.
3. Bananas on a stick are easy! Skewer a peeled banana onto a stick and then dip it into your melted leftover chocolate treats. You can roll it in some candy sprinkles or crushed nuts. These are best served cold so chill them in the fridge until you are ready to eat them.
2. Surprise your family with chocolate in a savory dish for dinner one night. A Mexican Mole sauce is a delicious idea. There are tons of great recipes for this sauce online. Use it to top stewed meats or enchiladas.
1. Use up leftover Peeps marshmallow treats in a s'more! They'll not only taste great, they'll add some fun color!



## Book Recommendation

### **Americanah, by Chimamanda Ngozi Adichie**

Chimamanda Ngozi Adichie's fourth book, *Americanah*, is so smart about so many subjects that to call it a novel about being black in the 21st century doesn't even begin to convey its heft and scope. *Americanah* is indeed a novel about being black in the 21st century — in America, Great Britain and Africa— but you could also call it a novel of immigration and dislocation, just about every page tinged with faint loneliness. Alternatively, it could be read as an exuberant comedy of manners about the foibles of Senegalese salon workers, pretentious African-American bohemians, Old Money Boston liberals, and artsy white lesbians who wear ugly thrift store dresses. Adichie, whose 2006 novel *Half of a Yellow Sun* won Britain's Orange Prize for Fiction, observes and ably skewers them all, while tossing off casual observations about contemporary life. And *Americanah* is also a love story. Ifemelu and Obinze meet and fall in love as students in their native Nigeria. He is calm and charismatic; she is argumentative and outspoken. Unlike characters in much recent fiction set in Africa, Ifemelu and Obinze are not "starving, or raped, or from burned villages." Both of Adichie's protagonists want to leave Nigeria not because they are desperate, but because they long for choice and stability. Like many Nigerians of their background, they have been "conditioned from birth to look towards somewhere else, eternally convinced that real lives happened in that somewhere else." The bulk of the novel unfolds in flashback, a long and vivid account of those 15 years of self-imposed exile, some of which were degrading and miserable, others happy and prosperous, all of which offer a thought-provoking perspective on American life. An absorbing and original novel.

## kid's Book Review

by Larynda McKay

### The Big Adventure of the Smalls

Written by Helen Stephens

Siblings, Paul and Sally Small live in Small Hall, which is actually a mansion. One night the family hosts a fantastic event; The Small Hall Grand Ball. Being that Paul and Sally are children, they were sent off to bed, unable to enjoy the festivities. Of course, they were curious and ventured out to peek through the bannister. Unfortunately for the children, they drop their toy, Mr. Puddles. This sends them on an adventure to find them.

While this book isn't entirely exciting for adults (as some authors have taken the adult parent into mind when writing), this book will captivate your child as each page has the Small children off on an adventure. A fun idea when reading this book is to take advantage of the large, fold-out centre with artwork. As a parent, you can have fun with this. Before reading it to your own small, tuck a special note to them inside the fold. Perhaps use this as an opportunity to share with them some special plans your family has for a trip to the zoo, or science centre, a trip to visit grandparents or a movie.



## Spring forward with Animal & Bylaw Services good neighbour tips

Now that the snow has melted and spring is here, you may be itching to head outside to enjoy the sunshine and tackle some outdoor projects.

The City of Calgary would like you and your neighbours to be safe as you enjoy the spring and summer months ahead. Here are some frequently referenced bylaws to help ensure all Calgarians live in safe, clean and healthy communities.

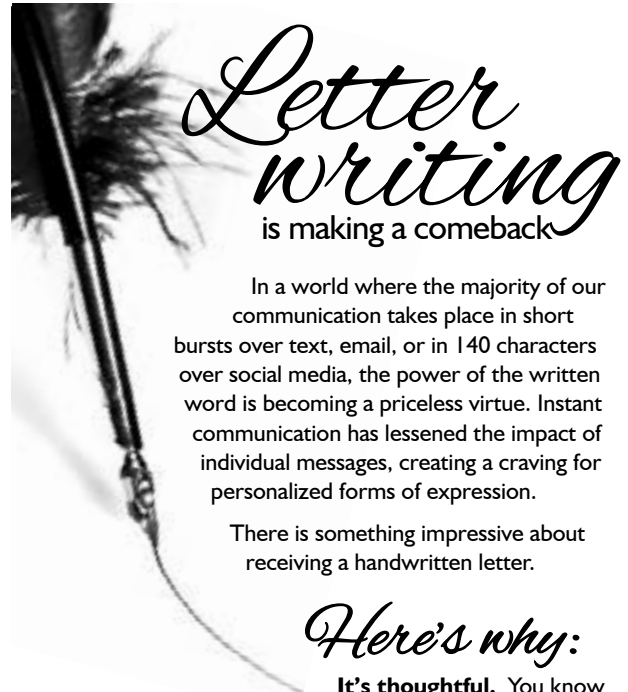
### Weeds and grass

- Grass and weeds must be less than 15 centimetres (six inches) in height. This also applies to vacant lots with residential areas.
- Keep weeds under control so they don't spread from your property.
- When watering your lawn, make sure water isn't running onto the street or sidewalk.
- The best time to water your lawn is early in the morning or after it cools off in the evening.

### Pesticide use

- Weed-and-feed type products have been banned in the province of Alberta. Purchase fertilizers and herbicides separately and spot treat weeds as required.
- Use pesticides responsibly and consider chemical-free alternatives.
- Be courteous and advise your neighbours before you use a pesticide. They may have concerns about timing or nature of your planned activities.

If you have any questions or require more information visit [www.calgary.ca](http://www.calgary.ca) and search bylaws related to grass.



In a world where the majority of our communication takes place in short bursts over text, email, or in 140 characters over social media, the power of the written word is becoming a priceless virtue. Instant communication has lessened the impact of individual messages, creating a craving for personalized forms of expression.

There is something impressive about receiving a handwritten letter.

### Here's why:

**It's thoughtful.** You know when you receive a letter in the mail that someone has put thought and effort into sending it out. The absence of spell check or cut and paste will force you to consider what you really want to say. This offers a great personal touch and can show someone that you really care.

**It's fun!** With endless options of personalized stationery, elegant pens, tailored labels and unique postcards, it's easy to get excited about writing letters. Exploring stationery accessories and writing personalized greeting cards or birthday messages can be fun do it yourself project.

**It can make a difference.** Picking up a pen and paper can change the lives of people across the world.

**It's nostalgic.** Though we love the speed and ease of sending a text message or email, hand written notes have permanence. Looking back at a note to an old friend or a message from a family member reinvigorates past memories and has a tangible and enduring quality that allows the message to live on forever.

**It's unique.** A simple hand written note after a job interview can set you apart from other candidates. When an employer receives a hand written letter, they know that the applicant took the time to create a personalized message just for them. To a potential employer, this is a physical reminder of your interest in them or the company.

– News Canada

# SENIORS' CORNER

*Inspiration for seniors and aging*

## Alzheimer's: What you need to know to keep your brain healthy



Alzheimer's is the most common form of dementia, a term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases and is a growing epidemic in our society today. Almost everyone has or will be affected by this disease in one

form or another.

Although Alzheimer's is becoming more and more prevalent, Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older, but Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early-onset Alzheimer's, which often appears when someone is in their 40s or 50s.

Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's worsens over time and is currently the seventh leading cause of death in Canada. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to twenty years, depending on age and other health conditions.

Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

The health of your brain, like the health of your body, depends on many factors. While some factors, such as your genes, are out of your control, many powerful lifestyle factors are within your sphere of influence. There are six key things that we can do to keep our brain healthy:

1. Regular exercise
2. Healthy diet
3. Mental stimulation
4. Quality sleep
5. Stress management
6. An active social life

The more you strengthen each of these in your daily life, the healthier and harder your brain will be. When you lead a brain-healthy lifestyle, your brain will stay working stronger...longer.

Submitted by Rocky Ridge Retirement Community--Experience Vibrant Senior's Living



## Elder Services Corps Wants You to Get Involved in Your Community!

Are you an older adult (65+) who would like to use your skills and experiences to contribute to community well-being? Sometimes after retirement it can be hard to know where to contribute and how to spend your time. It's important to stay active and involved to help combat loneliness, boredom and depression. It can also be a wonderful time to start something new and contribute your knowledge and skills in a worthwhile way.

Carya's Elder Service Corps program is a unique opportunity for older adults to turn their life-long learning and service into community enhancement and continued learning. Adults who participate in this program contribute 10 hours a week, for 36 weeks, toward a community project that utilizes their skills and experience while providing an opportunity to work alongside others. Training sessions that explore themes of elderhood and aging, art and culture, community and social justice, ageism, equality, and deep citizenship take place at the downtown Carya office.

Now is your opportunity to get involved. You can become a more vital and contributing member of the community. There are many faces of aging and at Carya we hope to work with and support you in this envisioning.

**If you are an older adult, or know someone who may benefit from this program, you may connect with Carya to learn more about the Elder Service Corps program. Call or email Anya McDonald at 403-705-7558 or [anyam@caryacalgary.ca](mailto:anyam@caryacalgary.ca).**

LOCAL

PHOTOGRAPHER *Tara Little*

See page 13 to find out how your pictures can be featured in the Mountain Views





# 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](http://www.rrrha.ca) [officeadmin@rrrha.ca](mailto:officeadmin@rrrha.ca)

**Ranch Centre Hours:** 9:00 am - 10:00 pm

**Office Hours:** Mon: 11:00 am – 6:00 pm • Wed: 10:30 am – 6:30 pm

Thu: 1:00 pm- 9:00 pm • Fri: 10:30 am – 6:30 pm • Sat: 9:00 am – 4:00 pm

Closed Sundays, Tuesdays, and 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](http://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/>

### Board of Directors

President ..... Bentley Lowther  
Vice President..... Marco Hustad  
Secretary ..... Michael Teh  
Treasurer ..... Marguerette Kennedy  
Director..... Anil Gupta

### Committee Chairs

Operations ..... Conrad Savoie  
Community Relations ..... Heather Sutherland

### Spring Events

#### Used Clothing and Toy Sale

April 18, 2015 from 10:00 am – 2:00 pm

Participate in our bi annual sale by selling or buying new or gently used clothing. Come early for the best deals. If you would like to sell your items, please go online to [rrrha.ca](http://rrrha.ca) to fill out the registration form, or stop by the office during office hours to sign up.

#### Spring Market

May 2, 2015 from 10:00 am – 2:00 pm

Stop by our annual spring market to peruse the items our local vendors have to offer. Typically we will have a mix of arts and crafts type vendors and home business direct sales vendors. Vendor registration begins March 2, 2015. Check online for registration forms or stop by the Ranch Centre during office hours to sign up.



## Spring Market

*Continued on next page.*

## Spring Programs

Stop by the Ranch Centre office to sign up and pay for your class. Members and non-members are welcome to sign up for our fitness classes, however non-members will have to pay a slightly higher rate. You may also view the schedule and registration forms online at [www.rrrha.ca](http://www.rrrha.ca)



### YOGA

Hatha Yoga – Tuesdays w/Vanitha  
Time: 6:30 – 8:00 PM  
Date: April 7 – June 23 Cost: \$150 (members), \$175 (non-members)

Hatha Yoga – Thursdays w/ TBD  
Time: 9:00 am - 10:30 am  
Date: April 9 – June 25 Cost: \$150 (members), \$175 (non-members)

Hatha Yoga – Thursdays w/Marcy  
Time: 8:00 PM – 9:00 PM  
Date: April 9 – June 11 Cost: \$84 (members), \$95 (non-members)

**ZUMBA** - Mondays w/ Jivka  
Time: 7:00 – 8:00 PM  
Date: April 13 – June 22 \*excluding May 18  
Cost: \$84 (members), \$95 (non-members)

### FITNESS

Pilates – Tuesdays w/Laurie  
Time: 8:10 pm – 9:00 pm  
Date: April 14 – June 23 Cost: \$92 (members), \$104 (non-members)

Boot Camp – Thursday's w/Janette  
Time: 6:45 – 7:45 PM  
Date: April 9 – June 11  
Cost: \$84 (members), \$95 (non-members)

## 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)

### 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 mates, 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 even 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>



# MORE SPACE TO DREAM

Life offers something extra to those who dare to dream. So don't settle for less, get more; like the large-sized lots offered at Watermark at Bearspaw. Custom or quick possession homes beginning at \$1.2 Million. Showhome Hours are Tuesday to Thursday 12-6pm, Friday, Saturday, Sunday and Holidays 12-5pm, Closed Mondays.

A. TYPICAL CALGARY ESTATE LOT 50'x 120' | B. WATERMARK SMALLEST LOT 82'x 139' | C. WATERMARK LARGEST LOT 200'x 250'



See just how BIG life can be in Watermark, visit one of our showhomes or visit [DreamBiggerInWatermark.com](http://DreamBiggerInWatermark.com)



## Try these quick and easy ways to stay healthy

It can be overwhelming to stay on top of all the healthy eating suggestions out there, but here are a few tips to put many of them into practice:

- **Savour every bite:** Eating mindfully has its benefits. Being aware of what and how you're eating can help you avoid consuming food on autopilot. When eating a meal, try not to multitask – avoid eating in your car, while standing, or while watching TV. Enjoy your meal sitting down at the table, where you can tap into your senses and appreciate the taste, texture and aroma of your food. This can enhance your meal experience and you may even find that you'll be satisfied with less.

- **Enjoy all your favourite foods in moderation:** We're often told to eat in moderation, but don't deprive yourself of your favourite foods. Instead, have that piece of cake or bowl of chips, but stick to smaller portions and for the majority of the time, make sure that you're eating well to help balance things out.

- **Go for whole grains:** According to the Dietitians of Canada, at least half of our grain consumption should be whole grains. They're higher in vitamins and minerals than the refined variety, and research shows that a diet rich in whole grains is heart healthy. Put it into practice with the foods you love like pizza and sandwiches by using whole grain alternatives, such as a multigrain bun.

- **Stay hydrated:** Just keep drinking. Keep a reusable bottle of water at your desk, in the car, and with you on the go to make sure you stay hydrated all day long. As well, try drinking a glass of water before each meal – not only will this help keep you hydrated, but it can also help you feel full faster.

- **Keep moving:** You don't have to skimp on exercise just because you don't have time to make it to the gym. There are plenty of little things you can do throughout the day to keep moving – walk whenever you can, take the stairs or stretch at your desk to keep your mind and body active

– News Canada





## Ward 1 Councillor Sutherland's Monthly Report

With the closure of Rocky Ridge Road at Crowchild Trail, the communities of Rocky Ridge and Royal Oak asked for The City of Calgary to provide an alternative access to the communities.

On October 15, 2014, Councillor Joe Magliocca and I sought feedback from Ward 1 and Ward 2 residents as to whether or not the communities wanted a new access from Crowchild Trail. I stressed that at the time, that the proposal was just – a suggestion put forward for consideration.

At the open house, residents were given the opportunity to provide feedback, which was used in part, to determine whether the project should proceed. Residents were concerned that the congestion and truck traffic problems existing on Country Hills Boulevard would not be alleviated by the proposal. The residents closest to the proposed access road voiced concern regarding increased noise, traffic and speeding, a reduction in their property values, as well as the cost of the access road.

**In light of the design proposal cost and community feedback, The City of Calgary has decided not to proceed with the right-in only access from Crowchild Trail.** However, in order to reduce traffic congestion on Country Hills Boulevard and to address concerns about truck traffic, The City of Calgary is in negotiations with the Province to develop several alternate truck route options to bypass the intersection at Country Hills Boulevard and 85 Street.

I am extremely pleased that the Province has come to the table with this option. I believe that the re-routing of truck traffic will provide the best solution to the current safety concerns that exist on Country Hills Boulevard and will reduce the traffic congestion that the access into Rocky Ridge was meant to address.

I would like to thank Councillor Magliocca for his initiation and negotiation of the extra truck route, which was instrumental in seeking an alternative solution for all parties.

**Engagement Committee:** I would like to create an Engagement Committee composed of a diverse group of residents in Ward 1 to provide me with feedback on a variety of municipal issues. Ideally, I would like the committee to consist of equal representation from all backgrounds. To name a few: seniors; parents with young families; single parents; and/or those on a fixed or low income.

**As a member of the Civic Committee, you can expect to:**

- Participate in surveys, approximately a maximum of once or twice per month via email or telephone;
- Receive information and updates on upcoming events and initiatives, appropriately a maximum once or twice per month;
- Provide your valuable input on a variety of topics.

Information collected through the Engagement Committee will be used as one form of input for my decision-making on topical issues.

Please send a note of your interest, as well as your name, telephone number, email and residential address to communications and research analyst Christine Louie at ward01@calgary.ca

## Ward 2 Councillor Magliocca's monthly report

Spring is finally here Ward 2!

I'm sure that means clean up for a lot of households.

Whether its cleaning out the garage or just clearing your hall closet, it's always a challenge to figure out what to do with all the stuff you don't want or need.

There are many options when it comes to recycling and disposal of used or unwanted items. To find out what goes where and a list of drop off locations in Ward 2 please visit <http://www.calgary.ca/UEP/WRS/Pages/What-goes-where/Default.aspx>

Are your kids looking for work?

I'm thrilled to announce that the 17th Annual Youth Hiring Fair is back. It's a great opportunity for your kids to meet numerous employees all in one place. It's being held on April 21st from 1:30 – 6pm at the Stampede Grounds, Hall B. Have them head down with their resume and dressed to impress. Admission is free. For more information and a list of all participating employers, you can visit [nextSteps.org](http://nextSteps.org)

Road and transportation issues in Ward 2 have always been important to me, and I'm doing my best to listen to them all and make sure that your concerns are being handled in a timely manner. That's why I want to remind you all that 311 is a quick and easy way to voice your concerns. You can connect online, through the mobile app or just call 311 directly from any phone. Agents are always there to assist you on the spot, or pass your concern to the appropriate departments for action Let's keep our roads and community safe.

If you need more information on how to connect, you can visit [www.calgary.ca/311](http://www.calgary.ca/311)

## April is for the Curious.

By Larynda McKay

Cirque du Soliel's, Kurios – Cabinet of Curiosities, is rolling into the city for a limited engagement beginning April 9th. Ironically, The Glenbow Museum has an exhibition running from February 28, 2015 into January, 2016 titled, Cabinets of Curiosity.

The Glenbow exhibit by Edmonton artist, Lyndal Osborne is a showcase of her lifelong compulsion for collecting interesting objects. Collected items include oddities like rubber spiders and emu eggs, while her interactive display invites children and adults alike into an exploration and discovery of items real and imagined.

Why not make a weekend out of all things curious with your family; see Cirque du Soliel, visit the Glenbow, and then go on your own family treasure hunt to create a personal cabinet of family curiosities.

## Part Time Pets, Full Time Love:

### How Fostering an Animal Just Might be the Best Thing You've Ever Done

By **Oops-a-Dazy Rescue and Sanctuary Society**

If I told you that you could save a life, would you do it? Our foster homes save lives every day. Every foster animal taken in by a loving family is given a new lease on life and the chance to find happiness in a forever home.

Without a bricks-and-mortar shelter, we rely on foster homes. We don't have a holding facility, so when the call comes in that an animal urgently needs our help, we look to the community to open their homes and their hearts. We are looking for people just like you!

#### What does it cost?

Nothing. That's right- all basic supplies and pre-approved veterinary care is provided by Oops-a-Dazy, including food, litter, kennels, etc.

#### Isn't it hard to say goodbye?

Sure it is. It's always bittersweet to say goodbye to a friend. When you see your foster animal having the opportunity to have a loving home, though, the feeling is indescribable. It is so rewarding to see the difference you have made and see them happy. Many of our foster homes stay in touch with their foster pet's adopters so they can see them enjoying their new homes. If you really fall in love and find that your foster pet is the perfect addition to your family, our foster families are also eligible for adoption.

#### What do I have to do?

Our foster animals are unique individuals who have their own needs. In general, you provide the love and care that you would for your own animal. In addition, you bring your foster pet to adoption events at least once a month so they can meet potential new homes.

#### How long will I have the foster pet?

Length of stay varies, depending on many factors including species, age, breed, past history, and the number of adoption events the animal attends. We find that most foster pets stay an average of one to three months.

#### What kinds of animals are available?

We mostly have dogs and cats in need of foster care, but sometimes we get requests for other animals too. No matter what, they are amazing, unique individuals ready for love!

#### How can I get started?

If you're interested in becoming a foster parent, you can apply online at [www.oopsadazy.com](http://www.oopsadazy.com) or email [foster@oopsadazy.com](mailto:foster@oopsadazy.com) for more information.

"I HAVE FOUND THAT  
IF YOU LOVE LIFE,  
LIFE WILL LOVE YOU BACK."

- Arthur Rubinstein



## Adorable Adoptables!



Photo Credit: Judy Srikora

Maxi is hoping for a forever home! He is a six-year old boy full of sweetness. He's had a bit of a rough past so he would love a quieter home.

Visit her full profile at [www.oopsadazy.com](http://www.oopsadazy.com).

**Oops-a-Dazy**  
Animal Rescue & Sanctuary



Photo Credit: Suzann Elizabeth Photography

Donald is a fun-loving guy looking for his happily ever after. With a personality like Don Juan, you'll find yourself falling in love with him over and over!

Visit his full profile at [www.oopsadazy.com](http://www.oopsadazy.com)



# Bicycle Helmet Safety

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

## Getting informed

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

## Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

## Getting the right fit

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

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## 2015 Calgary Transplant Trot

Help us celebrate life after transplant for organ and tissue recipients and increase organ & tissue donation awareness in Alberta and across Canada!

DATE : Saturday, April 25, 2015

EVENTS: 3KM Awareness Walk, 5KM Run/Walk, 10KM Run/Walk

WHERE: Confederation Park 55+ Activity Centre  
2212 – 13th Street NW, Calgary

RACE START : 10:00 am



**Register today!**  
[transplanttrot.ca/calgary](http://transplanttrot.ca/calgary)

Organ & Tissue Donors  
**Save Lives!**  
Please talk to your loved ones



[CANADIANTRANSPLANT.COM](http://CANADIANTRANSPLANT.COM)

# Sudoku:

*For solution, go to [mind's design studio](http://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.

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



# Your Community CLASSIFIED ADS!!!

To place your classified ad, contact sales at 403-203-9152 or email: [newslettersales@mindsdesign.ca](mailto:newslettersales@mindsdesign.ca) today!

*COMMUNITY MEMBERS CAN RECEIVE DISCOUNTS!*

## **CONCRETE CUTTING FOR BASEMENT WINDOWS AND DOORWAYS**

- Cut, Supplied & Installed. Doorways Cutting - Concrete Wall Cutting - Concrete Floor Cutting - Core Drilling - Any Size. Excavation/Window Well Supplied & Installed - Weeping Tile Installation. Phone 403-689-8959. Please see display ad on pg 4.

## **ONE-ON-ONE MATH TUTOR**

Grades 7 to 12 - Experienced Teacher Since 1996  
Specialties: Math 30-1,30-2,20-1,20-2,10C. PH. 403-630-8768

**Did you know?** *Mind's Design offers our community the opportunity to purchase classified advertising in Mountain Views.*

Price for a classified ad is: \$28+GST for a 4-line ad (up to 40 characters per line). However, if you have a valid RRROCA membership, you get a discounted rate of \$20 +GST. If you require extra space, the cost is \$5 +GST per extra line regardless if you are a member or not. Home-based/local businesses are welcome to place ads. We also accept goods for sale (except pets), garage sales, and other announcements. Please call (403) 203-9152 to book. Your ad will be distributed to over 7500+ homes and businesses in Royal Oak and Rocky Ridge, so this offers great value.

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## Mouthguards reduce sports injuries

Dental hygienists see first-hand the impact of injuries to the teeth, gums, and jaws as a result of participation in sports. Mouthguards are essential, they say. Proven to reduce the risk of such orofacial injuries the dental hygienist can custom-fit a sports mouthguard for you during a regular dental visit.

If you play hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, or if you enjoy BMX, skateboarding, skiing, and snowboarding, find out if your sports organization requires mandatory mouthguard protection. If it doesn't, ask why?

The average cost of a custom-fitted sports mouthguard can be as low as \$50, while the estimated cost to treat a lost front tooth over a lifetime can range from \$5,000 to \$10,000. Clearly mouthguards are a cost-effective investment in protection.

At [www.cdha.ca/mouthguards](http://www.cdha.ca/mouthguards), read the FAQs, tips, and other important information.

– News Canada





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### HELPFUL TIPS FOR BUYERS AND SELLERS

Spring is generally the time when both buyers and sellers become motivated to enter the real estate market. The longer days encourage those interested in a new home to get out there and find the perfect fit based on needs and budget.

Sellers can also take advantage of the favourable weather to help increase curb appeal of their home. If you're in the market for a new home or looking at putting your home on the market, here are some tips to help with the process.

#### TIPS FOR BUYERS

**- Get your credit in order.** If you plan to finance your home purchase, check your credit history. This is extremely important if you are a first-time buyer.

**- Get pre-approved for a mortgage.** Early into the process, take the time to meet with a mortgage lender who will look at your credit history as well as your personal financial information to help give you a better understanding of what you can afford and what financial options are available.

**- Establish your budget.** It always helps to establish a budget, no matter how you plan on paying for your home. It will help you focus on great homes within your price range.

**- Make a list.** Create a list of must haves and deal breakers. This will help you narrow your search and help you focus on a home that fits current and future needs.

#### TIPS FOR SELLERS

**- Research the local market.** Knowing how much homes in your neighbourhood are selling for and how

long they have been on the market will help you gauge your home's value.

**- Repairs and improvements.** Boost curb appeal with minor repairs. Replaced dated or damaged fixtures or appliances.

**- Be realistic.** Understanding the local market is great, but you must be realistic about the selling process. Realistic expectations will help to relieve some of the stress associated with home selling.

\*Not intended to Solicit Those under a Brokerage Contract



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