

PUBLISHED BY MIND'S DESIGN STUDIO SINCE 2015
CALL 403-203-9152 FOR ADVERTISING OPPORTUNITIES WWW.MINDSDESIGN.CA

RRROCA



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

MARCH | 2016

REPORTER

Join Us!

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

*Sunset
over the Rockies*

~ Melissa Kristine photo

CIRCULATION | 7500 HOMES AND BUSINESSES

ARTICLE HIGHLIGHT: Winter, All Weather or All Season Tires (see page 15)

ROCKY RIDGE & ROYAL OAK COMMUNITY ASSOCIATION

403.771.8979 • www.rrroca.org

Mind's Design
NEWSLETTER APP
Download from the app store or google play.

<p>BodyFX™ by Inmode Non-invasive body contouring & skin tightening</p>	<p>FRACTORA™ by Inmode The non-invasive alternative to facelift surgery</p>	<p>FORMA™ & PLUS™ by Inmode Non-invasive Skin Tightening & Thermal Rejuvenation</p>	<p>LUMECCA™ by Inmode Non-invasive Photofacial Blemish Removal</p>
--------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------

20% Off of all inmode Packages
until March 31st, 2016



**Smile lines, Deep wrinkles and folds
Volumization & facial contouring**

**Buy one syringe of filler
and save \$50,
buy 2 or more and
save \$100 on each syringe!!**

**hCG
WEIGHT
MANAGEMENT
PROGRAM**

Do you have excess abdominal weight?
Do you feel your metabolism has slowed down?
Do you feel you need a jumpstart to getting those extra pounds off?

20% Off
until March 31st



President's Message

Feels like Spring!

I can feel it. Can you feel it? It's coming. Spring!



Maybe I'm a touch optimistic, but I know it's just around the corner. I love spring in our community, it means everyone venturing out their front doors, more folks using the pathways, and kids playing on our playgrounds. Use this as an opportunity to say hello to your neighbours! The best way

to make our community more active, safer and engaged is to meet your neighbours. So give a wave!

RRROCA is coming into our busy season, especially with ourSport Programs and events. Marin, our Director of Sports has been working hard with his team of volunteers to get the season ready so the little ones can hit the fields. Did you know that this program takes over 200 volunteers to successfully run? Our Events Team is busy planning our summer events including the Parade of Garage Sales and Stampede Breakfast. Currently, we have some fantastic volunteers making arrangements for these and other events, but we don't have a leader. Do you have 5 to 10 hours per month? Are you proactive and organized? We sure could use a Director of Events to help!

We look forward to seeing you out in the community. I am always looking to hear from you. Please feel free to e-mail me anytime at president@rrroca.org.



~ Tessa Sakamoto

CONCRETE CUTTING FOR 10% OFF BASEMENT WINDOWS AND DOORWAYS

Cut, Supplied & Installed

Mention this ad at the time of your booking & receive 10% off. Some conditions may apply.

403-570-0555
or text 403-680-0611

info@asapconcretecutting.com
ASAP CONCRETE CUTTING & CORING



Need a bigger window?



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



- March 13 Daylight Savings Time Starts – Move clocks forward 1 hour
- March 13 RRROCA Spring Sports Program Registration Closes
- March 14 Happy St. Patrick's Day
- March 21 RRROCA Board of Directors Meeting at 7:00 p.m. at Charlesglen Toyota (public welcome to attend)
- March 25 Good Friday (Statutory Holiday)
- March 26 Join North West Family Church and RRROCA for a Community Easter Egg Hunt at 10:00 a.m. at the greenspace west of Royal Oak School on Royal Birkdale Drive
- March 27 Happy Easter
- March 28 – Easter Monday



MARK YOUR CALENDARS

DISCLAIMER

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.

ExoSide Construction Inc.

Robert Fehr
403.990.1346



"FINDING QUALITY SOLUTIONS TO ALL OF YOUR EXTERIOR HOUSING NEEDS"

Our services include: Installation of Eavestroughs
Aluminum and Steel Cladding, Soffit and Fascia
Vinyl, James Hardie and Aluminum Siding

Book Before Spring & Get 5% Off! Senior's Discounts Avail.

exosideconstruction.com **FREE ESTIMATES**

Civic Chat



WARD 2 COUNCILLOR Joe Magliocca

Phone: 403.268.3280
Email: ward02@calgary.ca
Facebook: www.facebook.com/joe.magliocca.calgary
Twitter: @Joe_Magliocca
Web Site: www.Calgary.ca/ward2

Hello Ward 2!

I would like to take this opportunity to wish everyone a Happy Easter. As we get closer to spring with warmer temperatures, I encourage Calgarians to get outdoors and enjoy the many recreational opportunities in and around the City. However, please take extra caution around frozen lakes and streams. It is particularly important to stay away from drainage ponds as any remaining ice will be very thin. Even though the ice may look solid, looks can be deceiving. Stay off the ice unless it is a City or community-designated area.

The warmer temperatures and melting snow also provide a great opportunity to consider organizing or participating in a neighbourhood spring clean up. It is important for all of us in Ward 2 to do our part in keeping our communities clean. Furthermore, if you see uncleanliness in your neighbourhoods, please feel free to contact 311 or my office.

In many coffee shops around Ward 2 you will find my "Year in Review" newsletter. It is important for me to keep you informed on current events and projects going on in Ward 2, but it is also important to look back at the progress we made together as a community on roads, parks, and other issues that are important to you. The "Year in Review" newsletter can be found in hard copy at coffee shops throughout Ward 2 and also online at www.joemagliocca.com.

Joes Tip:

Download the 311 Calgary Mobile App - By downloading the 311 Calgary mobile app you can connect directly with The City to submit a service request at any time of day. With the 311 Calgary mobile app, you have the option to attach a photo to your request, use your smartphone's GPS function to allow the app to detect your location and have the ability to track the status of your request using the auto generated service request number. Visit www.calgary.ca for more details.



Please join us Sundays at Royal Oak Victory Church
450 Royal Oak Dr. NW
9:00 am and 11:00 am service times

**Devoted To God - Connected To Others -
Influencing Our World**

Check out our website for more information, www.rovc.ca.

Stay connected
to the City of Calgary

facebook.com/cityofcalgary ~ twitter.com/cityofcalgary
~ calgarycitynews.com

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.

Make flowers an everyday occasion!

CROWFOOT PANDA FLOWERS



Panda Flowers - Crowfoot
205 - 150 Crowfoot Cres. NW Calgary, AB
Email: pandacrowfoot@shaw.ca
Phone: **403-239-7673**
Website: www.pandaflowerscrowfoot.com

**FLOWERS
FOR ALL
OCCASIONS**

**FRESH
PRODUCT
DAILY**

**WE
DELIVER
CITY WIDE**

**CARE AND
QUALITY
ASSURED**

We at Crowfoot Panda Flowers have been in business for 20 years, serving all local communities.

The owners, Angela and Lorenzo, reside in Royal Oak. They have run the family business with pride and dedication. They would like to offer residents of Rocky Ridge & Royal Oak a 10% discount for all their floral needs. Corporate discounts also available. Come and check out our selection. You won't be disappointed.



MENTION OR PRESENT
THIS COUPON AND
RECEIVE THE
DISCOUNT.
THANK YOU IN
ADVANCE.

**CROWFOOT PANDA
FLOWERS**
10% DISCOUNT off your order.

Valid at: 205 - 150 Crowfoot Cres. NW Calgary, AB T3G 3T2
Coupon expires March 31, 2016.



WARD 1 COUNCILLOR Ward Sutherland

Phone: 403.268.2430
Email: ward01@calgary.ca
Web Site: www.Calgary.ca/ward1

Civic Chat



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

The main resource for property owners to see detailed assessment information is through Assessment Search at <https://assessmentsearch.calgary.ca/login.aspx>. This allows users to:

- **Access property and business assessment information.**
- **Search property assessments.**
- **Verify your property information.**
- **View sales reports.**
- **Assign property managers/authorize agents.**
- **Submit and view evidence for hearing.**

For customers who wish to view historical information that is not available online (i.e. not their current or previous year's assessment notice), they should call or email Archives at 403-268-8180 or archives@calgary.ca with their roll number.

COFFEE WITH THE COUNCILLOR - TWO-YEAR REPORT CARD PRESENTATION FEEDBACK

Thank you to all the Rocky Ridge and Tuscany residents for attending my Coffee with the Councillor – Two-Year report card presentation. I would also like to thank Cafe Fresco for allowing me to use their facilities. I enjoyed the opportunity to connect with you and to provide you with an update on what's going on in your community. I plan to host another Coffee with the Councillor event in the fall. I hope to see you there!

Stay connected! Sign up at www.wardsutherland.com to receive my monthly e-newsletter, which contains council-related news, community Q&A, and my Vice Chair Finance Blog. To view my City of Calgary website or my February Ward 1 E-Newsletter, visit: calgary.ca/ward1connect.

~ Ward Sutherland

Property Assessment

My office has received inquiries regarding property assessment forms containing less information than in the past. I would like to let you know that you can find and compare past assessments and much more on-line on The City of Calgary's website.

The main landing page for the Assessment business unit is www.calgary.ca/assessment. These web pages contain information on how properties are assessed, how customers can get in touch with The City to ask questions about their assessment and allows property owners to view detailed information about their property.

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.

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



JEFFERY J O'ROURKE
PROFESSIONAL CORPORATION

BOOKKEEPING AND
PERSONAL & CORPORATE
TAX PREPARATION

Give us a call today

403-851-0606

Cochrane and SW Calgary Locations



Any figures, letters, drawings or stickers that are applied, scribbled, scratched, etched, sprayed or attached to the surface of any premises, structure or other property without previous permission, is considered graffiti vandalism. Graffiti vandalism is not a victimless crime.

Learn more about graffiti and how to manage it in your community with the Federation of Calgary

Communities and Calgary Police Service graffiti coordinator Constable Dave Ladic on March 9!

Date: Wednesday March 9, 2016
Location: Dover Community
Association: 3133 - 30 Avenue SE
Time: 7:00pm - 9:00pm
Presented by: Cst. David Ladic
Cost: FREE (to all Calgarians)

Register at www.calgarycommunities.com/workshops-events/





BAMBER REALTY LTD.



LOUELLA COHEN

403.863.4500 www.LouellaCohen.com

"Helping you make ALL THE RIGHT MOVES!"





Your local NW REALTOR

Local market activity is on the upswing. Unsure where your potential plans fit in? I can help. Call me today.

Independently Owned and Operated. ®/™ trademarks owned by Century 21 Real Estate LLC used under license or authorized sub-license. © 2012 Century 21 Canada Limited Partnership



Ukrainian Easter Bread (Babka)



By Terri Gilson, Rocky Ridge Resident and Volunteer Contributor

Looking to get some use out of that bread maker? Well, this recipe is the perfect excuse. Babka is a light, buttery, slightly sweet, delicate cake-like bread (with or without raisins), baked in coffee tins and traditionally served at Easter.

This recipe is every bit as delicious as the handmade version, but without all the work! If you have never made a traditional Easter bread (or any bread, for that matter), let this one be your first!

Ingredients (*Gluten Free Option: Replace all-purpose flour with 3 and 2/3 cups rice flour*):

1 egg	1 tsp vanilla
3 egg yolks	1 cup water
4 tblsp melted butter	3 ¾ cup all-purpose flour
3 tblsp sugar	1 tsp bread maker yeast
3 tblsp powdered milk	1 cup raisins (washed)
½ tsp salt	3 egg whites (beaten)
2 tblsp undiluted frozen orange juice	5 (1lb/500g) coffee tins
1 tblsp grated orange zest	¼ cup shortening

Replace all-purpose flour with 3 and 2/3 cups rice flour

1. In a small bowl, beat egg, egg yolks, butter, sugar, salt, milk powder, orange juice, orange zest, and vanilla. Pour into the bread maker. Add water.
2. Add flour, then form a small crater with your finger in the top of the flour and pour yeast into this crater.
3. Set bread machine on dough cycle and when 'add fruit/ ingredients' signal goes off, add raisins.
4. When dough cycle is complete, remove from bread machine.
5. Prepare coffee tins by greasing generously with shortening and divide dough into 5 balls. Place balls into tins and let rise until double in bulk.
6. Beat egg whites until foamy and brush tops of loaves.
7. Bake on low rack of oven on 375 degrees F for 20 – 25 minutes or until golden brown on top (if loaves are browning too fast, cover with aluminum foil)
8. Check for doneness: Remove from oven and knock on the bottom of the tin with your knuckles. If done, it will sound hollow when tapped (yes, this really works!)
9. Remove loaves from oven, cool slightly and remove from tins onto pillows covered with tea towels.



10. Cool and turn loaves several times to prevent them from flattening.

*Loaves are very soft and require careful handling.

11. Slice in rounds and serve with butter, if desired.

Recipe courtesy of cookbook, From Baba, with Love (page 109).

Questions about this recipe or other cooking/ baking questions? E-mail Terri at newsletter@rrroca.org

COMMUNITY
Easter Egg Hunt

Join North West Family Church and RRROCA on Saturday, March 26th at 10:00 a.m. for a Community Easter Egg Hunt at the greenspace north of Royal Oak School on Royal Birkdale Drive.

COFFEE AND HOT CHOCOLATE WILL BE PROVIDED BY TIM HORTONS



Babysitter Registry

By Angela Carter

Looking for a babysitter? Or, looking to put your babysitter credentials to work?

We are pleased to offer a Babysitter's Registry to help match RRROCA families with qualified babysitters, who hold a valid babysitter training certificate.

For Parents Seeking Babysitters

First, you will need an active RRROCA membership. Please visit our website at www.rrroca.org to register. Secondly, we don't publish the list of babysitter names but they will be provided to families upon request, once your membership status is confirmed.

RRROCA will not be pre-screening, sanctioning, or verifying any credentials for those babysitters using this service. As the parent/ employer, you take on full responsibility for interviewing, screening and hiring the babysitters for your child.

Please contact babysitting@rrroca.org to get connected to a qualified babysitter today!

For Teens Seeking Babysitting Work

We have plenty of demand for qualified babysitters so please get in touch! First, your family will need to have an active RRROCA membership. Secondly, all babysitters on the registry are required to have a valid babysitter training certificate, regardless of age. Once you have these:

- Complete the appropriate Babysitter's Waiver Form: for youth ages 11-17, or for 18+ years. These forms can be found on our website www.rrroca.org. Note: youth ages 11-17 years will require a parent/guardian's signature on the waiver form.
- Send a photocopy of your Red Cross or Child Safe Babysitting Certification, along with your completed waiver, to babysitting@rrroca.org
- The Registry Coordinator will be in touch to confirm your acceptance to the registry.

For any questions, please contact babysitting@rrroca.org.



CELEBRATING
45
years
IN BUSINESS

PH#: 403-253-1888
www.springsheating.com



REPLACE YOUR FURNACE WITH SPRING'S AND SAVE!

Book before March 31/16 and receive up to **\$600** off any list price.

\$0 DOWN \$0 INTEREST. OAC FOR ONE FULL YEAR.



SALE

PRE SEASON AIR CONDITIONING SALE!

Book before March 31/16 & receive up to **\$600** off any list price.

\$0 DOWN \$0 INTEREST. OAC FOR ONE FULL YEAR.



FURNACE & DUCT CLEANING SPRING BLOW-OUT SPECIAL

1 FURNACE & 12 VENTS
\$129+ GST

BOOK BEFORE MARCH 31st, 2016

INCLUDES
1 STANDARD DISPOSABLE FILTER

VOLUNTEER CORNER



**By Frances Kalu, RRROCA
Director of Volunteers**

All RRROCA events for the year have been planned and ready to go for the year starting this month. Take a look at the opportunities below and see if you can help out with one of the roles. Please send an email to volunteer@rrroca.org. You can also sign up to volunteer as your renew your membership for the year. We are currently updating our volunteer database and invite you to send an email if you will like your name to be added for future events.

We are currently looking for the following positions:

BOARD

Director of Events

The Director of Events will be responsible for organizing events for RRROCA within the community, updating information on upcoming/past events on the website and monthly newsletter. Will be expected to attend monthly board meetings.

Time commitment: Varies/month

Director of Communications

The Communications Director will manage the newsletter and website with the support of lead volunteers, support event communications, facilitate production of signage and management of bold sign, develop and implement overall communications plan and strategy.

Time commitment: 5 hours/month

Membership



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



**By Muoi Leong,
RRROCA Director of Membership**

Membership sign-up for 2016 is now underway. Please go to our Web site (www.rrroca.org) under "Join Us" to sign up for a membership. Membership is required to register for RRROCA

sponsored programs, such as adult fitness classes, and spring soccer and slo-pitch for children. Membership (new and renewal) costs \$30 and will be valid until December 31, 2016.

If you have any questions or concerns, please contact me at membership@rrroca.org.

**Send the membership form and your payment to Rocky Ridge Royal Oak Community Association or RRROCA:
PO BOX 91009, RPO Royal Oak, Calgary AB T3G 5W6**

Director of Parks

The Director of Parks will be in charge of parks within the community. Be responsible for updating information in the monthly newsletter and websites on parks within the community. Will be expected to attend monthly board meetings.

Time commitment: 5 hours/month

Director of Schools

The Director of Schools will liaise between the schools zoned to community and the board. Be responsible for updating information in the monthly newsletter on schools in the community.

Time commitment: 5 hours/month

COMMITTEES

Signage Lead

Working closely with the Director of Communication, you will be responsible for advertising events in the community. This will involve putting up bold signs and sandwich boards, and other advertising needs that may arise.

Time commitment: 2 hours/month

Volunteer Coordinator

Working closely with the Director of Volunteers to organize the volunteer database, communicate with volunteers when needed and be present at events for volunteer coordination.

Time commitment: 2 hours/month

Membership Registration 2016

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 _____

E-mail* _____

* Please note e-mail is used to communicate your membership number, if you choose "No" for update the e-mail will be on file but not used for Association news or

Would you like Association news and updates by e-mail ___ Yes ___ No

Yes, I would like to volunteer my time, interest or experience in the areas of...

_____ Communications...web/internet, newsletter, road signs

_____ Programs... Sports, recreational, fitness, special events

_____ Civic Advocacy... planning & development, transportation, schools

_____ Fundraising... Casino, grants, donations

_____ Amenities... Buildings, sports facilities, parks/playgrounds, pathways

_____ Other _____

Memberships are annual and are valid from January 1 to December 31

New Memberships - \$30.00

Renewing Membership - \$30.00

Contact Information



Rocky Ridge Royal Oak Community Association

Phone: 403.771.8979 **E-mail:** communications@rrroca.org
Address: PO Box 91009, RPO Royal Oak Calgary, Alberta, T3G 5W6
Website: www.rrroca.org

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



RRROCA Board of Directors

President	Tessa Sakamoto	president@rrroca.org
Vice President	Ali Oonwala	vp@rrroca.org
Treasurer	Paul Watson	treasurer@rrroca.org
Secretary	Charles Lefebvre.....	secretary@rrroca.org

Directors

Director of Communications	Mary Fleet.....	communications@rrroca.org
Director of Membership	Muoi Leong.....	membership@rrroca.org
Director of Planning/Development	Dave Spencer.....	planning@rrroca.org
Director of Safety	Jessica Asuquo.....	safety@rrroca.org
Director of Parks	VACANT.....	
Director of Programs	Marin Leci	programs@rrroca.org
Director of Sponsorship	Karen Abbott	sponsorship@rrroca.org
Director of Volunteers	Frances Kalu.....	volunteer@rrroca.org
Director of Schools	VACANT.....	schools@rrroca.org
Director of Transportation	Durotolu Aro	transportation@rrroca.org
Director of Events	VACANT.....	

Committee Leads

Newsletter Editor	Sheryl Khanna	newsletter@rrroca.org
Social Media	Fatima Khawaja.....	socialmedia@rrroca.org
Events	Twyla Ferrari/ Terece Young.....	events@rrroca.org
Community Liaison	Lorraine Reed-Loewen	community@rrroca.org
Youth Sports	VACANT.....	youthsports@rrroca.org
Website	Wendy Alessi.....	info@figtreedesignstudio.com
Fitness Classes	Leah Melnyk	fitnessclasses@rrroca.org
Babysitter's Registry	Angela Carter.....	babysitting@rrroca.org

Community Contacts

MLA, Calgary Northwest	Sandra Jansen	Calgary.northwest@assembly.ab.ca
MP, Calgary Rocky Ridge	Pat Kelly	Pat.Kelly@parl.gc.ca
Councillor, Ward 1 (Rocky Ridge)	Ward Sutherland	ward.sutherland@calgary.ca
Councillor, Ward 2 (Royal Oak)	Joe Magliocca	joe.magliocca@calgary.ca
Community Liaison Officer	Constable Denis McHugh.....	DMcHugh@calgarypolice.ca

NEWSLETTER AD SALES: 403-203-9152 NEWSLETTERSALES@MINDSDESIGN.CA

HUNGRY?
 Corned beef and cabbage are traditional foods eaten on St. Patrick's Day





Professional Institute of MASSAGE THERAPY

Is Coming to Your Neighbourhood!
 Check out our Student Clinic with Reduced Rates at #310 15 Royal Vista Place NW
www.pimtmessage.com



Be Aware and Take Care

By Volunteer Contributor, Rocky Ridge Retirement Community

Do you know a senior who may be at risk for fraud? Several factors make seniors more vulnerable to fraud:

- Loneliness makes a senior more willing to talk with a friendly stranger.
- A desire to be helpful or charitable opens the door to those who wish to fraudulently tug at the heart strings.
- A generation with more trust of others provides opportunity to abuse that trust.
- Some seniors have lost a degree of physical or mental acuity making them even more vulnerable.

Each year, millions of seniors are victims of consumer fraud through notable schemes using common and everyday techniques. Senior citizens continue to be an important and rapidly increasing segment of our population and studies have

shown that senior citizens are more at risk to be targeted by telemarketing scams than other age groups. Offers too good to be true usually are. To prevent fraud for seniors you know, below are some tips to share:

- Never give out your personal information over the phone or Internet unless you have initiated the contact. Legitimate business callers will never ask you for this information over the phone.
- Ask to receive the “unbelievable deal” or the “amazing prize offer” in writing so you review it before you agree.
- If a caller asks you to pay for an offer in advance or asks for your credit card number or Social Insurance number, tell the person you don’t give out personal information over the telephone.
- Remember that legitimate telemarketers won’t be turned off if you use these techniques. They will appreciate dealing with an educated consumer.



New in the Neighbourhood?

Did you just move to the neighbourhood? Are you looking for information on Rocky Ridge and Royal Oak? Do you want to try some fabulous local businesses at a discounted rate? Contact Welcome Wagon to take advantage of all of this for FREE! My name is Erica and I am your local Welcome Wagon representative. I would be happy to provide you with some information on Rocky Ridge and Royal Oak and answer any questions you have about the neighbourhood. Give me a call at 403.272.4029 or send me an e-mail at eoseen@shaw.ca.



Welcome Wagon... a Canadian tradition since 1930.



FLOORS TO MATCH ANY PERSONALITY

HOME FLOORING 403-984-4100
DESIGN CENTRE

Address: 423 - 58 Avenue SE www.homefloors.ca *We'll find it. We'll install it. We'll guarantee it.*

Tour
Today!



Lifelong Learning for Seniors



Have you ever wanted to continue your education but feel you are too old to go back to school? Does having your mind stimulated through a University quality course without the homework and tests excite you? If it does, then we have an opportunity for you! Our goal is to challenge you and provide an educational and social outlet to keep your mind sharp while interacting with like-minded peers.

HISTORY 4400 - CURRENT AFFAIRS:

Canada is a country that not only has to deal with what happens within its own borders but is increasingly affected by what happens in other places around the world. History 4400 will deal with Natives in Canada, American politics, and terrorism. The current state of the Native/non Native relationship in Canada is our one of our most pressing social issues. American politics is confusing for most Canadians but it is vitally important that we understand what is happening south of our border, and terrorism is an issue that all western countries are currently struggling with. This course will deal with the historic roots and contemporary manifestations of each of these issues.

Classes: 2:00 p.m. every Tuesday & Thursday, starting on March 1st for four weeks

**No prior knowledge or experience necessary. All levels welcome.*

Facilitated by Dr. Eric Teehan who completed his Masters and Ph.D. at Duke University, before going on to teach at the University of New Brunswick and Mount Allison University. History 4400 is a seminar course and is available to Seniors 65 and older. Enrollment is limited. Please contact Heather Sutherland or Nori Wiesner at 403-930-4848 and email us at info@rockyridgeretirement.com if you are interested in participating.

Rocky Ridge Retirement Community

For a complimentary tour or to RSVP for an event, please call 403.930.4848 or Info@RockyRidgeRetirement.com

www.RockyRidgeRetirement.com
10715 Rocky Ridge Blvd N.W., Calgary, AB T3G 4G1
Experience Vibrant Seniors Living

COCHRANE'S HERITAGE HILLS IS A GREAT PLACE TO START



TOWNHOMES FROM THE LOW \$320's



LANED HOMES FROM THE LOW \$340's

BETWEEN THE MOUNTAINS AND THE CITY, MADE FOR FAMILIES

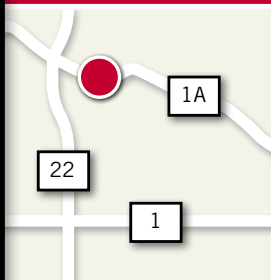
Cochrane is a great place for families. It's a neighbourly small town, with traditional values, convenient amenities and a choice of popular schools. This is a place to make memories – without breaking the bank.



LOOKING FOR MORE INFORMATION?

Call: 403-981-2135

heritagehills@stepperhomes.com



**HERITAGE
HILLS**
COCHRANE



stepperhomes.com



Winter, All Weather or All Season Tires

By Durotolu Aro, RRROCA Director of Transportation



What makes them different?

1. **Material:** Tires are made of natural and synthetic rubber, silica, metal and a host of other materials. Winter tires contain a higher percentage of natural rubber and silica which help keep the tires soft in freezing temperatures. Think of a gecko's soft feet gripping on to smooth glass. All Season tires (sometimes called summer tires) contain a higher percentage of synthetic rubber, so they tend to harden in freezing temperature resulting in reduced breaking power and steering control. Note, temperature, NOT SNOW is the limiting factor.

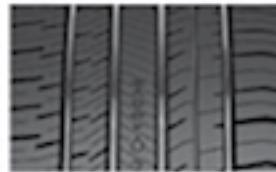
2. **Thread Profile:** Winter tires have more complex aggressive thread patterns which help grip on to snow, and prevent snow build up on the tire. Snow or ice is compressed as a tire moves over it causing it to melt slightly (like when skating). The grooves help channel out the water from under the tire preventing hydroplaning and improving grip.



WINTER TIRE



ALL WEATHER TIRE



ALL SEASON TIRE



'NORMAL' TIRE

Below 5-7degC winter tires outperform all season tires even when there is no snow on the road. In summer all season tires outperform and do not wear as fast as winter tires. All weather tires can be thought of as a hybrid between the two.

Tire Markings:



• M+S: (Mud & Snow) compared to a "normal" tires, these tires provide improved driving in snow and ice. Winter, all weather and all season (summer) tires carry this marking



• The 3 peaked mountain: The snow/freezing weather performance of the tire have been validated by standardized lab test. Winter and all weather tires carry this marking. There are no markings that differentiate between winter and all weather tires; you just have to rely on the sales person.

Noteworthy points:

- Different tire types have different breaking and steering control capacities, so mixing them is a bad idea.
- 4 wheel drives have superior acceleration on slippery roads compared to 2 wheel drives. However steering control and breaking power for both vehicles are limited by the tire type.
- Quebec mandated winter tires on all vehicles between Dec 15 & Mar. 15, resulting in a 17% drop in winter collisions, and 36% drop in related serious injuries or death.

With dozens of models with overlapping characteristics, and varying driving conditions (plowed, unplowed, high gradient, city or back country roads) so you need a personalized solution. Two common choices are: install all weather tires year round, or install winter tires in winter and all season tires the rest of the year.

YOU'VE GOT TO DO YOUR OWN GROWING, NO MATTER HOW TALL YOUR FATHER WAS.

- IRISH PROVERB



What to Know Before You Go...River Cruises

By Sheri Jolly, Certified Travel Consultant, Royal Oak Resident and Volunteer Contributor



Getting off and on is simple. Embarkation and debarkation are quite easy, and you won't need to build-in extra time to accommodate the process. There's no waiting in a long line or security station — you simply check in like a hotel, and go to your stateroom.

Town centers are typically steps away.

For the most part, you spend your days in port and sail at night. You'll also generally step off your ship in the center of town, so there's no need for taxis or shuttles.

River cruises are very inclusive.

There are variations from line to line and extra paid premium experiences on some ships, but in general, your shore excursions are included in the cruise fare; Wi-Fi access is free (although not constantly available); drinks at lunch and dinner carry no charge; and there may be special complimentary events on land as well.

The pace is relaxed in comparison to ocean cruises.

River vessels travel slowly enough that you can sometimes

borrow one of the onboard bicycles and arrive at the next port before the ship does, should you feel so inclined. The staff will give you a local number to call (in case you get lost), as well as the locations of good pubs and bistros.

River cruise culture is very friendly.

Passengers, traveling solo or otherwise, circulate and chat easily, make friends quickly and join one another at meals, lectures and entertainment.

You sail close to the shore.

You can actually hear conversations in the woods and fields along the river, smell the newly mown grass and wave to people on the shore.

You have your options when it comes to meals.

There are multiple options for dining, but most guests eat in the dining room for the evening meal. Staff members will give advice on dining in the ports of call; in some cases, the lines issue lunch money to encourage guests to try the local dishes on shore or arrange group dinners at special restaurants. If you have special dietary needs, let the cruise line know well ahead of time. Also, coffee, tea and tempting snacks are available all the time, without charge.



READYCALGARY 2016

READYCALGARY is a FREE community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters.

Visit Calgary.ca/READYCALGARY for more information or to register today!

Section 1: March 8 (17:30 - 20:30 at CEMA)
Section 2: March 22 (17:30 - 20:30 at CEMA)
Section 1: April 6 (17:30 - 20:30 at CEMA)
Section 2: April 20 (17:30 - 20:30 at CEMA)
Section 1: September 15 (17:30 - 20:30 at CEMA)
Section 2: September 22 (17:30 - 20:30 at CEMA)
Section 1: October 4 (17:30 - 20:30 at CEMA)
Section 2: October 18 (17:30 - 20:30 at CEMA)

“A life making mistakes is not only more honourable, but more useful than a life spent doing nothing at all.” -GEORGE BERNARD SHAW

Be a homeowner sooner.

Join us for a home buyers seminar on March 15th at 6:30pm.

Location: Royal Oak Scotiabank branch, 8888 Country Hills Blvd

You'll have access to an on-site Scotiabank® Home Financing Advisor, Real Estate Agent and a Lawyer to answer your questions.

RSVP to tania.dube@scotiabank.com

You're richer
than you think:  **Scotiabank®**

® Registered trademarks of The Bank of Nova Scotia.



CUT ENERGY COSTS NOW High Efficiency Windows & Doors

Up
To **40% OFF**

- High Efficiency Thermal Windows
- Tilt Action Sliders
- No extra charge for Double Low-E (LOE-272)
- Triple Pane Glass
- Professional In-house Installer
- Life Time Transferable Warranty for Installation and Product
- References Available

**CALL TODAY FOR YOUR FREE
IN-HOME CONSULTATION**

403-608-1711

tdmreno@icloud.com

www.kvcustomwd.com

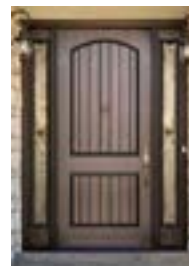
SPRING SALE! DISCOUNT CODE 7101.

FAMILY OWNED (LOCAL BUSINESS) SINCE 2001.

**Get any entrance door installed in 7 business days or money back guarantee.*



ENTRY DOORS
Steel Insulated
(Maintenance Free)



**FIBERGLASS
DOORS**



**FRENCH/GARDEN
DOORS**
with miniblinds (TRUVIEW)



2016 Spring Sports Program

By Marin Leci, Director of Sports



Registration for the 2016 Spring Sports Program starts February 1 and closes on March 13. It is available online only - a link can be found on rrrroca.

org under Sports. Register early to avoid disappointment! As you may be aware, we have implemented a new software system that will better suit our needs. Under the software system, those of you who have not registered in prior years will need to set up a new account. Those of you joining us again will not be required to do so. RRROCA Programs are available for registration to those who have a RRROCA Membership. If you do not already have one, it will be automatically applied during the registration process. Memberships are \$30 annually per household. Registration is open to non-residents as well, as long as a RRROCA Membership is purchased.

SCHEDULE

Programs run for 8 weeks starting on Saturday, April 25 and ending Monday, June 22, 2015. To be eligible to register, players must be born before March 31, 2013.

VOLUNTEER

Our program would not be able to run without the help of people like you! Should you choose not to volunteer, a \$50 fee is applied to your registration. If you would like to volunteer, you will be prompted to choose the capacity during the registration process. There are plenty of opportunities volunteer, examples of which currently available include:

- **A director or committee position on the RRROCA Board of Directors** - A variety of positions available, please email if you are interested or would like more information.

- **Age Group Coordinator** - Required before registration starts. Please email for more information.

The following positions will be available only when registration starts.

- Team Creator - Compile all players in an age group and create teams.
- Field Marshal - Check field playability once weekly.
- Coach
- Sports Lead
- Team Manager

	BIRTH YEAR	DAY	TIME	COST
T-Ball	2010/2011	Wed.	6:30pm - 7:30pm	\$65
Coach Pitch 1	2009/2008	Tues.	6:30pm - 7:30pm	\$65
Coach Pitch 2	2008/2009	Mon.	6:30pm - 7:30pm	\$65
U04 Soccer	2012	Sat.	9:15am - 10:00am	\$50
U05 Soccer	2011	Sat.	10:15am - 11:15am	\$65
U06 Soccer	2010	Thurs.	6:30pm - 7:30pm	\$65
U08 Soccer	2008/2009	Wednesday	6:30pm - 7:30pm	\$65
U10 Soccer	2006/2007	Tuesday	6:30pm - 7:30pm	\$65
U12 Soccer	2004/2005	Monday	6:30pm - 7:30pm	\$65

- **Community Events** - A variety of events and dates available.

For more information regarding these volunteer opportunities, or if you have any questions regarding the sports program, please email me at programs@rrroca.org and stay tuned for more information regarding Child Fitness Tax Credits and Tax Receipts.

Once Upon A Child, located at 4625 Varsity Drive NW, has graciously offered a 20% discount on its stock of gently used soccer cleats and shin pads. All you have to do to get the discount is mention that you are a RRROCA member.



Mind's Design DISPLAY CUBES

contact us at 403-203-9152 or email:
newslettersales@mindsdesign.ca

AS
CONTRACTING

Your Complete Landscaping Specialists

WATER FEATURES • FENCES
PAVING STONES • DECKS
RETAINING WALLS • SOD

COMMERCIAL • RESIDENTIAL
Specialists in concrete too!

CALL NOW FOR A FREE IN HOME ESTIMATE

403-651-0424
www.asfcontracting.com

KIDS! This page is for you!



Did you know?...

Leprechauns are actually fairies/shoe-makers in Irish folklore

Riddle me this ...

1. Q: Why can't you iron a four-leaf clover?
2. Q: What do you call a fake stone in Ireland?
3. Q: What type of bow cannot be tied?

(Answers at the bottom of this page)



Colour the pot of treasure so the Leprechaun can find it!

A1: Because you shouldn't press your luck! A2: A sham-rock! A3: A rain-bow!

LOCAL PHOTOGRAPHERS

See below to find out how your pictures can be featured in the RRROCA Reporter



Sun Dogs Over Royal Oak

BY ANDY DODSWORTH



Sky Over Royal Oak Shopping Plaza

BY LORETTA KAO



Christmas Splendor

BY HITESH PRAJAPATI



Frosty Friday Morning

BY KALIA BIRKY



Canada Geese Over Royal Oak

BY MIKE SMITH

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!

YOUR COMMUNITY ANNOUNCEMENTS

Happy 11th Birthday Brendan!

Love, Mom, Dad and Brooke



.....
"I wanted to thank the people who live below me at the Rocky Ridge Retirement Community

for their amazing Christmas light display. We thoroughly enjoyed your creation over the holidays."

~Sincerely, Rocky Ridge Retirement Resident

.....
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.

To place your announcement, email newsletter@rrroca.org

Community ●●●●

CLASSIFIED ADS! To place your classified ad, contact sales at 403.203.9152 or email: newslettersales@mindsdesign.ca today!

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 403-570-0555 Email: info@asapconcretecutting.com. See our display ad on page 3.

ELECTRICAL CONTRACTOR ~ BIG SKY VENTURES

Home reno's, re-wiring, troubleshooting, tune-ups, hot tub installs, fire alarms, smoke & CO2 detectors. Fully licensed & insured. Senior's Discount. Customer satisfaction guaranteed. Call Terry (587) 228.9371. 24 HOUR EMERGENCY SERVICE

EXOSIDE CONSTRUCTION INC.: Finding quality solutions

to all of your exterior housing needs. Our services include: Installation of Eavestroughs, Aluminum and Steel Cladding, Soffit and Fascia, Vinyl, James Hardie and Aluminum Siding.

BOOK BEFORE SPRING & RECEIVE 5% OFF! Senior's Discounts Available! Call Robert today at 403-990-1346 www.exosideconstruction.com (with the BBB) (Please see our display ad on page 3.)

NEPTUNE PLUMBING & HEATING LTD. Residential and

commercial service. Renovations, gas fitting, duct cleaning, and backflow testing. Fully licensed and insured with competitive rates. Customer satisfaction assured. CALL 403.255.7938. 24 HOURS EMERGENCY SERVICE!

PRO CLEAN SERVICES will give you a sparkling clean home

and free time to enjoy it. Thorough, efficient, & reliable. With over 28 years of experience - I am the Queen of Clean! Call Tammy @ 403.608.5239.

COMMUNITY CRIME REPORT

Crime	Rocky Ridge	Royal Oak
Arson	-	-
Assault	2	7
Attempted Murder	-	-
Commercial Break-in	-	2
Homicide	-	-
Residential Break-in	1	4
Robbery	1	-
Sex Offence	1	-
Theft	3	29
Theft from Vehicle	6	16
Vandalism	4	3
Vehicle Theft	3	3



Statistics provided by Calgary Police Service's Crime Mapping Application
Covering November 25, 2015, to February 25, 2016.

Rocky Ridge Ranch Homeowners Association



10709 Rocky Ridge Blvd NW Calgary, AB T3G 4G1 • Please see www.rrrha.ca for office hours.

Notes from the Office

HOA FEE REMINDER: Statements have been mailed out, and as of March 1, 2016, interest will be charged at a rate of 2% per month until fees are paid in full. Online payment is not available this year, so please stop by the office if you would like to pay with credit or debit card.

ROCKY RIDGE RANCH WINTER PROGRAMS 2016 –
Registration ongoing. Punch passes available. Please contact the office for details

MEMBER EVENTS:

Ice Skating Party February 6, 2016 11:30 – 1:30pm

Join us for lunch, ice skating, marshmallow roasting, and bouncy house jumping. Please RSVP to 403.547.6633 or officeadmin@rrrha.ca with your name, address, and number of children and adults that will be attending.

Program guide available at www.rrrha.ca and Facebook



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.

Board of Directors

PresidentAnita Coulson
SecretaryLoretta Kao
TreasurerGene Nicol
Operations ChairAndrew Cross

Directors at Large:

Jodi Hubler
Jen Gibson
Pamela Nichol

CONTACT INFO.:

Phone: 403.547.6633 • Fax: 403.547.6634
www.rrrha.ca officeadmin@rrrha.ca

RRRO Community Garden: Grow & Get to Know

Gardening is a great way to connect with your local environment and community, and to gain an appreciation for what it means to grow your own food. Whether you've tried your hand at gardening before or have ever wondered what it feels like to grow a plant from a seed, community gardening offers opportunities to connect with others and learn new things.

The RRRO Community Garden was started seven years ago by a group of hardworking volunteers. Together, they worked with the city to secure a suitable spot in the community and have kept the garden growing strong ever since. Today the garden is ripe with 40 raised cedar plots, flower and berry beds, and is spread with mulch to protect the soil. Last year, two apple trees were planted and a new compost structure was built – all by the helping hands of people in our community!

If you haven't had a chance to see the RRRO garden yet, go for a walk and take a tour! The garden is located north of the baseball diamond in the field near Royal Oak Drive and Royal Birch Gate NW. Though the garden is not green and lush just quite yet, another community

gardening season awaits!

Join the RRRO Community Garden: Plot Registration Open Soon!

Registration for this year's garden will open on March 15, 2016. Everyone from the RRRO community is welcome to join. Interested gardeners can send an email to the RRRO Garden Committee at rrrocommunitygarden@gmail.com to find out about open plot opportunities. The time commitment per month is 4 to 6 hours including watering, plot care and maintenance, and garden volunteer

opportunities. For 2016, plot registration fees are \$25.

Stay Connected

You can now connect with the RRRO Community Garden on Facebook. Here you can learn about upcoming events and volunteer opportunities, share ideas and photos, and get inspired about gardening and growing your own food! Visit www.facebook.com/rrrocommunitygarden.

We look forward to sharing the gardening season with you!

~RRRO Community Garden Committee





NOW OPEN IN ROYAL OAK SQUARE!

Royal Oak Family Dentistry

"Our dentists practice all aspects of family dentistry and treat patients of all ages."

NOW ACCEPTING NEW PATIENTS!

Dr. Jasbir Mundi | Dr. Rashmi Bajaj

- Emergency Dental Care
- Children Dentistry
- Cosmetic Dentistry
- Root Canal Therapy
- Preventive Therapy
- Teeth Whitening
- Wisdom Tooth Extractions
- Mouth Guards/Sports Guards
- Dental Crown and Bridges
- Laser Dentistry
- Orthodontics
- Dental Hygiene



 **403.374.6161**

#112, 500 Royal Oak Drive, NW

North-East Corner of Royal Oak Drive and Rocky Ridge Road, next to Royal Oak Victory Church and Church of Jesus Christ of Latter-day Saints.



CONTACT US AT:
403-203-9152
NEWSLETTERSALES@
MINDSDESIGN.CA

PRINT ADVERTISING

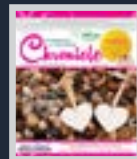
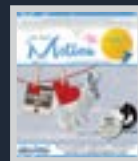
PEOPLE ENJOY
ON THE GO!

ALSO
AVAILABLE

Mind's Design
NEWSLETTER APP
Download from the app store or google play.



**SERVING COMMUNITY RESIDENTS, COMMUNITY ASSOCIATIONS & LOCAL BUSINESSES
FOR OVER 12 YEARS!**



**21 OFFICIAL COMMUNITY NEWSLETTERS DELIVERED DIRECTLY TO
YOUR TARGET MARKET TO 46 CALGARY COMMUNITIES!**